

This week's services

Sunday 8	Lent 3	
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 and Benediction	Barnham
6pm	Alpha Course	Eastergate
Tues 10	<i>Feria</i>	
6.30pm	Said mass	Barnham
7pm	Lent course	Barnham

Wed 11	<i>Feria</i>	
10am	Holy Communion	Eastergate
Noon	Lent Course	Westergate Methodist

Fri 13	<i>Feria</i>	
1pm	Funeral - Julie 'Jools' Ellis	Aldingbourne
6.30pm	Stations of the Cross	Barnham

Sunday 15	Lent 4 (Mothering Sunday)	
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
12.30pm	Holy Baptism - Keeleyrose	Eastergate
6pm	Evensong (BCP)	Barnham
6pm	Alpha Course	Eastergate

NEXT SUNDAY'S READINGS

ALDINGBOURNE & EASTERGATE (Lent 4)

Exodus 2:1-10, Ps 127, Col 3:12-17, John 19 25b-27

BARNHAM (Lent 4)

1 Sam 16:1b,6-7,10-13a, Ps 23, Eph 5:8-14, Jn 9:1,6-9,13-17,34-38

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

St Mary's Barnham - Please contact Bradley on 07931 527724 or bradley.smith4@gmail.com for further details of services.

St George's Eastergate - Please contact Gary on 552099 or email courtnadge@outlook.com for more information, if needed.

The Parish Office (Website: www.parishofabe.org.uk)
The Church in the Market Place, 35 Barnham Road, Barnham.
PO22 0ER. 01243-553955

For Parish Office opening times email the Office:
parishofabe@btinternet.com

Contact deadline - 12 noon on Wednesdays

Clergy contact:

Rector - Revd Canon Paul Armstead : 551566
(paularmstead@btinternet.com) (Rest day - Monday)
For colleagues please see the Parish News



ABE CONTACT

8 March 2026

Lent 3

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 £320.32.

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. The 5 items that they need currently are small jars of coffee, tinned rice puddings, tinned fruit, biscuits and UHT milk (green) or look at their website.

LENT GROUP I Our evening Lent discussion group meets at St Mary's Barnham on Tuesday evening at 7pm (after mass), when we will be looking at the Gospel of St Matthew led by Fr Graham. All are welcome to join this group.

LENT GROUP II Our lunchtime soup lunch and Lent discussions at the Methodist Church continues this week and meets weekly from 12-2pm. We shall be using a Lent Study Guide called "The Prayers of Jesus"...all are welcome...please contact Rev Sheila if you would like to join in so that we can know numbers for the food.

ALPHA COURSE continues tonight at 6pm in St George's.

STATIONS OF THE CROSS This is a traditional way in the Lent season of contemplating that journey Our Lord made to the cross and we mark this at 6.30pm every Friday at St Mary's Barnham. All are welcome.

ABE FUN QUIZ EVENING Our next quiz is this Friday 13 March starting at 7.30pm at Barnham Community Hall. We ask for £5 per head and bring your own refreshments. Teams of up to 6 people and please sign the list at church so that we know how many are coming.

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.