



# CHRIST CHURCH

Volume 10 Issue 2 Summer 2026



Contact us....

**Admin team:**

email: [christchurch1843@gmail.com](mailto:christchurch1843@gmail.com)

**Parish Office 01903 215343**

**Usual Office Hours:**

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

**Editor: Carol Warrington**

**Safeguarding**

Safeguarding is of the utmost importance at Christ Church.

Janet Atkinson is our Parish Safeguarding Officer.

Her contact details are:

Tel: 07751881533

E-mail: [safeguardingchristchurch1843@gmail.com](mailto:safeguardingchristchurch1843@gmail.com)

Details can also be found on the Diocesan website.

**We're open for coffee and a chat every Tuesday and Wednesday morning from 10am till 12noon**

**On Thursday afternoons between 2pm 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!**

## ***Archaeology/history walks in Worthing for 2026.***

Alex Vincent.

I am 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 off, 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.

June 10. History of Ann Street. Meet outside Guildbourne Centre.

July 8. Worthing Beach. Places lost to the sea. Meet at east side of Worthing Pier.

For any enquiries, my telephone number is 07753282714.

Email [alexeklipping@gmail.com](mailto:alexeklipping@gmail.com)

**Meet new people and explore the Christian faith together.**

**Alpha is for anyone who is curious. No judgement, no pressure. Each session unpacks a big question of life, faith and purpose, and is designed to spark conversation.**

**Come along, see what you think.**

**2pm Thursdays from 30<sup>th</sup> April 2026**

**Christ Church, Grafton Road, Worthing BN11 1QY**



To find out more and to sign up, email: [sam.ccworthing@gmail.com](mailto:sam.ccworthing@gmail.com)

## ***Worship for June***

<b>Wednesday 3<sup>rd</sup></b>	<b>9:15am</b>	<b>Informal Morning Prayer</b>
<b>Thursday 4<sup>th</sup></b>	<b>9am</b>	<b>Prayer Walk</b>
<b>Sunday 7<sup>th</sup></b>	<b>10.30am</b>	<b>Holy Communion</b>
	<b>6pm</b>	<b>Evensong</b>
<b>Wednesday 10<sup>th</sup></b>	<b>9:15am</b>	<b>Informal Morning Prayer</b>
<b>Thursday 11<sup>th</sup></b>	<b>10.30am</b>	<b>BCP Holy Communion</b>
<b>Sunday 14<sup>th</sup></b>	<b>10.30am</b>	<b>Morning Prayer</b>
<b>Wednesday 17<sup>th</sup></b>	<b>9.15am</b>	<b>Informal Morning Prayer</b>
<b>Thursday 18<sup>th</sup></b>	<b>9am</b>	<b>Prayer Walk</b>
<b>Sunday 21<sup>st</sup></b>	<b>10.30am</b>	<b>Holy Communion</b>
	<b>6pm</b>	<b>Evensong</b>
<b>Wednesday 24<sup>th</sup></b>	<b>9:15am</b>	<b>Informal Morning Prayer</b>
<b>Thursday 25<sup>th</sup></b>	<b>10.30am</b>	<b>BCP Holy Communion</b>
<b>Sunday 28<sup>th</sup></b>	<b>10.30am</b>	<b>Morning Prayer</b>

## ***Worship for July***

<b>Wednesday 1<sup>st</sup></b>	<b>9:15am</b>	<b>Informal Morning Prayer</b>
<b>Thursday 2<sup>nd</sup></b>	<b>9am</b>	<b>Prayer Walk</b>
<b>Sunday 5<sup>th</sup></b>	<b>10.30am</b>	<b>Holy Communion</b>
	<b>6pm</b>	<b>Evensong</b>
<b>Wednesday 8<sup>th</sup></b>	<b>9:15am</b>	<b>Informal Morning Prayer</b>
<b>Thursday 9<sup>th</sup></b>	<b>10.30am</b>	<b>BCP Holy Communion</b>
<b>Sunday 12<sup>th</sup></b>	<b>10.30am</b>	<b>Morning Prayer, Sea Sunday</b>
<b>Wednesday 15<sup>th</sup></b>	<b>9.15am</b>	<b>Informal Morning Prayer</b>
<b>Thursday 16<sup>th</sup></b>	<b>9am</b>	<b>Prayer Walk</b>
<b>Sunday 19<sup>th</sup></b>	<b>10.30am</b>	<b>Holy Communion</b>
	<b>6pm</b>	<b>Evensong</b>
<b>Wednesday 22<sup>nd</sup></b>	<b>9:15am</b>	<b>Informal Morning Prayer</b>

<b>Thursday 23<sup>rd</sup></b>	<b>10.30am</b>	<b>BCP Holy Communion</b>
<b>Sunday 26<sup>th</sup></b>	<b>10.30am</b>	<b>Morning Prayer</b>
<b>Wednesday 29<sup>th</sup></b>	<b>9:15am</b>	<b>Informal Morning Prayer</b>
<b>Thursday 30<sup>th</sup></b>	<b>9am</b>	<b>Prayer Walk</b>

## ***Worship for August***

<b>Sunday 2<sup>nd</sup></b>	<b>10.30am</b>	<b>Holy Communion</b>
	<b>6pm</b>	<b>Evensong</b>
<b>Wednesday 5<sup>th</sup></b>	<b>9:15am</b>	<b>Informal Morning Prayer</b>
<b>Thursday 6<sup>th</sup></b>	<b>9am</b>	<b>Prayer Walk</b>
<b>Sunday 9<sup>th</sup></b>	<b>10.30am</b>	<b>Morning Prayer</b>
<b>Wednesday 12<sup>th</sup></b>	<b>9.15am</b>	<b>Informal Morning Prayer</b>
<b>Thursday 13<sup>th</sup></b>	<b>10:30am</b>	<b>BCP Holy Communion</b>
<b>Sunday 16<sup>th</sup></b>	<b>10.30am</b>	<b>Holy Communion</b>
	<b>6pm</b>	<b>Evensong</b>
<b>Wednesday 19<sup>th</sup></b>	<b>9:15am</b>	<b>Informal Morning Prayer</b>
<b>Thursday 20<sup>th</sup></b>	<b>9am</b>	<b>Prayer Walk</b>
<b>Sunday 23<sup>rd</sup></b>	<b>10.30am</b>	<b>Morning Prayer</b>
<b>Wednesday 26<sup>th</sup></b>	<b>9:15am</b>	<b>Informal Morning Prayer</b>
<b>Thursday 27<sup>th</sup></b>	<b>10.30am</b>	<b>BCP Holy Communion</b>



# Encouragements!

Here's a list of encouragements that I shared a few weeks ago in our midweek services – God is on the move!

- This Easter - just a couple of weeks ago, over 1000 young people were baptised on one day in Perth Australia - in one of the most supposedly secular cities in the world.
- Over 3000 young people spent all night on Good Friday in prayer and worship in just one church in Hackney, London - contending for the next great awakening, this they do every month, and it's always oversubscribed.
- In the French Catholic church over Easter they recorded 21,386 baptisms, In Manhattan New York, there were queues spanning blocks to get into churches on Palm Sunday.
- There are reliable polls from Kings College indicating that those aged under 34 in our western world are much more likely to believe than their parents - and everywhere it seems that folk in our society are waking up from the fever dream of western secular materialism to explore spiritual realities of life and faith.
- David Frost wrote in the Telegraph that Britain is experiencing a resurgence in what he describes as 'full fat Christianity'.
- Bible sales since 2019 have increased by an incredible 134%
- Last year 2.8 million guests engaged in an Alpha course across the world, with a 38% increase in this country last year as well.

There are indeed stirrings - particularly among this next generation - that God is raising up faith. Faith in times that have been fallow, perhaps for some unexpected faith.

But you know, I think that this generation, Generation Z as they're called, are actually the beneficiaries of decades and decades of faithful, persistent and passionate prayer. Our prayers over the years have an impact. Thank you for praying – keep on going. With prayer the key is to keep it real, keep it simple, keep it going!

Let's allow these encouragements to spur us on in prayer.

Every blessing

*Rev Sam Buck*



## ***A radio conversation between USS LINCOLN and the Canadian authorities off the coast of Newfoundland***

Authorities: Please divert your course 15 degrees to the south to avoid a collision.

LINCOLN: Recommend you divert your course 15 degrees to the north to avoid a collision.

Authorities: Negative. You will have to divert your course 15 degrees to the south to avert collision.

LINCOLN: This is the Captain of the US Navy ship. I say again, divert YOUR course.

Authorities: No. I say again, divert YOUR course.

LINCOLN: THIS IS THE AIRCRAFT CARRIER USS LINCOLN, THE SECOND LARGEST SHIP IN THE UNITED STATES ATLANTIC FLEET. WE ARE ACCOMPANIED BY THREE DESTROYERS, THREE CRUISERS AND NUMEROUS ESCORT VESSELS. I DEMAND THAT YOU CHANGE YOUR COURSE 15 DEGREES NORTH. I SAY AGAIN, THAT IS ONE FIVE DEGREES NORTH, OR COUNTER-MEASURES WILL BE TAKEN TO ENSURE THE SAFETY OF THIS SHIP.

Authorities: This is a lighthouse. Your call.



## **SALAD DAYS**

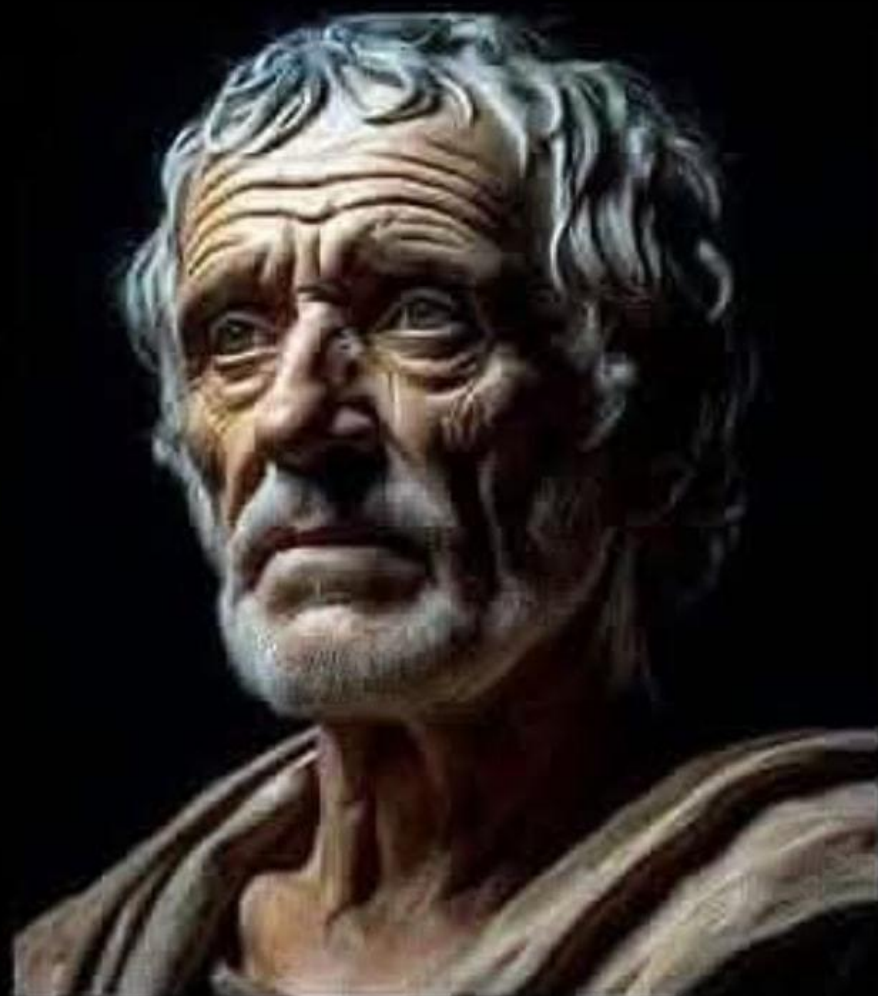
What's green and sits on the table making caustic remarks?

Why is there no lettuce in a Greek salad?

Now, eat up your salad before it gets cold!

Snde salad.  
Kos.

Practical wisdom from lesser known ancient philosophers



**"Do just enough  
to get by."  
- Mediocretes**

# Easter 1 2026 Christ Church

## Colossians 3.1-4; Matthew 28.1-10

If anyone wants to live for a long time, tell them to move to Worthing. I'm told there's a higher percentage of people over 80 in Worthing, than anywhere else in Europe. The saying goes that people come to Worthing to die - then forget what they came for.

In the USA there are some very rich people who are trying to improve on that. They are aiming for immortality. They've paid to have their dead bodies, when the time comes, to be filled with nitrogen and stored upside down in a giant refrigerator - until some future age, when cures have been found for all diseases. Then they can be defrosted.

That may be far-fetched, but we have already benefitted from tremendous advances in medical science. In 1900, the average life expectancy in this country was 47. Now it's 81. Additionally, it's predicted that the human gene will one day be edited to eliminate cancer, Parkinsons and dementia.

And when we've worn out Planet Earth, the late Stephen Hawking and America's Elon Musk suggest we should take up residence on another one. The four astronauts, who left for a voyage round the moon last week, are part of a programme to prepare for a Moon base and ultimately a journey to Mars.

These advances are truly astonishing. But moral and social progress lag far behind.

You may know people who have given up listening to the news, because it's a daily reminder that the world is in a terrible state, where

millions of our fellow human beings are dying prematurely as victims of war, oppression and power-crazy political leaders.

We mortals are our own worst enemy and always have been. We know how things ought to be, but can't turn the dream into reality. It's like buying a jigsaw puzzle: the box top shows the completed picture, but inside crucial pieces are missing.

All that changed one Sunday morning. Two grieving women went to pay their respects at the grave where Jesus had been buried. His body had gone. An angel met them with a message they were to carry to the other disciples; the crucified Jesus had been *raised...* just as he had foretold.

Their reaction? A combination of fear and joy. They ran to tell the others.

Suddenly Jesus himself appeared and said to them, "Do not be afraid; go and tell my brothers to go to Galilee; there they will see me."

This was just the beginning of numerous appearances Jesus made to his followers after his death. The Bible lists others like this:

He appeared to Cephas (Peter), then to the twelve. Then he appeared to more than five hundred brothers and sisters at one time, most of whom are still alive, though some have died. Then he appeared to James, then to all the apostles.<sup>1</sup>

It was their experience of Christ-alive that galvanised these first Christians to share the news as far and wide as they could reach. They were convinced that the Resurrection was as dramatic as Creation itself. In the New Testament, Christ is described as the new

---

<sup>1</sup> 1 Cor 15.5ff

Adam (Adam, by the way, is not the name for an individual person; it describes 'man' as a species.)

So St Paul takes up that theme in these words:

“For as in Adam all die, so in Christ all will be made alive.”

Christ's death, which the disciples had at first thought a disaster and the end of their hopes, was actually a self-sacrifice which absorbed the sins of the world. It demonstrated the lengths to which God will go to rescue the human race.

Christ's Resurrection blazes the way to eternity for all who throw their lot in with Him. He had already promised His followers that He would go to prepare a place for them, adding “I will come again and will take you to myself, so that where I am, there you may be also”.<sup>2</sup>

But heaven is more than a rest home for retired Christians. Remember how Jesus taught constantly about the Kingdom of Heaven? We pray for it to come on earth *as in heaven*.

The world is not going to be discarded like a spent firework. Christ's Resurrection inaugurates the fusion of earth and heaven. It's nothing less than a new creation and it will have no end.

I'm agnostic about whether or not we will colonise other planets, (or, for that matter, if some are already inhabited), but surely we should have learnt by now that the goal of creating a human-centred Utopia here or there is futile.

Cut your losses. Concentrate rather on Christ and His Kingdom. Human ambitions and human enterprise are to be in collaboration with Him, not independent shots in the dark.

The Bible challenges us to refocus our efforts, in these words,

---

<sup>2</sup> John 14.1ff

“If you have been raised with Christ... set your minds on things that are above, not on things that are on the earth.”

Far from being a cop-out, it's a challenge. Each day, get your bearings from God, then set out in company with Christ as citizens of *His* Kingdom.

The message carried by those two women on the first Easter Sunday morning, is for all people, for all time.

Now, here, for us.

## **Christ is Risen.**

*The Venerable John Barton*

### ***National sports: cricket explained, unknown author***

You have two sides, one out in the field and one in. Each man that's in the side that's in goes out, and when he's out he comes in and the next man goes in until he's out. When they are all out, the side that's out comes in and the side that's been in goes out and tries to get those coming in, out. Sometimes you get men still in and not out.

When a man goes out to go in, the men who are out try to get him out, and when he is out he goes in and the next man in goes out and goes in. There are two men called umpires who stay out all the time and they decide when the men who are in are out. When both sides have been in and all the men have been out, and both sides have been out twice after all the men have been in, including those who are not out, that is the end of the game.



## A Favourite Hymn

*Stephen Hunt*

“O worship the Lord in the beauty of holiness...”

by John Samuel Bewley Monsell (1811-1875)

*O worship the Lord in the beauty of holiness;  
bow down before him, his glory proclaim;  
with gold of obedience, and incense of lowliness,  
kneel and adore him: the Lord is his name.*

*Low at his feet lay thy burden of carefulness:  
high on his heart he will bear it for thee,  
comfort thy sorrows, and answer thy prayerfulness,  
guiding thy steps as may best for thee be.*

*Fear not to enter his courts in the slenderness  
of the poor wealth thou wouldst reckon as thine:  
truth in its beauty, and love in its tenderness,  
these are the offerings to lay on his shrine.*

*These, though we bring them in trembling and fearfulness,  
he will accept for the name that is dear;  
mornings of joy give for evenings of tearfulness,  
trust for our trembling and hope for our fear.*

*O worship the Lord in the beauty of holiness;  
bow down before him, his glory proclaim;  
with gold of obedience, and incense of lowliness,  
kneel and adore him: the Lord is his name.*

Sung to the tune of “Was lebet, was schwebet”, this is one of my favourite hymns.

This hymn appeals to me on a number of levels. Firstly the theme of the poem – worship - takes us to the heart of the Christian life. We remember the scripture in John ch 4 v 23 which reads:

“But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and in truth, for the Father is seeking such people to worship him.”

This hymn takes the concepts of “spirit and truth” and amplifies them to include the essential Christian qualities of humility, obedience, prayerfulness and love.

The first verse reminds us of the magi who worshipped the infant Christ and brought him gifts of gold and incense. These are likened to obedience and humility (lowliness) which are the gifts we should bring to Christ. Note that there is no third gift of myrrh (symbolic of sacrifice and suffering) in these lines for suffering is no more, as we see in verse 2. When we take our cares and sorrows to the Lord we are comforted.

The third and fourth verses present a picture of human frailty in the presence of God. But our natural human fear and weakness is transformed by the love of Christ into joy and hope. And so the hymn ends on an uplifting note of optimism.

On another level the poetry of the hymn appeals because it is fully in accord with its theme. The rhyme scheme and the rhythm are very regular – which is both comforting and reassuring. The predominant metrical foot is the dactyl, where a strong syllable is followed by two weak ones. This is especially noticeable at the end of the first and third lines of the verses with the words “holiness”, “lowliness”, “slenderness”, “tenderness” etc. The frequency of weak syllables over strong ones mirrors the humility and weakness required when we worship in spirit and truth.

The hymn emphasises its message by using the poetical device of antithesis, that is, opposing images, to present the human experience when confronted by the love of Christ. For example – “Low at his feet” contrasts with “High on his heart” and “Mornings of joy give for (i.e.

replace) evenings of tearfulness” and “Trust for our trembling and hope for our fear.”

The melody for this hymn comes from the rich tradition of German Protestant chorale melodies that came out of the reformation. For other examples think of the hymns “All people that on earth do dwell” and “Praise to the Lord, the Almighty, the King of creation.” Like those hymns this one starts in a confident manner, with an upward moving melody in regular rhythm – “Oh worship the Lord in the ...” By the third bar, however, the music becomes less sure of itself “... beauty of holiness” and the melody seems to lose its way as the same note is repeated three times on the word “holiness”. The rhythm at this point is a halting dotted rhythm which, however, matches perfectly the natural speaking rhythm of the words “holiness”, and “carefulness”. It is as if the music is mirroring the insecurity and fear of the sinner in approaching the Throne of Grace.






In the third line “With gold of obedience and incense of lowliness” the melody adopts a falling line, dropping nearly a full octave, to illustrate the “lowliness” and, in addition, there is an especially beautiful weeping effect caused by two dissonant chords on the first two syllables of the word “obedience”. These dissonant chords create a tension reminiscent of the sinner expressing great sorrow for past sins. But harmony is restored quickly as our sorrow is comforted; hope replaces fear. For the last line of the verse, the melody again rises to match the optimism of the words and the music finishes on a positive note.

So this hymn works on a number of levels, and brings music and words together to enhance the meaning in a way which is a feature of the finest art. In the spirit of giving our best to the Lord, I think it should be sung more frequently.

*Let all the world in every corner sing!*

## All the World

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

Find the following words in the puzzle.  
Words are hidden , , , , and .

AUSTRALIA	DJIBOUTI	INDIA	OMAN	TURKEY
BANGLADESH	ECUADOR	JAMAICA	PAKISTAN	URUGUAY
BELGIUM	FINLAND	KENYA	PAPUANEWGUI	VENEZUELA
BHUTAN	FRANCE	LITHUANIA	NEA	VIETNAM
BURKINAFASO	GREECE	MALAWI	QATAR	YEMEN
CANADA	GREENLAND	MOROCCO	RUSSIA	ZAMBIA
CHINA	HAITI	NEPAL	RWANDA	ZIMBABWE
COTEDIVOIRE	HUNGARY	NIGERIA	SIERRALEONE	
			SWITZERLAND	



**A MAIDEN WITH HER  
EMOTIONAL SUPPORT DRAGON  
1400 A.D.**



**The Revd Sam Buck cradles a teddy more than twice his age!**

**Picture taken at our recent Teddys' Cream Tea**

## **CHRIST CHURCH EVENTS 2026**

<b>27<sup>th</sup> June</b>	<b>Summer Fair 10:30am – 1pm</b>
<b>5<sup>th</sup> July</b>	<b>Songs of Praise 6pm – <i>no Evensong</i></b>
<b>20<sup>th</sup> September</b>	<b>Battle of Britain service 2.30pm</b> <i>– no Evensong</i>
<b>24<sup>th</sup> October</b>	<b>Noon Fish and Chip Lunch</b>
<b>28<sup>th</sup> November</b>	<b>Christmas Mini Market 10:30am -1pm</b>

## **CHRIST CHURCH CONCERTS 2026**

***Tuesdays from 12.30pm to 1.30pm***

**2<sup>nd</sup> June -Paul Gregory**

**7<sup>th</sup> July 2026 - Yoko Ono**

**18<sup>th</sup> August - Ansel Chaloner Hughes**

**15<sup>th</sup> September - Evelyn Harrison,**

**Beatrice Sales & Zhanna Kemp**

**20<sup>th</sup> October - John Collins**

**10<sup>th</sup> November - Rob Campkin & Evelina Ndlovu**

**8th December - South Downs Folk Singers**

*Registered Charity no: 1152846*

*Parochial Church Council of Worthing Christ Church*

*Website: [www.christchurchworthing.org.uk](http://www.christchurchworthing.org.uk)*

Cover image: Warwick Street looking east

Christ Church, Worthing

# SUMMER FAIR

SATURDAY

27th June

10.30am -  
1pm

Stalls  
Music  
Gifts  
Crafts  
Refreshments

