

CHRIST CHURCH

United Reformed and Methodist

CHRIST CHURCH
LINK



March 2023



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The publication date is normally the final Sunday of the preceding month, and items for inclusion should be sent to the Secretary by the Wednesday before that date.

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SIX SHORT PRAYERS FOR LENT



Lord, as we enter Lent, help us to draw near to you in praise, stripping away all that distracts us from worship. **Amen**

As Jesus resisted temptation by the devil in the wilderness, help us reflect on his faithfulness to God, his rejection of worldly values and hold these thoughts in our hearts throughout Lent and beyond. **Amen**

Jesus, you prayed and fasted. As your disciple teach me about spiritual discipline in my relationship with you. **Amen**

Lord may Lent be a time of inward searching that makes me more able to look with compassion at the needs of the world. **Amen**

Thank you Lord for desert experiences, when being confronted with myself makes me realise my need of you. **Amen**

Lord, you've guided us through the difficult days of Lent, encouraging us along the way. We pray as we move towards the darkest day, that you'll not forsake us but remind us of our Saviour's ultimate gift and promise of new, abundant, eternal life for all who believe and trust in him, your precious son, Jesus. **Amen**

[Prepared by Dr. Deirdre Homer as part of "Resources for Lent and Easter". Methodist Church of Great Britain and Ireland]

FROM THE SECRETARIES

We are now into Lent, a period of reflection as we approach the central event of the church calendar with Christ's passion and resurrection.

This year we are invited to join Peter Shears in a **Lent Course** that he will be leading at **St Anne's Church on Monday mornings**. It is called **'From Wilderness to Wonder'**- it's going to be based around Matthew's Gospel, beginning with the Temptation in the Wilderness and ending with the rolling away of the stone on Easter Sunday. It will combine Biblical readings with poems and images. The Lent group will meet at St. Anne's on **Monday 27th Feb, Monday 6th March, Monday 13th March and Monday 20th March, starting at 10 am**. There will also be a preceding morning prayer session, starting at 9.15a.m., if people want to join that beforehand.

We will pause our Bible Study classes on the Acts of the Apostles during Lent, having reached chapter 15, where Luke and Barnabas have taken the gospel to the Gentiles in Cyprus and southern Turkey.

The latter area has been very much in our thoughts over the last few weeks due to the devastating earthquake which has killed over 40,000 people there and in adjoining parts of Syria. We have been collecting donations for the **Disasters Emergency Committee's Emergency Appeal for Turkey and Syria** and you can still donate at <https://donation.dec.org.uk/turkey-syria-earthquake-appeal>



We are now starting to prepare for our **Annual Church Meeting (ACM) on Sunday April 23**. This will include elections to Church Council. Janet Cooper, Brenda Vance and Gwyneth Watkinson are coming to end of their second three year term and will have to stand down. Lindsay Frost is also coming to the end of his three year term. We also have two other existing vacancies to fill on Church Council. Please prayerfully consider who in the congregation God might be calling, or yourself, or if you'd like to know more about the role, then please speak to either one of us

Irene has prepared the draft 2022 Financial Statement and Accounts and these have gone off to our Independent Examiner, Lesley Lane. We hope to report back on the Examiner's assessment to Church Council on March 8 and then bring approved accounts to the ACM.

All the other ACM documents – including the Annual Report - will be put together and should be available by Easter Day (April 9), giving church members a couple of weeks to digest all the material.

Neil Fisher, Church Secretary

Lindsay Frost, Administrative Secretary

Where are we now and how did we get here?

The CSUA have appointed their Mission Enabler, Rev. Andy Melvin, to assist Christ Church, Cross Way and Alfriston URC in considering their future direction, whilst we have no minister in post. Church Council had a very good first meeting with Andy on February 8, which focused on **“Where are we now and how did we get here?”**

These notes (in italics) from the meeting summarise where we think we are now. We would very much welcome comments from the congregation on the points raised here. Is it an accurate reflection of where we are now? Is there anything important we have missed?

- a) *Since Rev. John Gordon left in mid-2017, we have had only one year with a fully active minister (early 2019 –early 2020), due to delays in filling vacancies and Andrew Mills’ extended illness. This has forced the Christ Church congregation to largely rely on its own resources for worship leaders and a range of other church activities. We have been very fortunate that several church members have stepped up to meet this challenge. Nevertheless, we are very keen to see the appointment of a new minister at the earliest possible time.*
- b) *The appointment of a part-time Lay Worker in May 2022 (for an initial period of two years) has been a great success in providing us with additional capacity, drive and initiative across a range of church activities. Despite the lack of a minister, and the likelihood that the vacancy will continue for some time to come, this has given the church a more optimistic outlook in recent months.*
- c) *The covid-19 pandemic forced the church to consider new patterns of worship and fellowship: Sunday worship, Church Council, and other meetings and activities moved online via Zoom during lockdowns and other periods where social distancing concerns were paramount. However, some activities (particularly those with families*

and young children) could not easily make this transition and have dwindled, or been lost entirely, during the pandemic. On the plus side , joint worship by Zoom has strengthened our relationships with the other pastorate churches at Seaford and Alfriston and with the wider CSUA

- d) Like many other churches, our congregations have shrunk and aged over the years, with a steady stream of loyal and longstanding members passing away. To some extent, this has been offset by the arrival of new members who have brought fresh ideas and talents to our congregation. However, the overall position is that we have fewer and fewer active members to sustain our church activities and to maintain a solid financial platform to carry them out. This brings into question whether the church has a sustainable future looking 5-10 years ahead.*
- e) Although we have (and still do with our “Second Sunday” services) experimented with more modern forms of worship over the years , it is fair to say that our style of worship is still mainly “traditional “ in the form of hymn/prayer “sandwiches”, with a sermon added. There have been occasions where this traditional style may have been off-putting to those unfamiliar with URC or Methodist traditions, particularly families with young children. We perhaps need to think more about broadening the appeal of our worship on Sundays.*
- f) Our church buildings – modernised in 2002 and still maintained in very good order – are a big asset for us in taking the church’s mission to the local community (Lewes, as a town, has few venues of a similar standard). We have a full programme of lettings for a wide range of community activities. This, combined with a smaller congregation and member donations, has made lettings income a bigger factor in maintaining our financial position.*
- g) As part our work in the local community, we currently support a food bank and community café; a project for homeless people; a café and language lessons for Ukrainian refugees in the Lewes area; and a*

“warm space” for local people suffering fuel poverty over the winter months. We know that our building is highly valued as a venue by the local community and that Christ Church is considered by others to be an outward-looking and hospitable “can do” church.

h) We achieved “Eco Church “bronze level accreditation in March 2022 and are actively working towards silver level as a means of reducing the environmental impact of our activities.

Please have a word with either of the Church Secretaries if you have any comments. This is the start of a lengthy dialogue on the future direction of the church and we very much welcome views from all members of the congregation.

CHRIST CHURCH WALKS



Our March walk will be on **Sunday 12 March 2023** (to avoid a clash with Mothering Sunday on the 19th). We will start from the Long Man car park ([///repay.pens.active](http://repay.pens.active)) at the top end of the village of Wilmington (just off the A27) at 1.30 p.m. The walk will go past the Long Man and up onto the Downs before descending to Alfriston and then returning to Wilmington via Milton Street .It is about 3 miles /5 km in all. This route includes part of the Cuckmere Pilgrim Path, linking seven village churches in the valley. More information can be found online at www.cuckmepilgrimpath.org.uk

The February walk took us to Stanmer Park on the edge of Brighton on Sunday 19th.The weather was fine and there were some encouraging signs of spring. The network of paths in and around Stammer Park allowed some walkers to do a longer circuit of the upper woodlands and others to do a shorter loop back to the car park

PILGRIMAGE WALK : A DATE FOR YOUR DIARIES

BOSHAM to CHICHESTER - SATURDAY JUNE 17 2023



Instead of our normal Sunday afternoon walk in June, I am planning a slightly longer “Pilgrimage Walk” from Bosham to Chichester on Saturday June 17.

It involves part of the “Old Way”, a medieval pilgrimage route from Southampton to Canterbury, recently revived by the British Pilgrimage Trust

The trip will involve a train from Lewes to Bosham and then a walk down to shores of Chichester Harbour to see Bosham Church (which features in the Bayeux Tapestry and is one of several places claiming to be the location of Canute’s

encounter with the waves) and then across to Fishbourne , some more shoreline , and then into the ancient city of Chichester , hopefully in time for 5.30 p.m. evensong at the Cathedral. We'll finish with a pizza supper and train home.

The total walk distance is about 6.5 miles /10 km, all pretty flat, and will be taken at an easy pace.

Non-walkers who would like a day out in Chichester or Bosham (lots to see) will be very welcome and can join the walkers later for evensong and pizza

More details to follow.

Lindsay Frost

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ECO WORKING GROUP TOP TIPS No .10

HOW TO BUILD AND ORGANISE A ZERO WASTE PANTRY



A pantry is a small room or large cupboard that can be used to store food, drinks, plates, bowls and other kitchen essentials. Building a zero-waste pantry and organising it well can help reduce the amount of waste that is generated in your household, reducing your carbon footprint and saving you money in the long-run.

Here are our top tips on how to build and organise a zero-waste pantry in your home.

1. DECLUTTER

First things first, you need to declutter your current space.

- Remove and dispose of all expired food and drink, but wash out and keep the jars as they can be used later on.
- Donate, sell, recycle or repurpose dishes and appliances that you no longer use.
- Put items and perishables that you want to keep to the side.
- Clean floor, shelves and other surfaces with natural cleaning products.

This will make it easier to see what you have and what you need, as well as give you an idea of where you can reduce waste — e.g. what you can purchase in bulk, to reduce the amount of packaging waste.

By the end of this step, you should have a blank slate to work from.

2. INVEST IN REUSABLE CONTAINERS

Next, invest in some high-quality reusable containers where you can store bulk-brought or zero-waste perishables. You should also consider what containers you can use that you already own; air-tight glass jars and takeaway containers are great for long-term storage, and can be used over and over again.

Once you've got your hands on some reusable food storage, decant your perishables into clear (and labelled) containers. This might include,

- **Dry Goods:** pasta, rice, oats, cereal, flour and sugar.
- **Legumes:** lentils, chickpeas and beans.
- **Seeds & Nuts:** almonds, walnuts, pumpkin, sunflower and chia seeds.
- **Preserves:** pickles, jams and jellies.
- **Herbs & Spices:** basil, thyme, paprika, organa, rosemary and cumin.

3. GROUP SIMILAR ITEMS

Once you have what you want to keep, take a moment to group and store similar items together. You can then add labels to your shelves so that you can find what you need fast, as well as maintain this order as everyone will know what belongs where.

A cupboard organiser — otherwise known as a “Lazy Susan” — is a great way to store herbs, species and sauces that you need to access on a regular basis.

You can also add baskets or drawers for smaller items so that you can keep things organised, but still have a good rummage.

4. PREPARE FOR EVERYDAY USE

If you use salt and pepper with every meal, there's no use storing it at the back of the highest shelf. Think about what food, drinks and appliances you use on a regular basis and keep them at eye level, with items you use less often higher up.

5. ADD A COMPOST BIN

Composting is a great way to reduce food waste. Keep a compost bin in your pantry (or kitchen) and add food scraps to reduce waste, and create a rich soil for your garden.

How does this work? The compost bin "hastens the decomposition of organic matter through proper aeration and moisture retention" to create nutrient-rich compost. As well as food, you can compost coffee grounds, houseplants, wood shavings and unwaxed brown paper products.

You should avoid adding animal and seafood by-products, as well as dairy products and plants treated with pesticides.

6. SWAP KITCHEN ROLL FOR CLOTH

Despite the fact that 34% of us do it, dirty kitchen rolls can't be recycled. These single-use rolls therefore often do more harm than good.

When stocking up your pantry with cleaning supplies then, invest in reusable cloths and tea towels instead of single-use rolls. These clean up spills as well as their counterparts, but can be reused over and over again — just chuck them in the washing machine between uses.

On the same note, stop buying single-use plastic brushes, and invest in reusable dish brushes to clean your dishes instead

7. USE COTTON PRODUCE BAGS

If you plan to store fruit and vegetables in your pantry, invest in some cotton produce bags. These reusable alternatives to traditional fruit and veg bags are plastic-free and biodegradable, and will keep your produce fresher for longer. Take them with you on your next market or supermarket visit.

8. STORE LEFTOVERS IN BEESWAX WRAPS

Cover food and leftovers, and keep jars fresher for longer, with beeswax wraps. These natural alternatives to cling-film will reduce

your plastic waste, as well as better protect and preserve your food when it's in your pantry storage.

And there you have it! Eight simple steps to help you build your perfect, zero-waste pantry

(Adapted from the “Wild and Store “web site)

TRAVEL SURVEY



This is the latest part of our work towards Eco Church “silver level” accreditation.

A survey of the congregation’s travel arrangements was carried out on Sunday 19 February: an “ordinary Sunday “, when the winter weather was fairly mild and sunny.

It provides a snapshot of how church members get to, and from, Christ Church each Sunday. The survey will help us establish a “baseline” for our “carbon footprint” (the amount of carbon emissions we add to the atmosphere each year).

As well as Sunday morning services, we will also have to build in allowances for the carbon emissions generated by Claire’s work journeys, Bible study, Saturday prayers, Church Council meetings etc.

Setting a baseline will enable us to consider setting a plan for reducing our carbon emissions over the next few years, incorporating not only travel but also energy usage.

These were the results from a congregation of 19 persons on the survey day :

Mode of transport	Number of church members using that mode	%	Average distance travelled in miles (km): to and from church
Walk	10	53	0.5 m (0.8 km)
Cycle	0	0	-
Public transport	0	0	-
Motorbike	0	0	-
Car-petrol	5	27	16.0 m (25 km)
Car-diesel	0	0	-
Car-hybrid	2	10	0.6 m (1.0 km) #
Car-electric	2	10	6.0 m (10 km)

This journey involved carrying some heavy materials to church

The results were not surprising, with those living close to church generally walking and those living further away taking the car, or using the car for “heavy lifting”. The public transport options on a Sunday morning in the Lewes area are pretty thin and so unattractive.

The next meeting will be on Wednesday 15 March at 7.30 pm

Professor Vivian Vignoles will be speaking on

"Identities: What are they, and do they have to be so divisive?"

Discussions about identity have been a common theme in recent controversies, including those surrounding Brexit, historical monuments, and women`s rights. Participants in these debates often demand that their own identities should be "respected", while accusing their opponents of "playing identity politics". But what does all this mean? Viv is currently Professor of Social and Cross-Cultural Psychology at the University of Sussex. During 25 years of research on identity processes he co-edited the two-volume Handbook of Identity Theory and Research. In his introductory talk, he will consider identities as ways of understanding ourselves, that we create, maintain, and defend, rather than as innate characteristics. In non-specialist language, he will explain identity processes from classic social psychological studies and from his own research. These findings help to explain why identities so often lead to social division and suggest how such division might be reconciled.



Greetings from Kenya - February 2023

Dear Friends & Family,

This is our first newsletter of the new year, Vivian and I want to wish you a very happy, prosperous and blessed 2023.

Here in Kenya the new school academic year began in January and this also brought a change to the school structure following an overhaul of the education system. We are very happy to say that after the last few years of Covid restrictions, the school term dates have now returned to normal.

My work as School Administrator continues to be very interesting. In recent days I've assisted the Headteacher with parent/teacher meetings, updated our maintenance programme and I am organising first training for the staff team. I'm also, enjoying spending time with the children whilst taking them to communion at our cathedral every month.

You may recall in my last newsletter I mentioned our new junior secondary school building. I'm pleased to say that this is now complete and being enjoyed by the new students. We had a wonderful celebration a few weeks ago when our Bishop Prof. Julius Wanyoike came to the school with the clergy and dedicated the new classrooms.



The Bishop, Clergy & School Board of Management (Photo courtesy of Peter Mulwa)

I have just started working with a colleague to set up a Facebook page for the school as part of our new marketing initiative. The aim of this project is to widen the catchment area of the school and increase student numbers.

I am still committed to learning Kiswahili and have daily lessons using the online platform Duolingo. I would say it's a work in progress, but I'm doing ok and am beginning to understand more when conversations are happening around me and I'm becoming more confident in using the language every day.

Vivian has recently completed two weeks of mock IGCSE examinations in preparation for the real ones in May/June 2023. The teachers have praised Vivian for her determination, her perseverance and they've all commented on her improved organisational skills. As her mum it's makes me feel incredibly proud of all that she is achieving. We hope that all our supporters are just as proud as we are. We are very grateful for the additional one to one teaching support that has been put in place at school for Vivian. This leaves us in no doubt that Braeburn Imani International School is the right choice for Vivian's education. (see <https://imani.braeburn.com/>)



Vivian studying at school

We are very much hoping and praying that if we can fundraise enough, Vivian can continue with her education and go on to do her A levels at Braeburn Imani starting in August 2023. Incredible to think we will be celebrating her 17th birthday at the

end March. Another milestone to celebrate on 17th February, we have been mum and daughter for 8 years!



Vivian enjoying Hockey

Lastly, our thoughts and prayers are very much with all those affected by the tragic earthquake in Turkey and Syria.

Vivian’s school will be running a number of fund raising activities starting with a Home Clothes Day. All the money raised by the children will be sent to the humanitarian organisations.

Best wishes & prayers
Karen & Vivian x

Karen Terry – CMS UK Mission Associate

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From the Church Treasurer

I have just had the final accounts independently examined by Lesley Lane and these are now ready for the next Church Council meeting on Wednesday 8th March. They will then be presented to the Annual Church meeting in April. Our total income for last year was £55,149 and our expenditure was £67,558. Our expenditure exceeded our income by £13,180 (including our lay worker costs). Our wonderful Lay worker has cost £11,492 to the end of the financial year. We are using money from the Legacy account to fund this.

All our expenses seem to have increased apart from the Ministry and Mission fund which was reduced following Andrew Mills departure in May. The energy costs have risen as everyone knows (but not quite doubled). We had all the emergency lighting and many lights replaced in October to be more energy efficient at a cost of £6,959. As the building has been used more after the lockdowns, the costs have gone back up, but we also have more income from lettings.

The Ministry and Mission payment for 2023 is to be £3,396.00 (the ministry element having been removed) paid January to December. The CSUA assessment is £5,847 paid September to August.

We have paid out the following to our chosen charities – including gift aid.

Homelink £1,450.00 – including Gift Aid

Toilet Twinning £825.00 – Including Gift Aid

London Futsal Stars £1,828.75 – including gift aid

Christian Aid £2,000 including gift aid

I have sent £882.78 to the DEC Ukraine appeal at the beginning of this year – again including Gift Aid.

Irene

Thought from the Layworker

Not surprisingly this month my thoughts have been turning to Lent. I have come across two suggestions which you might find useful this Lent. The first is the suggestion that we make a Lent commitment to be more constructive and a more hopeful presence by making these promises:

1. When faced with disagreement to think the *best* of the person who thinks differently
2. To accept the validity of other people's perspective and not to belittle or caricature them
3. To not speak negatively of people I know if I have not spoken to them first
4. To not fan the flames of disputes and seek mutual understanding
5. To recognise when I fail to do the above and to apologise

The second is from A Rocha suggesting we take time to connect with our Creator and God's creation this Lent, suggesting we go green for Lent. They have a Lent resource which you can find at <https://arocha.org.uk/connect-with-gods-creation-over-lent/>

Some of their suggestions are to bring nature into your home or garden, discover the great outdoors with a friend, plan doing something in the wild later in the year, and find time to be still in nature.

Personally this Lent I will be attending the Lent course at St Anne's and enjoying the opportunity to meet up with others in the Lewes Christian community.

Whatever you do in Lent, I wish you God's blessings as we move towards Easter,

Claire

Church Calendar for March 2023

Wed 1	10 am - 12 noon Ukraine Café
Fri 3	World Day of Prayer service at Eastgate
Sat 4	10 am - 11 am Saturday Prayer
Sun 5	10.30 am Morning worship led by Claire Bell
Mon 6	10 am - 4 pm Fitzjohns Foodbank
Wed 8	10 am - 12 noon Ukraine Café 7.30 pm Church Council (Business)
Sat 11	10 am - 11 am Saturday Prayer
Sun 12	9.30 am Prayer Meeting in the Quiet Room 10.30 am Second Sunday worship 1.30 pm Church Walk (note: this is a second Sunday)
Mon 13	10 am - 4 pm Fitzjohns Foodbank
Wed 15	10 am - 12 noon Ukraine Café 7.30 pm Thinktank
Sat 18	10 am - 11 am Saturday Prayer
Sun 19	10.30 am Mothering Sunday worship led by the choir
Mon 20	10 am - 4 pm Fitzjohns Foodbank
Wed 22	10 am - 12 noon Ukraine Café
Sat 25	10 am - 11 am Saturday Prayer
Sun 26	10.30 am Morning worship with Holy Communion led by Gwyneth Watkinson
Mon 27	10 am - 4 pm Fitzjohns Foodbank
Wed 29	10 am - 12 noon Ukraine Café
Sat 1	10 am - 11 am Saturday Prayer
Sun 2	10.30 am Morning worship led by Rev Andy Melvin

Rotas for March 2023

	5	12	19	26
Door Stewards	Linda B	Andrew B	Claire	Janet
Vestry Steward	Brenda Vance	Brenda Vance	Brenda Vance	Brenda Vance
Coffee	Pam & Jane	Janet & Linda	Viv & Lindsay	Alan & Glenda
Powerpoint	Tom Lunt	Irene Gannon	Neil Fisher	Graham/Neil

CHRIST CHURCH (United Reformed and Methodist) seeks to proclaim the Gospel and serve the community around it. The Layworker and Church Council Members would appreciate information about those who need pastoral care, and will endeavour to answer the questions of those who want to know more about the Church's life and witness here in Lewes.