

## This week's services

<b>Sunday 8</b>	<b>2nd before Lent/5th Sunday/Sexagesima</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 and Benediction	Barnham
6pm	Alpha Course	Eastergate
<b>Tues 10</b>	<i>S Scholastica</i>	
<b>7pm</b>	Said mass	Barnham
7.30pm	PCC meeting	Barnham
<b>Wed 11</b>	<i>Feria</i>	
10am	Holy Communion	Eastergate
<b>Sunday 15</b>	<b>Next before Lent/6th Sunday/Quinquagesima</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
6pm	Alpha Course	Eastergate

## NEXT SUNDAY'S READINGS

### ALDINGBOURNE & EASTERGATE (Next before Lent)

Exod 24:12-18, Ps 99, 2 Pet 1:16-21, Mt 17:1-9

### BARNHAM (6th Sunday)

Ecclus 15:15-20, Ps 119, 1 Cor 2:6-10, Mt 5:17-37

**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 [courtnadage@outlook.com](mailto:courtnadage@outlook.com) for more information, if needed.

**The Parish Office** (Website: [www.parishofabe.org.uk](http://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](mailto:parishofabe@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

**8 February 2026**  
**2nd before Lent/Week 4/**  
**Sexagesima**

**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 £204.73.

**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 meat, tinned fruit, UHT milk, tinned tomatoes, tinned vegetables or look at their website.

**PALM CROSSES WANTED** to convert to ash for the beginning of Lent. Please bring last year's or earlier years back to church so that they can be burnt and used for ashing to mark the start of our Lenten journey together.

**CHICHESTER SSB** 10 February 12-2pm, St. Richard's R.C. Church (off Market Way). An informal group of those connected with or interested in any Monastic Order. Details from Eileen 552577.

**ALPHA COURSE** continues this week 6pm at St George's Church. Details from Rev Sheila.

**DEANERY SYNOD** meets on Thursday 12 February at St Mary's Yapton when there will be a presentation on Racial Justice by Vitalis Ngwambi, the diocese's first ever Racial Justice Co-ordinator, This is an open meeting for all who are interested to attend. Refreshments from 7pm and the meeting starts at 7.30pm and finishes before 9pm.

**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.

**BISHOP MARTIN RETIRING** It was announced on Thursday that our Diocesan Bishop, Martin is retiring with effect from 31 May 2026. We pray for him and our diocese at this time of change and renewal.

### 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.