

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 (19) TRINITY 18	Mass with Hymns (St Mary)	9 am
	Sung Mass	10.30 am
	Evening Worship (St Peter)	6.30 pm

Monday (20)
Feria Morning Prayer and Rosary 8.45 am

Tuesday (21)
Feria Morning Prayer 8.45 am

Wednesday (22)
Feria Morning Prayer 8.45 am

Thursday (23)
Feria Morning Prayer 8.45 am
Mass 11 am

Friday (24)
Feria Morning Prayer 8.45 am

Saturday (25)
Crispin and Crispinian Morning Prayer 8.45 am
Mass 9.30 am

SUNDAY (26) BIBLE SUNDAY	Mass with Hymns (St Peter)	9 am
	Sung Mass	10.30 am

Notices

Evening Worship - Today at 6.30 pm

This will take us on a journey across Europe using hymn tunes. Come along to find out more.

Memory Lane Café - Friday at 2 pm

A dementia-friendly environment for people affected by dementia, other memory problems and isolation and carers with a varied programme of games, crafts, cakes and conversation.

Thanks for Mini Market

Thanks to everyone involved in the Mini Market. The total raised from Mini Market was over £250. Next one on 8 November.

Messy Church

Thanks for everyone who helped and prayed for Messy Church. Next session Friday 12 December.

Quintet concert for St Nicholas Children's Centre

The Sinfonia of Arun Wind Quintet (which includes Marion Peskett) are giving a concert in aid of St Nicholas Children's Centre, Nakuru, Kenya (a previous parish charity of the year) at Holy Trinity Church, Rushams Road, Horsham, RH12 2NT on Saturday 25 October at 7pm with refreshments. Adults £15 Children £3. Tickets via Marion 07428 957755 / 01903 752842.

Commemoration of the Faithful Departed

We're keeping All Souls' Day on Saturday 1 November with a 10 am said Requiem Mass at St James the Less, and a 12 noon sung Requiem Mass at St Michael's. On arrival there will be an opportunity to add names of the departed to the list of those to be remembered.

The Boundstone Chorus - Saturday 15 Nov, 7.30 pm

The choir will perform Vivaldi's "Gloria" and Ola Gjeilo's "Sunrise Mass" - a great blend of classic and contemporary choral music. Tickets £10 (U16 £3) from Ian Tout, Aedan Kerney or online at www.theboundstonechorus.co.uk/booking.

Next No-Cook Supper Club meal (note date change)

Friday 21 November at Longshore, Shoreham. Please let Amanda Upfield know by 16 November if you wish to attend.

Rooted - a new family event

Winter-themed food and fun on Saturday 22 November, 5.30 - 7 pm. Free but donations welcome. Further details available from Becca Connolly.

Leaf it out!

Does anyone have a garden vacuum (leaf blower/shredder) that they would be able to donate to St Michael's? Offers to Anne Gisby please.

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

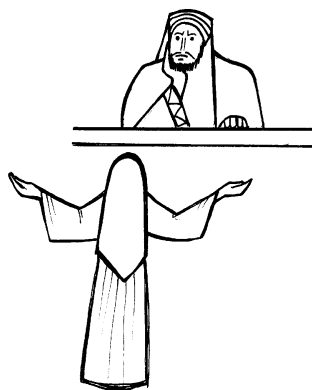
SUNDAY BULLETIN

Bulletin No. 421

19 October 2025

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

Eighteenth Sunday after Trinity



Welcome to our worship today.

9 am Celebrant and Preacher:
Canon Michael Hart, 10.30 am
Celebrant: Father Ben Scott,
Preacher: Canon Michael Hart

6.30 pm Leader: Ian Tout

Father David Pike is
the celebrant at
St James the Less

Refreshments are available
after the 10.30 am service

For your prayers...

BIRTHDAYS: Brian Morley

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

THE DEPARTED COMMEMORATED THIS WEEK: Jack Maloney, Jayne Tester, Jean Pilbeam, Marjorie and Harry Rhodes, Colin Campbell and Michael Evans

PARISH: Bessborough Terrace, Lancing Park, West End Way

THE LAMP BURNING BEFORE THE BLESSED SACRAMENT is sponsored this week for World Peace

THE LAMP BURNING BY THE BLESSED VIRGIN MARY STATUE is sponsored this week for Mary Parkinson 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

Sun: **Trinity 18: Evening Worship** 6.30 pm (St Peter)
Tues: **Craft Club** 10 am
Thur: **Mass** 11 am
Fri: **Memory Lane Cafe** 2 pm
Sat: **Mass** 9.30 am - Walsingham Cell members particularly requested to attend
Sun: **Bible Sunday: Mass with Hymns** 9 am (St Peter);
Sung Mass 10.30am

Curate: Father Ben Scott

07492 930704 chalkspringscurate@outlook.com

Parish Administrator: Heather Crookes

01903 750286 office@chalkspringchurches.org

Parish Safeguarding Officer: Gill Kerney
southlancingandsomptingpso@gmail.com

www.chalkspringchurches.org

Calendar

OCTOBER

Sunday 12 Trinity 17: Services at usual times; Time to Remember 3 pm
Home Group 7.30 pm
 Tuesday 14 Evergreen 2 pm
 Wednesday 15 Mass 11 am; Guild of Servants of the Sanctuary
Mass 7.30 pm (St Mary)
 Thursday 16 Messy Church 3.15 – 5 pm
 Friday 17 Mass 9.30 am; The Champagne Murder 7 pm
 Saturday 18 Trinity 18: Services at usual times; 9 am
 Sunday 19 St Mary; Evening Worship 6.30 pm (St Peter)
 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
 Friday 21 No Cook Supper Club (Longshore)
 Saturday 22 Mass 9.30 am; "The Net" (Christmas) folding 10 am; Rooted 5.30 pm
 Sunday 23 Christ the King: Services at usual times; "The Net" (Christmas) distribution
 Thursday 27 Mass with Anointing 11 am
 Friday 28 Memory Lane Cafe 2 pm; Lancing Chamber Orchestra concert 7 pm
 Saturday 29 Mass 9.30 am (Walsingham Cell)
 Sunday 30 Advent 1: Services at usual times; Morning Worship 9 am (St Peter); Choral Evensong 5 pm (St Mary)

DECEMBER

Tuesday 2 Craft Club 10 am
 Wednesday 3 Ecumenical Morning Prayer 8 am (Sompting URC); Setting up for Christmas Tree Festival; Social Afternoon 2 pm (St Peter)
 Thursday 4 Church cleaning 9.15 am; Setting up for Christmas Tree Festival; Mass 11 am; Launch event for Christmas Tree Festival 7 pm
 Friday 5 St Michael's Feast of Dedication - Clst Anniversary; Christmas Tree Festival 10 am – 4 pm; Mothers' Union meeting 2.30 pm; Setting up for Christmas Fair; Sompting Abbotts Carol Service (St Mary)
 Saturday 6 Mass 9 am; Christmas Tree Festival 10 am – 4 pm; Christmas Fair 10 am – 1 pm; Sompting Abbotts Carol Service (St Mary); Concert by Worthing Community Concert Band 5 pm
 Sunday 7 Advent 2: Services at usual times; Alive! (Children's group); Christmas Tree Festival 12 noon – 4 pm; Carol Praise 4 pm

Fr Ben writes...

In early November (before the next colour supplement) the Church celebrates All Saints and All Souls. These feasts offer us an opportunity to honour the communion of saints, remember the faithful departed, and renew our hope in the promise of eternal life.

We will celebrate All Souls with a Sung Requiem Mass at 12 noon on Saturday 1 November and All Saints Sunday on 2 November.

All Saints' Day is a solemnity that celebrates all those who have attained the beatific vision in heaven - both the canonised saints and the countless holy men and women known only to God. This feast reminds us of the universal call to holiness, as articulated in the Second Vatican Council's Lumen Gentium: "All Christians in any state or walk of life are called to the fullness of Christian life and to the perfection of charity." The saints, whether famous or hidden in humble lives, are models of this call, showing us that sanctity is possible for all through God's grace. We gather to give thanks for the saints' intercession and example. Their lives inspire us to persevere in faith, hope, and love, trusting that we, too, are invited to share in the glory of heaven.

All Souls' Day turns our attention to all the faithful departed. Rooted in Scripture (2 Maccabees 12:46) and Tradition, the Church encourages us to pray for those who have died, entrusting them to God's mercy and love. This day is a reminder of the communion of the Church, which spans the living (the Church Militant) and the saints in heaven (the Church Triumphant). By offering Mass, we express our love and solidarity with those who have gone before us.

All Saints' and All Souls' invite us to reflect on the mystery of death and the promise of resurrection. Reminding us that life is a pilgrimage toward God, and we are never alone on this journey. The saints cheer us on, and our prayers honour the memory of the departed, weaving a tapestry of love that transcends time and space.

As a parish community, let us embrace these holy days with fervour. Attend Mass, pray for the departed, and draw inspiration from the saints.

May the saints intercede for us, and may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

With my prayers,

Father Ben

Heritage Open Days at St Mary's

Judy Excell

On the Wednesday before the first tour there was a rehearsal which served the two purposes of my practising speaking and informing the volunteers of the content of the tour.

The Open days were 12th, 13th, 16th, 18th and 19th of September. The first day we were very much feeling our way. There were ten visitors, seven of whom had booked and three were 'drop-ins'. Over the whole time the attendance was mostly from people who had booked.

We were very fortunate with the weather; there was only one occasion when just before the end of the outside part of the tour we had to dash back to the porch to complete.

There were no visitors in the afternoon of the first day and Anne Gisby spent the time matching the old picture, with the box pews and probably circa 1830, with the current layout of St Mary's. Later investigation drew the conclusion that the picture had a small amount of artistic licence. However, we discovered that the memorial on the South Wall inside the Tower had been just to the right of the altar. The pulpit had been moved from one side of the Nave to the other. It was made before the coloured glass was in the windows.

I was reminded by a visitor that Philip of France was in debt to the Templars which encouraged him in their condemnation. Another visitor came up with a third theory as to "why a Rhenish Helm" given that it does not appear to have been

built in the Saxon period. Robin McBain remembered his mother telling him about pumping the bellows for the organ as a child.

My grateful thanks to all the helpers: Anne Gisby, Bob Kershaw, Mike Tristram, Nick Munday (who took a tour when there were too many visitors at one time), Jacqui Offord, Phil Klemenic, Ronald Vimpany, Yvonne Scholes, Eileen Colwell. Further thanks to those who would have helped if it had not been for other commitments.

There were enquiries about dates of Services and of the Choral Evensongs which it is hoped will increase attendance at the November Evensong and at Services.

Fund-raising was mostly from donations and totalled £378. Sales brought in £67. Refreshments were not well attended as we had no-one dedicated to them but brought in further donations of £9.05.

The total of visitors seems to be ninety-nine people plus two babies and two well-behaved dogs. Also a man cycled down from Hampton Court Palace and loved it but only stayed for 10mins or so as he had to cycle back.

Sponsor My Weight-Loss Challenge!

Victor Oliver

It was when my bathroom scales told me I weighed 14 stone 2 pounds (89.91 kg) back in mid-September that I decided something must be done. I am not tall, 5ft 8ins on a good day, and not built for Sumo wrestling. This was way over my ideal poundage. But how could I go on a diet that would work for me psychologically as well as physically? I am inclined to partying and self-indulgence. I decided the church could play a part.

I would go on a sponsored diet and risk humiliation, and financial loss, if I failed to reach my target weight of 12 stone 2 pounds (77.111 kg) by 17 November 2025. Should I fail to reach this weight, I commit in the sponsorship form to "donate to the church [St Michael's] one half of the sponsorship sum" instead of taking money from the lovely people who believe I can do it with their pledges.

As I write this, I weigh 12 stone 13 pounds. Some people are already noticing shrinkage or narrowing, although my belly is not deflating sufficiently fast to impress Fr Ben. "You still look seven months pregnant," he will say in the sacristy before gazing at himself in the mirror. Evidently, he thinks dieting is like popping a balloon. Wrong! It's a methodical process that needs to be approached healthily. My diet comprises one daily bottle of nutrition drink Huel (400 calories) and a main meal (usually Mediterranean-based, about 500 calories). This gives space for some alcohol. I am not some kind of puritan, people!

I aim for a daily calorie deficit of 500. So, if I usually live on 2000 calories a day, and consume 1500 on the diet, that's the deficit. Also, at the last church mini-market I spotted a treadmill (with 12 programs) that had been brought in for Ride and Stride. Beth Ayling was marching on it at 6 mph. It was Suzette Naylor's who was keen to sell it. How much? £100. Sold! All the money went to St Michael's. My pal Steve Gates helped me get it home and I started running on it the moment he left.

In slow-mo I am watching my belly ever so slightly flattening. My blood sugars are levelling off (I am a T2 diabetic) and I just feel a lot more alive. Fr Ben is still unimpressed. I have a huge wardrobe of clothes preparing to be worn again.

Please sponsor me if only to benefit the church. £5. £10, who cares? Whatever is affordable. Once the sponsorship is over, I will continue to diet until I have reached 11 stone 7 pounds, my ideal weight.

Help turn me into a slimline tonic.

Launch of Rooted

We're really excited to launch a new family outreach group called 'Rooted'. This idea grew out of our recent Mission Action Plan (MAP) meeting, where we reflected on how best to support the development of our children's and youth work.

As some of you may know, our youth group Rise has seen a drop in numbers recently, largely due to there being fewer young people of that age in our church community. After much thought and prayer, we've decided to pause Rise for now and focus on nurturing our families with younger children - who, in time, will grow into the next generation of Rise!

That's where Rooted comes in. This group is for families with children of all ages and will meet three times a year for fun, relaxed gatherings with games, treats, and a chance to connect.

Our very first Rooted event is happening on Saturday 22 November, from 5:30-7 pm, in the church garden. It will be winter-themed, complete with marshmallow toasting, hot chocolate, games, and more!

So if you've got children of any age, please save the date - we'd love to see you there!

Order of St Richard presentation

Aedan and Gill Kervey

We were pleased to be present in the Cathedral for Choral Evensong a couple of weeks ago to see Sandy Tout become a member of the Order of St Richard.

The Order was founded in 2019 by Bishop Martin as an annual award for lay people within the Diocese who have made exceptional contributions to the parish, the local community or the Diocese. Since then over 220 people have received the award, representing over 150 parishes in the diocese.

After the opening hymn and procession Bishop Martin spoke in general terms of the achievements, contribution and faithful service of those who were being recognised in the service and how this was an opportunity for them to be thanked. Then the Archdeacons read the citations for each new member as they moved from their seat to receive their collarette and badge, and specially inscribed certificate from the Bishop. The contributions of the recipients spanned a wide range of church and parish life, and commitments in the wider community. Amongst one lady's contributions was that she had undertaken the cleaning of the church's compost toilet every week for twelve years. That's dedication!

Sandy's citation read: *Sandy has dedicated her life to quiet, faithful service within the church and wider community in Lancing, supporting parish events and initiatives including Messy Church, and roles in Mothers' Union, and Girlguiding. Her tireless commitment - spanning decades of leadership, hospitality, and outreach - embodies faith in action and has deeply enriched the life of the parish and those around her.*

Once everyone had received their awards there was a well-deserved and quite long round of applause before the Bishop and Archdeacons moved into the Quire and a sublime service of Choral Evensong followed.

After the service the recipients followed the Bishop in procession to the Shrine of St Richard for a group photograph, then there were lots of family photos. In addition to Sandy there were three other recipients representing Mothers' Union and they made sure they got a photo with Bishop Martin for their diocesan magazine.

It was a lovely occasion and great to share it with Sandy and her family. Congratulations Sandy!

Christmas Tree Festival update

Ian Tout

The Christmas Tree Festival has now been opened to community and church groups. So far we have eighteen trees allocated which is a good start (we had twenty-five overall last time).

Prizes are also being collected for the Christmas Grand Draw which will launch on the first Sunday of November. Please do what you can to sell tickets when they come your way.

If you have a link with a local group and you think they would like to be part of the Festival, please let me know (stmichaelslancing@gmail.com / 01903 762793) so I can make contact with all of the details.

Please also pray for the Christmas Tree Festival, its outreach and what could happen as a result of it.