

This week's services

Sunday 15 Next before Lent/6th Sunday/Quinquagesima		
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
Tues 17		
Noon	<i>Feria</i>	
6.30pm	Funeral - Valentina Stapleton RIP	Eastergate
	Said mass	Barnham
Wed 18 Ash Wednesday		
9.30am	Said Mass (BCP)	Barnham
10am	Holy Communion	Eastergate
6.30pm	Sung Mass	Barnham
	<i>All with imposition of ashes</i>	
Fri 20		
6.30pm	<i>Feria</i>	
	Stations of the Cross	Barnham
Sunday 22 Lent I		
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
6pm	Evensong (BCP)	Barnham
	<i>* with imposition of ashes</i>	

NEXT SUNDAY'S READINGS

ALDINGBOURNE & EASTERGATE (Lent I)

Gen 2:15-17, 3:1-7, Ps 32, Rom 5:12-19, Mt 4:1-11

BARNHAM (Lent I)

Gen 2:7-9, 3:1-7, Ps 51, Rom 5:12-19, Mt 4:1-11

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 sarah.nichol@btconnect.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 courtndage@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

15 February 2026

Next before Lent/6th Sunday/Quinquagesima

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 £237.97.

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 tinned meat, small jars of coffee, antibacterial spray, tinned tomatoes, tinned vegetables or look at their website.

VALENTINA STAPLETON'S FUNERAL will take place on Tuesday 17 February at Noon at St George's followed by burial. At Vali's request, please wear comfortable clothes rather than black (if you wish). Donations to St Wilfrid's Hospice or the parish via the plate at the back of church.

ASH WEDNESDAY falls this week and is one of the few weekdays in the year where we are strongly encouraged to come to church especially as it marks the start of Lent, that most holy season. There are three opportunities available to us on this day and it would be appropriate to start this journey together on this day. *Fr P*

A Bite to Eat (Parish Lunch) is on 19 February in Eastergate Hall at 12.30pm. Please do come and share in a simple lunch of homemade soup, bread, cheese, tea, coffee and biscuits.. We also enjoy the challenge of a light hearted quiz. All are welcome!

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.