

Christ Church News

Summer 2023



"Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language." –

Henry James

*Christ Church Anglican Congregation Vision
Statement*

*"Through our worship, mission, nurture and service
we want to enable all people to enter into a living
relationship with Jesus Christ"*

In this edition of the Parish News:

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Dates for the diary

- *Gardening Day Saturday 22nd 10.00 – 12.00pm followed by a picnic (bring your own)*
- *Sunday Stall after service Sunday 30th July*
- *Family Holy Communion every Sunday throughout August 9.30am*
- *Sue and Colin’s open garden 27th August 12pm*

HELLO FROM OUR NEW VICAR

It's been lovely to meet so many of you as we have begun to see Christ Church in action. We really do want to say thank you for your warm welcome, and the way you have very quickly made us feel part of the Christ Church family. What's really encouraging is that this doesn't seem to be limited to new vicars and their families – I've already met members of the wider community at mid-week groups who say they also feel part of Christ Church. I feel really privileged to be your vicar.



I'd like to use this space to talk about fire; it's one of my favourite ways of thinking about the church. First, there is the connection to Pentecost and the reminder that we are all filled with the Holy Spirit, which is vital

to our faith journeys, but have you ever thought of our gatherings as a gathering of burning coals in a fire? God's people come together for regular worship so we can burn stronger and brighter and then take that fire out into the world around us, sharing the warmth and glow with our streets, schools, workplaces, shops etc.

Brilliant fiery stuff! And I've got one more – a bit like the Olympic flame, that great symbol of continuity between the ancient and modern games – God's people keep the fire burning and pass it on through the generations. I want to say how encouraging it is to arrive at Christ Church and find the fire burning; there could have been kindling or there could have been matches, but that would mean we were at the beginning. Instead, we get to honour those that have passed the fire on to us so that it is ready

and burning now. We all have the privilege of being invited to join in feeding that fire and seeing it burn on for generations to come.

And while no analogy is perfect, it gives a great opportunity to say thank you to every one of you who has put fuel on the fire, protected it from the elements, and given it a little blow when it



needs it. Thank you for everything you have invested to make Christ Church all that it has been, and all that it is today. And thank you for making room for us to join you around the fire – giving us the honour of fuelling the fire with you. It's not something we take lightly, but it is something that is very exciting.

Chris

“ARE YOU THE VICAR’S WIFE?”

“Are you the vicar’s wife?”

“Are you Charlotte and Adam’s mum?”

“Are you going to be working here at Christ Church, too?”



It is my privilege and joy that the answer to all these questions is ‘yes’! I am a vicar’s wife and have been for the past five years (though our marriage pre-dates the vicar days!) I am a mum to Charlotte (8) and Adam (6) and once upon a time I was a teacher

and a children's and youth minister. But for the past three years of my 'full-time mum, part-time ministry' role I have been studying theology and training for ordination with St Mellitus College in Chelmsford, and in September I will be ordained as a curate at Chelmsford Cathedral. 'What's a curate?', you might ask. It means I will become a vicar-in-training and work with the vicars of Christ Church, St Botolph's Church and St Mary's Church, Wivenhoe. Why so many churches? Chris and I are delighted that as a family we will be able to serve and minister together for some of my curacy, while my time at Wivenhoe will allow me to be trained and supervised by Revd Erwin Lammens, who is known as my 'training incumbent'.

Many of you will know that I was licensed as a lay worker in the parishes at the start of July, but that my ordination (when the bishop officially makes me a curate) is not until September and the staggered timing might seem a bit puzzling. There are a number of reasons why ordination comes a bit later, but one is the opportunity to transition to the new parishes; getting to know the places, the people, the local areas and, most importantly, how God is at work in each place. Some of you will have seen me on Sundays and at weekday church events, which I have enjoyed so much, and my aim is simply to be with you all and get a feel for what it's like in each place. I have loved meeting so many people from the community and the congregation, representing many ages and stages of life. Thank you for being so welcoming to me and allowing me to just sit down beside you and begin to get to know you and your families. I am really looking forward to serving with you, worshipping with you and walking in faith with you over the next few years.

Emma Smith

SPEAKING ABOUT OUR FAITH – FINDING A WAY IN?

In our recent Church Development Survey, there was a question, “To what extent do you agree that speaking about your faith to someone who is not a Christian is a part of your life?”

Half of those of us who responded agreed that it was a part of our lives.

But half of us were – definitely or tentatively – saying that speaking about faith to non-Christians was NOT a part of our lives. Even though a high proportion of respondents (over 90%) are regularly at Church worship once or even twice a week.

Many of us would say from experience that speaking about our faith to non-Christians can be a daunting prospect. And that it’s easy to let opportunities slip. Sometimes, it’s knowing how to begin that can be the hardest part.

Well, help is at hand! Here are a couple of tried-and-tested book recommendations from your Mission Group. Between us, we can say that these writers have really helped us to see our place in God’s invitation to other people, and have offered us ways of making a genuinely attractive and gentle opening to a good conversation.

A good Summer Read!

Living His Story by Hannah Steele £8.45 (ISBN 9780281085170)

Scattered Servants by Alan Scott £10.25 (ISBN 9780830775859)

You may find some copies in the Church Library. Some are available to borrow from members of the Mission Group.

Alternatively they are available at the cost noted above from Eden.co.uk or from Red Lion Books (redlionbooks.co.uk or tel. 578584)

Mission and Outreach Group

Paul Wakefield, Rod Green, Judith Cronshaw, Sara Humphreys, Revd Chris Smith.

ARE YOU SITTING COMFORTABLY? OUR HOME GROUPS ARE!

Our Christ Church “family” meets principally on Sundays.
(Really?)

Oh, and on Tuesdays at Time Together and at Frogs. Ah yes, and on Wednesdays (10am Holy Communion twice monthly) and on Thursdays at Breakfast Café, of course...

And, very importantly, in small groups at people’s homes!

Our Home Groups each have around 8 – 10 people in them. Each group meets fortnightly at someone’s home. They select a Bible Study or a Christian book or theme to discuss. People in the group learn together and get to know one another, and enjoy the coffee and chat as an equally important part of the evening, alongside exploration of our Christian faith. The Home Groups are friendly places and many have welcomed new members in recent months.

Our five Home Groups meet in the evening on Mondays and Tuesdays and in the morning and in the evening on Wednesdays. The Wednesday morning group meets at the Church after the

10am Holy Communion Service. Many groups have members who give others a lift to the meeting.

Would you like to join a Home Group? We would love to have you! Below are the names for people who co-ordinate each group. Do ask for more information from any of them. (If you need contact details, phone or email Sara on 579379 / humphreysswan@btinternet.com)

Now is the time! Most groups are about to take a summer break and will start afresh with the new term in September. So it's an ideal moment to think, enquire, and plan to join us!

Monday Evenings – Marion Saunders

Tuesday Evenings – Sheila Godwin; Clive Joyce

Wednesday Morning – Roger Ennals

Wednesday Evenings – Sara Humphreys



A BEVY OF BAPTISMS!

I am not sure if that is the right term to describe the number of Baptisms we have celebrated over the past few weeks but I just wanted to name all those who have been baptised because when we gather as a church we promise that we will do all we can to help and support them and we can do that by praying for them as well as welcoming them whenever they are in church or at a church events/happening/meeting. So here we go!!

Margo Stalham, Alice Bacon, Intisar Romdhani, Rebecca Romdhani, Romola Benedetti, Pearla Benedetti, Ruby Stock, Max Stock, Sebastian Sammons, Rebecca Sorapure.

Those who have been confirmed are Alice Green, George Green, Naomi Wakefield and Rebecca Sorapure.

We still have folk who have been through Baptism prep and have yet to name a date! So at least three more Baptism Sundays at some point!

I praise God for the blessings of those who are coming to faith through Baptism and Confirmation and pray that they may, in turn, be a blessing to our church in Jesus' name.

Pat

TOILET ROLLS & HAND TOWELS

If you have used the Christ Church toilets recently, you will have seen we are now using cream coloured toilet rolls and hand towels.

The toilet rolls are unbleached bamboo from a UK company Naked Sprout.



See their website <https://nakedsprout.uk> for information about the company, their factory, their charity work and cost comparison with other well-known brands.



The hand towels are unbleached 100% recycled paper.

We have been using Bio-D for some time UK produced cleaning products made from ethically sourced ingredients.



.....and we are introducing 2dw bin liners made from environmentally-responsible oxo-bio degradable plastic.



The Christ Church cleaning team will continue to contribute to Eco Church by introducing sustainable products. Please let us know if you have any other suggestions.

Judith Cronshaw, Christ Church Joint Council

FLOWER UPDATE

Following a very enjoyable "Floral Coffee Morning" recently, it was suggested that another meeting could be arranged nearer to Christmas, perhaps in the form of a workshop session, with the subject being decorations for Christmas. More of this to follow nearer the time.

Sue Byrne, who attended the coffee morning, has very kindly provided the attached photos of some vase flower arrangements seen in a church in Cley, Norfolk. These are very attractive and could easily be copied for Christ Church. If anyone would like to "have a go" please let me know, so that we can have a chat about what to use.



Thanks to Sue for sending these photos. If anyone else comes across interesting church flower arrangements whilst on holiday, please take a photo and send it on to Emily at the church office.

Summer is often a good time for flower festivals especially in village churches and it would be interesting to see what other churches do!

A Happy Summer to all,
Angela Ennals.

FLOWER ARRANGING MORNING

We had a great time listening, watching – and joining in - the making of the beautiful pedestal arrangement presented by Helen Bird. She not only made it look easy but was very encouraging in saying that no-one should be looking for perfection when they are doing an arrangement and that any-one could 'have a go'. She brought out the significance of using greenery to reduce the number of flowers that are needed and pointed out the possibility of doing greenery only arrangements.



At one time there was a reasonable sized group of ladies who 'did' the flowers week by week. Now, although we are doubly blessed with Angela and Jill covering the church flower arrangements every week, I think they could probably do with some support, so perhaps it's time some of the rest of us gave it a go? Will we be 'as good as' either of them? I doubt it! Will it matter as long as we are doing our best? Not at all! Do you have to be

female to do it? No! Will your efforts be appreciated – absolutely yes!!

And the good news is that Helen is coming back again! In late November we are going to have a social evening with drinks and nibbles, while we make a decoration fit for our Christmas table! Watch this space to book in!

Best wishes
Pat



WHAT A SPECTACULAR VINTAGE AFTERNOON TEA PARTY!!

A huge thank you to Pat and her amazing team for organising such a wonderful fundraising event for the Christ Church Community Project.





The afternoon began with a warm welcome from the team and drinks served by our very own Reverend Chris.

The most wonderful afternoon tea full of delicious sandwiches, buns, cakes, mini desserts and scones was served with scrumptious tea to the guests.

And then came a very special surprise...
Mary Poppins came to see us!!



The guests and helpers joined in with all the familiar songs from the film and the children's height was measured with a very clever tape measure.

Amazing fun was had by everyone and over £1000 was raised toward the church project. Well done to everyone involved.

Michelle Prestney

NEWS FROM THE NORRINGTONS

Greetings to all our friends at Christ Church. Paul & I are delighted to be able to show you a picture of us with our electric bikes, purchased through your generous gift to us. We are quickly adapting to a different 'ride' and Glyn enjoys using the turbo selection, even when it's not necessary; just because she likes going fast without having to work too hard! We are looking forward to the warmer weather when we won't need to wear quite so many layers of clothing.

All is good here in Suffolk. We are beginning to make friends and feel quite humbled as we have experienced a wonderful welcome into our 'new' church, St John's, which is 4 miles away in Saxmundham.

Easter this year could not have been more different, offering us time to reflect, with no pressures or weariness. Naturally, there are moments when we must try hard not to compare with Christ Church and remind ourselves that all churches/people are unique, each one working towards it's calling and purpose. And of course, it is quite different living and worshipping in a rural setting.

We were pleased and truly excited to hear news of the appointment for your new rector and will continue to pray for you all in the months ahead.

Please do get in contact if you are passing through our way, we would love to see you.

Every blessing and our love

Glyn & Paul

xxx



BRADWELL PILGRIMAGE 1ST JULY

Psalm 84:4 Blessed are those....who have set their hearts on pilgrimage, Not having been on this pilgrimage for quite some time, because of the pandemic, I thought I'd give it a go, once again. It's a 32 mile journey via Maldon to that remote "hump" of the Essex coast -- it would be more romantic and authentic to sail there from the N Essex coast and arrive by boat as St Cedd originally did, but the car tacked round all those corners from Latchingdon like a boat.

There is something appealing, calling even, about remote places, especially with historical significance. My OS map which I first had at school over 60 years ago labelled it as "Bradwell Juxta Mare" literally "next sea" and so much more romantic. After a short service at St Thomas' in the village, there is a 2 mile trek to the remote Chapel there -- fellow walkers from all over Essex, and different denominations, in expectation of meeting people you know and others you don't, passing glorious full corn fields and generator windmills silently digesting a strong wind blowing.

The format was similar as usual: an opening worship, during which 5 brave Salvationists fought with their music stands against the strong wind, with the overall theme of the day based around famous passage from Matthew 11 28-30 *Come to me all you who are weary and burdened and I will give you rest*. The speaker followed -- Patrick Regan of the Kintsugi Hope mental charity, discovering treasure in life's scars, who I particularly wanted to hear again, on the subject of *It's Ok not to be OK* and opening up conversations about learning to look after ourselves, anxiety and depression, trusting in God when life is painful and living with thankful hearts. The whole emphasis of the day was valuable message about resting in the Lord and not struggling in one's own strength. It was an excellent session.

Then lunch, your own packed version, sitting on bales of straw, plus delicious cakes and tea from a stall nearby. Looking round I could see only 1 person I knew, but I had some remarkable quite unexpected, and in my view, God-given, conversations with those around me. Following this, there was a lovely, truly peaceful service of healing in the Chapel, which was well attended. Prayer ministry and anointing was offered, and yes I went up for both -- it was a very special, moving moment. And more surprises: the person who prayed over me said the only priest he knew in Colchester was one called Chris Smith! And also afterwards a long chat with a RC Deacon, who ministers at Brentwood Cathedral, including recalling a mutual RC priest we both knew. All very uplifting.

Afterwards the pilgrims trek back, but I always chose to go on the extra 4+ miles round the Bradwell "hump" along the sea wall -- a gloriously solitary, sunny walk, the strong wind blowing in the face and the soft mountains of shells slowing the walking pace. Panoramic views display over the water of Point Clear, Brightlingsea, Mersea with the chalets looking like a set of teeth, Tollesbury, the marina just in view, and further looking westwards up towards Osea Island and Maldon. Then there is the grey- blue presence of the power station, monumental in scale, considering the flat surroundings, which changes colour with the clouds and light. The little harbour, rather silted now, with shades of Blakeney, is round the corner, but lastly a tarmac walk back to the village centre in land.

Why go on pilgrimage? Well, for me, I was commemorating or celebrating my first day of *not* being Lay Chair! But more than that, just "being" in a different place and God was generous to me with all that occurred. Thank you God, Amen.

Roger Ennals.

LIFE ON THE EDGE

'The Edge' in this article is a land 50 plus degrees south of the Equator- Patagonia. This land is divided down the middle between Argentina and Chile, the former of which is where my family lived for some years.

Towards the end of the 19th century, Argentina decided this 'empty' land should be used to the country's profit, so tempted settlers in with tracts of free land. However, this bleak expanse had two interesting features – abundant grazing and - inhabitants. Tehuelche Indians roamed its plains, living off the guanacos (a form of llama), ostriches, pumas and other wildlife.

When the new settlers arrived, things changed for them - and certainly not for the better. It is shameful to tell that a bounty was placed for their elimination – a reward for killing Indians. Very soon people grabbed the opportunity and developed vast 'estancias' bringing in thousands of sheep. These were mostly akin to the Australian type – rather like balls of wool. So wool being much in demand in Europe, and mutton too, these settlers were on to a good thing. The Indians, however, presented a problem; they were using up the land and had to be got rid of. When shepherds were engaged many were told to kill Indians and would get £1 for every Indian pair of ears presented. These settlers were supposed to be civilised people – really? As a result of this policy and diseases like flu etc ravaging the encampments, the indigenous people were soon eliminated.

My father began as a shepherd, and so had to 'ride the range' on horseback. Horses bred wild on the plains and some young were brought in and tamed for farm use. It was a skilful but dangerous process, and my father bore a scar all his life from the process.

He used to tell us about two encounters he had as he ranged the pampas in his early days.

The first was when his horse jibbed and wouldn't go past a big 'calafate' bush. 'What was wrong with the animal?' he thought, so dismounted to look into the bush. With horror he saw two angry eyes glaring out at him – a puma!! Cornered, this animal could present real danger so he mounted rather quickly and galloped away, much to the relief of the horse no doubt. These pumas caused real havoc among the sheep and even took pet dogs.

Another encounter was when he got lost on the vast pampas, very dangerous, but to his relief he saw the smoke of a camp fire. However, as he approached, he realised it was an Indian camp. Considering the horrible way these people had been treated by the settler he feared for his life. However, there was nothing for it but to approach and explain, through sign language, no doubt, his predicament. The elders sent for a young fellow, who was told to lead the lost foreigner back onto the right track. Dad never forgot their kindness, which was really a lesson to the incomers in graciousness.

It was a wild land, with very little in the form of religion, no Protestant pastors, but the coastal towns had a very extreme form of Catholicism, no doubt planted by the Spanish early missionaries. This wild country was the one in which I was born – but that's another story!

May MacAskill

WELCOME TO

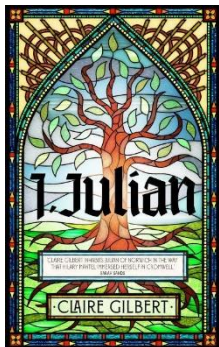
CHRIST CHURCH LIBRARY

Please browse our selection,
choose a book and sign it
out.

Open to everyone!



BOOK REVIEWS



I, Julian – a new book by Claire Gilbert, is a fictionalised autobiography of Julian of Norwich.

Born around 1340, the Lady Julian lived for much of her life as an anchorite, or hermit, walled into her cell beside the church of St Julian in Norwich, until her death in 1418. Her religious calling arose partly as a result of a series of intense spiritual experiences she describes as visions or ‘showings’. These visions occurred during a time of pestilence which led to the death of her family, and almost killed her as well. Following her recovery she took the bold step of declining a second marriage in order to become an anchorite. This enabled her access books, solitude, the company of other educated people, and above all time for prayer to consider and contemplate the meaning of her visions. Eventually, during a season of frightening religious persecution, she wrote the visions down and secretly passed them to trusted women who kept her story safe.

Claire Gilbert’s version of Julian’s life echoes contemporary fearful experiences of covid. Bereavement, loss of family, existential fear and the meaning of suffering are dealt with through this detailed and beautiful life story. It’s a story about a woman, and women, and how Julian made meaning from her suffering and left a profound legacy we continue to draw on today.

You can hear a R4 BBC Sounds podcast of Claire Gilbert’s brilliant interview on Women’s Hour from May 8th 2023, where she explains her own very personal connection with Julian.

Kate

FOOD FOR THOUGHT

I see the evil in the blindness and selfishness of all nations ... I see it in the idolatry of wealth; I see it in the passive acceptance for years of the unemployment of millions, of the ill-housing of millions, of the starvation of millions all over the world; I see it in the bitter nationalism which sets people against people and makes sheer power and domination the be-all and end-all government.

Bishop George Bell (1883-1958)

Contributed by Judith Budge

EASY SAUSAGE ROLLS

Prep: 25 mins

Cook: 35 mins Plus cooling and chilling

Makes 12

Freezable (Unbaked only)

Ingredients

375g all-butter puff pastry

Flour, for dusting

2 tbsp apple sauce, pickle or chutney

400g sausage meat or sausages, skins removed

1 egg, beaten 2 tsp sesame seeds or nigella seeds (optional)



Method

Step 1 Roll out the pastry to a 35 x 30cm rectangle on a surface lightly dusted with flour. Trim the edges neatly, then cut in half lengthways to form two long strips. Spread with a thin layer of the apple sauce, pickle or chutney, leaving a border along the edges.

Step 2 Tip the sausage meat into a large bowl, add 3 tbsp cold water and squash together. Divide the mixture in two and mould each half into a cylindrical shape. Put each portion of meat into the middle of a pastry strip, leaving a border at either side. Brush the pastry border and the top of the sausage mix with the beaten egg. Fold one edge of the pastry over the meat and roll to encase, then use a fork to press the pastry edges together. Cut the sausage rolls into 5cm lengths and arrange on a lined baking tray. Chill for 20 mins.

Can be made a day ahead or frozen for up to one month; to bake from frozen, add an extra 10 mins to the cooking time.

Step 3 Heat oven to 200C/180C fan/gas 6. Brush the sausage rolls with the rest of the beaten egg and sprinkle with the sesame seeds or nigella seeds (if using). Bake for 30-35 mins until the pastry is deep golden. Transfer the sausage rolls to a wire rack and leave to cool for 10 mins.

Summer Holidays Outdoor Challenge

Tick each activity once you have done it.

Activity	Tick
Make a Daisy Chain Pick some daisies. Make a hole in the end of a daisy using your thumb nail. Thread the end of the next daisy through the hole and pull until the flower part is by the hole. Keep going until the chain is the length you want.	
Climb a Tree Make sure an adult is nearby while you climb the tree and make sure there's an easy way down.	
Have a Picnic You don't have to go anywhere. You could take your lunch and eat in the garden, or on your balcony if you have one. You could also eat at your local park.	
Go on Wheels Go for a bike ride, ride on your scooter or have a go on roller skates.	
Make an Obstacle Course This could be in the garden or at the park. You could make a floor ladder using sticks, use flower pots as hurdles to jump over and have areas where you can only move in a certain way- maybe backwards, sideways or on one leg.	
Learn the Names of Plants Go for a walk outside. Look at the plants and flowers you can see and try to find out what they are called. You can get books from the library or use the Internet to help you.	
Rainy Day Walk It's sure to rain during the holidays! Instead of staying indoors, get your coat and wellies and have fun exploring the outdoors in the rain.	
Yellow Car Safari When you are out and about, look for yellow cars. The first person to spot one gets five points. Who will have the most points at the end of the holidays?	
Bug Hunt Get close to the ground, either in the garden or at the park. What bugs can you see? Draw a picture of your favourite one.	
Cloud Shapes Lie down outside. What shapes can you see in the clouds?	



Regular activities at Christ Church

time together

Meets every Tuesday morning in term time from 10am to 12 noon,

Our aim is to provide a welcoming environment for little ones (0-4yr) to play and for parents, grandparents and carers to chat and relax over a cup of coffee.

We close our morning together with a Bible story, some nursery rhymes, Christian songs and celebrate any family occasions e.g birthdays.

Please feel free to drop in for a short visit or stay for the morning.

Email:

timetogether@colchesterchristchurch.org.uk

the **BREAKFAST CAFÉ**

Thursdays from 9am to 11.30 ish.

A café for all ages held in the main church space, a safe space for little ones to play, adults young and old to meet over cake, breakfast quiche, tea coffee and other goodies.

Pop in for a short time or stay longer.

All ages welcome

FLAMES

(for all those aged 4-11)
On Sunday mornings

**Bible stories, games,
crafts and prayers**

more information contact Sheila



An after school club for primary school age children, on Tuesdays 3pm till 4.30pm.

Parents and Carers stay in the building with the children, pre-school children are also welcome (toys provided).

Activities include Craft, Stories, Videos, Lego and Games.

There are refreshments during the afternoon for children and adults.

FrOG club has a relaxed atmosphere for children and adults to enjoy.



**Join us at
Splodgy on the
2nd Friday of the Month
7:30pm till 9pm
School Years 6 - 10**



COVID19

We will have relevant COVID safety measures in place in line with the government guidance in place.

To see visit www.colchesterchristchurch.org.uk/splodgy



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The Church of England
in Essex and East London

Diocese of Chelmsford