

St. Margaret's Church News

Summer 2019



Ifield Street, Crawley, RH11 0NN

Simon the Rector says farewell...



As I look back over the last 9½ years I am deeply thankful for having been part of the 'Ifield community'. We have enjoyed generous hospitality provided by people both inside and outside the immediate church community. Thank you for the many different ways in which you have made us feel so welcome during our time here.

We have also been amazed at the wide variety of gifts and talents used so graciously in the service of others by so many different members of Ifield (again both inside and outside the church). It has been a joy to see how this community has reached out to those both near and far to make a difference in the lives of others in need. You have been an inspiration to someone whose calling is to care for others in their time of need.

But above all, our time here has been great fun. We have enjoyed serving this community, with, of course, the support of so many others with whom we have laughed and occasionally cried. As I look back, I do so with a smile on my face and words of thankfulness on my lips. Ifield has been good for us and I hope we have been of some good to you. Thank you for the hospitality, your inspirational generosity and the fun you've been.

Life for a Christian is always one of pilgrimage - of journeying. Human nature, however, often tempts us to put roots down; to grow comfortable; to stay within safe boundaries. As we leave Ifield, we will be moving outside our comfort zones and will therefore encounter new challenges and new opportunities for growth. On my office wall I have a quote from one of my favourite Christian authors, Henri Nouwen, which he wrote after reflecting on a trapeze-act he saw at a circus. It gives me encouragement as we move in a new direction:

'I can only fly freely when I know there is a catcher to catch me. If we are to take risks, to be free, in the air, in life, we have to know there's a catcher. We have to know that, when we come down from it all, we're going to be caught, we're going to be safe. TRUST THE CATCHER.'

Simon Newham

St. Margaret's Sunday services

- 8am **Said Eucharist**
- 11am **Sung Eucharist ***
- 11am **First Sunday Informal** (all ages)
- 9:30am **Second Sunday FIISH** (young families)
- 9:30am **Fourth Sunday ReFresh** (all ages)

* with Sunday School on 3rd, 4th & 5th Sundays
in term-time



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Alice Mathias, Sylvia Smith, Jo-Ann Silk and (just)
Tina Sarll with the Bishop of Chichester after their
Confirmation service at Worth Abbey on 5th May

From the Editor...

When I was a kid, it was common to hear someone described as mad. Or possessed by the Devil. In Crawley, people used to make fun of a woman known as Mad Mary. They would shout at her in the streets and paint swastikas on her door. Just for fun, sometimes. I don't think it would have been any fun for her. People can be cruel.

We know the Church has been capable of great emotional and mental cruelty over the years, through judging people and trying to fix them. Or isolating them. And we also know that people outside the Church can be very worried about the sanity of people inside the Church.

Are we all just deluded religious nutters, brainwashed and unnaturally obsessed with the Book of Revelation? I don't think we should start on the basis that everyone who seems a bit different is demon-possessed. Though we do, all of us, I suspect, have our own personal demons to wrestle with.

Fortunately, we have a much better understanding of mental health issues now than we used to. Thank God. Last month, you may remember Mental Health Awareness Week. People like Alastair Campbell, Nadia Hussein and the Duke of Cambridge were talking about their experiences of depression, anxiety and grief, etc. They were encouraging us to share our stories and encourage each other.

The Bible teaches that we are not supposed to be the prisoners of our personal demons, because we are children of God. And even if it is very hard sometimes to see our way through the obstacles life may put in front of us, or to turn off those negative voices inside our head, the message of Jesus is one of hope. The hope that one day God will wipe every tear from our eye, make all the wrongs right, and reveal just how loved and precious we are to Him. That's what I hang on to. Hope wins! And in the meantime, I think we could all afford to be kinder, to ourselves and to others, and aim to listen without judging or labelling people.

Ian Edgson



Bridgeham Clinic News from Jo Strutt



getting back in the saddle, why not join Gordon's Pilates circuit classes! For further details or to book your place, please give our lovely reception team a call.

Bridgeham Clinic Ltd: ☎ 01293 542245 ✉ info@bridgehamclinic.com
www.bridgehamclinic.com

We love spreading our **#BrokerentoBrilliant** message. We had a fantastic June! We especially enjoyed visiting a local business to do free assessments and talk to staff about Bridgeham's health and wellbeing services.

Calling all cyclists! July sees the epic Tour De France. If you'd like to get off to a wheelie good start to your summer cycling, we can help fine tune and review your cycling posture and movement patterns! And if you're also interested in getting accelerated results from using the Pilates machines to increase your core stability, leg, hip and shoulder strength and overall body tone before



Martin Stone's Topsy Turvy Tales

When we have a new client, we always try to give them a special service and make them feel welcome.

One day, I said to a young trainee: "I have a new client in reception. Give her a great shampoo and a lovely head massage. Give her the VIP Treatment." She said "OK" and went off to shampoo the client.

A few minutes later, the trainee came back to ask: "Excuse me, Martin, where's the VIP Treatment kept?"

Another Year, Another Mayfayre!



A Different Kind Of Church

Have you ever thought about coming to church but worried that you wouldn't fit in – that you wouldn't know when to stand up, sit down, etc? **First Sunday** could be for you. Our news service is being run on a trial basis. There are no service books or hymn books to find your way around. All the words you'll need are up on the screen. You are free to stand up or sit down as the mood takes you. Whatever feels right to you is OK with everyone else, too.

First Sunday is a more lively service, with a mixture of worship songs, hymns and video clips, along with short talks and time for prayer. Hopefully there's something for everyone: families, singles, young and old. In other words, it's for you to find a space to worship God in a relaxed environment with others who want to do the same.

First Sunday at 11am will continue to run for the next few months, and we would love to see you and hear your views. What do you like about it? Would you like to change anything? Will you come again? You can make your comments to any member of the Worship Team, or leave them in the box by the church door.

Out with the old, in with the new...heating system!



St. Margaret's hot air heating system gave up just before Christmas. We suffered through the winter. It was very cold!

Removing the old heater was a major job. The system is underground and covered with concrete. It needed a crane to remove the old unit, which was badly corroded. The new units were lowered into place and connected to the gas supply. Hooray!

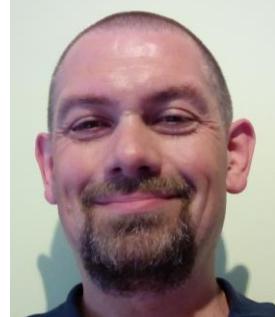
We shall have a nice warm church for next Christmas; a present we can all enjoy! A **big thank you** to all who donated money.



CAP (Christians Against Poverty)

Crawley CAP Debt Centre celebrated its 4th anniversary recently by opening the CAP Café at St John's Church Hall in the town-centre. The Café allows clients and people who want to find out more to drop in for a cuppa and cake. I trained as a Debt Coach and I volunteer on Wednesdays, visiting people in their homes and helping them to become debt free. We work with partners like the Job Centre, who signpost people to us so we can try and help them.

The biggest causes of debt are loss of a job or personal injury. Most of us are only a couple of missed pay packets away. Debt is not the only struggle; mental health and addiction issues are seen too. If you or someone you know is in Debt, I would really encourage you to call the Head Office on 0800 3280006, or drop into the CAP Café (between 1pm and 3pm Wednesday afternoons until 17th July (re-opens 4th September). *Rob Pudney*



Who goes to a church like this?

Sue Gilbert...

How long have you been at St. Margaret's? 30 years

What word would your friends use to describe you? Bubbly

What trait do you most dislike in others? Aggression

What do you most value in your friends? Their friendship

Which talent do you most wish you had? Spacial perception

What is your favourite indoor/outdoor activity? Gardening

What is your guilty pleasure? Gin!

Who is your favourite fictional hero? Peter Pan

Who did you have on your wall as a child? John Lennon

What do you consider to be the most overrated virtue? Temperance

What is your greatest fear? Being tortured

What is your favourite food? Anything with ginger or coriander

What is your motto? Why do today what you can do tomorrow?

What's your favourite song? Too many to mention! Do you know it?

If you were immortal for a day, what would you do? Fly like a bird.

What is something you learned recently? To speak better French.

What is your favourite quote? "I can resist everything except temptation"

- Oscar Wilde

When and where were you the happiest? Probably when the boys were growing up but now is pretty good too!

On what occasions do you lie? Only tiny white ones if complete honesty would be hurtful.

Who are your real-life heroes? The Queen for her unfailing service to this country, and the Bletchley Park code breakers (having just been there!).

What did you do growing up that got you into trouble? Taking a packet of cigarettes into an A level exam.

If you could have one superpower, which would you choose? To heal the sick like Jesus.

What was the last movie, TV show or book that made you cry? Most do! But most recently, the Greatest Showman, the study material for our current housegroup course.

What's the hardest thing you've ever done? Supporting my Dad after my Mum died.

Have you ever stolen anything? Yes, a sachet of Silverkin shampoo from Woolworths

Have you ever had something happen to you that you thought was bad but it turned out to be for the best? Often, God works in mysterious ways.

If you had to work on only one project for the next year, what would it be? Making our new home (when we manage to sell the current one!)



What does St Margaret's mean to you?

Two or three generations ago, the Parish Church would have played a central role in the community. Not just for key life moments - "hatching, matching, despatching" - but in everyday life. People would come together to get to know each other, to support each other through the ups and downs we all experience in our earthly and spiritual lives and to give thanks for all the good things around us which are so easy to take for granted.

Since then, church life has taken a battering, community spirit has taken a battering. We rush through our hectic lives, trying to bear heavy loads by ourselves. The emotional strain we are all bearing is being highlighted constantly in the news.

St. Margaret's has been here for 900 years. It is still here! The building itself is a historic place of interest, well worth a visit. But more importantly, the church is a haven of calm; a place to escape temporarily. From Monday to Saturday, there is someone there at 8:30am and again at 5:30pm, saying quiet prayers for the parish. Between these hours, St. Margaret's is open for all. You can pop in, sit quietly, enjoy the solitude, share your problems with the Lord, or light a candle for someone or something you are worried about. Pop in. It's there for you!