

# OUTREACH

Monthly Magazine

of

# CHRIST CHURCH



**August/September**  
**2023**



**Welcome to Outreach**  
**The monthly magazine of Christ Church**

Please note the details for contact (see back page) or  
you can always visit us at ...

Christ Church

United Reformed and Methodist Church

Gateway Service Road

Wickford

Essex

SS12 9FW

(Into the main town car park. Follow the road round  
then 2nd left)

**We would love to hear from you or welcome you  
to one of our Sunday Services**

**Church Services take place in the Sanctuary each week at 10.30am.  
The first Service of each month will include Holy Communion.  
Some Services will be live streamed. Look out for further details.**

Dear Friends,

This edition of Outreach magazine covers September as well. In most communities of Christian faith, September begins a new church year or liturgical calendar. It serves as a spiritual new beginning to recharge our spiritual batteries, refocus our energy and vision, and recommit ourselves to grow in our faith and the covenant love of God.

So, let me start by wishing you a Happy New Year – that is, a Happy New Church Year! I pray that, as a Church family, we may know, in ever new ways, God’s unconditional love and blessings going forward. May we open our hearts to all that this new Church year ahead will contain and, from that place of openness, discover new possibilities and hope.

Would you believe it’s now a year since joining Christ Church – where has the year gone? I’ve enjoyed being part of this Church family and sharing our faith journey together. But this first year has also been for me one of relationship building, listening, paying attention, praying, learning and discernment.

During this time, I’ve been asking myself questions: ‘What is God doing among us at Christ Church?’ ‘Where are we at as a Church?’ ‘What is the Spirit saying to us today?’ As you know, the Elders recently had an away Day at St Andrew’s, Herongate. We sang, we prayed, we talked, we listened, and we pondered. We focussed on the theme of ‘God’s blessing’, that as Christians we are blessed by Jesus. But we are also called to be God’s blessings to others in our communities. So how do we share God’s blessing as a church?

One of the things that looked at as Elders at our away day, was the Life Cycle of Our Church. Every congregation has a life cycle from the time of its birth until the present. In honest conversation, we all found that as a church we’re in the decline phase and that if we don’t do something about it this will eventually lead to death.

That ‘something’ to redevelopment and rebirth (John 12:24) begins with a renewed commitment on our part, those of us who are able, chirping in, using our God-given gifts and talents; of recognising that the minister and the Elders can’t do it all, that we must all play our parts.

The biggest challenge we face at Christ Church is ‘people resource’ – finding people able to serve and take on key roles. Come December, Janette and Debbie will finish their terms as Elders, and Jack may consider how much he can commit to. This means we will be short on an already small Elders team. So, we urgently need people to serve as Elders or serve in other ways. Please pray about this and if you wish to speak more about it, come and talk with me.

All this may sound rather bleak! But needn’t be, for God has not finished with us yet! It is meant to awaken us to God’s potential amongst us – that of becoming God’s blessing in our community. So watch out for a series of conversations, Mission Action Planning etc., as we begin to take some initial practical steps forward.

### **A Prayer Forward**

Creating and healing God,  
thank you for drawing us together as a Church family  
to worship you, care for one another and serve you.  
Fill us with your blessing;  
overcome our fears  
with your transforming words, presence and hope.

### **Streets for Prayer**

August 6-12	Adam Way, Albany Road, Alderney Gardens, Annette Close
August 13-19	Alicia Avenue, Alicia Close, Alicia Way, Alma Close
August 20-26	Almond Avenue, Alresford Green, Ambleside, Anglesey Gardens
August 27-Sept 2	Apple Tree Way, Arran Court, Arundel Road, Athelstan Gardens

Reach into our tiredness and anxiety;

Kindle a flame of hope in us again.

Draw us nearer to you, to one another, and so to all your creatures.

We are ready to listen, serve and walk with you anew this New Church Year. **Amen.**

Yours in Christ Jesus,

Moses

Sept 3-9	Azalea Avenue, Bakers Farm Close, Balfour Close, Bannister Green
Sept 10-16	Barbour Green, Barnet Park Road, Barra Glade, Beauchamps Drive
Sept 17-23	Beasley End, Beccles Court, Beedle Avenue, Belchamps Road
Sept 24-Oct 1	Belmont Avenue, Belmont Close, Berens Close, Berry Close



8<sup>th</sup> July 2023

Dear Friends and Family

Thank you for your kind and generous support for the Cake and Plant Sale held on Sunday 2<sup>nd</sup> July 2023 at Brock Hill Wickford.

It was an amazing event complimented by the weather, sumptuous homemade food and drinks, with a wide selection of plants and wonderful donated prizes.

This event took a large amount of planning and effort by the Dawson family and friends which was appreciated by all those who attended.

The number of people attending exceeded last years event and was reflected in the magnificent amount raised for the Sarah Kitchener Perrow Fund, a supporter group of the Brain Tumour Charity.

The figures are as follows:

Food and Drink	£1,332.98
Plants	£920.50
Donations etc	£1,507.00
<b>Total =</b>	<b>£3,760.48</b>

What a wonderful achievement!!!!!!

We are so grateful to everyone involved. All monies raised will go towards Brain Tumour Charity.

Sending you our very best wishes

Love

Nicky and Philip Kitchener

## **CHILDREN ARE SO QUICK**

TEACHER: Why are you so late?

STUDENT: Class started before I got here.

TEACHER: John, why are you doing your math multiplication on the floor?

JOHN: You told me to do it without using tables.

TEACHER: Glenn, how do you spell 'crocodile'?

GLENN: K-R-O-K-O-D-I-L-E

TEACHER: No, that's wrong.

GLENN: Maybe it is wrong, but you asked me how I spelt it.

TEACHER: Winnie, name one important thing we have today that we didn't have ten years ago.

WINNIE: Me!

TEACHER: Glenn, why do you always get so dirty?

GLEN: Well, I'm a lot closer to the ground than you are.

TEACHER: George Washington not only chopped down his father's cherry tree, but also admitted it. Now Louie, do you know why his father didn't punish him?

LOUIS: Because George still had the axe in his hand.

TEACHER: Clyde, your composition on 'My Dog' is exactly the same as your brother's. Did you copy his?

CLYDE: No, Sir. It's the same dog.

TEACHER: Now, Simon, tell me frankly, do you say your prayers before eating?

SIMON: No, sir, I don't have to, my Mum is a good cook.

Submitted by Maureen A

## **JUST IMAGINE**     By Sheila Webb

Imagine if the sun should shine  
Every single day  
And imagine if politicians  
Didn't rule the way.  
And just imagine the flowers  
Always in full bloom  
Blossoming in your garden  
Taking away the gloom.  
Imagine little songbirds  
Serenading us each day  
And happy little children  
That would never fight but play.  
Imagine if the plumber  
Always came on time  
And the Wi-Fi never went down  
So you were always online!  
And yes, just imagine,  
And I think you will agree  
That with nothing ever to moan about  
What a boring place it would be!  
Submitted by Maureen A

### **Imagine**

Imagine a world without grass and trees,  
Imagine a garden without birds and bees.  
Imagine a sea devoid of life,  
Imagine a climate that only brings strife.  
This picture of doom does not have to be,  
If we heed the warnings that are so plain to see.  
Veronica



## Fire Evacuation

Should we require to evacuate the premises you will either hear a Fire Alarm (a high pitched buzzing noise) or one of the Air Horns being sounded. As we do not normally undertake a formal evacuation test it is worthwhile reminding everyone of our procedures.

The main Fire Alarm is located in the Vestibule to the right of the table.

Air Horns have been placed on shelves in the Wesley and Livingstone Halls next to the Fire Exits and there is also one in the Rear Corridor by the passage leading to the Boiler Room. They are activated by placing two fingers into the holes on the top and applying pressure.

The main Fire Escape is via the Front Door but there are other Fire Doors in the Wesley and Livingstone Halls.

All Fire Exit signs are illuminated and Fire Exit Routes clearly indicated by fluorescent directional signs.

In the event of a power failure, our Emergency Lighting system will be activated to provide sufficient light to enable exit doors and exit routes to be clearly visible.

Various types of fire extinguishers have been placed around the church building which allow for different types of fire sources e.g. electrical, combustion etc.

In the event of a fire or other reason to evacuate our premises, you should leave the building by the safest route away from any danger and congregate in the Car Park by the Fire Assembly Point sign located next to the large Notice Board situated at the entrance to the Car Park.

These are our simple procedures for evacuation of our premises. Should you wish to know any more information, please feel free to speak to one of the Property Committee who will be happy to assist.

## **St Christopher 24<sup>th</sup>. July Patron Saint of Travellers**

Revered as a saint in the Orthodox tradition, Christopher is recorded as being martyred under one of the 3<sup>rd</sup> Century persecuting Emperors - there is some uncertainty as to which one. His story was recorded in the Greek speaking Eastern Orthodox Church by the 7<sup>th</sup> Century, a French account appearing in the West in the Medieval period.

He was never officially canonised by the Western Church but his Feast Day is included in the official list

In the Medieval version his original name was Reprobus - he is described as a 'Canaanite' a huge, powerful man around seven feet tall, violent and ferocious in appearance. One day, he decided that he wanted to serve the greatest king that ever lived, a course that led him into numerous misunderstandings, and a life of banditry and endless wandering. Finally, he heard about Christ from a hermit who taught him the basics of the Faith.

'Reprobus' asked how he could serve Christ and the hermit told him prayer and fasting. When this did not appeal to him, the hermit said that, in that case, he should use his great strength to serve others and directed him to a dangerous river crossing where he should offer his services as a ferryman assisting travellers to cross in safety.

After some time at this and getting to be widely known, he was approached by a child who wanted to cross the river. Laughing at the easy job, he took the child on his shoulders and set off across but, as he went, the child became so heavy that he could barely make it to the other bank. Exhausted 'Reprobus' gasped out that it was like carrying the whole world on his shoulders. Suddenly changed, the other said 'not only the whole world, but Him who made it - I am the Christ that you wished to serve'.

So 'Reprobus' acquired a new name- Christopher 'Christ Carrier'— from the Greek *Christ and phero* - carry (also the origin of 'ferry') and joined a Christian community in Lycia, a Roman Province at the south-western tip of Turkey.

Persecution, including the martyrdom of Christopher by beheading, could have been around A.D.353 under the Emperor Decius, a short lived Caesar who was assassinated by his own soldiers soon afterwards!

A colourful origin of the figurines that hang from dashboards around the world, hoping for the protection offered by the Christ Carrier who is the Patron Saint of travellers!

Jack Roche

## **Be Still and Know**

*“Be still and know that I am God” Psalm 46:10*

Have you ever thought of taking some time out of daily life, to simply ‘be still’ with God? To hear His voice, enjoy His presence, and perhaps receive His direction for your future? When one lady was told that her friend was “taking some time out to ‘be still’ and listen to God”, she responded with curiosity: “What does His voice sound like?”

For many Christians, the response would be this: “His voice for me is always calming, always reassuring, it always makes me feel overwhelmingly loved. It always gives me a sense of peace, which is deeper than any pain and stronger than any fear. No wonder the Scriptures talk of a ‘peace that passes all understanding!’”

God speaks to us individually, through His Word, the Bible. And sometimes, when we are outside, He can also speak to us through His beautiful world.

The blue sky says; “Always Look Up”, the Sun says; “Shine,” the birds say; “Sing”, the trees say; “be fruitful”, the flowers say; “consider the Lilies”, The open road ahead says; “Go into all the world and preach the Gospel”. The gentle rustle of the wind in the trees says; “Though you can’t see My face, you can hear Me, see reflections of Me, feel Me, touch Me and know me through all I create, if you just take the time to be still!”

Parish Pump

## Saints Alive! Patrick Patron Saint of Ireland

Columba and Brigid of Kildare are also recognized as Patron Saints of Ireland ( Brigid was among 90 or so 'redundant' saints removed from the official list by the Church in 1969 but is still widely recognized ) but Patrick is by far the best known and officially major candidate. He is credited with being Apostle to the Irish, Bishop of Armagh and, eventually, archbishop. He is even honoured in the Eastern Church with the title *Isapostolos* (equal to the Apostles) A title he shares with Emperor Constantine who is credited with converting the entire Roman Empire!

In fact, Patrick was never officially canonised in the Western Church as the process had not been introduced in his time although no one would deny him the title now!

Most of the information about Patrick is from his own writing, *Confessio* (statement) written in self defense against accusations of favouritism and bribery. Such external information as exists on his life and achievements is from the much later *Book of Armagh* (9th Century)

The place of his birth is uncertain, suggestions ranging from the west coast of Wales to the area south of Glasgow known then as Strathclyde, What does seem certain is that he lived and worked in the 5th. Century AD although his date of birth is unknown, while both 462 and 492 are possible dates of his death.

Although the Roman Empire had given up on Britain by the beginning of the 5<sup>th</sup> Century AD the Britons still seemed to think of themselves as 'Roman' and it has been suggested that the origin of 'Patrick' was 'patrician' i.e. Upper Class. Patrick says that his father was a *decurion* (Town Councillor) as well as a Deacon in the Church and that his grandfather had been a Priest but he himself had no inclination to such a vocation, describing himself as an 'idle and callow' youth.

In Patrick's writing he uses the description 'Roman' to mean 'Christian' as against Pagan, and the Pagans that concerned them most were the pirates who frequently raided the defenceless coastal settlements. On the West Coast, likely candidates are the 'Scots' who, confusingly, originated in Ireland. and it was probably in one of their raids in search of booty, livestock and slaves that the unfortunate Patrick was taken.

He tells of a miserable time in Ireland as slave of a local chieftain, although he credited his duties as a shepherd, David like, with leading him to God and a deeper faith. Eventually, he seized a chance to escape and, reaching Cork, persuaded a ship's captain to take him on board, where, the story becomes confused. In one version the ship took him to France where he enrolled in a monastery. There, applying himself to prayer and study, his abilities were soon noted and he was commissioned as 'Bishop of Ireland', and Apostle to the Irish.

In the other version, he returned home, where, like Paul and the man of Macedonia (Acts 16;9) he had a vision of an Irish man pleading with him to 'come over and help us'. In this case, it is possible that he then went to study in France before going to Ireland.

Pagan Ireland consisted of minor Kingdoms and, by influencing the local rulers; politician, diplomat and power broker as well as churchman he was able to win them over one at a time. Cultivating these essential relationships may have given rise to the allegations of acquisition and bribery. It would have involved giving and receiving gifts and refusing one would have been considered, a mortal insult.

There is the story of a dramatic confrontation with 'High King of Ireland' to whom the local rulers all owed a kind of allegiance. The location was the Hill of Tara which features many prehistoric burials and had been sanctified by the Druids for the crowning of High Kings. On the Pagan Autumn festival of Beltane bonfires were lit on hill tops across the land. Patrick is said to been first to light the bonfire on the hilltop- an honour reserved for the High King alone.

Leading his warriors up the hill to punish the insubordination, the story goes, they were so overawed by the singing of the monks and the formidable figure of Patric, fearlessly standing by the cross that they fell down at his feet and were converted. The place is marked by a church, one of the many dedicated to Patrick, including cathedrals in Dublin and New York.

In actuality the conversion of Ireland was probably a much longer and more complicated achievement. It certainly remained a warlike and tribal society, dominated by the Vikings in the 9th and 10th Centuries and the

Normans in the 11th Century but remained faithful to its Saint and the Catholic Faith that he brought to its shores. If he is the world's most recognizable Patron Saint it's no doubt because, wherever the Irish have settled, his day (March 17th.) is enthusiastically celebrated.

Like all good Saints, there are stories of his miracles such as banishing snakes from Ireland (by way of explaining the fact that there are no native snakes there). He is also said to have used the three leaved shamrock to illustrate The Trinity.

Jack Roche

### **Monday Coffee Morning**

Come and join us for tea and coffee,

A Monday morning treat.

The folk are really friendly

You will always find a seat.

They are famous for their cheese rolls,

Their prices are just right.

Do not be too late coming

Or you will join the 'last roll' fight.

Veronica

**Many thanks to Maureen, Ruth and Diane - not forgetting their husbands - for their dedication to keeping Monday Coffee morning a treat for all.**

# St Peter's Church

Church Lane  
South Hanningfield  
CM3 8HW

Invites you to our

## Flower Festival 2023 “Bring on the Crowns”



Saturday 2 September 12.00noon - 5.00pm with outside Fete

Sunday 3 September 12.00noon - 5.00pm with outside Fete  
with Songs of Praise service at 5.00pm

Monday 4 September 11.00am - 3.00pm

Light lunches and refreshments available each day

**Ladies Group August Meeting**  
**from 2pm – 5pm**  
**Wednesday 9<sup>th</sup> August**  
**All Welcome**

in Debbie Grant's garden

bring your own Picnic

Tea, coffee and cake provided

Let Debbie know if you would like to  
come and can offer or require transport

Email: [debbie@grantnet.co.uk](mailto:debbie@grantnet.co.uk)

Phone or message: 07939 658617

**Summer Treat**

The cry of the seagulls

Like souls lost at sea.

The sound of the ocean

Like the wind in a tree.

Golden sand, shells and sea weed

Make this picture complete.

A sunny day at the seaside

Is my Summer treat.



## **Florence Nightingale**

If you have a strong sense of calling from God, then you will well understand Florence Nightingale. At the age of 16 she felt God was calling her to some great lifework, and so she determined to avoid marriage, and thus be available to obey Him.

Florence had been born in Italy in 1820, while her parents were travelling – hence her name. But she grew up at Lea Hurst in Derbyshire. Her parents were Unitarian, but Florence later joined the Anglican Church.

Florence had a strong sense of God's personal presence in her life, and in 1844, when she was 24, Florence came to believe that her calling was to nurse the sick. In 1849 she set off to study nursing in the hospitals of Europe.

It was on 12<sup>th</sup> May, 1850 that she wrote in her diary: 'Today I am 30 – the age Christ began His mission. Now no more childish things. No more love. No more marriage. Now Lord let me think only of Thy will, what Thou wiltest me to do.'

Later that same year she went to train in the hospital of Alexandria in Egypt, and then the Lutheran Deaconess Institute at Kaiserwerth in Germany. In 1853 she returned to England, and was appointed superintendent of the Hospital for Invalid Gentlewomen in London. Then the following year, 1854, war broke out in the Crimea. Florence contacted friends in high places, and soon got permission to take 38 nurses to serve at the military hospitals at Scutari in Turkey, and later Balaklava in the Crimea. These hospitals were dreadful places, but with better nursing and better sanitation, the mortality rate among the sick and wounded men soon fell dramatically.

When, by night, Florence took to patrolling the hospital wards, carrying a dim lamp, the legend of 'the Lady with the Lamp' was born.

After the Crimean war, Florence returned to England determined to establish the first professional nurse training scheme in the country. She found a base at St Thomas' Hospital in London, and through her efforts the stature of nursing gradually rose to become that of a respected medical profession.

But Florence had been working too long and too hard, and now her own health broke down, and she became an invalid. But she was not forgotten, and the honours rolled in. In 1907 she became the first woman to receive the Order of Merit. Florence died in London on 13<sup>th</sup> August 1910, aged 90, and was buried in St Margaret's, East Wellow, in Hampshire. Her tombstone says simply: F.N. 1820 – 1910.

# Wordsearch - The Transfiguration

In August the church calendar commemorates the Transfiguration. The story is told in Matthew (17:1-9), Mark (9:1-9) and Luke (9:28-36). Jesus took Peter, James and John, his closest disciples, up a high mountain. It may have been Mount Tabor, or else one of the three spurs of Mount Hermon.

Suddenly, Jesus is transfigured. His face shone, his garments became white and dazzling. Elijah and Moses appeared, and a bright cloud overshadowed the disciples. A voice spoke out of the cloud, saying that Jesus was His beloved son, whom the disciple should 'hear'.

Then, just as suddenly, it is all over. What did it mean? Moses represented the Law, and Elijah the Prophets of the Old Covenant. But now the Law and the Prophets have found their fulfilment in Jesus, the Messiah. The written Word and the spoken Word have handed over to the Living Word.

Transfiguration      Peter James John    Fear    Glory

Jesus

Mountain

Tabor

Hermon

High

Shine

Face

Written

Living

Cloud

Transformed

White

Dazzling

Elijah

Moses

Dwelling

Mankind

Law

Prophets

Solution on

Page 29



## How to Keep Young

When the US President Joe Biden announced that he was running for re-election, many of us thought he was too old. He will be 86 by the end of 2028. Trump will be 82. How could either of them run the United States at such an age?

The argument about Biden and Trump will doubtless carry on, but meanwhile, there is some encouragement for the rest of us who are ageing. A 2012 study by the University of Edinburgh found that only about a quarter of the cognitive changes that occur as we age are determined by genetics. The other three quarters are based on our lifestyle choices. Firstly, choose to exercise. When you exercise in any way, you are not just making your body fit, you are also improving your brain health. This is because exercise promotes the release of a cell-making protein in the brain called BDNF (brain-derived neurotrophic factor), which is linked to learning and memory.

Secondly, choose to retain a sense of control and purpose in your life. We can't all influence world politics, but we can each of us can act for the general good of the people around us. In 2022, researchers in the US found that people who have a greater sense of purpose in life not only live longer, but have fewer health problems, including depression, blood pressure problems and heart attacks.

Thirdly, choose to set yourself some realistic personal goals, no matter how small. Research shows that setting a goal – even just to lose weight, or tidy the garden, can make you feel immediately more worthwhile.

Fourthly, choose to keep spending time with other people. Remaining sociable in old age is vital – we are social animals and really do need those meaningful relationships.

Fifthly, choose to follow activities that allow you to keep learning – perhaps take up a hobby such gardening, or even begin a foreign language.

*Parish Pump*

## TROLLEY DOLLY

By Janet Byrne

May stood impatiently in the queue, yearning for a cup of tea  
A paper and a cigarette and an old film on TV.  
The customer at the till was rummaging through her purse  
And chatting to the cashier, just to make things worse.

May shifted from foot to foot, legs aching now a lot,  
If they didn't get a move on, she'd shortly lose the plot.  
In front of her a young mum waited oblivious, on her phone  
With a crying baby in the trolley and a toddler mischief prone.

He'd grabbed some items from a shelf and chucked them in the trolley,  
While mum, still chatting to a friend, handed him a lolly.  
May glared and tutted loudly. She could not understand  
The need to take them shopping, she thought it badly planned.

Behind her in the queue, dressed up to the nines  
A lady in full make-up, looking so refined  
Called out to the manager, her voice was loud and shrill:  
'I'm late for my appointment, is there not another till?'

The manager did as he was asked, for he was not inclined  
To argue with a customer, such a lady, so refined.  
May, with all items in her basket from the shelf marked reduced,  
Glanced at the lady's trolley, piled up with costly produce.

A sudden flash of anger swept across May's face.  
Why should she have so little, as had always been the case?  
She paid the meagre sum to the girl behind the till  
Then scurried to the exit - oh! If only looks could kill.

For she saw the made-up lady, whom she'd nicknamed Lady Muck  
And feeling green with envy thought: 'Some folks have all the luck.'  
But as May stared, two policemen took Lady Muck by surprise  
And arrested her for shoplifting right before May's eyes!

'Hello Jean,' one policeman said, 'Up to your old tricks once more?  
Let's get you to the station, you've been there before!'  
The woman yelled and cursed, in vain struggling to get free  
As May, all envy gone, hurried home to tea.  
Submitted by Maureen A

## **Birthdays**

Someone asked how old I am,  
I stood and thought awhile.  
"Depends on what you mean by that"  
I replied with smile.

With my friends I'm 21,  
No longer 'mum' or 'wife'.  
With my parents I'm still a child  
And will be all my life.

My children think I am so old  
I am a dinosaur.  
My husband hasn't got a clue  
And birthdays are a bore!

My age could be anything  
From 9 to 93.  
It doesn't define who I am  
Because I am just me.  
Veronica

## **ICELAND - THE LAND OF FIRE AND ICE**

Iceland is a country of extreme contrasts and dramatic landscapes. It is home to some of the largest glaciers in Europe and some of the world's most active volcanoes with volcanic eruption occurring approximately every four years. Strange as it may seem, it is a fact that volcanoes produce glaciers. The heat radiating from the volcano melts the ice frozen below and when enough water has collected to lift the ice cap to the top, it bursts out from the glacier and creates a flood.

Iceland is also the land of light and darkness, with nearly 24 hours of light in the summer, offset by short winter days with only a few hours of gloomy daylight. It is one of the most sparsely populated countries in the world with a population of some 388,000 with almost two thirds of the inhabitants living in the capital Reykjavik in the South West, whilst the rest of the population is spread around the long coastline mostly in fishing villages and farmland regions.

It was a beautiful warm, sunny afternoon on the day we started on our cruise from Tilbury and indeed the clement weather continued for a couple of days but by the time we reached the Faroe Islands, it was raining and was much cooler. Two days later when we docked in Reykjavik, the rain had become heavier, it was very windy and very, very cold with temperatures down to 5 degrees. Of course we were expecting it to be cold - after all the very name of the country does give one an inkling of what to expect!! but we were definitely not expecting it to be SO cold and to learn that in May, the country had experienced the hottest weather for 93 years with temps. up to 22 degrees, didn't actually make us feel any better!!!

Unfortunately there was no improvement in the weather for the four days we were cruising round Iceland, but that aside, we were nevertheless able to appreciate the beauty of the landscape with its fiords, waterfalls and volcanoes. It was certainly a new and interesting experience for us and we learned a great deal about the country and I thought you might be interested in some of the quirkiest facts about the island.

- (1) Iceland is the only NATO country not to have an army.
- (2) The infra structure of the country was changed in WW 11 when the Americans supported Iceland in the war.

- (3) Reading and writing is of great importance and 1 in 10 people publish their own book. Children are given a new book every Christmas.
- (4) It has its own Opera House and Bjork put the country on the map for music.
- (5) Football is played and Iceland is the smallest country to reach the World Cup.
- (6) Dogs were forbidden in Reykjavik from 1924-84 due to the need to halt the spread of a certain parasite. Cats are now the most popular choice of pet, with an estimated one cat owned by every ten residents which are ever present on the city's streets.
- (7) Iceland have a pure breed of 'horses' which actually resemble our ponies!
- (8) Lupins, though not native to Iceland, thrive all over the island, the seeds of which were originally brought over from Alaska.
- (9) The most typical food eaten by Icelanders, is fish, lamb and skyr (a type of yoghurt)
- (10) No food is wasted, and people eat Greenland shark, and puffins from 1st July to 15th August. Two percent of the population eat whale.
- (11) Traditionally, the Icelanders eat a lava (rye) bread which has been baked underground in geothermal springs.
- (12) Iceland is the largest green energy producer per capita, in the world and largest electricity producer per capita with approx. 55,000 kWh per person per year.

Maureen A

## **Do You Need New Painkillers**

Do you ever take painkillers? If so, do you take one for your shoulder, and another one for you knee? Of course not! Once the painkiller enters your bloodstream, it goes everywhere, soothing and damping down the pain, and hitting all the right spots.

God works a bit like that on the pain in our lives. He has a prescription for ALL the problem areas of our lives. Most of us carry emotional scars, or a burden, or some heartache, around with us. It may be the trauma of loss, it may be anxiety for our family. It may be uncertainty over our jobs, and our futures.

Whatever it is, God offers us a prescription to help the pain. The psalmist writes: "God is our refuge and strength, a very present help in trouble" (Psalm 46:1). Jesus added: "Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)

This kind of help is real and immediate and there for the asking. We don't have to put up with our dis-ease and struggle alone. God, our heavenly Father, is only a prayer away. Not just twice a day, after meals, but whenever we need Him.

*Parish Pump*

## **Solutions**

Turn off the television,  
Put that paper down.  
The news they are reporting  
Will only make you frown.

Instead put on good music,  
Dig out a favourite book.  
Spend time in your garden,  
Happiness is out there, if you look.  
Veronica



## The Rise of Sourdough

We seem to love bread. In Britain we buy 11 million loaves of the stuff *every day*. For years it was just the base for our breakfast marmalade or lunchtime sandwiches, until sourdough arrived.

Sourdough has exploded in popularity. Global sales are forecast to grow \$2.36bn (£1.92bn) during 2022-2026. UK craft bakers point to its flavour and perceived health benefits.

Sourdough is a seemingly simple mix of just flour, water and salt. But it isn't made with traditional bread yeast. Instead, it's fermented by lactic acid bacteria and naturally occurring wild yeasts. A single teaspoon of sourdough starter can contain 50 million yeasts and 5 billion lactobacilli (lactic acid bacteria) that originated in the environment, made a home in it while the starter was fermenting and growing. And a lot of scientists think that that is good for us.

## Eating late at night

It is not good to eat late at night, but it is very tempting at times. At least you can reduce the damage by avoiding certain types of food.

For while many people blame alcohol for a poor night's sleep, food high in processed carbohydrates, saturated fats, and sugar can also affect sleep quality, according to recent research published in the journal *Obesity*.

As one expert explains, such foods "upset our metabolism." Eating sugar late at night overstimulates you, as the rising blood sugar prepares your body for activity. When we eat late at night, our body temperature rises. But when we are preparing to fall asleep, our body temperature falls, so eating late goes against our body's natural desire to drop in temperature."

*Parish Pump*

## **Preachers for August - in the Sanctuary**

6th Rev Jack Roche Holy Communion

13th Rev Trevor Williams

20th Ian Brown

27th Rev Jack Roche

## **Readers and Intercessions Rota for August**

6th Solomon Oloniyo Abigail Oloniyo

13th Maureen Abbott Charlie Wyper

20th Ruth Pierson Maureen Ratcliff

27th Michael Wood Charlie Wyper

## **Sound Desk**

Andy Stevens

Michael Wood

Michael Wood

Solomon Oloniyo

**Ladies Meeting** 9th August 2-5pm in Debbie's garden

**The Fellowship** No meeting during August

## **Preachers for September - in the Sanctuary**

3rd Rev Moses Agyam Holy Communion

10th Rev Jack Roche

17th Michael Wood Harvest

24th Rev Moses Agyam

## **Readers and Intercessions Rota for September**

3rd Maureen Ratcliff Jack Roche

10th Solomon Oloniyo Abigail Oloniyo

17th Ruth Pierson Janette Stevens

24th Trevor Williams Charlie Wyper

## **Sound Desk**

Andy Stevens

Michael Wood

Solomon Oloniyo

Michael Wood

**Please see list in the office if you wish to join the flower rota.**

**Or contact Ruth - 01268730956**

**Ladies Meeting** 6th September 2pm

**The Fellowship** 21st September 2pm

Subject to change

# Church News

## **Birthdays : August**

3rd Peter Stevens  
6th Margaret Cottrell  
11th Monica Penny  
15th Barbara Hart  
21st Lillian Stevens  
24th Suzanne Samuel

## **September**

29th Phil Bayard

We wish you all a Happy Birthday  
and an enjoyable day.

## **FAMILY NEWS**

Congratulations to Barbara Hart who will be 90 on the 15th August. Sadly plans to celebrate with friends and family, have had to be cancelled as she is suffering from a possible fracture in her back.

Peter Stevens will be 17 on the 3rd August. He has now completed his first year at ELAM College and achieved a Distinction for his final project. He returns in September for his final year at the college.

Lillian will be 24 on 21st August. In September she is off to Regents Theological College in Malvern Link.

Janette and Andy celebrated their 8th Wedding Anniversary on 25th July and on the same day, Terry and Dee celebrated their 3rd Wedding Anniversary.

Congratulations to Martin Williams (Trevor's son) who has obtained a degree in Theology.

Hazel, Chris Leah and Don have all had spells in Basildon Hospital during the past two months. Please continue to hold them in your prayers as they continue their recovery at home.

Jean has been in Basildon Hospital for the past three weeks awaiting assessment.

Janet suffered whiplash when a bus bumped into the car in which she was a passenger.

Collated by Maureen A

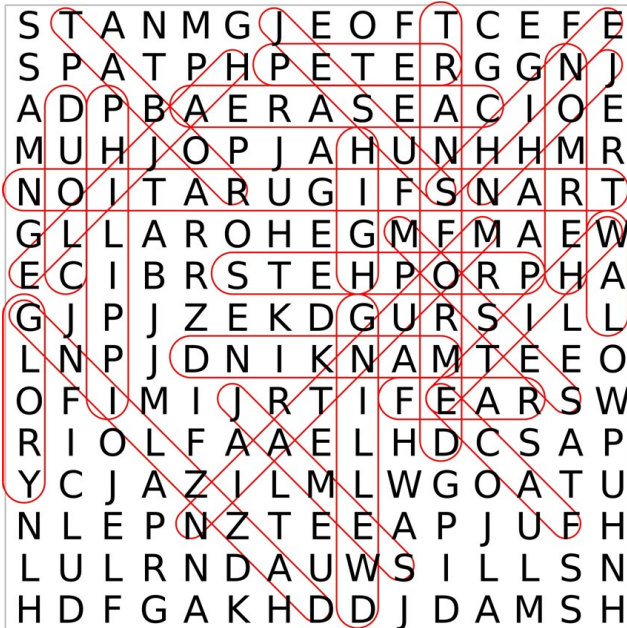
### THE FELLOWSHIP

At our June meeting, the ladies in our group enjoyed a natter and an impromptu sing- song whilst knitting poppies to be placed in the Memorial Park on Remembrance Sunday. Our two gentlemen amused themselves playing board games.

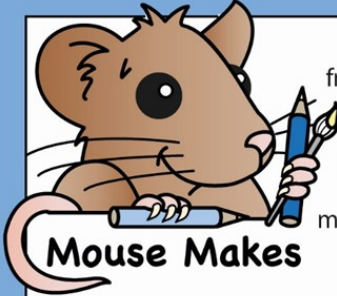
Our July meeting began with quizzes followed by a 'Bring & Buy' sale. Then it was time for a strawberry and cream tea with homemade scones made by Chris, which everyone agreed tasted far superior to those purchased from a shop, and cakes.

Our next meeting will be on Thursday 21st September at 2pm. Do come along and join us for an afternoon of fun and fellowship.

Maureen A



# THE KINGDOM SEEKERS



## Mouse Makes

After Jesus miraculously fed 5,000+ people from two fish and five loaves, he sent his disciples off in a boat across the Sea of Galilee before going up a mountain by himself. Later in the night, as the boat was being blown and buffeted by the wind, Jesus came miraculously walking on the water towards them...

Read the story in: *Matthew 14: 22-27, Mark 6:45-56 or John 6:16-21*

**What did Jesus do when he went up on the mountain?**

\_\_\_\_\_ *Matthew 14:23*

**What was the boat struggling against?**

The \_\_\_\_\_ and the \_\_\_\_\_ *Matthew 14:24*



**What did Jesus say to his disciples?**  
Do not be \_\_\_\_\_

*Matthew 14:27*



**What did the disciples think Jesus was when they saw him walking on the sea?**

A \_\_\_\_\_ *Matthew 14:26*

**Who walked out on the water to Jesus?**

*Matthew 14:29*

**What did Jesus say to Peter?**

Oh you of little \_\_\_\_\_ why do you \_\_\_\_\_ *Matthew 14:31*

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

JESUS • DISCIPLES • BOAT • OTHER SIDE • CROWDS • MOUNTAIN • EVENING • ALONE • LAND • NIGHT • SEA WALKING • TERRIFIED • FEAR • COME • WATER • SINK • SAVE • INTO • CEASED • WORSHIPED • SON OF GOD

# We are the Generation ... 'Youth'

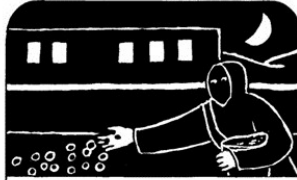
## Bible Bite

A short story from the Bible

It can be read in the Bible in  
Matthew chapter 13: 24-30, 36-43

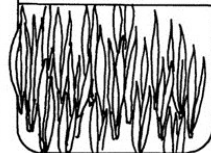
Jesus told this story to help explain  
what his Kingdom, the Kingdom of  
Heaven, is like ...

A farmer's workers sowed  
good wheat seed in his field.



At night an enemy came  
and scattered weed seeds

When the seeds  
sprouted they  
looked the same



When the plants grew bigger  
the workers spotted the weeds



Wheat

Weeds (Darnel)

They asked the farmer



How did this happen?

An enemy did this



We'll pull  
up the weeds!

No, you might pull up  
some wheat with them.  
Wait until harvest time



You will be able to sort them  
out, and put the wheat in the  
barn ... and burn the weeds



People asked



What does  
this story mean?

The field is the world  
and the good seeds are  
the good people



The weed seeds  
are the evil people. At the end  
of time they will be separated.

The angels will bring  
the good people to me  
in heaven.



## **Contacts**

### **Weddings, Funerals, Baptisms, Pastoral Matters**

Please contact the Church as below.

### **Meetings and Hall or room bookings**

For further details of any meetings or events, or to amend meeting details that may have changed, please contact Ruth Pierson 01268 730956 or email [rbrenda@sky.com](mailto:rbrenda@sky.com)

### **Outreach Team**

Helen Pattle      01268 761580    [helenjpattle@gmail.com](mailto:helenjpattle@gmail.com)

Linda Bailey      01268 735334    [lynnbailey62@hotmail.com](mailto:lynnbailey62@hotmail.com)

**Christ Church 01268 733303**

**[www.christchurchwickford.co.uk](http://www.christchurchwickford.co.uk)**

[christchurchwickford@gmail.com](mailto:christchurchwickford@gmail.com)

**The latest date for articles for the next Outreach**

**is 25th September 2023**

(If possible, please email your contribution; hand written articles are also acceptable and can be handed to Helen or Linda)