

PARISH NEWS



The Parish of Aldingbourne, Barnham & Eastergate

50p



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IN THIS ISSUE

LOOKING AHEAD

NEW YEAR RESOLUTIONS

BEPC: WHY WE ARE SO ANGRY

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

January 2024



PARISH OF ALDINGBOURNE, BARNHAM AND EASTERGATE

SERVICES FOR JANUARY 2024



Monday 1 Mary, Mother of God

11.15am Sung Mass

St Mary's, Barnham

Friday 5 Epiphany of the Lord

6.30pm Sung Mass

St Mary's, Barnham

Sunday 7 Epiphany/Baptism of the Lord

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	Parish Communion		St Mary's, Aldingbourne
10am	All-age service		St George's, Eastergate
11.15am	Sung Mass		St Mary's, Barnham
6pm	Evensong	BCP	St Mary's, Barnham

Sunday 14 Epiphany 2/Week 2

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	Parish Communion		St Mary's, Aldingbourne
10am	Family Communion		St George's, Eastergate
11.15am	Sung Mass		St Mary's, Barnham
6pm	Evensong and Benediction		St Mary's, Barnham

Sunday 21 Epiphany 3/Week 3

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	Parish Communion		St Mary's, Aldingbourne
10am	Family Communion		St George's, Eastergate
11.15am	Sung Mass		St Mary's, Barnham
6pm	Evensong	BCP	St Mary's, Barnham

Sunday 28 Candlemas/Week 4

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	Parish Communion		St Mary's, Aldingbourne
10am	Family Communion		St George's, Eastergate
11.15am	Sung Mass		St Mary's, Barnham
6pm	Evensong	BCP	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



LOOKING AHEAD

January is named after the Roman god Janus. He had two faces, so he could study the past and see into the future (*as depicted on the cover of this month's Parish News*).

At the start of a new year, we dispose of old calendars and diaries. No doubt, it is only natural to look back at the former year. Perhaps we recall occasions of happy times that include special moments with dear friends. On the other hand, our old year may have had disappointments, such as loss of employment, the death of a loved one or deterioration of health.

We might also reminisce at the life of our church. We remember our buildings regularly filled for our services. There were many joyous occasions in which we were encouraged and supported. However, over time, things have changed. What is the 'health' of our congregations, with some regular members elderly and less active, others faithfully serving week by week and others dipping their toes in and at early stages of their journeys of faith. Where are

the shoots of growth, where are the established roots, what needs tending most of all?

However, these pondering are not meant to make us depressed! We can look back with thankfulness that God has been with us. Also, we can look to the future, praying that God will give us wisdom, strength and guidance for our journey ahead.

The Bible is full of instances where individuals and indeed the Jewish nation looked back. They had annual Feast Days, through which God showed them His grace and favour. These festivals were important because they had a dual purpose – to look back and face forward. The Passover looked back to the Israelites deliverance from slavery in Egypt. This meal was a reminder that just as God had cared for them in the past, He would be with them in the future.

Similarly, for us, the Communion Service is a reminder of the sacrifice of Jesus who secured our salvation. We look back to His life, death, and resurrection so that we can live with confidence that our sins are forgiven, and one day we will live in God's eternal Home.

January can be a month when we remember God's blessings and faithfulness in the past, enabling us to look to the future with confidence. As we start a new year, may it be our prayer that God will enrich us wherever we are, and that we will know He is always with us. Us as individuals but especially us, as a parish, as we face the joys and challenges of moving forward this year.

May 2024 be a year of blessing for us all.

Fr Paul

*See page 5 for the latest news
from the Parish of ABE*



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FROM THE REGISTERS NOVEMBER 2023

Baptisms: We welcome into the fellowship of the Church:

29 Oct Maximilian McCoy (B)

26 Nov Henry Rigby (B)

Funeral: We commit into God's loving care

23 Nov William Betsworth [90] (A)

DATES FOR THE DIARY

Events coming up in the Parish include:

- **3 January – Nyton House Community Lunch Club at Nyton House from 12-2pm** (*see page 23*)
- **18 January – A Bite to Eat (Parish Lunch) at Eastergate Village Hall from 12:30-2:30pm** (*see page 15*)
- **26 January – Meet your MP at Eastergate Village Hall at 6:30 for 7pm** (*see page 22*)



...the good news is - I've found a way of heating the church on unwanted chip-fat!...

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. We can support food, heating and one-off payments. 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.

Parish Lunch

A Bite to Eat – the Parish Lunch – is on Thursday 18 January at Eastergate Village Hall. Please see the poster on page 15 for details. If you would like to come then we would be delighted to see you!

‘BEING WITH’ COURSE

The last four sessions of our course are on 17, 24, 31 January and 7 February at Eastergate Village Hall.

FAIR ORGANISER

Are you up for a challenge? Do you like working with others?

At the end of the Christmas Fair, we were able to say a public thank you to Lynne Stephens for being our lead organiser for the parish fairs but now is the time to hand the reins on to someone else.

Could that be you? Do you relish a challenge? Do you enjoy working alongside others? Would you like to put your own stamp on these events?

There isn't much time as the Summer Fair initial planning needs to happen soon. So don't be shy, speak to Fr Paul and we can get started.

If we are unable to run these events then great community events fall from the calendar and we as a parish will also be poorer by over £12,000, an amount we cannot afford to lose.

FAMILY SUNDAY LUNCHES

Several people have asked me if we could resume our monthly church lunches at the Aldingbourne Country Centre. I have made enquiries about this and it seems that it would be possible, but perhaps not quite as regularly as we used to. I suggest that if you would like to be included in these lunches you let me know and if there is sufficient interest we will go ahead and make bookings. It would be good to have people from each of our three churches meeting together occasionally in this way.

I look forward to hearing from you!

Rev Sheila

FESTIVE WINE TASTING

The festive wine tasting held on 25 November at Barnham Community Hall was a wonderful evening – the event was sold out and was much enjoyed by all! Hopefully we'll do another one later in 2024!

Sarah Tripp

BONIFACE BOX TOMB

As anyone who visited St George's Eastergate in the last year will know, the Boniface Box Tomb facing the church's entrance is in a particularly sad state at the current time.

We are looking to repair it and think it would be helpful to have a photograph of it looking at its best.

If you have a photograph, perhaps with the tomb in the background at a wedding or christening ceremony, and are willing to let us have a copy, we would be most grateful.

The photograph would not be used without first obtaining your permission.

Colin Mouque

cvmact1@outlook.com

Due to the way the month works we haven't had our meeting at the time of going to press, but we have had our annual trip to Haskins Garden Centre to admire the Christmas decorations, buy a few gifts and most importantly have lunch. We were lucky as, although it was cold, the sun shone for our drive to and from Roundstone. Some members also went into Hobbycraft to stock up on cake decorations and balls of yarn etc. for those last minute projects.

At the November meeting of our Gossip Group we had the old scrapbooks out and were looking back at the things our W.I. has been involved in such as planting trees at Slindon on a cold damp day many years ago.

We all grew several centimetres with all the mud on our boots.

Our next meeting is our Sausage Sizzle on 9 January at 1pm at Westergate Methodist Hall. Happy New Year. Maybe it will be a drier one.

Catherine White-Aldworth

EPIPHANY PROCESSION

After a four- year break, the Epiphany Procession at Chichester Cathedral will return on Sunday January 7th at 6pm.

All are welcome: children, families, young and old, friends and strangers, to join together in this simple service of carols and readings, retelling the journey of the Magi.



PARISH BULB PLANTING

Members of Aldingbourne Parish Council have been out and about in the parish lately planting daffodil bulbs for spring.

The Parish Council paid for around 200 bulbs which Councillors recently planted opposite Aldingbourne primary school, next to the new bench at the end of Ivy Lane, around the community sculpture and on the large verge opposite the former Basmati restaurant.

Councillor Katherine Jarman, part of the team that did the planting, said: "We're hoping for a real 'host of golden daffodils' next spring to brighten up the Parish.



Tom Blaylock and Katherine Jarman planting some of the bulbs

"When we started planting in early Autumn, the ground was like iron, but fortunately just lately it has been so wet that the job has been a lot easier!

"We hope the daffodils will cheer people up as they walk, drive or cycle through the Parish".

The full team of planters included Michelle Harbord, Tom Blaylock, Katherine Jarman and Laura Neilson.

HOW TO KEEP THOSE NEW YEAR RESOLUTIONS

We are full of good intentions at the start of each year. How come we fizzle out by February? Here are some tips to keep you going...

Be realistic. If you have a number of goals, do NOT attempt them all at once. Research has found that if you stagger your goals, you will have more success. So, for example, if this year you want to spend less money, do more exercise and spend more time with your family, start one change this month, another in February, and start the third in March.

Be specific. For example, don't tell yourself: Lose weight. Decide exactly how much you want to lose. When do you want to lose it by? How will you do it? If you want more time with your family, how and when will you do that? The more exact you can be, the more likely you are to succeed.

Write it down. There's something about committing thoughts to paper that helps to cement your resolve. Why not start some sort of journal this year, to track your thoughts, your hopes, your goals – and, perhaps most importantly, your successes!

Tell other people. If you intend to do something, tell someone, and therefore you will feel more obliged to get going with it... your pride may keep you going when all else

fails!

Focus on GAIN, not loss. Ever notice how many resolutions are about giving something up? Why not put it the other way round – instead of saying you will eat less, tell yourself you are headed for those skinny jeans....

Give yourself rewards. If you are quitting smoking or sweets, for example, put the money you would have spent in a jam jar, and treat yourself to something nice (and healthy) with it.

Break your resolution into steps. Some goals will take months to achieve. So – break each one down into tiny steps, and simply head for each step. Build in some time frames, to prevent you procrastinating.

Finally, **don't let failure defeat you.** You will make mistakes. But the secret is to simply get up again, and to keep going. Only if you stop are you really defeated. None of us are perfect, and the Bible encourages us to always start again.



THINKING ABOUT A WEDDING OR CHRISTENING (BAPTISM) IN ONE OF OUR CHURCHES?

Contact our Parish Office on 01243 553955
for more information

GOOD PREPARATION FOR DEATH

“Thank you” - “I’m sorry” - “I forgive you” – “I love you”.

These are the most common words spoken by people in their last moments of consciousness before dying. That’s what Dr Kathryn Mannix tells us, and she should know, having spent her whole career working alongside dying people, and learning from them.

Her YouTube video, *What Happens As We Die*, has been viewed more than a million times, and her book *With the End in Mind: How to Live and Die Well*, is a bestseller.

When the Church of England Book of Common Prayer was first published in 1662, infant mortality rates were high, and the average life expectancy was about 40 years. So the BCP gave precise instructions to the Vicar when visiting sick people: pray with them; exhort them to forgive all who have offended them, and to make a Will. Even in 1901, men could not expect to live beyond 45 on average, with 49 years for women.

Today, less than half of UK adults have made a Will, and even fewer have discussed their funeral arrangements with those closest to them. This leaves the next-of-kin floundering when the funeral director asks for instructions. It can also cause family arguments at the very time they need to support one another in their grief. We have forms available entitled ‘Upon my death’ (in church and in the Parish Office) and these will set out your funeral service wishes. Please think about filling one in.

Unlike our predecessors, we shy away from death and even use a special language for it. Instead of dying, people ‘pass away’. They are not dead, but ‘lost’ or ‘departed’. Dr Mannix says, “We have no cure for death. We’re getting better at postponing it, but sooner or later it comes to us all”. When we face up to the process of dying, which isn’t nearly as bad as many imagine, it allows us to plan ahead, and to talk openly to our nearest and dearest, instead of avoiding the issue.

Our last conscious days can be very precious. We can shed many of the things which preoccupied us and rediscover what really matters. In the end, it will be love.



***“We have no cure for death...
Sooner or later, it comes to us all.”***

Image by Rusti Bozku from Pixabay



WESTERGATE METHODIST CHURCH
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Methodist Church
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HIGH DAYS & HOLY DAYS

5 January – St Simeon Stylites, one of the weirder saints!

Quite frankly, this hermit was about as weird as they come. But he loved God, and God blessed him, strange though he was. So perhaps Simeon Stylites (390 – 459) should be the patron saint of all REALLY eccentric people.

Simeon was the son of a shepherd on the Syrian border of Cilicia. He joined a monastery near Antioch, where he practised mortifications and penances that nearly killed him. When the abbot dismissed him in disgust as crazy, Simeon moved on to Telanissos (nowadays Dair Sem'an) and spent his first Lent there in a total fast. He was found unconscious on Easter Day. After three years in that monastery, he felt life was too easy, and so moved himself to the top of the nearby mountain, where he chained himself to a rock. He began to be talked about, and more and more people came to see him.

Simeon did not want their company, and so planned his escape: to the top of a pillar. For the next four years he lived on top of a pillar that was nine feet high. More people came by, and so Simeon in desperation added to his pillar, until it grew to be 18 feet high. Still people came to see him, and so three years later, Simeon built himself a real skyscraper – a pillar 33 feet high, from the top of which he enjoyed 10 years of comparative solitude.

Still people came to see him – both Christians and pagans, and so Simeon decided to somehow build a pillar that was 60 feet high and six feet wide. Here he found peace and quiet, and so here he lived for the last 20 years of his life. People still came to see him, and tried to catch the 'sacred' lice that fell off his body. They enjoyed his twice daily exhortations to everyone below. Even some

emperors came by for a look – Theodosius, Leo and Marcian.

A scholar has written of Simeon: "His preaching was practical, kindly, and free from fanaticism. ... In an age of licentiousness and luxury he gave unique and abiding witness to the need for penance and prayer; his way of life provided a spectacle at once challenging, repulsive and awesome."

Simeon finally died and was buried at Antioch. Perhaps he would have enjoyed the chance to take the plinth at Trafalgar Square!

13 January – Hilary, Bishop of Poitiers

Heroes are not always men or women of action. Sometimes the fight for right over wrong can be even more powerful when done through words and argument.

Hilary was such a champion of the Christian faith. Born into a wealthy pagan family in Poitiers in 315, he first became an orator of Neo-Platonism. Here he learned how to think and argue, but soon he lost confidence in paganism. By 350, Hilary converted to Christianity.

Already well known and loved in Poitiers, Hilary was made bishop only three years later. His oratorial skills in defence of Christianity were badly needed: it was a time when the Western Church was under severe attack. The heresy of Arianism, which denied that Jesus was divine, was spreading everywhere. Hilary became the outspoken champion of biblical orthodoxy, defending it at both the Synod of Bitterae in 356 and the Council of Seleucia in 359. Although briefly exiled to Phrygia in Asia Minor by the Emperor for his stand, Hilary continued to defend Jesus' divinity, and was praised by both Augustine and Jerome as 'the illustrious teacher of the churches'.

When Hilary returned from exile to Gaul, there was great rejoicing. He continued to write many doctrinal and historical works. He also

became the first known writer of hymns in the Western Church, stressing Trinitarian themes and the unique relationship of Christ to the Father.

There are three churches dedicated to Hilary in England. His feast day begins the Hilary Term at the Law Courts and at the universities of Oxford and Dublin.

23 January – John the Almsgiver

Have you noticed that people tend to be either givers or takers? John the Almsgiver was a giver – on a grand scale.

Born into a wealthy family in Cyprus about 560 AD John was married with children when disaster struck: both his wife and children all died. In his grief, John decided to go into the Church. He was appointed Patriarch of Alexandria.

Here John began to astonish the people with his generosity. He distributed thousands of pieces of gold from his own wealth to help the hospitals and monasteries. He founded new hospitals, and introduced maternity wards, poorhouses, and hostels for strangers to the city. He was even known to give away his own bedding to the poor.

John also ordered the use of just weights and measures, he forbid his officials to take any presents, and he sat in the open air beside his church on Wednesdays and Fridays, to make sure that his people had free access to him.

When the Persians sacked Jerusalem he helped the survivors with money, food, transport and clothes. He even paid to get captives back, and so give them their freedom.

Sometimes John gave for a specific Christians purpose; other times he gave for the benefit of all those in whatever need there was, whatever their creed.

John also cared for the souls of his people in Alexandria, and encouraged them in prayer and leading a holy life. He was adamant that only true believers could take Holy Communion.

John died in 620, in Amathus on Cyprus, where he had been born. He had been very much loved, and his memory was highly honoured – he was canonised even though he had not been martyred, and he was made patron of the Knights of Malta.

John the Almsgiver is one of the very few Byzantine era saints to have been truly honoured in the West. Perhaps because it is indeed “more blessed to give than to receive.”



John the Almsgiver by the Master of the Holy Kinship

NEWS FROM OUR COUNCILS



BARNHAM & EASTERGATE PARISH COUNCIL

WHY WE ARE ANGRY IN BARNHAM AND EASTERGATE

Barnham and Eastergate Parish Council has been working hard to help resolve the many issues the current flooding and sewage problems are causing in our villages, engaging with the authorities responsible and highlighting the issues with the media and others.

To this end at its meeting in December it discussed a detailed 'angry' statement of the current and future issues it felt the villages are facing with the lack of investment and attention by those responsible and have sent this to the media, our MP, West Sussex County Council, Arun District Council and neighbouring parish councils. The below is an edited version of the statement, the text in full can be found on the BEPC website, <https://barnhamandeastergate-pc.gov.uk>

The issues

We live on a flood plain; it's been here thousands of years. Drainage is fundamentally simple but cost cutting by multiple agencies – including West Sussex County Council (WSCC), the Environment Agency (EA), Arun District Council (ADC), and Southern Water (SW) – over decades have put Barnham and Eastergate at risk through poor infrastructure maintenance.

On top of this crisis the villages are planned to

grow by over 5,000 houses on the next 10 years.

Ground water flows through land drains to the rifes and chalk streams. Why are the EA not maintaining the rifes? Is it budget constraints or misplaced environmental dogma? Why are WSCC not clearing the gulleys of leaves and debris every year?

Foul sewage flows from houses to the sewerage farms (but recently down the road to the rife). SW have been pumping during the winter every year due to ground water inundation. Why has the problem become a crisis before its fixed? It's up to SW to repair their system so that ground water does not inundate. SW have known about the Barnham Road main sewer problem for over 10 years so why do they continue to accept new connections and put the existing population at risk??

The current problems

Southern Water issues include multiple pumping sites at Foxes Croft, Elm Grove and Barnham Road. Barnham Road and Elm Grove are closed and there are traffic lights at Foxes Croft. In addition to this there are hourly sewage flows into the rife from Southern Water pumping stations and sewage infiltration into people's homes

On top of this, the diversions are inadequate and fail to reflect A29 roadworks. The Barnham Road closure will continue until at least 5 January. The diversion route is ill-conceived and large vehicles should not be permitted on a lane that usually has weight restrictions. As a result of the additional traffic, the condition of Eastergate Lane is deteriorating rapidly – there is margin damage and pot holes are opening up. There needs to be urgent attention given to drainage, road repairs and traffic calming.

In addition, we feel there is lack of action by the Environment Agency in clearing various parts of the rife including under the railway bridge, Hedge End Wood, Marshall Close; as well as a failure to regularly maintain the rife and the various tributaries in the parish and the balancing pond.

Finally, residents are being poorly communicated to. When residents write emails to agencies (such as SW, WSCC) they are getting proforma replies. Why are officers and managers not “on-site” to get a better understanding of the problem? We have all but lost our buses except on the perimeters of the village which is too far for many to walk. Our local traders have lost significant footfall and trade.

What about the future

These are the ‘today’ problems forged in the past but what about the future? For 12 years this Parish Council’s position has been infrastructure first. To support housing growth, we need the new A29 completed first. We also need to have confidence in the



Flooding is not a recent occurrence in either Barnham or Eastergate. The above photo is from the flood of 1993.

drainage solutions. We currently don’t.

Angry

On top of all this, an unelected planning inspector recently gave planning permission to 300 houses in an area where foul sewage flooding is common due to pump failures. Surely this is shocking. Arun’s Local Plan continues to put more and more houses in the villages but there is no funding for infrastructure. Surely this is shocking.

We, the Parish Council, are angry on behalf of our residents and traders

Village Growth Forecast

<i>Arun Local Plan and Barnham and Eastergate Neighbourhood Plan</i>	<i>Village Size (Population)</i>
2011	4,808
2021	5,616 (+17%)
Approved Planning permissions (2023 to 2025)	7,240 (+29%)
Strategic Allocation - North of Barnham Road (Est. 2022 to 2030)	8,606 (+19%)
Strategic Allocation - South of B2233, north of railway (2024 to 2035)	11,356 (+57%)
BEW Strategic Allocation South of railway (2035 ...)	13,556 (+19%)

VISITING OTHER CHURCHES

'... this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord ... (Psalm 27:4)

The Week of Prayer for Christian Unity is this month (18 – 25 January), so it's probably a good time to meet with other local Christians – or at least to visit one of their churches.

And when visiting other churches, it's fun to have a good nose around.

Fewer churches seem to have guides nowadays, and probably not many are open every day. But when you next visit a church, why not look beyond the building itself and its monuments which show the history of the place? Try to discover what is going on there now.

First, ask yourself how easy it is to find out the following information: What are the services in the church, and when are they held? Who is who, and how do you contact people? Are the photos and notices up to date?

Secondly, is there a church magazine? They

can be the lifeblood of the church and community, keeping people in touch with each other. Also, as church magazines can be delivered door to door each month, they are an excellent way of reaching out to local non-churchy people, reminding them that they will always be welcome.

Thirdly, why not keep an eye out for any good ideas that the church has got – and pinch them for our own church? This can work the other way, too – if you see something that does NOT work, make a note of that as well.

Above all, try and 'get a feeling' for what the church is really like to attend. Would you want to belong there? Some churches, like people, feel welcoming and alive, while sadly others seem to be struggling and downright gloomy. Whether it is 'high' or 'low' is not as important as whether it is welcoming and caring.

And what about our own church? How about inviting a non-church friend to come along and tell you their honest first impressions of our church? We might be pleasantly surprised!

SMILE LINES

Why?

A young couple invited some people to dinner. At the table, the mother turned to their six-year-old daughter and said,

"Would you like to say the blessing?"

"I don't know what to say," the girl replied.

"Just say what you hear Mummy say," the father answered.

The daughter bowed her head and said, "O Lord, why on earth did I invite all these people to dinner?"

Windows

A wife texted her husband on a cold winter morning: "Windows frozen."

Her husband texted back: "Pour some lukewarm water over it."

The wife texted back five minutes later: "Computer's completely not working now."

Church-speak

MAGI: The most famous trio to attend a baby shower.

PEW: A medieval torture device still found in some churches.

AMEN: The only part of a prayer that everyone knows.

BULLETIN: Your receipt for attending a church service.



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!



Raffle

Quiz

Lifts available

For more information please contact the
Parish Office on 01243 553955

ALL IN THE MONTH OF JANUARY

It was... 700 years ago, on 8 Jan 1324 that Marco Polo died. This Venetian/Italian merchant, explorer and writer is best known for his book *The Travels of Marco Polo*, which detailed his travels along the Silk Road in Asia.

100 years ago, on 21 Jan 1924 that Vladimir Lenin, Russian Communist leader, died. He was the architect and first head of the Soviet Union.

Also 100 years ago, on 22 Jan 1924 that Ramsay MacDonald became Britain's first Labour Prime Minister.

Also 100 years ago, on 26 Jan 1924 that the Russian city of St Petersburg was renamed Leningrad. Its name was changed back in 1991.

80 years ago, on 17 Jan to 18 May 1944 that the WW2 Battle of Monte Cassino, Italy, took place. This Allied victory is regarded as the hardest-fought and bloodiest battle of the war,

with around 250,000 casualties.

Also 80 years ago, on 23 Jan 1944 that Edvard Munch, Norwegian artist, died. Best known for *The Scream*.

75 years ago, on 10 Jan 1949 that RCA launched the 7-inch 45-rpm vinyl record, commonly known as the single.

60 years ago, on 11 Jan 1964 that the US Surgeon General published a report which concluded that cigarette smoking caused lung cancer and chronic bronchitis. This was the first official US government report on the health issues of smoking.

50 years ago, from 1 January to 6 March 1974, a three-day working week was introduced in the UK, in order to conserve coal supplies (used by power stations) during a miners' strike.

40 years ago, on 22 Jan 1984 that the first Apple Macintosh computer went on sale.

15 years ago, on 20th Jan 2009 that Barack Obama was inaugurated as the 44th President of the USA.



A river embankment in St Petersburg, Russia. The city was named Leningrad from 1924 to 1991

REMEMBERING THE SCREAM

It was 80 years ago this month, on 23rd January 1944, that Edvard Munch, the Norwegian artist, died. He is best known for his disturbing painting 'The Scream.'

Munch's body of work has been called "profoundly original" and "one of the most significant contributions to the development of Modernism in the 20th century."

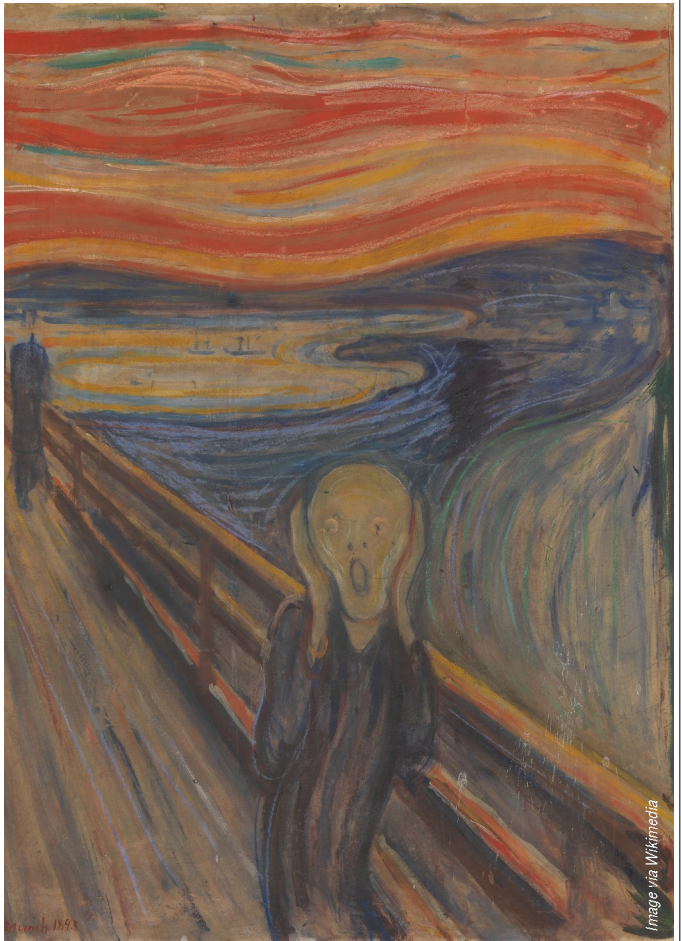
Munch was born in Oslo in 1863, and spent his childhood haunted by bereavement and illness. Often ill throughout the long Norwegian winters, he was kept out of school, and began drawing to keep himself occupied. Mental illness ran in the family, and Edvard grew up dreading it. Certainly, he did have severe mental difficulties throughout his life, and seems to have suffered from 'borderline personality disorder', with its chronic feelings of abandonment and emptiness, impulsive behaviour, and alcoholism. As he later wrote: "I inherited two of mankind's most frightful enemies—the heritage of consumption and insanity."

Munch studied at Oslo's Royal School of Art and Design, worked with the Expressionism, or Symbolism movement, and was influenced by Paul Gauguin, Vincent van Gogh, and Henri de Toulouse-Lautrec. He painted themes such as love, anxiety, jealous, and betrayal, and was deeply influenced by the nihilist Hans Jaeger, who encouraged him to paint his

own emotional and psychological state.

Then one evening, at sunset, while Munch was out walking in Oslo, he "heard the enormous, infinite scream of Nature." From this came The Scream in 1893. The person's agonised face has become one of Western Art's most iconic images, reflecting the anxiety, despair, and uncertainty of the modern world.

By 1910 Munch had made two painted versions and two pastels of The Scream. One of the pastels became the most expensive artwork sold at auction, fetching £74m at Sotheby's, New York in 2012.



Edvard Munch's 1893 painting, *The Scream*

TOP TIPS FOR SAFE BUYING ONLINE

There were 117,000 reported cases of people being defrauded whilst buying online in 2022, totalling losses of £67 million. But the actual figure is considerably higher, as most purchase frauds go unreported by their victims.

Whatever you're buying, take some simple steps to avoid becoming a victim.

Your top tips:

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- Make sure a website is authentic by carefully checking the address is spelled correctly. Type it in rather than clicking on a link, or copying and pasting. Use www.getsafeonline.org/checkawebsite

- Learn how to spot fraudulent advertisements on social media, online marketplaces and forums. Never part with money – even a deposit – for goods you haven't seen in person.

- Don't click on links in random emails, texts or posts, nor open unexpected email

attachments.

- Make sure payment pages are secure by checking that addresses begin with 'https' ('s' is for secure) and there's a closed padlock in the address bar.

- Don't knowingly buy counterfeit goods. They're not only illegal, they may also be unsafe.

- Be wary of 'low-cost' or 'free' trials. Whether they're for the latest handset or slimming pills, you could be signing up for large monthly direct debits. If it's for slimming or any other pills, check our advice on Buying Medicines on the Get Safe Online website.

- Text messages and emails claiming to be from delivery firms informing you that there's a charge for re-delivering a parcel, or a shipping fee to be paid, could be fraudulent. Keep a record of everything you order.

- Note that some sellers advertise bargain or lower prices during sales or events like Black Friday, when in fact they're no cheaper or even more expensive.

For more information on buying safely online, visit www.getsafeonline.org

There were 117,000 reported cases of people being defrauded whilst buying online in 2022, totalling losses of £67 million.*

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**Figures courtesy of UK Finance*



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Contact Peter Sutton: peter@ppsutton.co.uk • www.immanuelchichester.com

A NATIVITY QUIZ: ANSWERS

1. Where did Mary and Joseph live before Jesus was born?

a) Nazareth b) Bethlehem c) Jerusalem

A: Nazareth

2. What was the name of the angel who told Mary she would have a child?

A: Gabriel

3. What did Joseph do for a living?

A: Carpenter

4. Who was the Roman ruler when Jesus was born?

A: Caesar Augustus

5. Why did Mary and Joseph go to Bethlehem?

A: To register for the census

6. How did Mary and Joseph travel to Bethlehem?

A: We are not told in the Bible

7. Why couldn't Mary and Joseph find a place to stay?

A: There was no room at the inn

8. Where does the Bible say Jesus was born?

a) In a stable b) In hay c) In a manger

A: In a manger

9. According to the Bible, which animals were specifically mentioned as being present in the stable when Jesus was born?

a) sheep and a donkey b) cattle and a donkey c) donkey, sheep and cattle d) None

A: None

10. What does the angel say to the shepherds when they tell them to go to Bethlehem?

A: 'Glory to God in the highest, and on earth peace, good will to all people'

11. The wise men travelled to Jerusalem.

a) northward b) southward c) eastward d) westward

A: Westward

12. What did the Wise Men follow to find Jesus?

A: A star

13. How many Wise Men visited baby Jesus?

A: The Bible doesn't say

14. What gifts did the wise men bring for Jesus?

A: Gold, Frankincense and Myrrh

15. Who spread the news about baby Jesus throughout Bethlehem?

A: The shepherds

16. What is the City of David also known as in the bible?

A: Bethlehem

17. Which of the gospels tell the story of the Nativity?

A: Matthew and Luke

18. What does Jesus' other name, "Immanuel", mean?

a) God with us b) Son of God c) He who is God d) Chosen One

A: God with us

19. How many days after the birth of Christ did Joseph and Mary give him the name Jesus?

A: 8, according to the law

20. Jesus was born on the 25th of December. True or false?

A: False; we don't know the date



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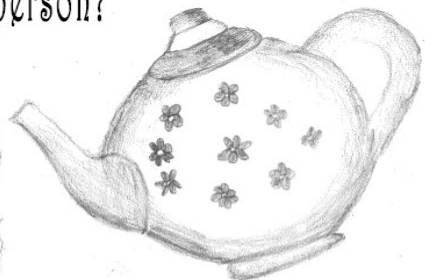
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Please contact Kay [Vevers](mailto:vevers@nyntonhouse.co.uk)

Head of Interaction and Engagement on interaction@nyntonhouse.co.uk
or phone 01243 -543228 between 9-5 Monday to Friday.

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by **12 NOON, Wednesday 17 January 2024** at the latest. **No exceptions given**

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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
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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.pariahofabe.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
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Barnham

Steven Maple	Email: steven.maple76@gmail.com	07720 046277
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Bradley Smith	Email: bradley.smith4@gmail.com	07931 527724
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Eastergate

Gary Courtnadge	Email: courtnadge@outlook.com	01243 552099
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Colin Mouque	Email: cvmact1@outlook.com	07748 776253
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PCC Secretary:

Gill Lambourn	01243 545018
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Chris Wells	01243 696811
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Lead Safeguarding Officer:

Peter Higgins (St George's, Eastergate)	01243 553901
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Safeguarding Officer:

Sarah Nichol (St Mary's Aldingbourne)	01243 543348
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Mothers' Union:

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Sunday Seekers:

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PARISH DIRECTORY

LOCAL SOCIETIES & INFORMATION	CONTACT DETAILS	LOCAL SOCIETIES & INFORMATION	CONTACT DETAILS	
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Aldingbourne and District Bowls Club	Lynn Kendall 01243 552033	Aldingbourne Parish Council (Clerk)	Marie Singleton 07889 988612 clerk@aldingbourne- pc.gov.uk	
Aldingbourne and District Target Shooting Club	Roger Ayling 07450 367357		Barnham & Eastergate Parish Council (Clerk)	Alison Crabb 07565 052617
Aldingbourne Tennis Club	Joy Gardiner 01243 552049 www.clubspark.lta.org.uk/ AldingbourneTennisClub		Aldingbourne Community Sport Centre enquiries@acsc.org.uk	01243 543948
1st Barnham Scout Group Mark Guy gsl@1stbarnhamscouts.org.uk www.1stbarnhamscouts.org.uk			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@barnhamand- astergate-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 Players	Chris Playford 01243 930624	Eastergate Primary School Hall Bookings/Enquiries	Clare Pascoe 01243 542297	
Peregrine Explorer Scouts 14—18 years	Toby Hewson 01243 554959	Five Villages Society	Joanna Williams 01243 551524	
Rangers, Guides, Brownies and Rainbows	Mrs Sue Simpson 01243 542387	Village Friends	07925217843	
		WI, Westergate 2nd Tuesday, 2pm	Jill Parnell 01243 544096	
		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	