

This week's services

Sunday 15	Lent 4 (Mothering Sunday)	
8.30am	Holy Communion (BCP)	Eastergate
9am	Mattins (BCP)	Barnham
9.30am	Said Mass (BCP)	Barnham
10am	All-age Communion	Eastergate
10am	Parish Communion	Aldingbourne
11.15am	Sung Mass	Barnham
12.30pm	Holy Baptism - Keeleyrose	Eastergate
6pm	Evensong (BCP)	Barnham
Tues 17	<i>S Patrick</i>	
6.30pm	Said mass	Barnham
7pm	Lent course	Barnham
Wed 18	<i>Feria</i>	
10am	Holy Communion	Eastergate
Noon	Lent Course	Westergate Methodist
Fri 20	<i>Feria</i>	
6.30pm	Stations of the Cross	Barnham
Sunday 22	Lent 5	
8.30am	Holy Communion (BCP)	Eastergate
9am	Mattins (BCP)	Barnham
9.30am	Said Mass (BCP)	Barnham
10am	All-age Communion	Eastergate
10am	Parish Communion	Aldingbourne
11.15am	Sung Mass	Barnham
2.30pm	Messy Church	Eastergate Sch
6pm	Evensong (BCP)	Barnham

NEXT SUNDAY'S READINGS

ALDINGBOURNE & EASTERGATE (Lent 5)

Ezek 37:1-14, Ps 130, Rom 8:6-11, Jn 11:1-45

BARNHAM (Lent 5)

Ezek 37:12-14, Ps 130, Rom 8:8-11, Jn 11:3-7, 17, 20-27, 33b-45

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

15 March 2026
Lent 4 (Mothering Sunday)

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 £350.91.

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 pasta sauce, rice puddings, tinned meat, biscuits and toilet rolls 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.

A Bite to Eat (Parish Lunch) is on 19 March 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!

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.

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.