

Worship for June in Christ Church



- 4th 10.30am Holy Communion for Trinity Sunday with The Venerable Chris Skilton
- 8th 10.30am BCP Holy Communion with The Revd Nancy Ford
- 11th 10.30am Morning Prayer with Derek Hansen
- 18th 10.30am Holy Communion
 with The Venerable Luke Irvine-Capel
 6pm Evensong with The Revd Nancy Ford
- 22nd 10.30am BCP Holy Communion with The Revd Yvonne Murphy
- 25th 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 Archdeacon Chris Skilton

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life" (John 3:16)

This verse from this Gospel reading is one of the most well-known and cherished verses in the Bible – and one that many of you could say by heart if asked! It comes at the end of a lengthy conversation between Jesus and Nicodemus. If we had three or four hours, we could happily spend at least that time unpacking the whole passage – but I am going to stay with this verse and three words or phrases from it.

God so loved...he gave

The good news of the gospel begins with God, saying something about God. It does not begin with us or our weaknesses and frailties or our achievements and aspirations. It is from God, of God and about God – or how can it be good news? The word

'so' is an important and overlooked word in this. It is not a word designed to intensify 'loved' – he loved the world <u>so</u> much but is used in the sense of 'thus'...'in this way'. 'This is how God loved the world..' John says – in this particular way. There is a focus and particularity to the love of God: he <u>gave</u> his one and only Son. This is about the loving generosity of God.

If we want to know what love is like, look here and look at this activity. This is sacrificial love beyond description. How do we reflect and show something of that loving generosity? Do we show it in our relationships? When I used to prepare couples for marriage I would ask then what they most wanted; many would say "to be happy"; I tactfully suggested that it might be better to reframe that to "make sure my partner was happy". Loving generosity is not about 'me;' we can demonstrate that among family, friends and community daily.

Do we show that love in our giving — to God's work in the church and to the relief of need further afield. One Sunday a child noticed their mother put a coin in the collection plate. On the way home the mother complained that she didn't like the hymns; the sermon was dull and boring and she couldn't hear the prayers. The child turned to the mother and said, "Well mum, you don't get much for a pound these days". Even in hard and challenging times we need to ask ourselves. 'How generous is God and how do we respond to him?'

Do we show that love in our worship? We all come to church having had different sorts of weeks, different days yesterday,

different ways we have woken up this morning. How far does that determine how we worship – or can we rise above it to respond to the generosity of God. We need not pretend that the troubles do not exist, but there is a 'nevertheless' that we can say as we encounter God's goodness.

God loves the world in this way – in generous, sacrificial love, which is not simply a thought, or an idea, or a proposition. Love is in the giving of the one and only Son.

The world

It is 'the world' that God loves. The word takes us back to John 1 where we will have heard at Christmas "the world came into being through him...yet the world did not know him". It is this world, all of it, that God is loving generously towards. God is not one to ask, 'Are they worth the effort?' or 'Are they worth bothering about?' This love is focussed equally on everyone. Whether people respond or not to that generous love is their responsibility; sadly some do not or will not – but this love will not go away. God's love for all is something that I think we find hard to grasp from our limited human perspective. We have been placed in our families, friendships and communities and sometimes we reach the capacity of who we can engage with. Many of us may still have lengthy Christmas card lists - but we won't, when the time comes, send a card to everyone who lives in Worthing (let alone the rest of the world!). At the end of a service, we will sit and have coffee at a table with a group of three or four people, and for that time we will pay attention to them – and not to everyone else in the building. We are not being unfriendly – we are limited in how many people we can pay attention to at any one time! How extraordinary that a

generous God pays attention to 'me', to each of us all day and all night – and to the world! That is the object of God's love without discrimination or favour.

Eternal life

Some of us may be used to hearing this phrase as 'everlasting life' – but that's not quite what the passage says. The word is not 'everlasting' which is about quantity; but 'eternal' which is about quality and origin. It is about the life that is to be found in Jesus – that is spiritual, come down from heaven in the person of Jesus. This concept so perplexes Nicodemus in his conversation with Jesus. This is not endless life or life that begins after death; this is a new kind of life, a new order of life and living which characterizes the person who is in Christ.

Traditional Jewish teaching, at the time of Jesus, divided history into two periods, this present age and the age to come. For the Jews, that future time would be when God would act decisively to judge evil, rescue Israel from oppression and create a new world of justice and peace. Early Christians believed that although the full blessings of the coming age still lay in the future, this age had already begun in Jesus. This new eternal life was life in and with Jesus; life enabled by God's generous giving of the one and only Son.

There is so much more that we could pick out from this verse; but it is enough to focus on God's all-embracing, all-encompassing, generous, costly love. In receiving that love, we don't receive a passport for the future or an insurance policy for the time of death; rather, we receive a new life, eternal life, to live now and in living it to bear witness to the generous love of God.

Amen

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!**

Why not join us through the week?

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

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.

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



Poet's Corner

Summer's Advent!

Fresh new shoots of leaves on bramble, Kissed by balmy morning sun, Cast their smiles at early ramble, Bringing Spring to everyone!

Robin redbreast's tuneful chirping Radiates from hedgerows tall, Captured ears in awe stand listening, By such splendour held in thrall.

Furtive scuttling in the covert,
Pauses robin's cheerful song;
Squirrel seeks his store to unearth,
Digging holes but not for long;

As the day begins to prosper, Creatures frolic in the field; Nature breathes a fragrant whisper, While the songbirds music yield!

© Elliott Allison

First Blooms!

Like candles readied to be lit,
Anticipating nuptial bliss,
A royal princess to befit,
Magnolia buds await sun's kiss!
Unfolding blooms, let no one miss!

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My Worthing....

Married in 1972 our homes went from flat to apartment via many stops in between. First a flat in a terraced house outside Devonport Dockyard; a Married Quarter (MQ) in a suburb of Edinburgh; across to a MQ in Rosyth then a MQ flat in Southsea. A deposit on a Pompey terraced house then to a Plymouth MQ whilst on a year-long course. Back to Pompey where my next ship was based and look for the right house. A week of viewings, a quick deal then six weeks later (February '82) I was unexpectedly heading to the South Atlantic leaving Trish to settle in, find schools, GP and shops and get to know our neighbours.

As a thank you for two years at sea including one war, a rush trip to evacuate Brits from Beirut and then patrolling the Gulf, I'm sent to London (unaccompanied) so only home at weekends leaving Trish to continue the DIY and car maintenance in my absence. Looking forward to a couple of years home-based, my next posting was Plymouth! The modern three-bed house with garage and garden we were looking for in town ended up being a six-bed Victorian terrace on the edge of Dartmoor, with on-street parking and solid fuel (best anthracite) heating, but it felt right as soon as we walked in.

The pattern repeated – live in Devon, next job Portsmouth and vice versa. Finally, 2½ years "weekending" from Plymouth to Hampshire before I got a chance at a prime job in Bristol. Another brief stay in MQs then a new house in South Gloucestershire – only to find that one week into the new posting I was off to Barrow in Furness three weeks out of four with the odd trip to Glasgow. Five years of this then

across the road to BAE still in the Ship Design business but as a civvy – and now it was two weeks out of three in Glasgow!

With the arrival of our grandchildren in January 2010 we realised we needed to be within easier travelling distance of SE London and moved to LA (Littlehampton of course!) but after a few years here seeing less of the twins as they started school we decided on one final move to downsize and get even closer to the sea.

We'd stayed with friends in their Glasgow flat earlier that year and come to the realisation that we could live that. The first research I did was to type in "Why do I not want to live in Worthing?" Well, it can't be that windy can it? Several more visits in rain, wind and sea mist and we still committed to making an offer on a flat (sorry, an apartment, they cost more), a compromise between price, number of bedrooms, quality of sea view and whether we really did need a utility room. Our sale was looking good but faltered as our buyers hit snags on their sales but in the end we moved in February 2014. Now to get to know Worthing!

It's perfect – only 7½ minutes to Marks and Spencer – what more can you ask? Beales and Debenhams as key outlets drawing in shoppers who helped keep open all the independent shops. Coffee shops and barbers to service the whole of West Sussex and theatres and cinemas with the potential to keep us entertained in our retirement.

First impressions were of a willingness for people to engage in conversation and I was surprised to note that the Sussex accent was so like that of Peckham – then realised that most of the locals we spoke to were displaced persons from

London. As we integrated a bit more, we discovered there were still some real locals who reeled off pub and club names, most of which had closed since their youth and the ones that remained seemed to change their name every time we went out. 'The Last Resort' proved to be a safe place for a Friday evening stroll - maybe too "safe" but we soon found a second home in a hostelry not too far from the church - admirable by the sign on the bar that forbade swearing at penalty of being banned. There were enough churches to suit most persuasions albeit Christ Church seemed a little under-populated on my first visits, even when I worked out which week it was and what time the 1030 service was that week. The 700 bus could get me home from work in Portsmouth dockyard when the train failed, but might need a packed lunch to sustain me for the three hour journey. The same 700 to get me to Hove to watch Sussex Cricket – but not always certain it would get me home the same day (every 10 minutes - on average!) We had to learn the mayor's name very quickly so that we could appear knowledgeable when accosted by Spanish language students armed with pages of questions - hope they don't ask me why this bloke appears in fancy dress every so often rings his bell and encourages kids to throw oranges at the sea outside our window! Finally, repeat after me, "This is our last move. This is our last move!"

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!

Archaeology/history walks in Worthing for 2023

I am again running a series of archaeology/history walks for Christ Church in Worthing once a month between May and July. These will take place in the morning on the second Wednesday of the month.

If rained out, then the walk will take place on the next Wednesday. We start at 10.00 AM and end up at Christ Church for the Coffee Morning. The walks for this year are listed below.

14th June. "Worthing's 18th Century Pubs".

Meet at the east end of Worthing Pier.

12th July. "Worthing Watch Houses".

Meet on seafront opposite Heene Road.

Alex Vincent

Any enquiries my telephone number is 07753282714.

Email: alexeclipsing@gmail.com



CONTINUING ALEX'S LOST VILLAGES OF SUSSEX

There are more than 3000 known Deserted Medieval Villages in Britain. Most were lost during the Black Death or Bubonic Plague of the mid 14th century. A number of them are visible today as earthworks such as hollow ways and house platforms. Below is a selection of lost villages in Sussex.

Findon (TQ116085). The original village stood by the church and probably migrated to its present site in Medieval times. Crop marks sometimes appear in the field north of the church where the village once stood. In Findon, there is a Pest House, which was an isolation hospital where plague victims were imprisoned.

Hamsey (TQ414122). The village is said to have been deserted by the Black Death. The only buildings still standing are the church and Hamsey Place Farm. Crop marks near the church represent the site of houses where Medieval pottery and guern fragments were found.

Hangleton (TQ268074). The village was probably lost during the Plague. The site of the village was excavated in the 1950s and 13th century long houses were found. The site is now mainly built over by the modern growth of Brighton and Hove. The green south of the church is said to be where victims of the Plague were buried.

Heene (TQ138027). Heene was mainly lost due to coastal erosion over the centuries, leaving a farm, a few cottages and ruins of a 13th century church. Today the site has been built over by the modern growth of Worthing and the ruined church stands in the grounds of the modern one.

Hurstpierpoint (TQ279165). This village was listed as a shrunken village by the Medieval Settlement Research Group (MSRG) on the author's evidence, after noticing earthworks in fields south of the High Street on either side of the B2117.

Kingston (ca TQ 084012). Kingston, near Ferring, was mainly lost to the sea by coastal erosion in the 17th century including its chapel. There is a hollow way of the street leading out to the sea with humps and bumps on either side.

La Holt (TQ 105062). La Holt, near Clapham, was a thriving hamlet in the Middle Ages and its desertion was probably due to the Black Death. Two cottages remain today, and one 'Keepers Cottage' is said to have been an Inn which served the community.

Lullington (TQ 528031). This village was destroyed by the Bubonic Plague in 1349 and there are no visible earthworks on the site today. The small church, which is said to be the smallest in Britain, is only the chancel of the original. It once had a nave and tower.

Monkton (SU829165). Monkton, near Chilgrove, was deserted sometime in the late 16th century. There are good earthworks representing the site of houses on the site today. The 12th century chapel of Chilgrove probably served Monkton as well. Its site was excavated in 1977.

Muntham/Cobden (TQ105103). The site of this village lies halfway between Muntham and Cobden Farms and was probably deserted in the Middle Ages. There are earthworks where the village once stood, and a quantity of Medieval pottery was found on the site.

Northeye (TQ683073). The town of Northeye was probably deserted by the great storms in the 13th century, and a new town was built in the 14th century about half a mile south of the old one. This new town was lost in the 15th century and the chapel stood in ruins until the 19th century. There are earthworks on the site today.

Old Selsey (SZ871958). The original Selsey stood in the area of Church Norton, and had a cathedral which is now under the sea. This had 25 bishops between 681 and 1075. The chapel of St. Wilfrid is only the chancel of the original church. The nave was demolished and removed to the new Selsey in 1854.



Chapel of St Wilfred, Selsey

Life is an echo.

What you send out, comes back.

What you sow, you reap.

What you give, you get.

What you see in others exists in you.

Remember, life is an echo.

It always gets back to you, so give goodness.

(Author Unknown)

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Anything that annoys you is teaching you patience.

Anyone who abandons you is teaching you how to stand up on your own two feet.

Anything that angers you is teaching you forgiveness and compassion.

Anything that has power over you is teaching you how to take your power back.

Anything you hate is teaching you unconditional love.

Anything you fear is teaching you courage to overcome your fear.

Anything you can't control is teaching you how to let go. (Jackson Kiddard)

An Easy Recipe

John Horsler's Belly Pork, Apple and Onion Casserole -

Serves 4 hungry people!

1 ½ lbs [675 grms] belly pork

2-3 cooking apples

2 onions

1/2 pt [300 mls] stock

1-11/2 lbs [450 - 675 grms] potatoes

Chop the belly pork (rind and all)

Slice the potatoes, onions and apples.

Layer pots, meat, onion, apple, finishing with meat on top.

Add Salt and Pepper.

Pour the stock over all.

Cook Gas Mk 3: 160° C: [140°C Fan]: 325 F: for 2 hours.

Delicious!

The 'Middle Wife' by an Anonymous Junior school teacher

Many thanks for this hilarious contribution, not for the faint hearted!

I've been teaching now for about fifteen years. I have two children myself, but the best birth story I know is the one I saw in my own classroom a few years back.

When I was a child, I loved show-and-tell so I always have a few sessions with my students. It helps them get over shyness and usually show-and-tell is pretty tame. They bring in pet turtles, model airplanes, pictures of fish they catch, stuff like that and I never ever place any boundaries or limitations on them. If they want to lug it into school and talk about it, they're welcome.

Well, one day this little girl, Erica, a very bright, outgoing child takes her turn and waddles up to the front of the class with a pillow stuffed under her sweater. She holds up a snapshot of an infant. 'This is Luke, my baby brother and I'm going to tell you about his birthday'.

'First, Mum and Dad made him as a symbol of their love and then Dad put a seed in my Mum's stomach and Luke grew in there. He ate for nine months through an umbrella cord'.

She's standing there with her hands on the pillow and I'm trying not to laugh and wishing I could capture this moment. Her classmates are watching her in amazement.

'Then about two Saturdays ago my Mum starts saying 'Oh, oh, oh, oh!' Erica puts a hand behind her back and groans. 'She walked around the house for like an hour, 'Oh, oh, oh!' (now this child is doing an hysterical duck walk and groaning).

'My Dad called the middle wife. She delivers babies, but she doesn't have a sign on the car like the Postman. They told my Mum to lie down in bed like this.' (Then Erica lies down with her back against the wall).

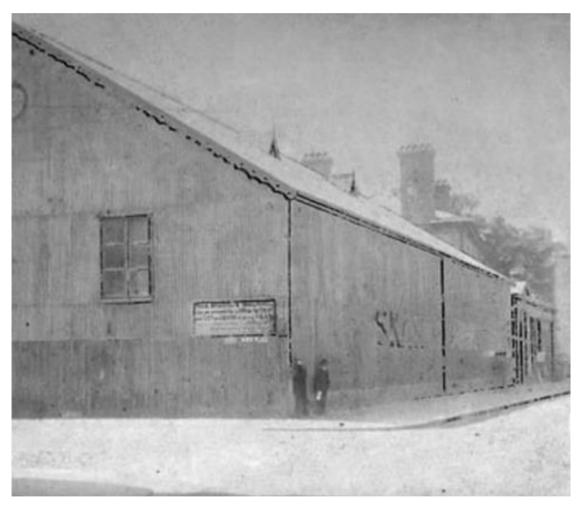
'And then pop! My Mum had this bag of water she kept in there in case he got thirsty, and it just blew up and spilled all over the bed like psshhheew!' (This child has her little hands miming water flowing away. It was too much!).

'Then the middle wife starts saying "Push, push" and "Breathe, breathe". They started counting but never even got past ten ... then all of a sudden out comes my brother. He was covered in yucky stuff that they all said was from Mum's play-centre, (placenta) so there

must be a lot of toys inside there. When he got out, the middle wife spanked him for crawling up in there.'

Then Erica stood up, took a big theatrical bow and returned to her seat. I'm sure I applauded the loudest ... ever since then, show-and-tell day always causes me to smile, remembering when the 'Middle Wife' came.

Old Worthing...



The Montague Street Skating Rink -

This stood on the corner of Bath Place and Montague Street and was later replaced with Woolworths.

This indoor and outdoor roller-skating rink was opened around 1875 or 1876.



Calling all knitters!

Imagine getting on a ship in the Philippines dressed in shorts and t-shirt, only to find yourself transiting freezing Arctic waters four months later. Seafarers often set out on new

contracts not knowing where their ship will end up, and they may need to stock up on warm clothes to see them through some of the chillier parts of the globe. We are always grateful for gifts of warm knitted items which the church will pass onto the Mission to Seafarers so their chaplains can pass on to seafarers in need. If you can supply gloves or hats in any colours, we would love to hear from you. Some suggested patterns for things you could knit can be found below:

WOOLLEN HAT

Double knit or 4 ply wool:

Size 8 (4mm) Needles:

2 oz of wool

Cast on 120 stitches.

Rib (2 plain 2 purl) for 12 inches

Next Row – Knit 2 together to end of the row

Purl next row.

Repeat these two rows once more.

Knit 1 row.

Purl 1 row.

Pull thread through all stitches and sew up seam.

FINGERLESS MITTS ON TWO NEEDLES

Materials: 3 x 25g balls Double knitting Wool

Pair each Nos 3mm (11) and 3 3/4 mm (9) needles.

Measurements: Width above thumb 8 ½ in (21cm)

Tension: 23sts and 31 rows to 4 in.

Measured over stocking stitch on No 3 ¾ mm needles.

RIGHT MITT

With no 3mm needles, cast on 50sts and work 20 rows in K1, P1 rib.

Change to no 3 ¾ needles

1st row Knit 2nd row Purl to last st. K1 **

3rd row K26, M1, K1, M1, K23. Work 3 rows

7th row K26, M1, K3, M1, K23. Work 3 rows

11th row K26, M1, K5, M1, K23

Continue increasing in this way on every following 4th row until there are 62 sts.

Work 1 row.

Thumb: Next row K40, turn. Next row K1, P14, turn. Cast on 3 sts (18 sts)

Work 4 rows with these 18 sts. Work 2 rows rib as before. Cast off loosely in rib. With right side facing, rejoin yarn and knit up 3 sts from cast-on sts at base of thumb; k to end (50sts). Work 13 rows.

First Finger: Next row K32, turn. Next row K1, P13, turn. Cast on 2sts (16 sts) Complete as for thumb.

Second Finger: With right side facing, rejoin yarn and knit up 2 sts from cast on sts at base of First Finger, K6, turn. Next row K1, P13, turn, cast-on 2sts (16sts). Complete as for thumb.

Third Finger: With right side facing rejoin yarn and knit up 2 sts from cast-on sts at base of Second Finger, K6, turn. Next row K1, P13, turn. Cast on 2 sts.

Complete as for thumb.

Fourth Finger: With right side facing rejoin yarn and knit up 2 sts from cast-on sts at base of Third Finger, K6. Next row K1, P12, K1 (14sts)

Complete as for thumb.



Thank you!

The Computer Operator's Psalm

God is my operating system and everything will function smoothly with God.

God lets me log off in safety, and knows when I need to shut down.

When I switch on, God always helps me to boot up without delay, and gives me all the updates I need.

God is also my personal firewall and I will not be afraid of viruses.

He keeps my programming free from bugs.

You, God, supply all my power needs even to back-up batteries in the event of a major power failure.

All my documents are full of good things.

I know that I will never need a rebuild or repair if I let you upgrade me constantly.

The Hand of God

Little Philip was spending the weekend with his grandmother after a particularly trying week in infant school. His grandmother decided to take him to the park on Saturday morning.

It had been snowing all night and everything was beautiful.

His grandmother commented, 'Doesn't it look like an artist painted this scenery? Did you know God painted this just for you?'

'Yes, 'replied Philip, 'God did it and he did it left-handed.'

This confused his grandmother, so she asked him, 'What makes you say God did this with his left hand?'

'Well, 'said Philip, 'we learned at Sunday School last week that Jesus sits on God's right hand.'

For mothers everywhere!

JUST A MOTHER?!!!

A few months ago, when I was picking up the children at school, another mother I knew well rushed up to me.

Lilia was fuming with indignation.

'Do you know what you and I are?' she demanded. Before I could answer – and I didn't really have one handy – she blurted out the reason for her question.

It seemed she had just returned from renewing a license at the County Clerk's office. Asked by the female clerk to state her 'occupation', Lilia had hesitated, uncertain how to classify herself. 'What I mean is,' explained the member of staff, 'Do you have a job or are you just a .. ? ' 'Of course I have a job,' snapped Lilia, 'I'm a mother'. 'We don't list 'mother' as an occupation ... 'housewife' covers it' said the clerk emphatically.

I forgot all about her story until one day I found myself in the same situation, this time at our own Town Hall. The Clerk was obviously a career woman, poised, efficient and possessed of a high-sounding title like 'Official Interrogator' or 'Town Registrar'. 'And what is your occupation?' she probed. What made me say it, I do not know, the words simply popped out 'I'm ... a Research Associate in the field of Child Development and Human Relations'.

The clerk paused, ball-point pen frozen in mid-air and looked up as though she had not heard right. I repeated the title slowly, emphasizing the most significant words. Then I stared with wonder as my pompous pronouncement was written in bold, black ink on the official questionnaire.

'Might I ask', said the clerk with new interest, 'just what you do in your field?'. Coolly, without any trace of fluster in my voice, I heard myself reply, 'I have a continuing programme of research (what mother doesn't) in the laboratory and in the field (normally I would have said indoors and out). I'm working for my Masters (the whole family) and already have four credits (all daughters). Of course, the job is one of the most demanding in the humanities (any mother care to disagree?) and I often work 14 hours a day (24 is more like

it). But the job is more challenging than most run-of-themill careers and the rewards are in satisfaction rather than just money.'

There was an increasing note of respect in the clerk's voice as she completed the form, stood up, and personally ushered me to the door. As I drove into our driveway buoyed up by my glamorous new career, I was greeted by my lab assistants – ages 13, 7 and 3. And upstairs, I could hear our new experimental model (6 months) in the child-development programme, testing out a new vocal pattern.

I felt triumphant. I had scored a goal against bureaucracy. And I had gone down on the official records as someone more distinguished and indispensable to mankind than 'just another ...'.

What a glorious career!



CHRIST CHURCH Events...

Change of event!! The Brighton Guitar Quartet

Wednesday 21st June 12.30pm to 1.30pm

1st July An exhibition of stunning banners, art, photography and sculpture

Yoko Ono Concert pianist Wednesday 12th July from 12.30pm to 1.30pm

Christ Church Summer Fayre – Saturday 22nd July

Richard Bowen – Classical and Jazz Guitarist Wednesday 9th August 12.30pm to 1.30pm

Cream /Savoury tea on Saturday 12th August at 3.30pm, with a quiz and musical entertainment.

John Collins – Resident Organist Wednesday 20th September, 12.30 to 1.30pm

Rob Campkin & James Buckham, [Violinist & Pianist]
11th October
12.30pm to 1.30pm

The 'Inspired Instrumentalists' will perform on 8th November from 12.30pm to 1.30pm

Christmas Mini Market – Saturday 25th November