

NEWS & CHAT 13 January 2022

The online service is live-streamed on the Christ Church Facebook page.

The wearing of masks is compulsory in churches.

To continue to keep Covid-19 safe, please remember to:

- Wear a mask at all times (unless you have an exemption), including at groups meeting at church
- Sanitise hands when entering the building
- Keep at least 1m from people you are not in a 'bubble' or live with, including at groups meeting at church.
- Try to keep conversations after worship to a minimum

During services and other events, we will endeavour to keep the Church as warm as possible whilst maintaining good ventilation, so please dress accordingly.

Sunday 16 Jan. 2022 10am The Minister at CC, Communion, followed by Church Meeting
 10.30am John Amos at BDC

At the last Church meeting a suggestion to support the Royal Marsden at Sutton Hospital's new Cancer unit was made, and it was decided to support this charity on a Sunday during January. We will make a collection for this charity on **Sunday 23 January**, when the Moderator of the Eastern Synod, Revd Lythan Nevard will lead worship

TAIZE - Taize service, next week, Thursday 20th January at 10.30am. Come for some quiet and reflective time. All welcome

If any couple is interested in going to Floriade Floral Expo with Kirby's on 21st April, for 5 days - It is a wonderful experience - Please speak to Penny

TIPS & IDEAS

An idea from #64MillionArtists January Challenge (a creative suggestion for every day in January):

Take the time to reflect on the things you use to navigate the world a little more easily. It might be a big thing, a little thing or anything in between. It might come to you quickly, or it might require some thought throughout your day.

This concept was designed with disabled people in mind – so someone very short might need a stool to do many daily activities, others may need a hearing aid, a stick, a magnifier, but probably all of us have something that helps us daily – glasses, a prayer book, a walk, a candle....

RESOURCES

New reflections for the season of Epiphany from St Paul's Cathedral, by Patrick Craig - a countertenor and conductor. He is a Vicar Choral at St Paul's Cathedral and over twenty years sang more than a thousand concerts with the Tallis Scholars. <https://mailchi.mp/343c2376de33/coming-up-from-st-pauls-cathedral-8251188?e=e30a1f608a>

PRAYER CORNER

I invite all of you to set aside time daily to pray for our churches and members but also for the whole nation and world. We pray especially this week for all those in hospital or having tests done.

This week's prayer theme (prepared by Gwyneth). **Example.** Jesus is our example for life, not just a sample of joy at Christmas. Have you brought Jesus with you into 2022 yet?

Particular prayer requests this week:

Audrey	Sheila S	Joy and Steve A
Phil and Grace	Peter C	Phil and Penny
Frank	Sally	Judy H.

From Eco Church – ideas to appreciate nature: <https://arocha.org.uk/make-your-2022-a-year-of-nature/>

Whether you've already made (or broken) a New Year's resolution... be sure to fall in love with nature in a new way this year. Here are some ideas to make 'enjoying nature' your priority in 2022.

- **Take a wildlife quiz.** From cool questions on the coldest regions to testing for knowledge on the deep blue sea, learn something new about nature alone or with your family with WWF's selection of fun quizzes [here](#).
- **Bring nature into your home or garden.** Planting a herb or flower as a reminder of our responsibility to steward God's earth. As you tend to this plant, prayerfully ask God how you might nurture nature better at home in 2022.
- **Spot winter wildlife.** Winter is still a great time to be outdoors and see wildlife. Soak up the seasonal sights on your doorstep or find out what you can see in different parts of the UK [here](#).
- **Walk and Worship.** Go for a walk in nature and note all the signs of the season. Use this time to reflect on the changing season and what we can be thankful for.
- **Write about or draw something that inspires you in nature.** Try this one as a group activity and share your ideas and reflections.
- **Birdwatch.** A great way to begin could be taking part in the [Big Garden Birdwatch](#) this January (28-30).
- **Visit an outstanding area of beauty in the UK.** Many of our [Partners in Action](#) offer beautiful surroundings and even retreat days or weekends. Check out [The National Trust's](#) website for your nearest escape to nature too.
- **Get to your nearest green space more often.** Time spent enjoying God's creation will help set your mind and seek the things that are above. Bring your sketch or notebook, your Bible, or whatever helps you connect with our heavenly Father. Or perhaps God is inviting you to just bring yourself (with some extra layers!) and simply sit.
- **Bring a friend along!** Next time you meet up with a friend, why not suggest an extended or brisk wintery walk together (don't forget your reusable coffee cups!)
- **Try out a new delicious meat-free recipe.** [What we eat impacts the earth's resources](#). Get creative in the kitchen and sample some tasty Meat Free Monday recipes [here](#).
- **Grow your own.** What could you grow inside your home, in the garden or even at church? Who can you bless along the way? Healthy and rewarding, Vishadhi shares her [tips](#) on how she started growing her own fruit and vegetables to bless others in urban Southall, London.
- **Plan a Wild Time!** Plan something *completely* wild in nature for later this year. Experience kayaking, wild camping, outdoor yoga, forest school, forest church... Make it your resolution to *really* enjoy what nature has to offer this year. Break out of your normal routine and join a volunteer work party or take to the water for wild swimming. Whatever you do – do something different and have fun in 2022!

And why not watch Green Planet (with David Attenborough), 7pm Sunday nights on BBC1

