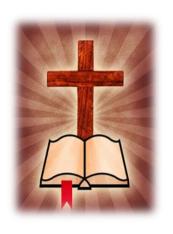


# Worship in August at Christ Church



<b>7</b> <sup>th</sup>	10.30am Holy Communion
	with The Revd Nancy Ford
	6pm BCP Evensong
	with The Revd Roger Walker
11 <sup>th</sup>	10.30am BCP Holy Communion with The Revd Maurice Slattery
14 <sup>th</sup>	10.30am Morning Prayer with Derek Hansen
<b>21</b> <sup>st</sup>	10.30am Holy Communion with The Venerable Chris Skilton
	6pm BCP Evensong with The Revd Roger Walker
25 <sup>th</sup>	10.30am BCP Holy Communion with The Revd Maurice Slattery
28 <sup>th</sup>	10.30am Morning Praver with Derek Hansen

If anyone has items they think we could include in the magazine, recipes, stories, clean jokes, poems, anything of interest, please get in touch with Janine at <a href="mailto:christchurchadmin@btinternet.com">christchurchadmin@btinternet.com</a>
Please remember that we cannot publish anything taken from another publication!

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**Hours:** Tuesday & Wednesday 10.30 – 12 noon

Thursday 2.30 – 4pm

# Sermon of the Month

The Revd. Roger Walker's Sermon from Acts Chapter 9, verses 1 – 6 and John Chapter 21, verses 1 – 19

Our Gospel reading from John presents us with a problem. What were the disciples doing fishing in the Sea of Galilee? It is over 50 miles from Jerusalem. When the last time we heard of them, a week after the Resurrection, they were holed up in Jerusalem, frightened to leave their locked room; and we know that they were back in Jerusalem again at the time of Jesus' Ascension.

We can only assume that they wanted to go back to home territory where they would feel safe – but then after seeing the risen Jesus again, felt emboldened to go back. Indeed, he may have told them to, because we read at the beginning of Acts of Jesus telling them, 'Do not leave Jerusalem, but wait for the gift my Father promised'. Whatever happened

though this encounter in Galilee gave them three different things which strengthened their faith in Jesus.

The first was their miraculous catch of 153 large fish. The ancients believed that there were 153 different species of fish; and so, this can be seen to symbolize that the Church is to be for all people, everywhere. But what would have come into their minds would have been a similar miraculous catch of fish – again after an unsuccessful night's fishing, which took place just as Jesus was first calling them to leave their families and their boats and to follow him and become fishers of men. This memory must have come into all their minds and perhaps shown them that they could not run away from this destiny.

Next, Jesus called them to come and have breakfast with him. A breakfast of bread and fish, and their thoughts would have gone back again. First of all, to the boy who, at the feeding of the 5000, offered his five small loaves and two small fish. But then to Jesus taking bread at his last Supper and telling them 'This is my body which is given for you'. They had seen his body crucified the next day, and then risen from the dead, and eating with them. This would have shown them that this was something to which they must bear witness and, of course, be obedient and take bread and wine in remembrance of Jesus, as we all do at Holy Communion.

Finally, there was something that Jesus had to put right. Imagine how guilty Simon Peter must have been feeling – despite all his brave words he had three times denied Jesus. If he was to be a leading figure among the disciples, he had to be publicly seen to be repentant and to be forgiven. So,

Jesus asks him three times, 'Do you truly love me?'. Each time he answers, 'You know that I love you'; and each time Jesus shows him the responsibility that he was to have – 'Feed my sheep'. He was to have a leading pastoral role in Christ's church.

After this forgiveness and commissioning by Jesus, no-one could speak against him. However, Jesus also gives him a dreadful prophesy, that he too will be crucified, traditionally upside down, so as not to be like his Master. Jesus then repeats the call he gave them right at the beginning, after that first miraculous catch of fish. 'Follow me'.

We cannot in any way really stand in the footsteps of Peter and the disciples; but we can see something of our own journey of faith in the things that happened to them by the Sea of Tiberias.

First of all, they caught their great haul of fish because they were obedient to Jesus, even when they were downhearted after an unsuccessful night. We too must be obedient to our Lord in all the differing circumstances of our lives. We must obey the teaching he gives us in the bible, and like the disciples, be fishers of men, speaking of our faith and showing the love for others that Jesus asks of us. We know how hard this can sometimes be. I am sure there were two or three among these disciples who muttered 'What's the point?' when Jesus told them to throw their net on the right side of the boat. We can recognize ourselves among them but know deep down that love and obedience are fundamentals of the Christian faith which needs sustaining, and we know that we do this by prayer and bible reading. However, Jesus also gives us something by which to

physically remember him, the sacrament of Holy Communion, where, just as the disciples shared bread and fish with Jesus, so, as he taught us, we take bread and wine to remind us of his body broken for us and his blood shed for us.

In Confirmation classes we are taught that a Sacrament is the outward and visible sign of an inward and spiritual grace. The bread you take at Holy Communion is the grace of Christ's presence with us.

We end by remembering that we are like Simon Peter - we have sinned. Our sins may not be as great as denying the Lord three times, but none of us can claim to be utterly pure in heart. The Lord does, however, give us the opportunity that he gave Peter, to accept and confess our sinfulness, to repent - that is to turn away from it, and to know in our hearts that he has forgiven us. Forgiveness is another vital component of the Christian life, not just God's forgiveness of our sins, but also our forgiveness of those who have sinned against us.

We pray, 'Forgive us our trespasses as we forgive those who trespass against us'. Obedience, love and forgiveness are the key themes of our reading today and we must always strive to make them a part of our lives; and to use this Sacramental meal in which we share at Holy Communion to help us make them real for us so that we also may truly follow Jesus. Amen.

# Poet's Corner

# **Never On Your Own!**

Into the distant past we gaze,
Seeking to pierce the haze of time;
Allusive images to discern,
That haunt the halls of memory.

Some are known by tracks they leave, Growing more feint each passing year; So enduring is their scent, Hanging sweetly on the air.

Others persist within their scars,
Often so patent and severe;
Deep are the wounds they seek to hide,
Their affects lingering painfully.

Within those halls of memory,
The dance of Life proceeds apace,
Poise and balance to maintain,
Inner harmony to attain.

© Elliott Allison.

# **Spectres!**

Painful memories, Harking back to childhood days; Can cripple old age!

©Elliott Allison

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# Why not join us through the week?

We're open for coffee and a chat every Tuesday and Wednesday mornings from 10.30 till 1pm.

All donations for coffee go to our missions

And on Thursday afternoons between 2.30 and 4pm, we open for "The Crafty Club's" coffee and natter sessions, when you can bring anything you love doing, knitting, crochet, sewing, drawing, colouring... anything, and enjoy chatting over a cuppa.

Or you can just pop in to talk with friends old and new, have a tea or coffee and biscuits and catch up.

Maybe you would just appreciate sitting in the church in quiet reflection... whatever you like, you are always welcome!

See you soon in "Waters' Hall"!!

# CHRIST CHURCH WORTHING



# Events...

Wednesday 24<sup>th</sup> August 12.30pm to 1.30pm Pianist/composer Ben Solomon

**Sunday 28<sup>th</sup> August** following the morning service – bring your own **picnic lunch** and share time together!

Christ Church Market- 10.30am to 2.30pm Saturday 3<sup>rd</sup> September

Wednesday 21<sup>st</sup> September 12.30pm to 1.30pm
John Collins' Organ Recital as part of the celebrations for
Christ Church's 179<sup>th</sup> Anniversary

Wednesday 19<sup>th</sup> October 12.30pm to 1.30pm A Barbershop Quartet

Wednesday 9<sup>th</sup> November 12.30pm to 1.30pm Rob Campkin, Violin and James Buckham piano

Sunday 4<sup>th</sup> December 10.30am
A service of Holy Communion with the start of the Christmas Tree festival - Let there be light!

### CHRISTCHURCH FOODBANK

We at Christchurch now have a working relationship with Worthing Foodbank. This is run by volunteers at The Redeemer Church and is affiliated to the Trussell Trust. It is one of more than 1,200 foodbanks, staffed by volunteers, and working with the Trust to tackle food poverty and hunger in local communities across the UK.

Worthing Foodbank is not a drop-in centre. All the recipients are referred by outside agencies - care professionals such as health visitors, staff at schools and social workers; they identify people in crisis, and issue them with a food bank voucher entitling them to receive a food bank parcel of three days' nutritionally balanced, non-perishable food from their local food bank. This support is seen as a stop gap to provide support until a long-term plan is established by care agencies.

If you are able, please would you donate **anything from the list below** so the volunteers can assemble identical packages Also please check everything is "in date".

Milk (Long Life), Fruit Juice (Long Life), Tinned Meat, Tinned Vegetables, Tinned Fruit, Tinned Rice Pudding, Tinned Fish, Tinned Soups, Cereal (small & Med) Pasta Sauce, Biscuits, Instant Mash, Tea Bags (40's & 80's) We are now collecting toiletries for Foodbank clients also:

Deodorant, Shaving Foam, Toilet Rolls, Shampoo, Razor, Shower Gel, Toothpaste, Toothbrush, Handwash Washing up liquid, Feminine Hygiene

### **THANK YOU!**

# "We Will Remember Them"

It was a privilege to visit the National Arboretum in late June, an honour. It's a wonderful place that provokes deep thought about those who have given their all. Thanks very much to those in Christ Church who arranged the visit.

Meanwhile, we should all be proud that our Christ Church family are helping to support former Servicemen and Servicewomen living their lives at Gifford House, the Care for Veterans Home in Boundary Road. It's good to know that we are here for them when they need us, because they were there when we needed them. Thank you Christ Church for helping in all the ways you do.

Her Majesties Armed Forces are well respected and well

represented in our Church family, to my knowledge we have a former Royal Engineer, a former Royal Fusilier, a former soldier of the Queens Regiment, and a former Royal Navy Officer. (If there are others please do let me know). I know that we have proud parents and grandparents whose children and grandchildren have served



our country in far flung foreign lands, and some are still doing so today. Thanks to them all for their service.

I know that we have a proud daughter whose father was 'Mentioned in Dispatches' twice while serving our country. To be 'Mentioned in Dispatches' and subsequently listed in the London Gazette is an honour that few can boast. Whatever her father did, for all of us back home, it took enormous courage so she is rightly very proud of her dad.



I have an old mate who earned the same award so I can offer an example of the level of courage required to earn that accolade. My mate, known to all as Titch, faced what seemed like certain death, all alone, to save the lives of more than a hundred soldiers who were trapped behind hundreds of pounds of high explosives. He showed immense courage with

absolutely no thought for his own safety and was rightly 'Mentioned in Dispatches'. Thanks Titch.....

Recently, the first-hand experiences of War were told in Waters Hall when Lt Cdr (Rtd) John Holden RN eloquently presented his memories of life on board HMS Glamorgan during the Falklands Conflict. He gave us all a true insight

into what happens behind the scenes on a Warship at War. All who attended were gripped by his presentation.



As 2022 is the fortieth Anniversary year of Operation Corporate (the Falklands Campaign) it was decided to place our Poppy wreath at the foot of the Falklands Remembrance. I was honoured to be asked

to lay the wreath on behalf of our Christ Church family. We expressed our collective respect for all those who gave their lives, the men, and the women, who never came home. I saluted them all as I stood on the shoulders of

those giants.

"For your tomorrow we gave our today"

Footnote: I have added a photograph that my wife copied while we were at the Arboretum. It shows HRH Prince Harry (as was)



congratulating Mark Ormrod at the Invictus Games after he had taken part in a swimming race. When serving in Afghanistan, with 40 Commando Royal Marines, Mark lost both his legs and one of his arms yet he continues with his after dinner motivational speaking and still competes for our country. There are many like Mark quietly going about their daily lives despite their horrendous injuries gained while serving our great country.

If you would, please spare a prayer for them too from time to time. Thank you Christ Church.

The Veteran.





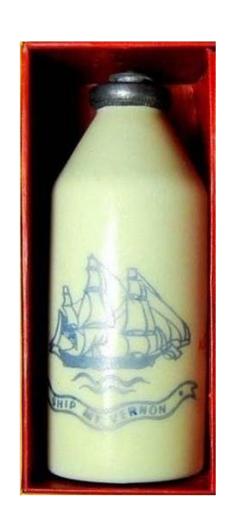
And we are officially old if we can remember these ...











Happy days!



## LOST SHEEP AND LOST COINS.

The Lost Sheep! The Lost Coin! Two very well-known parables both have been extensively used in stressing the imperative to go in pursuit of the person who has fallen by the wayside. Laudable as such an obligation undoubtedly is, it can lead to a narrow and exclusive attitude towards people in general and, in particular, towards so-called minority groups; towards those who are deemed not to be, or to have been an integral part of a prior, clearly defined group. These parables mean so much more than merely "going after one of our own" who has lost the way. These incisive bits of teaching of Jesus ought to be taken on a much wider scale. There is nothing to lose but much to gain in taking a wider view.

Consider when the sheep or the coin found itself in that state of "lostness"; not how, or why but when!

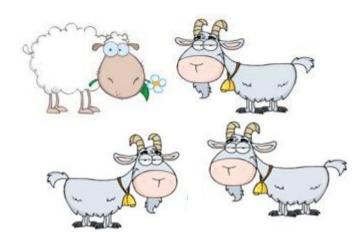
More pointedly, at what point in time of its existence can it be said to have become "lost"? Whatever the reasons for its having become lost, wherever the burden of responsibility, the condition - state - of lostness came about when that individual sheep no longer found itself in among the other sheep; when that coin ceased to have its bargaining power in relation to the others.

Stay with the coin for a while! For as long as it was "lost", or for as long as it was out of circulation it would have ceased to be functional and thus its effectiveness would have been impaired, if not entirely halted. No doubt, a pound coin still remains a pound coin no matter in what crevice, pocket, niche et al it is stuck. Yet, its effective worth lies in its being in circulation; in its being able to assert its intrinsic worth and value.

The proverbial priceless diamond foolishly dropped overboard from a passenger liner in mid-ocean, does not lose its intrinsic value. When recovered, its value and worth would not have been diminished. On the contrary, in our materially driven modern world its value could have been trebled. However, while it lies at the bottom of the ocean, out of circulation, it is worthless.

When we turn to the sheep - the lost one in the parable, of course - the implication of its lostness is very much the same. The fact that it finds itself totally cut-off from the flock, or other sheep to be precise, does not mean that it would have lost its "sheepness". It can never lose its true nature nor its intrinsic worth and value. Yet, unless and until that sheep is restored to the flock, or other sheep, it will have a difficult time either asserting or expressing its "sheepness".

A lost sheep in among a heard of goats will soon find that it is well-nigh impossible to assert its essential "sheepness".



Lostness, or having been deserted,

has an awful lot to do with "unrelatedness". One can either feel unrelated oneself, or one can be made to feel unrelated. It is not necessary to be physically "cut-off" from the flock like a sheep, or to be rendered ineffective through being out of circulation, like a coin. It is possible both to feel and to be made to feel unrelated in the most welcome-looking company.

One wants to reflect upon the situation of a person who has been bereft....., of a loved one through death, through divorce or through a mere broken relationship. Others will experience "lostness" through being bereft of their human dignity in a variety of ways; our society abounds in them, the Church not excepted.

The freedom of the individual as "child of God" means so much more than "being able to choose for itself, what, where, when and how". The sheep and the coin cease to be lost when they are restored to "relatedness".

Elliott Allison.

### WORTHING. A FISHING HISTORY.

### Alex Vincent

Worthing is mentioned in the Domesday Book as Ordinges and Mordinges. These were two estates of the manor. Worthing was once just a fishing village before it became a town. Fishing has been practiced along the Sussex coast for centuries. In the 7<sup>th</sup> century AD St Wilfred taught fishermen of Selsey how to catch fish from the sea by using nets. Beforehand they were only able to take eels, which were found in muddy inlets, estuaries and the sea at low tide.

There are records that the Bishop of Chichester's fishermen at Hove had a net from Yarmouth in the 12<sup>th</sup> century and a net for fishing Mackerel. In 1341 the value of fish from Hove was 20 shillings. In 1385 a thriving fishing industry existed in Lancing and Worthing and was regarded as a small fishing and agricultural hamlet in the Middle Ages.

The earliest fishing trade in Worthing is recorded to around 1500 AD as working out of Worthing Harbour. This harbour is thought to have existed in the area of Teville Gate when the Teville Stream was wider. The latter is now culverted along most of its course. Some farmers at this time also took to the seas to fish in the season. People have utilized the Teville Stream for some 12,000 years. It is possible that Mesolithic folk used to fish in this stream by using flint

blades on long sticks to catch the fish.

The Worthing Shopps are a group of fishermen's huts, which existed on Worthing Common in the 17<sup>th</sup> century. The shops sold fruit and vegetables as well as fish and were also used to store nets, oars. sails etc. These together with the Lancing Shopps are marked on Richard Budgeon's map of 1724. The latter was marked as "Launcinge Shopps" on a map of 1622. A fish house existed on Worthing Beach in 1805.

The first recorded pub in Worthing "The Sea House Inn" is thought to have been built for the fishermen rather than for visitors. It dates from the latter half of the 18<sup>th</sup> century. The huts and the Inn are all now lost to the sea by coastal erosion. Nothing can be seen at low tide today, but people in the 19<sup>th</sup> century said of massy ruins seen at low tides.

Worthing was recorded as "a tiny fishing village" in about 1700 and it is said that there was a great fishery here in 1763. At this time roads were improved and transport by horse and cart was possible and so the town began to supply fish to other areas. The main catch was Mackerel in the spring and Herring in the autumn. In 1816 leading residents requested a more active fishery. The Steyne (stony place) is said to have derived from fishermen who laid out their nets on large stones to dry them. Pork-bolters is a Sussex Dialect name for Worthing fishermen.

In the mid-19<sup>th</sup> century, large fishing boats were berthed in Worthing and a number of smaller boats launched from the beach. 1892/93, proved to be a boom season with catches worth £2,536. A small fish market took place on the seafront east of the pier up to 1920. Fishing in Worthing declined over the years and by 1940 it was no longer of economic importance with less than ten fishermen employed in 1950 and only five in 1992. There are stalls along the seafront where people can still buy fresh fish today.



# Recipes - Roasted Cauliflower salad

This recipe was put together when we returned from a holiday recently. The hotel where we stayed had a similar dish on the menu, I found it absolutely delicious, so this is my attempt at reproducing it! I hope you enjoy it. It is rather unusual for some, but worth a try. Serves 1 hungry person but can be kept for a day or two in the fridge if you think it's too much!

# Ingredients:

Approximately 5 florets of cauliflower

4 thick slices from a leek

2 spring onions, chopped

½ tin of chickpeas

1 tablespoon chopped fresh coriander

Salt and pepper

Low calorie spray oil

75mls Coconut cream

1 tablespoon Tahini

1 tablespoon Greek yoghurt

### **Method:**

Place the cauliflower and leek pieces on an oiled baking tray, spray again with the oil spray and bake in the oven on Gas 6, Electric 200° for 20 minutes or until browned at the edges, but still firm. Remove from the oven and cool.

Combine the onion, chickpeas and coriander.

Whisk together the coconut cream, tahini and yoghurt, and season to taste.

Mix all the ingredients together gently and serve on a crisp green salad, with crusty bread if you are really hungry!

# Fruity porridge pud

# Ingredients:

- 2 very ripe bananas
- 3 heaped tablespoons of porridge oats
- 1 heaped tablespoon crunchy peanut butter [or smooth if you prefer]
- 3 heaped tablespoons Greek yoghurt
- 1/2 pint [275 mls] milk
- 4 5 large strawberries

Honey or Agave nectar and fresh blueberries to serve

### **Method:**

Mash the bananas in the bottom of a 2-pint oven proof dish.

Add the peanut butter [mashed], the oats and the yoghurt. Mix thoroughly

Cover with the milk [It should completely cover the mixture with room to spare, so add more if necessary]

Slice the strawberries and place on the top. [Don't worry if they sink!]

Place in the oven on Gas 4, Electric 180° and cook for ½ hour, or when the oats are absorbed by the fluid, but not completely set.

Serve with the honey/Agave nectar and fresh blueberries.

I like it warm for breakfast instead of my usual porridge for a change in summer!



No one in this world is pure and perfect. If you avoid people for their mistakes, you will be alone in this world. So judge less and love more.



One day at a time is all we should be dealing with. We can't go back to yesterday and we can't control tomorrow, so live for today.

# Random churchgoer: "I didn't really like worship today"

# Francis Chan: "That's ok, we weren't worshipping you"

# **Contranyms**

Single words that have 2 contradictory meanings:

- 1. **Apology:** a statement of contrition for an action, or a defence of one.
- 2. Bolt: to secure, or to flee
- 3. **Bound:** heading towards a destination, or restrained from movement
- 4. Cleave: to adhere, or to separate
- 5. Dust: to add fine particles, or to remove them
- 6. Fast: quick, or stuck, or made stable
- 7. Left: remained, or departed
- 8. Peer: a person of the nobility, or an equal
- 9. **Sanction:** to approve, or to boycott
- 10. Weather: to withstand, or to wear away.

# Having a laugh...!

### Remember:

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - totally worn out and screaming "WOO-HOO, what a ride!!"

#### and.....

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

- 1. The Japanese eat very little fat and suffer fewer heart attacks than Brits.
- 2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Brits.
- 3. The Chinese drink very little red wine and suffer fewer heart attacks than Brits.
- 4. The Italians drink a lot of red wine and suffer fewer heart attacks than Brits.
- 5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Brits.

**CONCLUSION:** Eat and drink what you like. Speaking English is apparently what kills you.

# Saturday, 3<sup>rd</sup> September 2022 10.30am to 2.30pm

# Our Annual September Fair

- Paperbacks and DVDs
- Toys and Games [new or nearly new]
  - Gifts and Toiletries
  - Jewellery & Accessories
    - Crafts
    - Tins and Packets
      - Bottle Stall
      - Grand Raffle

We will be serving Ploughman's Lunches from 12 noon. John Collins and Andrew Eggleton will be entertaining everyone with organ and piano music.

We will hopefully have the tower open to climb the 111 steps to see the views across Worthing, weather permitting! Climb is accompanied at all times. [Climbers must be senior school age or over,

and wear well-fitting shoes!]