



# CHRIST CHURCH

Volume 10 Issue 3 Autumn 2026



Contact us....

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**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.

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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!**

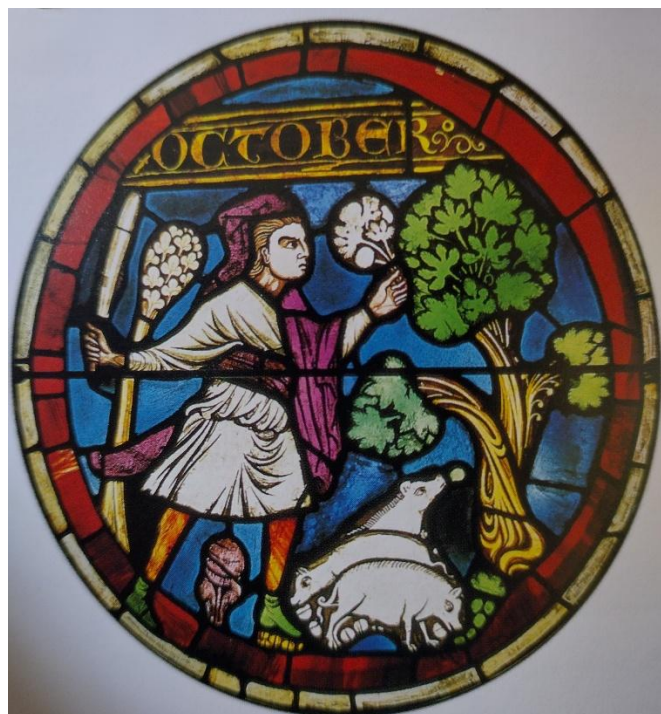


## ***Worship for September***

|                                  |                |                                |
|----------------------------------|----------------|--------------------------------|
| <b>Wednesday 2<sup>nd</sup></b>  | <b>9.15am</b>  | <b>Informal Morning Prayer</b> |
| <b>Thursday 3<sup>rd</sup></b>   | <b>9.15am</b>  | <b>Prayer Walk</b>             |
| <b>Sunday 6<sup>th</sup></b>     | <b>10.30am</b> | <b>Holy Communion</b>          |
|                                  | <b>6pm</b>     | <b>Evensong</b>                |
| <b>Wednesday 9<sup>th</sup></b>  | <b>9.15am</b>  | <b>Informal Morning Prayer</b> |
| <b>Thursday 10<sup>th</sup></b>  | <b>10.30am</b> | <b>BCP Holy Communion</b>      |
| <b>Sunday 13<sup>th</sup></b>    | <b>10.30am</b> | <b>Morning Prayer</b>          |
| <b>Wednesday 16<sup>th</sup></b> | <b>9.15am</b>  | <b>Informal Morning Prayer</b> |
| <b>Thursday 17<sup>th</sup></b>  | <b>9.15am</b>  | <b>Prayer Walk</b>             |
| <b>Sunday 20<sup>th</sup></b>    | <b>10.30am</b> | <b>Holy Communion</b>          |
| <b>Wednesday 23<sup>rd</sup></b> | <b>9.15am</b>  | <b>Informal Morning Prayer</b> |
| <b>Thursday 24<sup>th</sup></b>  | <b>10.30am</b> | <b>BCP Holy Communion</b>      |
| <b>Sunday 27<sup>th</sup></b>    | <b>10.30am</b> | <b>Morning Prayer</b>          |
| <b>Wednesday 30<sup>th</sup></b> | <b>9.15am</b>  | <b>Informal Morning Prayer</b> |

## ***Worship for October***

|                                  |                |                                           |
|----------------------------------|----------------|-------------------------------------------|
| <b>Thursday 1<sup>st</sup></b>   | <b>9.15am</b>  | <b>Prayer Walk</b>                        |
| <b>Sunday 4<sup>th</sup></b>     | <b>10.30am</b> | <b>Holy Communion,<br/>Harvest Sunday</b> |
|                                  | <b>6pm</b>     | <b>Evensong</b>                           |
| <b>Wednesday 7<sup>th</sup></b>  | <b>9.15am</b>  | <b>Informal Morning Prayer</b>            |
| <b>Thursday 8<sup>th</sup></b>   | <b>10.30am</b> | <b>BCP Holy Communion</b>                 |
| <b>Sunday 11<sup>th</sup></b>    | <b>10.30am</b> | <b>Morning Prayer</b>                     |
| <b>Wednesday 14<sup>th</sup></b> | <b>9.15am</b>  | <b>Informal Morning Prayer</b>            |
| <b>Thursday 15<sup>th</sup></b>  | <b>9.15am</b>  | <b>Prayer Walk</b>                        |
| <b>Sunday 18<sup>th</sup></b>    | <b>10.30am</b> | <b>Holy Communion</b>                     |
|                                  | <b>6pm</b>     | <b>Evensong</b>                           |
| <b>Wednesday 21<sup>st</sup></b> | <b>9.15am</b>  | <b>Informal Morning Prayer</b>            |
| <b>Thursday 22<sup>nd</sup></b>  | <b>10.30am</b> | <b>BCP Holy Communion</b>                 |
| <b>Sunday 25<sup>th</sup></b>    | <b>10.30am</b> | <b>Morning Prayer</b>                     |
| <b>Wednesday 28<sup>th</sup></b> | <b>9.15am</b>  | <b>Informal Morning Prayer</b>            |
| <b>Thursday 30<sup>th</sup></b>  | <b>9.15am</b>  | <b>Prayer Walk</b>                        |





## ***Worship for November***

|                                  |                |                                                   |
|----------------------------------|----------------|---------------------------------------------------|
| <b>Sunday 1<sup>st</sup></b>     | <b>10.30am</b> | <b>Holy Communion,<br/>All Saints</b>             |
|                                  | <b>6pm</b>     | <b>Evensong</b>                                   |
| <b>Wednesday 4<sup>th</sup></b>  | <b>9.15am</b>  | <b>Informal Morning Prayer</b>                    |
| <b>Thursday 5<sup>th</sup></b>   | <b>9.15am</b>  | <b>Prayer Walk</b>                                |
| <b>Sunday 8<sup>th</sup></b>     | <b>10.30am</b> | <b>Morning Prayer,<br/>Remembrance Sunday</b>     |
| <b>Wednesday 11<sup>th</sup></b> | <b>9.15am</b>  | <b>Informal Morning Prayer</b>                    |
| <b>Thursday 12<sup>th</sup></b>  | <b>10.30am</b> | <b>BCP Holy Communion</b>                         |
| <b>Sunday 15<sup>th</sup></b>    | <b>10.30am</b> | <b>Holy Communion</b>                             |
|                                  | <b>6pm</b>     | <b>Evensong</b>                                   |
| <b>Wednesday 18<sup>th</sup></b> | <b>9.15am</b>  | <b>Informal Morning Prayer</b>                    |
| <b>Thursday 19<sup>th</sup></b>  | <b>9.15am</b>  | <b>Prayer Walk</b>                                |
| <b>Sunday 22<sup>nd</sup></b>    | <b>10.30am</b> | <b>Morning Prayer,<br/>Celebration of Life</b>    |
| <b>Wednesday 25<sup>th</sup></b> | <b>9.15am</b>  | <b>Informal Morning Prayer</b>                    |
| <b>Thursday 26<sup>th</sup></b>  | <b>10.30am</b> | <b>BCP Holy Communion</b>                         |
| <b>Sunday 29<sup>th</sup></b>    | <b>10.30am</b> | <b>Holy Communion,<br/>First Sunday of Advent</b> |

# *Being present through all seasons*

I wonder how you feel about Autumn?

It can be hard to track the seasons in the ways we used to, with extreme weather events dominating our lives in ways we've not experienced before, who knows what this next season will bring us?

And yet, after the hottest summer on record, the sense of moving into a change of season for many will be a real relief. For others there will be a sense of sadness that summer has come to an end.

Autumn, I find, has always been a season of reflection. For children the change of weather also brings many more changes to navigate with new school years beginning and all the mixed emotions that come with it. For others, as the days begin to shorten again and the world around us changes colour and feel (and as we root around for the jumpers we forgot we had over the heat!), there can be times when our mood can reflect the grey skies and falling leaves. We can find ourselves in a state of melancholy. These times are important; just as important as seasons of joy and celebration.

In our Britishness, we have a tendency to shrug off those questions of 'how are you?' or 'how are you feeling?' with words like 'fine' or 'not bad'. I've learnt through long experience that there is usually a whole realm of competing emotions behind those short responses. We don't like to go to the difficult places; we like to run towards all that is happy and shiny and new.

But as human beings, sometimes we must learn how to dwell a little in the sad places. To reflect on what we have lost, and process how we truly feel.

In the Bible we see the whole range of human emotion and experience. In the book of Psalms - the prayer book of the Bible - the writers express frustration, anger, sadness and lament just as much as joy and happiness. The book of Job deals with the realities

of pain, suffering and confusion that are all too real in life. And as we read the gospels, we find that Jesus experienced the whole range of human emotion as he journeyed through life with others.

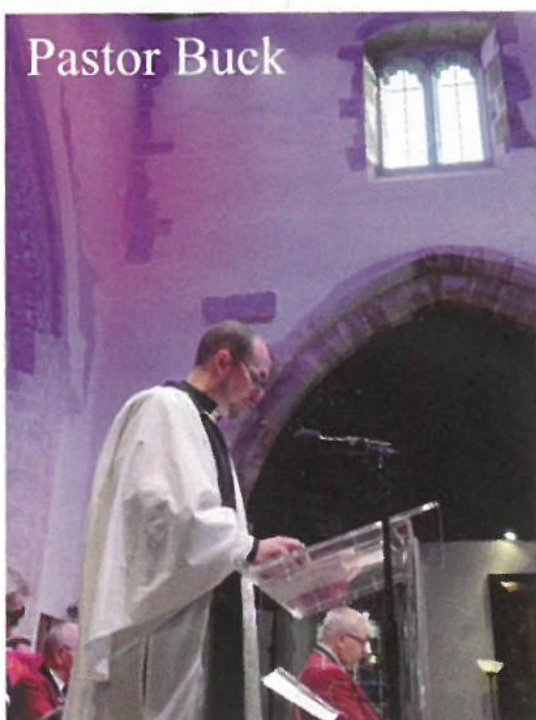
As we enter a different season over the next few weeks, we hope to run a course at Christ Church called 'The Bereavement Journey'. This is a 7 week course, designed to give us space and opportunity to explore how bereavement, in whatever form, has affected us. Giving us time to process thoughts and emotions we may have brushed away.

This might sound like a difficult or uncomfortable journey to go on, and sometimes it can be, but as we bring these things further into our consciousness and into the light, it is then that healing can begin and freedom can be found.

Please look out for more information about this course in the coming weeks as we plan and consider whether this might be helpful for you.

Every blessing through every season.

*Rev Sam Buck*



The Worthing Journal has published this image of Sam at Broadwater.

However, here at Christ Church we very much hope that the Buck stops here!

# World Day of Prayer

## 2026



The World Day of Prayer is held each year on the first Friday of March. This year's service was prepared by an ecumenical group of Christian women from Nigeria. On this day, it is always a privilege to join the great wave of prayer which encircles the globe, beginning in Samoa, and ending 146 countries later in American Samoa, this year all praying with, and for, the country and people of Nigeria.

In today's service, our Nigerian sisters called us to come closer to God and to find rest in Him. When we totally trust and have faith in God, our burdens become light and we find rest. Through their stories, four Nigerian women told of their difficulties, but inspired and encouraged us all to work towards a world without injustice, insecurity, marginalization, religious persecution, poverty and despair. To quote the service booklet 'Nigeria's diverse ethnic, religious and cultural landscape creates both challenges and opportunities. The nation continues to work towards fostering unity among its diverse population while addressing critical needs in education, healthcare and infrastructure. Through continued focus on good governance, economic diversification and social inclusion, Nigeria moves steadily forward realizing its potential as a more prosperous and unified nation.' An inspiring and thought-provoking service of prayer and praise and hope!

Many of the churches in Worthing take part in World Day of Prayer. We attended the service held at the United Reformed Church in Goring. It was good to meet up with many friends from the different churches and as always received a warm welcome.

It is some years now since we hosted a World Day of Prayer service in Christ Church – maybe it will one day be our turn again!?

*Jenny Chandler, Sylvia Anning, Diane Askew*

Letter to the newspaper:-

Dementia testing

My mum was given a test in hospital. She knew all the answers:

The name of the prime minister, the day of the week and the year.

Afterwards, she said to my dad: "That doctor doesn't know much!"

Nurse: Who's on the throne?

Patient: Charles the Third.

Nurse: No, Charles the Second.

Patient: 1660? The Merry Monarch?

Nurse: Ah . . .

### **Sermon - Trinity Sunday 2026. Christ Church, Worthing**

Let me take you on a lightning tour of the Bible, to discover how belief in God the Holy Trinity evolved.

We start with God's call of an insignificant group of tribes known as Hebrews - later called Jews. They believed they had been marked out as special because, against all the odds and after a series of miraculous events, they escaped from slavery in Egypt. We call that the Exodus.

In those days, there were lots of gods to choose from. But a series of their leaders, beginning with Moses, claimed a direct line to *One God*, who was different from their neighbours' gods. This God was responsible for their escape and would be guiding and blessing them, *but* they had to be obedient to God's rules in return. We call those rules 'The Law', which includes The Ten Commandments.

Despite that promising start, the Old Testament is a story of repeated disobedience. But it's also the story of *prophets* who had a personal sense of God's presence. Their role was to warn, cajole and persuade the majority that their welfare lay in repudiating the non-gods worshipped by neighbouring tribes and by turning again to the One God who had their welfare at heart.

Being a prophet was a painful, lonely experience. The first lesson at this Service told the dramatic story of how one of them encountered God directly, for the first time. Isaiah.

Isaiah was probably a courtier and a regular worshipper at the Jerusalem Temple. A period of peace was coming to an end. The king had died and neighbouring despots loomed ominously. Isaiah was troubled. So he went to the Temple, as usual. *[Before I remind you of what transpired, I ought to issue a health warning. If you really want an experience of God, it can be life-changing.]*

The familiar Temple suddenly became alive for Isaiah. He had a graphic vision of God in majesty, overawing him and everything else. It was holy and glorious and frightening. Symbolic figures in the recesses of the building began to move. The whole place shook.

In this electrifying presence of God, Isaiah became painfully aware not only of his personal inadequacies and failures, but of the unworthiness of the whole community:

**'Woe is me! I am lost, for I am a man of unclean lips, and I live among a people of unclean lips; yet my eyes have seen the King, the Lord of hosts!'**

It was a painful purging: his guilt and sin were burnt away.

Isaiah's comfortable life ended there and then. That's what happens to people who encounter God.

From now on Isaiah was to be God's prophet.

Each prophet was different. Amos was a farmworker, who was overwhelmed by God's righteousness; he fulminated against injustice in the corridors of power. Jeremiah came from a clergy family who tried to resist God's call, protesting unsuccessfully that he was far too young to preach. Hosea was hurt: he loved an unfaithful wife; from that he learned about God's love to the faithless and unreliable Jews.

Hebrew history included a civil war, being overrun by powerful neighbours and mass deportation.

Yet several prophets spoke of what they called the 'Day of the Lord' - a coming event - when the world would be judged and right would triumph over wrong. Some foresaw a Messiah whom God would raise up to deliver them.

God's call to each prophet became a commission to declare God's truth. Prophets weren't popular. For most people, faith was at best second-hand.

Fast forward to the New Testament. Jesus appears. He was a devout Jew, who took the law and the prophets of old seriously. His focus was on ordinary people for whom God seemed far off, second-hand.

Jesus showed immense compassion for those who were ill and downtrodden. He was more concerned to forgive than to condemn and was irritated by religious leaders who had appointed themselves as God's gatekeepers.

News of Him spread. Crowds gathered. From them He selected an unlikely bunch for special training as His apprentices, or disciples. In His company they felt close to the One God they had heard about. Sometimes fearfully close.

People began to speculate. Could this be one of the prophets come back to life? Was he launching the long-awaited political movement to overthrow the occupying force?

Jesus prayed a lot. He spoke of God as His Father and encouraged others to do the same. He wanted them to know God intimately, personally.

He invited people to sign up, but never insisted. He relied on them to make up their minds about him. That was exasperating for some. 'Tell us who you are. Give us some evidence'. He wouldn't.

Opposition grew. His popularity waned. Religious and political authorities conspired against him and one Friday they crucified him ignominiously. It seemed like utter failure. However, He had said, and the Church says today, that His death was the means of reconciling the human race to God. Words like 'ransom' and 'sacrifice' are used.

It is doubtful if much of this story would have survived, were it not for the transformation of His disciples which began early one Sunday morning.

For a month or so, individuals, then large numbers claimed to have seen Him alive again. They were jubilant, though a little bit fearful, too.

After these appearances, they knew they had to wait for God to do something else. He had said that His departure would be the prelude to God's Spirit coming to each and all of them. God's Spirit would convince people about Jesus, making Him real to them in their hearts.

That's what happened.

The God of old,

- who had come closest to humanity in Jesus,
- was now making Jesus a reality for all time, by giving both disciples and newcomers the inward conviction and assurance that He was living in them.

These first Christians became *bearers* of Jesus Christ Himself. He is God's message for all humanity, made alive in our hearts by the Holy Spirit.

That's how the Bible unfolds. That's how God has declared Himself to all people and for all time. Father, Son and Holy Spirit.

Who will tell the others?

*The Venerable John Barton*

# WHO'S IN THE PEWS?

*As I have a tale to relate, it's  
my turn!*

*Carol, Parish Administrator.*

*Myself, with my younger  
daughter Catherine*



*. . . Like I need a hole in the head!*

Trepanning, trephining and a variety of other spellings are used for an operation to drill, saw or cut a hole in the skull, or to remove a section of the bone. It is the oldest operation known to archaeology, because it is obviously a deliberate procedure. Other operations, such as amputations, may be older but indistinguishable from accidental damage. For 30,000 years, in various cultures and at different times, people have survived trepanning as can be seen by new bone growth and the smooth

edges around the distinctive holes in excavated skulls, with a success rate of up to 90%.

Why do this? Maybe to relieve persistent headaches, to remove bone or other fragments following an accident or, my favourite, to let out the little devils; a medieval explanation!

It was eight weeks after I lost a fight with Platform One at Shoreham Railway Station that I forgot how to knit. As a regular knitter for 59 years, this was a biggy. Then I developed a headache worse than any experienced before. Was this a migraine? I went to bed and tried to sleep. It was my lovely husband Ben who noticed that I was losing words, forgetting how to type, stopping in the middle of sentences and forgetting what I was going to say, dropping and losing things. He insisted that I call the doctor, who sent me to A&E. I was sure that we were wasting their time, having self-diagnosed as 'stressed and tired'. Eventually my head was scanned and a subdural haematoma or reservoir of blood inside my skull was found, resulting from a slow leak following that fall at Shoreham. All this seemed to be happening at a distance from reality to me, but as I was taken by ambulance at 2am to Brighton, and certainly after a visit from the consultant confirming the surgery, I was terrified.

Ben, sent home from Worthing at 11pm on Friday, reappeared by my bedside at 6am on the Saturday. He stayed with me all day. I hadn't eaten since Friday breakfast and was thinking that at least it would be over quickly when a surgical team appeared to announce that there was no available theatre time that day. When they left, Ben opened a packet of crisps. I was on my third when the team came back and said that they had found time for me after all. I tried to palm the half-chewed crisp surreptitiously to Ben, but was spotted and so had to wait a further six hours before they could operate at 5pm. I did have a lovely view over Brighton Bay through the floor-to-ceiling windows in the ward and the little boats on the sea were soothing to watch. Leaving my rings with Ben, I was wheeled down to the theatre floor where I had twenty minutes by myself to pray around 'Lord, you never let go of me,' which reassured and grounded me so that I didn't run away, not that I knew which way to run!

I snapped back to consciousness feeling immediately better and was taken back to the ward, where Ben, whom I assumed had gone home, was still waiting. He asked me to continue to do him the honour of being his wife, slipping the rings back on and impressing at least one of the nurses with his romantic gesture. He went home and I had a good sleep with the help of the appropriate drugs.

I had eaten breakfast by the time he returned at 10am on Sunday with our son Matt. They stayed for most of the day, mocking me gently according to family tradition. On the Monday, I was given a cognitive test and qualified to become President of the USA. Having made coffee and gone up and down stairs under my own steam, I was deemed fit for release back home. At 10am Ben and Lorraine came to visit and heard about the one less-than-good thing about my hospital stay: the tiny 'Rice Krispies'. Lorraine's magazines were much appreciated, all the better for being ones that I don't regularly read. Ben called Matt who drove over to collect us and take us home.

After ten days inside due to embarrassing-looking dressings and mandated lack of hair-washing, I had fourteen clips and a stitch removed and began to venture forth gradually. At the time of writing, I have taken my first solo bus journey. I'm keeping in the loop and should be back for the second week of September.

And the operation? Burr holes were drilled in my skull. Modern trepanning.



A friend who used to live in Barking once referred to a mutual acquaintance as "a bit East Ham". I had to ask him what he meant. "One stop short of Barking" he replied.



Christ Church Knitters make scarves, hats and mufflers for the Mission to Seafarers. You can make these at home as well as joining us on Thursday afternoons 2pm -4pm for Craft n Chat.

Patterns can be found by following this link, or ask the office for a download.

**<https://www.missiontoseafarers.org/at-church/knitting>**

### A trick to master the nine times table

1. What you do is this. Hold your hands up, palms facing you. If it's 8x9 you're interested in, just fold down the eighth digit from the left, which will be the middle finger of your right hand. Now count the number of digits still standing to the left of the one you've folded down. There will be seven. Now count the number still standing to the right of the one you've folded down. There will be two. And there's your answer: 8x9=72. And it works for every digit, right up to 10x9.

After that, admittedly, I'm stumped. Thank God for calculators.

2. Here's an easy method that doesn't involve finger contortions: write down 0-9 in a column. Then, starting from the bottom, do the same alongside. Bingo! I taught maths and could get anyone to do times tables.

3. And an easier way to calculate the nine times table is to multiply by 10 and deduct the multiplier. For example,  $7 \times 9 = 70 - 7$ .



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## Harvest

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

Find the following words in the puzzle.

Words are hidden ⬆ and ⬇ and ➡ and ⬅ and ↘

|         |          |          |        |            |
|---------|----------|----------|--------|------------|
| APPLES  | COMBINE  | GLEANERS | MOUSE  | SHEAF      |
| AUTUMN  | CROP     | GRAIN    | PEARS  | SHIREHORSE |
| BALE    | FARM     | HARVEST  | POTATO | STALKS     |
| BARLEY  | FARMER   | HAYSTACK | RAKE   | SUPPER     |
| BARN    | FESTIVAL | HOME     | REAP   | TRACTOR    |
| BERRIES | FIELD    | HOPS     | RYE    | TRAILER    |
| CARROT  | GARNER   | LABOURER | SCYTHE | WHEAT      |
| CHAFF   | GATHER   | LEEK     | SEASON | WINNOW     |

# **WORTHING THEOLOGICAL SOCIETY**

***WEBSITE: [www.worthingtheologicalsociety.org.uk](http://www.worthingtheologicalsociety.org.uk)***

***SECRETARY: [honsecwts1@outlook.com](mailto:honsecwts1@outlook.com)***

## **2026/2027 PROGRAMME**

**Mon 28 September: Dr Elizabeth Mackintosh, University of Winchester - The Wartime Quartet (Anscombe, Foot, Midgley and Murdoch) and the role of theology**

**Mon 26 October: Dr Vaughan Roberts, Chichester - Leadership in the life of Saint Hildegard of Bingen**

**Mon 30 November: Bishop Humphrey Southern, Tangmere - Called on the mountain to serve on the plain: priorities for Ministry Formation**

**Mon 25 January: Prof Andrew Chandler, University of Chichester - Title tbc.**

**Mon 22 February: Dr Michael Semple, Chichester – Artificial Intelligence – in life, in faith and in the future**

**Mon 15 March: Dr. Nick Mayhew-Smith, University of Roehampton - Celtic Pilgrimage: nature spirituality in early British Christianity**

**All meetings take place at West Worthing Baptist Church commencing at 7.45pm. The church is in South Street Tarring (BN14 7LU), some 200 yards north of West Worthing Station. Admission is free and there is a retiring collection to defray expenses. Coffee, tea and biscuits are available at the end of the lecture.**

**If you did not receive this notice via email then it would be helpful if you were to send your personal details to the secretary at [honsecwts1@outlook.com](mailto:honsecwts1@outlook.com) . We will then be able to send you updating information throughout the year.**

***The Clergy unpack their winter garments.***



***Emotional Support Creature:  
'That's really your colour, Gregory'***

***13th Century***

~~~~~  
**At Sen. Hubert Humphrey's funeral, President Jimmy Carter  
quoted Mahatma Ghandi as he listed the seven deadly sins:**

**Wealth without work,  
Pleasure without conscience,  
Knowledge without character,  
Commerce without morality,  
Science without humanity,  
Worship without sacrifice,  
Politics without principle.**

## *Notice from Rottingdean*

### **MISSING!**

Village sense of humour

Last seen near the pond alongside the previous missing senses of “irony and fun” (google if needed)

Believed to have been extinguished by the “we don’t like change, let alone a Wetherspoons in our quaint village” brigade

If found return to nearest NIMBY: be aware they may have a pitchfork, be angrily typing on village chat and likely po faced.

### **Polite Notice**

– any fun must now be authorised by the fun police, or similar council representatives, six weeks in advance. See local guidance for acceptable humour, compliance criteria & enforcement action.

Sponsored by the life is short society, so get one and try to laugh; if not, move to Worthing.....

*Produced by Pranksy*

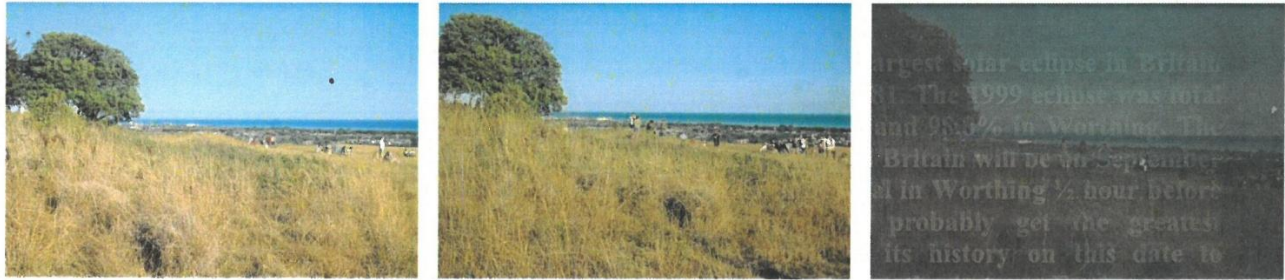


AI

## Partial Solar Eclipse from Highdown 12<sup>th</sup> August 2026



Stages of the partial solar eclipse

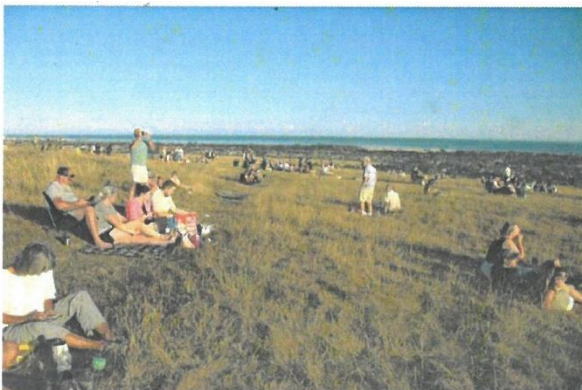


Looking south-east: 1) Before 2) Half way 3) Maximum



Looking north: 1) Before 2) Half way 3) Maximum

The partial solar eclipse of 12<sup>th</sup> August was, at 93%, the largest seen in Britain since 11<sup>th</sup> August 1999, which was total in Cornwall and Devon and 98.8% in Worthing, and the largest until 3<sup>rd</sup> September 2081. The next total solar eclipse in Britain will be on 23<sup>rd</sup> September 2090, the autumn equinox, total in Worthing half an hour before sunset.



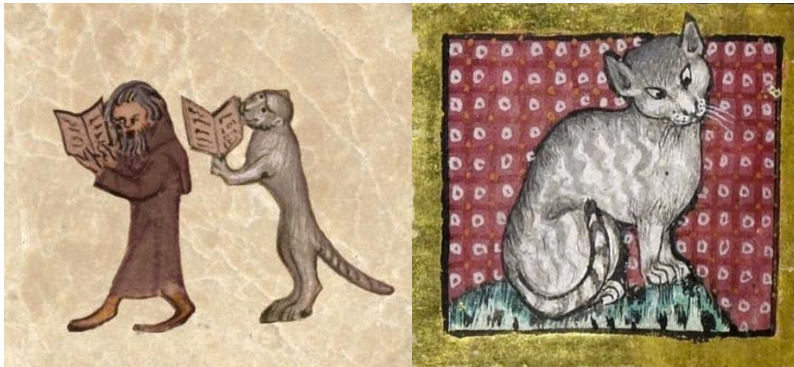
Hundreds of people gathered on Highdown to observe. Many more are expected to turn up in 2090.

*Thanks to Alex Vincent for this article.*

## Pangur Bán – the monk and his white (Bán) cat 🐾

*The Irish of this playful poem was written by a student of the Monastery of Carinthia on a copy of St. Paul's Epistles about the close of the eighth century. Translation by Robin Flower, in The Poem-Book of the Gael, 1913*

*Article originally published on: Thursday 9th October 1913  
Facebook, Emerald Isle, Episcopal Cats with Problems*



I and Pangur Bán, my cat,  
'Tis a like task we are at;  
Hunting mice is his delight,  
Hunting words I sit all night.

Better far than praise of men  
'Tis to sit with book and pen;  
Pangur bears me no ill-will,  
He, too, plies his simple skill.

'Tis a merry thing to see  
At our tasks how glad are we,  
When at home we sit and find  
Entertainment to our mind.

Oftentimes a mouse will stray  
In the hero Pangur's way;  
Oftentimes my keen thought  
set  
Takes a meaning in its net.

'Gainst the wall he sets his eye  
Full and fierce and sharp and  
sly;  
'Gainst the wall of knowledge I  
All my little wisdom try.

When a mouse darts from its  
den,  
O! how glad is Pangur then;  
O! what gladness do I prove  
When I solve the doubts I love.

So in peace our task we ply,  
Pangur Bán, my cat, and I;  
In our arts we find our bliss,  
I have mine, and he has his.

Practice every day has made  
Pangur perfect in his trade;  
I get wisdom day and night,  
Turning darkness into light.

# STEAL HIS LOOK



Blue Enamel  
Three Leg Pot/Hat  
\$199.98



'Mr. Hoots'  
Handmade  
Felt Owl Doll  
\$22.65



Parachute Dress/Tunic  
100% Linen  
\$25.19



Funtime Novelty  
Plastic Chicken  
Leg Prop \$4.99



Adult Onesie Wolf  
Costume (lower half)  
\$48.99

HangingHippo  
Slackline Kit  
\$99.00



*Thanks to Instagram @medievalismatt*

## CHRIST CHURCH EVENTS 2026

**20<sup>th</sup> September**

**Battle of Britain service 3pm – *no Evensong***

**24<sup>th</sup> October**

**Noon Fish and Chip Lunch**

**28<sup>th</sup> November**

**Christmas Mini Market 10:30am -1pm**

# **CHRIST CHURCH CONCERTS 2026**

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

**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)*

**Robin on grave in Christ Church, Worthing.  
Alex Vincent.**



Cover Image:

Window in Christ Church