

NEWS & CHAT 3 March 2022

The online service is live-streamed every week from Christ Church, on the Christ Church Facebook page.

Though no longer legally required by the government, masks must be worn for singing and are strongly recommended to be worn throughout Sunday Worship.

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

- Wear a mask at all times (unless you have an exemption) **required when singing.**
- 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.

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

Friday, 4th March World Day of Prayer Service 10.30 a.m. at St. Mark's Church, Hamlet Road, Southend -on-Sea SS1 1HS This year's theme is 'I Know I Have Plans For You' and the lead country is England, Wales and Northern Ireland (EWNI).

Sunday 6th March 10.30am at The Bridgwater Drive Church, Ian Miller
10am at Christ Church, + Church Meeting, The Minister

Tuesday, 8th March 10.30 a.m. Tuesday Church – a special morning thinking about Lent

Lent Collection - We are collecting for **Water Aid** throughout Lent. Please bring your change to fill up the big jar at church.

Sat., 7th May 11.00 – 2.00 May Fair – please let Val or Margaret know if you are able to help.

NEWS FROM THE BRIDGWATER DRIVE CHURCH (Margaret)

World Thinking Day Our Guides, Brownies and Rainbows had a Special evening last Tuesday as their annual 'Thinking Day', 22nd February, fell on their regular meeting night. To celebrate the Guiding movement's membership all round the world,

- Rainbows (holding their teddies) went on a 'magic carpet ride'. For their visit to Africa they made and wore lion masks. They dressed paper dolls in saris for their visit to India, enjoyed chocolate and yodelling in Switzerland, shook bottle maracas in Mexico and ate a cream tea in England. – It must have been a busy night. I understand they loved the tea!

- Brownies visited three countries, playing games and eating national food in each country - pizza in Italy, custard tarts in Portugal, hummus and baklava in Egypt – maybe not the best food to eat just before going home to bed!

- Guides had a hilarious time making 'mocktails' (non-alcoholic cocktails) and then creating and acting out TV adverts to promote them.

This week I believe they were making (and eating) pancakes. I wish I'd gone to visit them. I'd forgotten to buy a lemon so Gerry and I didn't have the traditional Shrove Tuesday treat!

Film morning at The BDC this week We enjoyed watching the musical, 'Hairspray' – really light relief in the midst of these dreadful times. I was very slow to realise that, in pantomime tradition, John Travolta was playing the part of the young dancer's mother. There was a serious message too – the idea of having separate shows for 'Negro dancers' seems so abhorrent now it was hard to remember that segregation in the USA ended so recently. It was a reminder that racism still exists in many countries. As always there was good discussion afterwards about the film and lots of other things over coffee and cake (thank you for the cakes, Val).



Christ Church, Rayleigh (CC) and the Bridgwater Drive Church (BDC)

Supporting the victims of the invasion of Ukraine – It's been suggested that, following the BDC policy of supporting victims of tragedies, we might send a donation to an organisation such as The Red Cross which is helping not only the people who are defending Ukraine and those who are refusing to leave, but also the many refugees and the neighbouring countries which are welcoming them. In the past our church has sent a donation of £500 to a disaster area. Please let Naomi or the elders know if you would be happy for our church to send this donation. I've tried to find out whether anyone is collecting clothes, food and essential items for the Ukrainian appeal but, so far, haven't found anywhere locally. Does anyone know where there is a collection centre in Southend?

TIPS & IDEAS

This week #64MillionArtists are supporting Rotherham – the Children's Capital of Culture 2025 and the artistic challenge comes from **Challenge Rotherham** a six month programme of weekly Challenges, all designed by children and young people.

Pass It On - Write a secret note and pass it on. Think about who your secret note is for. What do you want to tell them? Is it something you've learnt, a memory, or maybe some exciting news, or an affirmation you'd like to pass on? Decorate your note to reflect the words you write.

RESOURCES

New reflections for February from St Paul's Cathedral, by John Swinton - Chair in Divinity and Religious Studies at the University of Aberdeen *Love has its speed* <https://mailchi.mp/08ed146a360d/coming-up-from-st-pauls-cathedral-8251234?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 for the people of Ukraine.

Prayer for Ukraine (prepared jointly by the URC, Methodist Church, Baptist Union, and Church of Scotland)

God of all,
with alarm and concern we bring before you
the military intervention in Ukraine.

In a world you made for peace and flourishing,
we lament the use of armed force.

We mourn every casualty of this conflict,
every precious life extinguished by war.
We pray comfort for those who grieve
and those who are fearful.

Hear our longing that leaders and nations
will honour the worth of all people
by having the courage
to resolve conflict through dialogue.

May all our human failings be transformed
by your wonderful grace and goodness.

We ask this in the name of Christ,
the author of peace and sustainer of Creation.
Amen.



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This week's prayer theme (prepared by Gwyneth). **Compliments.** A sincere compliment can brighten someone's whole day, make a positive difference to a downcast spirit, and bring joy to the giver. What can we give in Lent? A seeking for opportunities to give compliments. Remember, God loves a cheerful giver.

Particular prayer requests

The BDC

Barbara: Cherry: Barry: Colin: Clive: Celia: Sandra: Tony: Gerry: Yvonne: Marlene's daughter, Christine: Tom Hunter-Crump (recently diagnosed with cancer): Margaret's friends, Jean and Peggy: Kate's friend Frances and her husband, Bill, (Frances's sister, Mary, and brother-in-law, Rufus, died in their car during the big freeze in Ohio): Darren's son, Reuben, and all his family.

Christ Church

Audrey: Sheila S: Judy C.: Phil and Grace: Mark E & family: Phil and Penny: Frank: Eve J: Judy H.: Peter C.: Sandy, Mike and Anne: Della: Leeann, Pauline D's daughter: Gwyneth, Jeff and Amy.

FAIRTRADE FORTNIGHT We are now in the second week, until 6 March. Always look for the Fairtrade symbol when you shop – not just this week!

This year's Fairtrade Festival will be online, more details here:

<https://www.fairtrade.org.uk/get-involved/current-campaigns/fairtrade-fortnight/>



Thinking about food waste?

This article gives some interesting facts to save our money and help the environment.

Why you can probably keep milk longer than you think (and why you should).

Around one-third of the food produced globally every year never gets eaten. This waste often occurs along the supply chain before the food even reaches us. But consumers who throw away food because it's gone bad, or because they think it may have gone bad, are also responsible for a large proportion of food waste. All food production results in greenhouse gas emissions. So wasting food is not only bad for your pocket – it's also bad for the environment.

Recently, Morrisons supermarket announced that it will move from putting "use by" to "best before" dates on milk. It says this could save seven million pints of its own-brand milk from being wasted each year. According to British charity WRAP, milk is the third most wasted food item in the home (after potatoes and bread) with more than 490 million pints thrown away in the UK annually. So changing the advice to encourage people to keep their milk for longer is likely to be good for the planet.

But is this move safe for consumers? The short answer is yes. First, let's look at the terms "use by" and "best before", which have long confused consumers. "Use by" is the date until which the manufacturers know the product will remain safe. This is based on scientific analysis which has determined how long a product can be stored before there's a risk that any dangerous microbes could reach levels that will cause harm. You'll see use-by dates on foods that can pose a danger if they're stored too long, such as cooked meats and dairy products. "Best before" relates to the quality of the product. This date tells you how long you can keep something before the product starts to taste less fresh, or decline in quality (for example, how long you can store bread before it gets a bit stale). But this doesn't mean the product isn't safe to eat after this date. You're likely to see best-before dates on preserved products, such as tinned or frozen foods, which you can safely keep for a long time. What about milk?

Christ Church, Rayleigh (CC) and the Bridgwater Drive Church (BDC)

You might think milk should sit firmly in the “use by” category – it is a dairy product after all. But actually, shifting to a best-before date is safe for consumers, thanks to a process called pasteurisation. During pasteurisation, the milk is heated for a short time to a high temperature. This kills bacteria which can be present in raw milk and cause infections in humans (often called “pathogens”). Although the pathogens are killed in this process, some non-harmful microbes remain in pasteurised milk. So milk is stored at a low temperature (in the fridge) to slow the growth of these remaining microbes. Nonetheless, they will still grow, and it’s the growth of these nonharmful bacteria that cause the milk to spoil. As the microbes grow they produce enzymes to help them break down the milk, which causes the milk to curdle and produces the “off” smell we associate with spoiled milk. Notably, for pasteurised milk (and we need to be very clear that this ONLY applies to pasteurised milk) even when the milk starts to go off, there’s no evidence the microbes growing in the milk will cause you any serious harm. If you drink a significant amount of spoiled milk, you might find yourself with an upset stomach but there’s nothing to suggest spoiled milk causes infections or severe illness.

The best-before date is the manufacturers’ best estimate of how long the milk should last in the fridge before you can detect any spoilage, either by smell, taste or both. Every batch of pasteurised milk is different and will have more or less of these non-harmful bacteria remaining in it, so in reality the best-before date is an estimate of when the milk with the most bacteria left in it will spoil. But many batches of milk will be fine for much longer than this – hence Morrisons’ change in advice.

The sniff test Morrisons have advised using the “sniff test” to see if the milk is safe to use. This is sensible advice. If there is no detectable evidence of spoilage, the milk is safe to drink. If you’ve lost your sense of smell, or don’t fancy sniffing the milk, simply pour some into a cup of boiling water as if you were making a cup of tea. If it curdles then it’s started to turn; if it mixes in normally then it’s fine to use. Should you throw milk away if it’s started to spoil? If you’re just using it for drinking, it’s probably not going to taste too good. But milk that’s starting to turn can be safely used as a substitute for buttermilk, yogurt or sour cream in recipes like rice pudding, pancakes and scones, or can be used to make cheese sauces. Clearly if the milk has really spoiled (if it’s fully separated, cheesy and slimy), it should be thrown away. Once again, this advice applies only to pasteurised milk. Raw milk can still contain pathogens and should never be consumed beyond the use-by date. Also, because different foods naturally contain different types of microbes, this advice cannot be generalised. In other kinds of foods pathogens can reach dangerous levels without any real detectable evidence of spoilage. So generally, the advice is to stick to the use-by date. But when it comes to pasteurised milk, we can balance expiry dates with our common sense, and reduce the impact of food waste on the planet.

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