

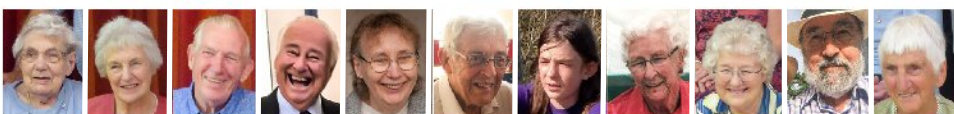
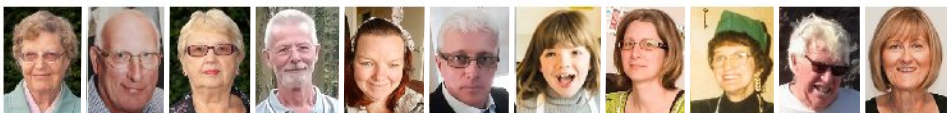


The Chronicle

Summer 2020

The Magazine of Goring United Reformed Church

*The church building may be closed and locked, but we
the Church, are open and alive for business !*



We are here to worship God and proclaim the love of Jesus Christ to all

GORING UNITED REFORMED CHURCH

- We share a minister with Sompting United Reformed Church -

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Sunday Worship in the Sanctuary

8.00am Prayer & Praise - with Holy Communion on first Sunday in month.

10.30am Morning worship - with Holy communion on first Sunday in month.

- Family service monthly as announced

- Junior Church

6.00pm Evening Worship - with Holy communion on third Sunday in month.

The **Chronicle**



Summer 2020

Vol.77 - No. 662



Front Cover: 'The Goring United Reformed Church'

Very many thanks for all who have contributed photographs

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From the Manse

I am starting to write this article on the first of May. I wasn't aware of the date until I watched the lunch time news. It is so easy to lose track of time during this lock down. In my world there were no clues as to the date, I didn't bother putting my watch on and even my computer didn't tell me. Or perhaps it was because there were no Morris dancers about, no jingling bells, what will they do! Perhaps a ZOOM dance.

I am frequently told we must keep a routine going. For people self-isolating the week can become a bit of a non-event as day runs into day. On Sundays Jill and I still manage to go to church. They are not open they just happen to be on one of our dog walking routes. The dormant restaurants, pubs, shops and of course places of worship are just waiting to come alive again. However, some won't

survive. It is very a very sad sight and brings our current situation into stark reality. I hear of many people beginning to struggle with the situation. I fear some will start rebelling against the lock down and go out more. That would be a completely selfish act to gain a few moments of freedom.

Although I am working from home, I still have a daily routine which helps, plenty of Bible study, research, reflecting and writing, lots of writing. I was looking forward to the reduction in meetings, but oh no, we have virtual meetings! It's not that I don't want to speak to my colleagues, but it can be so draining. What could have been a ten-minute phone conversation now takes an hour (OK slight exaggeration). Psychologists have said the out of synch speech to video is causing video chat fatigue.

It happens because your brain is trying to make sense of what it is seeing and hearing and link the two. There is also the stress factor when there is a silence of more than 1.2 seconds, not long, but our brain tries to think why is there silence, is it a technical issue or has the other person disliked what I have just said, so Zoomitis is a real thing.

There are many online services and talks from our new global internet cyber church. One has to be very discerning though, anyone with a computer can broadcast their thoughts. Like anything online some are really good, some are really bad, there is no filter. If you feel something is not right, then it probably isn't. There are however some standout inspiring YouTube moments one in particular is The UK Blessing. Over 65 churches and Christian movements, have come together online to sing a blessing over our land. It goes to prove the church is still alive, still strong and raring to go. This has to be a period of preparation for us to be used positively. The thought has

just come to me when we re-open our doors perhaps we are being given another chance to start again as church. So let's not waste this opportunity, we may not be able to meet together but we can be preparing in whatever way we can for our new mission, our new start. This shut down time can be the perfect time to refocus on what God wants of us. There has been so much spoken about revival and renewal in the church, well soon this will our chance.

Another insight as to the process we are currently experiencing. A few weeks ago, I planted some seeds, I thought I would grow summer vegetables. The small seeds lay dormant in the packet, but they still contained the potential for life if given the opportunity. Over the last few days the bright green shoots have emerged from the dark soil. New life bursts forward into the light. That to me was a message regarding the church we will grow through this dark period and once again see the light and bear fruit.

Being prepared and continuing to be growing in faith. Unseen but active spiritually being transformed by this new experience. A sense of a shared time not necessarily seeing each other but united through the bond of the Holy Spirit and joined by our common vision and sense of belonging.

I am encouraged by the good work being done by Elders and others, keeping in touch reminding everyone we are still here and waiting to get back in business. Thanks to everyone involved with communication and the web site.

We need to be prepared for we do not know as yet when we can open the doors. There are many references to being prepared in the Bible. Here are two that can speak to us.

1 Peter 3:15

But in your hearts honour Christ the Lord as holy, always being prepared to make a defence to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect.

Matthew 25:1-46

“Then the kingdom of heaven will be like ten virgins who took their lamps and went to meet the bridegroom. Five of them were foolish, and five were wise.

For when the foolish took their lamps, they took no oil with them, but the wise took flasks of oil with their lamps.

As the bridegroom was delayed, they all became drowsy and slept. ... Watch therefore, for you know neither the day nor the hour.

In the meantime, stay safe and know the blessing of the Lord is on your life. *Andrew Sellwood*



Editorial

For this quarter's Chronicle, I asked people, including friends who have moved away, if they could write a little on how they have been spending their time during lockdown.

I have been speaking to a number of you on the telephone and have received emails etc, suggesting that, for some life has continued in its usual course, without anything much unusual. But some have had extra time to develop new pursuits.

You will get some idea from the contents of this magazine - the largest one we have produced - Well done all! I have enjoyed using my camera, so I have included some photographs taken in our garden in the lovely weather which enhances God's creation in the Spring flowers and blossom.

Editor



News from the Stitchery

What do you do when you have to stay at home? Lots!! Well there are the usual chores to do - cooking, vacuuming, laundry and umm Oh yes dusting and chasing cobwebs!!!! There are much more interesting things to do though, than dusting - and leave the cobwebs to the spiders. Like walking 4 miles a day!

Be creative ... yes, yes, yes ... I took on an online art course all about filling a sketchbook with new ideas and techniques. I loved it and got very messy in the process!!



It was playtime for grown ups!! I shared some of the ideas with my Grandson Max on FaceTime as I became his art teacher after the schools closed.

I, of course, kept up with the stitching as I am never far away from a needle and thread!! However embroidery was shelved to make scrubs for the NHS.

An email arrived asking for help in the making of them as they are needed for the fantastic staff working so hard during the crisis we find ourselves in due to Covid19.

At the same time as all this the garden has had a make over. It was very overgrown when we moved here, the trees and bushes had knitted themselves together over years of minimal work.



It was a very satisfying thing to do as it seemed that as we took out shrubs and invasive plants the ones left behind seemed to breath a sigh of relief!!! One poor little Magnolia swamped by a bay bush is now stretching in the sunshine. We have bags full of waste to be tipped when the lockdown is all over! That was the back now for the front!!!

During this time I have been very aware that the Lord is with us. I felt that we could do something to His glory while we are waiting to return to normal life and able to worship him together in fellowship in the Church.

These thoughts reminded me of something Val Gill said about making another banner, maybe for harvest! So began our project to make flowers!

Knitted or Crocheted we would be working together-ish!!! Over a dozen people have been busily making really lovely flowers in all colours and textures.

As I write the first banner is complete. It's adorned with 185 flowers surrounding the words 'God is Love'.

The second is in the offing, so far I have a bag of around 100 ready to attach to it around the words 'Jesus Loves us'.

They will both be hung in celebration and with thanksgiving for all that has been done to keep us healthy and remembering the lost.

Caroline Hibbs



Self Isolation

Twelve weeks of self isolation.....

So the directive came to our mobile phones - TWELVE weeks !!!!

Did you take up a new hobby?
Clean out your garage? Catch up with half forgotten projects? Do a jigsaw? Finish your knitting? Tidy up the garden? or something completely unique to you?

I was going to do all those things, but soon found that everyday life hadn't stopped and the jobs that needed doing and which had normally filled my days still had to be done! This was not a holiday after all!!!

Some will be home educating their children, some serving in the frontline of the NHS, some helping vulnerable neighbours. Some will be lonely, missing Real Contact with loved ones and the friends who live down the street. Many will be anxious or grieving and asking questions about life and death.

There will be absolutely no-one at all who will remain untouched by the virus in some way or another.

So I baked - until the flour ran out.
I knitted til the cry went up 'we

need no more flowers, thank you'
I did a jigsaw - which occupied too much of my time!!



Two [Teddy Bears] walked round
and round the garden - 10 laps =
half a mile, but we are no Tom
Moore.



We made our meals, did the laundry, etc. etc. I potted on the plants, and caught up, (do we ever?) with my reading of the OT. We both spent a long time on the phone, and seemingly hours and hours meeting the challenge of shopping on line!!

In spite of all all my activity there was time.

Time to think, and pray.

Time to reflect on the issues raised by a pandemic.

To think new things

To seek a new relationship with our loving Saviour who still holds the whole world in His hands - for ever and ever - who still holds His children in His everlasting Love.

How awesome is our God. HE is in control.



There was time to watch, and a rare opportunity to listen to, Spring unfold - although the temperatures suggested mid - summer.



The trees came into bud, then the buds opened and the blossom showered us with white and pink beauty. After the blossom we saw the fruit had set - the promise of harvest in months to come.

Two great tits built a nest in our box on the wall outside the kitchen window.

Two pairs of robins built their nests in neighbouring gardens and we saw one brood fledge.

We learned to identify the songs of birds whose voices are often drowned by the noise of the A27.

There was time to talk to each other, with family and friends, some using video links and, some rediscovered the telephone!! and the power of a loving letter arriving in the post.

God did not intend us to live in isolation. Gen 1 v 27 "So God created man in His own image, in the image of God He created Him; male and female He created them."

Then Gen 2 v18

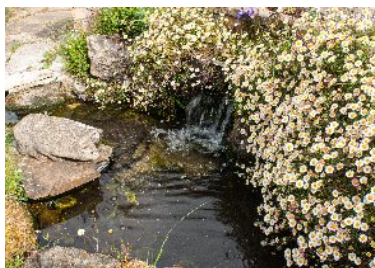
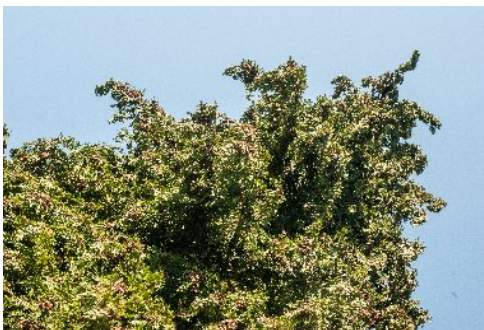
"The Lord God said, "It is not good for the man to be alone, I will make a helper suitable for Him.""

Graham set about his ambitious project, collecting miniature photographs of the church family to remind us that we are not alone. The church is a body of God's people, His Body working together to serve Him in whatever ways we can, and from wherever we find ourselves.



'We are here to worship God and proclaim the love of Jesus Christ to all.' The church family has a shared mission and shares a Father mightier than all fathers.

Whether we are in isolation or not we are His children and He always remains with us. *Hilary Redman*



Round the garden of 'Ashlea Cottage'
Hilary & Graham Redman

Joan Finlay – born 20 June 1920

– by Carole Culliss

On 20th June, Joan Finlay celebrates her 100th birthday. Whether we are able to celebrate with her, we don't yet know, but I am sure a cake will be produced, but not with 100 candles, that might be dangerous, so here are my virtual 100 candles condensed to one for each 10 years of your life Joan.

1920's

Your early school years. Queen Elizabeth was born in 1926. Her grandfather George V was king. The year she was born flu and football mouth [*Mouth & Foot Disease*] were rife. Bolton Wanderers beat Manchester City 1-0 in the cup final at Wembley. A woman called Miss Gibson shot Mussolini in the nose and said she was suffering from religious mania. On 3rd May the General Strike started which led to years of depression and the Wall Street Crash 1929.

1930's

Your teenage years. King George V made his first Christmas broadcast in 1932, celebrated his Silver Jubilee in 1935 and a year later died. In 1931 a national government was formed under Ramsey MacDonald to try and deal with the financial crisis, and the

Jarrow 300 Mile March took place in 1936. Also that year The Crystal Palace burned down and Edward VIII abdicated the throne, and the National Trust was started.

1940's

I do not know what happened to you in the war years, but I will skip them, they are well documented and led to the austerity years. Later in the decade, Princess Elizabeth married, The National Health Service was established, India became independent and Nato was set up in 1949

1950's

What were you doing in this decade Joan? It started with the Korean War. The Festival of Britain and fun-fare opened on the South Bank in 1951. I remember the tree walk which was part of the fun-fare and the New Look clothes. The King died in 1952 and Elizabeth

was crowned on a very wet miserable day in June 1953. In 1954 ITV opened to rival BBC and that year Billy Graham made his mark in Britain. In 1956 Calder Hall power station opened, the last Deb was presented in 1957.

1960's

At the beginning of the decade National Service was abolished, also during this decade John F. Kennedy was assassinated, the Berlin Wall came down, the Beatles rose to fame with Rock and Roll and the Profumo Scandal rocked the nation, and in 1965 Winston Churchill was given a State Funeral.

England won the World Cup against Germany at Wembley, Concord ruled the skies and in Wales in 1966 there was the Aberfan disaster.

1970's

Great Britain joined the Common Market, there was trouble and terror in Northern Ireland and the death penalty was abolished. Lord Lucan became a celebrity for the wrong reasons, and who saw the Tutankhamen Exhibition in 1972? We had decimal coinage introduced in February 1971 and Mrs Thatcher became the first woman Prime Minister in 1979.

1980-2020

The Thames Barrier was opened in 1984. During these years from 1980 Britannia was decommissioned, Prince Charles got married, divorced and remarried. Princess Diana was killed. The Mouse Trap became the longest running play in the West End. The Mary Rose was raised in 1982, and we won the Falklands War. We also reluctantly gave up Hong Kong, and I am sure you can think of a lot more memorable events.

Ten virtual candles for your cake Joan. The world is such a different place now with all the technology and easy communication, but whether it is a better world remains to be seen.

Happy 100th birthday Joan



Jane Bond

A Church Member & Elder



Felicity Jane Bond, always known as Jane, was born in July 1939 and brought up in Mill Hill, north west London. Her parents and family were members of the Congregational Union Church there, and she was much influenced by that very active church. She became convinced that she should become a missionary and so she commenced nurse training at the Westminster Hospital. But then in 1958 her parents and family moved to Goring-by-Sea. As Jane was still living at home at that time when not nursing, she had to move too, and she was sorry to lose many of her friends.



Now 1959 and Jane became much involved in Goring Congregational Church when she was able to get home from nursing.

At that time Rev Cyril Franks was minister and it was during his time that the present church was built.

Shortly after this, Jane changed her job to train in midwifery at Southlands Hospital, one of the leading centres for such training in the South of England in those days.

Then occurred one of the most exciting periods of Jane's life: Some friends from the Mill Hill church where she had been brought up – Professor Cyril Blackman and his wife Muriel –

were living in Canada, where Cyril was working. They invited Jane to live with them and experience nursing in Canada. So for 15 months she was based in Toronto at a Doctors' Hospital, and Grace Maternity Hospital. As she says this was well before the days of 'gap years', which were unheard of at that time. Her time in Canada was a wonderful experience with many opportunities to travel in Canada and the United States.

On returning to England she took up a post in Worthing hospital and progressed as Night Sister and spent time in the School of Nursing.

Jane then realised that if she was to go abroad as a missionary she needed to be a Nurse Tutor, so she went to Queen Elizabeth College, London University in 1968 to enter the Nurse Tutor Course.

From there she took a post at Addenbrook's Hospital, Cambridge. But then Eric Bond came into her life – and everything changed! As Jane says "the whole course of her life changed", and she returned to Southlands and Worthing Hospitals as a Nurse Tutor. Jane and Eric were married in 1972.

Then their daughter Elizabeth was born, and so for the time being she gave up teaching.

Even so she began a long association with the British Red Cross Society, and ultimately that led to Jane becoming the Branch Nursing Advisor for the Sussex Counties. She found this most rewarding and it enabled her to keep in touch professionally with nursing.

At the same time Jane taught Medical Secretaries, part time, at Worthing Technical College for several years until the course was discontinued. Also her hearing began to deteriorate and she found it impossible to manage classroom teaching.



Jane's hearing loss affected her so much. She enjoyed singing in various choirs wherever she has been, and listening to music. But all that has had to be given up. As she says "a great loss".

Throughout all this time there have been many "jobs for Jesus" : singing in Goring church choir, Warden of Hayward House for 30 years, and Elder for many years and Church Secretary for 6 years. Prior to that last, Jane was able to temporarily take over as Secretary when Wilfred Rhodes had cancer in September 1991, which was a life saver for him at the time!

Jane and Eric had a very happy marriage for 46 years. Eric enjoyed a long and happy retirement, and with him she became involved with bowling! In his last years Eric became very frail and that has left a lasting impression on Jane – she misses him tremendously. But having Elizabeth and son-in-law Nigel and 3 grandchildren, however far away, has been wonderful.

Jane Bond & Wilfred Rhodes



Compassion

Compassion is something that the whole world needs. It has something to do with 'Life style'. Andrew talked about Lifestyle some time ago, and in the 1970's Eileen and I stayed in a Community and learned that Life style meant "Live more simply that others may simply live".

Some time ago I signed up to a website for an organisation called "Charter for Compassion". It was started by Karen Armstrong and a few other like-minded people. She's a Christian and a religious historian and world famous in her field. I regularly get e-mails that are very interesting and thought provoking. She says that if we want to create a viable peaceful world we've got to integrate compassion into the reality of 21st century life.

If we believe in compassion then it follows that we accept the Golden Rule. All religions on this planet have that rule built into their beliefs and creeds: – love your neighbour as you love yourself. Jesus taught that – quoting Leviticus, The rule has been around for a long time.

The Charter of Compassion and the Parliament of the World's Religions meet from time to time. The Parliament first met in 1893 in Chicago and the 7th meeting in 2018 was in Toronto. 118 spiritual and secular traditions met together. 8324 people from 81 countries. All to work "For a more just, peaceful and sustainable world." How wonderful to attend something like that! The 2020 meeting has been postponed and they are looking for a venue for 2021. It's the largest inter-faith gathering in the world.

We can't ignore other religions. Christianity is right for us and Jesus is all-in-all for all of us. But the bottom line for all religions is the one God, the Creator, the Ground of all being, God without compare.

The first week of February each year is World Interfaith Harmony Week when all those who were signed up to the Charter for Compassion, and everyone else really, promised to act compassionately towards other people. Not difficult for us in middle England if you think about it. The World Interfaith Harmony Week was proposed by H.M.King Abdullah II and H.R.H. Prince Ghazi bin Muhammad of Jordan. It's to help neighbours of different faiths get to know each other, and so lead the world to Peace.

In connection with all this I received details of something called "The One Billion Rising". It's the biggest mass action to end violence against women in human history. This campaign was launched on Valentine's Day 2012 because it was calculated that 1 in 3 women on this planet Earth will be beaten or raped at some time during their lifetime. With a world population of 7 billion this means more than 1 billion women and girls. Events take place in 200 countries to bring this to peoples' notice.

We too must spread compassion.

Eileen Rhodes

Life Under Lockdown – Susie Thomas

This is a bit rambling, as it's more a collection of thoughts rather than a structured piece with a beginning, middle and end ... Seems appropriate really, as it can be quite difficult to know what day it is at the moment!



I wonder if this is a common experience? Being lulled into a false sense of security by everyone queuing really nicely outside Tesco/Iceland ... but absolutely horrified that it was 'business as usual' inside, with people leaning over you to pick up produce. I wasn't sure whether it was more responsible to get shopping delivered, or whether that was selfishly taking up a slot from someone who needed it more, but I tried a 'click and collect' from Asda. I was really surprised that just about all the items that had been in stock at 10pm Thursday were not available when they fulfilled my order the next morning - and felt quite embarrassed to pick up a trolley that was literally 12 bottles of wine and a punnet of grapes. As if I was too superstitious to buy 13 bottles and had decided to make the 13th bottle myself ...

COMPLETELY unrelated to my need for 12 bottles of wine, I am currently in lockdown with Ryan, Charlie and Joe.

I don't think anything has changed for Charlie - being 16 and studying for A'levels, he was already spending a lot of his time in his room ignoring the rest of us.

The wonders of modern technology means that he can chat to groups of friends at the same time as they play computer games, so really he's only missing out on his weekly table-tennis, tennis, gym visits, cycling to and from college .

Joe is in Year 9 and I have been really, really impressed by Durrington High School. Basically, he spends 8.40-3.10 (and often later) doing the subjects he would be doing in school.

I sit with him for some of them to ensure focus , so I'm getting to struggle with Year 9 English all over again. Yay!

The teaching is sometimes videos, sometimes TV clips, sometimes worksheets. Or, for last Monday's PE lesson, the message "go and run/walk/cycle 5km"! That was the only time that Joe hasn't been in his pjs during the day - and we made it to the Lido and back in time for the next lesson ...

Our biggest problem is sharing the family PC - but that has eased now that we've got a laptop 12



Generally, the day goes something like this:

Joe - School

Charlie – "What's for breakfast?"

Joe - School

Charlie – "What's for lunch?"

Joe - School

Walk – Usually just Ryan, Joe and me. Usually along the seafront - Joe is especially keen on walking along the walls and balancing on the wooden beams. Ryan has rediscovered Marine Gds and really enjoys walking through there.

It's going to blow his mind when he discovers that there's a cafe where he'll be able to get a cup of tea when this is all over ...

Charlie – "What's for tea?"

Tea

On-line quiz / Scouts / Explorers

Both Scouts (Joe) and Explorers (Charlie) have been 'meeting' throughout lockdown - either with video calls or challenges set. Joe had an indoor barbeque (toasting marshmallows on a candle!

(Bear Grylls, eat your heart out ...) but drew the line at decorating his hard-boiled egg.

So I did it - not sure whether it's Kojak or Ryan :-)

Joe has even been able to continue his keyboard classes! The tutor watches and listens via mobile phone :-)



On-line quizzes have been great fun - there's a daily one run by a Scot and an Aussie with 40 questions, all done and dusted in less than 90 minutes, with answers sent in (if at all) by 5pm the following day. We tend to do that with my sister in France and a couple of other friends in Brighton and East Worthing and it's a really nice way of keeping in touch.

On weekends and holidays (or if Joe has science, maths or computer science where I am zero help) then I'll spend the morning doing gym classes on-line. So anyone in the west Worthing area wondering about a spate of mini earthquakes this month ... that'll have been me, prancing about to music. And I've been doing housework, of course. Having said that, I have learned that it will take more than a global pandemic and five week lockdown to inspire me into making inroads into my mountain of ironing ...

I've really cut down on shopping - I used to do 3 or 4 trips to Tesco per week (on my way home from David Lloyd classes) but now I just go once. I nip to Iceland occasionally for top-ups (milk, bread and strawberries - the latter being pretty much the only fruit or vegetable Joe eats, so classed in our house as 'essential'!)

Ironically, although I probably ought to be looking after my parents, they do not trust me to do this and are more likely to be dropping off food parcels for us Usually soup, but occasionally chicken, gravy and roast potatoes!!!

Charlie managed to watch all 236 episodes of "Friends" before Ryan and me even though we'd had a 26 year head start! He has also worked through "Peaky Blinders" and "Designated Survivor". Joe has restricted his binge watching to the 144 episodes of comedy "Brooklyn 99" and I'm currently working my through the 127 episodes of the very undemanding comedy "Mike and Molly".

Both Ryan and Joe have celebrated birthdays under lock down and so far the boys have had 8 school trips and scout camps cancelled between them! Our characteristic lack of forward planning actually worked in our favour re our family summer holiday, as we hadn't got round to booking anything before all the regulations kicked in...

Ryan has kept busy with typesetting Welcome and various computer-y things. He misses his parents, as he'd usually spend a day there each week. But on the plus side, it is literally a legal requirement that he does not spend any time at all with his mother-in-law! *Susie Thomas*



KESTRO Club – Stroke Association

When coronavirus first reared its ugly head I received a phone call from Peggy. The previous week I had asked members of KESTRO if they wanted to keep our Friday Afternoon rendezvous. The answer was a unanimous 'Yes'.

So the idea of continuing was firmly scotched in an email from the Stroke Association.

Peggy suggested that members of the committee phone our members and a rota be devised so that we keep in touch with each other.

Not as simple as it looks at first glance but achievable.

Soon afterwards an e.mail was circulated which provided the names and telephone numbers in groups of three or four.

Each Tuesday the next group on the list became your responsibility and meant that the recipients were treated to a different caller.

It seems to work like a charm.





Everyone is glad to have someone to talk to and if they do not like the sound of my voice or my conversation, they only have to put up with it for seven days, then it will change. No specific time of day or number of calls in a week has been specified but from what I have gleaned to date every other day seems to be the very least.



Our birthday secretary continues to send each member who has a birthday within this period, a birthday card.

The celebrant would, under ordinary circumstances, have the Assembled membership, sing 'Happy Birthday' and have the dubious honour of a kiss from 'yours truly'. Some you win and some you lose. I seek to do nothing more than provide an opportunity for friendship amongst those who have suffered a stroke. The telephone calls are an extension of that maxim. I feel very fortunate to be a part of it.

Without GURC it would not exist.

Vic Joy

Photos by Carol Webber of our beautiful countryside

How Chloe has been managing recently

Over the the last few weeks at home it has been quite stressful. (I'm sure many would agree!) But I have also found a lot of time to slow my life down. With nothing on I get more time with God, which is great, and I've also been looking into my true personality more, which I never really did before.

As well as all of that I need to try my best to still focus on school work and study. I am using a websight called 'FROG' for this. I dont know what it means, but maybe I will try to find out when I get back to school.

Our school would usually use this online learning platform for teachers to send out homeworks and studying tasks to students, but the teachers are now using it to send us all of our school work that we would normally do in a lesson. It's been fun working from home because I get to do all of my lessons in the office next to Dad. He is very usful because he helps me with working with the computer.

Before isolation, I already new how to work one, but now I feel like an expert! He has taught me loads.

Away from school, I have been doing my best to try and keep fit. Every morning we all, as a family, do Joe Wicks P.E on youtube. We've been on loads of long walks and cycle rides as well. I've been doing some laps around the Lamb park and running too! I have been finding it quite tricky not to be doing gymnastics, because obviously that's not on anymore. For those who know me well, you will know that I love gymnastics, and I don't have the equipment like a volt or bars, floor or airtrack. Hopefully I can go back into the gym and still remember how to do stuff! I also can't do my modern and contemporary dance lessons either, but I can always move the furniture around and go onto youtube for some music.

And then there are Sunday's. As a family we have been doing a live Zoom video call with my Grandma and Grandad's church in Basingstoke.

We have songs and hymns with a children's talk and sermon, just like normal church but on a computer!

We have also been using the app 'Zoom' for alot of thing's. for example, Guides, Church, School study, Bible study and just to catch up with friends and family. It's basically like 'Skype' or 'Face time'.

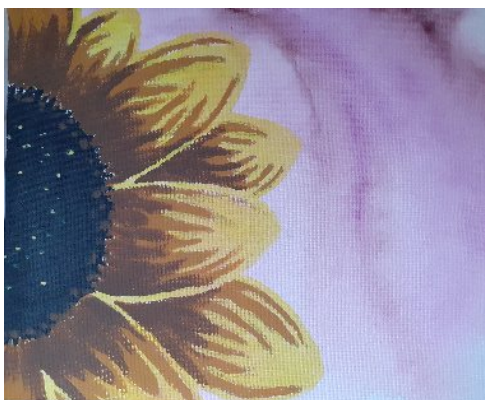
Isolation has taught me lots of things. It has taught me to be grateful for my friends and family that I can no longer see. It has taught me to be grateful for my food and the supermarkets. As well as letting me realise how amazing our NHS and key workers are. And it has also taught me to be a more positive, smiley, and happy person.

I am trying to spread a smile onto people's faces every day. Making others feel the positivity that I feel. To make them know the amazing good news of the Bible. My message to everyone reading this is to 'always be happy! And if you can't manage that, then at least smile:)'



Stay home and stay safe.

Thank you.



I have enjoyed painting and making some hair pins. *Chloe Redman*

... and Nathan
What's he been doing?

What is isolation like for you?

It is fun for me because I get to work with Mummy. I have been doing exciting maths, with chalked numbers on the floor outside on the patio. Oh no, it's vanished because it rained! I get to do handwriting in my handwriting book.



"I have been learning about Africa and how to paint like Martin Bulinya"



I can tell the time really well now because we made a big clock in the garden. We have been doing some P.E. with Joe since the beginning of coronavirus. Joe is doing fun activities in his lounge and we can see it on the TV.

We have been doing church on zoom, we can meet up together on the computer with Grandma and Grandad's church. *Nathan Redman*

Articles for the Autumn CHRONICLE

You can submit articles to the editor in any of the following ways

The Form on our Website or App

E-mail to chronicle@gurc.org.uk

Post to Graham Redman at 5 Salvington Hill, BN13 3AT

Other Publications

Handbook and Directory:

Available for Church Members and those regularly attending.

Welcome

Sunday Welcome sheet for Hymns & Songs Readings,
Prayers and Notices

Leaflets

About this Church, What's On, Baptisms & Dedications, Church
Membership, Funerals, Getting Married, Hall Hiring.

Past weeks' 'Welcome' sheets, Leaflets and the Chronicle are all
available from our website <https://gurc.org.uk> and click on 'Chronicle
& Publications' and also on our 'App'.

A Sad time

'Eileen and Wilf were very sad to say goodbye to their beautiful cat Cleo recently. She had been failing since the beginning of the year, but on that last morning she seemed very poorly, and after one last cuddle they took her to the vet, leaving her carrier on the doorstep.

On examination the vet thought she had cancer of the spleen and they all made the decision that she should be put to sleep.

They couldn't even be with her..... She was 13. Eileen and Wilf adopted her three years ago and they had been very happy years for all of them.'



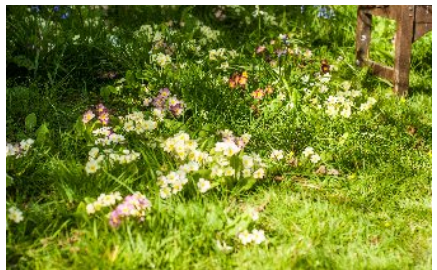
The Commitment Egg

I was lying awake one night and thinking about our commitments, and I realised they fell into three groups. Then the idea of an EGG came into my mind: the YOLK (the first group) is our own personal prayers of commitment – to pray for ourselves and others, to pray for peace and love, the ability to serve, guidance to see where help is needed; to keep Jesus in the centre of our lives.

The WHITE of the egg (the second group) is the prayers and actions for all that surrounds us – our families, our neighbours, the lonely, the young, the homeless, those in need, our church communities. Prayers that we may befriend, serve, love, visit and share the Word of God and our Christian faith.

The third group breaks us out of the SHELL into our wider community – to do, support, act, encourage, visit, drive, and shop. I realise this may not be possible at the moment but I imagine we can all think of specific groups in our area of Goring and Worthing, and even in our gifts to charities at home and abroad.

Perhaps we may have a little more time just now to think about our activities in the days to come when we have the freedom to help or join or give. *Eileen Rhodes*



Volunteering at Chichester Cathedral

When we first moved from Goring to Chichester, I joined the local St. Paul's C of E Church straight away because our son and his family worship there. I now lead the Discoverers group in St. Paul's Junior Church which is the youngest age group of three sections which are all fairly busy. They also have a thriving Boy's Brigade and Messy Church! Nothing meeting at the moment of course!

Within a few months of settling in, I found a leaflet in the cathedral on my first visit asking for volunteers to help with The Family Activity Days. These are held about 6 times a year in holiday time within the cathedral. It sounded like a posh Messy Church so I applied and, after an interview, joined. The day consists of a children's trail around the cathedral and various craft activities all on a different theme each time.

From that I was asked to join the Schools Team within the Learning

and Engagement Team and was soon taking the schoolchildren around on interactive short tours and workshops making "ugly mugs" (the gargoyles) or stained glass windows as souvenirs of their visit.

After a year I was invited to become a guide and, after 3 months training, passed my assessment. Cathedral guides commit to two of the daily tours per month and are asked to take round various groups who want specialised private tours.

I then saw a notice put in by the cathedral librarian asking for volunteers to help in the library. After passing yet another interview I joined a team of volunteers who clean and catalogue the 9,000 books in the library. It is open once a month to the public and is accessed by 40 stone spiral steps! Since February 2019 when we started we have welcomed hundreds of visitors.

Our oldest book is the Kenilworth Missal, thirteenth century and famous because the monk left something out and has had to include the missing part in the margin along with a cartoon of himself.

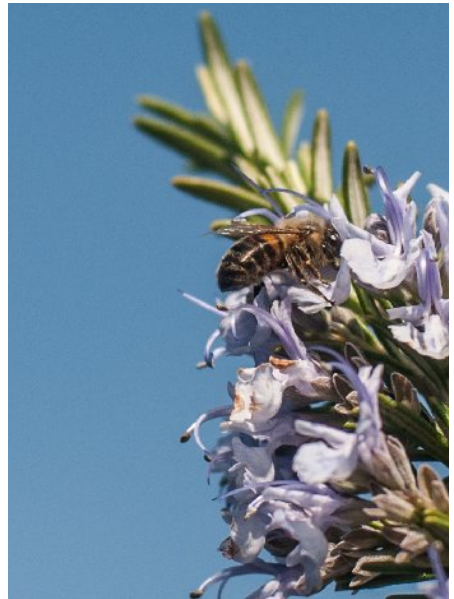
Last summer I was lucky enough to go on a tour of the cathedral roof whilst it was being replaced and after managing the 100 steps we were all rewarded with seeing wooden beams with the original medieval mason marks inscribed and other very old graffiti. As well as dealing with schools, the Learning and Engagement Department handle tours and events for those with a range of medical conditions, including two large services at Christmas for those with dementia. I have been fortunate enough to also visit Chithurst Buddhist Monastery and a Sikh temple with other members of the Learning and Engagement Department.

We are very lucky because our flat has a magnificent view of the cathedral and under normal circumstances we can hear the bell ringing practice on Wednesday evenings.

Shortly before lock down, I took a party round the cathedral from the church where my parents worshipped and from where I began my Christian spiritual journey. I explained that since those days I had attended a Methodist church and the United Reformed Church and finally ended up at the cathedral; whether that is promotion or demotion I'm not sure!!

Susanna Gauntlet

Susanna was a member here at Goring for many years with her mother Joan Eley.



Saved and Redeemed

We have nearly all of us come up against 'Sod's Law' at one time or another, not the least since the beginning of this year. I have been in Beverley over two years now and have settled well. I was just at the point of recuperation and relaxation where I was sorting myself out and deciding what things I should cut down on – for instance, gardening and growing things, giving myself a lot of work each day. I had decided that the local shops and Saturday Market were more than capable of meeting my small needs.

I had decided to make sure that I went out for a walk every day, whatever the weather; to use my free travel ticket by going on any bus that would take my walker and seeing where I end up, making sure I can get back home by teatime. I need to explore Yorkshire! I intended to go to more lectures, concerts, theatre, events and music in Toll Gavel church, the Minster or the Memorial Hall.

What happened? Murphy's Law – the perverseness of things – that something that can go wrong will go wrong. Sod's Law is the English version: an average person who has bad luck, with the added sense of being mocked by fate. Finagle's Law of Negative Dynamics, sometimes known as 'Finagles

Corollary to Murphy's Law', states that everything that can go wrong, will go wrong, and at the worst possible time. The word 'Coronavirus' will surely find its niche in the descriptive words of history.

So, without exploratory walks, bus outings, lectures, concerts, theatre, events and music, what is happening, here at home? Luckily or unluckily, I was able to get some Growbags and compost before the lockdown and I felt obliged to get my small-holding/nursery garden on its way back again. Unluckily, I didn't buy new packets of seeds while I had the chance, so I had to resort to my boxes and bags in the garage and see what I may have hidden there. Ah! Here they are!



How old are these seeds?

Some of them were saved from last year. Some of them are saved from plants in Worthing, so they must be at least three years old. Hold on – this purchased packet says ‘Best Before 2015’ and this one ‘2012!’ Some seeds were in envelopes, unmarked, and educated guesswork had to be

employed. I went online for information on viability of old seed and discovered that some seeds of 2000 years and 32000 have been successfully germinated. There was hope for these, then, if the conditions were all right and the seeds didn’t get too hot or damp or ?– so that life is not extinct.

I set up test conditions to see whether they would germinate so I wouldn't waste time waiting for the odd one to emerge from the soil. Strips of kitchen paper, well watered, cradled them in the darkness of the fold of foil. A few haven't tried to see the light of day, but others, once proved, were set into their first growing trays.

Soon, they were leaning towards the light. One or two could not throw off the seedcases that stuck to their heads, keeping them blind and hindering the leaves from gathering strength. From bitter experience, I have learned not to try to pull these hoods off, as more often than not, the head comes as well.

Best to let them fight their own way out. They may prove to be stronger than those that had an easy birth. The boxes, pots and Growbags stand waiting. So far, I see Rocket, spicy leaves, a variety of tomatoes, and Purple sprouting broccoli. I don't have any pots which are really big enough for the size of the Purple Sprouting which I grew in my last garden. Will they grow in a Growbag? Siblings that I grew in the ground were huge.

The most prolific seedlings seem to be Swiss chard. Just as well I like Swiss chard! My Loganberry and Blackberry look happy enough in their boxes and putting forth good shoots.



All well and good so far, but much TLC will be required and the slog of constant watering. Sod's Law again – I don't have an outside tap (not that it would be any good for the front garden) or a hosepipe! Washing up water – diluted – will be the main beverage for the backyard beauties, though I have made a big discovery,

that I could disconnect the outside waste pipe which comes from the downstairs washbasin; the watering can fits underneath, so we need not be without fresh water on occasion. Necessity is the mother of invention.

A death provided a big incentive to carry on with the gardening. Yes, the death of my intrepid Aunt Flor who died on 16th March, quietly, in her sleep, at the age of 104.

She was the remaining one of fourteen children born to my Grandmother and Grandfather on a farm in Cornwall.

She trained to be a nurse and during the war joined Queen Alexandra's Nursing Corps. She was one of the first to cross the channel to help with the casualties after D-day and nursed for a long time in the Army hospital units in France and Belgium.

After the war, she married a Major she had met during her service and she set up a Nursing home in Hampshire, which later was changed to a Convalescent Home. Her husband ran a small farm attached to the premises, which helped supply some of their needs. Flor kept her kitchen garden going in the family tradition. (The females of this family have always kept their flower and vegetable gardens going in good times and bad).

When they 'retired' they were both well known and very busy socially in the Alton district. After Bill's death, Flor bought a bungalow, which she shared, separately, with her divorced daughter. Sue carried on with her beauty salon work in one part and Flor did most of the cooking and gardening. She had a greenhouse of a size that would not disgrace a garden centre. It was full of flowers, fruit and vegetables. She managed to keep this going for a number of years with a little help. But still the pots of Fuchsias and ferns near the back porch flowered profusely.

It was a sad day two years ago when she fell and broke her hip and was then confined to a chair. Her sight had been deteriorating and she was almost blind. She kept as cheerful as possible, but was troubled by her inaction, both in body and mind. Even at 104, we, members of her wide family, were shocked – we thought she would go on forever. She was one of the most beautiful women I have ever known and I yearned to look like Flor. As time went on, the beauty didn't matter so much as her ideas and aspirations and the grit and determination needed to bring them to fruition. I yearned to be like Flor. I may have succeeded. After all, my mother was Flor's older sister.

The funeral was, of course, confined to a few attendees. But she would have liked it and have given her hearty laugh as they went in to Elgar's 'Nimrod' and came out to the jolly strains of the Helston Flora dance.

The grand reunion will have to wait until her ashes can be taken back to Cornwall to the family grave. We all went to a virtual funeral at the designated time and thought of her as we looked at things that reminded us of her and listened to music she liked. I repotted two cuttings of a Fuchsia she had given me (as cuttings) years ago. The bushes have given many people pleasure over those years.

Meanwhile, I will continue doing whatever, in the same spirit as Flor, to keep on keeping on as cheerfully as possible.

There is a quote at the end of Tolstoy's "War and Peace" which somehow sums up what I hope will be my attitude at the end of the pandemic and quarantine: 'And from old habit he asked himself, "Well, what next? What am I going to do now?" And he immediately gave himself the answer: "I am going to live! How splendid!"

Forget Murphy, Sod and Finagle! "And we know that all things work together for good to them that love God, according to His purpose." Romans 8. 28.

*So here hath been dawning
Another blue day:
Think, wilt thou let it slip useless away?
Out of eternity
This day is born;
Into eternity,
At night, will return.*

*Behold it aforesome
No eye ever did:
So soon it forever
From all eyes is hid.
Here hath been dawning
Another new day:
Think, wilt thou let it
Slip useless away?*

Thomas Carlyle. (1795-1881)



Some darling little squirrel, from who knows where, has been roaming around and digging in my chard boxes. I have replanted the seedlings that were lying limply in the debris. They may recover.

The tomato plant that James gave me as a surprise gift had to be put in the front room window. It then needed repotting and re staking and putting on the floor. Now it has outgrown the new stake. The tender top growth that had two flower trusses, broke off as I was tying it up, with only a sliver of skin on one side. I matched up the broken edges, I made a splint/bandage with some masking tape and made sure it was well supported, watered it, and left it.

The heat of the mid day sun leaves it a bit limp, but at other times it seems to be making a good recovery. I will be glad when the nighttime temperature is warm enough for it to go outside. Further bulletins at harvest time.

J. Mary Connelly

World Day of Prayer

This year's World Day of Prayer service for our local area was held at St Richard's on Friday 6th March. The theme was "Rise! Take Your Mat & Walk" and the short service was put together by women of Zimbabwe. This included the opportunity for people to write pledges of what they could do to support their communities and there was a follow-up meeting the following Friday where Eileen summarised the pledges and we finished off the biscuits!

The World Day of Prayer (formerly the Women's World Day of Prayer) is an annual service put together by women in a different country each time, with an accompanying order of service that includes a section at the back with fascinating details about the 'host' country. In recent years it's been Surinam and Slovenia and next year it's Vanuatu.

Representatives of local churches lead the service, which is open to all - we (GURC) team up with, amongst others, English Martyrs, St. Mary's, St Richard's, New Life and St Andrew's, Ferring.

Next year's service will be at St. Mary's Church in Goring - Friday 5th March 2021 ... assuming we're allowed out by then!

Thanks to Wilf for the colourful photo of the participants in this year's service - which will almost certainly be black and white in the Chronicle, so please just imagine vibrant yellows, reds and greens in the costumes. And if you can imagine my head as Catherine Zeta Jones's, that's good too!



Susie Thomas

Jottings

We, the willing, led by the unknowing,
are doing the impossible for the ungrateful.

We have been doing so much, for so little, for so long,
that we are now qualified to do anything for nothing.

Found in an old diary, and worth thinking about:

Judas was the only disciple who really understood Jesus.

He was the only one of the 12 with sufficient imagination to see that Jesus had to be sacrificed in order to fulfil the demands of the messianic Myth, and he loved him enough to help him do it. Really he was the only one of the disciples who didn't betray him.



The Handbook and Directory No. 72

The up to date version is on our website, but you will need a password from Graham to access the data pages.

Download our App
Goring United Reformed Church



Alphabetical list of names on front cover

How many people do you recognise on the front cover? Full marks if you recognise them all, although there are no prizes for achieving that!

Somebody said to me, it's a bit like 'Where's Wally?'

A

Alan P
Alan W
Alison
Amelia
Andrew
Anya

B

Barbara H
Barbara P
Bill
Bobby
Brian

C

Carol
Carole
Caroline
Charlie
Chloe
Chris
Christina

D

Daphne
David
Denise
Donna
Doris

E

Eileen

F

Freda

G

Gaynor
Geoffrey
Giles
Gordon
Graham

H

Hilary

J

Jane
Jean
Jill
Joan F
Joan J
Joan W
Joe
Jonathan
Julia

L

Lindsey

M

Margaret B
Margaret G
Marielle
Mary C
Mary R
Matthew
Maureen
Mia
Munro

N

Nathan

P

Paul L
Paul R
Peggy

R

Ray E
Ray K
Rita R
Rita W
Roger
Rosemary
Rosina
Ruth
Ryan

S

Shirley
Steve
Susie

T

Tania

V

Val B
Val G
Valerie
Verna
Vic

W

Wilfred
Wilma

No photos for-

Alan C, Bett,
Cath F, Do, Edna,
Ellie, Isobel,
Marianne, Olive,
Penny, Sue M,
Trevor, Trudie

Weekday Activities

Junior Table Tennis	Monday Afternoons
Tuesday Fellowship	2nd and 4th Tuesday Afternoons
Cake, Tea, Coffee and Chat	1st, 3rd & 5th Tuesday Afternoons
Ark for Adults with Babies & Toddlers	Thursday Mornings. School Term times
Kestro (Stroke Club)	Friday Afternoons
Little Fishes Play Group	Monday-Friday. School Term times
Bible Study Group	First Wednesday in Month

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2 Ardale Close, Worthing, BN11 6HW

The Chronicle costs approximately £1.50 each to produce. Whilst no charge is made for the magazine, the Church would be very grateful for any donations given to help towards its cost of production.

*There is a box provided for such purpose at the back of the church, or contributions may be made by post to Mrs Susie Thomas (address above).
Thank you.*

The **CHRONICLE**

<https://gurc.org.uk/chronicle>

chronicle@gurc.org.uk



Goring United Reformed Church

Goring United Reformed Church is part of the United Reformed Church in the United Kingdom. At the beginning of 2018, a Joint Pastorate was formed with Sompting United Reformed Church with whom we share Ministry.

The United Reformed Church has over 1600 churches in England, Scotland and Wales with a total membership of about 76000. It was formed in 1972 when the Presbyterian Church of England and the Congregational Church of England and Wales united, and it was joined by the Reformed Association of Churches of Christ in Great Britain and Ireland in 1981 and the Congregational Union of Scotland in 2000.

The churches of Emmanuel in Worthing, Sompting, Goring and Littlehampton are part of the 'Worthing Cluster' and United Reformed Church Southern Synod, whose affairs are governed by the General Assembly.

It was early in the 1930s that Worthing Congregational Church in Shelley Road began planning to build a new church in the rapidly growing area to the west of Worthing. The present building was opened in September 1961 when the congregation became too large to be accommodated in the church building that is now the hall. This first building was opened in 1948.

Other churches in Goring with whom we share the Christian faith are English Martyrs Roman catholic Church, St Mary, St Laurence & St Richard Churches of England, New Life Baptist Church and Bury drive Methodist Church.

We are here to worship God and proclaim the love of Jesus Christ to all



Goring United Reformed Church, Worthing, West Sussex

<https://gurc.org.uk>