Shoreline

The Church of the Good Shepherd

Shoreham Beach

June 2020

50p

Church of the GoodShepherd

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Holy Communion with Sermon

Thursdays 7pm

Celtic Evening Prayer

Fridays 8am

Meditation with Morning Prayer

For details about how to join our online worship visit

www.goodshepherdshorehambeach.org.uk

First Thoughts

Canon Ann finds hope in planning for the lives we want to live post-lockdown and the transformational power of Pentecost

Last week I had the great good fortune to catch the actor Rory Kinnear talking on the Today Programme about his sister, Karina Kinnear, who has died aged 48, having contracted the coronavirus.

Part of me wanted to turn the radio off, to avoid hearing yet another experience of pain and loss. Starved of oxygen at birth she was severely brain damaged. She was also paralysed from the waist down from the age of 19 and had survived sepsis six years ago. A fighter — but sadly unable to fight off this particular threat.

But I didn't switch off and I am glad I didn't because, as he was speaking, I found his words to be surprisingly uplifting and inspiring. Rory spoke of a sister who had been such a blessing to her family and he recognised and celebrated what her disability and health challenges have brought to those whose paths she crossed:

"Karina was ebullient, brave and wry, with a passion for noise, laughter, family and chaos. And those that engaged with her, knew her, loved her, were rewarded beyond their imagination by her friendship and trust. They grew to learn, inexorably and unalterably, that our spirits exist far more tangibly than our abilities. What a lesson. What an inspiration."

He spoke of the extraordinary care she had received over the years:

"She needed the care of others to live. I will remain for ever grateful to the hundreds of caregivers who have, at one point or another, looked after her with such kindness and dedication, some of whom have maintained a relationship with her long after their retirement. Grateful too to live in a country that makes provisions of care free to all, no matter one's need, however stretched and fraying their chronic underfunding increasingly makes them."

And he spoke of the hope that we will retain what is good after Covid-19 recedes into the background:

"Maybe we might transfer our common sense of purpose, our shared determination to "defeat" an "enemy" that "preys" on the needy, once "the fight against coronavirus" has been "won", to invest – financially and emotionally and with

a similar level of heroism and selflessness – in the lives of those who will continue to need it most. It is a sustaining hope for now, at least."

In recent days many of us have been voicing this desire for a better world and way of living, post-pandemic. But we all know how difficult that will be to achieve; humans are creatures of habit and our tendency is to revert to type. How can we prevent this from happening?

At Pentecost last Sunday, we relived the transformation brought about by the Holy Spirit. We saw Peter, a fisherman, able to stand up and address the crowds, to inspire them with a love for God which caused people to change their lives, (Acts Chapter 2).

Our prayer today must surely be for such transformation to take root and grow out of our current experience, through the power of the Holy Spirit. This is a time when we have more opportunity than usual to look for change.

I have been reflecting on the following questions as a starting point for change, in my own life and beyond:

- What have we learnt about our community during this time?
- What have we learnt about ourselves?
- What is most important to us?
- What have we learnt about God?
- And crucially: how can we put this learning into action in God's service?

Questions I hope and pray not to lose sight of as we emerge from lockdown.

Take care and have a good and blessed month, empowered by the Holy Spirit!

With love and prayer,

Canon Ann

An Open Letter To the Members of Parliament whose constituency is in the Diocese of Chichester

Bishop Martin appeals to our local MPs to make lobbying for the safe reopening of our churches a priority.

The Church's celebration of the festival of Pentecost (Whitsun) this past weekend prompts me to write to you about the status of our churches.

It was a privilege to be in Chichester cathedral to record the Pentecost Eucharist, while observing all the distancing and hygiene regulations.

The Bishop of London has underlined our commitment in the Church of England to complying with all the guidance and regulations concerning distancing and hygiene regulations. From her professional nursing career she fully understands this.

She speaks for Church of England bishops in underlining our commitment to working with Government and other relevant authorities, in the expectation of opening our church buildings "in a phased way as soon as it is deemed safe and practical to do so. We [the Church of England] have already been actively planning to that end."

I hope that you would lobby for an urgent review of the continued closure of our church buildings to individuals who seek solace in such places.

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Cardinal Vincent Nichols has also spoken out about this, making a clear statement about the Catholic Church's planning and commitment to best practice for opening Church buildings, and about recognising the importance for every faith tradition of its place of worship.

The Cardinal also reminded us that we use our places of worship differently, and it is with this recognition in mind that we ask for churches to be opened for individual private prayer.

At a time when tensions run high, I believe that there is a deep thirst for access to churches and cathedrals as places of prayer for people of committed faith, or for anyone who is in search of space in which to find peace.

We urgently need places and experience that build hope, trust, and endurance. The capacity of the Christian Church to engender those virtues through prayer and stillness in its buildings should not be underestimated.

I am making this letter public, in order to indicate to those who have made comments to me on this matter that I have shared their concerns with you.

Please be assured of my daily prayers for you and for your staff, as you seek to serve your constituents and the common good at this challenging time in our national life.

+Martin Cicestr

1 June 2020

I am fortunate to live near to Chichester cathedral. Each day I see individuals peering in through its glass doors. I know from personal experience what pressing and intimate needs find expression in the prayers that they write down and leave behind.

Conversations with God Beyond Words – Walking on Water

Sheila Powell shares her experiences of a lockdown retreat of prayer and painting

Sometime last year I booked a retreat at Penhurst Centre near Battle in East Sussex. It was to be led by our own Revd Jess and to be held the last week in May 2020.

Edgar had planned to spend the week in Cornwall visiting our friends. Of course, all these plans changed when the novel coronavirus struck and lockdown occurred. Jess offered to still lead the retreat online with a combination of Zoom and videos. Some of us who had booked at Penhurst accepted her invitation, which she then extended to members of COGS.

Excitement and nervous anticipation built as Monday 25th May approached. A box was delivered from Jess with all the things we needed for this Prayer painting retreat. I was intrigued by the contents, which included a concertina journal, coloured inks, pastels, PVA glue, coloured felting wools, paintbrushes and much, much more!

She had emailed videos, instructions and details of the watercolour paper required, as well as the Zoom links beforehand. It was just incredible.

There were about 12 of us on the retreat, some of whom did not join the Zoom sessions. It was so good to both meet new folk and to see familiar faces from COGS.

The next six days were spent thinking about the story of Jesus walking on water, of Peter jumping out of the boat, walking towards him and then sinking when he took his eyes off Jesus. Of Jesus rescuing him and them getting back into the boat together. *Matthew 14:22-33.*

The first day we spent letting go of all the concerns, anxieties and problems we had been encountering. This was so appropriate at the time,. We also exploring making marks on paper that expressed our emotions.

I was fascinated by a meditation we did with a dish of water, a piece of kitchen paper, a needle and a fork! First, we made marks with felt tips on the small square of paper to express our concerns and worries, while choosing colours which reflected this. Then we expressed the things that we were thankful for in other colours. The

paper was placed on the fork with the needle balanced on it and lowered into the water. We then watched and meditated on it and as the paper absorbed the water and sank to the bottom, while the needle stayed floating on the water.

It was an amazing experience. I left mine there, in my art shed in the garden, all week to remind me that God had taken my cares and was upholding me. It was still afloat Saturday evening at the end of the retreat!

It was a very full week, I was glad I had prepared meals the week before and put them in the freezer.

We expressed our feelings with wax marks on paper, used colour with abandon, decorated a boat, had fun with modelling magic, felted and meditated on pictures and poems and I for one found out a lot more about myself and our amazing trinitarian God!

I cannot thank Jess enough for all the preparation she did, her expertise with the technology, her love and generosity.

The picture is one of the Prayer paintings I did on the second day. The colour brown represents the things that I am afraid of and the yellow is Jesus the light of the world. It spoke to me how does it speak to you?

As we approach the easing of lockdown what are our concerns?

Sheila Powell

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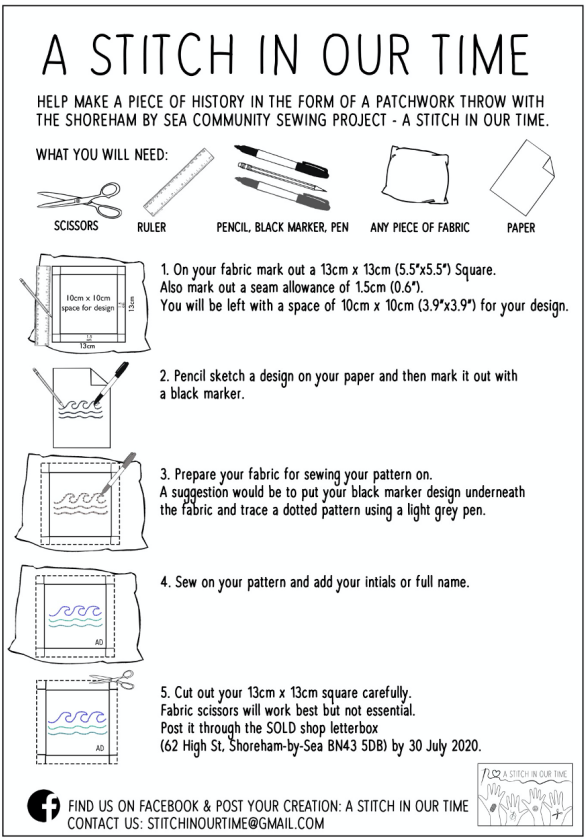
Stitch in Our Time

This all began one morning in lock down on the beach. Two people were talking about community and how to bring everyone together to make history. Well, what better way than to be part of a local project to mark Covid-19 and the strange time and scary time this has been: a record of Lockdown using patchwork squares?

They have agreed for us to copy their idea and make our own record of lockdown experiences in patchwork for our Church. Some of the Craft Group are going to have a go at making squares and would like to invite other Church members to join them. Squares can be embroidery, cross stitch, appliqué etc.

If you don't think you can sew, please look on the Stitch in Our Time group's Facebook page for inspiration - there are many ways you can create a square and some lovely ones have been made by children.

Please contact Sheila for more details at sandepowell@gmail.com



Recycling for charity

There are some small changes coming to some of the things we collect for charity.

Jacky Woolcock is now collecting stamps for Worthing Cats Protection and old coins and old postcards for The Leprosy Mission.

When the church reopens, there will also be a new box in the porch for recycling old printer ink cartridges. If people would like to save them — or put them through Jacky's letter box — they can be recycled for charity.

Please only save or donate branded once-used inkjet cartridges (not ones that have been refilled) of the following brands:

- HP
- Dell
- Canon
- Kodak
- Frama
- Pitney Bowes
- Neopost

(NOT Brother and Epsom)

This Pentecost image was created by Revd Jess. This is what she says about it:

"I was thinking about the change in the disciples from quietly praying to talking in all sort of languages, and with great boldness, so I have depicted the event as rather like a piano scale with the tongues of fire coming down sequentially, and the disciples turning one after another from praying quietly to speaking in all sorts of tongues, with Peter proclaiming at the left hand end. I really wanted to paint them like Orthodox figures, but no time to do that. I might have a go another time."

Book reviews: *The Lion, the Witch & the Wardrobe* and *Hedgehogs*

Our grandson Logan and I enjoyed reading *The Lion, the Witch and the Wardrobe* by C.S. Lewis this month.

For our Lockdown Book Club. I dug out my very old copy which according to the back cover cost just 45p! Revisiting this story of Narnia was wonderful. It's amazing how much we can forget — or perhaps did not take in the first time.

We both grieved over the death of Aslan but it gave an opportunity to talk about our feelings when someone we love dies and how we deal with sadness. We read that chapter on the Friday before Bank Holiday Monday, so had to wait until the Tuesday to read the joyous story of resurrection, my favourite chapter.

Logan was not sure which was his favourite character but I chose Mrs Beaver. I'm eagerly waiting to find out what our next book will be.

The other book I am still reading is *Hedgehogs* by Pat Morris, loaned to me by a neighbour.

During lockdown we have been monitoring all the hedgehogs who roam around the Herb Estate in Shoreham on our Herby Help WhatsApp group. We have discovered that many of us feed them. One neighbour even has a video camera in the garden to monitor them at night.

It is fascinating to learn more about these popular mammals and the word seem to have got out that this is a hedgehog-friendly neighbourhood - last evening we had six in the garden all at once, feeding and frolicking.

Sheila Powell

Fruits of the Spirit trail

Images created by the 10 O'Clock Rock children and displayed on the fence between the vicarage and the church hall.

Fruits of the Spirit
PEACE
I hug my sister! Iris T

Show love by...
Fruits of the Spirit
LOVE
Thinking of another before myself. Ht

Fruits of the Spirit
KINDNESS
Helpful
Safe
LOve
Friend
Joy
Hope
Peace
Kind
Smile
Kindness
It costs nothing, but means everything !!!
By: Jessie

God
Jesus
I am faithful and kind. Faithful
Family
Friends
Fruits of the Spirit
FAITHFULNESS

Fruits of the Spirit
PATIENCE
Patience
by Sanna

CAMPING
Fruits of the Spirit
JOY
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TREATS
Playing with my Sister
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Monastery Reflection

Written by Rita Moore whilst on retreat at Crawley Down, sitting by the lake.

As the wind blows the water ripples
It reminds me of the ripples of life and how they quickly come and go
The bull rushes stand tall as the breeze passes by
The wild fox gloves look weary as they lay down to rest
A robin sings sweetly high in a tree.
Then there is a noise.
A large fish jumps out of the water as if to escape
From what I wonder
How I long to escape or so I sometimes think
But like the fish the moment is brief.
But here among God's creation time seems to stand still
The beauty is truly amazing
And it is ours to have at will.

Over 6,000 calls in 48 hours to Daily Hope

A free phone line offering hymns, prayers, and reflections while church buildings are closed received more than 6,000 calls in the first 48 hours.

The Archbishop of Canterbury, Justin Welby, recently launched 'Daily Hope' as a simple new way to bring worship and prayer into people's homes, during the lockdown period.

The line – which is available 24 hours a day on 0800 804 8044 – has been set up particularly with those unable to join online church services in mind.

The service is supported by the Church of England nationally as well as through the Connections group based at Holy Trinity Claygate in Surrey and the Christian charity Faith in Later Life.

Within 48 hours the line had received more than 6,000 calls from across the country, with many being referred by friends, family or members. Calls have so far spanned more than 50,000 minutes, with some of those accessing the service listening to the music, prayers and reflections for up to 50 minutes at a time.

The Revd Canon Dave Male, the Church of England's Director of Evangelism and Discipleship, said: "The volume of calls shows that Daily Hope is meeting a need.

"We have a duty in these strange and difficult times to find new ways of bringing prayer and worship to people wherever they are, and this is one more way of helping people to connect with God from their own homes.

"This is such a simple idea – planned and launched all within a few short weeks by a small dedicated team – but I pray it will bring real comfort, hope and inspiration to people at this time."

Callers hear a short greeting from the Archbishop before being able to choose from options including hymns, prayers, reflections and advice on COVID-19.

Options available include materials also made available digitally by the Church of England's Communications team such as Prayer During the Day and Night Prayer, updated daily, from Common Worship, and a recording of the Church of England weekly national online service.

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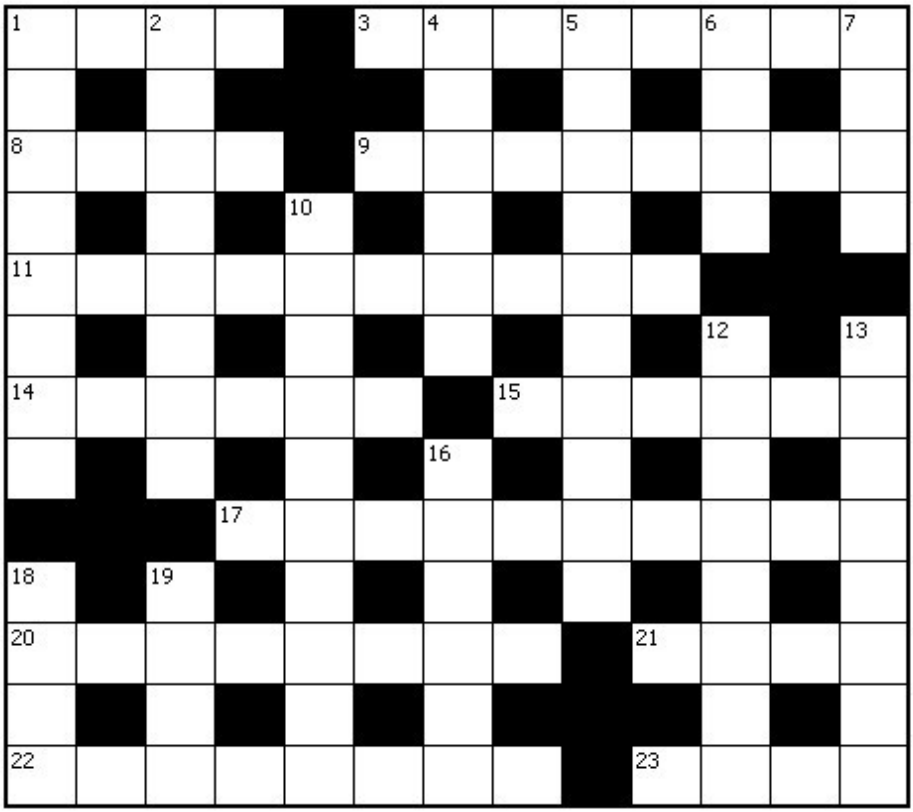

Across

1 See 23 Across
3 Where the thief on the cross was told he would be, with Jesus (Luke 23:43) (8)
8 Invalid (4)
9 Blasphemed (Ezekiel 36:20) (8)
11 Adhering to the letter of the law rather than its spirit (Philippians 3:6) (10)
14 Shut (Ecclesiastes 12:4) (6)
15 'This is how it will be with anyone who — up things for himself but is not rich towards God' (Luke 12:21) (6)
17 Mary on Isis (anag.) (10)
20 Agreement (Hebrews 9:15) (8)
21 Native of, say, Bangkok (4)
22 Deaf fort (anag.) (5-3)
23 and 1 Across 'The Lord God took the man and put him in the Garden of — to work it and take — of it' (Genesis 2:15) (4,4)

Down

1 Struggle between opposing forces (Habakkuk 1:3) (8)
2 James defined this as 'looking after orphans and widows in their distress and keeping oneself from being polluted by the world' (James 1:27) (8)
4 'The one I kiss is the man; — him' (Matthew 26:48) (6)
5 'Be joyful in hope, patient in — , faithful in prayer' (Romans 12:12) (10)
6 St Columba's burial place (4)
7 Swirling current of water (4)
10 Loyalty (Isaiah 19:18) (10)
12 'God was pleased through the foolishness of what was — , to save those who believe' (1 Corinthians 1:21) (8)
13 Camp where the angel of the Lord slew 185,000 men one night (2 Kings 19:35) (8)
16 'There is still — — — Jonathan; he is crippled in both feet'(2 Samuel 9:3) (1,3,2)
18 David Livingstone was one (4)
19 Driver and Vehicle Licensing Authority (1,1,1,1)

For answers to this crossword — see page 25.

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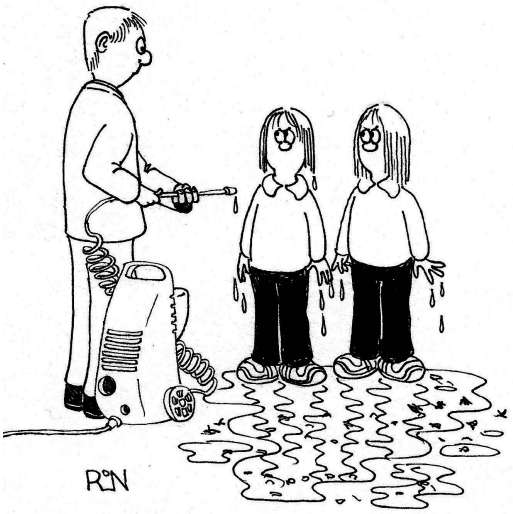

The twins had been doing Messy Church at home.

on the Fence

art exhibition

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Church of the
GoodShepherd

Brian's Quiz Corner: The Sweetie Quiz

CoGS's own quizmaster Brain Wheeler has another challenge…

All answers are sweets

1 Wobbly Infants
2 Rubbish Bah Humbug
3 100% Precious metal
4 Dairy Holder
5 Satanic Ritual
6 Planet
7 Outside Treat
8 High Class thoroughfare
9 Wise people - know all's
10 Belly Dancers give this
11 Assorted pretty young ladies
12 Mum enjoys a drink here
13 9 10 11 follow
14 Good deeds deserve these
15 Planets and stars found here

Think you've got them all? Email your answers to brianwheeler1944@gmail.com

May Answers

1.Communicate. 2 Complicate. 3 Certificate. 4 Suffocate. 5 Pontificate 6 Adjudicate 7 Abdicate 8 Allocate 9 Categoric 10 Cater 11 Dedicate 12 Dislocate 13 Educate 14 Delicate 15 Locate.

Shoreline

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ShoreLine is the parish magazine of the Church of the Good Shepherd, Shoreham Beach and is provided as a service to the community and the congregation. The church is part of the Church of England's Diocese of Chichester and is also part of the world-wide Anglican Communion.

If you would like further information on the Church of England and its beliefs, please use the 'Useful Links' on the back cover.

The magazine is also available as a PDF file on the church website: the address is on the back cover.

Any and all contributions are always welcome and should be sent to the Editor by the 15th of each month. Contributions should ideally be as a Word or rtf file. Please send to the editor's e-mail above.

For advertising requirements, please contact Trish Holme direct on the above telephone number or email address. Advertising copy deadline is the 15th of each month for inclusion the following month.

The acceptance of advertisements does not imply endorsement

Crossword Answers

ACROSS: 1 Care 3 Paradise 8 Null 9 Profaned 11 Legalistic 14 Closed 15 Stores 17 Missionary 20 Covenant 21 Thai 22 Trade-off 23 Eden

DOWN: 1 Conflict 2 Religion 4 Arrest 5 Affliction 6 Iona 7 Eddy 10 Allegiance 12 Preached 13 Assyrian 16 A son of 18 Scot 19 DVLA

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		GeoffHolme@yahoo.co.uk

Final Thoughts

A shoreline is a liminal place. It's an ever-shifting boundary between the water and the land. I was reminded of this by a walk with my daughters, where we went up the riverside towards the Harbour Club, rather than past the school to the beach.

The tide was very low, and so we were able to wander out onto the sand and mud where the Adur normally flows. It was fun watching my daughters exploring the idea that, in a few hours, the area we were standing would be underwater.

The other liminal space we're in is between lockdown and the new normal, whatever that will be. For some - especially those of you who are shielding - very little has changed yet. For others, everything seems to have changed. Later on that walk we passed the Fort carpark, and found it was packed out. It was as if lockdown was over.

My daughters, too, are in a liminal space. Iris may be back in school before next issue. We have no idea about Hazel, as yet. And the school itself is in a liminal place, with a new head appointed, but yet to start, even as it reshapes itself around socially distancing.

As Canon Ann said in *First Thoughts,* we don't need to return to life as it was before. But I'm praying for God's guidance in how I can help shape a better world after this strange time of lockdown.

Adam

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Cover Image by Diana Rogers

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shorelineeditor@hotmail.com