

Services this week

Trinity: Sunday Cycle Year C

Services/Events are at St Michael's unless stated otherwise

St Michael's open: Monday-Friday 8.30 am - 4 pm

St Mary's open: Tuesday 10 am - 1 pm (not Jan-Feb)

SUNDAY (14) HOLY CROSS DAY	Mass with Hymns (St Peter) Sung Mass	9 am 10.30 am
Monday (15) Cyprian	Morning Prayer and Rosary	8.45 am
Tuesday (16) Ninian	Morning Prayer	8.45 am
Wednesday (17) Hildegard	Morning Prayer	8.45 am
Thursday (18) Feria	Morning Prayer Mass	8.45 am 11 am
Friday (19) Theodore	Morning Prayer	8.45 am
Saturday (20) John Coleridge Patteson	Morning Prayer Mass	8.45 am 9.30 am
SUNDAY (21) ST MATTHEW	Mass with Hymns (St Mary) Sung Mass	9 am 10.30 am

Notices

Four score years for Den

Den Mackey has provided refreshments at St Michael's to celebrate his 80th birthday.

Ride and Stride - time to pay up!

If you sponsored Jonny Woodbridge, Kathy Goldstraw or Katie Ayling for the Sussex Historic Churches Trust Ride and Stride please give them your money. Thanks to all who donated.

Net folding on Saturday 20 September

Help needed for folding 'The Net' following the 9.30 am Mass.

Heritage Open Days at St Mary's

Visit and look around or take a tour. 10 am - 4pm on Tuesday 16, Thursday 18, Friday 19 September. Tours of 15 people, approximately 45 minutes. No need to book but it would be appreciated. Contact Judy Excell by email to friends@stmarysompington.org.uk

Evergreen meeting - Wed 17 September, 2 pm

The next meeting will be in the church (not the hall as usual). Mike Tristram will give a talk on *Sompting Stuff and Nonsense*. Come and enjoy a cuppa and cake too, perhaps play a board game or just relax, chat and enjoy the company! £2pp.

Michaelmas celebrations

Guest preacher for St Michael's Patronal Festival will be Bishop Christopher Morgan. The service will be followed by a Bring and Share Lunch. Speak to Becca Connolly with what you can bring.

More tea, Vicar?

Could you volunteer to serve tea and coffee after the Sung Mass at St Michael's? If you would like to find out more please speak to Sandy Tout (01903 762288).

Use the prayer chain for particular prayer needs

This is a confidential service and you can include as much or as little detail as you need. Contact Gill (761913).

Intercessions board

Please use the [intercessions board](#) for prayers for the sick, departed, those in need or for thanksgivings. Requests are prayed for weekly on Thursdays at Morning Prayer and the monthly Healing Mass. Requests for [inclusion on the Sunday Bulletin](#) should be emailed to stmichaelslancing@gmail.com. Names are included for 4 weeks after which they have to be renewed in writing/by email.

Please send all events in for the Bulletin

All church groups please email stmichaelslancing@gmail.com

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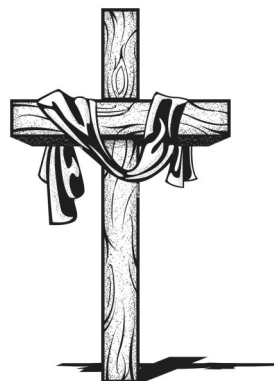
SUNDAY BULLETIN

Bulletin No. 417

14 September 2025

St Michael and All Angels, Lancing
St Mary the Virgin, Sompting
St Peter the Apostle, Sompting

Holy Cross Day



Welcome to our
worship today.

Celebrant and Preacher:
Father Ben Scott

*Father Michael Maine is
the celebrant at
St James the Less*

Refreshments are available
after both services

For your prayers...

BIRTHDAYS: Rita Laraway, Den Mackey, Stella Powell, Anne Gisby and Helen Berney

SICK OR IN NEED: Brenda Wyatt, Daphne Gaitley, Olive Leonard, Richard Thompson, Laurette Gaitley, Mark Gilbert, Rena Gaitley, Ben Hollins, Michelle Edwards and # Graham Nicholls # (#= due for renewal)

THE DEPARTED COMMEMORATED THIS WEEK: Albert Stubbington, Harry Knight, Percy Tunnecliffe and Elizabeth Snow

PARISH: Howard Road, Mountview Road, Sedbury Road

THE LAMP BURNING BEFORE THE BLESSED SACRAMENT is sponsored this week for the 80th birthday of Den Mackey

THE LAMP BURNING BY THE BLESSED VIRGIN MARY STATUE is sponsored this week for the birthday of Fr Felix Smith

Names of the sick are included on the Bulletin for 4 weeks after which they have to be renewed in writing.

Events this week

Full list of services on the back page

Services/Events are at St Michael's unless stated otherwise

- Sun: **Holy Cross Day:** Baptism of Elliot Scott
Mon: **Baby Boomers** visit to Buckingham Palace - Meet at 8.10 am in North Road, just past the Co-op
Tues: **Heritage Open Day** 10 am - 4 pm (St Mary) **Craft Club** 10 am; **Home Group** 7.30 pm
Wed: **Evergreen** 2 pm; **XYZ**
Thur: **Heritage Open Day** 10 am - 4 pm (St Mary); **Mass** 11am; **Guild of Servants of the Sanctuary Mass** 7.30pm (St John the Divine, Worthing)
Fri: **Heritage Open Day** 10 am - 4 pm (St Mary)
Sat: **Mass** 9.30 am; "The Net" (Autumn) folding 10am; **Heritage Open Day** 10 am - 4 pm (St Mary); **Choral Evensong** with presentation of the Order of St Richard 3 pm (Chichester Cathedral)
Sun: **St Matthew:** 9 am (St Mary); Sung Mass 10.30 am; "The Net" (Autumn) distribution

All items for inclusion in next Sunday Bulletin,
in writing, to Ian Tout by Wednesday 12 noon.
Please send emails to stmichaelslancing@gmail.com

www.chalkspringchurches.org

Calendar

SEPTEMBER

Sunday 14 **Holy Cross Day:** Services at usual times; Baptism of Elliot Scott
 Tuesday 16 Heritage Open Day 10 am - 4 pm (St Mary) Craft Club 10 am; Home Group 7.30 pm
 Wednesday 17 Evergreen 2 pm; XYZ
 Thursday 18 Heritage Open Day 10 am - 4 pm (St Mary) Mass 11 am; GSS Mass 7.30 pm (St John the Divine, Worthing)
 Friday 19 Heritage Open Day 10 am - 4 pm (St Mary)
 Saturday 20 Mass 9.30 am; "The Net" (Autumn) folding 10am
 Sunday 21 **St Matthew:** 9 am (St Mary); "The Net" (Autumn) distribution; Evening Worship 6.30 pm (St Peter)
 Thursday 25 Mass with Anointing 11 am; Deanery Synod meeting 7.30 pm
 Friday 26 Memory Lane Cafe 2 pm
 Saturday 27 Mass 9.30 am (Walsingham Cell)
 Sunday 28 **St Michael and All Angels:** Sung Mass followed by Michaelmas Lunch 12 noon.
 Preacher – Bishop Christopher Morgan

OCTOBER

Wednesday 1 Ecumenical Morning Prayer 8 am (St James the Less); Social Afternoon 2 pm (St Peter)
 Thursday 2 Church cleaning 9.15 am; Mass 11 am
 Friday 3 Mothers' Union meeting 2.30 pm
 Sunday 5 **Trinity 16:** Services at usual times; Alive! (Children's group); Baptism of Reggie King "The Net" (Christmas) deadline
 Monday 6 Craft Club 10 am; Standing Committee meeting 7.30 pm
 Tuesday 7 Mass 9.30 am; Mini Market 10 am - 12 noon
 Sunday 12 **Trinity 17:** Services at usual times; Time to Remember 3 pm
 Tuesday 14 Home Group 7.30 pm
 Wednesday 15 Evergreen 2 pm
 Thursday 16 Mass 11 am; Guild of Servants of the Sanctuary Mass 7.30 pm (St Mary)
 Friday 17 Messy Church 3.15 – 5 pm
 Saturday 18 Mass 9.30 am; Play 7 pm
 Sunday 19 **Trinity 18:** Services at usual times; 9 am (St Mary)
 Tuesday 21 Craft Club 10 am
 Friday 24 Memory Lane Cafe 2 pm
 Saturday 25 Mass 9.30 am (Walsingham Cell)
 Sunday 26 **Bible Sunday:** Services at usual times
 Thursday 30 Mass with Anointing 11 am

NOVEMBER

Saturday 1 **All Souls Day:** 10 am Requiem Mass (St James the Less); Sung Requiem Mass 12 noon (St Michael and All Angels)
 Sunday 2 **All Saints' Sunday:** Services at usual times; Alive! (Children's group)
 Monday 3 "The Net" (Christmas) printing
 Tuesday 4 Craft Club 10 am
 Wednesday 5 Ecumenical Morning Prayer 8 am (St Peter); Social Afternoon 2 pm (St Peter)
 Thursday 6 Church cleaning 9.15 am; Mass 11 am
 Friday 7 Mothers' Union meeting 2.30 pm
 Saturday 8 Mass 9.30 am; Mini Market 10 am - 12 noon; XYZ
 Sunday 9 **3 before Advent (Remembrance Sunday):** 9 am Service of Remembrance and Mass (St Mary); Sung Mass 10.30 am; Laying of Wreaths 2.45 pm; Service of Remembrance 3pm
 Thursday 13 Mass 11 am; Parochial Church Council (PCC) Meeting 7.30 pm
 Saturday 15 Mass 9.30 am; The Boundstone Chorus Autumn concert 7.30 pm (Rehearsal 2-5 pm)
 Sunday 16 **2 before Advent:** Services at usual times; 9 am (St Peter);
 Tuesday 18 Craft Club 10 am; Home Group 7.30 pm
 Wednesday 19 Evergreen 2 pm
 Thursday 20 Mass 11 am; GSS Requiem Mass 7.30 pm
 Saturday 22 Mass 9.30 am; "The Net" (Christmas) folding 10 am

Fr Ben writes...

On September 14th, the Church celebrates the Feast of the Holy Cross a day not merely of remembrance, but of profound proclamation. We do not venerate the wood of the Cross as relic alone, but as the living sign of Christ's victory over sin and death. It is the paradox at the heart of our faith: that suffering becomes glory, and death becomes life.

For those of us who serve as priests in the Society of the Holy Cross (SSC), this feast holds particular resonance. Our name is a daily reminder that our priesthood is shaped by the Cross. We wear the small gold lapel cross inscribed with "In this sign, conquer", not as ornament but as vocation. It is the Cross that calls us, forms us, and sends us.

Founded in 1855 amid the fervour of the Anglo-Catholic revival, the Society was born out of a desire to renew the spiritual life of the clergy and to defend the faith of the Church. The Cross was and remains our rallying point. In our Rule of Life, we are reminded that priestly ministry must be cruciform: marked by sacrifice, humility, and unwavering hope.

On Holy Cross Day, we recall St. Helena's discovery of the True Cross but more than historical memory, this feast is a summons. It invites us to re-centre our lives and ministries around the Cross not as burden, but as blessing. As St Paul writes, "We preach Christ crucified... the power of God and the wisdom of God".

May this feast renew in all of us a deeper commitment to live and serve beneath the shadow of the Cross. For in its sign, we do not merely conquer; we are transformed.

Please pray for your Priests.

With my prayers,

Father Ben

Dave Wren's 'Shearing' Raises £1200

Victor Oliver

St Michael's regular worshipper David Wren kept his word and went ahead with his sponsored 'short back and sides and a clean shave' on 17 August at local barbers Harv's in South Street. He raised an amazing £1200 for three charities from churches in the two parishes.

Dave hadn't cut his hair or beard in five years since the Covid-19 lockdowns in 2020. He grew a ponytail a lot more than a foot long tied by a rubber band. "All the barbers were closed, and I started to think why should I bother to trim my hair since I wasn't going anywhere," Dave said. "Also, I wanted to be the oldest git in Lancing to have a ponytail."

The man with the shears was proprietor Harvey Baker, 80, who has been a barber in the village for nearly 40 years. He started with Dave's ponytail, cutting it off with a few snips. And he then gave Dave a 'number 2' cut leaving a mere quarter of an inch (6mm) of hair on the head. It's just possible David is now the oldest man in Lancing with a fashionable buzz cut.

Asked how he felt after the shearing, David said: "Well, I can feel a draught on my head." Any regrets? "No! I wanted to help three charities I believe in. And once I committed to the cut and shaving, I was going to do it. As it says in St James, 'Faith without deeds is dead'."

The three charities that stand to receive a £400 donation each are: The Children's Society (which fights for kids' rights among other things); Turning Tides (which provides homeless services for adults in West Sussex; and DePaul UK (a charity for the homeless).

Dave has attended St Michael's for the past 32 years. He said: "My eight-month-old granddaughter was always frightened by the sight of me with my hair and beard. Now I think she'll be a lot happier next I see her!"

And what of the detached ponytail? Harvey gave Dave a 'doggy-bag' for that. Precisely what Dave will do with it remains uncertain. He may donate or sell it to a human hair extensions company. Well done, Dave!

Heritage Open Days at St Mary's

Judy Excell

Come and visit St Mary's Heritage Celebration as part of the national Heritage Open Days www.heritageopendays.org.uk

There has been a church at Sompting since the Saxons started building it in 960. Sometimes known as the "Cathedral of the Downs" it is normally open once a week for visitors and once a month for a service. On Friday 12, Saturday 13, Tuesday 16, Thursday 18 and Friday 19 September from 10 am - 4pm it will be open to visitors and with occasional tours.

Vehicle approach is from the West along the A27. Turn left at Church Lane. Car park is before the church. Public transport (not on Sundays) to Lyons Farm and walk across the fields.

You can visit and look around or take a tour. Tours of 15 people, approximately 45 minutes. There is no need to book but it would be appreciated. Contact Judy Excell - friends@stmarysompting.org.uk.

St Mary's Patronal Evensong

Anne Gisby

It was a glorious evening on Sunday 17 August for the evensong, in celebration of St Mary's Patronal Festival. There was a good attendance and the congregation was entranced by the choir's beautiful harmonies. The choir was in the south transept and unseen from the nave, but the church was full of beautiful voices echoing throughout the whole church. It was prayer in song that seemed to rise to heaven and was truly amazing.

The guest preacher was The Rt Revd Nicholas Reade, retired Bishop of Blackburn, who in earlier years had been the Archdeacon of Lewes and Hastings, but had never been to St Mary's before. He was most complimentary about the choir and thought it was one of the best Evensongs he'd experienced and would definitely visit the church again. Thanks must go to Aedan for his musical direction and expertise.

After the Evensong everyone headed down, through the graveyard, to the field below to watch the Sompting Village Morris men and women perform their traditional dances in the evening sunshine. The Sompting Village Morris had an infinity with St Mary's as the church was depicted on their SVM badge. There was also free beer, wine and soft drinks for everyone sponsored by Titch Hill Winery and ably served by Katie and Becca. A lovely way to spend a summer's evening.

Blue plaque for Sompting resident

A computer pioneer and former Sompting resident who helped shape the future of technology has been honoured with a blue plaque.

Beryl May Dent was born on 10 May 1900 in Chippenham, Wiltshire. Following her education at Warminster County School where her father was Headteacher, Beryl had a spell of employment at the Royal Aircraft Establishment in Hampshire in 1918 before she moved on to study at the University of Bristol, initially taking a BA and then an Honours course, gaining a BSc in Applied Mathematics with First Class Honours in 1923. She studied alongside only one other student, future Nobel prize winner Paul Dirac.

After a year studying at Newnham College, Cambridge, she returned to Bristol and gained another MSc in 1927 for her work on crystal structure. Although women specialising in Mathematics in the 1920s faced limited job prospects, Beryl earned a Research Assistant role at the University of Bristol, eventually publishing six papers. In 1929 that Beryl moved to Manchester to fulfil the position of Technical Librarian within the Scientific Research Department at Metropolitan-Vickers in Trafford Park. This new scientific career required a high level of technical skill, and Beryl reported in 1933 that the Library held nearly 6000 engineering volumes, pamphlets and patent specifications.

Beryl became very active in the newly founded Association of Special Libraries and Information Bureaux (ASLIB), developing

networks with other specialised Librarians, serving on Committees and making conference presentations. Alongside this full-time job, Beryl continued to publish papers, including her 1935 paper on solving points in a linear equation. Because of her advanced knowledge of higher mathematics, she was also asked to check the mathematics in papers for publication by engineers at Metropolitan-Vickers. In 1946 Metropolitan-Vickers created a new computational section and Beryl earned a promotion to be its section leader. She also joined the Women's Engineering Society and published papers on the application of digital computers to electrical design.

Beryl's work in this field accelerated and she wrote programmes with Brian Birtwhistle for the Ferranti Mark 1 computer at the University of Manchester. This was the world's first commercially available general-purpose computer. Beryl continued to publish papers throughout the 1950s furthering her pioneering work in computer application design. She retired from Metropolitan-Vickers in 1960.

Beyond her work, Beryl was school manager at St Matthew's Church of England Primary School, Stretford between 1956 and 1962. In 1962, Beryl moved with her mother and sister to 1 Cokeham Road, Sompting. She was an active member of the church community serving as Electoral Roll Officer and Treasurer of Lancing and Sompting Churches Fraternal.

Beryl died on 9 August 1977 and her ashes were interred at Worthing Crematorium. A commemorative brass plaque in memory of Beryl sits on the Bishop's Chair in St Mary's.

The blue plaque, located at St Antony's Heritage Centre, Trafford Park, Manchester close to where the Metropolitan-Vickers factory stood, commemorates the pioneering and accomplished work Beryl achieved over her long career. Through her ground breaking and dedicated study of quantum theory physics and computer design, Beryl furthered work in this field and paved the way for female scientists of the future.

Christmas Tree Festival update

Ian Tout

Thanks to donations we've received we are now able to offer four pre-sponsored trees to local schools and other organisations if financing their own tree is not possible.

Please can you ask yourself "what can I do to help the Christmas Tree Festival?". Are you part of a group who could sponsor and decorate a tree? Would you like to personally sponsor a tree for £30 and donate it to be decorated by a local school or other organisation? What else could you do to ensure people know about the Festival and attend it? Please also pray for the Christmas Tree Festival, its outreach and what could happen as a result of it.

If you would like to find out more about sponsoring a tree please speak to me or email stmichaelslancing@gmail.com.

Michaelmas 2025

The guest preacher for St Michael's Patronal Festival this year (Sunday 28 September) will be Bishop Christopher Morgan. He was Bishop of Colchester from 2001-2013 having served in parishes in Birstall, Brussels, Redditch and Sonning before becoming the Diocese of Gloucester's Diocesan Officer for Ministry and then a residentiary canon at Gloucester Cathedral until his ordination to the episcopate. He is now an honorary assistant bishop in our diocese.

The 10.30 am Sung Mass will be followed by a Bring and Share lunch which is being coordinated by Becca Connolly.

Shop online to raise funds

You can now support all of our churches via easyfundraising who have over 3,000 shops and sites on board ready to make a donation which doesn't cost you a penny extra!

Go to www.easyfundraising.org.uk/causes/stpeterssompting/ (St Peter), [stmichaelallangelsppcc/](http://www.easyfundraising.org.uk/causes/stmichaelallangelsppcc/) (St Michael) or [stmarysompting/](http://www.easyfundraising.org.uk/causes/stmarysompting/) (St Mary) to sign up.

Download the Donation reminder that will prompt you to support the church every time you shop