



# The Buzz

August 2023

Monthly information for the Parish  
of Ifield



THE CHURCH  
OF ENGLAND

## Thought for the Month



Now, I wonder when you last had a Mars bar? No – I haven't gone "off piste" this month into advertising one of the nation's favourite chocolate bars!

But in thinking about work-life balance as we enter the month of August, I had a sudden flashback to the old television adverts for the Mars bar. Many of you will remember the slogan and tune that goes "*A Mars a day helps you work, rest and play*". This was a fabulous slogan first adopted for the chocolate bar in the 1960s, dropped in 1997 but re-introduced briefly ten years later with a video of monks bellringing. I'm sure you must have seen that, but if not, it's available on YouTube! The premise of the video was that eating a Mars bar aided exercise. I am sure nutritionists might take dispute with that, but nevertheless, the original slogan has remained memorable.

We all need work, rest and play and getting the balance right is important for our physical and mental health. None of us can go flat out at work without risking burnout and none of us can just rest without losing the ability to move and be productive. If life was just play, I'm not sure what we might achieve in life. But many of us find it difficult to get the balance between these three right.

And what about our spiritual wellbeing? How often do we wonder if we are achieving the right balance there, or realise we are ignoring our spiritual needs completely?

Jesus knew how to withdraw often and find space and time to 'just be', to connect with God and to pray. He knew the importance of getting the balance right and in doing so was better equipped and able to be there for others to help them to achieve inner peace and rest. He said:

*“Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” Matthew 11:28-30*

This August, why not re-evaluate your “work, rest and pray” balance and see if any adjustments need to be made?

Every blessing,

*Christine*

## SERVICES AT ST. MARGARET’S

1 <sup>st</sup> Sunday	8.00 am 11.00 am	Said Eucharist Sung Eucharist
2 <sup>nd</sup> Sunday	9.30 am 11.00 am	FIISH for young families Sung Eucharist
3 <sup>rd</sup> Sunday	9.30 am 11.00 am	Family Worship Sung Eucharist
4 <sup>th</sup> & 5 <sup>th</sup> Sundays	11.00 am	Sung Eucharist
Wednesdays	9.30 am	Said Eucharist



## PARISH HOUSE GROUPS

House groups will be taking a break in August, but reconvening in September when new members would be welcome.

Mondays 10.30 am–12 noon at Tree House, Rusper Road  
Please contact Jill Bell on 521699 for details

Tuesdays 7.30-9.30 pm

Venue may vary.

Please contact Jo Strutt [jo@bridgeham.com](mailto:jo@bridgeham.com) for details

# **OPEN DOOR**

**St. Margaret's Church  
Ifield**

**1<sup>st</sup> Wednesday of the month  
10.15am - 12 noon  
Starts 2<sup>nd</sup> August 2023**

**All welcome to come and**

**chat  
drink coffee  
make friends**



The first baptism to be held in our Family Service took place on Sunday 16<sup>th</sup> July. It was a joyful occasion, with friends of the baptism family joining our regular congregation of young people and their parents.

# WHAT'S THE BEST NEWS YOU'VE EVER HEARD?

WAS IT SURPRISING?  
DID IT CHANGE THE WAY YOU THINK?  
OR WAS IT SOMETHING YOU WANTED TO BE TRUE BUT DIDN'T DARE  
HOPE?



YOU ARE INVITED TO COME AND EXPLORE  
CHRISTIANITY

SATURDAY MORNINGS 9.30AM TILL 11AM  
BACON BUTTIES AND REFRESHMENTS  
SERVED FROM 9AM

THE COURSE IS OPEN TO ADULTS WITH A  
FULL PROGRAMME FOR CHILDREN TOO!

SIGN UP BY WEDNESDAY 6TH SEPTEMBER  
2023 ON THE LIST IN CHURCH



CHRISTIANITY  
EXPLORED



Course dates are 23<sup>rd</sup> and 30<sup>th</sup> September; 7<sup>th</sup> and 14<sup>th</sup> October; 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> November. If you would like to know more about the course, please speak to our Youth and Children's Officer, Naomi Gater, or our Reader, Jill Bell.

## 200 CLUB

The second 200 Club Building Fund draw took place on 9th July, the results of which are set out below:

1st prize	£40.00	Jenny Thomas
2nd prize	£24.00	Trevor Strutt
3rd Prize	£16.00	Margaret Shaw

Thank you for your valued and continued support - new members are most welcome!



The annual 8.7 mile Amberley-Arundel sponsored walk will take place on 17<sup>th</sup> August. Jane Binmore and Jill Bell will be taking part, and would much appreciate your sponsorship. If you would like to support them, please sign up on the form on the literature table by the north door. They would also be pleased to hear from anyone who would like to join them.

For more information, or to donate, please visit: [familysupportwork.org](http://familysupportwork.org)

## LITTLE DRAGONS

It's church, it's messy, it's for little ones, their parents and carers!

9 till 10.30am every Monday in term time  
St Margaret's Church



## OUR YOUTH CLUBS

**Junior Youth Club** - School Years 1-4

**Above Youth Club** - School Years 5-8

**Beyond Youth Club** - School Years 9 and above

For more information, please contact Naomi Gater, Youth and Children's Officer

# EASTER TEAM FOODBANK.

Please leave items in the basket in church or contact [sue@ifieldparish.org](mailto:sue@ifieldparish.org) for collection. Items currently most needed are UHT milk, tea bags, shampoo, shower gel, cooking oil and flour.

Next Shopping Parades Collection: Saturday 19<sup>th</sup> August

## WHO'S WHO IN IFIELD PARISH

Rector	Revd. Christine Spencer	561283	<a href="mailto:rector@ifieldparish.org">rector@ifieldparish.org</a>
Curate	Revd. Dominic Desouza-Campbell		<a href="mailto:curate@ifieldparish.org">curate@ifieldparish.org</a>
Reader	Jill Bell	521699	<a href="mailto:reader@ifieldparish.org">reader@ifieldparish.org</a>
Parish Wardens	Andy Ironside	07758 168411	<a href="mailto:andy@ifieldparish.org">andy@ifieldparish.org</a>
	Kevin Lawler	07792 809165	<a href="mailto:kevin@ifieldparish.org">kevin@ifieldparish.org</a>
PCC Secretary	Clare Wilson	416438	<a href="mailto:pccsecretary@ifieldparish.org">pccsecretary@ifieldparish.org</a>
PCC Treasurer	James May	529146	<a href="mailto:treasurer@ifieldparish.org">treasurer@ifieldparish.org</a>
Safeguarding	Amy Wilson	07701 098350	<a href="mailto:safeguarding@ifieldparish.org">safeguarding@ifieldparish.org</a>
Youth and Children	Naomi Gater	852763	<a href="mailto:ycofficer@ifieldparish.org">ycofficer@ifieldparish.org</a>

## REST DAY

Please note that Friday is our Rector's rest day

## PLEASE NOTE

St. Margaret's weekly notices can be viewed on the parish website

## IFIELD PARISH WEBSITE

[www.ifieldparish.org](http://www.ifieldparish.org)

Please send any information/photos for publication on the website to  
Carl Peirce [carl@ifieldparish.org](mailto:carl@ifieldparish.org)

Follow us:

Facebook: <https://www.facebook.com/groups/stmargaretsifield>

## IFIELD PARISH OFFICE

Mondays-Thursdays 9.00 am – 12 noon

1 Lychgate Cottage, Ifield Street, Crawley, West Sussex, RH11 0NN

Parish Administrator: Mave Eshun Tel: 537578 Email: [office@ifieldparish.org](mailto:office@ifieldparish.org)

Please send any updates for the September 2023 issue to Jill Bell  
[reader@ifieldparish.org](mailto:reader@ifieldparish.org) by 21<sup>st</sup> August