

# CHRIST CHURCH *in* March 2023



**VOLUME 7 ISSUE 3 - MARCH 2023**

**Registered Charity no: 1152846**  
**Parochial Church Council of Worthing Christ Church**  
**Website: [www.christchurchworthing.org.uk](http://www.christchurchworthing.org.uk)**



## **Worship in March at Christ Church**



**5<sup>th</sup> 10.30am Holy Communion**  
with The Revd Roger Walker

**6pm Evensong**  
with The Revd George Butterworth

**9<sup>th</sup> 10.30am BCP Holy Communion**  
with The Revd Roger Walker

**12<sup>th</sup> 10.30am Morning Prayer**  
with The Revd Andrew Cunnington

**19<sup>th</sup> 10.30am Holy Communion  
for Mothering Sunday**  
with The Venerable Luke Irvine-Capel

**6pm Evensong**  
with The Revd Maurice Slattery

**23rd 10.30am BCP Holy Communion**  
with The Revd Yvonne Murphy

**26<sup>th</sup> 10.30am Morning Prayer** with Derek Hansen



Contact us....

**Church Wardens:**

*Kenneth Hobbs*

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*Steve Davis*

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**Parish Administrator & Editor** *Janine Hobbs*

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**Parish Office** 01903 215343

**Hours:** Tuesday & Wednesday 10.30 – 12 noon  
Thursday 2.30 – 4pm

# What to Give Up...

Give up complaining ...	focus on Gratitude
Give up pessimism ...	become an Optimist
Give up worry ...	trust Divine Providence
Give up bitterness ...	turn to Forgiveness
Give up hatred ...	return Good for evil
Give up negativism ...	be Positive
Give up anger ...	be More Patient
Give up pettiness ...	become Mature
Give up gloom ...	enjoy the Beauty all around you
Give up jealousy ...	pray for Trust
Give up gossiping ...	control your Tongue
Give up sin ...	turn to Virtue
Give up giving up ...	Hang in there!



# *Sermon of the Month*

*with thanks to The Revd. Roger Walker*

## **1 Corinthians 2: 1 – 12 & Matthew 5: 13-20**

**Salt and Light** are two very different things and yet Jesus brings them together here to illustrate what his disciples should be like.

If we think about **salt** – when it is used in cooking it spreads throughout the whole dish so that it flavours everything.

**Light** – this points to Christian disciples having an impact and influence on the whole world, not just within the confines of the church.

The more we think about this, the more challenging we see it to be, for to influence the world, we must be out in the world and active in the world. It is a lot more comfortable to be active in the church, where we will not be challenged about our faith, than out in secular situations where we can frequently be forced to defend our faith as a Christian. It is, however, the way that we do this and the way that, even under pressure, we continue to reflect Christian virtues that makes us the salt flavouring the world. You don't need a lot of salt to flavour a dish, nor do you need large numbers of Christians to flavour the world, just one or two of us living faithfully in our secular lives can have a great effect. We can probably all remember Christians who influenced us when we were young Christians or even still unbelievers, just by the way they lived their lives, consistently pointing to the Christian way. There is, of course, also a warning in this verse about salt, for if it loses its saltiness – in other words if we turn aside from our Christian faith – then we can no longer expect God's blessing in this world or in the

world to come. Such useless salt is thrown out and trampled underfoot.

There is an additional dimension to Jesus's words about salt – for salt was often used by the Rabbis and Jewish teachers of his day as a word representing wisdom. So we can see that Jesus does not only expect good Christian deeds from us influencing the world, but also he expects us in our speaking, teaching and writing to reflect the wisdom that comes from God. This can also have a great effect upon the minds of those we meet. If Christian salt flavours the world and teaches others of God, then light has an even greater effect.

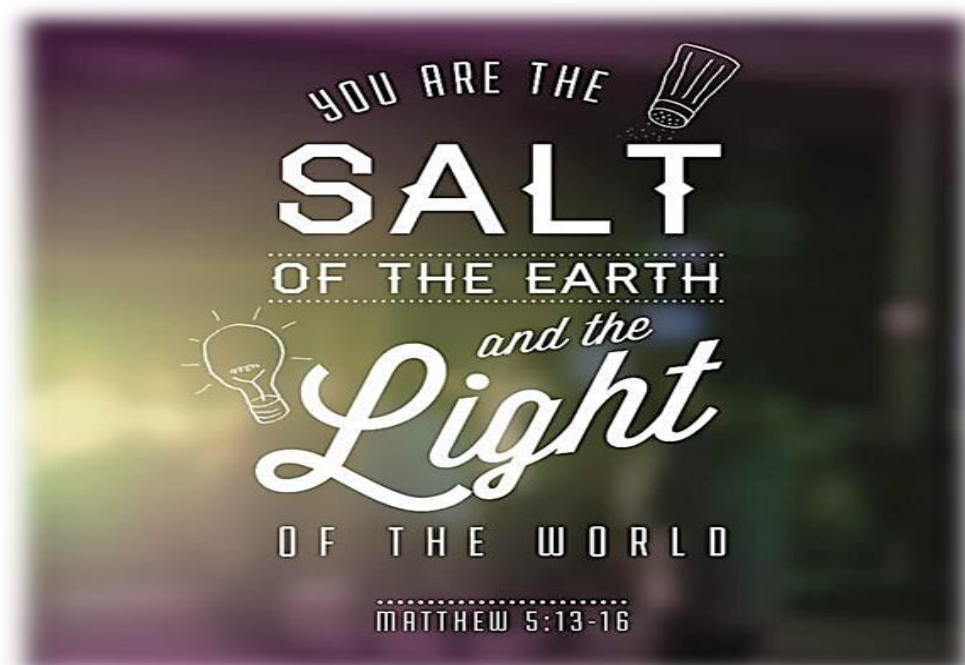
The contrast between light representing goodness and darkness representing evil is common in the bible. Here Jesus is telling us that he wants our light, our goodness, to be clearly seen and gives the metaphor of a city on a hill as an example of something that can be clearly seen. So our light must be clearly seen again, like salt, light permeates everywhere. We can make it visible only in a small place, like a room with curtains drawn and a light on; but Jesus works explicitly against this saying that we don't light a light and put it under a bowl, but rather on a lampstand so that it gives light to everyone. We are told to let our light shine before men.

So how in this parable does light differ from salt. Salt by giving flavour shows Christian teaching spreading among those with whom we live. Light by shining over everything shows the presence of God in our lives and everywhere. Hence the link between seeing our good deeds and praising our Father in heaven.

Another difference between salt and light in the parable is that salt can lose its saltiness and become useless. Whereas light may be able to be hidden from others but can never cease to

exist. So, we the salt may become apostates, deniers of God, and cease to be part of his kingdom, but God cannot cease to exist and does not rely on us believing in him for this existence. As we look at our own lives, can we see ways in which we are salt – flavouring and influencing the world around us? It is all too easy just to keep our faith to ourselves and have no impact on family, friends, neighbours and those we meet. When we look at being salt in this way, we can see how very challenging it is to be, in Jesus's words, the salt of the earth. It is even more challenging, however, to be, Jesus's words again, the light of the world. For here we are not just adding to the lives of those we meet and making them better, we are asked to do this by making God known. That is what being a Christian means, permeating for good the world around us, being salt, and showing that we do this because we believe in God who is our creator and sent Jesus to be our Saviour.

God is calling us to go out from here today and make sure that we are Christian salt, permeating the world as well as the church with Christian light reflecting the presence of God in the world – 'Let your light so shine before men that they may see your good works (your salt) and glorify your Father in heaven' – the source of light in all our lives.



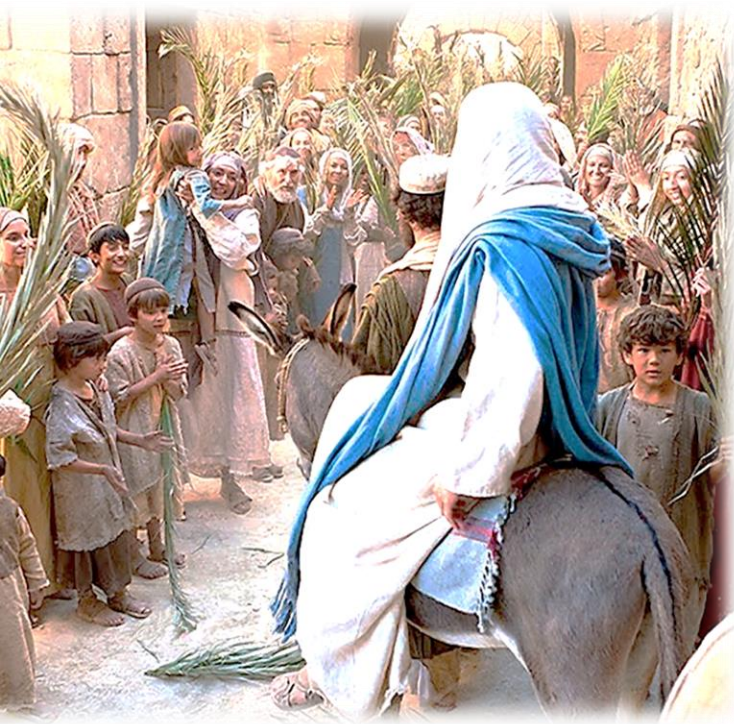
## Poet's Corner

### My Rootedness!

For well nigh five decades, or more, I've known  
The ethos and the lifestyle of these monks;  
Though some have now to fairer pastures flown,  
Their legacy endures like golden chunks;  
The unobtrusive manner of their being  
Disarms, while quietly engendering trust,  
Grim demons of dislike are sent afleeing,  
Supplanted by relations of stardust;  
Like leaven in a lump, their lives impact  
Upon whoever with their mien engage;  
Though some approval of them would detract,  
Their ambience misgivings shall assuage.  
Their lives, betrothed to service and to prayer,  
With joy reflect the light of godly Care!



© (Elliott Allison)



He sat serene on donkey, meek,  
Palm branches paved the way,  
No chance to hear Messiah speak,  
As masses roared 'Olé',  
Commitment on display!

© (Elliott Allison)



## ***My Worthing [by adoption!]***

Having lived surrounded by the hills and mountains of North Wales until I married a Londoner in 1975, one of my first impressions of Worthing was how flat it was, something I was to appreciate when pram-pushing a year or so later. I was highly delighted to discover that there was a branch of Marks & Spencer within walking distance (our nearest branch in Wales was a 20-mile bus ride away). Luxury indeed – needless to say the novelty soon wore off!

Another bonus was the Connaught Theatre, also near where we lived at the time. (Bangor had no such refinements). Back then in the 1970s, the theatre had its own repertory company with a weekly change of programme. It was generally of a high standard, and I became a regular and enthusiastic patron. Sadly, it wasn't very well supported (I was the only member of the audience on one occasion) and the Company folded soon afterwards.

Chapel Road which now abounds with cafes, pubs and restaurants, was almost a gastronomic wasteland back then, with only the Wimpy and the Fountain Pub for refreshment. St. Paul's was then a lively church, packed to the rafters for the annual Carol Service. I recall when George Thomas, the then Speaker of the House of Commons, came to preach in his powerful, lilting tones.

I was invited shortly after arriving in Worthing by the incumbent, Canon Peter Kiddle, to join the church choir. 'All Welsh people



can sing, can't they?' - His words, not mine. I duly turned up the following week, only to be 'inspected' by the formidable Choir Secretary, and to be told that I wasn't wearing the correct colour shoes. 'Black shoes only dear' - and I was presented with a choir gown and hideous piece of headgear to match that resembled a limp mortarboard. (Mercifully, these were dispensed with shortly afterwards).

I was most impressed by the number and variety of musical societies and choirs of a high standard (almost as high as in Wales but not quite!!).

The children's seafront amusements were a godsend, especially during the school holidays. I have fond memories of trailing down with towels, drinks and sandwiches with several kids in tow, pied piper like to the FREE paddling pool, or to the Peter Pan's playground armed with a book and my knitting. Sadly, both are now gone and the seafront is poorer for their loss.

After living amongst the good folk of Worthing for over forty years and having made many lovely friends, this patriotic Welsh woman can say, hand on heart, that she wouldn't wish to live anywhere else!

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!

## **Go Away Day**

Go away day, you're a grey day, it's raining and misty and bleak,

A wet day, sea fret day, and my boots are beginning to leak.

A low day, a woe day, we wish we could stay in the warm,

Force nine day, taste of brine day,

the wind whipping up to a storm.

You're a cold day, a cough day,

a day when the winter seems long.

A drear day, no cheer day, when everything seems to go wrong.

You're an aches day, a pains day,

a day for the groans and the grumps.

A bad day, a sad day, we're all feeling down in the dumps.

Come in day, you're a spring day,

the winter will come to an end.

A light day, a bright day, waits for us just round the bend.

A sun day, have fun day, whether at home or away.

A dry day, blue sky day, when children can go out to play.

But fair day or foul day, cloudless or overcast,

Every day, we all say, "Did you catch the weather forecast?"

***Caroline Hansen***



**The Cultural Tutor**

@culturaltutor

...

The letters "ough" can be pronounced at least 8 different ways in English.

How did that happen?!

Cough → *off*

Rough → *uff*

Through → *ew*

Though → *oh*

Bought → *or*

Drought → *ow*

Thorough → *er*

Hiccough → *up*



## **A few extracts from Jenny C's Dad's 'Scrapbook' circa 1970-1980.**

1<sup>st</sup> Man: 'I've never had a girlfriend, and I don't drink, smoke or gamble. Tomorrow I'll be celebrating my 40<sup>th</sup> birthday'.

2<sup>nd</sup> Man: 'How?'

Boy: 'Dad, will you help me with this crossword? I'm stuck on the final clue.'

Father: 'Ask your mother. She usually has the last word'.

A Golden Wedding is when a couple have gone 50-50.

Man teaching wife to drive:

'Go on green, stop on red, and slow down when I turn white.'

Man: 'I hear your brother's a boxer'.

Friend: 'That's right. He calls himself Kid Candle'.

Man: 'That is a funny name for a boxer'.

Friend: 'Not really. One blow and he's out'.

Boy: 'Dad, there's a man collecting for the new swimming pool'.

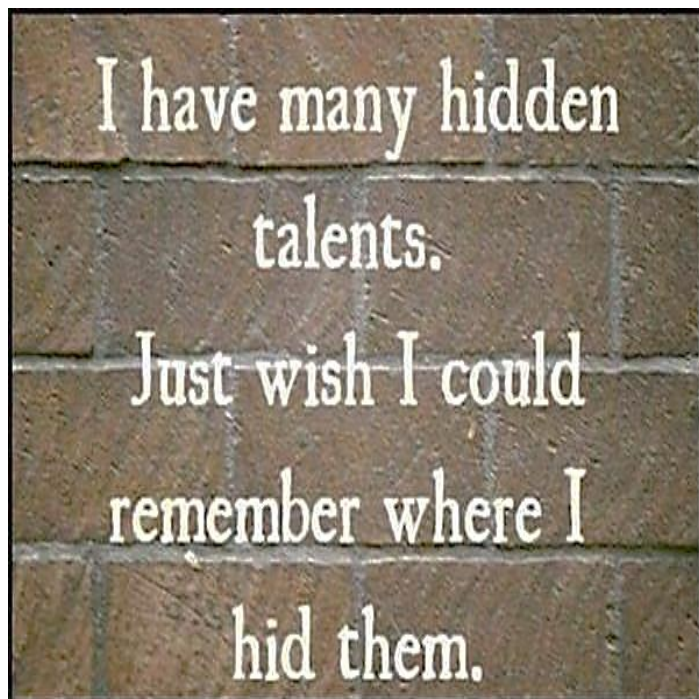
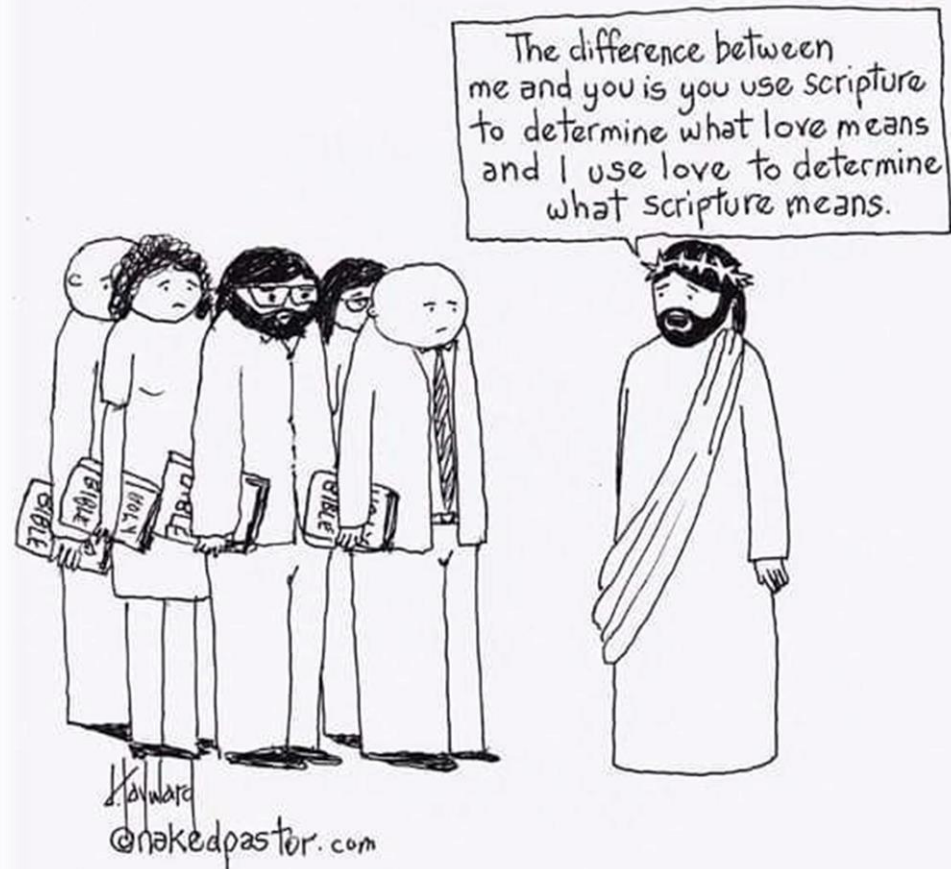
Dad: 'Fine, give him a glass of water'.

Visitor: 'Your maid is a nice quiet girl'.

Lady: 'Yes, she doesn't even disturb the dust'.

Savour each hour. Dwell not on the past. Live each day Fully – it may be your last'.

[This was Dad's favourite motto!]



**Care!** A small word with complex, comprehensive content. It crops up everywhere, almost always in some form of disguise - as concern, compassion, respect, kindness, generosity, support, nourishment, shelter and many more. It is there for all to see, to hear, to feel and even sense in all of creation. Even though

many people may not be aware of it being there, sometimes to the point of being oblivious to it. All that can be perceived, reflects 'Care' in some form or another. In fact, it is evident as an inter-dependence between the many aspects of the Created Order. Nature mirrors Care as it mirrors the Creating Essence of God.

The intimate relationship between God and His Created Order -- between God and Man/Woman -- is best described by the ancient Hebrew word, 'Hesedh' -- 'steadfast love', 'loving-kindness'; all carrying those wonderful traits of loyalty, trustworthiness, reliability, availability, even a degree of sacrifice.

All around us, in the rich variety of life-forms there is element of 'Care', albeit in its most primitive or fundamental form. Care, concern, consideration and mutual inter-dependence is evident in all forms of life...look at the trees, the birds, the bees, the ants and even those creatures that we most despise; they all reflect elements of care and concern.

In other words, Creation reflects the very Nature of God. We are all integral and indispensable parts of the Created Order. There is certainly rich diversity in the Created Order; we would not want it to have been otherwise. It is in the very nature of diversity that creativity lies. Within that diversity lies the all pervading building block of 'mutual care'.

People of religious belief would hold that we have all been created in God's image; it is in the essential nature of God 'To Care'. Thus, 'Care/Caring' becomes a Divine Imperative and an obligation endemic in the Created Order.

Not 'To Care' is surely a denial of 'Who' or 'What' we are? **EA**





# Events in 2023 in Christ Church

**An austerity Lent lunch** will be held on **1st April 2023**,  
the last Saturday of Lent: **12 noon to 1.30pm.**

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

A film afternoon with tea and cake to follow  
**on 13th May at 2pm**

**Paul Gregory** – classical guitarist will perform on  
**Wednesday 14<sup>th</sup> June 2023**, 12.30pm to 1.30pm

A large display of banners and artwork is planned for  
**Saturday 1<sup>st</sup> July** with music and refreshments;  
*more details to follow*

**Yoko Ono** concert pianist will perform on  
**Wednesday 12<sup>th</sup> July 2023** from 12.30pm to 1.30pm

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

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

**Rob Campkin and James Buckham**,  
[Violinist and Pianist] will perform on **11<sup>th</sup> October 2023**  
from 12.30pm to 1.30pm

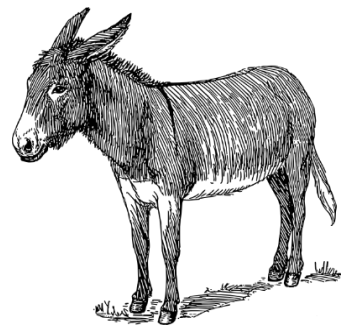


Sometimes you have to  
**Eat** your words,  
**Chew** your ego,  
**Swallow** your pride  
and accept that  
you're wrong.  
It's not giving up.  
It called growing up.

## *The Easter Donkey*

I did not know that morning, when I bore him into town,  
how soon the loud Hosannas  
would be changed to thorny crown.

I did not know that later, when I followed up  
the hill, they'd nail him upon a cross  
with suffering greater still.



And when I couldn't bear to watch this strange,  
this cruel attack, I turned and felt his shadow  
fall like balm across my back.

And so it is that even now, all donkeys bear the sign:  
A cross that is a testament to show God's love divine.

© Margaret Ingall

## ***Recipe file:***

[Our thanks this month to Dorothy for these:]

### **CHEESE PUDDING**

½ pt of milk

1oz of butter/margarine

tsp of made mustard

3oz of breadcrumbs [white or wholemeal]

2 eggs

6oz of grated cheese [cheddar is best]

2 sliced medium sized tomatoes

Pour the milk and fat into a pan and bring to the boil.

Add the breadcrumbs, mustard and seasoning if desired, stir well and leave to thicken for 15 mins.

Add the eggs and cheese and mix well.

Line a 2pt ovenproof dish with the sliced tomatoes and pour in the mixture.

Bake in the oven for about 35 mins until the top has browned slightly on Gas 5/190 degrees.

Serve with a green salad & new potatoes, or chips & baked beans!





## WELSH CAKES

8oz self-raising flour

1 tsp salt

4oz butter

2oz sugar

2oz currants

1 egg

2 tbs milk

Mix flour and salt, rub in butter, then stir in the currants and sugar.

Add the milk and beaten egg and mix to a fairly stiff dough. Roll out and cut into rounds.

Bake on a moderately hot, well-greased griddle or large heavy based frying pan for about 3 mins on each side until light golden brown. Sprinkle with sugar when cool

You may like to add a little nutmeg to the mixture for extra flavour!



## My Worthing....

Early childhood in Worthing was often spent riding my bike going to the local park at Pond Lane in Durrington and down to the beach along with my mum, sister, and brother.

On Saturdays and in school holidays I would go into town shopping with my aunty Jan, and I always had a great time with her. One day I went into town with Jan to buy a pair of boots, on the way passing the pet shop in Portland Road. I used to love going into that shop to look at the pets for sale and on this particular afternoon Jan and I saw a beautiful, adorable, tiny, honey coloured puppy. He was so gorgeous that he became irresistible and the next thing we knew he was in a cardboard box on his way home with us to Park Road, aunty Jan's house.

The purchase of boots that I originally went to town for was put on hold after the puppy sold himself to us, so we named him Wellington! For the rest of his life, he was known as 'Welly'.

School years, unlike many people I speak to, were not my most enjoyable, so I couldn't wait to leave to go out into the big wide world to work. Having left school behind me once my CSEs were completed, it was time to spend time out with friends after work and at weekends. I worked in a few different office

environments for such companies as AG Lindfield, and C R Laboratories then on to British Telecom where I trained as an operator. The work was interesting especially when on the 999 desks and I especially remember the way the emergency phones lit up when the Falklands started.

In teenage years my attention turned to horses and riding out at the Offington Park Riding School. I spent every spare moment I had there, especially helping with the ponies. My parents bought me my first riding hat as a birthday present from the Thrift Shop in Ann Street. It was second hand and only slightly battered so I was thrilled with it. A year or so later I bought myself a new hat and crop from Larkins, the Saddlers in South Street, Tarring, a shop I would often frequent during my teens.

At the age of 14 and while still at school, my Saturday and Sunday job was behind the counter at Ashburg's the newsagent and tobacconist on the corner of Montague Street and Portland Road, where Boots is now located. Mr. Ashburg was a very well-known character in town and opened 7 days a week. Before I was born both my mum and my aunty Jan worked for Mr. Ashburg so I suppose it was almost meant to be that I would work there too.

One day, in the early 1950's, when my mum was young and working behind the counter, a young man came in to



buy cigarettes on his way to the 'pictures' (cinema). The young man was quite cheeky and asked my mum to join him at the Dome Cinema another day, and mum agreed. That young man later married my mum and became my father, so thanks Mr. Ashburg!



*Ashburg's newsagent and tobacconist*

My friend Angela and I used to like going to the Wimpey Bar which at that time was in South Street opposite Bejams the frozen food shop (now Iceland). It was always handy for us as the buses all used to stop there, so it was easy to get one back home to Durrington. Angela and I also used to enjoy a visit to the café in Bentalls' store and both of us used to have the same thing each and every time, a cuppa tea and a toasted tea cake! Lovely!

At weekends I would go with friends to the Odeon and Dome Cinemas to catch up with the latest films, while I would also go to a disco that was run each Saturday at Field Place. Later at night I would go along with friends to the club that most people frequented, the Carioca in town.

One of my favourite places to go for a drink and meet with friends was called Rhapsody Wine Bar in Portland Road. That little wine bar was busy, and the owners were very friendly, so it was a nice place to go either at lunch time or during the evenings. Coincidentally, many years later I go to that same place for coffee, but now it's called Cucinetta.

I have spent most of my working life outside of this town in such places as Northampton, Isham, Uxbridge, Chelsea, Barnes, Langdon Hills, the City of London, and a few years in Malaga, Spain, but I always loved coming back home to My Sunny Worthing.

Never put off till to-morrow what you can do to-day.  
Never trouble another for what you can do yourself.  
Never spend your money before you have it.  
Never buy what you do not want because it is cheap.  
Pride costs us more than hunger, thirst, and cold.  
We seldom repent having eaten too little.  
Nothing is troublesome that we do willingly.  
How much pain the evils have cost us  
that have never happened!  
Take things always by the smooth handle.  
When angry, count ten before you speak;  
if very angry, a hundred.  
*Thomas Jefferson*

## **From Africa ... Appreciation!**

A one-eyed person does not thank God until he sees  
a blind person at prayer. (Nigeria)

Bring me flowers while I'm still alive. (Swahili)



She who does not know an object, cannot know its  
value. (Swahili)

He who does not know the advantage of light, let him  
enter darkness. (Swahili)

Talk to a person who can understand and cook for a  
person who can be satisfied. (Luvale)



## 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

*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!

**Join us soon in Waters' Hall!**