

CHRIST CHURCH *in* February 2023



VOLUME 7 ISSUE 2 - FEBRUARY 2023

Registered Charity no: 1152846

Parochial Church Council of Worthing Christ Church

Website: www.christchurchworthing.org.uk

Worship in February at Christ Church

5th 10.30am Holy Communion
with The Revd Roger Walker

6pm Evensong
with The Revd George Butterworth

9th 10.30am BCP Holy Communion
with The Revd Andrew Cunningham

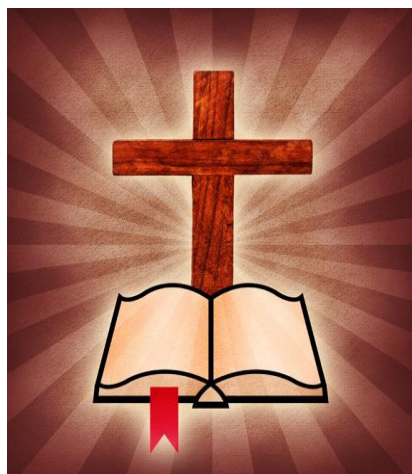
12th 10.30am Morning Prayer with Derek Hansen

19th 10.30am Holy Communion
with The Revd Yvonne Murphy

6pm Evensong
with The Venerable Luke Irvine-Capel

22nd 12.30am Holy Communion for Ash Wednesday
with The Revd Maurice Slattery

26th 10.30am Morning Prayer with Derek Hansen



Contact us....

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Hours: Tuesday & Wednesday 10.30 – 12 noon

Thursday 2.30 – 4pm

Sermon of the Month,

With grateful thanks to the family of The Revd Alex Grubb

On John Chapter 2, verses 1 - 11

Epiphany is, of course, a word associated by the Church with various stories of Jesus. Examples are Baptism, Visit of the 'Magi', Finding of Jesus in the Temple, Miracle at Cana. All stories make Jesus 'clear' or 'obvious' – make Him 'manifest' (which is what Epiphany means).

This story – water into wine – is very appropriate coming so soon after the festive season!

Look closely at the story ... two points in particular:

1. The deed
2. The sign

Firstly, the deed. It's a familiar story. Try to imagine ourselves at home in Cana (Nazareth). We've been at a wedding feast for a week now! Eating, drinking, dancing, speeches, riddles, jokes, storytelling (just like at Christmastime). Oh, and Jesus is here!

There's a bridegroom and a bride, a steward of the feast, perhaps a Rabbi, sitting by. We're enjoying ourselves, but a crisis occurs. A servant comes rushing in 'The wine has run out!'. There are soon complaints, and we will leave in disgust.

And so, Mary turns to Jesus saying 'They have no wine'. Jesus replies (John 2, v4), 'Woman what concern is that to you, my hour has not yet come!'. Whatever the meaning of those enigmatic words, the outcome was a miracle. Six great water jars (120-180 gallons) filled, probably 40-50 journeys to the village well! And the result - the Steward said 'Everyone serves the good wine first, and then the inferior wine after the guests have become drunk. But you have kept the good wine until now'.

Some people question whether it was a miracle, but I am sure that C. S. Lewis got it right:

'The God who through the natural order can turn water, oil and sunshine plus grapes into a juice that under the right conditions can become wine, could, through Christ shorten the process'.

Thus the miracle (the deed) took place. But more to it. John was an evangelist who operated with many layers of meaning. Over and over in the Gospels - a) a surface story and b) the wealth of deeper understanding. We have looked at the surface story (the deed), now look at a deeper meaning.

Secondly, the sign. We all know what signs are.

- a) Many of you will wear a ring, a sign of what?
- b) There used to be some very telling signs in my dentist surgery 'Onward Christian molars' and 'Bite the good bite!'

In his Gospel, St. John sets out seven signs to advertise Jesus Christ to the world. To persuade people to point of inquiry and action.

John 20, v 31 'These are written so that you may come to believe that Jesus is the Messiah, the Son of God, and that believing you may have life in his name'.

What had this first sign to teach St. John's readers (the first Jewish/Christians)?

Two things:

- (i) They regarded No. 6 as an incomplete number, whereas No. 7 was an absolute/perfect number. And so they would realise that the 6 jars represented the shortcomings/imperfections of the Jewish Law.
- (ii) The jars held up to 180 gallons, hard to imagine, 1400 bottles – we would have a good time!!

But a word of caution, we must remember that:

- a) It was a disgrace for Orthodox Jews to be drunk (and still is).
- b) Wine was the 'tea' of the day. They mixed 2 pints of wine to 3 pints of water which was much weaker than our table wines.
- c) Taking New Testament teaching as a whole, believers had two choices – drink in moderation, or not at all.

Bearing all that in mind, there was a glorious super-abundance of wine. No wedding party could have drunk that amount!

The lesson? Surely when the grace of Jesus comes to people, there's enough and to spare for all.

So what does 'deed' (the first sign) mean for us today?

As we live our lives today, not knowing what it's going to bring forth (life? death?); it is important to grasp that John is telling us, not only of things Jesus did once in Palestine, but of things Jesus still does today.

St. John wants us to see that, whenever Jesus comes into life, there comes new quality which is like turning water into wine. That is the meaning of this first sign.

So, we have a picture of what Jesus can do for us this year.

Think about flatness of prayers/cold 'wordy' worship/ineffective witnessing – all these things can go and our lives can begin to hum with life.

Remember what people said about the apostles after Pentecost? 'They've been drinking'. But they weren't drunk, just filled with the Holy Spirit.

As we draw to a close, here's a question for us: When were we last accused of being drunk – for the right reason? That's what happens when Jesus turns the water of life into wine – the ordinary into the extraordinary, the monotonous into the 'more abundant'.


May our individual lives and consequently the life of our churches be so transformed this year.

And so. A prayer: 'Only one life ...'

Father, we don't know what this year is going to bring forth. Father whatever it brings, help us to open ourselves up to the renewing power of the Holy Spirit. That our lives may better reflect the life of your Son, Jesus Christ. Amen.

Poet's Corner

A Holy Day....




A Holy day of humble abstinence,
Begins a frugal forty days of Lent,
When faithful offer selves in penitence,
From dissipating lifestyles to repent;
An ancient aching custom calls to mind,
The transient frailty of our mortal being,
There is for us, and others of our kind,
The promise of a better life foreseeing;
All matters of concern submit to prayer,
However miniscule they might appear,
Wherever need is sensed give generous care,
Let ready smile be balm to every tear;
Seek ever to bring healing to dissent,
An aspiration worthy of this Lent!

© (Elliott Allison)

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Lost!



Distracted by intrusive thoughts of woe,
Impacted by an ill-begotten foe,
Petitioner on his knees,
Distrusted all his pleas,
Humility was all that he could show!

© (Elliott Allison)

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CHRISTCHURCH FOODBANK

If you are able, please would you donate **anything from the list by the collection baskets in church** so the volunteers can assemble identical packages. Also please check everything is “in date”. Baskets are either side of the cross aisle in the middle of the church.

THANK YOU!

Some 6 years or so ago I completed an Alpha course in Hackney and was subsequently introduced to Nicky Gumbell's, “The Bible in One Year”. Initially I read it as an “app” but quickly realised that I am an old-fashioned older woman who prefers to read the Bible as the printed word in the Book. I imagine this thinking explains why I prefer maps to sat navs – I like to see the whole picture and to understand where the particular bit I am focussing on fits into the whole. However I have friends who have read it in the apps while commuting or in some cases listened to it on the tube.

I finished my first “Bible in One Year” year and then repeated the whole experience the following year as I hadn’t retained a lot of what I had read. By the end of the second year I had established a pattern that worked for me of spending the first hour of each day sitting quietly with a cup of tea and my Bible. In the winter I cosy up. In the summer I may go outside. When I felt ready to branch out I began reading Jeff Lucas’ daily study guides, delivered by post but this time there was a small amount of money involved. And then Jeff moved on to pastures new. At that time I had just moved to Worthing and had begun worshipping at Christchurch.

Many of you have received the free Bible study guides “Daily Bread”, in the past, which I was glad to take up. I continue to subscribe to them - they arrive by post 4 times a year – and they are free. Please ask if you want to know more about them.

I have branched out by supplementing these guides in the run up to Christmas and to Easter. I particularly love the poetry of Malcolm Guite, a priest based in Oxford. I’d be very happy to lend any of my many copies of his work. I have also added to my daily reading, “A Year with C.S. Lewis” which takes me to a deeper place and often challenges me. Then I read a poem each day from Rowan Williams, “A Century of Poetry” – the poetry can also be a beautiful challenge but each poem is followed by Rowan William’s unpicking and explanation of their themes. This was a present to me from one of my daughters and she got it just right! Thank you, Sarah! This one is not for loan as I can’t

imagine starting my day without it. These are quite personal sharings which may well not sit right with many.

Thank you Sally!

Why not join us through the week?

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

Please note, we are having a rest from serving coffee during the week over Christmas, open again on the 3rd January!

All donations for coffee are divided equally between all our missions

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.

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.

Councillor Hazel Thorpe holds a residents' surgery and is available from 3pm until 4pm on the second Thursday in every month.

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

Rainbow Poetry at Christ Church

**Meetings in Christ Church, every
3rd Thursday of the month,
at 2.30pm in the West Entrance Vestibule**

**Bring any poem of your own,
if you care to.**

Admission Free





Optimist



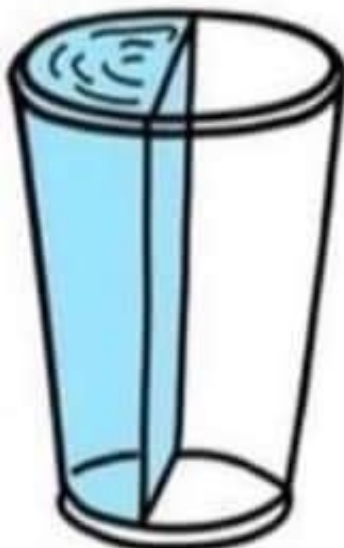
Pessimist



Realist



Physicist



Surrealist



Relativist



Utopist



Skepticist



Artist

MY WORTHING

It begins with a few shared memories with friends, and then it all starts flooding back Of being brought up in the 1950s, school days, college, first pay day - and then the freedom to party!

School days - it shouldn't, but immediately brings to mind meeting a boyfriend after school round the corner and hoping that you won't be seen, and that your parents won't find out you're skipping tennis lessons.

Amazingly, finding out that a dear friend and you were unknowingly at the same school AND in the same school photo despite a few years age gap AND that you both went to the same ballet school at the same time but never knew each other then either!

Happy memories of each weekend night going to the disco and dancing the night away in six inch heels!! However, realizing 40 years on that it contributed to two new replacement knees in older age, and not forgetting the tinnitus that followed from the loud music.

Also going to a local dancing school and being entered into disco dancing and rock 'n roll solo and team events – even winning medals and cups at the Hammersmith Palais in London in the over 21's section.

And then doing the rounds of the coffee shops of which there were quite a few in the 1960s.

My favourite was La Casita in Bedford Row.

My friend Janet and I used to take on the boys for a game of table football – you can imagine their reactions when we kept on beating them!

And to cap it all, dressing up in your best (probably mini skirts at that time) to see at either venue, The Assembly Hall or The Pier Pavilion; to name but a few – The Animals, Moody Blues, Chris Farlowe and THE WHO, for the enormous admission fee of five or six shillings – WOW!

Happy, happy days!!!

If you have any memories of growing up in Worthing, or your first impressions of coming to live in Worthing, please do let the magazine editor know. You can put your name to it, or remain anonymous, your choice!

Respect people who find time for you in
their busy schedule.

But....

Love people who never look at their
schedule when you need them.



“Violence never brings permanent peace. It solves no social problem: it merely creates new and more complicated ones. Violence is impractical because it is a descending spiral ending in destruction for all. It is immoral because it seeks to humiliate the opponent rather than win his understanding: it seeks to annihilate rather than convert. Violence is immoral because it thrives on hatred rather than love. It destroys community and makes brotherhood impossible. It leaves society in monologue rather than dialogue. Violence ends up defeating itself. It creates bitterness in the survivors and brutality in the destroyers.”

—Martin Luther King, Jr.

My Worthing....

Growing up on the hills behind Worthing, catching the bus for a 40 minute ride to school in the morning and mum or dad would pick me up in the afternoon. We had a converted Butlins' camper van and mum was always late picking me up, and she took many other girls home who lived nearby. One day, she took all of them and forgot me - didn't realise until she got home!! Walking all the way from school in the centre of town to my dance classes in Farncombe Road after junior school lessons had finished, I used to be terrified walking along the narrow path past what was St Georges School [where Waitrose now stands], as the traffic would be so close. Thought nothing of it then, but wouldn't let our kids walk that far alone when they were growing up!! My schooling taught me so much - not only academically, but real, useful skills - cooking and budgeting, consideration for others, (which gives us the skills to do real customer service - essential in any job!), tailoring and dressmaking, acting, singing, debating - in fact I really believe it set me up as an independent woman for which I am very grateful.

I remember the great freeze in 1963, after just moving into our new house, when dad collected milk from the milkman at the top of the hill, and he then walked to all the elderly neighbours, delivering the milk.

We only really saw what the house looked like
after the snow melted!!

Being born in Worthing, and living here all my life, we rarely went down to the seafront unless we had visitors, apart from occasionally going down to swim in the sea before dad joined us after work, and we bought fish and chips to eat on the beach, then home to bed. We took this amazing gift of the sea for granted, and now, in later years, living by the coastline, we appreciate it so much more.

I was always at dance classes, many with Rita Ireland and Margaret Mayer in Market Street, but most from the age of 18 months until my teens with Wendy Merson [one of the original 'Television Topper Girls'] at various church halls in Ferring, Findon Village and Valley or rooms in pubs like The Cissbury in Findon Valley [Now gone]. Saturday teen years were spent with my best friend at the Assembly Hall at Ron Afleck's dance nights. The shops have all changed, in Montague Street there was Holders where later Etams was, then Monsoon - all closed now. *I bought a 'Baker boy' cap there to wear at my brother's wedding!* Reginald Spells the greengrocer's, Craggs the shoe shop where I got all my dance shoes. Walter Brothers, with the very creaky floorboards, one of many department stores in Worthing - others were Smith and Strange, Debenhams [formerly Hubbards] Bentalls, later Beales. Then there

was Isteds and Astons Chemists where I had my Saturday job, Tomothy Whites and so many more. I was there when Astons moved to the new Guildbourne Centre - very posh at the time. There was a fountain in the middle of this thriving community of shops. One Christmas, one clever spark tipped a bottle of washing up liquid into the fountain - the shops were overrun with bubbles!!!

I love my town, and the memories, and even though I worked all across the South East, I've never left, and would never leave. Happy, blissful days.



A company, “Ekonatura”, on the island of Santiago collects glass and plastic bottles and turns them into vases, glasses, keychains, earrings, mugs, tiles, paving stones and blocks. The company is aiming to reduce approximately 95% of the refuse in the town and around the area of Sao Francisco as a way to help climate change and create an environmentally friendly and sustainable business. – Well done them!

Cost efficient cooking

As we are all more than ever conscious of rising fuel costs, we need to find ways of cooking that are quick and cost efficient.

Many like me have changed to an air fryer to cook instead of a conventional oven, and the microwave remains that cheapest way to cook, and very often the quickest.

Here is a recipe for a sponge pudding that you can adapt to any flavour you fancy, and is best cooked in 5 minutes, just before you want to serve it! If you want to prepare ahead, just make up the batter, then leave the cooking till you are ready to eat.

Microwave sponge pudding

3 tbsp Cocoa Powder (*or maybe instant coffee – if you fancy a jam sponge, just leave this out and put jam at the base of the sponge, or maybe a fruit compote, the choice is yours!*)

2 tbsp Boiling Water (*to dissolve the cocoa or coffee if used*)

120 g Margarine - plus extra for greasing

120 g Caster Sugar

120 g Self Raising Flour

2 Eggs

Grease a microwaveable bowl and set aside.

- Add 2 tbsp Boiling Water from the kettle to the cocoa or coffee powder/granules. Stir until it makes a thick paste. Don't try this with cold water!

(If you are making a plain sponge, leave this first part out, and maybe spread your jam or fruit compote at the base of the greased bowl now.)

- Mix together the Margarine, Caster Sugar, Self-Raising Flour and eggs into a medium sized mixing bowl
- Add the cocoa or coffee paste if used.
- Use an electric or hand whisk to beat the ingredients together - but only until fully combined.
- Transfer the sponge batter into the greased microwaveable bowl. Roughly smooth out the top.
- Microwave on full power (700/800 power) for 5 minutes if using a glass/Pyrex bowl and 4 minutes if using a plastic bowl. *(Adjust timings by ½ minute up or down if your microwave is more or less powerful)*

Once cooked the sponge may look a tiny bit wet on the top but don't be fooled, the sponge will be fully cooked.

Use a plastic knife or spatula to loosen the edges of the sponge from the side of the bowl.

Carefully turn the sponge out onto a serving plate or you can simply use a large spoon to serve straight from the bowl.

Best served hot with custard or ice cream or cream...

Enjoy!!!

Also try....

Microwave Bacon and Bean Casserole – Serves 1

Ingredients

1 fat garlic clove, crushed

50g onion, chopped

1 tbsp olive oil

50g streaky bacon, diced

½ carrot, finely sliced or grated

¼ tsp mixed dried herbs, or other herbs of your choice

100g baked beans

1 tbsp tomato purée

¼ Chicken or Vegetable stock cube

Method

In a microwaveable bowl, mix together the garlic and onion in the oil with a small pinch of salt. Add the bacon and microwave on High for 30-40 secs to soften the onion and garlic, and gently crisp the bacon. Tip in the carrot, herbs, baked beans and tomato purée, along with 1 tbsp water. Crumble over the stock cube and stir well.

Cover with cling film and pierce in the centre.

Microwave on High for 2 ½ mins to heat through, then remove and stir well. Leave to stand for 1 min before serving

Enjoy!



*No amount of love from someone else
is going to be enough to fill
the distracting void you feel
if you don't love yourself first.
And if you don't love
yourself first,
you'll not be able to
fully love
someone
else.*



PEACE IS

...gazing at the stars with the
knowledge that you know their
creator.

...closing your eyes in sleep without
fear of tomorrow.

...the stillness in your heart when
trouble swirls around you.

...a quiet mind in a raging world.

Advice to Old People

**Do not sit on the floor
without a plan on how
to get back up.**

The Grinnin' Bear



To love means
loving the unlovable.
To forgive means
pardoning the
unpardonable. Faith
means believing the
unbelievable. Hope
means hoping when
everything seems
hopeless.

GSC Christian

**A beautiful
face will age
and a perfect
body will
change, but
a beautiful
soul will
always be
a beautiful
soul.**





Events in 2023 in Christ Church

A **'Winter warmer' lunch on 12th February 2023**, following the Morning Prayer service. Bring your picnic; soup will be available to have with your lunch. There will be a quiz for people to do whilst eating, if you wish, just for fun.

Christ Church Lent lunches will be held on the first and last Saturday of Lent:
25th February and 1st April 2023
from 12 noon to 1.30pm.

Proceeds will be given to the Christ Church 'Mission Fund' so all missions that the church supports will benefit.

Yoko Ono concert pianist will perform on
Wednesday 14th June 2023 from 12.30pm to 1.30pm

Paul Gregory – classical guitarist will play on **Wednesday 12th July 2023**, 12.30pm to 1.30pm, hopefully with a friend – keep looking in the next issues of the magazine for more details!

Richard Bowen – Classical and Jazz Guitarist will play on
Wednesday 9th August 2023 12.30pm to 1.30pm

John Collins – Christ Church resident organist will give a recital on **Wednesday 20th September 2023**, to mark the church's 180th anniversary.

Keep your eyes peeled in future magazines for more events yet to be confirmed!!