

CHRIST CHURCH

Autumn
2024



VOLUME 8 ISSUE 3

Registered Charity no: 1152846
Parochial Church Council
of Worthing Christ Church

Website: www.christchurchworthing.org.uk

Contact us....

Admin team:

email: christchurch1843@gmail.com

Parish Office 01903 215343

Usual Office Hours:

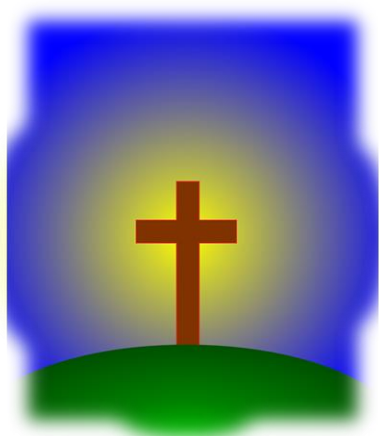
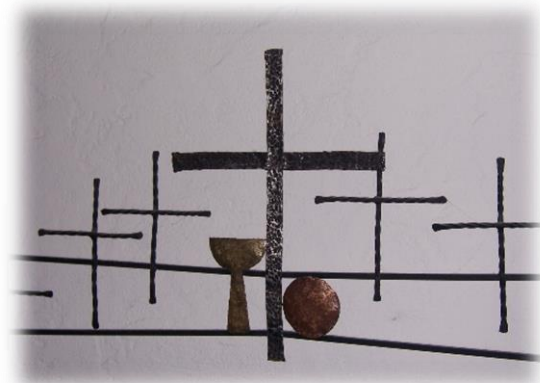
Wednesday 10am – noon: Thursday 2pm – 4pm

Editor: Carol Warrington

Worship in Christ Church Services for October

OCTOBER

- 6th 10.30am Harvest Festival
Holy Communion
6pm Evensong
- 10th 10.30am BCP Holy Communion
- 13th 10.30am Morning Prayer
- 20th 10.30am Holy Communion
6pm Evensong
- 24th 10.30am BCP Holy Communion
- 27th 10.30am Morning Prayer



**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” 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!



As you probably know, several members of our church family have been busily knitting teddy bears for the seafarers at the Mission to Seafarers. I was delighted with the response and sent off a boxful of fifteen to their headquarters up at South Shields. We still have some patterns if any other knitters would like to have a go. They're very simple to make!

A big thank you to all contributors and also to Lorraine who has made individual bags for each one.

Dorothy



<https://www.missiontoseafarers.org/at-church/knitting> is the link to their website, complete with downloads for knitting patterns.

All the patterns are fairly easy. Pop in to the church with your finished item and meet us for a coffee!

TEDDY KNITTING INSTRUCTIONS

You will need:

Double knitting wool.
Size 3¼mm (10) needles.

Main colour – for head and
paws.

Trouser colour.

Jumper colour.

Scarf colour.

Cast on 10 sts main colour. Knit 10 rows (garter stitch).
Change to trouser colour and knit 30 rows. Make another leg the same.
Knit across all 20 sts and work 16 rows.
Change to jumper colour and knit 24 rows.
Change to the main colour for the head **and** change to stocking stitch.
Work 40 rows and change to jumper colour...continue the remainder
of the teddy in reverse order.
Stitch down the sides of the head.
With jumper colour pick up 8 sts on either side of the neck and knit 20
rows. Change to the main colour and knit 10 rows for paws.

Sew up Teddy leaving an opening in the crotch. Please stuff Teddy with only kapok or other healthy padding. Foam rubber is not recommended as babies may chew it. Then draw a thread around the neck. Sew diagonal corners for ears. Sew a HAPPY face on Teddy.

Scarf: Cast on 60 sts. Knit 4 rows. Cast off. Tie the scarf on Teddy and sew it to the back of their neck.

Teddies also require little bags made from material with a drawstring at the top. Finished size 10" x 13". Good luck with your Teddy!

NEW TO WORTHING, OR LOOKING FOR SOMETHING TO DO?

The Library

We are fortunate in having a wonderful library right on our doorstep! Not only do we have the services that you might expect, such as on-line access and the lending library, there is also a reference floor with a great local history section, including copies from our Parish Records, from which I learned that the first child to be christened here on 10th November 1843 was Emma Greet, daughter of Thomas, a coast guardsman, and Jane. You may be researching your family tree, and the library has access to Ancestry and Find My Past, plus knowledgeable librarians who are happy to help.

Visit the events page for details of regular meetings, such as Rhyme Time and Knit 'n' Natter, and one-off events:

<https://arena.westsussex.gov.uk/events#/>

How To Neglect Your Garden This Autumn

advice from Catherine



- Don't tidy too much away; bugs hide in hollow stems, hedgehogs use fallen leaves for bedding, birds eat seed heads, berries and rose hips.
- Leaving herbaceous perennials will protect their crowns for next year.
- Hedgehogs don't eat and sleep in the same place, so think about buying or making two hog houses if you are going to feed as well so that cats and foxes don't eat the food.
- Clean out water provided for nature as leaves and other debris fall in and be sure to provide water that isn't frozen as it gets colder.
- If you do have plants to cut back, think about creating a log and stick pile or starting your own compost heap.
- You can also plant bulbs now ready for next year, providing pops of colour for you and nectar for bees.

Comfort . . .

[Isaiah 66:13](#)

As a mother comforts her child, so will I **comfort** you; and you will be comforted over Jerusalem.”

[Psalms 119:76](#)

May your unfailing love be my **comfort**, according to your promise to your servant.

[Luke 6:24](#)

But woe to you who are rich, for you have already received your **comfort**.

[1 Corinthians 14:3](#)

But the one who prophesies speaks to people for their strengthening, encouraging and **comfort**.

[2 Corinthians 1:5](#)

For just as we share abundantly in the sufferings of Christ, so also our **comfort** abounds through Christ.

[Psalms 23:4](#)

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they **comfort** me.

and Joy

[Isaiah 51:11](#)

Those the LORD has rescued will return. They will enter Zion with singing; everlasting **joy** will crown their heads. Gladness and **joy** will overtake them, and sorrow and sighing will flee away.

[Psalms 126:5](#)

Those who sow with tears will reap with songs of **joy**.

[Psalms 98:8](#)

Let the rivers clap their hands, let the mountains sing together for **joy**;

[Proverbs 21:15](#)

When justice is done, it brings **joy** to the righteous but terror to evildoer

[Galatians 5:22-23](#)

The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.

WORDSEARCH

Comfort

C F S E R E N I T Y W A S A V
I M H S H E L T E R O C O G Y
A R O S E S N U G G L E U R Q
R E B O S L I P P E R S P E D
M L B F T E D D Y B E A R E I
C A Y T P B L A N K E T J A S
H X S T O R Y T I M E J U B T
A A S O O T H I N G C V M L R
I T P F R I E N D S H I P E A
R I B A T H T I M E Q S E O C
C O P Y J A M A S C Z P R Q T
O N U C O N V E N I E N C E I
S D N H N C H O C O L A T E O
Y S A T I S F Y I N G G D Y N
T E A P O T F A M I L I A R N

distraction

friendship

chocolate

slippers

serenity

blanket

familiar

hobby

convenience

satisfying

agreeable

bath time

soothing

snuggle

jumper

relaxation

story time

teddy bear

armchair

pyjamas

shelter

teapot


cosy

soft

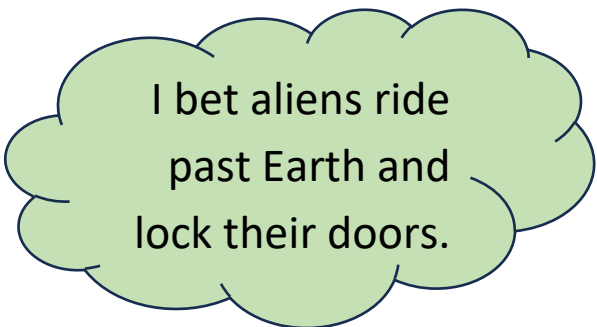
soup

Not old, Mature!

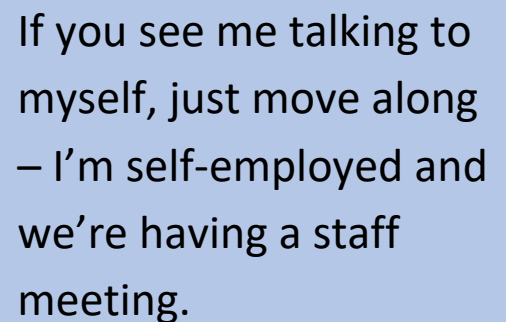
Or perhaps not *that* mature! Slogans from T-shirts:



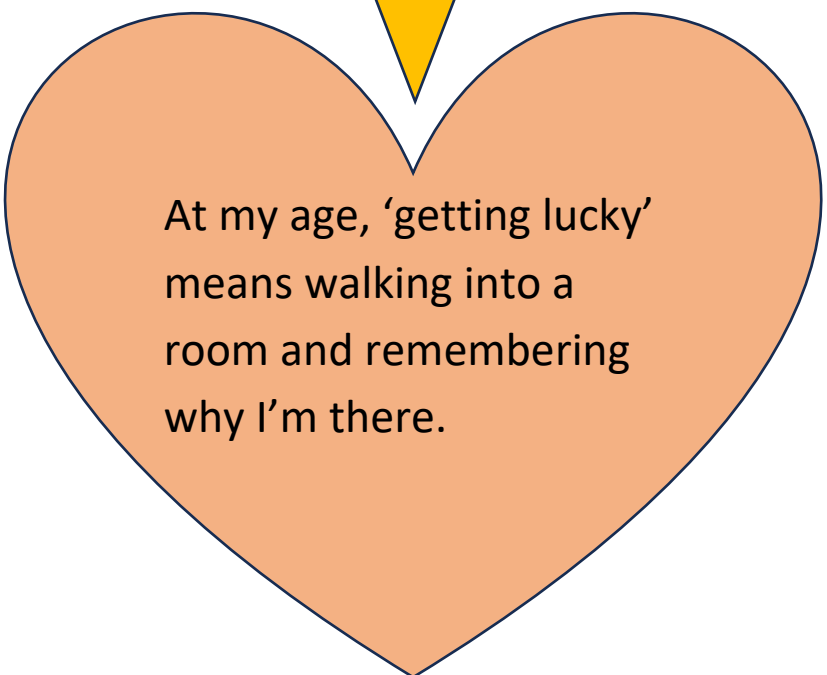
I have selective hearing. I'm sorry, you were not selected.



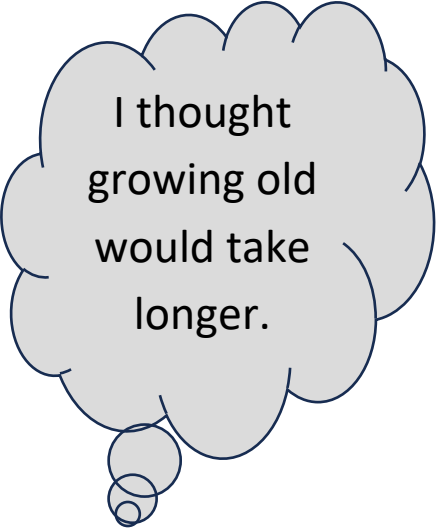
I bet aliens ride past Earth and lock their doors.



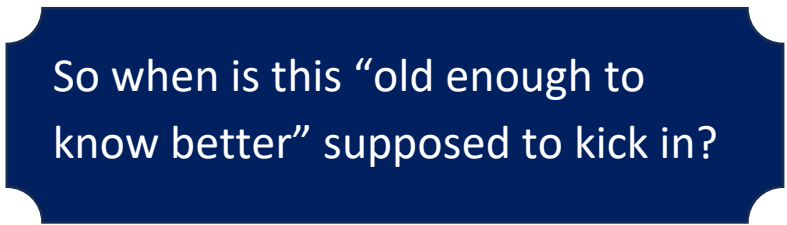
If you see me talking to myself, just move along – I'm self-employed and we're having a staff meeting.



At my age, 'getting lucky' means walking into a room and remembering why I'm there.



I thought growing old would take longer.



So when is this "old enough to know better" supposed to kick in?

Words from Derek Hansen,

Reader and friend of Christ Church....

MARK 7:24 to end

We don't know why Jesus goes to this house in Gentile territory and wants it kept secret. Perhaps he's tired and needed a break? Mark paints a very human picture of Jesus rather than the continual display of love and availability. And then we get an even more unusual picture. The Syrophoenician woman comes to him bowed down, begging that he cure her daughter of an unclean spirit, something we already know he can easily do. And yet he brushes her off, refusing her request and casts her aside.

Some try to soften the blow of Jesus's apparent rudeness and rejection. Jesus is saying (as the parallel passage in Matthew makes clear) that it's not time yet for the Gentiles. They make the point that the Greek word used for a dog may actually mean a puppy or a household dog but it's still pretty rude.

But why the apparent insult? Others suggest that Jesus is not actually refusing her but rather testing her – but that doesn't make much sense – there's no mention of testing in the story and that would suggest a cold-hearted uncaring God who taunts and tests us in our deepest moments of need, light years away from our understanding of God and Jesus.

Why did Jesus behave in this way? Jesus is fully human as well as fully divine. A man brought up in, affected by, the culture of his time. A syrophoenician woman was, by her culture, associated with the three major enemies of Israel – the Canaanites, the Greeks, and the Romans. A gentile, a foreigner, and a woman; a “triple enemy”. This story pushes the boundary geographically, ethnically, and sexually.

The story of the healing of the deaf-mute that follows also in Gentile territory is a complete contrast. The deeply human and intimate way Jesus deals with this deaf-mute is in completely different – He gently leads him away from the crowds to gain his full attention. And instead of words, he uses actions to signal his intent – fingers in the ear and spittle on the tongue. The spit might be a stretch, except that spit was thought to have some healing qualities. And then the deep sigh, the single Aramaic word that sounds like a sigh, “Ephphatha!” (“Be Opened”) somehow captures that deeply human element in the story.

Jesus’s command not to tell anyone is almost a joke. You heal a deaf mute, of all people, and instruct him not to tell anyone. If it were a leper, that might work, but how are you going to keep a healed deaf-mute from talking about it? And Mark, in his Gospel, wants us to notice the crowds and hear their response. People were overwhelmed with amazement. “He has done everything well,” they said. “He even makes the deaf hear and the mute speak.” They are impressed not only by Jesus’s healing action, but by his manner, by the way he treated the man.

We see a change, a development. in Jesus – a recognition of God’s vision for the world. The idea of a kingdom that included everyone – with no exceptions! – was completely and totally novel. (And it still is!) This desperate woman pushes Jesus, stretches his vision of God’s grace, makes clear to him in an unexpected and initially unwelcome way that there is room in God’s kingdom for all, for Jew and Gentile, male and female, slave and free, insider and outsider, even dogs like her and her daughter.

The racial and religious differences between Jesus and the Gentile woman and the Gentile deaf and mute man are unchanged. What has changed is the recognition that the doors of the kingdom are open to everyone. A Gentile, a foreigner, an enemy, a woman who breaks all the rules, who has publicly

shamed herself by being out alone, and by daring to question, to challenge, a man is acceptable to, and welcomed by, God

We need to give thanks for this desperate mother and her fierce parental love and for those who brought the deaf and mute man to Jesus. They enable us to see as clearly as anywhere in the Gospel the character of God's tenacious commitment and God's similarly fierce love for all his children and that, despite our uncertainty in times of our trouble and distress, includes each one of us. Lord by the power of your spirit remind us of your love for each one of us and for those whom we love and pray for.

Amen

Last time, we had a story.

Here are some nursery rhymes that tickled me!

Ride a cock horse to Banbury Cross

To see a fine lady on a white horse.

With rings on her fingers and bells on her toes,

She shall receive a noise abatement order from Cherwell District Council!



Humpty Dumpty sat on a wall,

Humpty Dumpty had a great fall.

All the king's horses and all the king's men,

Had scrambled egg for their tea.



Rock a bye baby on the tree top,
When the wind blows, the cradle
will rock.

When the bough breaks, the cradle
will fall.

. . . Hello, Fire Brigade please . . .

This vegan recipe is a family favourite, even for those who are not vegan or vegetarian. It features on our Christmas table and can be made well in advance for the big day!

CARROT AND CASHEW NUT ROAST

Serves 6

TIME: Preparation 20 minutes, cooking 1 hour 10 minutes.

FREEZING: This loaf can be frozen at the end of Step 3. When needed, remove from the freezer and thaw overnight in refrigerator then continue from Step 4 or freeze at the end of Step 6.

1 medium-sized onion,
chopped

1-2 cloves garlic, crushed

1 tbsp olive or sunflower oil

450g/1lb carrots, cooked and
mashed

225g/80z cashew nuts,
ground

100g/40z whole-wheat
breadcrumbs

1 ½ tsp caraway seeds

1 tbsp light tahini or smooth
peanut butter

1 tsp Marmite

Juice of ½ a lemon (1tbsp Jif)

Salt and pepper

1. Fry the onion and garlic gently in the oil until soft and translucent.
2. Mix together with all the other ingredients and season to taste. If the mix seems too dry, add a little water.
3. Place the mixture in a greased 900g/2lb loaf tin.
4. Cover with foil and bake at 180°C/ 350°F/Gas Mark 4 for 1 hour.
5. Remove the foil and bake for a further 10 minutes.
6. Leave to stand in the baking tin for at least 10 minutes before turning out.

Note - I use more garlic (3 large cloves per loaf). Best to add seasoning when everything is mixed, you can judge the taste then.

I also use silicon baking sleeves for the loaf tin, which saves having to grease and really improves removal (i.e. nothing left stuck to the bottom or sides of the tin...)

Also, I make two batches at once, so prep time is effectively doubled especially if you are preparing and boiling the carrots before the mix - I would recommend adding onions and carrots hot to aid binding.

It also tastes better after being frozen before cooking, as the starches break down (or some culinary science thing, anyway...)



REST IN PEACE

One Sunday morning, the priest noticed little Alex was staring up at the large plaque that hung at the back of the church. The plaque was covered with names, and small flags were mounted on either side of it. The seven-year-old had been staring at the plaque for some time, so the priest walked up, stood beside him and said quietly, "Good morning, Alex."

"Good morning, Vicar," replied the young man, still focused on the plaque. "Vicar, what is this?" Alex asked.

"Well, son, it's a memorial to all the men and women who have died in the services."

Soberly, they stood together, staring at the large plaque. Little Alex's voice was barely audible when he finally managed to ask,
"Which one, the 10:30 or 6 pm service?"



CHRIST CHURCH EVENTS 2024

Tuesday 8th October 2024 from 12.30pm to 1.30pm
Rob Campkin (Violin) and **James Buckham** (Piano)

Saturday 23rd November 2024 from 10.30am to 12.30pm
Christmas Mini Market



Christ Church Concerts 2025

4th February **Caroline Goodwin** - Soprano singer
accompanied by **Zhanna Kemp – Dashkovskaya** - Pianist

25th February **Clelia Iruzun** - Pianist

18th March – **Serenata Jazz Band**

8th April – **Sylvia Akagi and Peter Golden** - classical,
traditional, blues and original music, singing,
with Guitar and Flute

May – **John Collins** – Organ and **Paul Gregory Guitar**
and friends – **A Tribute to Richard Bowen**

June - **The Brighton Guitar Quartet**

8th July - **Yoko Ono** - Piano

August – **South Downs Folk Singers**

September – **John Collins** - Organist

October - **Evelyn Harrison, Beatrice Sales &**
Zhanna Kemp-Dashkovskaya

Piano, Clarinet, Flute and Viola

4th November – **Rob Campkin** and **James Buckham** -
violin and piano

2nd December – **Angelina Kopyrina** - pianist

***Do you have a joke, favourite quote, photograph, article,
poem or picture that you would like to share with us?***

Email [**christchurch1843@gmail.com**](mailto:christchurch1843@gmail.com)