

PARISH NEWS

The Parish of Aldingbourne, Barnham & Eastergate



50p

Image by Svetlana Vorotniak via iStock

IN THIS ISSUE

EASTER 2024

LIVING WELL AFTER 60

THE STORY OF ASPIRIN

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

March 2024



PARISH OF ALDINGBOURNE, BARNHAM AND EASTERGATE



SERVICES FOR MARCH 2024

Friday 1	S David 6.30pm Stations of the Cross	St Mary's, Barnham
Saturday 2	Our Lady of Walsingham 9.30am Said Mass with healing ministries	St Mary's, Barnham
Sunday 3	Lent 3 8.30am Holy Communion 9am Mattins 9.30am Said Mass 9.45am Sunday Seekers 10am Parish Communion 10am Family Communion 11.15am Sung Mass 6pm Evensong	BCP BCP BCP St George's, Eastergate St Mary's, Barnham St Mary's, Barnham Eastergate School St Mary's, Aldingbourne St George's, Eastergate St Mary's, Barnham St Mary's, Barnham
Friday 8	Feria 6.30pm Stations of the Cross	St Mary's, Barnham
Sunday 10	Lent 4/Mothering Sunday 8.30am Holy Communion 9am Mattins 9.30am Said Mass 10am All-age Communion 10am Parish Communion 11.15am Sung Mass 6pm Evensong & Benediction	BCP BCP BCP St George's, Eastergate St Mary's, Barnham St Mary's, Barnham Eastergate Primary School St Mary's, Aldingbourne St Mary's, Barnham St Mary's, Barnham
Friday 15	Feria 6.30pm Stations of the Cross	St Mary's, Barnham
Sunday 17	Lent 5 8.30am Holy Communion 9am Mattins 9.30am Said Mass 9.45am Sunday Seekers 10am Family Communion 10am Parish Communion 11.15am Sung Mass 6pm Evensong	BCP BCP BCP St George's, Eastergate St Mary's, Barnham St Mary's, Barnham Eastergate School St George's, Eastergate St Mary's, Aldingbourne St Mary's, Barnham St Mary's, Barnham
Friday 22	Feria 6.30pm Stations of the Cross	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 – Said Mass every Tuesday at St Mary's, Barnham



PARISH OF ALDINGBOURNE, BARNHAM AND EASTERGATE

SERVICES FOR HOLY WEEK AND EASTER



Sunday 24	Palm 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
	9.45am Sunday Seekers		Eastergate School
	10am Family Communion		St George's, Eastergate
	(we start at Eastergate School for the procession)		
	10am Parish Communion		St Mary's, Aldingbourne
	11.15am Sung Mass		St Mary's, Barnham
	6pm Evensong	BCP	St Mary's, Barnham
Monday 25	Monday in Holy Week		
	6pm Evensong		St Mary's, Barnham
	6.30pm Mass and Stations of the Cross		St Mary's, Barnham
Tuesday 26	Tuesday in Holy Week		
	6pm Evensong		St Mary's, Barnham
	6.30pm Mass and Stations of the Cross		St Mary's, Barnham
Wednesday 27	Wednesday in Holy Week		
	10am Holy Communion		St George's, Eastergate
	6pm Evensong		St Mary's, Barnham
	6.30pm Mass and Stations of the Cross		St Mary's, Barnham
Thursday 28	Maundy Thursday		
	7.30pm Eucharist of the Last Supper		St George's, Eastergate
	7.30pm Mass of the Lord's Supper		St Mary's Barnham
	followed by the Watch until 10pm		
Friday 29	Good Friday		
	10am Mattins and Litany		St Mary's, Barnham
	10am All Age Good Friday service		St George's, Eastergate
	Noon Ecumenical service		Market Place, Barnham
	2pm Solemn Liturgy of Good Friday		St Mary's, Barnham
	6pm Evensong & Maria Desolata		St Mary's, Barnham
Saturday 30	Easter Eve		
Sunday 31	Easter Day		
	5.30am Vigil and First Mass of Easter		St Mary's, Barnham
	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
	6pm Evensong & Benediction		St Mary's, Barnham



GOODWOOF

a dog event like no other



at Goodwood

18 | 19 May 2024

tickets now on sale

goodwood.com



Presented by
MARS
Petcare



NOT ONLY ON A SUNDAY

'Whoever wants to be my disciple must deny themselves and take up their cross daily and follow Me.' (Luke 9: 23)

How often have I heard the 'tongue in cheek' comment—are you sure that will be ok to see us then because I thought you only worked on Sundays!!

It is said in jest, I know, but the call in that opening quote above shows us that for each one us, being a Christian is not just a Sunday hobby but rather something that impacts our daily lives if we are wanting to be a disciple of Jesus.

These words of Jesus are spoken at a turning point in the gospel. Jesus challenges the disciples about his identity and their commitment to Him: *'who do the crowds say I am?'* (18). It is at this point that he *'resolutely set out for Jerusalem'* (9:51).

On our journey through Lent, as we look to events of Good Friday and Easter, what are our priorities as Jesus' disciples to be?

To deny ourselves: this means to saying *No* to ourselves and *Yes* to God, as we humbly

submit our will to his. Jesus prayed in the Garden of Gethsemane *'not my will but yours be done.'* (Luke 22:42). It means putting Jesus first in everything: our work, family, ambitions, possessions, marriage, finance and future. We will not be guided by self-interest, but by allowing God to show us how to live in his way.

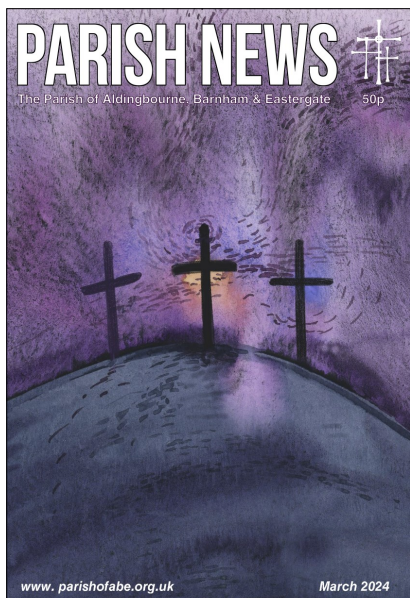
To take up our cross: this reminds us that the disciple is not immune from suffering, as we follow Jesus along the way of cross. Just as he carried his cross to Golgotha, we cannot avoid experiencing suffering in a fallen world. Every day we are to live in way that demonstrates to everyone that we have died to ourselves, our selfish ways and ambitions, and seek to live for God. It means breaking old selfish habits and ways of thinking, as we allow God to renew us by his Spirit.

Daily and follow me: During this season of Lent we have extra opportunities to take the way of the cross with out two Lent courses and weekly Stations of the Cross which I hope you have thought about joining. But the pattern of life in the parish throughout the year gives us many different ways, during the week as well as Sundays, to grow closer to God. A separate article in this magazine commends all of these to you and hopefully encourage participation at some of these as we take up our cross daily.

Fr Paul

*See page 7 for the latest news
from the Parish of ABE*

*See page 10 for Fr Paul's 'Not only on a
Sunday' list*



IN THIS ISSUE...

	PAGE
Services – March 2024	2-3
LETTER from Fr Paul	5
From the Registers	6
Dates for the Diary	6
News from the Parish of ABE	7-8
Lynchgates	9
From the Treasurer	9
Not only on Sunday...	10
Barnham & Eastergate Community Trust	11
High Days and Holy Days	12-16
News from our Councils	17
Rules of Living Well After 60	18
All in the Month of March	19
The Story of Aspirin	20
Smile Lines	20
Our Community	21
Editorial Team & Deadline Wed 20 March 24	
Looking for Something?	25-46
Parish Who's Who	47
Parish Directory	48

FROM THE REGISTERS JANUARY 2023

Baptisms: We welcome into the fellowship of the Church:

28 Jan Noah, Aubree and
Penelope Goy (E)

DATES FOR THE DIARY

Events coming up in the Parish include:

- **1 March – ABE Fun Quiz Evening at Barnham Community Hall**
- **21 March – A Bite to Eat (Parish Lunch) at Eastergate Village Hall from 12:30-2:30pm**
- **8 June – ABE Summer Fair at Manor Farm Eastergate**
- **22 June – Music at Murrell's Field**
- **29 September – Harvest Lunch at Barnham Community Hall**
- **11 October – ABE Fun Quiz Evening at Barnham Community Hall**
- **7 December – ABE Christmas Fair at Eastergate Village Hall**

PARISH LUNCH

A Bite to Eat (Parish Lunch) is on 21 March in Eastergate Hall. 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.

WORLD DAY OF PRAYER 2024

There is a service to mark the World Day of Prayer on Friday 1 March at 2:30pm at St. Mary's Church, Slindon. Prepared by an ecumenical group of Christian women from Palestine, the land in which Jesus was born, ministered and died, where the Christian faith began and is rooted. Followed by refreshments.

BIBLES FOR BAPTISMS

It has been the tradition to ask for donations so we can give a Bible out at each christening. If you would like to make a contribution then please leave an envelope marked 'Baptism Bibles' in the offertory plate on a Sunday or hand it in at the Parish Office.

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 these 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.

QUIZ NIGHT

ABE's Spring quiz night is being held at Barnham Community Hall on Friday 1 March starting at 7pm. The cost is £5 per person (towards church funds) and bring your own drinks and nibbles. Teams of up to six –

bring your own team or we will make them up on the night. Maybe a group of friends, a church group and so on? We look forward to a great evening, together, so come along!

To assist with planning please could you sign the sheet in church or e mail the Parish Office at parishofabe@btinternet.com so we know how many people are coming.

MONTHLY ABE LUNCH AT THE ALDINGBOURNE CENTRE

We are planning to have these on the 3rd Sunday of each month starting on 17 March. Please let me know if you would like to come by phone (01243 553901) or email smhandaway@hotmail.co.uk. Lifts can be provided for those who need them. The Aldingbourne Centre regret that they are unable to provide a roast for us as they are now very busy at weekends, however they have a varied menu which caters for all tastes at a very reasonable price and we will need to let them know how many are planning to come one week ahead. I look forward to hearing from you.

Rev Sheila



EASTERGATE FRIENDS

Eastergate Friends have had a busy few meetings since we last reported.

In September, we were visited by Donna from UK Food Harvest. This is where spare food from varying sources is donated to be shared by anyone in different communities. Our local centre is Tangmere which holds regular sessions and is well supported and run by volunteers. Donna explained that the sessions are very much a social gathering too and people can also learn how to cook and use the food.

Tony & Lizzie Gilkes gave a fun and factual presentation on 'Victorian Life Below Stairs' in October.

November's meeting was all about hats! Bella, based in Arundel, told us how hats are made and showed us the different techniques and materials which can be used. There is no doubt about how much work goes into the designing and creation of each hat in preparation for different events.

In December, we had our Christmas celebrations and had fun! Our raffle was well supported and we also held a collection for the Bognor Regis Food Bank. Our ladies were very generous in donating to this worthy cause.

The new year has started off well. In January Mike Chapman gave us a very informative talk about the Air Ambulance service. This charity relies largely on public funding in order to provide the excellent service it provides, where 'every second counts'.

Eastergate Friends meet on the second Monday of each month in Eastergate Village Hall at 10am . You will receive a warm welcome if you wish to come and join us.

Debbie Mead



EASTERGATE & BARNHAM

At our February meeting we had a highly informative talk from My Sisters House, a charity that supports local women in difficulty or in crisis. Our members filled the long dark days of February with plenty of social events. Two trips to the theatre saw us singing along with the Fisherman's Friends choir and being kept on the edge of our seats with 2.22 *A Ghost Story*. The walking group enjoyed a blustery stroll over the Downs and there was plenty of chatter at the tea and cake social.

We meet at Eastergate Village Hall on the second Friday of each month 7.30-9.30pm. Pop along to a meeting or contact us at eastergateandbarnhamwi@gmail.com.

Sam Leath



WESTERGATE

This month was our annual meeting. The officers read out their reports for the year. As the committee had all agreed to stay as they are there was no election needed. Our president, Jill, agreed to continue as president, which pleased everyone.

Jill gave out two quizzes, one from her and one from Sally. Both were on a Valentine's theme. Both were hard but that didn't matter as we got together and completed them during our tea time. They caused much chatter and pondering.

Our secretary, Sue, has a birthday later this month and she had kindly made a selection of cakes for us to eat during our tea. They were delicious.

After tea Jill announced the date for various outings and further meetings. Some of these are outdoor visits so we hope the weather improves. For all that the weather outside was awful the atmosphere inside was happy (and noisy) as we talked to old friends and maybe some new ones.

One of our members, Sandy, is rowing to raise money for Chestnut House. We wish her lots of luck.

Our meeting in March is a talk from the police about how to avoid the many scams that are part of our lives these days. All are welcome to come and join us.

We meet the second Tuesday of the month at Westergate Methodist Church Hall 2pm.

Catherine White-Aldworth

LYCHGATES

On the moors near to where I used to live in West Yorkshire, there were a couple of large stones with crosses marked on them. Many people thought that they were boundary or marker stones, and in so far as they marked the way towards the oldest church in that area they were. To be more exact, they were on the route towards the oldest churchyard.

In ages past bodies were carried by hand, sometimes over long distances, and there were restrictions placed on where they could be laid to allow the bearers to rest. These two stones were 'resting' stones.

When a body arrived at the church for burial, it would again be put down while the administrative formalities were carried out, and again the bearers could rest. So, a resting stone was placed at the edge or start of the consecrated land around the church.

The priest conducting the funeral would meet the cortege here, not originally out of respect, but rather to receive the required legal certificate for burial before he allowed them to enter the church grounds.

Because of typical English weather - rain and wind - it was usually sheltered, and benches were built for the bearers. There would also be a cross within the construction to signify the start of holy land. This is what we call the 'lych-gate'; lych coming from the anglo-saxon word lich or lic, related to the modern German word leiche, all meaning corpse.

Few old lychgates remain today, as many were destroyed or damaged after the Reformation, and most of those that survived were constructed of timber and have since decayed. In the eighteenth century, when the use for the resting stones and thus lychgates declined, many were removed and replaced with gates, often retaining the shelter as it continues to be a meeting place for the priest to receive funeral parties.

Try and visit a lychgate this month and actually spend a few moments under its shelter. Have a think about what burdens you want to lay down. What do you need to be sheltered from?

The Revd Dr Jo White

FROM THE TREASURER...

Lent is a time of year when we should review our giving to the parish, to support its mission, to contribute to the upkeep of our three mediaeval churches, and to fund the charitable work conducted in our parish supporting those in need.

In recent history, the numbers on our electoral roll have been declining, so the burden of maintaining the income needed to balance the books is being shared by an ever decreasing number of people, while parish expenditure continues to rise.

Some 31% of our income comes through regular giving, either through the envelope scheme, standing orders or our preferred Parish Giving Scheme (PGS). PGS allows donors to opt into automatic annual increments to take account of inflation, as well as removing the administrative burden of managing the donations in house.

For those who have opted out of the automatic increments, Lent is the time to review your giving, and likewise for those still using standing orders or envelopes. Lent may be the time to consider moving from standing orders or weekly envelopes to our Parish Giving Scheme too.

Chris Wells

NOT ONLY ON SUNDAY...

Holy Communion is celebrated every Tuesday (Said Mass at 6.30pm at St Mary's, Barnham) and Wednesday (Holy Communion at 10am at St George's, Eastergate) and on the first Saturday of each month (Said Mass at 9.30am at St Mary's, Barnham)

Evening Prayer is said every day at 6pm using the form in the Book of Common Prayer at St Mary's, Barnham.

Parish Prayer Fellowship We meet in various homes fortnightly (1st and 3rd Mondays) with a themed agenda and encourage each other by bringing a bible quote, poem or a point of view which can be discussed and which will hopefully enable those involved to have a better understanding and acceptance of how we live and conduct ourselves in this current year. If you know where you stand with God, his promises and blessings for your life you can become a greater witness for Jesus. All are welcome. Please telephone Sharon (555905) or Ann (545892) for more information.

Bible Study meets monthly on a Wednesday for a lunchtime bread and cheese lunch followed by Bible Study and discussion over coffee. During Lent and Advent they are weekly shared with Methodists and sharing a Lent/Advent theme.

And also on Wednesday evenings and held on the 1st and 3rd Wednesdays of the month there is an informal discussion group which meets for Bible Study and discussion over coffee/tea and biscuits. All are welcome. Contact Rev Sheila for details.

Christian Meditation It's not for me? I don't think it's my thing - I mean I am too busy anyway! But perhaps it is something that I

should explore, give it a try, I might benefit! Christian Meditation is simple, it is praying as you can, not as you can't. Meditation is a universal spiritual practice which guides us into this state of prayer, into the prayer of Christ. It brings us to silence, stillness and simplicity by a being itself silent, still and simple.

The Bible tells us *'Be still and know that I am God'* Ps 46:10

The experience will leave you rested, relaxed and refreshed and with a new experience of the nearness of God.

We will be restarting a meditation group, meeting once a month at our house and planning to start in April and we start with a short talk or reading to lead us into meditation. Afterwards, if anyone would like to, we usually have a short discussion with tea and coffee. The overall time being approximately one hour. If you are interested, please call us with your preference of a day and time, either Wednesday pm or Friday pm.

We look forward to hearing from you. Caterina and Richard Brown - 01243 554001.

Play and Pray meets every Friday in St George's, Eastergate from 10am–11.30am when pre-school children can bring their parent(s)/carers for some play, prayer and fun together with refreshments provided.

And so the list goes on...

What could I be doing during the week in addition to a Sunday? What would deepen my love for Jesus and enable me to find out more about what God is doing for me? Please ask if you want any further details and please give at least one of these a try!

Jesus asks us to 'take up our cross daily' and follow him.

Fr Paul

BARNHAM AND EASTERGATE COMMUNITY TRUST

As we move into March with more daylight hours and stunning daffodils, we look forward to welcoming you to our community halls. Both our buildings have many events to offer you including:

- **Pop Up Shop Opportunities at Eastergate Village Hall on Tuesdays** during the busy coffee morning. 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.

- **Fun Quiz at Eastergate Village Hall:** Saturday 9 March from 6:30pm. £4 per person, max 6 in a team. Please book in advance. Fully licenced bar, pizzas and raffle. Please contact Nina for more info.

- **Quiz Night at Barnham Community Hall:** Friday 29 March at 7pm. £4 per person. Teams of up to 6. Booking essential. Fully licenced bar and snacks. Please contact Ali, details below, for more information.

- **Roast lunch at Eastergate Village Hall:** Sunday 7 April at 1pm. £12 per person. Two delicious courses. Raffle and bar. Very friendly and welcoming. Please contact Nina to book (details below).

- **Motown and Northern Soul Evening:** on Saturday 13 April at Eastergate Village Hall. Dance the night away with DJs Toni Cassini, Roger Moffatt and Colin Slater. 7.30–11.30pm. £5 on the door. Limited seating so please arrive early!

- **Music at Murrell's Field:** Saturday 22 June 2024 - more details available soon!

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 at ali@barnhamcommunityhall.org.uk or 07714 456482, Kathy Lanigan 07521 404630 or at kathy@bnegct.org.uk (both based at Barnham Community Hall).

Barnham and Eastergate
Community Trust

COMMUNITY SUNDAY ROAST

AT EASTERGATE VILLAGE HALL

Supported by the National Lottery Community Fund

Sunday 7th April

Arrival time 1pm

Roast and pudding in a lovely ventilated building
Vegetarian option available
Friendly and welcoming atmosphere

£12 PER PERSON

PLACES WILL NOT BE RESERVED WITHOUT PAYMENT
CONTACT NINA ON 07849 356097
OR EMAIL NINA@EASTERGATEHALL.ORG.UK

HIGH DAYS & HOLY DAYS

20 March – Cuthbert, beloved monk and bishop of Lindisfarne

Cuthbert of Lindisfarne (c 634-87) has long been northern England's favourite saint. It is easy to see why: Cuthbert was holy, humble, peaceable, prayerful, faithful in friendship, winsome, and really kind.

Cuthbert was born into a fairly well-off Anglo-Saxon family, and he became a monk at Melrose in 651. He and another monk, Eata, were sent to start a monastery at Ripon, but Alcfrith, who owned the land, insisted that they adopt the Roman customs, which Cuthbert's Celtic church did not allow. So, Cuthbert and Eata quietly returned to Melrose, where Cuthbert became prior in about 661. Then came the Synod of Whitby in 663/4, and the Celtic Church formally decided to adopt the Roman customs. After this, Cuthbert was sent on to Lindisfarne as prior, where he sensitively introduced the new ways, and won over the monks there.

Cuthbert was very much loved at Lindisfarne. His zeal was evident in his constant preaching, teaching, and visiting of the people. He was also said to have gifts of prophecy and healing. Occasionally, Cuthbert reached 'people overload'. Then he would retreat to a tiny islet called Inner Farne, where he could pray in total seclusion. When, to his horror, he was told he had been made Bishop of Hexham, he immediately 'swapped' sees with Eata, and stayed on at Lindisfarne as Bishop. Sadly, Cuthbert died on little Inner Farne, only two years later, on 20 March, 687.

Cuthbert was buried at Lindisfarne, but that is not the end of his story. For it was only now that his travels began. After the Vikings destroyed Lindisfarne in 875, several monks dug him up and set out to find Cuthbert a final, and safe, resting place. For the next 120

years Cuthbert was deposited in various monasteries around the north of England and southwest Scotland. Finally, in 999, Cuthbert was allowed to rest in Durham, where a Saxon church was built over his shrine.

All that travel must have done him good; when his body was exhumed to be put into the 'new' Norman Cathedral in Durham in 1104, it was said to be still in perfect tact, and 'incorrupt'.

21 March – Thomas Cranmer, Archbishop of Canterbury & Reformation Martyr

If you have ever been caught up in a great event at work, which has gone on to change your own life, then Thomas Cranmer is the saint for you. He was the first ever Protestant Archbishop of Canterbury, following King Henry VIII's decision to pull away from Rome, and set up the Church of England.

Born in Nottingham in 1489, Thomas Cranmer became Archbishop of Canterbury in 1533. He was adviser to both Henry VIII and Edward VI. He helped Henry with the annulment of his marriage to Catherine of Aragon, and along with Thomas Cromwell, supported the principle of Royal Supremacy (where the king is sovereign over the Church in his realm).

Under Edward VI, Thomas Cranmer made major reforms to the Church of England. He put the English Bible into parish churches, compiled the first two versions of the Book of Common Prayer, and worked with continental reformers to change doctrine on everything from the Eucharist and veneration of saints.

But kings and queens, like American presidents, change, and the Catholic Queen Mary I was determined to wipe out Protestantism. Thomas Cranmer was imprisoned for two years, found guilty of heresy, and burned at the stake on 21 March 1556.

24 March – An overview of Palm Sunday & Holy Week

The events of Easter took place over a week, traditionally called Holy Week.

It began on Palm Sunday. After all His teaching and healing, Jesus had built a following.

On the Sunday before He was to die, Jesus and His followers arrived at Jerusalem. The city was crowded. Jewish people were arriving to celebrate Passover. This commemorates how they had escaped from slavery in Egypt nearly 1,500 year earlier.

Jesus rode into the city on a young donkey. He was greeted like a conquering hero. Cheering crowds waved palm branches in tribute. He was hailed as the Messiah who had come to re-establish a Jewish kingdom.

The next day they returned to Jerusalem. Jesus went to the temple, the epicentre of the Jewish faith, and confronted money-changers and merchants who were ripping off the people. He overturned their tables and accused them of being thieves. The religious authorities were alarmed and feared how He was stirring up the crowds.

On the Tuesday, they challenged Jesus, questioning His authority. He answered by challenging and condemning their hypocrisy. Later that day Jesus spoke to His disciples about future times. He warned them about fake religious leaders; the coming destruction of Jerusalem; wars, earthquakes and famines; and how His followers would face persecution.

By midweek the Jewish religious leaders and elders were so angry with Jesus that they began plotting to arrest and kill Him. One of Jesus' disciples, Judas, went to the chief priests and agreed to betray Him to them.

Jesus and the 12 disciples gathered on the Thursday evening to celebrate the Passover meal. This is known as the Last Supper. During the evening, Jesus initiated a ritual still marked by Christians – Holy Communion – which commemorates His death. Jesus broke bread and shared it and a cup of wine with His disciples.

Judas then left to meet the other plotters. Jesus continued to teach the others and then went outside into an olive grove to pray. He even prayed for all future believers. He agonised over what was to come but chose the way of obedience. The Bible book, Luke, records Him praying, 'Father if you are willing, take this cup from me; yet not my will but yours be done'. Minutes later Judas arrived with soldiers and the chief priests and Jesus was arrested.



Entry of Jesus Christ into Jerusalem by Pietro Lorenzetti

24 March – Palm Sunday, Jesus at the gates of Jerusalem

Holy Week begins with Palm Sunday, when the Church remembers how Jesus arrived at the gates of Jerusalem just a few days before the Passover was due to be held. He was the Messiah come to His own people in their capital city, and yet He came in humility, riding on a young donkey, not in triumph, riding on a war-horse.

As Jesus entered the city, the crowds gave Him a rapturous welcome, throwing palm fronds into His path. They knew His reputation as a healer, and they welcomed Him. But sadly, the welcome was short-lived and shallow, for Jerusalem would soon reject her Messiah, and put Him to death. On this day churches worldwide will distribute little crosses made from palm fronds in memory of Jesus' arrival in Jerusalem.

28 March – Maundy Thursday, time to wash feet

Maundy Thursday is famous for two things. The first is one of the final acts that Jesus did before His death: the washing of His own disciples' feet (see John 13). Jesus washed His disciples' feet for a purpose: "A new command I give you: Love one another. As I have loved you, so you must love one another." His disciples were to love through service, not domination, of one another.

In Latin, the opening phrase of this sentence is 'mandatum novum do vobis'. The word 'mundy' is thus a corruption of the Latin 'mandatum' (or command). The ceremony of the 'washing of the feet' of members of the congregation came to be an important part of the liturgy (regular worship) of the medieval church, symbolising the humility of the clergy, in obedience to the example of Christ.

But Thursday was also important because it was on that night that Jesus first introduced

the Lord's Supper, or what we nowadays call Holy Communion.

Jesus and His close friends had met in a secret upper room to share the Passover meal together – for the last time. And there Jesus transformed the Passover into the Lord's Supper, saying, 'this is my body' and 'this is my blood' as He, the Lamb of God, prepared to die for the sins of the whole world. John's gospel makes it clear that the Last Supper took place the evening BEFORE the regular Passover meal, and that later Jesus died at the same time that the Passover lambs were killed.

29 March – Good Friday, the day the Son of God died for you

Good Friday is the day on which Jesus died on the cross. He was crucified at 9am in the morning, and died six hours later, at 3pm. It is the most solemn day in the Christian year and is widely marked by the removal of all decorations from churches. In Lutheran churches, the day was marked by the reading of the passion narrative in a gospel, a practice which lies behind the 'passions' composed by Johann Sebastian Bach (1685 – 1750). Both the St Matthew Passion and the St John Passion have their origins in this observance of Good Friday.

The custom of observing a period of three hours' devotion from 12 midday to 3pm on Good Friday goes back to the 18th century. The 'Three Hours of the Cross' often take the form of an extended meditation on the 'Seven Last Words from the Cross', with periods of silence, prayer, or hymn-singing.

29 March – Good Friday, Jesus and the thieves on the Cross

Luke's account of the crucifixion (Luke 23:32-43) emphasises the mocking of the crowd, 'If you are the king of the Jews, save

yourself' (35,37,39). In their view a Messiah does not hang on a cross and suffer. In considering the two men who were crucified with Jesus, we are also confronted with the issue of how Jesus secures salvation for us.

The words of one of those crucified with Jesus reflected the crowd's taunts: 'Aren't you the Christ? Save yourself and us.' He highlights the question of Jesus' identity: how can He save others, when He cannot save Himself from death? He failed to see that the cross itself was the means of salvation.

So - what kind of Messiah was Jesus?

The other criminal's response in his last moments is a moving expression of faith. When challenging the other man, he spoke of the utter injustice of the crucifixion: 'this man has done nothing wrong.' He perceived the truth that Jesus was indeed the Messiah. In a

wonderful picture of grace, 'remember me when You come into Your kingdom', the second thief confessed his guilt and secured Jesus' forgiveness and mercy.

In reply, Jesus promised the man life from the moment of death; 'Today you will be with Me in paradise.' Jesus used the picture of a walled garden to help the man understand His promise of protection and security in God's love and acceptance eternally.

Each one of us has to choose how we react to Jesus on the cross. Do we want Him to 'remember' us when He comes into His kingdom, or not? If you were to die tonight, how confident would you be of going to be with Jesus? 'For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God' (1 Peter 3:18).



Icon of the Crucifixion, 16th century, by Theophanes the Cretan

31 March – Easter, the most joyful day of the year

Easter is the most joyful day of the year for Christians. Christ has died for our sins. We are forgiven. Christ has risen! We are redeemed! We can look forward to an eternity in His joy! Hallelujah!

The Good News of Jesus Christ is a message so simple that you can explain it to someone in a few minutes. It is so profound that for the rest of their lives they will still be 'growing' in their Christian walk with God.

Why does the date move around so much? Because the date of Passover moves around, and according to the biblical account, Easter is tied to the Passover. Passover celebrates the Israelites' exodus from Egypt, and it lasts for seven days, from the middle of the Hebrew month of Nisan, which equates to late March or early April.

Sir Isaac Newton was one of the first to use the Hebrew lunar calendar to come up with firm dates for the first Good Friday: Friday 7th April 30 AD or Friday 3rd April, 33 AD with Easter Day falling two days later. Modern scholars continue to think these two Fridays to be the most likely.

Most people will tell you that Easter falls on the first Sunday after the first full moon after the Spring Equinox, which is broadly true. But the precise calculations are complicated and involve something called an 'ecclesiastical full moon', which is not the same as the moon in the sky. The earliest possible date for Easter in the West is 22nd March, which last fell in 1818.

The latest is 25th April, which last happened in 1943.

Why the name, 'Easter'? In almost every European language, the festival's name comes from 'Pesach', the Hebrew word for Passover. The Germanic word 'Easter', however, seems to come from Eostre, a Saxon fertility goddess mentioned by the Venerable Bede. He thought that the Saxons worshipped her in 'Eostur month,' but may have confused her with the classical dawn goddesses like Eos and Aurora, whose names mean 'shining in the east'. So, Easter might have meant simply 'beginning month' – a good time for starting up again after a long winter.

Finally, why Easter eggs? On one hand, they are an ancient symbol of birth in most European cultures. On the other hand, hens start laying regularly again each Spring. Since eggs were forbidden during Lent, it's easy to see how decorating and eating them became a practical way to celebrate Easter.



The Resurrection of Jesus Christ, fresco by Piero della Francesca

NEWS FROM OUR COUNCILS



ALDINGBOURNE PARISH COUNCIL

The latest meeting of Aldingbourne Parish Council took place at 7pm on 6 February at the Aldingbourne Community Sports Centre (ACSC). Eight councillors were in attendance. Also in attendance were Arun District Council councillor Anita Lawrence and ACSC chair Jonathan Leahy.

Media & Communication Working Party: Cllr Jarman advised that the parish council Instagram account was now up and running and already had 10 followers.

Cllr Harbord said four draft versions of a new logo for the council had been received – it was felt amendments were needed and a final set of designs will be available for the meeting in March for the council to make a final decision.

ADC report: ADC councillor Anita Lawrence advised the APC on the following:

The Local Plan is still in draft form. Cllr Lawrence will ask for an update on where Arun District Council is with this and check on a timeline of when the Local Plan will be completed.

It was reported that interviews for a new chief executive at ADC will take place in April.

Cllr Jarman advised that HELAA (Housing and Economic Land Availability Assessment) regulation 18 “call for sites” consultation would be coming out in February 2024.

WSSC meeting: Cllr Foott reported on the meeting held between West Sussex County Council’s Steve Hill attended by Cllr’s Foott, Jarman and Rickard.

He said the 30mph speed limit for Hook Lane that had been applied for by a resident had

been approved, Cllr Foott will investigate this further.

Cllr Foott said WSSC were aware of all the known flooding issues in the parish. He also said WSSC were advised that the parish council had not agreed with their response on the implications of the new development at Meadow Way.

In addition, Cllr Foott said a list of road closures for the parish will be sent to the Clerk by WSSC. He noted that a bus shelter would be installed at Colliers Close and would be their responsibility.

He also said that WSSC would help with any traffic issues raised by parishes on any new developments.

Cllr Foott agreed to provide the Clerk with a list of actions that should be sent to WSSC to clarify some of the topics discussed – including the list of which grass verges need to be cut following the decision to plant some areas.

Finance & Personnel: It was noted that confirmation of the Aldingbourne Parish Council Precept for 2024/2025 had been sent to ADC at the beginning of January. The council’s tax base is 1,921 up from 1,866. The Total precept for 2024/2025 with no percentage increase is therefore £156,254.14 (2023/2024 £151,778).

It was approved by all councillors in attendance that the 50% deposit requested by Playdale towards the purchase of new playground equipment - £21,365.82 (excluding VAT) could be paid by the clerk.

Date of next meetings: The next meeting of the full council is due to be held on 5 March.

Marie Singleton

clerk@aldingbourne-pc.gov.uk

RULES OF LIVING WELL AFTER 60

The Rector turned 60 last autumn and therefore thought this article might apply to him as well as some other readers.

The King is 75. Last year he did 516 engagements, and he has no intention of slowing down. Instead, he was keen to be 'back up and running' as soon as possible after his recent operation. Is he right?

"Absolutely not – you shouldn't slow down," says Sir Muir Gray, 80, former chief knowledge officer for the NHS. "Ageing exists as a normal biological process but until the age of 90, it has little effect on your ability to look after yourself, engage with others or get about independently. In fact, paradoxically, as we get older, we need to become more active – physically and mentally. Ageing doesn't make you feel old – disease and loss of fitness will."

A study from the Yale School of Public Health found that people who had positive ideas about their own ageing ("I have as much pep as last year") lived for an average of 22.6 years after they first participated in the study, while the people who felt less positively about

ageing, lived for just 15 years more on average.

Of course, getting older does involve some loss of energy. But slowing down a bit is never something to be ashamed of, and getting enough rest is the very cornerstone of leading a good life.

Exercise is also crucial as we get older. Focus on the four Ss: stamina, strength, skill (balance) and suppleness. Maintain your stamina by brisk walking every day for 30 minutes.

When you are ill, get up again as soon as you reasonably can. Otherwise, you are at risk of 'deconditioning syndrome', a physiological decline where muscle strength can decrease dramatically if you are over 70.

Thoughtfully review of your personal life-balance. Try to find the 'sweet spot' between activity and rest. Gray advises: "If you're only doing activities, you are inevitably going to burn out. But if you only rest, you will become sedentary and you're more likely to fall ill, feel disconnected and lonely."

Finally, don't run on a hamster wheel of someone else's making. This Lent, before God, rethink your real purpose and calling in life. And live it!



Exercise is crucial as we get older

ALL IN THE MONTH OF MARCH

It was... 250 years ago, on 16 March 1774 that Matthew Flinders, British navigator and cartographer, was born. He led the first inshore navigation of Australia, and was the first person to call the country by that name.

125 years ago, on 6 March 1899 that the German pharmaceutical company Bayer patented aspirin (acetylsalicylic acid).

80 years ago, from 24 to 25 March 1944, that the Great Escape took place. 76 Allied prisoners of war broke out of the Stalag Luft III prisoner-of-war camp near Sagan, Germany after digging three tunnels. Three of the prisoners escaped, 73 were recaptured, and 50 were executed. The event was dramatized in the film *The Great Escape*.

70 years ago, on 1 March 1954 that the USA tested the most powerful nuclear device it has ever detonated – a thermonuclear hydrogen bomb codename Castle Bravo, at Bikini Atoll, in the Marshall Islands. Due to a design error, the 15-megaton blast was 2.5 times greater than expected, and caused extensive

contamination, deaths, burns and birth defects.

60 years ago, on 6 March 1964 that American world heavyweight boxing champion Cassius Clay was given the name Muhammad Ali, after joining the Nation of Islam.

Also 60 years ago, on 19 March 1964 that proposals for three new cities in south-east England were announced, due to an expected population boom. They became the new town of Milton Keynes, and a significant expansion of the existing towns of Havant and Basingstoke.

30 years ago, on 12 March 1994 that the first women priests in the Church of England were ordained.

10 years ago, on 18 March 2014 that Russia annexed Crimea following a controversial referendum in which its citizens voted to secede from Ukraine. Many of those loyal to Ukraine boycotted the referendum, and it was declared illegitimate by the United Nations and western governments. Most countries continue to recognise Crimea as part of Ukraine.



Tourists in Crimea with Russian flag flying, June 2015

THE STORY OF ASPIRIN

You will probably have taken aspirin, in one form or other, many times. But how much do you know of its history?

It was 125 years ago this month, on 6 March 1899 that the German pharmaceutical company Bayer first patented aspirin (acetylsalicylic acid).

But this is based on salicylic acid, which was used in herbal medicines as far back as Sumerian times, in 2500 BC. It was then that the Assyrians used willow leaves for rheumatic disease. The Egyptians also used willow leaves, as well as myrtle, to ease joint pain or inflammation.

In Greece, Hippocrates (460-377 BC) recommended an extract of willow bark for fever, pain and childbirth. And even the peoples of ancient China, Rome, and Native America all discovered and used plants containing salicylic acid.

Fast forward to Chaucer's 14th century, and the Knight's Tale recommends the use of meadow sweet for pain, another source of acetylsalicylic acid.

In 1763, some science was introduced, when

an English clergyman, the Revd Edward Stone, used willow bark to successfully treat fever 'ague' in 50 of his parishioners. He carefully documented it all for the President of the Royal Society.

In 1828, Johann Andreas Buchner, a Professor of Pharmacology at the University of Munich, purified salicin from willow bark.

In 1859, Professor Hermann Kolbe, at Marburg University worked out the chemical structure of salicylic acid and made it synthetically.

In 1897, Dr Felix Hoffman, a German chemist at Friedrich Bayer and Co, managed to produce pure stable acetylsalicylic acid (ASA). His discovery was the first time that a drug had been made synthetically, and so it was the birth of both aspirin and the pharmaceutical industry.

Finally, in early 1899 the new compound was named and registered Aspirin. The 'A' comes from acetyl and 'spir' from the first part of Spirea ulmaria (Meadowsweet) a botanical source of salicylic acid.

So next time you take an aspirin, think of the Assyrians chewing willow leaves, 4,000 years ago.

SMILE LINES

Palm Sunday visit

It was Palm Sunday, but because of a sore throat, five-year-old Bobby was kept home from church with his grannie. When the family returned home, they were carrying several palm fronds and Bobby asked them what they were for.

"People held them over Jesus' head as He walked by," his father explained.

Bobby was aghast. "I don't believe it! The one Sunday I don't go, and He shows up!"

Mother's reward

A man was decorating his new den and decided it was a good place to display all the awards he and his two sons had won at various athletic competitions. When he had filled two whole walls, he remarked to his wife that it was a shame she had no awards to contribute.


The following day, she produced, neatly framed, the birth certificates of their two sons, and added them to the display.

Mothers and teenagers

A woman was confiding in her neighbour just how hard it was for her to get her teenagers out of bed in the morning. The neighbour replied that she never had any trouble at all with her son. "I just open the door and throw the cat on the bed," she explained. The woman was puzzled, and asked how that might help. "Easy. My son sleeps with the dog."

OUR COMMUNITY


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

QUIZ NIGHT

Barnham Community Hall
Friday 29th March
 Teams of up to 6 people
 £4pp entry, doors open @6.30pm

Licensed Bar & Raffle
Hot food & snacks available
Booking essential
 01243 278110 or
bookings@barnhamcommunityhall.org




PARISH OF ALDINGBOURNE, BARNHAM
AND EASTERGATE

A Bite to Eat (A Parish Lunch)

Every third Thursday,

12.30 - 2pm

at **Eastergate Village Hall**

A simple lunch of homemade soup, rolls and
cheese, tea / coffee and biscuits

All ages welcome

Just turn up!



For more information please contact the

Parish Office on 01243 553955

Can you visit a lonely older person?
Would you like a friendly visitor?

We can help -
call us on -
07925 217843



VILLAGE FRIENDS

Your local good neighbour scheme
Charity Number 1098086

POSTER DESIGNED BY JAMES DACK YEAR 8 ORMISTON SIX VILLAGES ACADEMY



Artisan and Craft Fair

At Eastergate Village Hall
Barnham Road, Eastergate, PO20 3RP

2024 DATES!

Saturday 24th February
Saturday 11th May
Saturday 21st September
Saturday 23rd -
Sunday 24 November
Midday - 4pm



Free entry

Refreshments
available

Stall holders contact Nina for more information:

07849 356097
nina@eastergatehall.org.uk

Nina's Friendly Coffee Morning



Minimum donation of £2.50

All funds go to charity!

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!

COMMUNITY SUNDAY ROAST

Barnham and Eastergate
Community Trust

AT EASTERGATE VILLAGE HALL

Supported by the National Lottery Community Fund

Sunday 7th April
Arrival time 1pm

Roast and pudding in a lovely ventilated building

Vegetarian option available

Friendly and welcoming atmosphere

£12 PER PERSON

PLACES WILL NOT BE RESERVED WITHOUT PAYMENT

CONTACT NINA ON 07849 356097

OR EMAIL NINA@EASTERGATEHALL.ORG.UK



Fed up with seeing litter in Westergate and Aldingbourne?

You can make a difference!

Come to the Aldingbourne Parish
Council

LITTER-PICK

Saturday 16th March, 10.30am

Meet at Aldingbourne Community
Sports Centre, Oliver's Meadow,
PO20 3YA

Free tea, coffee and homemade cake!

To take part please email
m.harbord@aldingbourne-pc.gov.uk



GOODWOOF

a dog event like no other



at Goodwood

18 | 19 May 2024

tickets now on sale

goodwood.com




EASTERGATE VILLAGE HALL

FUN QUIZ NIGHT

With quizmaster Martin McMaster
FEATURING THE POPULAR MUSIC ROUND

Saturday, 9th March
Doors open 6:30pm

£4 per person (teams of up to 6 members)

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



Booking in advance essential to avoid disappointment.
contact Nina on 07849 356097
or email nina@eastergatehall.org.uk



Want to try something new?

MODERN JIVE

Super easy to learn, for adults of all ages,
and it's great fun!

TUESDAYS

Eastergate Parish Hall

Barnham Road, Eastergate, PO20 3RP

Doors open: 7.30pm

Beginners / Ice-Breaker Class: 7.45pm

New beginners welcome every week

No partner needed, and no course to book.

Just turn up and pay as you go!

Come along and give it a try, you're guaranteed a warm welcome!

Find out more at:
www.dancewithstacey.co.uk

Just Jive

with Stacey



Just Jive with Stacey



WESTERGATE METHODIST CHURCH
Westergate Street PO20 3RH

**Westergate
Methodist Church**
Every Friday
12 noon - 2pm

Please feel free to visit us

If you require a voucher please contact
HELP THROUGH HARDSHIP

A FREE PHONE NUMBER TO SPEAK TO A TRAINED CITIZENS
ADVICE ADVISOR (MONDAY - FRIDAY 9AM -5PM)

0808 208 2138



Bognor Regis Food Bank
bognorregis.foodbank.org.uk

Registered Charity in England & Wales: (1148187)
Registered Charity in Scotland



ABE PARISH NEWS TEAM

Chairman:	Bradley Smith	Tel: 07931 527724
Editor:	Jonathan Stapleton (email: abenews@outlook.com)	
Advertising:	Sarah Tripp (email: sarahetripp@yahoo.co.uk)	Tel: 699820
Secretary:	Vacancy	
Postal subs:	Vera Saunders, 32 Highview Road, Eastergate	Tel: 542410
Distribution:	Anne & Laurence Fosbury, 14 Lidsey Road, Westergate (email: annefosbury@gmail.com)	Tel: 543305
Treasurer:	Helen Pearson, 10 Victoria Gardens, Westergate	Tel: 542924

APRIL 2024 COPY DEADLINE

mail: abenews@outlook.com

by **12 NOON, Wednesday 20 March 2024** at the latest. **No exceptions given**

Circulation: Parish News is circulated to approx. 850 households in the parish and surrounding area.



If you are a 'New Reader' and would like to receive a copy of this magazine each month please fill in your name and address below, and cut out and send the coupon to Anne & Laurence Fosbury, 14 Lidsey Road, Westergate, Chichester, PO20 3SU—

annefosbury@gmail.com / telephone: 01243 543305

The annual subscription is £5.00 renewable in January or 50p per copy pro rata, or by post £15 or £1.50 per copy (Cheques payable to 'Parish News')

Name

Address:



Connecting Communities Throughout West Sussex.

If you're an individual or member of a group and want to use our services become a member today to reap the benefits.



Sign Up Today

Call us **0300 772 7735**
westsussexminibus.org.uk



Looking for Something?	Try Page
Aerial installation	28
Bookshop	36
Builders & Property Maintenance	31, 32, 35, 41, 42, 44, 45
Childcare	31
Cleaning / Home Help	42, 44, 45
Clock Repair	28
Computing	31, 36
Electrical	28, 31, 40
Estate Agent	26, 36
Fashion	35
Funeral services	33, 37
Garden Services / Landscaping	34, 35, 38, 44, 45
Hall Hire	37, 40
Health & Beauty	32, 36
Healthcare	39, 45
House & Home	30, 35, 42
Medical	35, 39
Motor Servicing / MOT / Sales	33
Mower Repairs	34
Optician/Audiology	45
Pest Control	30
Pet & Animal Care/Dog Training	26, 42
Photography	38
Plumbing & Heating	30, 34, 37, 42
Proofwriting & Copywriting	39
Residential Care	26, 29, 32, 43, 44, 46
Tree Surgeon	34, 41
Tutoring	34
Tyres	31

NOTICE: While we very much appreciate the support given to the magazine by its advertisers, we are not in a position to vouch for the quality of goods or services that are advertised.

SPR Centre



The Local Shop for ALL your Animal Feeds, Bedding, Equipment and Accesories!

SPR Centre is a family business based in Eastergate (near Fontwell Racecourse). We sell a large range of animal feeds, frozen feeds, bedding, accessories and health care products for both livestock and domestic pet owners.

We are also open 7 days a week!

Mon-Fri: 9am-6pm. Sat: 9am-5pm. Sun: 9am-4.30pm

Why not pay us a visit & see our large range of products & great prices. We are on the **A29** road past Fontwell Racecourse, after coming off the **A27**. Look out for our bright yellow sign!

We look forward to seeing you!

SPR Centre. Greenfields Farm, Fontwell Avenue (A29), Eastergate, West Sussex PO20 3RU.

Tel: 01243 542815 Email: info@sprcentre.com
Online Shop: sprcentre.com



Six Villages Seated Yoga Classes

New to yoga or returning to yoga ?

Do you have less mobility than you once did and feel limited by opportunities to exercise ?

Would you like to attend weekly guided yoga classes and experience the undoubted benefits yoga has to offer ?

Then we look forward to seeing you ...



Thursdays 5.30pm to 6.30pm

Eastergate Village Hall

Barnham Road

Eastergate

West Sussex

PO20 3RP



For further information, any questions or to book you place please contact Laurie Ward:

07505 427923

laurenceward162btinternet.com



Tel: 01243 554535

**102-104 Barnham Road
Barnham
West Sussex
PO22 0EW**

- Excellent 24 hour care
- All single rooms with en-suite
- Small caring home registered for 18 residents
- Visiting physiotherapist, Chiropodist and Hairdresser
- Respite care offered

Abbey Dean offers personal care and attention to its residents, it provides a "home from home" environment, a relaxing and peaceful atmosphere, and has an excellent reputaion locally.



• www.abbeydean.co.uk • email: enquiries@abbeydean.co.uk •



Looking for a high quality new home in Yapton?

Presenting The Steddles: a collection of just eleven traditionally built private homes, developed by esteemed local builder, Pallant Homes.

Set in a cul-de-sac set in the village of Yapton, just south west of Arundel, these homes have been finished to a high standard, all benefitting from underfloor heating to the ground floor and a car barn or garage.

3 and 4 bedroom homes remaining with selected plots that are ready to move in to.



Prices start from £444,995. Show Home open by appointment. To book a viewing, please contact Henry Adams New Homes:

01243 521833
newhomes@henryadams.co.uk
simplynewhomes.com


Henry Adams
new homes

AERIAL MAN

Big firm quality - small firm prices

DIGITAL TELEVISION AERIAL AND SATELLITE SERVICES

Digital TV and Radio Aerials * Satellite dishes * Extra Sockets * Freeview & FreeSat installations

Telephone sockets * Free quotes * Fully insured and guaranteed

Over 30 years experience * Family business

No call out charge

Phone: 01243 545697

www.aerialman.com



APPARENT TIME

CLOCK REPAIR RESTORATION & CONSERVATION

Specialist in the care of antique clocks

All clocks assessed in your home and cared for in my local workshop to the highest conservation standards

I shall be happy to discuss your clock care requirements with you

FREE ESTIMATES

For more information

Please contact me on **07752 236 274**

or email philippe@apparenttime.com

Visit my website at <http://apparenttime.com>

Philippe Arent, West Dean PG Dip.



Commercial, Industrial &
Domestic Approved Contractors
Quality Guaranteed Jobs Small or Large
Lighting & Power Installations
For Exterior & Interior
Testing & Inspection
Fault Finding
PAT Testing

www.jgelectricalservicesltd.co.uk



01243 551370

07798 633390



EASTERGATE VILLAGE HALL

BARRE FITNESS

MONDAYS 12:30 - 1:30PM

A fitness class combining yoga, Pilates and ballet technique. No experience is needed and suitable for all levels.



MUSICAL THEATRE DANCE

MONDAYS 1:30 - 2:30PM

A theatre dance class featuring gentle warm-ups and a fun routine to a song from a musical. No experience needed.

We welcome everyone to our fun and joyous classes. Scan the QR code to sign up for a 2 week trial.



www.sarahmooredance.co.uk

07708 792928

info@sarahmooredance.co.uk



NYTON HOUSE

RESIDENTIAL CARE HOME



Residential Care
Respite Care
Dementia Care

A family-run care home serving the Chichester community for the last 45 years. Our guiding principle is to deliver care of the standard we would expect for our parents and loved ones.



Scan to download
our brochure

☎ 01243 543228

Find us on  Facebook and  Instagram

✉ manager@nytonhouse.co.uk

🌐 www.nytonhouse.co.uk

Nyton House Residential Care Home, Nyton Road, Westergate, Chichester PO20 3UL

20% Discount for AB&E Parishioners for first month

TempPest
Environmental Services

**RATS, MICE, WASPS
BIRDS, FLEAS, ETC.**

DOMESTIC & COMMERCIAL

**FREE SURVEYS
7 DAYS A WEEK**

LOCAL PEST CONTROL

01243 869 904

07916 885 870

info@temppest.co.uk



**Domestic and
commercial
sunblind, shutter
and awning
specialist**



**Regnum Blinds
and Shutters**

sunblinds • curtains • shutters • awnings



For your free no obligation survey
call us now on:

01243 545976

info@regnumblinds.co.uk
www.regnumblinds.co.uk
Arundel showroom

Proud members of
Checkatrade.com
Where reputation matters



Crouchers
Plumbing + Heating

**Local plumber and heating
engineer in Bognor Regis and
surrounding area**

Tim Croucher Plumbing & Heating Ltd are a family run business offering some of the finest domestic plumbing and central heating services to Bognor Regis.

We truly put our customers first and constantly go beyond the call of duty to make sure our services are second to none.

**FOR ALL YOUR DOMESTIC
HEATING & PLUMBING NEEDS
CALL:**

T: 01243 545400

E:tim.croucher@btconnect.com
www.timcroucher-plumbing.co.uk



The Mission Hall, Lidsey Road, Bognor Regis, West Sussex PO22 9PH

Walberton Pre-School

www.walbertonpre-school.co.uk

Fun, Friendship and Learning for all children aged 2-5 years.

Read about us in this Parish News...

Come and have a look around - we're at

Walberton Village Hall, BN18 0PJ.

Contact Helen Baxter - 01243 555922,

or Mary Foulds - 01243 554979



TEL: 01243 774713

WEBSITE: www.acc-tyres.co.uk

Unit 15 Temple Bar Business Park, Strettington, Chichester, West Sussex, PO18 0TU

Local family run business for all your Tyre needs.

**Wheel Barrow, Quad Bike,
Caravan, Car, Van, 4x4,
Light Commercial & Tractor.**

Tyres and Tubes available.

Leisure Batteries

**Come in for a Free Tyre and
pressure check.**

**Complimentary Coffee while
you wait.**



RIDEA Technology

www.ridea.co.uk

Need help with your technology?
For sourcing of or assistance with your
Computer, Tablet, Internet, & Home
Audio/Visual equipment

Tel: 01243 216121

E-mail: help@ridea.co.uk

NO JOB TOO SMALL

S. J. GRUBB



ELECTRICAL

Rewires * Extra Points
Immersion Heaters &
all General Electrical Work



141 Willows Caravan Park,
Lidsey Road, Woodgate, Chichester,
PO20 3SU

Mobile 07850 638672

D.F.S Roofing Ltd

**BUILT UP FELT • FLAT ROOFING • TILING & SLATING
PROMPT SERVICE**

*You have worked hard for the roof over your head –
let us keep it in good repair*

Checkatrade.com
Where reputation matters

David Short
Telephone: 01243 543551
Mobile No: 07803 099958





Reflexions



Ladies' Health and Beauty

Therapy Clinic

Reflexology, Indian Head Massage,
Organic Skincare,

Anne Marie Borlind Facial Treatments,

Thermo-Auricular Therapy (Hopi Ear Candling)

Indian Facial Rejuvenation Treatment

Waxing, Manicure, Pedicure,

Eye Lash & Brow Tinting, Gift Vouchers
Available.

For more information or appointment call Pam

on Fontwell (01243) 814648

Ladies only

Local Authority Registered

"Beauty on the outside comes from the inside"

G.T.LYMPANY

**FLAT ROOF SPECIALIST
37 YEARS EXPERIENCE**

**REPAIR SERVICE AVAILABLE
INSURANCE WORK UNDERTAKEN**

**ALL WORK 10/15 YEAR
GUARANTEES**

***FULL PUBLIC LIABILITY INSURANCE
COVER
FREE ESIMATES***

**TEL: 023 92478019
MOBILE: 07949 948249**

If you would like to advertise here, please contact the email address below

abenews@outlook.com

Reynolds

Our family caring for yours

Funeral Service • Memorial Masons • Funeral Plans



The Reynolds family on an outing circa 1880

For a dedicated, caring and sympathetic service contact James or Stephen Reynolds

CHICHESTER

43 Spitalfield Lane Chichester PO19 6SG
01243 773311

BOGNOR REGIS

31 High Street Bognor Regis PO21 1RR
01243 864745



Our family caring for yours

www.reynoldsfunerals.co.uk



**MOT
Servicing
Diagnostics**

Mechanical & electrical repair

4 Wheel computer wheel alignment

Air conditioning - R134a & R1234yf gas

Electric & hybrid vehicle diagnostic & repair

S&G Motor Centre



Not just your friendly independant Renault & Dacia specialist;
we cater for all makes & models.



Arundel Road, Fontwell, West Sussex, BN18 0QP 01243 814564 sandgmtr@yahoo.co.uk

If you would like to advertise here,
please contact the email address be-
low

abenewj@outlook.com

GREEN GRASS MOWERS

01243 542958 07754 019283

All types of mowers Serviced and Repaired
Garden Shears Sharpened
Specialist in Briggs and Stratton engines

If your garden tools are well-maintained and sharpened regularly,
they will last much longer and be a pleasure to use

I am able to service and repair most
makes of machines

Please contact P J Pilcher on

01243 542958
07754 019283

H J Probert TREE SURGERY

NPTC Certified – Fully Insured

- * Stump Grinding *
 - * Hedging *
 - * Landscape Design *
& Construction
 - * Fencing *
 - * Lawn Seeding *
 - * Turfing *
 - * Spraying for Pests & Weeds *
- NPTC Certified

www.harveyprobertlandscaping.co.uk

01243 558876








h.probert@outlook.com



**WHISTONS
HEATING
& PLUMBING**

Your Local Chichester Plumber
Call us on 01243 936191 or 07771 955850

Your Local Independent Heating Plumbing Company

-  Boiler Breakdowns
-  Boiler Service
-  Landlord Certificates
-  System Upgrades
-  Radiators, Tanks, Vented & Unvented Cylinders
-  Pumps, Controls
-  All general plumbing

Google
Reviews ★★★★★

 **WORCESTER**
Bosch Group

ideal

 **Vaillant**

Call us on **01243 936191** or **07771 955850**
or visit www.whistonsheatingplumbing.co.uk





SHANE'S GARDEN SERVICES
TEL: 01243 554841 or 07525 779118
MAN FOR ALL SEASONS

MOWING HEDGE-CUTTING
CLEARANCE WORK
GENERAL GARDEN MAINTENANCE
FENCING
GUTTERS CLEARED AND WASHED

Elaine Sturgess

Holistic Osteopathy Ltd

Registered Osteopath

Effective & Gentle Treatment for people of all ages including babies, children, pregnant women and the very elderly.

- Headaches
- Stress
- Arthritic Pain
- Sciatica
- Back/Neck Problems
- Trapped nerves
- Sports injuries
- Private Health Insurance

01243 545200

www.holisticosteopathy.com

**Laburnums, Hook Lane,
Aldingbourne, PO20 3TE**



Geoff's Windows

Repair & Installation Specialist

**Misted Glass Replaced, Draughty Windows
Repaired, Locks, Hinges, Handles, Letter-
box's Replaced, Gutters Fixed, All General
Upvc Repairs Carried Out**

All Replacement Upvc Installations Undertaken

**Small Sole Trader, No Obligation Hassle Free
Quotes, No Salesman, 15+ yrs Experience**

Contact: 01243 543583/07414140141

Email: geoffswindows@gmail.com



WOODGATE CURTAINS AND SOFT FURNISHINGS

- Curtains and soft furnishings, including Roman Blinds
- All hand-sewn and made to measure
- Curtain alterations
- For a professional and friendly service
- 20 years experience
- Very reasonable rates
- Free estimates
- Contact Jenny telephone: 01243 829913
- Mobile: 07787 716 630

**Lubbe
GardenWorks**

**Lubbe
HomeWorks**

Brothers in Partnership

GardenWorks – Domestic/Commercial/Contractual grounds
maintenance/Improvements

Matt Lubbe

Contact No. - 07843476446

Email – Mattlubbe@hotmail.co.uk

HomeWorks – Domestic/Commercial/Contractual home
maintenance/Improvements.

Dan Lubbe

Contact No. – 07791314199

Email – Info@Lubbeservices.co.uk

Fencing Specialists * Handyman service

www.Checkatrade.com/LubbeHomeworks



*transmeck
fashion*

**Hire and sales of Hats and
Fascinators for Weddings
And Special Occasions**

Call today to make an appointment

tel: 01243 552466

Mobile: 07946 123859

Email: deb@transmeckfashion.com

www.transmeckfashion.com

www.facebook.com/transmeckfashion



REDWOOD & SONS

Estate Agents

T: 01243 551122

E: office@redwoodandsons.co.uk

www.redwoodandsons.co.uk

36 Barnham Road, Barnham PO22 0ES

Local • Friendly • Professional

Disclaimer: If you have instructed another agent, please check the agreement to avoid paying two fees

PC & LAPTOP REPAIRS

Virus Removal
Speed up
Lessons & Advice

Call Barry
07766900874
No fix, no fee



*Claire Elizabeth
Makeup Artist
for all occasions*

*Weddings & Proms
Special Occasions
Pamper Parties
Now offering Gel Manicures
Tel: 07825512891
clairelizabethmakeup@gmail.com*

THE ST OLAV TRUST

CHRISTIAN BOOKSHOP

FOR A WIDE SELECTION OF
BOOKS, MUSIC AND GIFTS

We cater not only for believers from the
broad range of churches, but to also
provide material that will help anyone
interested in practical help from a
Christian perspective.

St. Olaves Church, North Street,
Chichester PO19 1LQ
01243 782 790
stolavbookshop@gmail.com



Monday-Friday
9:30am - 5:00pm
Saturday
9:30am - 5:00pm

KEVIN HOLLAND FUNERAL SERVICE

Independent Family Business



24 Hour Personal Service

Private Chapel of Rest

Parking Available

Arrangements may be made from the comfort of your own home

Golden Charter Pre-Paid Funeral Plans

246 Chichester Road

Bognor Regis

PO21 5BA

Tel: 01243 868630

Email: info@kevinholland.co.uk Website: www.kevinholland.co.uk

Golden Charter 
Funeral Plans

Barnham Community Hall



A large modern community hall facility set in 8 acres of greenspace - it's the perfect venue for any event!

* Licenced to hold wedding ceremonies * Licenced bar

* Fully equipped commercial-sized kitchen

* Meeting rooms * Free guest WiFi

* AV sound system available * Large free car park

* South facing patio area

We are also home to several community groups and events

For more information

Visit www.barnhamcommunityhall.org

Call Ali Tarbard on 01243 278110 / 07714 456482

Or email bookings@barnhamcommunityhall.org



**Ellis & Co
PLUMBING**

- General Plumbing & Heating
- Bathroom Design
- Oil Boiler/ Tank Specialist
- Thermal Stores/Unvented Systems
- C & G Qualified engineers
- Underfloor Heating installed
- Credit/Debit Cards Accepted
- 24hr Emergency Service

All aspects of plumbing undertaken by your local firm in Westergate -

No Job Too Small!

01243 544678

Mob 07860 910979



*We never forget you have
a choice!*

FULLERS

LANDSCAPES

FENCING AND DRIVEWAY SPECIALISTS

0800 772 0691

07931 527 450

Landscaping / Driveways
Decking / Garden Design
Sheds / Summer Houses / Porches
Fencing / Gates / Patios / Grass
Power Washing



Mark Fuller & Lee Wadey

Mobile: 07931 527450 Office: 0800 7720691

Email: markfuller1985@hotmail.co.uk



THE small WEDDING PHOTOGRAPHER

Johnabee

Are you planning a small wedding on a budget?

Don't want a photographer for a whole day?

Call The small Wedding Photographer

The small Wedding Photographer is experienced, economic, lives in Barnham and offers wedding photography coverage for 5 hours and 55 minutes.

Contact John Donabie on 01243 555550 and ask about my £555.55 package

johndonabiepip@gmail.com

Copyediting and Proofreading

Joanna Arman

Published Author - Proofreader - Copyeditor

Certified by College of Media and Publishing
Years of experience with publishers and journals.

Work on any document or written text such as:

- Books
- Articles
- Websites
- Advertisements
- Leaflets
- Business and Educational Documents



Call or email to discuss your project and rates

Tel: 07555702508

j.arman10@hotmail.co.uk



Prescription Footwear Associates Ltd



A One Step Service

Footwear and Insoles: Comfort, Semi-Bespoke and Bespoke Shoes and Boots; Bespoke Insoles

Podiatry/Chiropody: Complete Nail and Skin Care; Nail Surgery, Podiatric and Diabetic Assessments

Orthotics: Bespoke Lower Limb Splints

Biomechanical and Video Gait Assessments

Medical-Legal Orthotic Reports:
Insurance and Rehabilitation Assessments

Multidisciplinary Team:
Consultation by Appointment only



PFA House, Lake Lane, Barnham, Bognor Regis PO22 0JB

Tel 01243 554407

Email: info@prescriptionfootwear.co.uk

www.prescriptionfootwear.co.uk

FIVE VILLAGES PHARMACY

Arun Travel Clinic

Prescription Collection & Delivery Service to the local surgeries.

Free delivery of prescriptions to housebound patients.

Please phone if you would like any shop goods added to your delivery.

We stock a wide range of pharmacy and household goods, perfumes,
hot water bottles, reading glasses, walking sticks
and a wide range of disability aids.

Blood Pressure Checks and Medicine Usage Reviews FREE of charge.

Arun Travel Clinic for all your holiday vaccinations

Order your repeat scripts on www.myrepeats.com

Hours of Opening Mon - Fri 9am - 6pm

Saturday 9am - 1pm

Tel: 01243 554061

Fax: 01243 554069

49 Barnham Road PO22 0ER

Email: fivevillages@hotmail.com

www.fivevillagespharmacy.co.uk

Helping you do more of what you love



Call us for help with your:

- Laundry
- Ironing
- Repairs
- House Cleaning
- Oven Cleaning
- Carpet Cleaning



01243 543 877

Chichester & Felpham

Collection & delivery available

www.homeanddry.biz

If you would like to advertise here,
please contact the email address below

abenew@outlook.com

B A ELECTRICALS

Electrical Contractors

- New Installations
- Inspection, Testing & Reporting
- Domestic Landlord Reports
- Rewires & Upgrades
- Cooker Installation / Repairs
- Shower Installation / Repairs
- Immersion Heater
- Additional Lighting / Power
- Outdoor Electrics
- PAT Testing

call us

01243 544 278



**FUSE BOARD
SPECIALISTS**

**FREE
ESTIMATES
& ADVICE**

www.baelectricals.co.uk



EASTERGATE VILLAGE HALL

- Newly refurbished restrooms
- Ideal for club use (afternoons at reduced rate)
- Large car park
- Fully equipped kitchen
- Easily accessible
- Stage with lighting
- Lots of weekly community events
- Fully licensed bar
- Audio visual sound system
- Wi-Fi
- Perfect for weddings

For more info & enquiries please call Nina on 07849 356097 or email
assistantclerk@barnhamandeastergate-pc.gov.uk





KIWI

TREE & HEDGE SERVICES

- Tree Pruning
- Tree Removal
- Hedge Cutting
- Crown Clean / Lift
- Deadwood
- Stump Grinding
- Crown Reduction
- Walberton Based

07407 172 133
aston@kiwintree.co.uk



TREVOR BUCKELL

LOCAL RETIRED HANDYMAN



REASONABLE RATES

FOR ALL YOUR DIY NEEDS AND MORE
CALL FOR YOUR FREE QUOTATION

07801 745514

S.D.L. PROPERTY MAINTENANCE

- | | |
|--|---|
| <input checked="" type="checkbox"/> Guttering, Fascias and soffits fitted | <input checked="" type="checkbox"/> Plastering |
| <input checked="" type="checkbox"/> Painting and Decorating | <input checked="" type="checkbox"/> Patios Laid |
| <input checked="" type="checkbox"/> Building Work | <input checked="" type="checkbox"/> Renovation |
| <input checked="" type="checkbox"/> Cleaning of Conservatories, Patios and Driveways | <input checked="" type="checkbox"/> Groundworks |

Established for Over 20 Years

Fully Insured (£2 Million Public Liability)



Call Simon **NOW** on:

m: 07760 268 091 • t: 01243 605 612

For more information and testimonials please visit our website:

www.sdlbuildingservices.co.uk



WESTERGATE HOUSE

BARCHESTER HEALTHCARE

Care as unique as you are



A place where your loved one matters

When looking for a care home it's important to know your loved one will be valued for the unique person they are, surrounded by caring people who understand their routines, know their favourite foods, and support them to enjoy the hobbies and interests they love most.

You'll find all this and more at Westergate House Care Home.

Call 01243 717 555 to find out how we can help you.

Denmans Lane, Fontwell, BN18 0SU
barchester.com

Nursing care • Dementia care • Residential care • Respite breaks



M. H. KENNEDY & SON LTD.

N. F. U. MEMBERS

AGRICULTURAL AND HORTICULTURAL
CONTRACTORS

- GRASS MAINTENANCE
- HEDGE CUTTING
- SPORTS & PLAYING FIELDS
- PADDOCKS
- GREENHOUSE CULTIVATION
- J.C.B.HIRE

SANDBAGS
LARGE AND SMALL QUANTITIES

01243 543530
07831 440886 or
07785 935604

email: info@mhkennedy.co.uk



THE MARTIN SEWELL
BUILDING COMPANY

An award-winning Chartered Building Company that has worked in the Sussex area since 1985, gaining a well-deserved reputation for professionalism, reliability, high quality craftsmanship and project management skills. Experienced in all types of building projects, from large commercial to the sensitive renovation of listed buildings, bespoke new-builds or extensions and refurbishments.

Telephone 01243 542056

Email martin@msbc.uk

www.msbc.uk



Professionalism and Integrity in Construction

Life-Enhancing Live-In Care

Hamilton George Care work with the very best carers to provide truly bespoke live-in care. We take the time to understand what type of care is needed, and what type of carer would suit you best.

As a small team we get to know our clients and their families, understanding their unique clinical and lifestyle needs in order to provide the highest standards of care.

Get in touch if you or a loved one require care, or are simply planning for the future. We understand how difficult it can be to find good care and would love to help you.



H **G** Hamilton
George
Care



Our Care Services

- **Housekeeping** - companionship and help with tasks around the home
- **Clinical Care** - varying levels of clinical and personal care
- **Complex Care** - condition led care including nursing care, end of life and rare conditions
- **Rehabilitation Care** - short term support (four weeks or more)

hamiltongeorgecare.com

0207 183 2019

BARNHAM OPTICIANS

YOUR VISION IS OUR FOCUS

With over 20 years experience, our national award winning independent practice is committed to providing you high quality service & eyewear with a personal touch.



64 Barnham Road, Barnham
PO22 0ES

T: 01243 554091

www.barnhamopticians.co.uk



We offer up to 12
months
Interest Free
Credit

R Clarke

Professional Painter & Decorator
General House Maintenance
Fully insured. Free estimates.

Tel: 01243 544378

M: 07825 321353

Westergates
Farmhouse
Arundel Road
West Sussex
BN18 0SX

PRH GARDEN SERVICE

Fully insured and reliable service all year round Lawn cutting, Hedge cutting, Planting, Pruning, Turfing, Weeding, Lawn treatments, Weed spraying, Fencing (Shed, decking, fencing treatments). Domestic and Commercial.

Tel: 01243 587905
Mob: 07772 563065



prhgardenjobs@gmail.com

O.C.D FAIRY

If you want your bathroom to sparkle and your kitchen to shine, I have some hours available.

Sanitizing and deep cleaning a speciality.

I am a fit healthy, honest and educated woman with many practical skills.

I also offer caring at home to help with everyday tasks you may be finding hard.

References available.

Give Paula a ring on
07854 547075



Our nursing home is run in a compassionate manner, ensuring that every person staying at Barnham Manor is treated with dignity and respect. We aim to be a home from home; where every person can feel that they are part of the Barnham Manor family.

- Nursing, Residential and Respite Care
- High quality, comfortable en-suite rooms
- High Care Standards
- Friendly and experienced staff
- Beautiful landscaped garden
- Tailored activities programme
- Peaceful and calm environment
- Minibus trips
- Delicious and nutritious home-cooked food



If you have any questions then please contact us and we will be happy to talk to you about our nursing home and invite you to visit us.

01243 551190 | enquiries@barnhammanor.co.uk | www.barnhammanor.co.uk
Barnham Manor, 150 Barnham Road, Bognor Regis, PO22 0EH



PARISH OF ALDINGBOURNE, BARNHAM AND EASTERGATE

Registered Charity Number: 1131523



PARISH CLERGY

The Revd. Canon Paul Armstead	Email: paularmstead@btinternet.com	01243 551566
The Revd. Sheila Higgins	Email: smhandaway@hotmail.co.uk	01243 553901
The Revd. Susan Paterson	Email: revspaterson@gmail.com	01243 696452
The Revd. Graham Reeves		01243 265209

Parish Administrator:

Vera Saunders	Email: parishofabe@btinternet.com	01243 542410
---------------	---	--------------

PARISH OFFICE

The Parish Office is situated at “**The Church in the Market Place**”

35 Barnham Road, Barnham, Bognor Regis, W.Sussex. PO22 0ER

Tel: 01243-553955. (Answer machine out of office hours)

Email: parishofabe@btinternet.com Website: www.parishofabe.org.uk

The Parish Office is open Monday to Thursday mornings from 10am to 12noon and Friday morning from 9am to 11am. Saturday mornings by appointment only.

CHURCHWARDENS

Aldingbourne

Julian Buxton	Email: julianbuxton2020@gmail.com	01243 543930
---------------	---	--------------

Barnham

Steven Maple	Email: steven.maple76@gmail.com	07720 046277
--------------	---	--------------

Bradley Smith	Email: bradley.smith4@gmail.com	07931 527724
---------------	---	--------------

Eastergate

Gary Courtnadge	Email: courtnadge@outlook.com	01243 552099
-----------------	---	--------------

Colin Mouque	Email: cvmact1@outlook.com	07748 776253
--------------	---	--------------

PCC Secretary:

Gill Lambourn	01243 545018
---------------	--------------

PCC Treasurer:

Chris Wells	01243 696811
-------------	--------------

Lead Safeguarding Officer:

Peter Higgins (St George's, Eastergate)	01243 553901
---	--------------

Safeguarding Officer:

Sarah Nichol (St Mary's Aldingbourne)	01243 543348
---------------------------------------	--------------

Safeguarding Officer:

John Hayes (St Mary's, Barnham)	07712 531218
---------------------------------	--------------

Mothers' Union:

Sharon Priest	01243 555905
---------------	--------------

Sunday Seekers:

Hedda Wells	01243 696811
-------------	--------------

Play and Pray:

Hedda Wells	01243 696811
-------------	--------------

Parish Magazine Editor:

Jonathan Stapleton	07776 137617
--------------------	--------------

Magazine Advertising Manager

Sarah Tripp	01243 699820
-------------	--------------

Website Administrator

Steven Maple	07720 046277
--------------	--------------

PARISH DIRECTORY

LOCAL SOCIETIES & INFORMATION	CONTACT DETAILS	LOCAL SOCIETIES & INFORMATION	CONTACT DETAILS
Aldingbourne Bell Ringers Monday 7-9pm	Claire Tunnell 01243 778950 claire.tunnell@gmail.com	Arun Councillors Christopher Hughes Isabel Thurston Sue Wallsgrave	07479 211391 07410 441589 07896 972222
Aldingbourne and District Bowls Club	Lynn Kendall 01243 552033		
Aldingbourne and District Target Shooting Club	shooting@acsc.org.uk	Aldingbourne Parish Council (Clerk)	Marie Singleton 07889 988612 clerk@aldingbourne-pc.gov.uk
Aldingbourne Tennis Club	Joy Gardiner 01243 552049 www.clubspark.lta.org.uk/AldingbourneTennisClub	Barnham & Eastergate Parish Council (Clerk)	Alison Crabb 07565 052617
1st Barnham Scout Group Mark Guy gsl@1stbarnhamscouts.org.uk www.1stbarnhamscouts.org.uk		Aldingbourne Community Sport Centre enquiries@acsc.org.uk	01243 543948
		Barnham Community Hall Bookings/Enquiries	Ali Tarbard 01243 278110
"B.E.A.D.Y.S" St Wilfrid's Hospice Support Group	Gill Kelly 01243 552230	Eastergate Parish Hall Bookings/Enquiries assistantclerk@barnhamandastergate-pc.gov.uk	Nina-Maria McMaster 07849 356 097
Eastergate Cricket Club Chairman: Steve Grant Junior Director: Kirsty Booker info@eastergatecricketclub.com www.eastergatecricketclub.com		Five Villages Community Minibus	Mr B David 01243 553635
		Eastergate Primary School Hall Bookings/Enquiries	Clare Pascoe 01243 542297
		Five Villages Society	Joanna Williams 01243 551524
Eastergate Players	Chris Playford 01243 930624	Village Friends	07925217843
Peregrine Explorer Scouts 14—18 years	Carl Monk carl.monk.scouts@gmail.com	WI, Westergate 2nd Tuesday, 2pm	Jill Parnell 01243 544096
Rangers, Guides, Brownies and Rainbows	Mrs Sue Simpson 01243 542387	WI Eastergate & Barnham, 2nd Friday 7.30pm eastergateandbarnhamwi@gmail.com	
		WI Eastergate Friends, 2nd Monday, 10am eastergate.friendsWI@hotmail.com	
		Six Villages Archery Club	www.sixvillagesarcheryclub.org.uk