

PARISH NEWS



The Parish of Aldingbourne, Barnham & Eastergate

50p



IN THIS ISSUE

ABE SUMMER FAIR

ORDINARY TIME

HOW MANY STEPS A DAY?

www.parityofabe.org.uk

June 2025



PARISH OF ALDINGBOURNE, BARNHAM AND EASTERGATE



SERVICES FOR JUNE 2025

Sunday 1

Easter 7/Sunday after Ascension

8.30am	Holy Communion	BCP	St George's, Eastergate
9am	Mattins	BCP	St Mary's, Barnham
9.30am	Said Mass	BCP	St Mary's, Barnham
10am	All-age Communion		St George's, Eastergate
10am	Sung Mattins		St Mary's, Aldingbourne
11.15am	Sung Mass		St Mary's, Barnham
6pm	Evensong	BCP	St Mary's, Barnham

Saturday 7

Our Lady of Walsingham

9.30am	Said Walsingham Cell Mass		St Mary's, Barnham
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Sunday 8

Pentecost

8.30am	Holy Communion	BCP	St George's, Eastergate
9am	Mattins	BCP	St Mary's, Barnham
9.30am	Said Mass	BCP	St Mary's, Barnham
9.45am	Sunday Seekers		Eastergate School
10am	Family Communion		St George's, Eastergate
10am	Parish Communion		St Mary's, Aldingbourne
11.15am	Sung Mass		St Mary's, Barnham
6pm	Evensong and Benediction		St Mary's, Barnham

Sunday 15

Trinity Sunday

8.30am	Holy Communion	BCP	St George's, Eastergate
9am	Mattins	BCP	St Mary's, Barnham
9.30am	Said Mass	BCP	St Mary's, Barnham
10am	Family Communion		St George's, Eastergate
10am	with First Communion		
10am	Parish Communion		St Mary's, Aldingbourne
11.15am	Sung Mass		St Mary's, Barnham
6pm	Evensong	BCP	St Mary's, Barnham

Thursday 19

Corpus Christi

6.30pm	Sung Mass and Benediction		St Mary's, Barnham
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Sunday 22

Trinity 1/Week 12

8.30am	Holy Communion	BCP	St George's, Eastergate
9am	Mattins	BCP	St Mary's, Barnham
9.30am	Said Mass	BCP	St Mary's, Barnham
10am	Family Communion		St George's, Eastergate
10am	Parish Communion		St Mary's, Aldingbourne
11.15am	Sung Mass		St Mary's, Barnham
2.30pm	Messy Church		Eastergate School
6pm	Evensong	BCP	St Mary's, Barnham

Friday 27

Sacred Heart

6.30pm	Sung Mass and Litany		St Mary's, Barnham
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Sunday 29

Ss Peter and Paul

8.30am	Holy Communion	BCP	St George's, Eastergate
9am	Mattins	BCP	St Mary's, Barnham
9.30am	Said Mass	BCP	St Mary's, Barnham
9.45am	Sunday Seekers		Eastergate School
10am	Family Communion		St George's, Eastergate
10am	Parish Communion		St Mary's, Aldingbourne
11.15am	Sung Mass		St Mary's, Barnham
6pm	Evensong	BCP	St Mary's, Barnham

Other regular weekly services:

10am – Holy Communion every Wednesday at St George's, Eastergate

6pm – Evensong (BCP) every evening at St Mary's, Barnham

6:30pm – Mass every Tuesday at St Mary's, Barnham



JUNE — A FAIR MONTH IN THE YEAR

A traditional fixture in the life of our villages is that on the second Saturday of June the community gathers for the ABE Summer Fair in the beautiful and historic surroundings of Manor Farm, on the Green and in the barns and also the graveyard and building of St George's Church. A wonderful time to gather as a community and celebrate community life together.

I must express my thanks to Paul Helyer for his generous hospitality and welcome in allowing us to share his wonderful premises once again and we will particularly miss Jim's presence and help this year as we gather for the first time since his passing. I am sure we will all be expecting him to walk

around the corner at any minute and for Bella to be sat at the ice cream van awaiting her next 99 (without the chocolate of course).

I also want to express thanks to all who have been working so hard to ensure that it will be a fun day for all generations, young and old, with plenty of entertainment for all of us.

The proceeds from the Fair help us maintain the life, work and witness of our three churches and maintaining our 1000 year old churches for today and the future. For church (people and buildings) are both in and for the community in which we are built.

But above we look forward to sharing the day, church and community together, as one. — having fun in the sun (it's always sunny on Fair Day I am told)

Please make a note that we will be doing all this again next year on Saturday 13 June (please put that in your diaries whilst you think about it!!).

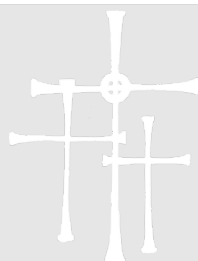
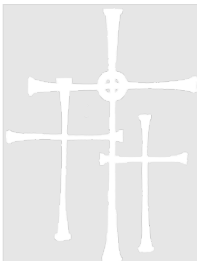
Fr Paul

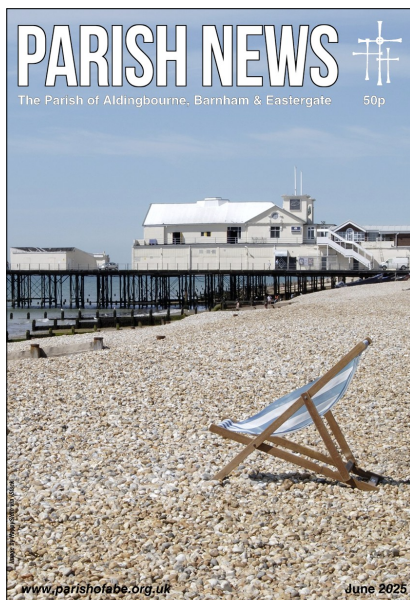
*See page 5 for the latest news
from the Parish of ABE*

*See pages 7 and 15 for more information
about the ABE Summer Fair*

**THINKING ABOUT A WEDDING
OR CHRISTENING (BAPTISM) IN
ONE OF OUR CHURCHES?**

**Contact our Parish Office on 01243 553955
for more information**





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FROM THE REGISTERS APRIL 2025

Funerals: We commit into God's loving care

- 16 April Irene Horn [97] *
- 23 April Frances Styles [86] *
- 24 April Monica Barsby [97] *

* *Cremation*

Weddings

- 12 April Benjamin Lucas & Natalie Smith (A)

DATES FOR THE DIARY

Events coming up in the Parish include:

- **14 June – ABE Summer Fair**
(pages 7 and 15)
- **14 June – Music at Murrells Field**
- **19 June – A Bite to Eat (Parish Lunch)** at Eastergate Village Hall from 12:30-2pm (*page 5*)
- **22 June – Messy Church at Eastergate CofE School** from 2:30 -4:30pm (*page 9*)
- **9 August – Food and Drink Market at Eastergate Village Hall**
- **5 October – Harvest Lunch at Barnham Community Hall**
- **17 October – ABE Quiz Evening at Barnham Community Hall**
- **6 December – ABE Christmas Fair**
- **13 June 2026 – ABE Summer Fair**

ABE PARISH LUNCH

A Bite to Eat (Parish Lunch) is on 19 June in Eastergate Hall at 12:30pm. Please do come if you can to share in a simple lunch of homemade soup, bread, cheese, tea, coffee and biscuits with one another. We also enjoy the challenge of a light hearted quiz. All are welcome! If you haven't given it a try yet, then maybe this is the month to come along. This will be our last lunch now until September so please support us this month.

SUPPORT FUND

The Walberton, Binsted And West Barnham Support Fund has funds available to make grants to support those in financial hardship and live in those areas. If you or you know someone who might possibly be eligible then speak in confidence to Fr Paul or Rev Sheila, who are trustees of the fund.

E-BIKES

Just a quick request from me this month – if you see a property where e-bikes are frequenting, please call Sussex Police on 101, or email through the website, www.sussex.police.uk. There are very limited situations where officers are given the permission to pursue, so the most important information for us to know is where the riders live. We know they are riding around the area, but please let us know if you see them at an address so we can build up the intelligence.

PCSO Caroline Wilson
Arun and Chichester Neighbourhood
Policing Team

ARUN A CAPPELLA

Calling all men and women! Arun A Cappella would like you all to join us in our choir. We meet on Monday evenings from 7:30pm to 9pm at Bersted Jubilee Hall on Chalcroft Lane

in Bognor Regis. For further information, see page 21, email arunacappella@gmail.com or call 01243 826448.



EASTERGATE & BARNHAM

At our last meeting we had a wonderful talk on bee keeping from Sue Trust, a local bee keeper and member of Chichester Bee Keepers. It was absolutely amazing to learn what busy lives bees have and how intelligent they are. We had honey for sale from local Barnham bee keepers as well as honey from Sue. A taste testing on local vs supermarket honey was very eye opening!!

On Saturday a group of us spent a very lively afternoon out on a boat Seal Watching. Although a beautiful day, it was a bit choppy and we got a little bit wet but well worth it when we saw all of the seals playing in the water.

Georgette Budhram



EASTERGATE FRIENDS

Our April meeting informed us of potential ways scammers can lure us into disclosing our bank accounts and important information which we should not share, either by phone or email. Scammers are becoming ever more resourceful and we should not part with any information which could give them access to our money!! We learnt that if you think you are being scammed, you can use a different phone and ring 159 which will ask you which bank you are with and prevent scammers from taking your money. You can also contact Trading Standards via email where

you will find a link which will help you choose reliable Trades people if you are thinking about having work done in your home etc.

May's speaker, Sophia, came from My Sister's House, based in Chichester and Bognor, the only organisation of this nature in West Sussex. This organisation was formed in 2014 and their data shows that in 2025 they could be supporting 2000 women who might need support, advice or training as a result of physical, mental or domestic abuse. They use a holistic, multi agency approach and have both paid and volunteer workers. Funds are either given by local associations or donated and different fund raising events are held to raise funds to continue supporting women who need help.

As a group, we found Sophia's talk enlightening and she gave us a lot of information to think about.

Eastergate Friends have continued with their coffee mornings at Hotham Park and Midpines. A group of ladies met at Chichester Hotter shoes to learn about the company and were able buy shoes and accessories if they wished. Another group of ladies are having a behind the scenes tour of Chichester Festival Theatre this month which should be fun and informative. There is also an opportunity to visit West Dean Gardens.

Eastergate Friends meet on the second Monday of them month between 10 and 12 at Eastergate Village Hall. Everyone is welcome to join us. We are a very friendly group!!

Debbie Mead



WESTERGATE

We had such fun at our most recent meeting! After we discussed and passed the resolution on the provision and training for defibrillators and CPR training we turned to ourselves.

Each committee member had provided three facts that other members might not be aware of. They were on unsigned sheets of paper and were not as easy as we expected. Also, laid out on a table were photographs of members taken from toddler age to early twenties. These too were not easy as some people keep distinguishing features and others change a great deal.

During our tea break we were able to look at a display of wartime artifacts and photographs that Yoma had brought in from her family collection. The tables were decorated with Union Jacks.

We have a full programme of outings over the summer such as The Beach (formerly Billie's), Selhurst Park and the Spread Eagle, so we are busy bees.

Our member Lynne has been recognised for her years supporting the RNLI. She has run their shop for many years and organised fundraising events for them.

Our new crochet club is going well with not too many holes in the projects.

We meet on the second Tuesday of the month in the Westergate Methodist Church Hall at 2pm. A recent speaker said what a lovely group we are so come and join us.

Catherine White-Aldworth

SMILE LINES

Economy

The vicar asked a member of his congregation, a banker, why he seemed a bit down. The banker replied: "I'm a walking economy! My hairline is in recession, my stomach is a victim of inflation, and both of these together are putting me into a deep depression."

Sweets


I gave my four-year-old grand-daughter money for sweets and the church collection plate. Later, seeing her enormous pile of sweets, I got suspicious and asked if she hadn't also given some money to God in church that morning. "No," she replied sweetly, "He wasn't there."

THE PARISH OF ABE PRESENTS OUR



Summer Fair

Manor Farm, Church Lane
Eastergate, PO20 3UX



Saturday, 14th June
11am - 3pm

CAKES & HOME BAKES **JAZZ BAND**

MODEL RAILWAY **BRIC-A-BRAC**

BOUNCY CASTLE **TRAIN RIDES**

REFRESHMENTS **BBQ**

STALLS **CRAFT**

PLANTS

by kind permission
of Paul Helyer

www.parishofabe.org.uk
Registered charity No: 1131523

ORDINARY TIME

One great phrase of the Church of England, which is little-known but carries a wealth of rich meaning, is 'ordinary time'. While the seasons of Christmas, Epiphany, Lent, Easter, Pentecost and Advent all have their fixtures and moments for focus and concentration, the bulk of the summer months is 'ordinary time'! (Except for celebrating our patronal festivals at Barnham and Aldingbourne). A very evocative phase – nothing particularly to focus on or to celebrate.

Just because it is 'ordinary', it does not mean it is not important or of no significance to how God wants us to use our lives. For most of us life is lived between high and low points: we look forward to something on the horizon or we are seeking to recover from

something. So, it should be no surprise that ordinary time is the longest season in the Church calendar. Abraham Lincoln once said that: "God must love ordinary people because He made so many of them"!

Ordinary people, it seems to me, need 'ordinary time'. Sundays and weekdays in-between, to sense God's presence with us in the day-to-day mundane, and ordinary comings and goings of life. He is there in the heights of resurrection joy and celebration. He is with us in the vulnerability and frailty of human weakness, modelled in the incarnation. He is with us in our efforts to discipline ourselves and be moulded by him (Lent) but He is also with us whenever we are conscious of life just being ordinary. When our eyes are opened to these things, we will see what an extraordinary God we have!

WHAT ABOUT FACEBOOK AFTER YOU DIE?

What happens to our Facebook page when we die is probably the last thing on most of our minds. However, many people have an 'online presence' such as Facebook pages, Linked-in, email accounts, Instagram and all sorts of bank accounts and website pages. Who can get access to that information?

Depending on the type of account, a relative or friend might want to close it, retrieve information or images or preserve it in some way. Making a Will is an opportunity to make a clear decision about what happens to things you own, and this includes something electronic and who carries out your wishes.

According to Facebook, you can choose to either appoint a legacy contact to look after your account, or have your account permanently deleted from Facebook. If you do not choose to have your account permanently deleted, it will be memorialised if Facebook are told about the death. Memorialised

accounts are a place for friends and family to gather and share memories after a person has passed away.

Google encourages people to think about these issues and they have something called an Inactive Account Manager to let them know who should have access to your info, and whether you want your account to be deleted.

They recognise that many people pass away without leaving clear instructions about how to manage their online accounts. They work with immediate family members and representatives to close the account of a deceased person where appropriate. In certain circumstances they may provide content from a deceased user's account.

The best advice is to think carefully and make choices about what happens in the event of your passing, and carefully select someone you trust to do this. As ever this is a light-hearted introduction and if in any doubt get proper advice. Different companies have different policies and procedures so always check carefully.



**Come and join us for a fun, creative afternoon of
crafts and activities based on friendship**



Sunday 22 June 2025, 2.30 - 4.30pm

Eastergate CofE School, Church Lane, PO20 3UT

Everyone of any age is welcome

See www.parishofabe.org.uk for more information

HELP, MY KIDS JUST ASKED ME A SCIENCE QUESTION!

Why aren't dinosaurs in the Bible?

The Bible wasn't written to list all the animals on earth or tell us about science. It was written a long time before people started to use science to learn about the world.

When the Bible was written, people didn't even have a word for dinosaurs yet! But it's not just dinosaurs that aren't mentioned in the Bible, it doesn't talk about kangaroos, sabre-toothed cats or penguins either!

That doesn't mean that the Bible is out of date or wrong, or that these animals aren't important. Rather than teaching us science, many Christians believe the Bible was written to tell people about God, how much He loves them, and all the amazing things He has done.

The Bible says that God made everything, and loves everything He made, so that includes dinosaurs. It also encourages people to explore and find out all about the wonderful things it says God has made.

Did God make the dinosaurs?

The Bible says that God made everything. All the stars, the Earth and all the amazing plants and animals that have ever lived. So yes, most Christians believe God made the dinosaurs!

The Bible also teaches that God loves it when people explore His creation, and science is a great way of doing that. So, for many Christians, science is one of the fun things we can use to learn all about how God made everything, including all of the dinosaurs!

Were humans and dinosaurs ever living on earth at the same time?

Yes! But probably not the kind of dinosaur you're thinking of! Most of the dinosaurs died out a very, very long time ago, way before humans first lived. But some of the smaller, feathery dinosaurs survived, evolving into the animals we call birds.

So, from chickens and robins to penguins and ostriches, there are dinosaurs living all over our world today!

PRAYER DIARY FOR JUNE

For our three churches: We pray that those being confirmed on 4 June will be supported in their Christian lives within our congregations.

We also pray for our Sunday Seekers and Play and Pray groups, especially for Hedda and her helpers as they lead these sessions.

And we give thanks for and pray for all those involved in the planning and leading of worship in all our churches.

For the wider parish: We give thanks for all the hard work that goes into the continued life of our church school in Eastergate and ask for God's guidance in the appointment of new staff for the coming year.

We pray for all the planning and work involved in setting up our annual Summer Fair, and that this event will be an enjoyable community day for all. We give thanks for the lovely surroundings on Manor Farm and for the generosity of the Helyer family in letting us use it in this way.

We continue to give thanks for all that the village halls in our parish do to improve the lives of people who live in this area.

For the world we live in: We pray that world leaders will continue to work for peace in war torn areas of our world and we especially ask for God's protection for all who sacrifice their own safety to care for those who so badly need help in those areas...aid workers and health workers in particular.

BARNHAM AND EASTERGATE COMMUNITY TRUST

June is here and we are blessed with beautiful sunshine. We look forward to welcoming you to our community halls - Eastergate Village Hall and Barnham Community Hall. Both our buildings have many friendly events to offer you including the following:

- **Pop Up Shop Opportunities at Eastergate Village Hall on Tuesdays** during the busy coffee morning. £10 a table. Please contact Nina for more information.

- **Weekly Coffee Mornings:** Nina's Friendly Coffee Morning on Tuesdays at Eastergate Village Hall, 10.30am – midday (quiet space also available). Wednesdays at Barnham Community Hall, 10am – midday. Just pop along, you will be made very welcome. Please note that on the 1st Wednesday of the month, Barnham Community Hall's Cutten Café (*See: page 20*) will be open from 9am–3pm. As well as the usual delicious cakes and savouries, a light lunch will be on offer.

- **Friendly Foodie Fridays:** Friday 13 and Friday 27 June at Eastergate Village Hall (the 2nd and 4th Fridays of each month in the Community Hub at the back of Eastergate Village Hall). We will have rescued/surplus food on offer to our community from our partners UK Harvest.

This amazing initiative is available to everyone. We accept cash donations but they are not compulsory. Please bring a bag. We look forward to welcoming you.

Please contact Nina for more information (details below). This project is now sponsored by Nyton House Residential Care Home.

- **Music at Murrells Field Barnham:** Saturday 15 June. Featuring Complete Madness – the UK's number one tribute to the nutty boys,

supported by Murdoch's Crazy Eyes, James William (Only Olly Murs) and Irrelevant Elephant. Hot food options, well stocked bar, children's entertainment. Happy hour until 6pm. Tickets £20, under 16s free. For full details and tickets visit: MAMF.UK or find us on Facebook and Instagram.

- **Fun Quiz at Eastergate Village Hall:** Friday 27 June. £5pp, max 6 in a team. Doors open at 6:30pm. Booking in advance only. Fully licenced bar, pizzas, ice-cream and raffle. Please contact Nina, details below for more info.

Save the Date:

- Saturday 19 July – Motown and Northern Soul Night at Eastergate Village Hall

- Friday 25 July – 80's Disco at Eastergate Village Hall

- Saturday 9 August – Food and Drink Market at Eastergate Village Hall

Please keep an eye out on the local noticeboards, our Facebook pages and our website for more information barnhamandeastergatecommunitytrust.com.

Our motto is 'Together We Are Stronger' and we look forward to seeing you very soon.

Take care.

All the staff and volunteers at Barnham and Eastergate Community Trust

For enquiries and more information please contact Nina-Maria McMaster on 07849 356097 or email nina@eastergatehall.org.uk (based at Eastergate Village Hall) or Ali Tarbard/Sally-Ann Barker on 07714 456482 or email at ali@barnhamcommunityhall.org.uk (based at Barnham Community Hall).

HIGH DAYS & HOLY DAYS

1 June – Justin Martyr on the Damascus Road

Sometime in the summer of 165AD seven Christian men were put to death in Rome. Accused of belonging to an illicit religion, they refused point blank to offer sacrifices to pagan gods. Threatened with torture and execution they replied that suffering and death gave them confidence to appear at the Great Tribunal 'of our Lord and Saviour.'

The sentence was pronounced and having been scourged, all seven were beheaded. Their leader was named Justin and we know him in Church History as Justin the Martyr. His conversion to Christianity, although a

quiet and low key affair, is a story that should be known.

Justin was born in the year 100AD in Samaria, near the modern town of Nablus. His family was Gentile and pagan and as a young man Justin was drawn to the study of philosophy. Soon he was a recognised pagan philosopher, and he began to travel as an itinerant teacher, wearing the distinctive cloak of the philosophers. He tells us that his search for truth led him to study the various schools of Greek philosophy, but in none of them could he find the assurance he was looking for.

Then something happened that radically changed his life. Walking one evening by a seashore, he fell into conversation with an old man. Justin listened as the old man told him that the prophecies of the Hebrew Bible had been fulfilled and they could be found in the writings of the Christian Bible. He further told Justin that truth can only be known through the one true God and that His Spirit would enlighten Justin. Justin was deeply moved by the conversation, began to read the New Testament – and was converted to faith in Christ.

Now a Christian believer, Justin continued to travel, still wearing his philosopher's cloak but now preaching and teaching the Christian gospel. He wrote two Apologies explaining and defending the Christian faith. He travelled to Asia Minor and finally to Rome where he taught in a Christian school. His strong defence of Christianity came to the notice of the authorities and he was arrested with six of his friends. Refusing to acknowledge pagan gods, they were executed together. Who was the old man who introduced Justin to Christianity? We don't know and Justin doesn't even tell us his name, if he ever knew it. Justin's conversion happened because a Christian witnessed to him. We should use every opportunity we have to pass on the Good News!



**15th-century icon of Justin Martyr
by Theophanes the Cretan**

9 June – Columba of Iona, missionary to the UK

In 563 AD St Columba sailed from Ireland to Iona – a tiny island off Mull, in the Western Highlands. He brought Christianity with him.

Columba (c. 521 -97) was born in Donegal of the royal Ui Neill clan, and he trained as a monk. He founded the monasteries of Derry (546), Durrow (c.556) and probably Kells. But in 565 Columba left Ireland with twelve companions for Iona, an island off southwest Scotland. Iona had been given to him for a monastery by the ruler of the Irish Dalriada.

Why would a monk in his mid-40s go into such voluntary exile? Various explanations include going into voluntary exile for Christ, an attempt to help overseas compatriots in their struggle for survival, or even as some sort of punishment for his part in a row over a psalter in Ireland. Whatever the reason, Columba went to Iona and spent the rest of his life in Scotland, returning to Ireland only for occasional visits.

Columba's biographer, Adomnan, portrays him as a tall, striking figure of powerful build and impressive presence, who combined the skills of scholar, poet and ruler with a fearless commitment to God's cause. Able, ardent, and sometimes harsh, Columba seems to have mellowed with age.

As well as building his monastery on Iona, Columba also converted Brude, king of the Picts. Columba had great skill as a scribe, and an example of this can be seen in the Cathach of Columba, a late 6th century psalter in the Irish Academy, which is the oldest surviving example of Irish majuscule writing. In his later years Columba spent much time transcribing books.

Columba's death was apparently foreseen by his community, and even, it seems, sensed by his favourite horse. He died in the church just before Matins, and it is a tribute to this man

that his traditions were upheld by his followers for about a century, not least in the Synod of Whitby and in Irish monasteries on the continent of Europe.

A prayer of St Columba:

Christ With Us

My dearest Lord,

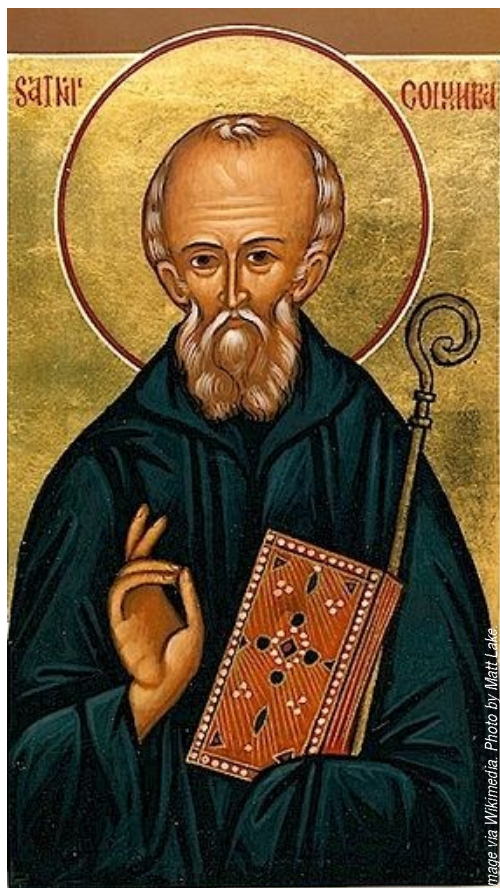
Be Thou a bright flame before me,

Be Thou a guiding star above me,

Be Thou a smooth path beneath me,

Be Thou a kindly shepherd behind me,

Today and evermore.



An icon of St. Columba of Iona

KITCHENER AND THAT POSTER

Some 175 years ago, on 24th June 1850, Herbert Kitchener, the 1st Earl Kitchener, was born. This Irish-born British Army officer and politician became Secretary of War during the First World War, when he appeared on an iconic poster asking people to join the army.

Kitchener already had a fearsome reputation, having been responsible for big colonial victories in Sudan and South Africa. He was very widely admired by the British people, though his cool personality and eagerness to push his men to the limit made him disliked by fellow officers. But he was also described as a godly man “who did noble deeds and obtained noble results”.

He had been on leave in England in June 1914 when he reluctantly accepted an appointment to the Cabinet as Secretary of State for War and was promoted to Field Marshal. Most people expected a short war, but Kitchener did not; he went about enlisting a great number of

volunteers – a campaign symbolised for most people by Alfred Leete’s poster using Kitchener’s own face with the slogan ‘Your country needs you’.

He organised British armies on a scale never seen before, but he was not to see victory. His life ended suddenly when he was drowned after the cruiser HMS Hampshire, taking him on a mission to Russia, was sunk in 1916 by a German mine. His body was never recovered, and the wreck is now a war grave. His death has been likened to the deaths of President Kennedy and Princess Diana – everyone remembered where they were when they heard the news.

A memorial fund launched by the Lord Mayor of London raised £500,000 to help war casualties and continues today. A Kitchener memorial was built by the people of Orkney on the cliff edge at Marwick Head and the East Window at St George’s is of course to his memory.

HOW MANY STEPS A DAY?

Counting steps has, for many of us, become a part of our lives. We feel triumphant when we hit 10,000, and guilty when we notch up less than 2,000 a day.

But daily steps, which are really no more than regular daily exercise, are not just a gimmick.

Medical research has found that your daily step count, especially when taken over years, really can make a huge difference to your health and life expectancy.

So how many steps do you need to achieve different levels of protection?

2,000 to 3,000 steps a day can help reduce your risk of heart disease.

4,000 to 5,000 steps can reduce risk of chronic disease and helps reduce risk of cognitive decline. (People who walked this far were found to have a 25% lower risk of

dementia.) As a scientist at the European University of Madrid, said: “This is likely because of improved blood flow to the brain, reduced brain inflammation, better metabolism of glucose in the brain, and an increase in beneficial brain chemicals which stimulate neuron growth.”

7,000 to 8,000 steps can provide a 31% lower risk of depression, and it can also lower your risk of cardiovascular disease by 51%.

10,000 steps achieves a wide range of health benefits. But even just 8,800 steps a day has been found to reduce risk of premature death from many diseases by 60%.

As a scientist at the University of Sydney explained: “It’s about setting initial targets that are achievable, and then gradually working your way up to more daily steps, as you build up your capacity to handle more activity.”



PARISH OF ALDINGBOURNE, BARNHAM & EASTERGATE

Can you please help with our Summer Fair?

Saturday 14th June 2025, 11am to 3pm

This is our **main fund-raising event of the year**, and it is an opportunity for **everyone** in our parish to help with much needed funding. It is also a great social occasion, drawing in our local community for a good day out!

You can help by:

- Selling tickets for the **GRAND PARISH RAFFLE**. Tickets are £1 each with many excellent prizes. If you can sell them to family, friends and neighbours before the event they are our best advertisement. Tickets available soon.
- Donating an item for **A LUXURY FOOD HAMPER** (or donation/ supermarket voucher to buy an item)
- **A BOTTLE** of anything for the “**BOTTLE TOMBOLA**”
- Donating a **TOMBOLA OR HOOPLA** prize (for children or adults), **TOILETRIES** and **UNUSED GIFTS, PLANTS, PRODUCE, PRESERVES, PICKLES**
- Donating **CAKES AND HOMEBAKES**
- **PLANTS** - Clearly named please
- Donating **GOOD QUALITY BRIC-A-BRAC, CLEAN BOOKS, CHILDREN’S TOYS AND GAMES.**
- **CHOCOLATE TOMBOLA!** Can you provide chocolates of any sort or size for this stall please!
- Collection boxes will soon be in all three churches each Sunday and in the Parish Office for any donations

Can you also help on the day with any of the following?

- **CATERING** - Can you help for a two hour shift selling snacks and teas?
- **GAMES - ADOPT A GAME-** Can your family run a game, existing or new (possibly sharing with another family?)
- **STALLS** - Can you help to sell goods on a stall for just part of the day?
- Or can you help clear the Barns and erect marquees the day before,

ALL IN THE MONTH OF JUNE

It was... 250 years ago, on 14 June 1775, that the Second Continental Congress established the Continental Army. Later it became the United States Army. On 15 June, George Washington, who would become first President of the USA, became the Army's Commander-in-Chief. This army would defeat the British army, and America would declare independence the following year.

175 years ago, on 24 June 1850, that Herbert Kitchener, the 1st Earl Kitchener, was born. This Irish-born British Army officer and politician became Secretary of War during WW1, when he appeared on an iconic army recruitment poster. He was killed in 1916 when his ship was hit by a German mine.

125 years ago, on 25 June 1900, that Louis Mountbatten, 1st Earl Mountbatten of Burma, was born. He became Governor-General of India (1947-48), First Sea Lord (1955-59), and Chief of the Defence Staff (1959-65). Assassinated in 1979 by an IRA bomb planted on his fishing boat.

90 years ago, on 1 June 1935, that driving tests became compulsory for all new drivers.

80 years ago, on 22 June 1945, that the Battle of Okinawa in Japan ended (after 82 days). This battle saw the highest number of casualties in the Pacific Theatre of the war,

with more than 12,000 forces, 110,000 Japanese forces, and 140,000 civilians killed.

75 years ago, on 3 June 1950, that the first successful ascent of Annapurna in the Himalayas was made. It was a French expedition and the first successful ascent of a mountain over 8,000 metres. Annapurna is the tenth highest mountain in the world.

70 years ago, on 11 June 1955 that the Le Mans disaster took place. A car spun off the track during the Le Mans 24 Hour race in France, and the driver, Pierre Levegh, and 83 spectators were killed, with 100 more injured. It was the greatest loss of life in the history of motorsport, but bizarrely, the race was not stopped. The survivors carried on for the full 24 hours, while the dead and the injured were removed from the site.

50 years ago, on 7 June 1975, the first Cricket World Cup to be held in England began.

40 years ago, on 2 June 1985 that UEFA banned all English football clubs from playing in European competitions following the Heysel Stadium disaster of 28 May. The ban was lifted after five years.

25 years ago, on 10 June 2000, that the Millenium Bridge opened in London. It closed for a while two days later, when it was found to sway uncomfortably when people walked in step.



The south face of Annapurna I

MUSIC AT MURRELL'S FIELD BARNHAM

SATURDAY 14 JUNE

5PM - 11PM

TICKETS £20

UNDER 16S FREE

USE THE 500 BUS TO GET THERE AND BACK!

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**COMPLETE
MADNESS**
the uk's no.1 tribute to the nutty boys

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JAMES WILLIAM
As Only Olly
And seen on ITV's Starstruck!
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IRRELEVANT ELEPHANT

HOT FOOD OPTIONS - WELL STOCKED BAR
CHILDREN'S ENTERTAINMENT



HAPPY HOUR UP UNTIL 6PM



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Music at Murrell's Field

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OR FIND US ON FACEBOOK AND INSTAGRAM!
REGISTERED CHARITY NUMBER 1170248

V2RADIO

CALLING FOR VOLUNTEERS

West Sussex Minibus is a community transport charity that helps individuals to thrive. Its mission is to enable residents to stay active and foster a strong sense of belonging to prevent isolation and loneliness.

They provide a range of practical shopping trips and social outings throughout the year. It is a membership-based service that welcomes all age groups. Eight divisions service the county, each operating buses seating up to 8 passengers to keep the service personal and friendly.

For many of its members, the service is a lifeline, providing the chance to stay in touch with friends, visit new places and gain companionship.

As an all-volunteer organisation, West Sussex Minibus owe its continued success to those individuals who generously offer their skills and time. People volunteer for many reasons. A change in personal circumstances is where

it often begins. If you are active, enjoy meeting people and have spare time, that's all that is needed. One of the following roles may be a perfect start to your volunteering experience.

- Minibus Drivers pick members up from their homes, drive them safely to the planned destination and return them home after every trip. Drivers need to be confident and hold a D1 category licence.

- Passenger Escorts work alongside the driver as a team. They welcome members to each trip, collect fares, help load shopping bags and assist passengers on and off the minibus and throughout the journey.

Everyone who joins plays an essential role, plus ensures the retention of vital services for the local community.

To learn more about volunteering with West Sussex Minibus, Five Villages (Barnham and surrounding villages), please call 0300 772 7735.

Your Help Is Needed

We keep the community active by providing vital shopping & social excursions. As an all-volunteer organisation, everyone who joins us plays an essential role in enabling our services to operate.



Volunteer Today

0300 772 7735

westsussexminibus.org.uk

OUR COMMUNITY

Clubs, events and meetings, walks, talks and fun...



Nina's Friendly Coffee
Morning

Every Tuesday 10:30-12
At Eastergate Village Hall

All welcome from babies to golden oldies.
Come for a coffee, cakes, scones,
company, and a chance to make new
friends!
Even well-behaved dogs are welcome!
Contact Nina on 07849 356097 for more
information or just come along!

BARNHAM COMMUNITY HALL
QUIZ NIGHTS 2025

Fri 31st January
Fri 28th February
Fri 28th March
Fri 25th April
Fri 30th May
Friday 25th July
Friday 22nd August
Fri 26th Sept
Friday 24th Oct Halloween
Fri 28th Nov
Fri 19th Dec Xmas Quiz

Teams of up to 6 people
£5 pp entry, doors open @7pm
Licensed Bar & Raffle
Hotdogs & snacks available
Booking essential
01243 278110 or
bookings@barnhamcommunityhall.org

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Would you like a friendly visitor?

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Your local good neighbour scheme
Charity Number 1098086

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AT EASTERGATE VILLAGE HALL
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Aldingbourne in Bloom Competition!



3 categories
Prizes for the winners!
Everyone welcome

Entry now open –
closing date 27th June



For more information and to apply, see our website
www.aldingbourne-pc.gov.uk/AIB

CUTTEN COMMUNITY CAFE

At Barnham Community Hall

Wednesdays
10am - 12pm
(Lunches from 12pm on the first Wednesday of the month)

Hot drinks and tasty treats
Meet new friends
Friendly dogs welcome

We'd love to see you there!





EASTERGATE VILLAGE HALL

FUN QUIZ NIGHT

With quizmaster
Martin McMaster

**Friday,
27th June**
Doors open 6:30pm


£5
per person
(teams of up to
6 members)

Licensed bar, pizza and raffle
Prizes for the winning team!

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to avoid disappointment.
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or email nina@eastergatehall.org.uk




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SINGING IS ADDICTIVE.**

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Location: Bersted Jubilee Hall, Chalcraft Lane, Bognor Regis, PO21 5TU.
Contact: arunacappella@gmail.com | T: 01243 826448 / M: 07704633616





FOOD FAIR

At Eastergate Village Hall

**Saturday
9th August
midday - 4pm**

**Food stalls
Wine bar
Outdoor seating
Free entry**





contact Nina on 07849 356097 or email
nina@eastergatehall.org.uk for more information

MUSIC AT MURRELL'S FIELD BARNHAM

**SATURDAY 14 JUNE
5PM - 11PM**

**TICKETS £20
UNDER 16s FREE**

USE THE 500 BUS TO GET THERE AND BACK! 

**COMPLETE
MADNESS**
the uk's no.1 tribute to the nutty boys

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MURDOCH'S CRAZY EYES
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And seen on ITV's Starstruck!
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CHILDREN'S ENTERTAINMENT

HAPPY HOUR UP UNTIL 6PM

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OR FIND US ON FACEBOOK AND INSTAGRAM!
REGISTERED CHARITY NUMBER 1170248






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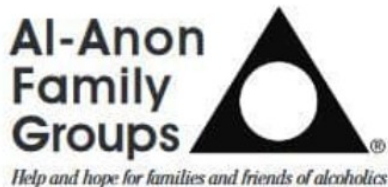
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11am - 3pm

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www.parishofabe.org.uk
Registered charity No: 1131523



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We meet at 11am every Thursday
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Local contact no 07540 181424

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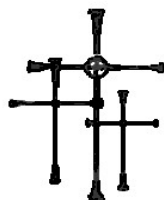
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2nd and 4th Friday of the month
in the Community Hub
10am - midday

Cash donations welcome but not compulsory

PLEASE NOTE THAT AS WE ARE DISTRIBUTING FOOD WASTE, SOME WEEKS (PARTICULARLY IN THE WINTER MONTHS) WE MAY NOT HAVE MUCH OR ANYTHING BUT WE WILL ALWAYS COMMUNICATE ON FACEBOOK TO LET YOU KNOW.

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by **12 NOON, Wednesday 18 June 2025** at the latest. **No exceptions given**

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Parish Administrator:

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PARISH OFFICE

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The Parish Office is usually open on Monday mornings from 10am to 12noon as well as on the 1st and 3rd Tuesdays of the month from 10am-12noon and Friday mornings from 9am to 11am. Other times by appointment—please contact Fr Paul Armstead (details above)

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Aldingbourne and District Bowls Club	Lynn Kendall 01243 552033	Police Community Support Officer Caroline Wilson	caroline.wilson@sussex.police.uk
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