



CHRIST CHURCH *in July & August* *2023*

Registered Charity no: 1152846
Parochial Church Council of Worthing Christ Church
Website: www.christchurchworthing.org.uk

VOLUME 7 ISSUE 7/8

Worship in Christ Church



HOLY COMMUNION

10.30am on 1st, 3rd and 5th Sundays

MORNING PRAYER 10.30am on 2nd and 4th Sundays

BCP HOLY COMMUNION

10.30am on 2nd & 4th Thursdays

EVENSONG 6pm on 1ST and 3rd Sundays



Contact us....

Church Warden:

Kenneth Hobbs

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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

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 Tuesday and Wednesday morning from 10.30 till 12noon

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

A Pretty Picture!

Thor's midday sun weeps sleety tears,
While children shriek with glee;
Fraught shopping mother shields her wares,
To hasten home for tea!

Berating errant sister fair,
An elder brother calls,
In hot pursuit of her to hare,
He stumbles, then he falls!

Resultant clamour shames the sun,
A grey mist veils the pique;
Three pairs of hands react as one
To hapless lad they streak!

Young sibling flies to brother's aid,
Embracing him with care;
A pretty picture thus is made,
Onlookers stop to stare!

©Elliott Allison.



Advance of Years.

Short unsteady steps,
Consequential of old age,
Shuffle down the aisle.

©Elliott Allison

Surprise!!!!

Well hidden by its twig disguise
It blended with the foliage green;
The little lad jumped in surprise,
When insect raised its leg to preen -
A most amusing garden scene!

©*Elliott Allison.*

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Any Moment In Time!

Courage surveys the past,
None can be recast;
Noting where it has been,
Wisdom from it glean.

Confidence looks ahead
Beyond the mists of dread;
Driven by zest for life,
Dangers can be rife.

Care proceeds with caution,
Savouring every notion;
Noting how far it has gone,
Will not mar the fun.

© *Elliott Allison*

This is how it will be

You will open your eyes in the morning,
and the world will run to you in its best suit.

Trees will make shadow-plays with their fingers.
Creatures will call out their names.

You will open your ears to music
no-one has heard before,
voices of those you love and those who love you,
the highest note and the deep note
which is only a stirring in the earth.

You will open your mouth, and the things you say
will be old words in new shapes.
Your stories will weave all the threads
into one cloth.

You will open your hand, scatter bread for birds,
give to those who have nothing to give.

Your hand will take hold of another hand
and walk into a new world,
which is your world, and our world,
and we will be behind you.

*Andrew Rudd,
Manchester Cathedral Poet in Residence*

Recipe..... Ginger Cream

Ingredients:

500 g Greek yoghurt

275ml double cream

4tbs Muscovado sugar

12 Ginger biscuits

Curls of chocolate or broken 'Flake'

Method

Whisk the cream lightly and fold in the yoghurt.

Crush the biscuits by putting them in a bag and hitting them with a rolling pin until crushed.

Layer the cream and biscuit mix alternately in individual glass dishes.

Place in the fridge for at least a couple of hours.

Decorate with chocolate curls/flake pieces and chopped stem ginger pieces.

Yum!

Care for Children.

Psalm 127:3... “Children are a gift from the Lord.....a reward from Him.”

Ubiquitous and endemic as the Divine Imperative of Caring may be, nowhere is its true nature more evident than in the Parental Care of children. There is outcry and dismay when children are ill-treated, abused or abandoned, not only because they are vulnerable but also because the ‘child’ inside all of us identifies instinctively with all children.

From the moment a woman conceives the maternal instinct of ‘Mothercare’ is triggered; this will grow and blossom forth into the fullness of selfless, even sacrificial loving-care from that moment after birth when she holds the delicate new-born in her arms. The tenderness is remarkably illustrated in such beasts as elephant, lion and other creatures -- even in those whom we would regard as dangerous and deadly.

It requires but little time and effort to observe how, at the different levels of the Animal Kingdom, the 'mother' cares for and nurtures the young; very often both male and female parents will participate most vigorously in the 'Caring Process', especially in the early, vulnerable stages of the new birth. The instinctive, natural dedication and devotion to parenting can often be quite salutary for humans to observe, not least in the, sometimes, sacrificial lengths to which the process of parenting is taken.

Caring will involve furnishing the several, often complex needs of the child - Body, Heart and Soul. Provision of food, shelter and clothing may not always be easy to achieve but ways and means will always be found to ‘Care’ for our child. Servicing the child’s emotional needs is often facilitated when our own emotional needs are adequately settled. An emotionally settled

parent (parents) will make for an emotionally settled child. We cannot expect ourselves to be 'perfect' parents, dispensing faultless 'Care' - even though our children may have such expectation. We can only be as good as we are.

There is also the important matter of the adequacy...or otherwise...of single parenting. The debate will rage on...with a few lulls, however, what needs to be emphasized is the importance of settled, consistent, adequate parenting. The child's physical and emotional needs form the priority; it is the child who is vulnerable.

Then there is the matter of the child's 'soul'. Having and caring for children transcends religions; one may well say that the needs of the child supersedes the requirements or demands of any religion. Set the healthy example, introduce helpful ideas but we need always to remember, flowers open without force.

Caring for our children will inevitably invite hurt..even heartache! They are all unique little individuals, just as we are unique...they, too, like each one of us bears the likeness and image of Creator God. Caring is costly; sometimes quite costly, but it is always affordable. E A

From Roman Krznaric's "The Wonderbox":

"'All friendly feelings for others' wrote Aristotle, 'are extensions of a man's feelings for himself.'

The message was, when you like yourself and feel secure in yourself, then you will have plenty of love to give.

Similarly, if you know what makes you happy, then you will be in a stronger position to find a way of extending that happiness to those around you.

If, on the other hand you are uncomfortable with who you are, or harbour some self-loathing, then you will have little love to offer to others."

EA.

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 final walk for this year is listed below.

12th July. “Worthing Watch Houses”.

Meet on seafront opposite Heene Road.

Alex Vincent

Any enquiries my telephone number is 07753282714.

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Don't Change!

I was a neurotic for years. Anxious, depressed, selfish. Everyone kept telling me to change.

I resented them, and tended to agree with them, and I really wanted to change but I could not; no matter what I tried.

What was even more distressing was that, like all the others, my closest friend kept urging me to change, offering to help me in any way I needed help. I felt powerless and trapped.

One day, my friend surprisingly said to me, “Don’t change. I love you as you are.”

Those words were music to my ears: “*Don’t change. Don’t change.....I love you as you are.*”

I relaxed. I came alive! And...suddenly.... I changed!

(Antony de Mello)



THE SAINT

In my youth I once visited a saint in his silent grove beyond the hills; and as we were conversing upon the nature of virtue a brigand came limping wearily up the ridge. When he reached the grove he knelt down before the saint and said, "O saint, I would be comforted! My sins are heavy upon me."

And the saint replied, "My sins, too, are heavy upon me."

And the brigand said, "But I am a thief and a plunderer."

And the saint replied, "I too am a thief and a plunderer."

And the brigand said, "But I am a murderer, and the blood of many men cries in my ears."

And the saint replied, "I am a murderer, and in my ears cries the blood of many men."

And the brigand said, "I have committed countless crimes."

And the saint replied, "I too have committed crimes without number."

Then the brigand stood up and gazed at the saint, and there was a strange look in his eyes. And when he left us he went skipping down the hill.

And I turned to the saint and said, "Wherefore did you accuse yourself of uncommitted crimes? See you not this man went away no longer believing in you?"

And the saint answered, "It is true he no longer believes in me. But he went away much comforted."

At that moment we heard the brigand singing in the distance, and the echo of his song filled the valley with gladness.

Kahlil Gibran in *'The Forerunner'*.

Sculptures by the Lake



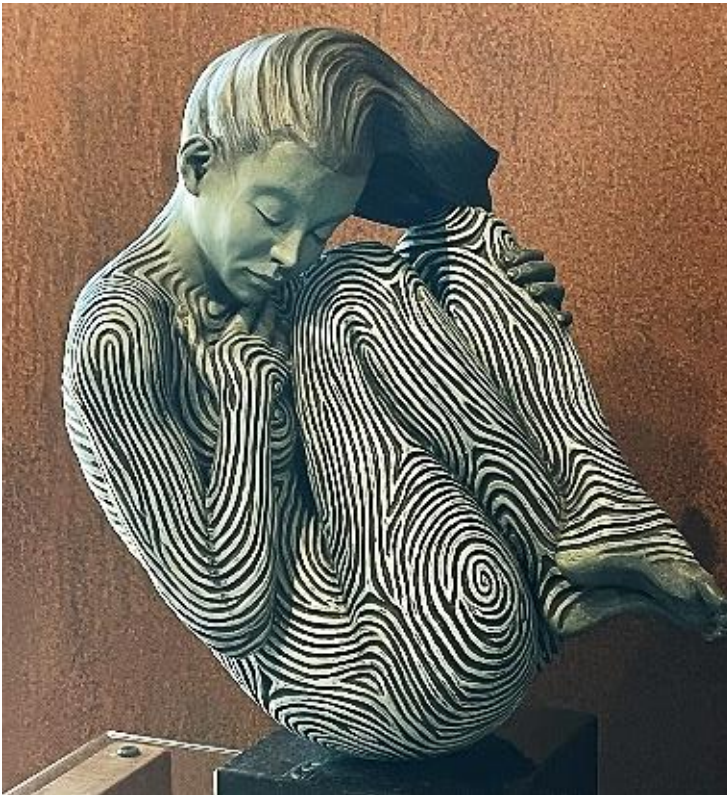
We arrived at the sculpture park at Pallington, near Dorchester, just after opening on a warm and sunny May morning. Starting our circuit of the lakes we encountered the first of the sculptures, not in museum or art gallery settings but sited in the

trees, in shaded clearings, in the lake itself and hidden in bushes to be seen only from a distance.

The styles ranged from beautiful art deco to others that masqueraded as a welding test job. Meanwhile we were surrounded by bird song, some we could put a name to but most invisible in the deep vegetation.

The reed warblers were particularly vocal especially when we encroached within a few feet of their position. Once fishing lakes, the site has been re-wilded over a decade and carefully husbanded to provide a variety of wildlife habitats. The home of Simon Gudgeon our visit coincided with exhibitions by more than 35 other artists and so a wide range of styles were on show – some humorous and others more reflective whilst some we just couldn't work out. The on-site gallery





displayed smaller and more delicate pieces and unlike most galleries I was enthusiastically encouraged to take photos of anything and everything I liked. This enthusiasm was shared by the volunteers at the entry gate who exuded a love of the place and by the gardeners who saw it as

part of their job to talk to visitors as they weeded and tidied up the more formal plantings.

This place is not just an art gallery or a nature reserve but an open-air cathedral inviting quiet contemplation and renewal.



"SOME PEOPLE FEEL THE RAIN,
OTHERS JUST GET WET."

The Good Shepherd

Our very good friends Caroline and Derek Hansen write to tell us the history of their own church in Shoreham. Derek is a Lay Reader and regular leader of Morning Prayer at Christ Church, and Caroline always joins us always, they are part of our own church family.

Caroline writes:

Our church on Shoreham Beach, originally known as the fisherman's church situated just opposite the beach is named The Church of the Good Shepherd, shortened by the church family to COGS, is a friendly community with an interesting history.



The Church of the Good Shepherd was a little fishermen's church built in 1913. As the 1963 Golden Jubilee Brochure says, "It has neither antiquity nor architectural beauty, but stands as a monument to those devoted people who built it." The Brochure also records the story of how the army came, preparing to defend the Beach from any invader during World War 2 by blowing up most of the buildings, so that there would be no cover for an invading force and would provide a field of fire for our gunners. Evidently the Church was left standing alone within the barbed wire barriers, and a request was made to the War Office by the Army Authorities that it, too, should be destroyed. An old resident tells how two officers were sent to decide the matter, but on entering the Church found fourteen men of

the Northamptonshire Regiment saying their prayers, so they left aiming to come back later. They didn't - the faith and simple devotion of these men saved it.

After the destruction of the bungalows, the Beach was sealed off with barbed wire and the whole area was mined. Shipbuilding and chemical works continued in business and workers were issued with passes. The Church became a Garrison Chapel in which Services were held, and members of the congregation could apply for passes to attend. The church still has the residents permit which gives permission to attend the church "for the purpose of divine worship"

Shoreham Beach has always borne the brunt of storms. On 15th October 1987, hurricane force winds swept over the south of England taking roofs off buildings, bringing down electricity and telephone wires, and tearing into the beach huts. The Church did not escape and the felt covering to the 1972 extension which had a flat roof, was lifted off. The high tide that night was only 4.5 metres, whereas a week before it had been 6.5 metres. The Southerly gale greatly increased the tide height; had the storm happened a week earlier the Beach would have been severely flooded, so everyone gave thanks that nobody had lost their lives and our COGS, as the Good Shepherd is affectionately known, had yet again survived.

So, every time we hear any of the different musical settings to Psalm 23, The Lord's my Shepherd, we cannot help but think of our own Good Shepherd and be thankful.

Caroline Hansen

CONCLUDING 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.

Pende (ca TQ189036). Pende south-east of Lancing was a thriving port and village possibly with a church, dating to the 13th century. This port and village was overwhelmed by the sea in the mid-15th century. There is nothing to be seen of Pende at low tide today.

Perching (TQ243103). This village, which once had a chapel was situated on the South Downs. It was lost due to agricultural practice in the 16th century. There are humps and bumps on the site today east of Perchinghill Barn. Medieval pottery was found on the site.

Poynings Town (TV508985). This was to have been a new town of Seaford when the latter declined in size in the 14th century, and it was situated on a hill two miles to the east. This new town was aborted after French raids, either during the construction or after completion, and Seaford recovered on its original site. There are earthworks on the site of Poynings Town today.

Racton (SU780092). This village was deserted in the Middle Ages, leaving only a church and a few cottages. Earthworks, crofts and house platforms exist on the site today. Medieval pottery dating to the 12th and 13th centuries was found in one of the crofts.

Sompting (TQ161056). The village of Sompting originally stood around the Saxon church and migrated to its present site after the Plague. There are house platforms in a field west and south of the church running in an east-west direction.

Tortington (TQ 004049). Tortington is listed as a deserted site by the Medieval Settlement Research Group on the author's evidence after noticing earthworks in fields around the church and house. There are the remains of a priory about half a mile to the north.

Upper Barpham. (TQ067089). This village also known a 'Bargham' was lost during the Black Death. There is a hollow way of the main street, and a mound represents the site of the church, which was demolished in the 16th century. Stones from it were used in the farmhouse and barns.

Wardour (SZ861978). Wardour is a failed Medieval town, which was mentioned in the 13th century. Its foundation was probably an attempt to establish a port to the east of Sidlesham on what is now Pagham Harbour. There are no signs of Wardour visible above ground today.

West Blatchington (TQ278068). This village was lost around 1428 leaving a Norman church in ruins. West Blatchington Windmill was built on the site in 1820 on top of barns. The site of the village has been built over in the 20th century and the church was rebuilt. The windmill has been restored and is open to the public.

Winchelsea (TQ278068). The old town of Winchelsea was lost to the sea after great storms in the 13th century.

The town had a harbour, two churches, 50 Inns and some 300 houses. In the same century, a new town was built on Iham Hill with a harbour and two churches. This town declined in size in Medieval times and the harbour silted up.

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CHRIST CHURCH Events...

**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
will follow a **Film showing** at 2pm**

**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**

**Fish and Chip lunch on Saturday 14th October
at 12.30pm. *Bring your own wine/beer. No spirits!*
*Cost to be announced.***

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

Christmas Mini Market – Saturday 25th November

CHRIST CHURCH SUMMER FAIR

SATURDAY 22ND JULY
10.30am to 2.30pm

Stalls include:

- Books, CDs & DVDs
 - Tins and Packets
- Jewellery & Accessories
 - Gifts & Toiletries
 - Bottles
 - Tombola
- Nearly new items of clothing
 - Craft & Greeting Cards
- Ploughman's Lunches available
- Tea and Coffee available all day

**AND weather permitting,
climb the 111 steps up the tower!
Amazing views across the area.
Live music throughout the day!**

