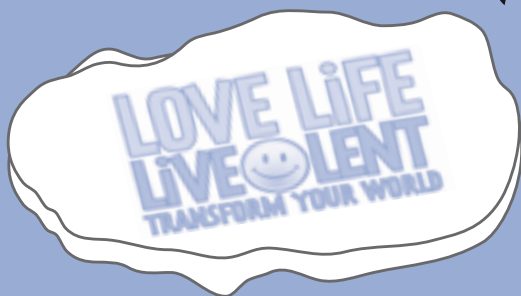


# GoodNEWS

LINDFIELD URC'S VILLAGE MAGAZINE

FEBRUARY 2009

## Lent



PLUS...

- What is worship?
- Sue Waller talks of her changing priorities
- Add some winter colour to your garden



LOVE LIFE  
LIVE  LENT  
TRANSFORM YOUR WORLD





**A**s I write, the carnage in Gaza is at its height. So far, nearly 800 people have been killed, men, women and children. Meanwhile the Security Council of the United Nations meets, debates and passes resolutions, but the air-strikes go on and the rockets still fall. We can understand why the Israelis have reached breaking point, as their population is subjected to daily bombardment by terrorists, but at the same time, we can also understand how years of occupation and living in refugee camps have produced the terrorists. It's a terrible vicious circle and violence produces no winners, but merely strengthens the hands of those who call for retribution.

I pray that by the time this magazine is published, a cease-fire will have been negotiated and the suffering of the inhabitants of Gaza will have been ameliorated, as emergency medical and food supplies are allowed to enter the territory in sufficient amounts, instead of the trickle that is being allowed in now. However, barring the end of the world, I can predict one event – the inauguration of the next President of the United States – Barack Obama.

So much hope is stored up in this man and that is one reason why we should pray for him, because he is bound to prove a disappointment to many. As a young minister, I remember being warned against people who welcome you when you arrive in a church with the words "You are the answer to my prayers". Inevitably, when they find out that you are not, they will blame you for letting them down. Now, for many, Barack Obama is the man who will usher in universal peace and tranquillity. In a year or so however, cynicism will have returned and his "approval rating" will be on the way down. In spite of that, I wish him well. From what I have read, he appears to be a good and sincere man and if we were able to say that about more of our politicians, the world would be a much better place.

So, will he make a real difference to the problems both in his own land and in the wider world? The economic situation in the United States is grim and great swathes of America are dependent on manufacturing industry. Millions face the loss of their homes,

## ***Dear Friends...***

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as many do in our own country and the shadows of poverty and unemployment grow darker by the day.

As he grapples with the difficulties here at home, we may not approve of Mr. Brown and his government, but the Bible tells us that we must pray for him, because the simple truth is that no human being is equal to the challenge of problems on a world scale. All we can expect of our leaders is that they will do their best according to their lights.

We have just been celebrating of the arrival of “the Light which enlightens every man .....” (St. John 1:9). The good news of the Gospel is that no darkness will ever quench that light and no violence or hatred will ever destroy it. We must hold on to that as the guns go on firing in Gaza and the innocents continue to die.

There is a power which could stop it – the power of love that triumphed over sin and death on Calvary. There is a man who can reach deep into the human heart and change it, because that is the real solution. No matter how many UN resolutions are passed, or how many high-level statesmen and women fly round the world to meet each other, nothing will ever change until the human heart is changed and Jesus Christ is the only person who can change it. Has He changed yours?

*With every good wish, your pastor and friend,*

*Charles S. Martin*

# GoodNEWS

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*A list of serving Elders can be found in Who's Who?*

## Editorial



**Bit of a meaty issue for you this month. May I therefore recommend a comfy chair, cup of coffee and a sit down to read through?**

We have taken articles written on the behalf of the Archbishops' Council, about Lent, which if we read and respond to could change our lives and those around us!

Sue Waller has written very honestly about how her priorities have changed over the past months. Reading Sue's article may encourage us to think about where our priorities lie.

David Goodchild writes a very challenging and helpful article on Worship – What it is and what it isn't!

Stuart gives us some advice on how to get winter colour into our gardens and Rosemary Tijou helps us with some very practical tips on economising. Some more of our students tell us what they are up to as well.

So you have been warned – at the end of this magazine we could be looking to change our priorities to be more God and People focused and to be people who live our lives in worship to our Great God – exciting stuff!!

Val

# Prayer **FOCUS**



*What a Friend we have in Jesus,  
All our sins and grief to bear,  
Oh what a peace we often forfeit,  
Oh what needless pain we bear,  
All because we do not carry,  
Everything to God in prayer.*

Yes everything we are not good at (me included).

We often make plans without praying about them and then wonder why things don't go according to our expectation.

We might say God willing but don't pray about it.

God knows our need, but it is not always what we want or when we want it.

God is interested in every aspect of our lives, that is why we should bring everything to God in prayer.

A personal example, which may seem trivial, but is important to me and to thousands of others, although I don't expect that many will have prayed as I have, is the new football stadium being built at Falmer for Brighton and Hove Albion and the community. Yes I have prayed and believe God has answered my prayers. Not perhaps as quickly as I would have liked but a new stadium is underway and God willing I hope and pray in August 2011 I will be sitting in my seat thanking God.

My **Prayer Diary** may I suggest the following;

- Sunday – The Children's activities on Sunday; for the children and for their Leaders
- Monday – Charities such as – Off the Fence, Worthing Homeless and the Easter Team at Crawley
- Tuesday – Our Minister – Charles Martin and the Elders
- Wednesday – Mid Week Children Activities – Zest, Boys Brigade, Stepping Stones; for the children and their Leaders
- Thursday – House Groups and Pop In
- Friday – The Lunches and the Fellowship
- Saturday – Concourse and anything else I have left out that you may think of

Your brother in Christ

*Cliff Griffiths*



# About

# Love Life Live Lent

**Love Life Live Lent is a new way of marking Lent. Instead of giving up chocolate or going on a detox, it encourages people to undertake a simple act of generosity each day. The actions are small and fun to do, but make a real difference in homes, families and communities.**

Love Life Live Lent began in Birmingham in 2006 and since then over 250,000 people nationwide have participated. The campaign was featured in an article in The Independent in February 2007:

“In recent years, in different corners of the globe, several movements have sprung up inviting followers to combat the selfishness of modern life by doing nice things to random strangers. If you put your mind to it, carrying out acts of kindness can start as soon as you wake up. You can be kind to people in different parts of the country, or on the other side of the world, or even be kind to the planet itself, without leaving your home.”

The new *Love Life Live Lent* booklets feature the best actions from the previous two years’ booklets in an exciting new design. Also new for this year, the *Love Life Live Lent* Family Book includes the actions for both adults and kids, plus fascinating Lent and Easter facts, activities, recipes and prayers.

You can buy *Love Life Live Lent* booklets and the family book at all good Christian Bookshops or direct from Church House Publishing. If you want multiple copies of the booklets, you can benefit from money-saving packs. **[www.livelent.net](http://www.livelent.net)**

# LOVE LiFE LiVE LENT

**Be generous to yourself, your neighbours & the world**

## About Lent

Lent is the Christian season that takes us from the end of winter through to Easter and is linked to the time when Jesus went for 40 days without food in the desert. It is a reminder that Jesus went through suffering to make him stronger and more trusting in Father God.

Many people 'fast' during Lent, which means giving up food for a day or sometimes many days. The aim is to help use time and energy thinking about God, and to become cleaned out and pure.

During Lent there are a number of special days for Christians including Ash Wednesday, Mothering Sunday, Palm Sunday, Maundy Thursday and Good Friday.

The beginning of Lent is marked by Shrove Tuesday. This was the day when everyone used up their best and richest food such as eggs and fat, to prepare for 40 days of limited, mini-meals!

Shrove Tuesday has become known as 'Pancake Day', because traditionally pancakes used up the good food and made a feast to begin the season with. The word 'Shrive' means to confess, so people were encouraged to say sorry to God before the beginning of Lent itself.

Ash Wednesday follows the celebrations and feasting of the day before. In the past (and still now in some churches) ash is used to put a cross-shaped mark on the forehead of Christians to remind them of Jesus. The ashes used on Ash Wednesday are often from the burnt remains of the Palm Crosses used the year before at Easter.

Mothering Sunday is always on the 4th Sunday during Lent, and is a time when Mothers are remembered, thanked and celebrated.

Palm crosses are sometimes given out on Palm Sunday as a reminder of Jesus. They remind people that Jesus died and came alive again.

Palm Sunday is the day when Jesus' ride into Jerusalem on a donkey is remembered, and people grabbed palm leaves off trees to wave at him in welcome.

Maundy Thursday comes the day before Good Friday. The word 'Maundy' is based on the Latin for command, remembering Jesus telling his friends to love one-another.

Jesus and his friends met on Maundy Thursday before he died to have a feast celebrating the Passover. Their meal is sometimes called the Last Supper. The Last Supper is remembered in most churches with special services called Holy Communion or Eucharist.

Good Friday is the day when Jesus' death on the cross is remembered. It is called 'good' because, when Jesus died, he paid the price for all the bad things people do – even you and me. So now we can be forgiven and start again.

Easter Day is the Sunday, when Christians celebrate Jesus rising from the dead.

In the past Christians were baptised on the Saturday before Easter, so Lent for them was a time of getting ready by fasting (not eating food), and praying.

The modern version of Lent encourages us to give things up so that we have more time to concentrate on Jesus. It is a good thing to get our bodies cleaned up, which is why many people give up sweets or drinking at this time of year. But Lent is about allowing God to clean us up too.

Some people do really good things during Lent to make a difference to others, or to change the world. That's what 'Love life, Live lent' is all about!





# Love Life Live Lent in an outer London parish

**I started as a curate in my church in summer 07, so by Lent 08 I felt brave enough to suggest a brand new thing for Lent.**

I wanted to do something at Lent which would involve everyone – children, teenagers, mums, dads, busy professionals, older retired folk, people who love being super spiritual during Lent and people who've never given Lent a second thought.

Love Life Live Lent is a perfect way to grab the attention of a huge sector of your congregation. It is a very simple idea to get across and has the added benefit of being cheap. No one objected to paying £1 for a lovely colour booklet – in fact most people loved having their very own book. Lots of families really enjoyed going through the tasks as a family and yet it's also designed for individuals, so whatever your age or domestic situation you can have a go. Love Life Live Lent looks like a lot of fun and it really is fun in practice. The activities are for the most part easy to fit into your daily routine

– and yet the real beauty is the sense of achievement and spiritual growth that Love Life Live Lent brings about. Love Life Live Lent may seem lightweight on the surface but it really packs a punch. It's all about transforming the world around you – but the major thing that gets transformed is YOU and your attitude towards God and other people.

Its fun attitude attracts everyone to take

part, but actually the underlying message means that everyone is engaging with Lent at a deeper, more spiritual level.

## **How we did it**

We had one launch in the family service just before Ash Wednesday and one launch at the school during assembly. At the end adults and children shared stories of which task they'd enjoyed the most. A little boy in year 4 told me that his favourite activity was sitting in silence. I asked him what he'd learnt from that activity, to which he replied: "I learnt that the world is not just about me and what I want, but about the needs of everyone."

## **Real highlights for me were:**

- A sense that about 80% of the congregation were taking part, rather than a dozen or so in a special 'Lent Group'
- The fact that it's truly an all-age resource where everyone feels valued and stimulated
- The posters were so attractive that people outside the church asked for one
- We easily involved all kinds of groups: Brownies, Sunday School, Guides, the primary school next door, Bible study group
- Parents came up to me and said how delighted they were with the booklet and the values it was trying to promote

*Revd Sheridan James*

**St John the Baptist London**

# My changing priorities

**Happy New Year – even if this is the February magazine. It is after all what we all hope for. But just sometimes it doesn't seem to quite work out that way.**

On the 2nd of January this year I had a call from the hospital to tell me that some bone marrow cells were not looking as they should. Without adding more detail the upshot was to wait yet again for more test and results. Great – just the thing for the New Year.

I have spent a fair bit of time waiting over the last 24 months – in fact you could say my patience and tolerance levels have increased quite considerably. Well, yes I can say positively. Situations that have bugged me for ever seem to have changed their pattern, those who know me best will be aware that I like – house, car, garden in just so a state – i.e. orderly and clean and tidy. Somehow in this last period of time that has not been the case.

Thank God for that – priorities have changed. Time and how I spend it have an increased importance in different directions. All that is easier said than done, if you are by nature an organised individual. It is very hard when situations change and you have to change with them, to see and do things in a way that quite honestly is foreign to you. It costs to put things aside and make space for different things, don't get me wrong I have learnt a great deal and am grateful for that, but it has not been an easy ride and probably still isn't easy to adjust my life to a different pace, which I seem to have to do at the moment – (nothing nothing to do with my age!!), well maybe a little.

My relationships with my family have increased enormously, they were there before– but I didn't have time! Of course I had time I had the same 24 hours in the day as all of us but I guess I used it differently.

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I have spent more time talking to God – in fact he may well have tired of me asking him to hold me tighter so that I don't fall apart, somehow things don't look so good at night when sleep is an issue. Do not worry – the book says – if only I could not. But most of the time I have handed situations to God who in his mercy has protected me from worry and unrest and given me the strength and perseverance to trust in Him at all times. Of course I worry –like the rest, but I do KNOW that God is with me always, and will ALWAYS be there for me.

Happy New Year – of course it is - we have a great and merciful God in whom we can trust.

Keep praying. – Keep reading the good book and keep on trusting in HIM.

*Sue Waller*

# Winter cheer in your garden

## **How can you be glad, not sad this and every winter?**

Just look out of the window at your garden. What do you see? Lots of dormant plants with brown stems? Bare earth? Empty hanging baskets and containers?

There's simply no need to have a dull and colourless garden during the really bleak winter months. It could be packed full with colourful and shapely plants to really cheer you up. Here are just a few of them:-

### *\*Shrubs with Winter Flowers:*

**Camellia:** rose-like red, pink or white non-fragrant flowers, good on acid soils around here.

**Daphne Odora Aureo-marginata:** heavily scented pink flowers with variegated leaves.

**Erica Carnea/Darleyensis (Heathers):** ideal for drifts of subtle colour in pinks, reds and white.

**Garrya Elliptica ('Silk Tassle bush'):** long grey/silver catkin-like tassles (if you like them!).

**Hamamelis (Witch Hazel):** H. Pallida has pale yellow strap-like flowers. Other colours available.

**Mahonia:** yellow scented flower whorls with tough prickly leaves (to keep people out!)

### **Sarcococca ('Christmas Box'):**

rather plain insignificant white flowers, but, oh, the perfume!

### **Viburnum 'Bodnantense**

**Dawn':** deciduous upright grower with scented pink flowers.

### **Viburnum Tinus(Laurustinus):**

familiar evergreen with flat cushions of white or pale pink flowers.

### *\*Shrubs with Dramatic Shapes/Features*

### **Acer Palmatum Sangu-Kaku**

**(Coral Bark):** bright red stems - wonderful examples above the Iris dell at Wakehurst Place!

### **Corylus Contorta (Contorted**

**Hazel):** weird twisted stems which can be sprayed for Christmas.

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**Rubus Cockburnianus**  
**(Ornamental blackberry):**

'white-washed' stems and evergreen leaves.

*\*Shrubs with Colourful Leaves:*

There are many shrubs that have evergreen, evergold, ever-red or eversilver leaves. In general, golden leaves like to brighten up a dull corner whilst silver leaves prefer sun.

*\*Climbers with Winter Interest:*

**Chaenomeles (flowering Quince/Cydonia Japonica):**

waxy pink, red or white flowers and quince fruit in the Autumn - does anyone still make quince jelly?

**Hedera (Ivy):** loads of varieties - gold/silver variegated and plain green. Watch your tiles if growing up the wall of your house.

**Jasminum Nudiflorum (Winter Jasmine):**

bright yellow flowers, alas with no scent.....yet!

**Lonicera Fragrantissima**

**(Winter Honeysuckle):** subtle creamy fragrant flowers.

*\*Trees with Winter Interest:*

**Prunus Subhirtella (Autumn/Winter flowering ornamental Cherry):** the only true tree to

flower in the Winter - amaze your neighbours with this stunner!

Some evergreen shrubs are also available in standard (tree) form, then there's always conifers!

*\*Bedding Plants and Bulbs:*

You are probably familiar with these, but here a few tips

- many look good interspersed with each other and trailers in containers.

- blue or yellow shades of Pansy/ Viola are the best Winter flowers in a sunny spot.

- Polyanthus are better survivors than Primroses as they don't mush up.

- outdoor Cyclamen (Coum/ Hederifolium) will take a degree or two of frost.

- 'mono-planting' (same colours) produces more impact than mixed colours.

- grasses can really liven up the Winter garden.

Sorry this list is so long but it really proves that you can have loads of colour in your garden. Should you want to know more, I have a leaflet with more complete details of the above and even more ideas.

**Next Month: Starter Plants.**

*Happy Gardening!*

*Stuart Marsh*

## February church diary

### 1st

Sunday

9.30am Morning Worship  
Communion-  
Charles Martin  
11.00am Morning Worship  
Charles Martin  
6.30pm Evening Worship  
John Barling

### 5th

Thursday

House Groups

### 7th

Saturday

8.45am Prayer Meeting  
– 9.30am at Evangelical Free

### 8th

Sunday

9.30am Morning Worship –  
Charles Martin  
11.00am Morning Worship –  
Charles Martin  
6.30pm Evening Worship  
– Communion  
Charles Martin

### 11th

Wednesday 12.30pm Lunch Fellowship

### 12th

Thursday

8.00pm Church Meeting -  
Church

### 13th

Friday

12.30pm Lunch Fellowship

### 14th

Saturday

8.45am Prayer Meeting  
– 9.30am at Evangelical Free

### 15th

Sunday

9.30am Morning Worship –  
Ron Goodenough  
11.00am Morning Worship –  
Ron Goodenough  
6.30pm Evening Worship –  
Charles Martin

### 19th

Thursday

House Groups

### 21st

Saturday

8.45am Prayer Meeting  
– 9.30am at Evangelical Free

### 22nd

Sunday

9.30am Morning Worship  
Charles Martin  
11.00am Morning Worship  
-Communion  
Charles Martin  
6.30pm Evening Worship-  
Mike Gardiner

### 25th

Tuesday

7.45pm In Touch - Lounge

### 25th

Wednesday 2.45pm

Afternoon  
Fellowship

### 26th

Thursday

8.00pm Church Prayer  
Meeting - Lounge

### 28th

Saturday

8.45am Prayer Meeting  
– 9.30am at Evangelical Free

**OTHER LOCAL EVENTS LISTED ON BACK COVER**

# Balcombe United Reformed Church



**Bramble Hill, Balcombe, RH17 6HR.**

**Contact: Mrs Leonie Wren (01444 811253)**

Our services are held weekly at 10.30am.  
Visitors are welcome to join us.

*Speakers for this month are as follows:-*

1st	Dan McQuilln
8th	Philip Wren
15th	Charles Martin – Communion Service
22nd	Philip Wren

## FlowerRota



**Arranging**

**Distributing**

### February

1st	Janet Wade	Sue Tester
8th	Carol Walters	Jacqueline Wood
15th	Jessie Green	Barbara Shepherd
22nd	Chris Caswell	Margaret Gomme

### March

1st	Vera Dorton	Kay Philpot
8th	Betty Billins	Jo Bloxham
15th	Carol Marsh	Iris Bingham
22nd	Audrey Mckee	Heather Swann
29th	Zoe McQuilln	Sue Tester

## Sunday services explained...

The **9.30am service** is an opportunity for all age groups to join in a relaxed informal time. There is a crèche, and after about 20 minutes children and young people up to age 14 go out to their own groups on most Sundays.

**Coffee** is normally served between the morning services and after the evening one.

The **11.00am service** is usually more set and formal.

At **6.30pm** it is sometimes a celebration, sometimes a quieter ministry time and sometimes an open communion service or something quite different!

**Personal prayer** is available after every service. Prayer requests and brief statements of praise for answered prayer can be put in the red book on the concourse table. We can also offer personal prayer ministry at home or in hospital.

We **do not take up an offering** during the services, but all those wishing to give are invited to place a gift in one of the bowls at the doors before or after the service. Thank you.

Cassette **recordings of services** can be borrowed free from the church.

Hold the press!!

# STOP THE TRAFFIK.

Stop the fastest growing global crime. **What? How?**

**Stop the Traffik is a global movement working to combat the fastest growing global crime – people trafficking. There are more than 1,000 member organisations in 50 countries and a grass roots following of ordinary activists around the world. Some people sign petitions, wear symbols of the campaign, spread the message or show support through adapting our life styles. When people act - things change, in the areas of education, advocacy and fundraising, thereby allowing work to continue to stop the traffik.**

Trafficking is to be deceived or taken against your will, bought, sold and transported into slavery for sexual exploitation, sweat shops, child brides, circuses, sacrificial worship, forced begging, sale of human organs, farm labour, domestic servitude to name but a few.

Trafficking is where family members and friends deceive parents to release their children or sell them for a little as \$20 each, selling them on to local gang masters or serious organised international trafficking rings. An estimated 1.2 million children are trafficked each year, with 2 – 4 million men, women and children trafficked across borders and within their own

country every year. 80% are women and children with up to 50% being minors.

People trafficking is the fastest growing means by which people enslaved, become involved in crime networks and one of the largest sources of income for organised crime. The majority of trafficked victims come from the poorest countries of the world. More than one person is trafficked across borders every minute, which is the equivalent to five jumbo jets every day, a trade that earns twice as much worldwide revenue as coca-cola!!

Victims usually suffer repeated physical abuse, fear, torture and threats to families to break





their spirits and turn them into saleable commodities, one person can be sold and trafficked many times, through every continent and most countries.

Although trafficking might seem far removed from Lindfield, it would probably surprise you to know how close the trafficking is, even in this country. Please help to support this organisation by placing your donation in the special envelopes and place in

the offertory at any service in February. Please complete a Gift Aid Slip if appropriate. Thank you.

For further information please access **[www.stopthetraffik.org](http://www.stopthetraffik.org)**

# Reasons for Worship

**Worship probably causes more arguments in churches than anything else. We have developed so many styles - traditional, modern, charismatic, big top, dance, flags etc... Churches are often divided and described by the style of their worship. This is perhaps second only to the age old pews / chairs debate. If we only focus on how we worship God, maybe we've missed the point. Perhaps we first need to think about what worship is and why we do it. If we understand the 'what' and the 'why', we can then address the 'how'.**

You might want to grab a Bible at this point and have a look at some of the references below. If we read the bible we will see very clearly what God wants from our worship.

I believe there are three biblical reasons for worshipping God. **The first of these is that God deserves our worship.**

The first thing to grasp is that

worship is about God. Its all too easy to evaluate worship in a self-centred way. Eg: "I didn't like that song", "the worship was great!", "We should do more hymns". Worship involves me yet its not about me or for me.

Worship is a response to the person of God because of who He is and what He's done. Scripture reminds us of this constantly, particularly in the Psalms...

## **Psalm 104 v. 31-34:**

*May the glory of the LORD last forever! May the LORD be happy with what he has made! He looks at the earth, and it trembles; he touches the mountains, and they pour out smoke. I will sing to the LORD all my life; as long as I live I will sing praises to my God.*

*May he be pleased with my song, for my gladness comes from him.*

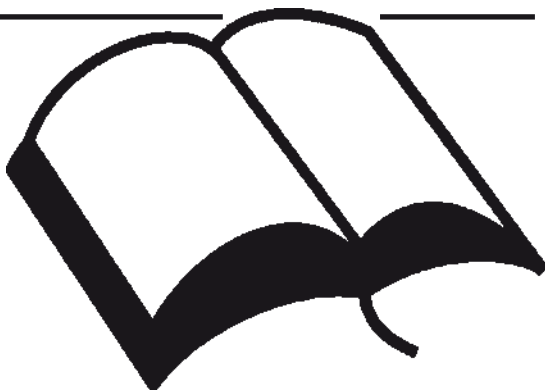
You might also want to have a look at Psalm 98, 100 and 111

We worship Him for His infinite goodness, recognising that we are His servants. And we worship

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Him for His great acts as creator, redeemer and sustainer.

Our worship on earth only really scratches the surface of how God should be worshipped. If you want a picture of what worship is like in heaven, read Revelation chapters 4 and 5.



### **The second reason is that God requires our worship.**

Our relationship with Him is on His terms. In the Old Testament the law is a statement of the terms of the relationship. Within the 10 commandments in Exodus 20 we read the command to worship 'no other God but Him'.

This is continued in the New Testament under the New Covenant with Him. In **Romans 12 v.1** we read:

*So then, my friends, because of God's great mercy to us I appeal to you: Offer yourselves as a living sacrifice to God, dedicated to his service and pleasing to him. This is the true worship that you should offer*

#### **1 Peter 2 v.9 says:**

*But you are the chosen race, the King's priests, the holy nation, God's own people, chosen to proclaim the wonderful acts of God, who called you out of darkness into his own*

*marvellous light.*

This tells us that we are His holy nation, called to declare the praises of God. This is our daily job! Worship is therefore a duty, a requirement – something to do irrespective of how we feel. Worship is also a natural and fitting response to God that flows from us. Either way, its about Him and for Him.

### **Thirdly, God enables our Worship**

It's worth considering that worship is only possible because God has willed it. It is He who has given us this relationship where worship is possible. It is God who decisively revealed Himself through natural wonders, the Old Testament and finalised that revelation in the person of Jesus. And it is He who in Christ has opened up a new basis for this relationship.

The remarkable thing about this is that on the basis of Christ's once for all sacrifice, God accepts our worship and

## ***Living every day in Worship***

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even delights in it. What is most important is to emphasise that worship, in all its forms and expressions, is first and foremost for God's pleasure, not ours.

The beauty in all of this is that when we get the perspective right – when we worship God in relationship with Him, on His terms and as He has enabled us to – the result is that we can truly enjoy Him as He intends we should. For this reason we are to live our lives with Him at the centre. In short – we worship God because it is what we were made for:

Westminster Shorter Catechism (seventeenth century) – What is the chief end of man? Man's chief end is to glorify God, and to enjoy Him forever.

Imagine the picture... We are all children, allowed to visit our father's workshop. There are pieces of wood of all shapes and sizes lying around. There are also lots of fascinating looking tools; saws, chisels, augers, routers. There are also pots of varnish, wood stain and paint. We can choose what we want to do. We can pick up the tools and play with them. We can open the paints and spill them. In short, we can make a dreadful mess of the place and possibly hurt ourselves in the process. Or,

because we have a relationship with Him and we are growing in Him, we can carefully take the tools and wood and follow his instruction to try and make something beautiful for Him.

This is often how worship is in a church. God has given us the tools, the talents and the building we stand in. If we use these for ourselves, we produce nothing of worth for Him. If we use them in relationship with the father, then maybe, just maybe we can make something wonderful for Him. As God is our father, I know he would be delighted with worship shaped like a wobbly spice rack if it was made with love, with the tools he had given.

Make it your daily job to live your life as an act of worship to Him. As the **Psalmist says in Psalm 100:**

*Sing to the LORD, all the world! Worship the LORD with joy; come before him with happy songs! Acknowledge that the LORD is God. He made us, and we belong to him; we are his people, we are his flock. Enter the Temple gates with thanksgiving; go into its courts with praise. Give thanks to him and praise him. The LORD is good; his love is eternal and his faithfulness lasts forever.*

*David Goodchild*

# More Student News

## **Jonny Dew**

Since writing a similar article for Good News a year or so ago a lot has happened. I have been to court four times! . . . Thankfully I've not been there as a defendant, and these visits have been purely out of interest to aid me in my studies as a criminology student. I am now almost half way through my three year course and it only seems like yesterday that I was preparing to start life as a university student. During the past 18 months, I have learnt plenty about criminology, much about the nightlife in Portsmouth and a little about the difficulties associated with waking up for 9am lectures. I'm still unclear as to what kind of job I might look for or what I might do once I've finished studying so for now I'm keeping my options open. It was nice to see so many old and familiar faces at church over Christmas, thank you for making me feel so welcome and all the best for 2009

## **James Dew**

As my time at Bournemouth University draws to a close, I can reflect on four rewarding and hugely enjoyable years.

As well as making friends for life, sampling the town's nightlife and playing a lot of tennis, I have been studying Business. The subject has been diverse and challenging, with a year out in industry adding to the overall experience. It has even led me to think that I may go on to teach the subject in later life, but not before fulfilling a few personal ambitions.

I aim to see more of the world next year with friends, hopefully visiting Australia, New Zealand and Central America. Once this has been accomplished, I guess it's reality and the world of work; training to become a teacher, and maybe paying off a few student debts! University and Bournemouth have been brilliant, and I will sorely miss student nights out and our random trips down the beach.

It was nice to be at church on Christmas Day, where I was made to feel very welcome.

*Continued on the next page...*

## **Sam Griffiths**

I am about to go back off to Sheffield on Thursday, back to a couple of exams, which I have found hard to revise for but getting on with that now. I settled in well to university and have found Sheffield to be a fantastic place to be a student. I am involved with the CU and Hall Groups through which I have made some great friends. I am attending Christ Church Fulwood that has lots of students and lots going on, and I meet an older student weekly for a one to one. I would like to get involved in some sport next term other than the gym, maybe karate which I do back here at home, or badminton, although all the walking up and down the hills in Sheffield should be enough. I get on well with my flat mates (6 boys), which means that there is at LEAST 6 dirty plates, 6 dirty bowls, 6 dirty saucepans and 6 dirty sets of cutlery on the side every day! I have found my course in landscape architecture to be challenging, and to have a lot more to it that meets the eye; there is a lot to be learnt! I am looking forward to next term and seeing what it brings!

## **Andrew Cookney**

Andrew is half way through his final year at Sheffield University where he has been reading Geography. He is at the moment not sure what he will be doing after University.

## **Katie Cookney**

Katie is still in India on her Gap Year. She and her team will be home in April and hope to visit Lindfield URC in May. Katie has a place at Cardiff University for September 2009 to read Medicine.

*If you would like to write or email any or all of them with news of church people and activities, the Pastoral Team have their addresses. Please have a word with Fo Tingley, Jean or Mike Gardiner or the Pastor. The students' photos are on the prayer board in the church – do remember them in your prayers.*

### Milestone Birthday

A big thank you to all who shared with me and sent cards and gifts on my 70th birthday on the 10th December. It was a wonderful day and one I will remember for a long time to come. PTL!

*Ray Tijou*

### Thank you...

...to all my friends at Lindfield URC for the support, prayers, visits, flowers and the many cards.

Philippians Chapter 4 verses 4-7 have been and still are a great help to me.

Every new day is precious.

My Heavenly Father continues to give me strength and peace for each day.

*God Bless You ALL  
Priscilla Walden*

## The Fellowship

**The meeting this month is on Wednesday 25th February at 2.45pm.**

We extend a very warm welcome to our Speaker, **Brian Tuppen**, who will show us some **"Paintings of Sussex"**.

There will be our usual Bring and Buy Stall, and we look forward to another happy time of fellowship together.

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## In Touch

**We will be meeting on February 24th at 7.45pm.**

We are looking forward to hearing Janet Wade sharing her knowledge on the subject entitled "Revelation of Minerals". This is a follow-up to our Away Day.

We hope to see any ladies there.

## GoodNEWS Online

Don't forget that you can view this and past editions of GoodNEWS at the Lindfield URC website: [www.lindfieldurc.org.uk](http://www.lindfieldurc.org.uk)

# Tips to help you make ends meet in 2009

**How can we make ends meet in the current economic climate? The Bible tells us to be wise stewards of the money entrusted to us and also of our time. Here are a few suggestions.**

## **Food Shopping**

Look out for 'Special Offers' and take time to really look for the best value in a particular item. Sometimes there can be a special offer on a brand name which works out cheaper than the supermarket's own brand! Today there are usually several brands of a particular food on offer. See which is the best value for money, not necessarily the cheapest. Keep an eye on the prices. Buy a large size on non perishable goods if you can.

## **Eggs & Fruit & Vegetables**

Try buying fresh local eggs and produce from a farm shop. Eggs are so much fresher and you know that the vegetables are fresh and mainly local, not out-of-season vegetables that have travelled half way round the world to reach you!

## **Vegetables**

Try growing some vegetables and tomatoes in tubs or pots or even hanging baskets if you don't feel you are a gardener or have the garden space. The flavour is so much nicer and again, you can save some pennies! If you feel energetic share an allotment plot with a friend or friends and grow your own veggies. It's well worth the effort and helps to save not only pounds in cash but also on your waistline! You can always freeze excesses of a particular vegetable in readiness for the winter.





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## **Cleaning Materials**

Buy supermarket own brands unless there is a special offer in a particular brand which works out cheaper. Even one brand of quality toilet rolls are over a pound cheaper than the supermarket at a shop in town (ask me and I'll tell you which brand and where!!)

## **Toiletries**

Again, look out for 'Special Offers' on things like shower gel, hand wash, bubble bath etc. Supermarkets own brands are just as good as the more expensive brand names.

## **In the Home**

Try using bleach for cleaning the loo and pop the brush down the pan to clean as well when doing the regular clean. It does the job just as well and saves buying loo cleaner. (Warn members of the household there is bleach down the loo so there are no accidents.)

- Don't leave electrical equipment on 'standby' when not in use.
- Switch off lights in rooms not being used, i.e. when you leave the room.

## **Dish Washing**

Take a minute to rinse off dirty china etc., and then use the dish washer on a lower setting. Saves on water and electricity.

## **Domestic Hot Water**

If you heat the water by electricity or a combi boiler try gradually experimenting on cutting down on the number of hours you have the water heating up, i.e. in the morning and again in the evening. It's surprising how you can shave off half an hour or so in the morning and again in the evening without noticing any difference. It all adds up to hours of gas or electricity saved in a month. Multiply by twelve and the saving is quite substantial. If you find occasionally there is insufficient hot water for the demands of the home you can always 'press the button' and adjust things accordingly.

## **Central Heating**

Again, if the household returns home say 5pm try adjusting the heating and arrange for it to come on a short while beforehand so

## **Save a penny or two!**

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that the home is warm and welcoming rather than say for an hour beforehand. Try turning down the thermostat a degree and draw the curtains at dusk to help keep the rooms warm. Naturally it all hinges on how cold the weather is, but one can always wear an extra jumper to keep warm!

### **Insurance**

Shop around for the best value for the insurances we all need – i.e. household, car and breakdown insurance. One can often get better cover for a cheaper premium (Ask me and I can tell you who we have changed to now!)

### **Gas & Electricity**

Try changing your electricity meter to take advantage of cheaper overnight electricity. If you plan right (means changing your routine) you can use the dish water, washing machine or tumble dryer at the night rate and thereby save).

Read your gas and electricity meter each month and phone in the reading to your supplier on the automated line available. Our supplier provides a monthly bill and we ring in the readings each month and are therefore only paying for the fuel we are actually using. Paying monthly helps to keep tabs on things and you can see exactly what you are using and spending month by month. (Again, ask me and I'll tell you who our supplier is now!)

### **Pets**

Flea preparation treatments, worm tablets, regular medication etc., for dogs and cats are all cheaper and available on line these days for the price of a phone call. (Again, ask me and I'll tell you where!)

### **Holidays**

Check on the Internet for self-catering and other low cost holidays. Some establishments (hotels and self-catering) now take well behaved dogs which can all save a few pounds.

Water Butts are a help during the summer months not only for watering in the greenhouse but also for rinsing the car after washing. Saves on the mains water especially if you are on a water meter.

*Rosemary Tijou*

## Church activities

### SUNDAY WORSHIP:

- 9.30am Service for all the family, including crèche and Light house (Junior church). (Most weeks, children leave after 20 minutes for their own activities)  
Holy Communion (1st Sunday)
- 11.00am Morning Worship  
Holy Communion (4th Sunday)
- 6.30pm Evening Service  
Holy Communion (2nd Sunday)
- Healing services as announced*

### PRAYER MEETINGS:

- Mon 9.30am An Hour of Prayer
- Wed 9.45am Short Service of Intercession
- Thur 8.00pm Church Prayer Evening  
(As announced)
- Sat 8.45 Three Churches Prayer Meeting.  
– 9.30am Venue rotates between the three churches.

### REGULAR ACTIVITIES:

- Mon 10.00am Art Group
- 6.30pm Boys' Brigade – Junior Section (8–11 years)
- 7.45pm Boys' Brigade – Company Section (11+ years)
- Tue 10.00am Stepping Stones (Parents and toddlers)
- 7.45pm In Touch (4th Tuesday)
- Wed 2.45pm The Fellowship (4th Wed.)
- 5:30pm Zest 1:2:3
- 6:45pm Zest 4:5:6
- Thur 10.00am Pop-In (for coffee and a chat)
- 8.00pm Church Meeting (2nd Thur.)
- Fri 5.30pm Boys' Brigade – Anchor Boys (5–7 years)
- 7:30pm Zest Plus (Years 7–10)

House Groups normally meet 1st and 3rd Thursday

**The church is open Monday to Saturday  
from 10.00am to 12.30pm**

## Phonebook



### Church (payphone):

01444 484620

### Boys' Brigade:

Geoffrey Cocksedge  
01444 474007

### Cradle Roll:

Sue Tester 01444 482810

### Flowers:

Betty Billins 01444 484494

### Hall Booking Secretary:

Carol Walters 01444 457938

### In Touch:

Sue Waller 01444 455047

### Lunch Fellowship:

Wednesday:  
Janet Drayton 01444 483621

### Friday:

Gwen Hillman 01444 456963  
Anne Parker 01444 473519

### Magazine: Editor:

Val Cookney 01444 440029

### The Fellowship:

Chris Comber 01444 482641

### Stepping Stones:

Janet Goodenough  
01444 417002

### Transport:

Ray Smith 01444 484427

### Zest Co-ordinator:

Clare Nibloe 01444 484683

### Light house (Junior church)

#### Co-ordinator:

Dawn Walters 01444 441601

## Local events

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For more information on activities going on in Lindfield,  
**Lindfield Times** is also available from around the village.

**HAYWARDS HEATH  
MUSIC SOCIETY**

### Concert

**LOLA TOURSUNOVA (soprano)**

**NADIA GILIOVA (piano)**

**Saturday 14th February, 7.45pm**

St Wilfrids