

# Services this week

Ordinary Time/Lent: Sunday Cycle Year A

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 (15) NEXT BEFORE LENT	Mass with Hymns (St Mary) Sung Mass	9 am 10.30 am
Monday (16) Feria	Morning Prayer and Rosary	8.45 am
Tuesday (17) Janani Luwum	Morning Prayer	8.45 am
Wednesday (18) <b>Ash Wednesday</b>	Morning Prayer <i>Mass with Giving of Ashes</i> Sung Mass with Giving of Ashes	8.45 am 11 am 7.30 pm
Thursday (19) Feria	Morning Prayer Mass	8.45 am 11 am
Friday (20) Feria	Morning Prayer	8.45 am
Saturday (21) Feria	Morning Prayer Mass	8.45 am 9.30 am
<b>SUNDAY (22) LENT 1</b>	Mass with Hymns (St Peter) Sung Mass	9 am 10.30 am

## Notices

### Rooted Pancake Party - Tuesday 17 February

Our new family activity which will feature delicious pancakes, a pancake tossing contest and games! 3 - 4.30 pm.

### Ash Wednesday (18 February)

Mass with Giving of Ashes 11 am - St James the Less

Mass with Giving of Ashes 7.30 pm - St Michael and All Angels

### Funeral of Patricia Sinclair at St Mary's

Patricia's funeral will take place on Friday 20 February, 11 am.

### Evergreen - Wednesday 18 February 2pm

June Kearsley will tell us about her work in Jerusalem. Prize bingo will follow (please bring 50p for the prize pot). All welcome. £2pp to include refreshments.

### Lent Lunches - Thursdays at 12 noon

Come along to the first Lent Lunch of 2026 - a simple lunch of homemade soup, bread and cheese. Donations to Mothers' Union, our 2026 charity. This will be followed by the Lent course looking at the Gospel of Matthew.

### Reflection / Quiet day

Canon Michael Hart will lead a Reflection / Quiet Day "Wrestling with God" from 10.30 am - 3 pm on Saturday 21 February.

### Saturday Afternoon Pictures - Saturday 21 February

Screening of *Mufasa: The Lion King* on the big screen at St Peter's at 3.30 pm with cakes and refreshments. Free admission, donations welcome. Further details from Ian Tout, booking at <https://www.chalkspringchurches.org/coming-soon>.

### Net Folding

The next edition of *The Net* will be folded from 10 am on Saturday 28 February. If we get lots of helpers it really does help to get the job done quickly. If you're a Net deliverer and find that you can't do your usual round please contact Ian Tout.

### No parking in the church garden please

Please could we discourage any parking in the St Michael's church garden at the moment as the ground is very wet and boggy. Your support with this is appreciated.

### 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

# SUNDAY BULLETIN

Bulletin No. 438

15 February 2026

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

## Sunday Next before Lent



Welcome to our worship today.

9 am Celebrant and Preacher: Father Ben Scott

10.30 am Celebrant and Preacher: Canon Michael Hart

*Father Ben is also the celebrant at St James the Less*

Refreshments are available after the 10.30 am service

## For your prayers...

BIRTHDAYS: Becca Connolly, Ronald Vimpany

SICK OR IN NEED: Neville Colgate, Susan Walpole, Patricia Barrett, Tony Goldstraw, Ben Hollins, Daphne Gaitley, Laurette Gaitley, Mark Gilbert, Rena Gaitley, # John and Brenda Wyatt, Olive Leonard and Richard Thompson # (#= due for renewal)

RECENTLY DEPARTED: Patricia Sinclair

THE DEPARTED COMMEMORATED THIS WEEK: Ellis Goldstraw, Dorothy Beer, Doris Main, Elizabeth Lisher and Tom Brookman

PARISH: Boundstone Lane, Garden Close, Grafton Gardens

THE LAMP BURNING BEFORE THE BLESSED SACRAMENT is sponsored this week for Lily Lange RIP

THE LAMP BURNING BY THE BLESSED VIRGIN MARY STATUE is sponsored this week David Wiltshire RIP

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

Tues: Craft Club 10 am, Rooted 3-4.30 pm

Wed: Ash Wednesday: Mass with Giving of Ashes 11 am (St James the Less); Evergreen 2 pm; Solemn Mass with Giving of Ashes 7.30 pm

Thur: Mass 11 am; Lent Lunch 12-1 pm; Lent Course

Fri: Funeral Patricia Sinclair RIP 11 am (St Mary); Stations of the Cross and Benediction 7.30 pm

Sat: Mass 9.30 am; Reflection/Quiet Day 10 am - 3 pm; Saturday Afternoon Pictures: Mufasa: The Lion King 3.30 pm (St Peter); Chalk Spring Supper Club 7.30 pm (Beach Green Hotel)

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

## Calendar

### FEBRUARY

7-14 February: Marriage Week  
**2 before Lent:** Services at usual times  
Mass 11 am; Standing Committee meeting 7.30 pm  
**Saturday 14** Mass 9.30 am; Mini Market 10 am - 12 noon  
**Next before Lent:** Services at usual times; 9 am (St Mary); Evening Worship 6.30 pm (St Peter)  
Craft Club 10 am, Rooted 3-4.30 pm  
**Tuesday 17** **Ash Wednesday:** Mass with Giving of Ashes 11 am (St James the Less); Evergreen 2 pm; Solemn Mass with Giving of Ashes 7.30 pm (St Michael's)  
Mass 11 am; Lent Lunch 12-1 pm; Lent Course Stations of the Cross and Benediction 7.30 pm  
Mass 9.30 am; Reflection/Quiet Day 10 am - 3 pm; Chalk Spring Supper Club 7.30 pm (Beach Green Hotel)  
**Lent 1:** Services at usual times  
Mass with Anointing 11 am; Lent Lunch 12-1 pm; Lent Course  
Memory Lane Cafe 2 pm; Stations of the Cross and Benediction 7.30 pm  
Mass 9.30 am (Walsingham Cell); "The Net" (Spring) folding 10 am

### MARCH

**Sunday 1** **Lent 2:** Services at usual times; Alive! (Children's group); "The Net" (Spring) distribution  
Craft Club 10 am  
Ecumenical Morning Prayer 8 am (St Michael); Social Afternoon 2 pm  
**Thursday 5** Church Cleaning 9.15 am; Mass 11 am; Lent Lunch 12-1 pm; Lent Course  
World Day of Prayer service 10.30 am (St Michael and All Angels); Stations of the Cross and Benediction 7.30 pm  
**Sunday 8** **Lent 3:** Services at usual times  
Mass 11 am; Lent Lunch 12-1 pm; Lent Course; Parochial Church Council (PCC) Meeting 7.30 pm  
**Friday 6** Stations of the Cross and Benediction 7.30 pm  
Mass 9.30 am; Mini Market 10 am - 12 noon; Baptism of Kai Kinnear 1 pm (St Mary)  
**Sunday 15** **Mothering Sunday:** 9 am (St Mary)  
**Tuesday 17** Craft Club 10 am  
**Wednesday 18** Evergreen 2 pm  
**Thursday 19** Mass 11 am; Lent Lunch 12-1 pm; Lent Course  
Messy Church 3.15 - 5 pm; Stations of the Cross and Benediction 7.30 pm (with GSS)  
**Saturday 21** Mass 9.30 am; Baptism for Oakley Bates 1 pm (St Mary); Play Your Cards Right 7 pm  
[Boundstone Chorus concert in Worthing]  
**Sunday 22** **Lent 5:** Services at usual times  
Orchestra rehearsal 6.30-9.30pm (including setup time)  
**Thursday 26** Mass with Anointing 11 am; Lent Lunch 12-1 pm; Lent Course; Lancing Chamber Orchestra concert 8 pm  
**Friday 27** Memory Lane Cafe 2 pm; Stations of the Cross and Benediction 7.30 pm  
**Sunday 29** **Palm Sunday:** Mass 9 am (St Peter) Celebrant and Preacher - The Bishop of Lewes; Palm Procession and Sung Mass 10.30 am; Choral Evensong 5 pm (St Mary)  
**Monday 30** **Monday of Holy Week:** Mass 7.30 pm - Mothers' Union to attend  
**Tuesday 31** St Peter's Feast of Dedication (LX anniversary); **Tuesday of Holy Week:** Mass 7.30 pm

**APRIL**  
**Wednesday 1** **Wednesday of Holy Week:** Ecumenical Morning Prayer 8 am (St James the Less); Chrism Mass 12 noon (Chichester Cathedral); Social Afternoon 2 pm (St Peter); Mass 7.30 pm - Servers to attend, followed by Servers rehearsal

## Fr Ben writes...

By the time you read this, Christmas will already no doubt feel like a distant memory, Epiphany will be drawing to a close, and the Church will be quietly, steering us towards Lent. Like it or not, the desert looms.

Lent has a rather unfair reputation. For some it conjures images of grim faces, joyless self-denial, and the sort of resolutions that are abandoned by the Second Sunday. But Lent, at its heart, is not about spiritual misery. It is about honesty, attentiveness, and re-centring our lives on Jesus – and that, while demanding, is ultimately life-giving.

Traditionally, we think of Lent in terms of giving something up. There is real value in that, especially if what we forego genuinely matters to us and serves a spiritual purpose. Going without something we enjoy can sharpen our awareness of Christ's forty days in the wilderness, his temptations, his vulnerability, and his trust in the Father. Lent also invites us to do something extra. This is often where the deepest growth happens. Perhaps this might be attending a weekday Mass – allowing the rhythm of prayer and Scripture to shape the week. You might consider joining the Lent Course, or coming along to the Stations of the Cross, where we walk prayerfully with Christ through the final hours of his earthly life.

Lent is also a fitting time to think about the Sacrament of Reconciliation (Confession). For most this will be daunting. If you have never made a confession before – Lent offers a gentle invitation to find out more. It is not a test to be passed, but a gift to be received.

Whatever shape your Lent takes, I encourage you to set aside some dedicated time each day for prayer using Lenten themes, Scripture, or a simple prayer of quiet attentiveness. Consistency over quantity.

Above all, Lent prepares us to relive, in heart and mind, the saving events of Holy Week, not as distant history, but as something that still speaks powerfully into our own lives and our world today. If we allow ourselves to engage deeply with Christ's passion, then our Easter joy will not be forced or superficial, but genuine and hard-won.

Let us encourage one another to keep a good Lent – faithful rather than flashy, honest rather than heroic – trusting that God will do far more with our small offerings than we could ever imagine.

With every blessing for the journey ahead,

Father Ben

## Looking towards Lent

We're not far away from the beginning of Lent. This is a key part of the church's year, with a focus on sin, forgiveness, prayerfulness, preparation, self-denial, and giving (either financially or of your time). Yet, in many ways, it can be a very joyful time of year too.

We start on 18 February with Ash Wednesday as we reminded to 'repent and believe in the Gospel', the ashes being a reminder both of our sin, but also that we will die one day: 'from dust we came and to dust we shall return'. The service is sombre, but also peaceful and reflective. Our Ash Wednesday services will be 11 am at St James' and 7.30pm at St Michael's

Each Friday evening during Lent there are Stations of the Cross at 7.30pm. A short yet powerful service, which takes us through Jesus' journey to the cross. Each week there will be a different set of reflections, poems or meditations used. Our Lent lunches start on Thursday 19 February in St Michael's Hall, and provide a simple lunch of soup, bread and cheese, with a chance to donate to this year's charity: Mothers' Union. This will be every Thursday in Lent, and we'll do the Lent course during the lunch at 12:30. This year begins a series looking at each of the Gospels over the next four years, starting with Matthew. We'll take in Jesus' birth, his calling of disciples, his authority as a teacher, his miracles, and his upcoming passion.

The hope is that through participation in our Lenten services, lunches and course, each and every one of us will engage fully in

the season. Our services will lead us into deeper prayer and preparation; our lunches encourage self-denial and giving; our Lent Course allows us to get back to the basics of the faith and remind us of what's important. Please do join us during this important time in the Church's year.

## Four Saturdays!

Canon Michael Hart

An invitation went out to any who wanted to discover or rediscover what the Christian Faith is about.

So In January, on four consecutive Saturdays, we were guided through four Basic parts of the Faith: God, the Bible, the Church and Worship. We often think we know and understand the basics but during the course it was often heard "we didn't know that" or "so that's why we...". Life-long learning is not just to do with Education it has to do with Faith.

Although not everyone could attend all the sessions, four Saturdays wasn't possible for many, but it is hoped to run the course again to help catch-up on those missed.

Would you be interested in such a course? If so let Fr Michael, the course leader, know.

## Fun and Games on a Saturday afternoon!

Jo Lansley

Last Saturday (24 January), those of us that enjoy a challenge came together with varying knowledge, skills and tactics to pit our wits against each other during a games afternoon. Katie made us feel very welcome and the tasty cakes and biscuits were a real treat on a cold January afternoon.

The children were amazed at the number of games available and enjoyed playing jenga, headbanz and the floor is lava, to name a few. Us more mature gamers learnt how to build an empire in 'monopoly' and to navigate everyday mishaps in 'senior moments'.

Father Ben joined us just in time to help the children build the 3D board for 'mouse trap'. This proved quite a challenge at the end of a busy day, however well worth his efforts as some of us are still playing it!

You'll be pleased to hear that among those that gathered the person with the most marbles still intact, was Anne our churchwarden..... Unfortunately, the greatest risk taker turned out to be our Treasurer Ian!

## Guest Preacher

Our guest preacher for Ash Wednesday and then Holy Week and Easter will be Brother Steven from the Community of the Resurrection, Mirfield.

Br Steven CR grew up on the Main Line in Philadelphia and was educated at a Quaker School. After various jobs, including as a church verger, he moved to the UK in 1989 to join the Society of the Sacred Mission in Durham. In 1999, he transferred to the Community of the Resurrection, Mirfield, taking Life Profession in 2003.

At Mirfield, Br Steven has served as Infirmary Brother, Refectory Brother, and Community Archivist. He preaches, leads retreats, assists parish missions, and promotes religious vocations through RooT (Religious of orthodox Tradition). He published his first book, *The Cowley Fathers in Philadelphia*, in 2019. Since 2009, he has volunteered with Victim Support in West Yorkshire.

## Struggling a bit? with faith, life and God?

Sometimes it just seems so difficult and exhausting: to live, to believe or to keep going with God. The Church season of Lent offers us opportunities to stop, engage with something different and reassess what we do, are and believe.

On Saturday 21 February there is an opportunity called "Wrestling with God": it will be a time to hear two talks and have personal silent time with lots of things available to do. There will also be a meditation. This time of quiet reflection begins at 10am and will finish by 3pm.

Please sign up on the attendance list, available in all our Chalk Spring churches. You will not be asked questions, just to be quiet, listen and find some still space. Please bring your own lunch; tea/Coffee will be available

*Sometimes we just keep going and don't value ourselves enough to make some personal space to be: this time of quiet reflection is for you...see you on 21 February.*

10am- 3pm- Sat 21 February at St Michael and All Angels, South Street., Lancing

The day will be led by The Rev'd Canon Michael Hart SCP

## World Day of Prayer

Sandy Tout

On the first Friday in March the Day of Prayer begins on the international dateline, in Samoa. Early in the morning, Christian women begin praying for our world. As the earth rotates, a great wave of prayer begins to build. It sweeps across the Pacific, touching Fiji and New Zealand, rolling on through Asia: Japan, the Philippines, Korea, and Bangladesh. The countries of Africa, and the Middle East are next. The wave reaches the shores of Europe as the day dawns there. Across the Atlantic, it moves onwards, the Caribbean, the Americas, and on to the Pacific again until the sun finally sets over American Samoa where the final service takes place. A worldwide circle of prayer is complete.

This year St Michael and All Angels will host the World Day of Prayer service for Lancing and Sompting on Friday 6 March at 10.30 am, prepared by an ecumenical group of Christian women from Nigeria. The service they have prepared reflects on the theme, "I will give you rest."

The World Day of Prayer is an international, women-led, ecumenical movement that shares the hopes, concerns, and prayers of women from around the globe. Each year, women from a different country craft a service, sharing their unique spiritual journey and culture. For 2026, the women of Nigeria have created a service that speaks to our need for peace and solace, drawing on their faith and experiences in a world filled with struggles and anxieties. The service shares the stories of four Nigerian women who inspire us to work towards a world without injustice, insecurity, marginalisation, religious persecution, poverty and despair.

We give thanks to the Christian women of Nigeria for this service and pray that their stories will encourage and inspire women through the world to unite as one people in both prayer and praise.

Please join us, women and men all welcome.

## Our opportunity to win £1,000

Please can we encourage you to nominate the Parochial Church Council (PCC), as a registered charity, for an opportunity to win £1,000 as part of Benefact Group's annual Movement for Good Awards, which is giving over £1million away to charities and good causes for the eighth year.

It's quick and easy to nominate the PCC online at <https://movementforgood.com/#nominateACharity>

Winners will be drawn at random and the more times we're nominated the more chance we have of being selected. Previously, 11% of charities who won had received less than 10 nominations which shows that every nomination matters and can really make a difference.

Go to the address above, you'll be asked to enter our registered charity number, 1205535 and that it is a Faith charity. Then you complete your details: name, email address, location (West Sussex), age range, connection to the charity (Supporter) and connection to the Benefact trust (none - unless you have one!).

You can only nominate a charity once but please encourage other to people to nominate us as well.