

GoodNEWS **MAGAZINE**

FREE MONTHLY

From Lindfield United Reformed Church

Summer (July/August) 2015

Be still,
and know
that I am God

Psalms 46:10



Bible verse of the month

**“It is no longer
I who live, but
it is Christ who
lives in me”**

Galatians 2 : 20



Page 10



Page 12

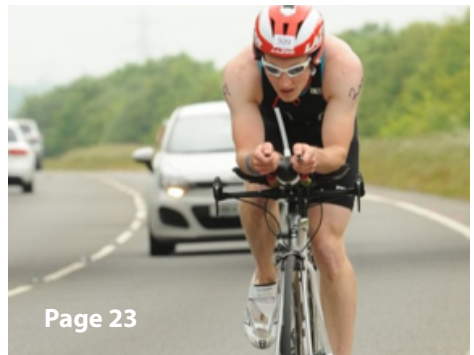


Page 16

**If you have a verse or article
you would like to share in
GoodNEWS email:
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Page 22



Page 23

Editorial

I am delighted to be back taking my part in producing our magazine. My grateful thanks to Val and our team for all they did to make it possible for the magazine to continue.

This summer edition has an important message from our Minister Keith. It is good to read that our newcomer's tea was enjoyed by those who went, and our own Minister was able to understand the feeling of being new to our United Reformed Church here in Lindfield. The Boys Brigade report has some interesting reading so do not miss this.

Our Missions Group explains about 'Roman's One Eleven Trust' and where help is needed to continue their work.

There is to be a special Saturday afternoon on 8th August, when Peter Swann has organised entertainment for us. This always proves to be such a happy occasion so it could be good to put the date in your diary. Danny and the young people have written about their 'Big Church Day Out' Did you guess the mystery person from last month's magazine? Find the answer in the magazine and find out who it is!

We hope you all have a very happy summer and hope you enjoy reading our magazine.

Every blessing to you all,

Anne

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EDITOR

Anne Elvin
01444 456840

EDITORIAL TEAM

Martin Hall, Stuart Marsh

EDITORIAL OVERSIGHT

Val Cookney

PROOF-READING

Carol and Stuart Marsh

SETTING/DESIGN

Dan McQuillin

PRINTING

David Walters

*Contributions should be
emailed to
goodnews@lindfieldurc.org.uk
or hard copy placed in the
"GoodNEWS" pigeon hole at the
rear of the church*

*Please include your contact
details in case of query*

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Dear friends

Summer is upon us, a season of warmth, and of blossom giving way to ripening fruit. The other Sunday afternoon I ate a rather tasty scone bedecked with strawberries. This was at a “newcomers tea” where, along with the Elders, I was able to spend some time in fellowship with some of the people who have started worshipping in our fellowship in the past year. Our family are themselves new to Lindfield URC, but it was great as we planned the event to discover so many others who are also new to the church. As we met there was a warmth among us and a sense of hope. The media likes to report church decline, but in many places there is a sign of blossom, which will yield fruit.

Our church will experience good growth, provided we remain rooted in the Bible, have the warmth of the love of Jesus Christ in our heart and be refreshed by the living water that flows through the presence of the Holy Spirit. However just as a plant in summer might wither and die if encountering drought so will we without good roots or regular watering.

Society often thinks the Church should change, that we should conform to its ways of thinking rather than God’s. This is of course wrong - for we are the church of Jesus Christ, He is our Lord.

However, the Church and its leaders can also be at fault for the same reason, failing to put Christ at the head, and we must continually examine ourselves to consider are we living and growing in the way God wants us to. In the Old Testament we often see the prophets speak to redirect the religious leaders and society of the day entreating them

“To act justly and to love mercy and to walk humbly with your God.”

Micah 6: 8b

Many in churches try to exercise the first two parts of this three part phrase, they seek justice and show love, but true worship, and so growth, only comes when we remember also to be humble before God, to put Him first in our lives and seek His understanding above that of society. For this we need to walk with God in prayer, and proclaim that His way is better than any human plan. Others may declare God’s intentions and be humble before Him, but fail to love mercy; in this their path will also be found to be wrong. The path of God is not easy, nor is it wide, but is challenging and narrow, may we in the light of His word journey along it, on the way discovering our growth, the growth of the church and of His kingdom.

Your minister

Keith

Family News

Thank You

Anne Elvin and her family would like to thank all the Church family, who have supported and prayed for our family while David was so ill.

It was such a help to myself and I really appreciated everyone's love and prayers. Thank you for the cards and flowers I received, it was overwhelming.

Our thanks to all who attended David's funeral and also sincere thanks to Rev Michael Gardiner who so ably helped David in his last weeks of life. I feel he is now at peace and with our Lord.

Thank you.

Anne Elvin

Lindfield Royal British Legion Women's Section

At home with Betty at 72, Meadow Drive. This will take place on **Tuesday 21st July** from 10.00am to 12 Noon. Coffee , Tea and homemade biscuits will be served. From 2.00pm to 4.30pm Cream Teas and homemade cakes will be served.

Donations in aid of Royal British Legion Women's Section can be made and we will also have a raffle.

Please join me and have fellowship together.

Betty Billins.

The Fellowship

Our next meeting takes place on Wednesday 22nd July at 2:30pm. This will be our summer Garden Tea - we hope for fine weather. There will be one or two light-hearted quizzes to do during the the afternoon. There will not be a Bring and Buy stall at this meeting.

All who come may be sure of a warm welcome.

Please note there is no meeting in August. We meet again on Wednesday 23rd September.

Pat Phillips



Family News

In Touch

For our meeting in May we welcomed John Barling who told us about the work being carried out in Romania by members of All Saints Church. Caminul Felix is a family village in Oradea in Romania where teams of volunteers build houses from scratch in two weeks!!

This is hard but very rewarding work and the houses are built for young married couples, some of whom become House parents to children who have been orphaned and abandoned. This gives them security within a stable family life and a future to look forward to.

John illustrated his talk with some interesting slides including a speeded up version of how the houses are built in two weeks! We are very grateful to John for sharing about the work in Caminul Felix with us.

There is still time to book for our Quiet Day on July 18th when Naomi McBain comes to speak to us. Please look out for notices to see if we are meeting in "a Garden" for an informal evening on August 25th.

As usual everyone is welcome to all our meetings.

Janet Wade

Let's get together!

At the Coffee time between the two morning services on a Sunday, we are encouraging folk to take their drinks and enjoy them in the Lounge. This was one of the reasons for having a lounge in the first place. It is more comfortable – you can sit down and linger over a chat with friends, instead of trying to hold your drink in your hand whilst trying to dodge children darting around between the adults (which is actually, quite a health and safety issue!).

Also, it is a great opportunity for both congregations to meet up. If you are an 11.15er why not come in time to come through to the lounge and get to know people from the early service. (A drink is not compulsory, but real fellowship should be!) However, it is appreciated that for some it is too much effort to go further than the Church itself. Therefore, it is equally important that these folk are not forgotten. Maybe some of us could take our cups of coffee through into the Church in order that we can mutually encourage and get to know one another better.

So come on – let's give it a try! See you in the lounge or with my coffee in the Church!

Fiona Tingley

Tunes and Tea

*Saturday 8th August
at 3-00pm*

A cornucopia of music, song and prose for your entertainment on the date as above.

The Sunday Morning singers will present music from the shows together with songs from our library of Christian music. In addition, there will be an item where we turn the clock right back to Sunday school days. Furthermore there will be an almost unique instrumental solo, however we leave it to you to come and find out more.



The date is also the "Redeeming Our Communities " (ROC) day and we will be supporting one another on the day.

Admission is free plus there will be tea and eats.

If there are any donations they will be shared between St Peter and St James Hospice and the church.

For further information, please contact Peter Swann, and if you would like to come and sing with us then you are welcome.

Who am I? *Revealed*

The mystery person in June's "Who am I" was Jean Baxter, how many of you guessed correctly?!

Jean travelled extensively with her nursing career and was based in Germany for five years before finally returning to the UK in 1979, initially basing herself in Eastbourne where she attended a URC church for the first time.

Moving to Haywards Heath she first visited HHURC before settling at LURC in 1984, and she has now been a member of our congregation for more than three decades!

Jean worked as a midwife at Cuckfield Hospital but retired from active nursing in 1988 due to ME. She continued in medical administration working on patients' notes until 1990 – it helped being an expert in deciphering doctors' handwriting!

If you want to know more about the challenges of nursing and also coping with her illness, the perspective from both sides of the medical fence. Do chat with Jean over a cup of tea next time you see her at a service.

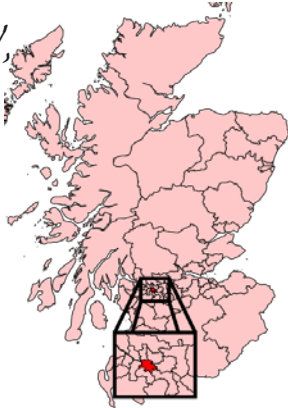


Who am I?

For our summer edition, here is another mystery member of our congregation for you to guess – the answer will not be revealed till September so you have plenty of time to discover more about each other and solve the puzzle.

Where were you born?

*Garrowhill,
Scotland*



What was your favourite subject at school?

Foreign languages, in particular English

What was your first Church?

*St. John's Episcopal Church,
Baillieston*

What was/is your job?

I originally trained as a teacher, then set up a school in London for an American and became the Deputy Head. I had a career change and was Head of Advertising at Harrods and then went on to work for The Children's Society as Head of Publicity.

*Does being a housewife count as a job?
If not I've been on an extended gap year trying to find myself. Now open to offers of gainful employment!*

What's your favourite sport?

Watching others taking part.

What is your favourite hymn/worship song?

Matt Redman's, The Fathers Song

Are you a half-full or half-empty sort of person?

I want to say it's brimming over but it would definitely be nearer empty

What's your favourite food?

Chocolate

If you could go anywhere on holiday where would it be?

Cornwall and the Caribbean (the latter in my dreams only)

What makes you laugh?

Sitting with my best friend eating a large slice of cake and discussing how we are going to lose weight

What would be your best round of questions in a pub quiz?!

What I'm having to drink

July/August Mission



The Romans One Eleven Trust started in 1992 and it is the above biblical passage that has inspired its work throughout. Its main aim is to provide mutual encouragement for churches in the UK and in African countries.

For July and August the mission focus will be the Romans One Eleven Trust.

"I long to see you, that I may impart to you some spiritual gift to strengthen you, that is, that we may be mutually encouraged by each other's faith"

Romans 1:11-12

In its early days the Trust had links with Ghana, Malawi and Uganda. The work in Malawi later developed into Zambia. Today most of the work is in Uganda and Zambia.



John & Samuel Muhumuza and Ssanje Modern School, Uganda

Thank You

from Worthing Churches Homeless Projects



It is now almost eleven years since Lindfield United Reformed Church was introduced to Samuel Muhumuza who is an ordained Minister in the Reformed Presbyterian Church of Uganda.

During that time it has been our privilege to support the work of the Ssanje Modern School that he established in the Kibaale District, including sponsorship of several children and young people.

The Trust's Chairman, Rev Jon Sermon, and Administrator, Rev Chris Vivian, will be visiting Uganda in July so we look forward to having first hand news of the Trust's projects in Uganda on their return.

Please see the mission display for more details or contact one of the Missions Group team : Jean Gardiner, Terry Oliver, Lesley Sparks, Alex Hall and Helen Hall.

As always, if you would like to give, please use the special envelopes and place your donation in the offertory at any Sunday Service.

Missions Group

"Our vision for the Worthing area is a community where no local person needs to sleep out and everyone has the opportunity to fulfil their potential"

Lindfield United Reformed Church was able to forward a donation of £1,429.33 to Worthing Churches Homeless Projects earlier this year following the missions display at the end of last year.

Quote from thank you letter received from WCHP:

"We are extremely grateful to you for your amazing donation. This will go towards helping the people who turn to us every year. In the last twelve months alone we have seen over 670 individuals access our services.....

Thank you for your support, for showing your commitment to solving the community issue of homelessness and most of all for caring about our clients."

Thank you for your wonderful support of mission as always.

Alex is Back!

This year has been one of challenges, but also of great joy and blessing. It was definitely a case of stepping out into the unknown when I started back at university last September after taking such a long time out, and I can't believe I am now sitting here at the end of the academic year reflecting on it all! The studies have gone better than I could ever have hoped for and I must give you all a massive thank you for your prayers and support – I feel very fortunate to have such encouragement from the church family. I have made some great friends since being back, especially at Holy Trinity Brompton where I joined an amazing small group and recently I have even been leading worship a few times for our meetings on a Tuesday evening – not sure how I fell into that role but it has been good fun!

Next year I have a place to carry on studying at Imperial for a master's degree in 'bacterial pathogenesis and infection' which I appreciate is not everyone's idea of a fun time but I have been loving the topic and I am looking forward to spending some more time in the lab. It has been great getting back to normality and things continue to improve which is exciting. This morning I celebrated that by doing my first 5km "parkrun" in Claire Park, so if you saw me hobbling into church the next day you will know what has happened! I am looking forward to spending time with you all over the summer and relaxing back in sunny Sussex.

Alex Hall



Love one Another

John says, 'Dear friends, let us love one another, for love comes from God' (1 John 4:7). Authentic Christian community in our churches will be shaped by how much we love each other. What does John say about this?

Recognise that God first loved us:

'Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs.' (Chrissy, age 6). At heart, love is not just feelings but action! Although we are underserving, God demonstrated His love for us in the person of Jesus, by sending Him to die for us, 'This is love: not that we loved God, but that He loved us and sent His Son as an atoning sacrifice for our sins' (10). We can only show God's love to others if we have first-hand experience ourselves. It's the Holy Spirit who draws us into the loving embrace of the Father and Son, to enable us to experience the love between members of the Trinity.

Recognise the call to love one another:

How can we show people what God's love looks like? It will be seen and experienced in the life of the Christian community within our churches. 'No one

has ever seen God; but if we love one another, God lives in us and His love is made complete in us' (12). Significantly John uses the same opening phrase in John 1:18 when referring to Jesus. The implication of his words is that if you want to know what God is like you have to look to Jesus and the Church!

As 'Church', we are called to demonstrate God's love in the way we behave together, by how we pray, support, encourage, forgive and welcome each other.

How do we experience God's love in the groups and Sunday congregations that we belong to?

Colin Urquhart has talked about a roundabout which most churches reach at some point, when they ask,

'Where do we go from here?' There are various roads off the roundabout, marked 'evangelism', 'healing', 'social involvement' etc. They try the roads but find they all lead back to the roundabout. Finally, they notice a little dirt track marked 'love one another'. So often God has to bring us back to that track and tell us again, love one another!

Paul Hardingham
Parish Pump



July/August Church diary

4th Saturday	8:45am	3 Churches Prayer Meeting, URC	22nd Wednesday	2:30pm 7:40pm	Afternoon Fellowship Elders Meeting
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5th Sunday	9:30am	Family Worship	23rd Thursday	8:00pm	Church Prayer Meeting
	11:15am	Morning Worship Rev Keith Morrison			
	6:30pm	Evening Worship Rev Keith Morrison	25rd Saturday	8:45am 3:00pm	3 Churches Prayer Meeting, URC ROC on Saturday

8th Wednesday	1:15pm	Lunch Fellowship Outing
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11th Saturday	8:45am	3 Churches Prayer Meeting, URC
	3:00pm	ROC on Saturday

26th Sunday	9:30am	Communion
	11:15am	Communion Rev Keith Morrison
	6:30pm	Evening Worship Rev Keith Morrison

12th Sunday	9:30am	Family Worship
	11:15am	Morning Worship Rev Keith Morrison
	6:30pm	Evening Worship Communion Rev Keith Morrison

18th Saturday	8:45am	3 Churches Prayer Meeting, URC
	10:00am	Ladies Quiet Day
	3:30pm	(at home)

19th Sunday	9:30am	Family Worship
	11:15am	Morning Worship Rev Keith Morrison
	6:30pm	Evening Worship Rev Keith Morrison

August

1st Saturday	8:45am	3 Churches Prayer Meeting, Evan Free
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2nd Sunday	10:30am	Joint Family Worship Rev Keith Morrison
	6:30pm	Evening Worship Rev Keith Morrison

5th Wednesday		Lunch Fellowship Car Outing
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8th Saturday	8:45am	3 Churches Prayer Meeting, Evan Free
	3:00pm	ROC on Saturday

9th Sunday	10:30am	Joint Family Worship Rev Keith Morrison
	6:30pm	Communion Rev Keith Morrison
15th Saturday	8:45am	3 Churches Prayer Meeting, Evan Free
16th Sunday	10:30am	Joint Family Worship To be confirmed
	6:30pm	Evening Worship To be confirmed
22nd Saturday	8:45am	3 Churches Prayer Meeting, Evan Free
	3:00pm	ROC on Saturday
23rd Sunday	10:30am	Communion To be confirmed
	6:30pm	Evening Worship To be confirmed
25th Tuesday	6:30pm	In Touch - To be advised
26th Wednesday	7:45pm	Elders Meeting
27th Thursday	8:00pm	Church Prayer Meeting
29th Saturday	8:45am	3 Churches Prayer Meeting, Evan Free
30th Sunday	10:30am	Joint Family Worship Rev Keith Morrison
	6:30pm	Evening Worship with Evan Free Rev Keith Morrison

Sunday Services

The **9.30am** service is an opportunity for all age groups to join in a relaxed informal time. Most weeks, children leave after 20 minutes for their own activities (including crèche). Lighthouse (Junior church) is for children and young people up to age 14. Holy Communion (4th Sunday)

Coffee is served between the morning services.

The **11:15am** service is a more traditional service than at 9:30. Holy Communion (4th Sunday)

During August we will hold a single joint service (including a summer lighthouse programme for children) for the whole church family together at **10:30am**.

At **6:30pm** Held in the lounge this is sometimes a celebration, sometimes a quieter ministry time and sometimes an open communion service or something quite different!

Holy Communion (2nd Sunday)

Personal prayer is available after every service. We can also offer personal prayer ministry at home or in hospital.

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

Recordings of services can be borrowed free from the church.

YOUTH



Hello!

In this month's youth pages, I want to focus on P.U.L.S.E.'s recent weekend away at Big Church Day Out.

Over the last weekend in May, P.U.L.S.E. joined another 20,000 people in a field on the Wiston Estate, not far from Steyning. Eleven of us spent three nights camping under the stars, eating together, learning together and worshipping together.

I feel the best way to tell you about the weekend is from the viewpoint of those who went, so below are Alex Harfield, Freya Goodchild and Joe Goodchild, with their views of the weekend.

Thank you for your prayers over the weekend of Big Church Day Out, I hope as you read on, you will see how your prayers were answered!

Danny



PAGES

Alex Harfield

The Big Church Day Out for me was more than a camping trip with worship songs thrown in on top, performed by famous Christian songwriters; it was an experience, and an experience I will not forget any time soon.

Before the scheduled festivities started in the morning we would all get up and have breakfast. Danny would take us through a short session one of enquiry when Danny was challenging us. We had infinite resources and an empty field as big as we wanted it to be, with people passing through but never staying so our goal was to create a community.

My most memorable part of the weekend would be when Kieron Harfield, Alex Jeffs, Joe Goodchild, Peter and Harry McCleery along with myself, all linking arms and singing songs. One or two I had

never heard of before but at the time singing them as if I had been doing this for the past ten years.

It was not just the worship that was available there were many charity stands available to visit, bouncy castles for young people to jump around on, my personal favourite was a mini sumo wrestling ring in which myself, Kieron Harfield and Alex Jeffs had a go on. I got flung across the ring by Alex Jeffs!

The site also came with stands where you could get yourself some hot food for your dinner, on both days Kieron Harfield and myself went and chose for ourselves Cheese injected German Hot dogs.

So overall 'The Big Church Day Out' is an event I would highly recommend to others and, if given the opportunity, I would gladly go again.

Freya Goodchild

Big Church Day Out this year was amazing. The music was great, the food was delicious and everyone was overwhelmingly friendly. I loved the whole atmosphere of love and praise that was present throughout the weekend. It was a really good empowering experience and it was amazing to see the hoards of people listening and singing and dancing along to brilliant music.

I really felt as though the bands at the front were not performing but really praising with us and encouraging everyone to get up on their feet and dance. There was a variety of music for everyone, from rappers to folk to a symphony orchestra (which my parent were big fans of) and everyone there was just so excited to be amongst so many other followers of God. It was a wonderful experience and I can't wait to go again next year.



Joe Goodchild

Although it was my first time, the friendly environment and enjoyable atmosphere were easy to get to know. Our group spent all day enjoying ourselves, some great music and entertainment in the festival. The best band was, by far, Rend Collective, but Bethel Music and the Abrams Brothers were excellent as well.

The evening worship was wonderful, uniting thousands of people in God's name. Over the weekend, I learnt to appreciate my faith in a new, wider way that can apply to my whole life.

I highly recommend the Big Church Day Out.



Jo Harfield

Although I was not able to go to all of 'Big Church Day Out', I definitely enjoyed what I went to. One thing that really made me think was that everyone there had the same or similar beliefs. Everyone had one thing in common – God.

It was amazing.

The worship was awesome. Hundreds of Christians standing in front of the stage with their 'arms high and heart abandoned' to Jesus. It was amazing.

The speaker on the second and final night spoke about a lady who used to always come to 'The Big Church Day Out' but had died of cancer earlier this year. Her one wish for her son was that he became a Christian every year, and last year this wish was fulfilled and he actually became a Christian. That fact really spoke to me. Then with hundreds of witnesses, others gave their life to God. That was an amazing and breathtaking experience for me.

I really enjoyed Big Church Day Out and I can't wait to go next year!

Boys' Brigade

We would like to say a big “thank you” to all the kind folk who generously contributed Active Kids Vouchers. We collected sufficient vouchers to qualify for more than 4000 points, enough to obtain a lot of valuable equipment.

David Walters has been the BB Chaplain since the interregnum which followed Norman Smith's departure, but now he has stepped down from that role, and it will be assumed by our Minister, as is the usual practice with BB Companies.

We are very grateful to David for being the spiritual mentor of the Company for so many years: always a source of good, shrewd, common-sense advice.

At some point during the coming session, I will be retiring myself as Company Captain. I have been a BB Officer for 50 years (I received my appointment card from the President of the BB in Croydon in September 1965)

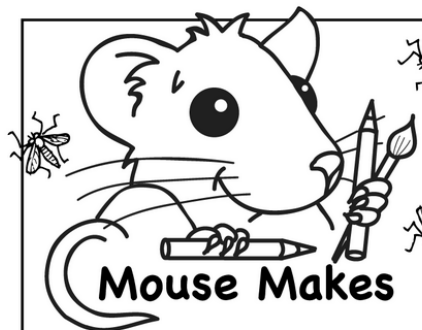
I have had the privilege of being Captain here at Lindfield for nearly 13 years. Arrangements are now being made for others to take over some of my responsibilities in due course, but I do not plan to disappear from the scene: the intention is that I will continue to be involved in some capacity, probably administrative.

What is really important is not myself, or my length of service, but that The Boys' Brigade continues its crucial work of advancing the Kingdom of Christ among the Boys of our neighbourhood, and I have every reason to believe that it will continue to receive the prayerful support of the Church in discharging that mission.

Please pray especially for the Boys and staff attending the annual camp at Glynde at the end of July.

Geoffrey Cocksedge





The Ten Plagues



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

Moses and Aaron went to Pharaoh and said *"The Lord, the God of Israel says, 'Let my people go into the desert so they can have a festival to honour me.'"*

But Pharaoh said, *"Who is the Lord? Why should I obey him? Why should I let Israel go? I not know who the Lord is so I refuse to let Israel go."*

Pharaoh punished the Israelites but Moses prayed to the Lord and the Lord said, *"I will use my great power against Pharaoh, and he will let my people go."*

So the Lord turned the river Nile into blood, then he covered the land with frogs, sent a plague of gnats, then a swarm of flies, then disease on all the animals, then a skin disease, then a great storm of hail, then a plague of locusts, then darkness that covered the land...

Each time Pharaoh would not let the people go until Lord killed every first born man and animal in Egypt and Pharaoh's own son died. Then Pharaoh made the people leave Egypt with all their sheep and cattle. *"Go", he said "And say a blessing for me too."*

Can you find these words from the story in the grid above?

LORD • GOD • MOSES • AARON
 ISRAEL • PRAY • HONOUR
 FESTIVAL • PHARAOH • EGYPT
 RIVER NILE • WATER • BLOOD • FROGS
 DUST • GNATS • SWARM • FLIES • GO
 DISEASE • CATTLE • SHEEP • SORES
 STORM • HAIL • LOCUSTS • LAND
 DARKNESS • THREE DAYS • DEATH
 FIRST BORN • PASSOVER

READ the full story in **Exodus** chapters 5 to 12

Happy Holidays!

As many of us are setting off on our annual holidays during these next few weeks do we ever give a thought to how the words Holy Day became holiday?

The word was first recorded in the English language around 950AD, but it looked very different then: haelidaeg then haledei, haliday etc. Originally the word meant a consecrated day or a religious festival, but it gradually became defined as 'a day on which ordinary occupations (of an individual or community) are suspended; a day of festivity, recreation or amusement.

There were many Holy days celebrated, but the ones we know best nowadays are, of course, Christmas, Easter and Pentecost.

The single word 'holiday' came to include the secular side of life and became associated with all the things we know today and the two word 'holy day' retains the original meaning of a day set aside for religious observance.

Whether you are going abroad, staying somewhere in this country, or simply enjoying the beautiful countryside of Sussex, we wish you all a Happy Holiday!

Carol Marsh



Balancing

Work & Triathlon

Working as a junior doctor the second year after graduating from medical school brought with it many new challenges such as more responsibility and, for four months over winter, working in the Accident and Emergency department of The Royal Sussex County Hospital, Brighton. You may have gathered from the media, or personal experience, that A&E departments across the UK were somewhat busy over this winter. This proved to be the case where I was working, but the whole A&E team were brilliant and worked so hard and well together. It was a truly valuable learning experience, and like a rite of passage for junior doctors, but it was tiring. However, I had no time to feel tired as I had earned myself a place at the Age Group European Triathlon Championships (non-elite!) in Geneva this July, so needed to keep up the training...

Frequent evening and night shifts added to the challenge of juggling work and training, let alone other aspects of life such as eating, sleeping and relationships. And Jesus. How do I fit Jesus time in? I wonder if anyone else's bedtime prayers have consisted of 'Dear God, Thank you for zzzzzz...' I needed to realise that I shouldn't be trying to 'fit in' Jesus time, He is too big for that. I fit all the things I do into His time, and He is with me. He was with me in A&E whilst I was examining the elderly lady with a broken hip, and at 3am trying to work out if the young man who fell over had just had too much to drink or had seriously injured his head.

Jesus comes swimming, cycling and running with me too!

It has not been easy balancing work with triathlon training. However, as I write it is now less than three weeks until my race in Geneva and some earlier races in the season have gone well, including a recent 2nd place in the local Mid Sussex Triathlon. I'm looking forward to the race, and working and training with God more in the future.

Jonathan Hall



Manners

This month I thought I would write about manners and specifically manners on London Bridge where I sell the Big Issue.

I was brought up to believe that good manners are essential and bad ones are unforgiveable. Many times as a child my mum would pull me up and say “And what’s the magic word?” or “And what do you say now?” meaning that she was expecting the word please or thank you or something else suitably polite at that point in the conversation. So I grew up having very good manners.

When I moved to London at the age of 18 it was quite rare to come across anyone who had bad manners – people always said please and thank you and they willingly stood in a tidy queue for the bus too.

This was the norm across all age groups and genders as well. However in the 29 years since I moved here things, including manners, seem to have slipped quite a bit.



No longer do people wait patiently in the queue for the bus or train: they think nothing of shoving in front of you in their desperation to get aboard, whilst elbowing you for good measure and the idea of apologising to you doesn't seem to occur to them: their attitude seems to be that their behaviour is normal and that they have done nothing wrong. I find this behaviour even more astonishing when you realise that the train or bus wouldn't leave without them anyway.

As I sell the Big Issue on London Bridge, I encounter so many extremes of good and bad manners. All my customers know that I am respectful and polite at all times, even on days when I am not feeling at my best.

Just this week I have been suffering from a miserable cough and sore throat and some of my regulars have asked if I am okay because I look a little tired or run down, but even when feeling at my very worst (as a self-employed person I don't get sick-pay and having no savings have to keep working even if I feel terrible!)

I always aim to give everyone a great welcome however I am feeling personally.

However, I have encountered some real extremes of manners from commuters crossing London Bridge on their walk to work in the City.

At one end of the spectrum some people have stopped to buy and apologised profusely that it has taken them so long to work up the courage to stop. They have felt that since I do such a hard job whilst battling some of the most enormous problems in life, they felt insignificant and needed courage to approach me.

A few people have waited until their last day of working in the City to stop; they then apologise and say that despite wanting to have a chat for anything up to two years they felt that they didn't have a good enough reason until their last day at work. They praise my endeavours and often buy a magazine with a lovely tip on top and when they leave I am left feeling at a loss at such a short encounter when they might have been valued regulars for many months.

In the course of getting to know my long-term regulars, I discover that they all seem to be very polite, thoughtful, loyal and lovely people. In time we share jokes, joshing, sarcasm, irony, funny insults, teasing and all the other lovely interactions of good friends.

But I have also met some incredibly rude people too. Sometimes I will catch the eye of a well suited and booted gentleman and on venturing a quiet "Excuse me" prior to requesting maybe the time or whether the trains are badly delayed, without even looking at me, they reply, "No" or I have even had the pleasure of a very rude brush-off.

I am sure you can imagine those sorts of insults without me having to spell them out! These incidents are not even limited to the younger generation: on many an occasion I have suffered rudeness from older people too. These interactions always shock me anew, even though they happen quite regularly.

When I am selling, I have no need at all to approach individuals to plead my case or importune them to buy; regular customers and occasional buyers all stop without any input from myself.

This is a great indicator of the general success of my little business and so the rude replies give quite a knock to my confidence, especially when emanating from the mouths of people who appear to be well-paid professionals. We should all remember the old adage "Manners maketh the man" or as my mum and grandmother used to say "Good manners cost nothing". I totally agree!



Please feel free to have a look at my blog, www.londonbridgesharon.wordpress.com, where you can also leave comments about any of my articles.

Sharon, vendor 725

Phonebook

Keith Morrison (Minister)

Telephone 01444 484791
Email kmorrison@lindfielddurc.org.uk

Danny Goodall (Youth Pastor)

Youth Office 01444 487607
Mobile 07443 438970
Email dgoodall@lindfielddurc.org.uk

Church Secretary

Sue Waller 01444 455047
Email waller.s@sky.com

Treasurer

Terry Ward 01444 482986

Boys' Brigade:

Geoffrey Cocksedge 01444 474007

Cradle Roll

Mel Campling 01444 484140

Flowers

Betty Billins 01444 484494

Hall Booking Secretary

Shirley Anton 01444 482819

In Touch

Sue Waller 01444 455047

Lunch Fellowship

Sue Waller 01444 455047

Pastoral Group

Fiona Tingley 01444 483419

The Fellowship

Chris Comber 01444 482641

Stepping Stones

Jo Bloxham 01444 483672

Transport

Janet Drayton 01444 483621

Lighthouse (Junior Church)

Co-ordinator

Dawn Walters 01444 441601

Flower Rota

Arranging

Distributing

July

5th	Betty Billins	Jo Bloxham
12th	Gladys Porter	Iris Bingham
19th	Meis Campling	Heather Swann
26th	Fiona Tingley	Janet Sanderson

August

2nd	Carol Marsh	Fo Tingley
9th	Anne Parker	Nick Bingham
16th	Serena Nathan	Sue Tester
23rd	Heather Swann	Barbara Shepherd
30th	Audrey Saunders	Jo Bloxham

September

6th	Winifred Scopes	Iris Bingham
13th	Max Turner	Heather Swann
20th	Jean Baxter	Janet Sanderson
27th	Zoe McQuillin	Fo Tingley

Around Lindfield

Wednesday 8th July

12.15pm Tiger Arts - Lunch in Lindfield URC

1.00pm Concert : Helen Arnold (Harp)

Saturday 11th July

2.00pm Horticultural Society Summer Show

Flowers and Produce in KEH

3.00pm ROC on Saturday - Lindfield URC

Saturday 25th July

3.00pm ROC on Saturday - Lindfield URC

Saturday 8th August

3.00pm ROC on Saturday - Lindfield URC

Tunes and Tea Concert

Wednesday 12th August

12.15pm Tiger Arts - Lunch in Lindfield URC

1.00pm Concert : Jo Kimber and her Jazz Band

Saturday 22nd August

3.00pm ROC on Saturday - Lindfield URC

