

*CHRIST  
CHURCH  
in  
November 2023*



## VOLUME 7 ISSUE 11

### Worship in Christ Church



#### Services for November

5<sup>th</sup> Holy Communion 10.30am

5<sup>th</sup> Evensong 6pm

9<sup>th</sup> Thursday BCP Holy Communion 10.30am

12<sup>th</sup> Morning Prayer [Remembrance Sunday] 10.30am

*Lest we forget.....*



19<sup>th</sup> Holy Communion 10.30am

19<sup>th</sup> Evensong 6pm

23<sup>rd</sup> Thursday BCP Holy Communion 10.30am

26<sup>th</sup> Morning Prayer 'Celebration of Life' 10.30am

**worship**



## *"The Inquisitive Child"*

*Why are they selling poppies, Mummy?*

*Selling poppies in town today*

*The poppies, child are flowers of love*

*For the men who marched away.*

*But why have they chosen a poppy, Mummy?*

*Why not a beautiful rose?*

*Because, my child, men fought and died*

*In the fields where the poppies grow.*

*But why are the poppies so red Mummy?*

*Why are the poppies so red?*

*Red is the colour of blood, my child*

*The blood our soldiers shed*

*The heart of the poppy is black, Mummy*

*Why does it have to be black?*

*Black, my child is the colour of grief*

*For the men who never came back.*

*But why, Mummy, are you crying so?*

*Your tears are giving you pain.*

*My tears are my fears for you, my child*

*For the world is FORGETTING AGAIN*



Contact us....

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

## *Guest Sermon*

*with grateful thanks to The Venerable Chris Skilton*

### **Jonah 3: 10 – 4.11**

The story of Jonah is an extraordinary story...

Jonah is told to go to Nineveh to preach the word of God to a nation which was a byword for an enemy of Israel, hated and feared in equal measure. The purpose in sending Jonah was that the people of Nineveh might repent and avert God's judgement and punishment. Jonah will have none of this and finds a ship going to Tarshish – in the opposite direction.

But God is not having that! A fierce storm comes while Jonah is on the boat. It unnerves the sailors who seek to lighten the ship's load. When that fails, Jonah explains that he may be the cause of the storm and he is thrown overboard. The storm stops and the (pagan) sailors give thanks to God.

Providentially a large fish (not identified in the tale) is provided and it swallows Jonah. At God's direction, three days later, it spits him out on to dry land. Whilst inside the fish, Jonah offers a prayer of thanksgiving for his safety and protection and vows to serve God afresh.

God again instructs Jonah to go to Nineveh: Jonah obeys, and his preaching is highly successful. The people of Nineveh (as well as the animals!) listen, repent, and turn to God and God relents from his decision to punish them.

It is in order to treat this as a story – a narrative that is devised, but one which has some profound nuggets of truth in it. It's as if the narrator says, "Imagine if...". The narrative tells us of the kind of things that might happen to people, which then invites us to ponder on and wonder about our own lives, values, and actions.

We are taken aback that Jonah's reaction to this is displeasure and anger (ch.4:1). He was not expecting or bargaining for a positive response to his preaching. He has a conventional view of how God works – 'Gracious, merciful, slow to anger and abounding in steadfast love...' (ch 4: 2). This was a standard creed for the people of Israel, going back to the time of Moses and the giving of the commandments. God was known to be like that – to 'us', the people of Israel, but he was not meant to be appear like that to the rest of the world. God has already shown mercy in the story to the (pagan) sailors although we don't

know if Jonah knew that – and now he is merciful to the people of Nineveh.

And now God is merciful to Jonah as well: he has delivered him from a fierce storm and from the open sea and found him a shady spot in the desert! Jonah resents this. He has built a shelter to give him a good view of what he hopes might be going to happen – if Nineveh is to be struck down, he has a ring-side seat. Only when the cherished shade withers, does he realise that his expectations will not be fulfilled. Nineveh will be saved, and God is treating everyone equally!

This is a profound shock for Jonah and his readers. God responds to the plight of Israelites and non-Israelites alike and God is not supposed to do that. It is the story form that allows preconceptions and misconceptions to be challenged.

Jonah is at the end of the day, entirely inward-looking. He does not object to God's divine compassion – as long as it is directed to him and not to 'them'. I wonder if we want God to be fair and even-handed or rather want him to favour 'me'. Jonah is a great recipient of God's mercy who resists the extension of that mercy being shown beyond Israel. Israel too relies on God's generosity, but all too often resists the idea that the same generosity might extend to others.

And here is an important challenge for us. God's goodness does extend to 'them' and those outside. So, on what terms do we accept others – on God's terms or ours? There is a temptation to think that we have got church sorted out as we like it – the

time, the style, the way of doing things – not as others might like! Are people welcome to church on ‘our’ terms and very welcome if they fit in, but not if they don’t?

Is the focus of church within – or without? One of the great strengths of the Church of England is the parish system where, as you know, everyone lives in a Church of England parish somewhere. The parish through its priest has a responsibility for all who live and work there. When a parish priest is licensed (as they one day will be at Christ Church) the bishop will not licence them to the church of Christ Church, Worthing but to the parish of Christ Church. There is a big difference between the two and the priest and people are called to work and pray to narrow the gap between the two! How do we reflect and show the generous love of God that we received?

In reading the story of Jonah – don’t be distracted by trying to nail the identity of the large fish; rather be challenged by its message of God’s generosity, mercy, and grace to everyone.

***Amen***

If ignorance is bliss, why aren't a lot more people happy?

Some mistakes are too much fun to make only once

Everyone has a photographic memory, some of us just don't have a film.

If the shoe fits, buy it in every colour!



# CHRISTCHURCH FOODBANK

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

Long Life Milk  
Long Life Fruit Juice  
Tinned meat  
Tinned vegetables  
Tinned Fruit  
Tinned Rice pudding  
Tinned Fish  
Tinned soup  
Cereal (small and medium)



Pasta Sauce  
Biscuits  
Instant Mash  
Tea Bags

Washing Up Liquid  
Deodorant  
Shaving Foam  
Toilet Rolls  
Shampoo  
Shower gel

Toothpaste  
Toothbrushes  
Razors  
Handwash  
Feminine Hygiene products

***Thank you!***

## *The ticket.....*

Arnold and his wife were cleaning out the attic one day when he came across a ticket from the local shoe repair shop. The date stamped on the ticket showed that it was over 11 years old. They both laughed and tried to remember which of them might have forgotten to pick up a pair of shoes over a decade ago.

“Do you think the shoes will still be in the shop?” Arnold asked.

“Not very likely,” his wife said.

“It’s worth a try,” Arnold said, pocketing the ticket.

He went downstairs, hopped into the car and drove to the store.

With a straight face, he handed the ticket to the man behind the counter.

With a face just as straight, the man said: “Just a minute. I’ll have to look for these”.

He disappeared into a dark corner at the back of the shop.

Two minutes later, the man called out, “Here they are!”

“No kidding?” Arnold called back. “That’s terrific! Who would have thought they’d still be here after all this time”.

The man came back to the counter, empty-handed. “They’ll be ready Thursday,” he said calmly.





**Worthing Inspired  
Instrumentalists  
Find us on Facebook  
@aslongaswehavemusic**

## **Lunchtime Concert**

**given by**

**Worthing Inspired Instrumentalists**

**(Director of Music: Tony Tournoff)**

**Wednesday, 8<sup>th</sup> November 2023**

**12.30 - 1.30pm**

**\* Donations in aid of Christ Church funds  
are welcomed on exit;**

**\* Tea and coffee will be available before  
and after the concert.**

# COVENTRY CATHEDRAL

## THE LITANY OF RECONCILIATION

***All have sinned and fallen short of the glory of God.***

The hatred which divides nation from nation,  
race from race, class from class.     ***Father, forgive.***

The covetous desires of people and nations  
to possess what is not their own.     ***Father, forgive.***

The greed which exploits the work of human  
hands and lays waste the earth.     ***Father, forgive.***

Our envy of the welfare and happiness  
of others.     ***Father, forgive.***

Our indifference to the plight of the imprisoned,  
the homeless, the refugee.     ***Father, forgive.***

The lust which dishonours the bodies  
of men, women and children.     ***Father, forgive.***

The pride which leads us to trust in ourselves  
and not in God.     ***Father, forgive.***

***Be kind to one another, tender hearted,  
forgiving one another, as God in Christ forgave you.***

# Poet's Corner

## Early Winter Winds.

The russet brown leaves  
Of the flowering cherry tree

Persist;  
The strong sea breeze,  
Down the wind-tunnel street,  
They resist!

Lean swaying branches,  
Under gale's advances,  
Leeward bend;  
Its precious earthly place,  
Without shame or disgrace,  
To defend!

Reckless wind subsides,  
The promised calm presides,  
Fear fled;  
Weary limping leaves,  
Cling to the trees,  
Unshed.

© (Elliott Allison)

\*\*

## Growing Old!

His ungainly gait,  
Fostered by advancing age,  
Craves a walking stick.

© (Elliott Allison)

\*\*

Don't be worried about your smartphone or TV spying on you. Your vacuum cleaner has been collecting dirt on you for years.

If you can't think of a word, say "I forgot the English word for it." That way people will think you're bilingual instead of an idiot.

I'm at a place in my life where errands are starting to count as going out.

My goal for 2020 was to lose 10 pounds. I still have 14 to go.

Ate salad for dinner. Mostly croutons and tomatoes. Really just one big round crouton covered with tomato sauce, and cheese. FINE, it was a pizza.... OK, I ate a pizza! Are you happy now?

I just did a week's worth of cardio after walking into a spider web.

I don't mean to brag, but I finished my 14-day diet food supply in 3 hours and 20 minutes.

A recent study has found women who carry a little extra weight live longer than men who mention it.

Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.

A thief broke into my place last night. He started searching for money, so I got up and searched with him.

Just remember, once you're over the hill you begin to pick up speed.

You don't realise how old you are until you sit on the floor and then try to get back up.

We all get heavier as we get older because there's a lot more information in our heads. That's my story and I'm sticking to it.



## ***Thoughts from Derek.....***

*Isaiah 54: 1 – 14*

*Luke 13: 31 - end*

In the last paragraph of our first reading, the prophet Isaiah said “In Righteousness you will be established: tyranny will be far from you; you will have nothing to fear. Terror will be far removed; it will not come near you”. Two weeks after the slaughter by Hamas of 1400 people in Israel makes that difficult to explain. I have no answer other than prayer.

There are at least two kinds of courage. One is the immediate courage of the person who, in a moment of extreme need, summons the courage to face imminent danger. This is the courage of the by-stander who pushes someone out of the way of oncoming traffic, or jumps into the sea to save someone struggling to swim at great risk to him or herself. The decision is a spur-of-the-moment kind of thing but it reveals the character of the individual.

There is a second kind of courage, displayed not simply in a single moment or act, it is anticipating a significant, daunting, or even frightening challenge and not turning away from it but rather meeting it head on. This is also a matter of character – one that often emerges from a lifetime of facing fears and shouldering burdens and facing them.

The Pharisees come and warn Jesus to move on. This may well have been a complete fabrication. They didn't want to protect Jesus they simply wanted to get him out of the way. They couldn't pin anything on him. His teachings and healings were enthusiastically received by the masses. He was already far more popular than the Pharisees had ever been. We don't know who these particular Pharisees are and it doesn't really matter. We just know that they tell Jesus to run and save his life...and Jesus refuses. Instead, he kept to the road appointed, and travelled the arduous path to Jerusalem to meet his death.

This commitment to embrace his dark and difficult destiny for the sake of humanity is this second kind of courage. To anticipate challenge and suffering and not look away makes you vulnerable for the sake of others. And, as a culture, we don't often equate vulnerability with courage and strength. We can see it as a sign of weakness, something to be avoided at all costs. Having said that we can recognize the need to be vulnerable to those we care about most deeply, those we love. But we don't often see vulnerability as essential to living a courageous life. Yet, in our second reading, Jesus demonstrates that vulnerability is an essential part of courage. It's the core of Christian life and invites us to discover the peculiar strength of being open to the needs of those around us.

Jesus chooses the image of a hen gathering her brood of chicks to her for protection and safety to illustrate his love and concern for God's people. The choice by Jesus of

this image helps us to realize that it is our vulnerability that spurs our courage and nourishes our strength, simply because *you can and will do things for those you love that you simply would not or could not do for yourself.*

And so Jesus continues on to Jerusalem not to prove himself fearless or a hero, not to make a sacrifice for sin to a judgmental God, not even to combat death and the devil. Instead Jesus marches to Jerusalem and embraces the cross that awaits him there out of profound love for the people around him, a mother's fierce love that will stop at nothing to protect her children.

We see Jesus not merely acting courageously, but embracing who he was called to be for the sake of those he loved. We are invited to do the same - to be who we are called to be for the sake of those around us. And, in doing so, we discover that God meets us in our places of vulnerability. And when God meets us there he is both at his most powerful and his most powerless. Because love is the most powerful because it alone can conquer that final and most impregnable stronghold, which is the human heart. It is the most powerless because it can do nothing except by consent.

We need to remind ourselves that God is with us in those places of vulnerability because that is when, through God's grace, we can discover more fully who we are called to be. We are called to "Go forth into the world in peace; and be of good courage; and to hold fast that which is good, render to no one evil for evil; strengthen the fainthearted; support the weak; help the afflicted; and honour all

people". It's difficult today to think just how we can be the bearers of that peace; support the weak, help the afflicted, and honour all people. All of us are acutely aware that we are living through troubled times, times of uncertainty where our world seems a divided place, with no one sure of what the next days or weeks will hold or what the way forward will be.

I am reminded of the story of the man walking on the beach who saw a boy picking something up out of the sand, and gently tossing it into the sea. He asked the boy "what are you doing?", "Throwing starfish into the sea" the boy said". "The sun is up and the tide is going out. If I don't throw them back in they will die." The man said "Don't you realize that there are miles of beach and thousands of starfish. You can't possibly make a difference." The boy picked up another starfish and gently tossed it into the sea and said, "It made a difference for that one."

As Archbishop Tutu said, "Do your little bit of good where you are; it is those little bits of good put together that overwhelm the world." AMEN

*Derek Hansen is a licensed reader who has supported Christ Church for many years.*

# Definitions

**ADULT:** A person who has stopped growing at both ends and is now growing in the middle.

**CANNIBAL:** Someone who is fed up with people.

**CHICKENS:** The only creatures you eat before they're born and after they're dead.

**COMMITTEE:** A body that keeps minutes and wastes hours.

**DUST:** Mud with the juice squeezed out.

**EGOTIST:** Someone who is usually me-deep in conversation.

**GOSSIP:** A person who will never tell a lie if the truth will do more damage.

**HANDKERCHIEF:** Cold Storage.

**MOSQUITO:** An insect that makes you like flies.

**RAISIN:** A grape with sunburn.

**SECRET:** Something you tell to one person at a time.

**TOOTHACHE:** The pain that drives you to extraction.

**TOMORROW:** One of the greatest labour-saving devices of today.

**YAWN:** An honest opinion openly expressed



*Having recently returned from a break in Wales (land of the 20 mile an hour speed limit), it was comforting to know that when we eventually arrived, a wonderful Welsh Cake and cuppa awaited us!*

*Here is our very own in-house Welsh expert's recipe....*

### **WELSH CAKES**

8oz self-raising flour

1tsp 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 3mins 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!*

*Thanks Dorothy!*

## 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!



# THE BISCUITS

- A risk assessment!



PLEASE TAKE A BISCUIT

What if someone touches other biscuits while picking up their biscuit?



PLEASE USE THE TONGS

What if someone touches the tongs with unclean hands?



PLEASE USE A TISSUE TO PICK UP THE TONGS

What if someone drops the tongs because they are holding them with a tissue?



PLEASE DON'T DROP THE TONGS WHILST USING A TISSUE TO PICK THEM UP

What if someone doesn't see the sign telling them not to drop the tongs?



PLEASE USE THE GLASSES TO READ THIS SIGN AND THESE BISCUIT GUIDELINES

*Idea from DAVE WALKER in the Church Times*

# The Royal Artillery Association

*Once a Gunner, Always a Gunner*



Bryan Apps kindly wrote, in 2017 of his time in the forces..  
in this, the month of Remembrance,  
it felt apt to remind ourselves....

“The Worthing Royal Artillery Association was part of Christ Church for many years. When the branch closed, in the 1950s/60s, the old standard was laid up in the church and still lays there to this day.

There have been Artillery men in my family for over 100 years; my Granddad, my dad and myself. I served for 26 years and 114 days.

My connection through the Artillery to Christ Church was 53 years ago, when Connie and I were married here. My best man and I wore our Artillery Blue uniforms. The Worthing Branch was reformed by General Sir Martin Farndale”. *Bryan Apps*

Bryan carried the standard for all military occasions  
up to a few years ago.

*Bryan’s wife, Connie, on behalf of The Royal Artillery Association still decorates a Christmas tree in memory of lost comrades every year in Christ Church.*



## Questions and Answers from CARP Forum

### CARP - Canadian Association of Retired People:

Q: Where can single men over the age of 70 find younger women who are interested in them?

A: Try a bookstore, under Fiction.

Q: How can you avoid that terrible curse of the elderly wrinkles?

A: Take off your glasses.

Q: Why should 70-plus year-old people use valet parking?

A: Valets don't forget where they park your car

Q: Is it common for 70-plus year olds to have problems with short term memory storage?

A: Storing memory is not a problem. Retrieving it is the problem.

Q: As people age, do they sleep more soundly?

A: Yes, but usually in the afternoon.

Q: Where should 70-plus year olds look for eyeglasses?

A: On their foreheads.

Q: What is the most common remark made by 70-plus year olds when they enter antique stores?

A: "Gosh, I remember these!"

# CHRIST CHURCH EVENTS 2023/4

8<sup>th</sup> November from 12.30pm to 1.30pm  
**The 'Inspired Instrumentalists'**

Saturday 25<sup>th</sup> November from 10.30am to 12.30pm  
**Christ Church Christmas Mini Market**

Sunday 17<sup>th</sup> December at 4pm. - **Carol Service**

6<sup>th</sup> to the 31<sup>st</sup> December - **Christmas Tree Festival**

Tuesday 12<sup>th</sup> March 2024 from 12.30pm to 1.30pm  
**Yoko Ono and Clelia Iruzun on one piano!**

Tuesday 9<sup>th</sup> April 2024 from 12.30pm to 1.30pm  
**Southdowns Folk Singers**

Tuesday 14<sup>th</sup> May 2024 - from 12.30pm to 1.30pm  
**Richard Bowen - guitarist**

Tuesday 11<sup>th</sup> June 2024 – from 12.30pm to 1.30pm  
**Brighton Guitar Quartet**

Tuesday 9<sup>th</sup> July 2024 from 12.30pm to 1.30pm  
**Zhanna (*pianist*) and Evelyn (*clarinet or alto saxophone*)**

Saturday 7<sup>th</sup> September 2024 from 10.30am to 2.30pm  
**Christ Church Autumn Fair**

Tuesday 10<sup>th</sup> September 2024 from 12.30pm to 1.30pm  
**Paul Gregory – Guitarist**

Tuesday 24<sup>th</sup> September 2024 from 12.30pm to 1.30pm  
**John Collins - Organist**

October 2024, **Rob Campkin (Violin) & James Buckham**  
(Piano), date to be confirmed

Tuesday 19<sup>th</sup> November 2024 from 12.30pm to 1.30pm  
**The Inspired Instrumentalists**

## ***Margaret Cockcroft's Doodah Squares!***

*From Pat A... thank you Pat!*

### Ingredients:

100 grams plain chocolate (half 200 gr bar)

4oz sugar

4oz glazed cherries (cut into small pieces)

4oz sultanas (soaked in brandy)

4oz desiccated coconut

2 eggs (beaten)

### Method:

Melt chocolate. Pour into greased pan. Allow to set.

Mix other ingredients. Add beaten eggs.

Spread mixture evenly on top of chocolate.

Bake in moderate oven. 180C for 20-25 minutes.

Cut into squares when cool.

(Variation: Add 4oz chopped nuts/crystalized fruit/pineapple pieces/crystalized ginger)

***Delicious!!!***

*Three things to remember to help you to move forward:*

**The life in front of you is more important  
than the life behind you**

**Ask yourself if what you are doing today is getting you closer  
to where you want to be tomorrow**

**Don't be a prisoner of your past.  
It was a lesson, not a life sentence**

**A message for my children:**

Don't make fun of me for asking questions about  
my mobile phone.

I once taught you how to use a spoon!

If you don't allow yourself to move past what happened,  
what was said, what was felt, you will look at your  
present and future through that same dirty lens.

Realise this, focus and breathe.

Try to see things as they are today, instead of how you  
hoped, wished or expected them to be.

A black and white photograph of a snowman standing in a garden. The snowman is made of three snowballs, wearing a dark hat, a dark scarf, and has stick arms. It is positioned on the left side of the frame. The background consists of bare, tangled branches and some snow on the ground.

**CHRISTMAS MINI MARKET!**

**CHRIST CHURCH – Grafton Road**

**November 25<sup>th</sup> 10.30am to 12.30pm**

**PAPERBACK BOOKS, DVDs and CDs**

**FESTIVE FOODS**

**GIFTS AND TOILETRIES**

**CHRISTMAS STALL**

**BOTTLES**

**JEWELLERY**

**RAFFLE PRIZES**

**LIVE MUSIC** will be played  
throughout the event,  
with mince pies,  
tea and coffee available

**See you there!**