

## Family News

### 1st July 2023

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### How to Prevent Burnout

Modern Western lifestyle is ruthless and the demands on our time seem to be infinite. But time is priceless and, indisputably, our time on earth is finite.

Doesn't it make sense, then, to take a fresh look at the fourth commandment, 'Remember to observe the Sabbath day by keeping it holy' – to stop, and catch our breath?

It is my strong belief that for the sake of our health, our sanity, our families, our relationships, our spirituality and our society, we all need a day of rest.

I realise this is harder than it's ever been. But we profoundly misunderstand this commandment if we think it is God making another burden for us. Actually, the Sabbath is God's gift to us. He could have billed this as a gentle 'Maker's Recommendation'. But he knows us better than that. By making this a commandment, God is ordering us to take a break.

So, this day of rest. Well, at the most basic level, it's good for us physically and mentally. It gives us a chance to stand back, get things into perspective and see the bigger picture.

It also makes a statement about who runs our lives, deliberately dethroning work from being central to our existence. Even on the job of making the entire cosmos, God does not become work-obsessed. He stopped, stood back and saw 'that it was good'. Made in his image, we'd do well to learn the same principle – to remember that who we are isn't defined by what we do. We are human *beings* not human *doings*. If all we do is *do*, then we will stop being.

The Sabbath should be a day to rest and recharge our bodies. Resting is about recovering from the week that's been; recharging is about getting ready for the week to come.

Paradoxically, you may need to work hard to keep God's day of rest special, and take positive action to make sure that it's not interrupted. Even Jesus, in the midst of a busy ministry, was proactive in taking rest, often going to a solitary place in order to escape the crowds. Sometimes he took his closest friends to be with him – other times he went alone.

We too must resolve to guard our rest. Unless we do, pressures will inevitably erode it. The time to relax is when we don't have time to relax!

God's day of rest is a day to worship. Not the *only* day to worship, but it should be the day when we have time to focus on God and our life in him . . . to tune in again.

Giving God the first part of the first day of every week reminds us that he is first in our lives. And if the kind of work we do means Sunday can't be our day of rest, whenever we take our Sabbath, it should involve spending time with God.

The Sabbath day was created holy, and God wants it to be holy to you. It's not just about time off; it is about sacred time. It belongs to God.

The fourth commandment addresses a fundamental issue: who controls our time? It is not simply a question of legislation on trading hours or cultural practices; it is about the lordship of our lives and of our culture. By keeping God's day of rest, we proclaim to ourselves – and to the world – that God runs our lives. We need to set an example and, by our use of our precious time, show that he is Lord of all.

Pieter

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**\*\* Vernon is taking a break, so there will not be a Family News for 8th July \*\***

**therefore notices** for next issue of **Family News**

on **15th July** will be required by

**Midday, Friday 14th July please**

Email is **vandjmapp@gmail.com**

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# Sunday 2nd July 2023 4th Sunday after Trinity

## 10.30am Holy Communion

Welcome, Notices

Opening Prayer, Confession

Worship

Sing Glory 10 Come now is the time to worship  
Open the eyes of my heart Lord  
Speak O Lord

Bible Reading

John 4 v 1-26 and 39-42

Sermon

Intercessions

Peace

Worship

Sing Glory 275 We will give ourselves no rest

Holy Communion

Worship

Sing Glory 609 Come see a vision

Final Prayer & Blessing

## 6.30pm Evening Worship – Go Deeper

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For online zoom coffee after morning church **today**  
join Heather from 11.45am:



<https://us04web.zoom.us/j/84610974627?pwd=Z1g4TzIvVFVtcEUxeGRWbFlFLUDVvZz09>

Meeting ID: 846 1097 4627

Passcode: R4V5My

## **PCC**

Can you please note that the PCC meeting planned for 17th July has been cancelled

## **Choral concert**

### ***Shakespeare in Music***

Sunday 2nd July, 7pm, doors open at 6.30pm

**All Saints Church, Orpington, BR6 0QD**

Ticket price:

£5 for under 12, £8 for student, £12 for adult

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“Our primary children’s [Holiday Club 2023](#)

“Life to the MAX!”



is on for 3 hours each mornings of  
Tuesday 25th to Thursday 27th July this year!

**STOP PRESS! Exciting news!**

1. **NEW** – a lovely **KICK DANCE!** Coach will with us for two of the mornings!
2. **NEW** – **Single Morning tickets (£8.50)** are NOW for sale on Eventbrite, **if you need 1 or 2 days** – ideal if you can’t be there all three mornings (£25)
3. **NB ALL types of ticket reward each child with one of our exclusive Holiday Club T-shirts included in the price, designed by our very own Anthony Motto!**

**Quick! DON’T MISS OUT!! The sale deadline is coming up fast!**

*It would be great to see any Primary school children – scan the new **QR code**, or use our church website page link to book via Eventbrite as soon as possible!*

**We would really love to have some young people helping at Holiday Club**, whether in Games, Drama, Craft or Kid’s Groups, or anything else!

***If you teenagers or students don’t know what is involved, or might like to help, please come and ask Pip Allen as soon as possible!***

Many thanks to everyone who came to our **two Holiday Club Team meetings this week!**

Please keep praying for guidance and protection for the whole team, and the children & families who God wants to bless!

**Any questions, please contact Pip!  
Many thanks!**

**Pip Allen**

Children’s Minister for

**Holiday Club & Messy Church**

07989 389469, [holidayclub@ccorpington.org](mailto:holidayclub@ccorpington.org)

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There will be a **Nearly New Sale** in the café area after the service on Sunday 9th July.

There are many different items to browse while you enjoy a coffee.

Hope you can join us – all proceeds are going to Christ Church funds.

Greta, Judith and Denise.

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## Community Club, Tuesday 4th July

Helen will be leading our  
Communion service at 11am

### On the Menu:

Vegetable soup  
Beef casserole potatoes and vegetables  
Trifle  
Tea or Coffee.

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## Community Club, Tuesday 11th July

Community Club will be going to Leeds Castle.  
There will be **no** lunch at Church.

All going on the outing should gather at Christ Church  
at 9.30am ready to depart at 9.45 am

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**Café Mosaic** is open as usual on Wednesdays and  
Fridays, 9.15am to 2pm, but owing to lack of  
volunteers will be offering only the standard menu  
with no 'Special Lunch'

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## Starts September

Try

Alpha

If you are wanting to explore faith, then the  
Alpha course is an excellent way to start.  
Over 24 million people have already tried it.

At Christ Church the Alpha course involves food (an  
evening meal or afternoon cake and coffee), a short  
video clip and an opportunity to express your views and  
listen to what others have to say in a relaxed  
environment. It could be one of the best resolutions  
you make, to go on an Alpha course.

There will be an initial taster session in September.

To find out more, please contact:

Alpha@ccorpington.org or  
call the church office (01689) 871601.

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"If you would like to give to Christ's work here at Christ  
Church, the best way to give is via our bank account,  
Sort code 40 52 40, and account number 00095465, or  
by sending a cheque payable to 'Christ Church PCC  
Orpington'

to 165 Charterhouse Road, Orpington, Kent BR6 9EP

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## Flower Arranging

The Flower Arranging team are trying to be more  
sustainable, reducing or avoiding use of floral foam  
which forms microplastics.

We are also using some good quality artificial  
flowers, especially in very hot weather when fresh  
flowers don't last long.

We would welcome any donations of artificial  
flowers you may wish to rehome. You can leave them  
in a vase in the church cloakroom near the front church  
door or give to Mel Ketchin or Judith Motto

Thank you

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## Haberdashery appeal



I'm sure many of you  
will have heard of Tools with a Mission (TWAM) and the  
amazing work they do sending pre-loved tools to Africa. But  
did you know they also send sewing machines and  
haberdashery kits?

TWAM are currently desperately short of the following  
haberdashery items:

- Bias binding, lace, interfacing, ribbons, elastic, shirring elastic, Velcro, cords, braids and trims, part reels of cottons, pins, safety pins, needles, thimbles, fastenings including hooks and eyes and press-studs, overlocking cottons, buttons, scissors of different sizes-the older ones for sharpening, buttons and toggles, patterns.
- Fabric – all sizes, as any not suitable for sending to Africa can be used for bags and tool rolls for kits. This includes pillows, duvets and sheets which we cut for bags of different sizes; curtains -we use the fabric; upholstery materials and tools.
- Containers for pins – TWAM used to use photo film boxes but now need to look for other small containers – TicTac boxes are ideal!
- The wool department also needs crochet hooks, darning needles, row counters, needle gauges, machine and hand-knitting wool.

If you have any of the items above and are able to donate them to this fantastic charity, please could you leave them in the labelled box at the back of Church.

Thank you!

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# WANTED

OUR MOST NEEDED ITEMS ARE:

**Canned Hot Meat**

**Canned Cold Meat**

**Desserts, Jelly, Sponge Pudding,  
Angel Delight**

**Sugar**

**Shaving Gel**

**Kids Toothpaste**

**We would also like to start receiving gluten-free  
and reduced-sugar products if possible**

PLEASE **DON'T** GIVE US **FROZEN** OR **CHILLED** ITEMS AS  
WE DON'T HAVE THE CORRECT STORAGE FOR IT AND IT  
SPOILS BEFORE WE CAN DISTRIBUTE IT

WE'VE GOT PLENTY OF:  
PASTA, CEREAL & BISCUITS

**TAKE A PHOTO OF THIS LIST  
WITH YOUR PHONE TO  
REFER TO WHILE YOU SHOP!**

**IF YOU ARE IN NEED OF FOOD SUPPORT  
PLEASE CONTACT US ON 0800 9 20 23 24**

The Data Protection Act 2018 is the UK's  
implementation of the General Data Protection  
Regulation (GDPR).

Everyone responsible for using personal data has to  
follow strict rules called 'data protection principles'.  
They must make sure the information is: used fairly,  
lawfully and transparently.

Meina is our GDPR representative and if anyone has  
any queries relating to GDPR to please contact her on:  
[gdpr@ccorpington.org](mailto:gdpr@ccorpington.org)

## Northumbria Daily Prayer



Daily Prayer at 9.00 to 9.20am in the chapel on  
Mondays and Tuesdays.

Readings from Scripture, a short meditative  
reading, prayer, reflection and silence.

Dates for July are: **3rd & 4th**, 17th & 18th.

## 2023 Services at Christ Church Orpington

### Sunday 2nd July

10.30am Holy Communion

6.30pm Evening Worship - Go Deeper

### Wednesday 5th July

10.00am Holy Communion

### Sunday 9th July

9.00am Holy Communion

10.30am Morning Worship

6.30 pm Evening Worship - Reflect

### Wednesday 12th July

10.00am Prayer Meeting

### Sunday 16th July

10.30am Holy Communion

6.30pm Evening Worship - Go Deeper

### Sunday 23rd July

9.00am Holy Communion

10.30am Morning Worship

6.30pm Praise & Worship



### Holiday Club

Tuesday 25th to Thursday 27th July

### Sunday 30th July

10.30am Holy Communion

Registration Now Open!

[ccorpington.org/holidayclub](http://ccorpington.org/holidayclub)



# LIFE TO THE MAX! HOLIDAY CLUB 2023

CHRIST CHURCH ORPINGTON



*KICK Dance!*  
(our guests for 2 mornings!)

Tues 25<sup>th</sup> - Thurs 27<sup>th</sup> July

includes  
exclusive T-shirt!

Only £25 for 3  
FUN Mornings!\*

Craft, Games,  
Bible Stories,  
Songs & more!



\* **NOW** - Tickets for Single Mornings also available @ £8.50 ; also includes exclusive T-shirt!

Bromley

# foodbank

## *Certificate of Thanks*

**This  
Certificate  
is presented to all  
those who donated food from**

**Christchurch Orpington**

**From 1st April 2023  
To the 31st May 2023**


**During that time**

**141kg**

**was given to help support the work of**

**Bromley Borough Foodbank**

*With our Grateful Thanks*



## **JG is Back!**

**With a Summer Musical Extravaganza**



*After the success of the Musical Theatre Evening last year, we are delighted to be welcoming JG (accompanied by the very talented Emma) to dazzle and delight us once again on*

**Friday 14<sup>th</sup> July 2023, 7.15pm (doors open 6.45pm)**

*St Andrew's Church  
Lower Road  
Orpington BR5 4AL*

Tickets £8 in advance (£10 on the door), 12 & under £3  
Light refreshments included.

Tickets will be available to purchase from Barbara and Malcolm,  
or contact the parish office on [crayparish@outlook.com](mailto:crayparish@outlook.com)



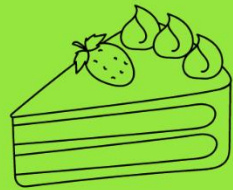
Join Spinnaker  
Orpington for

# Coffee and Cake

Friday 7th July

Orpington Baptist  
Church cafe

10.30 - 12.00



Fundraising and  
sharing our  
work in local  
schools



 **Spinnaker**  
Engaging • Inspiring • Equipping

Spinnaker Bromley Hub

# QUIZ Night



fundraising for the work of Spinnaker

Friday 14th July 2023

7pm for a 7.30pm start

At St Peter & St Paul's Parish Church Bromley  
Church Road, Bromley BR2 0EG

£5 per person

(up to 8 on a team payable on the night in cash/cheques)  
Individuals welcome to sign up and will be included in a team.



Refreshments available for a donation or you are welcome to bring your own  
drinks and nibbles.

PRIZES FOR THE WINNING TEAM

Book your team in NOW!

Email: [spinnaker@spinnaker.org.uk](mailto:spinnaker@spinnaker.org.uk)

or contact the Spinnaker Office

Tel: 0203 764 8503

