

# Christ Church and St Mark's

Parish Information Sheet for December 2019 and January 2020

**Wishing You All a Joyous Christmas  
and a Blessed New Year**

## **CHRISTMAS SERVICES**



**Sunday 1st December**

**10.30am Joint Christingle Service at St Mark's**

**Sunday 22nd December**

**4.00pm Annual Carol Service at Christ Church**

**Tuesday 24th Christmas Eve**

**4.00pm Messy Crib Service at Christ Church (*Informal worship with craft and opportunities to create the crib display for Christmas Day*)**

**11.30pm Communion Service at Christ Church**

**Wednesday 25th Christmas Day**

**9.30am Morning Prayer at St Mark's**

**11.00am Parish Communion at Christ Church**

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## **Posada**

**Would you host Joseph & Mary, the wise men, shepherds and sheep on their way to Bethlehem?**

Originating in Hispanic countries to celebrate the nativity story, Posada is an Advent custom when the figures from the nativity story travel around different households in the community and stay there for one night.

All you need to do is to be willing to receive the (knitted) crib figures of Joseph and Mary, the Wise men, the shepherds and sheep for one night in your home and to make arrangements to pass them on to the next host. The hosts for the previous night will be given your phone number to contact you and arrange how to get the figures to you. You will be given the phone number for the hosts for the next day so you can call them and arrange the handover.

The crib figures will arrive with a Christmas story book and an Advent candle for you to burn if you wish.



If you would like to keep one of the sheep to bring to the Crib service at 4pm on December 24th at Christ Church, please do.

Whoever hosts the crib figures on the night of December 23rd needs to deliver them to the Crib Service at Christ Church at 4pm on Christmas Eve.

The sign-up list will be at church on Sunday or contact Duncan Campbell & the team at Christ Church & St Mark's (07806602093 vicarccwatford@gmail.com).

## REMEMBRANCE DAY

### **Remembrance Service at St Mark's** **on Sunday 10th November 2019**

The sanctuary at St Marks was decorated by the Ranger unit. They made all the poppies and designed and completed the display during their meetings.

The Remembrance Service was well attended and the Rangers took an active part in the service that they helped to Plan.



### **Coffee, Tea and Cakes**



Our coffee mornings are normally at Christ Church from 10am to 12 noon on the first Saturday of every month.

The next Coffee, Tea and Cakes will be on **7th December**

but there will not be one in January so, the following Coffee, Tea and Cakes will be on **Saturday 1st February**  
All Welcome.

### **LAST CHANCE - IF YOU'RE QUICK!** **Buy House/Contents Insurance and** **benefit your Church!**

Until the end of this year, the Ecclesiastical Insurance Office (E.I.O.) is offering £130 to the Church for each House/Contents Insurance policy purchased by a member of the congregation.

This is to celebrate their 130th Anniversary and I and another church member have already taken out a policy, benefitting the Church by £260. We have both found the premiums quoted very reasonable, so if your house/content policy is up for renewal, please try E.I.O. for a quote.

Their website is:

[www.ecclesiastical.com/Trust130](http://www.ecclesiastical.com/Trust130)

and nominate Christ Church Watford to receive their donation of £130. You don't have to accept their quote but you do have to take out a policy to claim the £130. Give them a try – please!

Ray Andrews - Treasurer

### **Tuesday Circle**

This is a monthly afternoon meeting of a social kind at St Mark's.

Anyone who enjoys instructive talks, quizzes, crafts, competitions, the occasional outing, and refreshments is welcome.

The next meeting will be on:

**17th December at 2:30pm**

PLEASE NOTE

From January, we will be meeting on  
Wednesday afternoons instead.

### **WEEK OF PRAYER FOR CHRISTIAN** **UNITY**

January 19th - 26th 2019

Please see January Dates (to follow) for details of all the joint services.



### **CHILDREN'S SOCIETY BOXES**

If you are the proud owner of a Children's Society Box, please will you bring your box to St Mark's or Christ Church after Christmas, or ring Caroline Penn on 01923 225499 if you would like it collected from your home.

If anyone would like to take a box to help the Society with their work, please let Caroline know.

Thank you.

**DATES IN DECEMBER 2019**

1st Sun 8.00am	<i>Holy Communion at Christ Church</i>
1st Sun 10.30am	<i>Joint Parish Christingle Service with Communion at St Mark's</i>
1st Sun 11.30am	<i>Fairtrade Stall after the service at St Mark's</i>
2nd Mon 1.30pm	<i>Funeral of Barbara Petherbridge at Christ Church</i>
3rd Tue 9.30-11.00am	<i>Messy Tots at St Mark's</i>
4th Wed 10.00am	<i>Holy Communion (Book of Common Prayer) at Christ Church</i>
4th Wed 12.30pm	<i>Advent Bible Study with light lunch at St Mark's</i>
5th Thur 11.00am	<i>Morning Worship at Courtland Lodge</i>
5th Thur 6.00pm	<i>Carol Singing at ASDA. All welcome. Organised by Churches Together in North Watford and Garston</i>
6th Fri 4.30-6.00pm	<i>Ignite at St Mark's</i>
7th Sat 10.00am-12.00noon	<i>Coffee, Tea &amp; Cakes at Christ Church - including Book Swap</i>
8th Sun 9.30am	<i>Morning Prayer at St Mark's</i>
8th Sun 11.00am	<i>Parish Communion and Sunday School at Christ Church</i>
10th Tue 9.30-11.00am	<i>Messy Tots at St Mark's</i>
10th Tue 7.45 for 8.00pm start	<i>Gather Round ...Ladies in Christ Church halls: Christmas Quiz and nibbles</i>
11th Wed 10.00am	<i>Holy Communion (Book of Common Prayer) at Christ Church</i>
11th Wed 12.30pm	<i>Advent Bible Study with light lunch at St Mark's</i>
13th Fri 4.30-6.00pm	<i>Ignite at St Mark's</i>
14th Sat 9.30-11.00am	<i>Messy Breakfast at St Mark's</i>
15th Sun 8.00am	<i>Holy Communion at Christ Church, followed by breakfast</i>
15th Sun 9.30am	<i>Parish Communion at St Mark's</i>
15th Sun 11.00am	<i>Morning Prayer at Christ Church</i>
15th Sun 12.00noon	<i>Fairtrade Stall after the service at Christ Church</i>
15th Sun	<i>(NO Messy Church)</i>
17th Tue 2.30pm	<i>Tuesday Circle at St Mark's: The Warblers</i>
18th Wed 10.00am	<i>Holy Communion (Book of Common Prayer) at Christ Church</i>
18th Wed 12.30pm	<i>Advent Bible Study with light lunch at St Mark's</i>
19th Thur 9.30am	<i>Beechfield School Christmas Assembly at Christ Church</i>
22nd Sun 9.30am	<i>Morning Prayer with Bible Study at St Mark's</i>
22nd Sun 11.00am	<i>Parish Communion at Christ Church</i>
22nd Sun 4.00pm	<i>Carol Service at Christ Church</i>
24th Tue	<i>Christmas Eve</i>
24th Tue 4.00pm	<i>Messy Crib Service at Christ Church</i>
24th Tue 11.30pm	<i>Communion Service at Christ Church</i>
25th Wed	<i>Christmas Day</i>
25th Wed 9.30am	<i>Morning Prayer at St Mark's</i>
25th Wed 11.00am	<i>Holy Communion at Christ Church</i>
28th Sat 7.30am	<i>Men's Breakfast at St Mark's</i>
29th Sun 10.30am	<i>Joint Communion Service at Christ Church</i>



## How is Traidcraft Tea Decaffeinated?

We get a lot of questions about how Traidcraft's decaf coffee is decaffeinated, as customers seeking decaf coffee are often worried that the process may be harsh, harmful or full of chemicals. Rest assured, it's a gentle and carefully controlled process that protects the delicate nature of the tea leaf. Read Traidcraft's blog to discover exactly how it's done.



*On average, around 165 million cups of tea are consumed every day in Britain. For many of us, our morning cup of tea is a ritual that we wouldn't feel quite right (or awake!) without.*

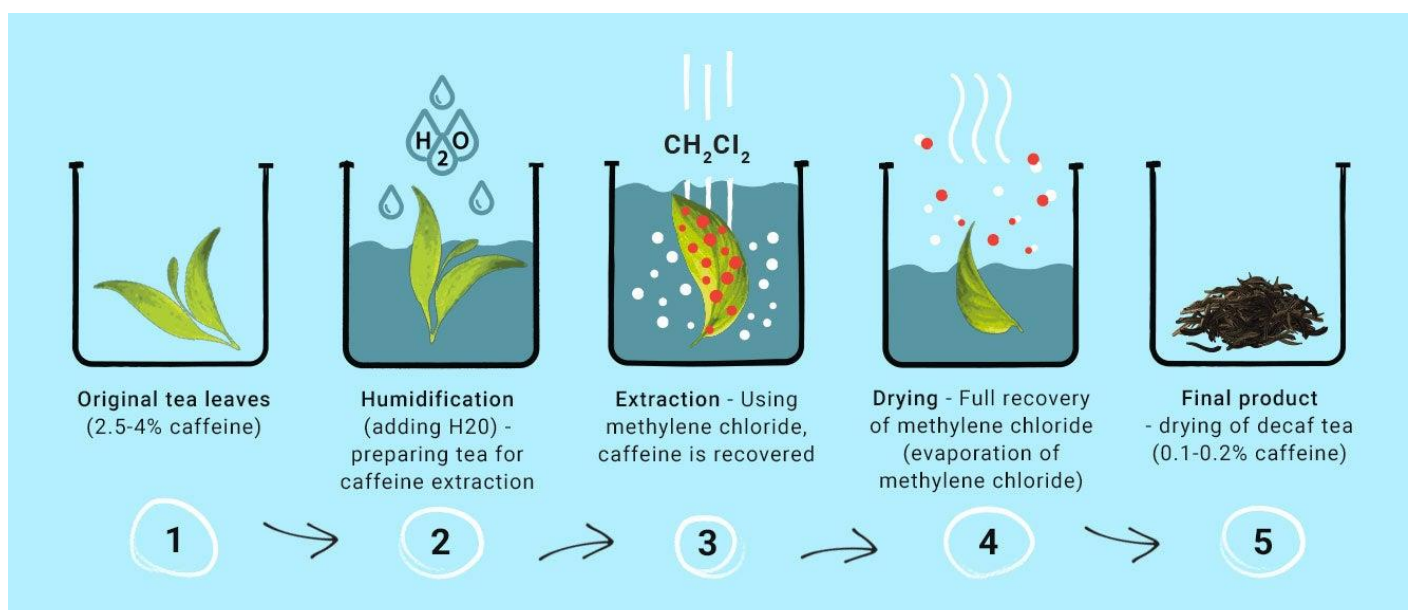
But for a lot of us, the caffeine that increases alertness and energy is not an option, whether it be due to health or personal preference, which is exactly where decaffeinated tea comes in.

There are two ways in which caffeine can be extracted from tea; either using a solvent or a super-critical method. The super-critical method is the same as is used in their decaffeination of coffee beans, but this is too robust for the fragile, dried tea leaves. Super-critical methods use carbon dioxide, rather than a solvent, which subjects the leaves to extreme temperatures and therefore damages the leaves, flavour qualities and beneficial chemicals.

With Traidcraft's popular decaffeinated tea, the caffeine is removed from the dried leaves, but vitally, the natural health benefits, the anti-oxidants and, most-importantly, the flavour, are all preserved. It's a gentle and carefully controlled process that protects the delicate nature of the tea leaf. They've used this tried and tested method for years, so rest assured, you're in good hands!

### How is Traidcraft Breakfast Blend Decaffeinated Tea decaffeinated?

The simple process uses a solvent called methylene chloride, which is widely used throughout the food industry, for example, in hop extraction in the beer industry, or as an alternative way to decaffeinate coffee beans.



During the whole tea decaffeination process, **nothing other than water and solvent touches the tea leaves**. At the end of the decaffeination process, the tea leaves have trace amounts of methylene chloride (5ppm). However, methylene chloride completely evaporates at 40°C, so once you've poured in the boiling water to make your cuppa, **there'll be no solvent left** - just delicious tea!

It is important to remember that it is impossible to remove 100% of the caffeine from tea; this method ensures that the final product contains between 0.1 and 0.2% caffeine.

To find out more about your decaf coffee bean's journey from source to sip, why not go with Traidcraft on a journey to the glorious mountains of South-Western Uganda, to Ankole Coffee Producers Cooperative Union (ACPCU Ltd.) and see for yourself?

**If anyone has a bookcase and would like to donate it.**

Please contact Duncan.

Please see photo for size.

The one in the office at St Marks needs to be replaced.

Thank you.



**SOME DATES FOR JANUARY 2020**

1st Wed	No service today
4th Sat	No <i>Coffee, Tea &amp; Cakes</i> in Christ Church: the next one will be 1st February
14th Tue 7.45 for 8.00pm start	<i>Gather Round ...Ladies</i> in Christ Church hall: Food and Planning
19th Sun	<i>Week of prayer for Christian Unity</i>

*Gather*  
**Ladies**  
*Round*

**Gather Round.... Ladies Get Crafty**

In November Gather Round...Ladies and friends, took on a project: to create a flock of sheep to accompany our Parish's Nativity Posada on its trip from house to house in Advent.

Although there are still a few sheep left to lamb, to date we have 22 ready to go on their trip. As you can see from the photos they are various sizes, styles and colours-just like real sheep, although hopefully none have pointy horns or require feeding and cleaning up after them!

We hope they enjoy their journey.



The next Gather Round... Ladies will be on December 10th, when we will have a pre-Christmas Quiz and we will bring a few nibbles to share.

All ladies are welcome to join us in Christ Church Halls at 7.45 (for 8pm).

## CHRIST CHURCH & ST MARK'S, WATFORD MISSION STATEMENT

WE ARE people who are drawn together by our Christian belief and our response to God.

WE BELIEVE that God reveals himself to us in many ways as Father, Son and Holy Spirit, and that people can live in a loving relationship with God and with each other in Christ.

WE AIM to follow Christ's teaching and example, living a full life in every community in which we are involved, sharing our faith with others through example, worship and service.

We are a Fairtrade parish.

We use only fairly traded tea and coffee at our church events.

Fairtrade stalls are held after the main morning services:

at St Mark's on the 1st Sunday in the month and

at Christ Church on the 3rd Sunday in the month.



### 2020 DIARIES

The new diaries have arrived. If anybody would like a copy, please see Paul Pratchett.

### DIGITAL PARISH INFORMATION SHEET

The full colour version of the current Information Sheet will soon be available from our website: [www.christchurchandstmarkswatford.org.uk](http://www.christchurchandstmarkswatford.org.uk) or contact the office to receive a copy by email.

### THE NEXT EDITION

The next edition of the Information Sheet is scheduled to be published at the end of January, to cover all events in February and March.

If you have any articles or information for inclusion, please send them to the Parish Office by post or email to [ccwatford@btinternet.com](mailto:ccwatford@btinternet.com) by 17th January.

[www.christchurchandstmarkswatford.org.uk](http://www.christchurchandstmarkswatford.org.uk)

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**Vicar:**

Rev Duncan Campbell

Email: [vicarccwatford@gmail.com](mailto:vicarccwatford@gmail.com)

Christ Church Vicarage, Leggatts Way WD24 5NQ

phone: 07806602093 or 01923 674142

**Church Warden:**

Mr Paul Pratchett

email: [paulpratchett@hotmail.com](mailto:paulpratchett@hotmail.com)

Mr David Miller

email [dmiller949@btinternet.com](mailto:dmiller949@btinternet.com) (251292)

**Children's and Young Families' Outreach Worker** (for our parish and St Andrew's)

Claire Locke

Email: [admin@liftoff.org.uk](mailto:admin@liftoff.org.uk)

Facebook page: [www.facebook.com/liftoffchildrensactivities](http://www.facebook.com/liftoffchildrensactivities)

**Lift Off! website**

[liftoff.org.uk](http://liftoff.org.uk)