

## This week's services

<b>Sunday 22</b>	<b>Lent 5</b>	
8.30am	Holy Communion (BCP)	Eastergate
9am	Mattins (BCP)	Barnham
9.30am	Said Mass (BCP)	Barnham
10am	Family Communion	Eastergate
10am	Parish Communion	Aldingbourne
11.15am	Sung Mass	Barnham
2.30pm	Messy Church	Eastergate Sch
6pm	Evensong (BCP)	Barnham
<b>Tues 24</b>	<i>Feira</i>	
6.30pm	Said mass	Barnham
7pm	Lent course	Barnham
<b>Wed 25</b>	<i>Annunciation of the Lord</i>	
10am	<i>No service this morning</i>	Eastergate
Noon	Lent Course	Westergate Methodist
6.30pm	Mass	Barnham
<b>Fri 27</b>	<i>Feria</i>	
6.30pm	Stations of the Cross	Barnham
<b>Sunday 29</b>	<b>Palm Sunday</b>	
8.30am	Holy Communion (BCP)	Eastergate
9am	Mattins (BCP)	Barnham
9.30am	Said Mass (BCP)	Barnham
9.45am	Sunday Seekers	Eastergate Sch
10am	Family Communion	Eastergate
10am	Parish Communion	Aldingbourne
11.15am	Sung Mass	Barnham
6pm	Evensong (BCP)	Barnham

## NEXT SUNDAY'S READINGS

### ALDINGBOURNE & EASTERGATE (Palm Sunday)

Isa 50:4-9a, Ps 31, Phil 2:5-11, Matthew 26:14-27:66

### BARNHAM (Palm Sunday)

Isa 50:4-7, Ps 22, Phil 2:6-11, Matthew 26:14-27:66

**Sunday Seekers meets on Sunday at 9.45am in Eastergate School and joins the church congregation towards the end of the service Further details from Hedda on 696811. Play & Pray - Every Friday morning 10-11.30am in St. George's. For more details contact Hedda on 696811**

**St Mary's Aldingbourne** - For more information contact Sarah Nichol on 543348 or email [sarahnicholpabe@gmail.com](mailto:sarahnicholpabe@gmail.com)

**St Mary's Barnham** - Please contact Bradley on 07931 527724 or [bradley.smith4@gmail.com](mailto:bradley.smith4@gmail.com) for further details of services.

**St George's Eastergate** - Please contact Gary on 552099 or email [courtnadge@outlook.com](mailto:courtnadge@outlook.com) for more information, if needed.

**The Parish Office** (Website: [www.parihofabe.org.uk](http://www.parihofabe.org.uk))  
The Church in the Market Place, 35 Barnham Road, Barnham.  
PO22 0ER. 01243-553955  
**For Parish Office opening times email the Office:**  
[parihofabe@btinternet.com](mailto:parihofabe@btinternet.com)  
**Contact deadline - 12 noon on Wednesdays**  
**Clergy contact:**  
Rector - Revd Canon Paul Armstead : 551566  
([paularmstead@btinternet.com](mailto:paularmstead@btinternet.com)) (Rest day - Monday)  
For colleagues please see the Parish News



## ABE CONTACT

**22 March 2026**

**Lent 5**

**WELCOME** to church today especially if this is the first time you have been with us. Please make yourself known to our wardens and stay for refreshments at the end.

**JAR OF COMPASSION 2026** Our partner for the jars this year is St Wilfrid's Hospice. Have you found your jar? The total amount so far is £401.89.

**FOODBANK** collection points for the Bognor Foodbank at Tesco Express, Co-op and the Trading Post in Barnham. Alternatively you can order online at [givetoday.co.uk/bognorfoodbank](http://givetoday.co.uk/bognorfoodbank). The 5 items that they need currently are tinned tomatoes, tinned vegetables, tinned fruit, UHT milk (full fat) and cereals or look at their website.

**MESSY CHURCH** meets this afternoon from 2.30pm – 4.30pm in Eastergate School when we will be thinking about getting ready for Easter. Everyone of any age is welcome.

**LENT GROUPS** meet for the last time this week.

**SAFEGUARDING IN THE PARISH** Peter Higgins has said that the time has come for him to relinquish his duties as our Parish Safeguarding Officer. The search is therefore on for our next PSO. This is a most important role and it ensures that all are cared for and safeguarded in our parish. Computer literacy is an essential. Please speak to Fr Paul if you believe that you can serve our parish in this role and he will have further details etc.

**SCHOOL PRAYER STATIONS** We have had a successful cooperation with Eastergate Primary School over the past years and next week all children will come into St George's over 2 days to participate in a carousel of activities themed "Journey towards Easter". Each class will split into 6 smaller groups and have a chance to reflect and respond to the activities. We do need more volunteers to guide the children through the activities. Please get in touch with Hedda - mobile 07790 958984 - if you are able to help in one of these sessions. Wed, 25 March, 9 - 12pm, Wed, 25 March, 1 - 2.15pm and Thu, 26 March, 1 - 3pm.

### You can donate to our ministry and mission by

- **Joining the Parish Giving Scheme (PGS)** details in each church or contact Chris Wells, Treasurer,
- **By card at the entrance to each church** by Goodbox (contactless) donations.
- **By cash in the Offertory plate during the service**

The Parish of ABE has to raise £2,200 (approx.) per week to meet the costs of ministry and mission and is grateful to everyone who works towards this. Please be generous.