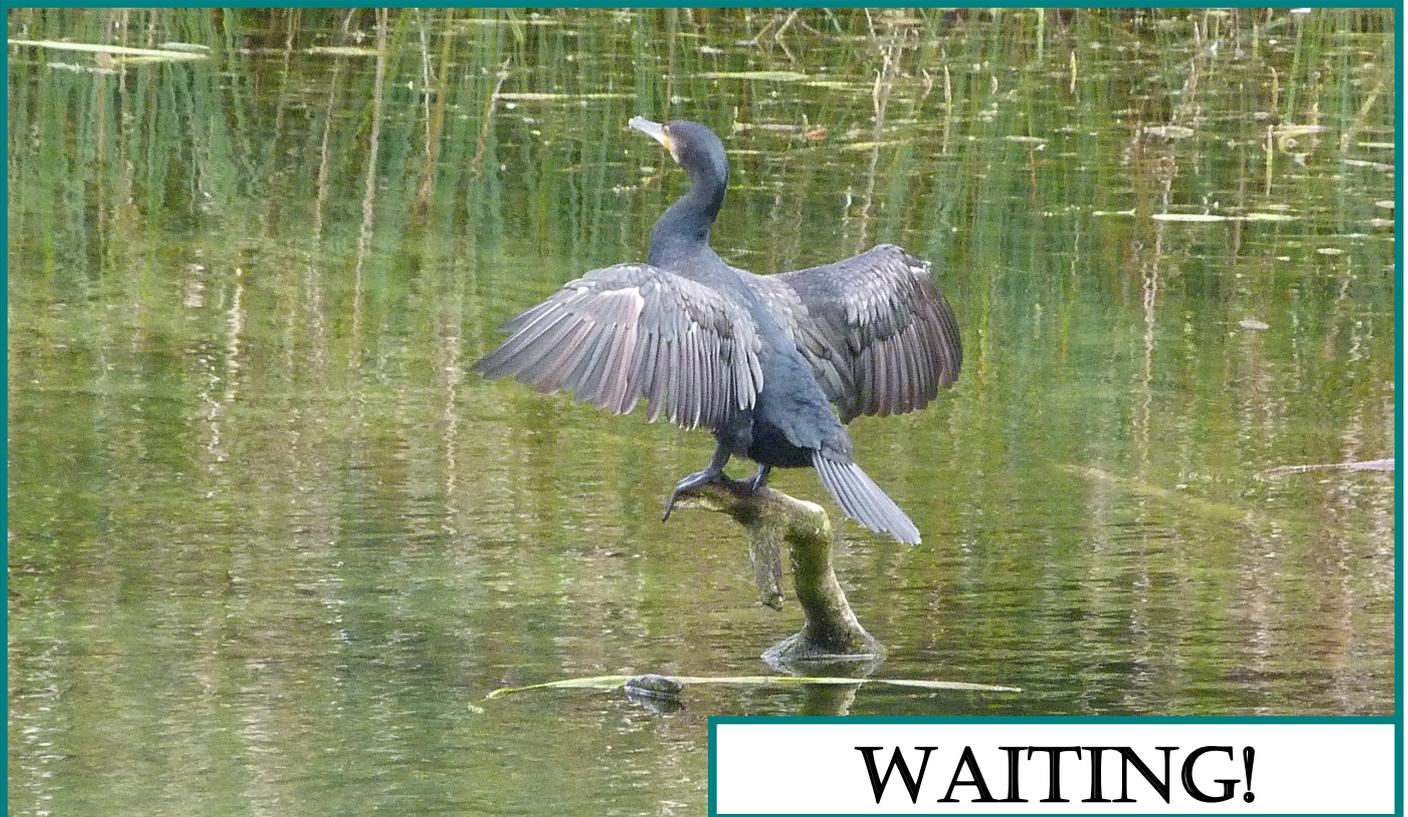


Wavelength

February 2020 - edited for website



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More Humble Pie, Vicar? by Rory McClure

Have you ever had to *eat humble pie*? Come to that, have you ever wondered what humble pie is? The term dates back to the Middle Ages when only the rich could afford the best cuts of meat. The butchers would then sell all the unwanted scrag-ends, bits of gristle and chewy lumps as “umbles.” In other words, if you had the choice, you would never actually want to eat humble pie. So when you've metaphorically had to *eat humble pie*, you've been humiliated. The problem is, there's a huge difference between

There's a huge difference between being humiliated and being humble!

being humiliated and being humble.

When you've been humiliated, you've been shamed. Your weaknesses have been exposed and you feel dreadful about yourself. However, many people wrongly believe that being humble means thinking badly about themselves and the worse they feel about themselves the more humble they are. Nothing could be further from the truth because humility is the very thing that God has given us to prevent us from being humiliated. True humility is supposed to save us from true humiliation.

Isaac Newton was one of the greatest scientists who ever lived. Yet



despite all his discoveries and insights into how the world works, he always felt humble before God's creation. He said, “I do not know what I may appear to the world; but to myself I seem to have been only like a boy playing on the seashore, and diverting myself by now and then finding a smooth pebble or a prettier shell than ordinary, while the great ocean of truth lay all undiscovered before me.”

Unlike some scientists today, Newton knew so

much that he realised that he knew barely anything. Had he been a proud man, he could have boasted “I am the man who discovered how gravity holds the planets in orbit around the sun.” This done, he could have gone into retirement and he would still have gone down in history for this one discovery alone. Yet he was driven by curiosity and awe at God's creation to learn more and more. And the more he learned, the more he realised just how little he knew. So the deeper he dug his foundation of humility the higher he was able to build on top of that foundation.

Perhaps this is why the Bible encourages us to develop our sense of humility. “Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience” and “ be

peaceable and considerate, and show true humility toward all men.” (Colossians 3:12, Titus 3:2)

So we start with God's grace and humbly admit that there's nothing we can do to earn His love. This humility reminds us to tell ourselves, “I did not receive God's grace because I'm a better

True humility is supposed to save us from true humiliation.

person than he or she is.” We humbly admit we are all equally in debt to God and that should make us all equally grateful. Then, in response, we show compassion, kindness, humility, gentleness and patience to one another.

We try to be peaceable and considerate to one another. We try to “do nothing out of selfish ambition or vain conceit, but in humility consider others better than [ourselves.]” (Philippians 2:3)

Humility like this helps us to recognise that other people have virtues and talents. Sometimes this can spur us on to keep developing our own. Sometimes we can learn new skills from others, sometimes we can admire others and sometimes we can benefit from the talents other have and we don't. Humility also helps us to recognise the limits of our own talents and therefore encourage and bless those better gifted than ourselves.

Having a poor self-image does not make us more humble, it just makes us depressed. Nor is humility incompatible with a certain type of pride, yet that pride can

swiftly grow malignant.

An Olympic runner can take pride in winning a gold medal, but that pride can then make him lose the next race if he thinks he's so good he doesn't need to try so hard. An artist can take pride in the beautiful landscape he's just painted but that pride can then make his next painting just a mediocre copy of the first one. As the Bible warns us, "Before his downfall a man's heart is proud, but humility comes before honour." (Proverbs 18:12)

The mediocre achieve one good thing and rest on their pride. They use their achievement to feel that they are better than others and end up embittered when others achieve more. But the great learn enough from others to achieve great things. Then they become so aware of the greatness of their peers that they push

themselves on to achieve even greater things. The more they learn, the more they achieve, the more they are able to admire the skills and accomplishments of their peers. All of this comes from humility.

Humility can also save us from humiliation by

Humility also reminds us that God is God and we are not.

helping us to acknowledge the limitations that God has given us. Sometimes they are limitations that we were born with, sometimes they come from opportunities we missed, sometimes new limitations are imposed on us by old age or ill

health. We can receive these limitations as humiliations and get bitter about them, or we can humbly accept them as being from God. If we accept this, we can also accept that, if God has given us those limitations, then He only expects us to work within those limitations. This can also help to liberate us from the feeling of failure or guilt that we can no longer do what we once did easily.

So know this: God is pleased with what you can do for Him within the limits He's given you so stop believing that He's disappointed in you for not being able to do the things He hasn't equipped you to do.

In the Bible Jonah said, "Those who cling to worthless idols forfeit the grace that could be theirs." (2:8) Jonah knew that pride came at a terrible cost.

Many people think they

can get by fine without God and others think they don't need to ask for God's forgiveness and grace. As a result, they forfeit comfort and strength in this life and they will forfeit heaven in the next. As Christians, we can also forfeit the grace that could be ours:

- * Have you ever gone to church when you've been really worried about something?
- * Have you heard the invitation to go forward at the end of the service and receive prayer?
- * Have you ever thought you probably should go up, only to prevent yourself from doing so because you thought to yourself, "What if someone sees me?" Or, "I really don't want to bother them..."

If so, you forfeited the grace that could be yours. God loves you and God has provided

many things for you, to help you overcome your anxieties. One of these things is prayer. Private prayer obviously, but also remember the Bible says, "pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective." (James 5:16)

Going up for prayer is a humble thing to do, not a humiliating thing to do. So if you have a need, humble yourself, ask for prayer and God will bless you.

Humility also reminds us that God is God and we are not. Moses wrote, "The secret things belong to the LORD our God, but the things revealed belong to us and to our children forever, that we may follow all the words of this law." (Deuteronomy 29:29)

We can be wise (sometimes) but God is infinitely wise. In His

wisdom God hasn't told us everything we *want* to know, He's told us everything we *need* to know in the Bible. He knows the end from the beginning. He's thought thorough all the implications of everything that will flow from everything that has happened and everything that might or might not have followed if it hadn't happened in the first place. He understands the big picture. It's just that He hasn't told us all this yet and we are wise when we humbly accept this. Why did God allow that bad thing to happen? I humbly admit I don't know, but I do know the One who allowed it to happen and I know that His own Son suffered far worse things and He allowed that to happen too.

Therefore:

- * I humbly admit I'm in no position to judge God and say what He did was wrong.

- * I humbly trust that God will get me through it all.
 - * I submit myself to God and His legitimate and wise authority.
 - * I trust that He is my King,
 - * I am one of His foot soldiers and that as He leads me into battle, the victory is guaranteed and in the end the rewards will exceed the costs.
- Finally, if life offers you humble pie, take it with a pinch of salt!

Father Christmas Visits Paradise by Margaret Marsden

Paradise is a Parent (or Carer) Baby and Toddler Group held at Parkside Church every Monday afternoon.

On the 16 December 2019 we had our children's Christmas Party, with 22 children, plus Mums, Dads and Grandparents attending. The children had a lovely time with lots of party food and fun.

The highlight of the afternoon for our children was a surprise visit from Father Christmas,

who brought all the children gifts because they had been very good. Most of the parents also

wanted to photograph their children with Father Christmas!

I would like to thank

Father Christmas and all the helpers who made our party a very happy time.

Many thanks also go to all the helpers who give their time to make our group special for the children and parents all year round.



An American Christmas - Holiday at Home by David Nickless

It was a grey winter's afternoon as we huddled together in the church to find out how Americans celebrate Christmas. Over 40 visitors and friends attended this special Christmas event.

Rory welcomed everyone and we were soon looking forward to hearing how Americans celebrate Christmas. We began with the classic carol "O come all ye faithful" with Sue leading us on the grand Clavinova.

Rory showed us some photos of the theological seminar in St Louis Missouri where he studied taken when the area was covered in a blanket of thick snow. This was a scenic winter wonderland, and everywhere looked so peaceful with the snow glistening in the sunlight. We saw Rory and Val with their young

family and noticed how much the children have grown since that time. We were then introduced to a friend's house. This old house had Christmas trees in every room including the bathroom! Americans take great care, effort and passion in decorating their homes with masses of colourful lights and Christmas trees loaded with baubles and gifts.

We saw a photo of some large white houses with bright decorations. The lawns are not separated by fences or hedges as they are in England and this makes them very spacious.

We enjoyed listening to Bing Crosby singing "I'm dreaming of a white Christmas". An American artist had painted some vivid pictures of snow scenes which added to the ambience of this

nostalgic melody.

Americans also love to create a variety of wreaths to hang on their doors and have lots of novel ideas on how to create that unique colour and design.

While we listened to "O Holy Night", we were treated to some lovely photos of snow laden landscapes with sunsets, the Northern Lights and moonlit nights. Rory commented on the wonder of God's creation and Jesus the one who created all these wonderful sights, and entered our world in such humility to be our Saviour. With the wonder of what we had seen we ended with the carol "Joy to the World"

It was now time to sample the delights of a Christmas style buffet with a few American surprises. Joyce kept us

lubricated with tea as we enjoyed a variety of cakes, sandwiches and mince pies. We are grateful to Rory, Val, Sue Hawkins, Joyce and the catering team for all their hard work and to Roger our skilled audio-visual technician.

It's February now and perhaps we may see a few flurries of snow, but nothing like the American version!

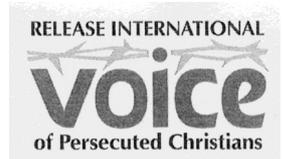
PS What amazing Christmas decorations we had at Parkside this year with such a

wonderfully creative display inside and outside the church too. Our thanks go to Rory, Val, and the team of helpers who put so much planning and effort into making the church look so colourful!

Thank You from Release International

Dear Charlotte

Thank you for the generous gifts from your church, with £600 to support Kenneth Harrod in his work for Release and £302.88 raised at a coffee morning to be used where it is needed most.



Please would you pass on our thanks to everyone who was involved in organising the coffee morning and all those who came along to support it. When Malcolm called a few weeks ago, he mentioned that one person in particular had worked really hard to organise the coffee morning - I've enclosed a thank you card for her.

Kenneth will also be really encouraged by your faithful support for him including your prayers.

We are really grateful for all your church family is doing to support Christians around the world. May you know God's joy and peace this Christmas.

Yours sincerely,

Helen Case

Supporter Relations Team Leader

A Scrumptious Lunch



Much love and appreciation, and many thanks to everyone who helped to make this meal such a lovely time together!



Parkside in February

Saturday	1	2.00pm	Arcade Knitters	
Sunday	2	10.30am 6.30pm	All Age Service with crèche Evening Service with Communion	Growing Up Gospel Triumph, Gospel Suffering
Monday	3	9.30am 10.30am 1.30pm	Pastoral Care Team Meeting Elders Meeting Paradise	
Tuesday	4	2.30pm	Home Group Meeting	
Wednesday	5	10.00am 7.00pm 7.30pm	Home Group Meeting Home Group Meeting Men's Bible Study	
Thursday	6	10.00am 10.30am 7.45pm	Oasis - Ladies Bible Study Service at St Winefride's Home Group	
Friday	7	7.30pm	Deacons Meeting	
Saturday	8			
Sunday	9	10.30am 6.30pm	Morning Service with Communion with crèche and children's groups followed by refreshments Evening Service	Keep Searching The First Trumpet
Monday	10	9.30am 1.30pm	Pastoral Care Team Meeting Paradise	
Tuesday	11	10.00am 2.30pm	Prayer Meeting Friendship Hour - Tony Canvin	
Wednesday	12	7.30pm	Men's Bible Study	
Thursday	13	10.00am 7.30pm	Oasis - Ladies Bible Study Prayer Meeting	
Friday	14			

Saturday	15	10.00am 2.00pm	Coffee Morning Arcade Knitters	
Sunday	16	10.30am 6.30pm	Morning Service with crèche and children's groups Evening Service with Communion	What's Your Judgment? The Second Trumpet
Monday	17	9.30am	Pastoral Care Team Meeting	
Tuesday	18	2.30pm	Home Group Meeting	
Wednesday	19	10.00am 7.00pm 7.30pm	Home Group Meeting Home Group Meeting Men's Bible Study	
Thursday	20	10.00am 2.00pm 7.45pm	Oasis - Ladies Bible Study Children's Workshop Home Group	
Friday	21			
Saturday	22	2.00pm	Hobby Workshop	
Sunday	23	10.30am 6.30pm	Morning Service with Communion with crèche and children's groups Evening Service	When Others Are Losing Their Heads The Third Trumpet
Monday	24	9.30am 1.30pm	Pastoral Care Team Meeting Paradise	
Tuesday	25	10.00am 2.30pm	Prayer Meeting Friendship Hour - Lorna Sivyour	
Wednesday	26	7.30pm	Men's Bible Study	
Thursday	27	10.00am 7.30pm	Oasis - Ladies Bible Study Prayer Meeting	
Friday	28	11.00am	Service at Oakland Grange	
Saturday	29			

Safeguarding at Parkside by Julia Blanchett

Christianity is far more than just going to church each week! It is about building a relationship with God and allowing Him to change us so that we become more and more like Jesus in thought, word and deed. It is within the Church family that we can support one another to reach this goal. The Church, in this respect is unique; we are all on a journey, we all have many issues to deal with as we journey, we all need to feel safe as we journey. Parkside's Elders have recently reviewed our Safeguarding Policy and below is their **Policy Statement on Safeguarding**:

The following statement was agreed by the leadership on: 6 January 2020.

- This place of worship is committed to the safeguarding of children and adults with care and support needs and ensuring their well-being.
- We recognise that we all have a responsibility to help prevent the physical, sexual, psychological, financial and discriminatory abuse and neglect of adults at risk of harm and abuse and to report any such abuse that we discover or suspect.
- We recognise the personal dignity and rights of adults and will ensure all our policies and procedures will reflect this.
- We believe all adults should enjoy and have access to every aspect of the life of the place of worship.
- We undertake to exercise proper care in the appointment and selection of those who will work with children and adults with care and support needs.
- We believe every child should be valued, safe and happy. We want to make sure that children we have contact with know this and are empowered to tell us if they are experiencing significant harm.

We are committed to:

- Following statutory denominational and specialist guidelines in relation to safeguarding children and adults and will ensure that as a place of worship all workers will work within the agreed procedure of our safeguarding policy.

- Implementing the requirements of the Disability Discrimination Acts 1995 and 2005, Equality Act 2010 and all other relevant legislation.
- Supporting, resourcing and training those who undertake this work.
- Ensuring that we are keeping up to date with national and local developments relating to safeguarding.
- Ensuring that everyone agrees to abide by these recommendations and the guidelines established by this place of worship.
- Supporting all in the place of worship affected by abuse.

We recognise:

- Children’s Social Services has lead responsibility for investigating all allegations or suspicions of abuse where there are concerns about a child. Adult Social Care has lead responsibility for investigating all allegations or suspicions of abuse where there are concerns about an adult with care and support needs.
- Where an allegation suggests that a criminal offence may have been committed then the police should be contacted as a matter of urgency.
- Safeguarding is everyone’s responsibility.

We will review this statement and our policy annually.

If you have any concerns for a child or adult, then speak to one of the following who have been approved as safeguarding co-ordinators for this place of worship.

Julia Blanchett - Safeguarding Co-Ordinator

Rory McClure - Deputy Safeguarding Co-Ordinator

A copy of the full policy and procedures is available from Charlotte Day in the Church Office



Please don’t hesitate to speak to Julie or Rory if you have any concerns about the above statement or if you would like further help and support during this part of your journey.

INVITATION



to our

coffee
morning...



FEBRUARY 15th 2020

**at Parkside Evangelical Church
10am to 12 noon**

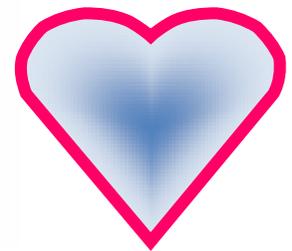
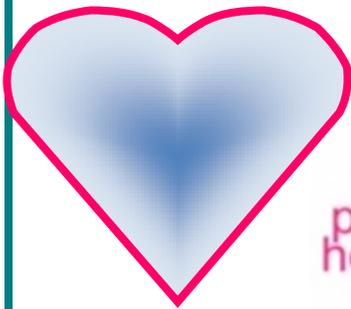
in support of Turning Tides

Jams and local produce on sale.

You're more
than
welcome!



**Come to our
Heart-y Arty Party!
There'll be Making, Baking & Pancake-ing!**



**For primary-aged children
Thursday, 20th February, 2020
2.00 - 4.00pm**

**At Parkside Church, BN17 6BD
Craft Games Refreshments**

All Free! – Booking essential

Please contact Sue (07443 423792) or Charlotte (01903 714670) for further details and to book your child's free place, by Saturday, 15.2.20.

Notice Board

A Word of Encouragement from Edna:

I would just like to say that if you need prayer don't hesitate to go forward at the end of the service.

It really does work!

March Wavelength

Please let Julie have any items for the next Wavelength by Sunday, 9 February.



Thank you!

A black and white photograph of a church interior at night, with a central text box. The text box contains the following text:

**KING'S VILLAGE
LIVE RECORDING**

Saturday 1st February // 6pm
St Mary's Church // Littlehampton

For many years the worship from Arun Church has impacted people around the world. On February 1st, we will be gathering together to film a brand new live recording and would love for you and your people to be part of it. It will be held at the beautiful St Mary's Church, Littlehampton. Admission is free, please arrive from 6pm on the night.



Future Dates For Your Diary

Further details will be available nearer the time and please note that these events may be subject to change!

Items not included in previous issues or changed in some way are in bold.

1 February King's Village Live Recording at St Mary's Church

20 February Children's Workshop

14 March Skittle and Fish 'n' Chips Evening

25 March Holiday at Home

9 April Maundy Thursday Communion

10 April Good Friday

12 April..... Easter Sunday

17 June Holiday at Home

24 June Prayer Retreat

11 July Parkside Church Day Out



*May the words of
my mouth and the
meditation of my
heart be pleasing to
You, O LORD,
my rock and my
redeemer.*

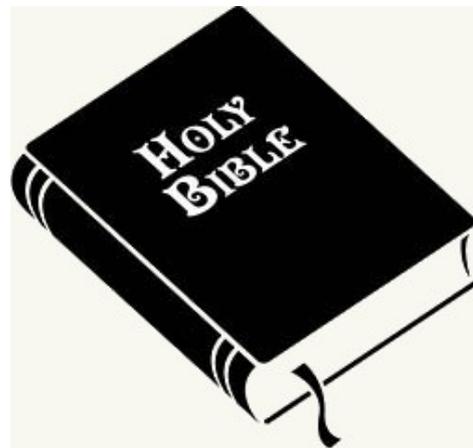
Psalm 19:14

1 St Floras Road, LITTLEHAMPTON, BN17 6BD

Phone: 01903 714670

E-mail: cdayparksidechurch@gmail.com

Website: www.parksidechurch.org.uk



Quote of the Month

**The problems ahead
of us are never as
great as the power
behind us.**

Selwyn Hughes