

Services this week

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 (March-December)

SUNDAY (29) PALM SUNDAY	Mass with Hymns (St Peter) Celebrant: The Bishop of Lewes Palm Procession and Sung Mass	9 am 10.30 am
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Monday (30) of Holy Week	Morning Prayer and Rosary Mass	8.45 am 7.30 pm
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Tuesday (31) of Holy Week	Morning Prayer Mass	8.45 am 7.30 pm
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Wednesday (1) of Holy Week	Morning Prayer Mass	8.45 am 7.30 pm
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Thursday (2) MAUNDY THURSDAY	Morning Prayer MASS OF THE LORD'S SUPPER	8.45 am 7.30 pm
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Friday (3) GOOD FRIDAY	Stations of the Cross CELEBRATION OF THE LORD'S PASSION	9.30 am 3 pm
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Saturday (4) Easter Eve	THE EASTER VIGIL with First Mass of Easter	7.30 pm
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SUNDAY (5) EASTER DAY	Mass with Hymns (St Peter) Sung Mass	9 am 10.30 am
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Notices

Fr Ben is looking for sole-mates

Volunteer your foot for washing on Maundy Thursday.

Help needed in Holy Week

Help is required at St Michael's on Good Friday morning at 8.30 am to clear the church of various items before Stations of the Cross. Also help with cleaning the church is needed on Saturday at 10 am (when flowers will be arranged as well). Refreshments will include Hot Cross Buns.

Donations for Easter flowers at St Michael's

Please place donations into the flower fund box. Donations can be gift aided (use a yellow envelope and complete details).

St Peter's Spring Sale and Afternoon Tea

Saturday 25 April, 2 - 4 pm. Help is needed to run the stalls (plants, books, raffle, tombola etc) and to help serve the afternoon tea. Donations of books, raffle and tombola prizes welcome. Offers of help to Ian Tout / Katie Ayling (stalls) or Jane Hanks (refreshments). Posters available for you to display.

Electoral Roll revision

The Parish Electoral Roll is now being revised. Membership of the Roll means you can take part in the Annual Parochial Church Meeting. The number of people on the Roll is also reported to the diocese in the annual statistics. If want to know more please ask Fr Ben or Ian Tout for a form to complete.

Ongoing Plant and Jam Sale for Kenya

Trays of Sweet peas, Sunflowers, Courgette, Cucumber, Butternut, Spinach (perpetual). More flowers and vegetables later. Contact Lionel Whatley lionel.whatley87@gmail.com or speak to David Peskett. Proceeds to St Nicholas Children's Centre, Nakuru, Kenya (former parish charity of the year).

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.

Nominate to help us win £1000

It's quick and easy to nominate the Parochial Church Council as part of Benefact Group's annual Movement for Good Awards. Go to <https://movementforgood.com/#nominateACharity>, you'll be asked to enter our registered charity number, 1205535 and that it is a Faith charity, then you complete your details.

Please send all events in for the Bulletin

All church groups please email stmichaelslancing@gmail.com

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. 444

29 March 2026

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

Palm Sunday

Welcome to our worship today.

9 am Celebrant and Preacher:

The Bishop of Lewes,

the Right Reverend Will Hazlewood

10.30 am Celebrant: Father Ben Scott,
Preacher: Brother Steven CR

5 pm Officiant: Canon Michael Hart,
Preacher: Brother Steven CR

*Father Gerald Kirsch is the celebrant at
St James the Less*

Refreshments are available
after both services



For your prayers...

BIRTHDAYS: June Kearsley, Carole Godfrey

SICK OR IN NEED: Brenda Wyatt, Dawn Burton, Ben Hollins, Kathy Goldstraw, Olive Leonard, Richard Thompson, Julie Laraway, # Susan Walpole and Patricia Barrett # (#= due for renewal)

RECENTLY DEPARTED: David Flower, David Sandell, Michelle Edwards

THE DEPARTED COMMEMORATED THIS WEEK: Donald Seymour, Brendan Kerney

PARISH: Sir Robert Woodard Academy, Sompting Village Primary School

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

This is Holy week

Mon: Mass 7.30 pm - Mothers' Union to attend, please

Tues: St Peter's Feast of Dedication (LX anniversary); Mass 7.30 pm

Weds: 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 - Altar Servers to attend, please - followed by rehearsal for the Easter Triduum

Thurs: Mass of the Lord's Supper 7.30 pm

Fri: Stations of the Cross 9.30 am; Procession of Witness 10.45 am; Open Air Service in North Road 11.15 am; Celebration of the Lord's Passion 3 pm

Sat: Church cleaning and decorating for Easter from 10 am - all helpers welcome; The Easter Liturgy (with First Mass of Easter) 7.30 pm followed by drinks / nibbles celebrating Amanda's 60th birthday - bring a bottle

Sun EASTER DAY: 9 am Mass with Hymns (St Peter); Sung Mass followed by egg rolling; Alive! (children's group)

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

MARCH

Sunday 8 **Lent 3:** Services at usual times
 Thursday 12 **Mass** 11 am; **Lent Lunch** 12-1 pm; **Lent Course:** Parochial Church Council (PCC) Meeting 7.30 pm
 Friday 13 Stations of the Cross and Benediction 7.30 pm
 Saturday 14 **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**
 Friday 20 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)
 [Boundstone Chorus concert in Worthing]
 Sunday 22 **Lent 5:** Services at usual times
 Monday 23 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
 Saturday 28 **Mass** 9.30 am; **Baptism of Winnie Gravett** 11 am
 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
 Thursday 2 **Maundy Thursday:** **Mass of the Lord's Supper** 7.30 pm
 Friday 3 **Good Friday:** Stations of the Cross 9.30 am (followed by Hot Cross Buns); Procession of Witness 10.45 am; Open Air Service in North Road 11.15 am; Celebration of the Lord's Passion 3 pm
 Saturday 4 **Easter Eve:** Church cleaning 10 am; The Easter Liturgy 7.30 pm
 Sunday 5 **Easter Day:** **Mass with Hymns** 9 am (St Peter); **Sung Mass** 10.30 am followed by egg rolling "The Net" (Summer) deadline
 Monday 6 Craft Club 10 am
 Tuesday 7 **Mass** 11 am; Standing Committee 7.30 pm
 Thursday 9 **Mass** 9.30 am; Mini Market 10 am - 12 noon; XYZ
 Saturday 11 **Easter 2 (Low Sunday):** Evergreen 2 pm
 Sunday 12 **Mass** 9.30 am; Annual Parochial Church Meeting 10.30 am; Wedding of Codie Levett and Billy Hannan 1 pm (St Mary); Chalk Spring Supper Club (Time and venue TBC)
 Wednesday 15 **Easter 3:** 9 am **Mass** (St Mary)
 Saturday 18 **St George:** **Mass with Anointing** 11 am
 Sunday 19 Memory Lane Cafe 2 pm
 Thursday 23 **Mass** 9.30 am (Walsingham Cell); Spring Sale 2.30 pm (St Peter)
 Friday 24 **Easter 4:** Services at usual times
 Saturday 25

MAY

Friday 1 Mothers' Union Meeting 2.30 pm
 Sunday 3 **Easter 5:** Alive! (Children's group)
 Monday 4 "The Net" (Summer) printing
 Tuesday 5 Craft Club 10 am
 Wednesday 6 Ecumenical Morning Prayer 8 am (St Peter); Social Afternoon 2 pm (St Peter)

Fr Ben writes...

We are fast approaching Holy Week, the most important week in the life of a Christian, please put the dates in your diary and make every effort to attend and invite others. This week often changes people's lives. If you come just on Palm Sunday and Easter Day, you have missed half the story!

On Palm Sunday we celebrate Jesus' triumphal entry into Jerusalem, with the blessing of palms and procession. On Wednesday many of us will travel to the Cathedral for the Chrism Mass where the clergy renew their ordination vows, and the Bishop blesses the oils used for anointing during the year (Sick, Baptism and Chrism) with lunch afterwards. Maundy Thursday we commemorate the washing of the disciples' feet, the Last Supper and Institution of the Eucharist before processing with Jesus to spend some time in the Garden of Gethsemane. On Good Friday we remember Jesus dying on the cross for our sins - we start with stations, a walk of witness, ecumenical service, and return for the final hour with Jesus at the Cross. On Saturday we have the emptiness of the tomb (but not for long) as we clean and prepare for the Easter festivities at the Easter Vigil. We celebrate the Resurrection from the dead, the bursting from the tomb and Jesus: Light of the World! We start with the lighting of the pascal candle from the fire, before processing the light into the dark Church, hearing the Exultet sung and the story of our salvation in Christ through scripture. Bells are rung as we sing the Gloria for the first time since Lent, we bless the candle and renew our baptismal vows, before joyfully celebrating the first Mass of Easter followed by a party. On Easter Day our celebrations continue with an Egg Rolling competition after Mass at St Michael's.

Father Ben

Rooted.....in Pancakes!

Jo Lansley

Shrove Tuesday was the perfect day for a pancake party.

24 of us gathered to celebrate the beginning of lent.

We started with a few games, and encouraged the adults to join in too.

Becca cooked up a stack of delicious pancakes in the kitchen, and Father Ben oversaw the toppings. Even Brother Steven came to sample the delicacies.

We rounded up the afternoon with a pancake tossing contest and all agreed it was a successful second 'Rooted' event, which brought current and new families together at St Michael's.

Special thanks to Steve and Marian who gave up their afternoon to lend a hand.

If you were unable to join us this time, hopefully see you at the next one in June.

Socials: GSS, XYZ and Supper Club

Victor Olliver

The Guild of Servants of the Sanctuary (GSS) is a lay religious society and association for altar servers (also called servers or acolytes) in the Church of England and the Church in Wales. On 31 January, our local GSS (plus server non-members) enjoyed a lunch at the Indigo restaurant located within the Ardington Hotel in Worthing.

Our especial thanks to Amanda Upfield for organising this and writing out placement cards for the 12 diners. GSS meals aren't just about eating – they align with the Guild's aim of encouraging mutual help and fellowship among members. They're informal, welcoming (often open to associates like priests – Fr Ben Scott joined us) and help strengthen the bonds that make serving at the altar feel like a shared vocation rather than a solitary duty.

On 6 February, XYZ got together for a social at Amanda's apartment on Beach Green. You may ask what I was doing at this event as a nearly 69-year-old Baby Boomer. The truth is I am

spiritually younger than most XYZ-ers and don't care for ageist collectives. Also, I am the 'Ghost of XYZ' in that I give an opportunity to younger members of the congregation to look at me and see what lies before them as they mature, hopefully like a good wine or cheese. I am both example and warning.

The evening was very jolly, with Michael Jones (soon to leave us, alas) demonstrating his amazing yoga athleticism on Amanda's carpet. We saw certain bodily positions we did not think possible. Despite my age I can still curl into a ball like a cat or hedgehog and guests expressed astonishment. Fr Ben attempted to show us his physical flexibility but gave a sterling impression of a beached whale. He was aided back onto his feet after a struggle.

Our most recent social was the Chalk Spring Supper Club's meal at the Beach Green Hotel (BG), Lancing, on 21 February. As this was a Saturday and not Ash Wednesday (18 Feb) or a Friday, it was felt that the dinner did not go outside the spirit of Lent.

Thirty church members from across the churches were in attendance – with no absentees. Our largest group yet. Arranging this event was a challenge given the numbers. To ensure military-style timing the BG hired a highly experienced chef and hospitality organiser to act as kitchen coordinator. After Fr Ben said grace, everything went according to plan. Service was brisk and the food excellent. The conversations at times touched on theological concerns.

The Supper Club's next venue is likely to be a Chinese restaurant in Worthing in April. Contact Amanda Upfield for updates.

Help fill the Assembly Hall

On Saturday 21 March, the Worthing Assembly Hall will come alive with the resounding beauty of Brahms' 'Requiem', performed by the combined forces of The Boundstone Chorus, Worthing Choral Society and the Sinfonia of Arun including about 20 of our own church community and singers from the Choral Evensong choir. This is a remarkable opportunity to witness an inspiring musical masterpiece interpreted by familiar faces, whose dedication and countless hours of rehearsal deserve our wholehearted support.

Attending this event would be a show of encouragement and appreciation for their hard work and passion. Brahms' 'Requiem' is renowned for its moving choral passages and stirring orchestration - a concert not to be missed whether you are a seasoned classical music enthusiast or simply curious to experience something extraordinary.

Let's make the evening memorable by filling the hall with friendly faces, warm applause, and unwavering support. Invite your friends and family, and let's come together as a community to celebrate this special occasion. Mark your calendars and help make this performance a truly uplifting experience for all involved.

Tickets £17 and £12 with U16 £6 are available from the Worthing Theatres Box Office 01903 206206 or online at <https://wtm.uk/events/brahms-requiem/>.

Make a Mother's Day

When Grace became pregnant at 15, her parents rejected her. She had to leave home and school, with no income, no health insurance, and nowhere to go. For months she lived in fear, trying to care for her baby alone.

Then she met a woman from a Mothers' Union 'Umuryango' (Family) group. This woman prayed with her, helped her find shelter, and welcomed her into their local 'Umuryango' community support programme. Through that connection, Grace received guidance, faith-based counselling, and practical help.

Thanks to the business skills she's learned and the counselling and support she's received, Grace can now feed and clothe her child. She even helps other young mothers in a similar position. Her parents now visit her with pride, and her younger sister sees Grace as a strong role model.

This year, we want to give you the chance to honour Mothering Sunday by celebrating the mothers and maternal figures in our

own lives, whilst supporting young mothers across Rwanda as they build secure futures for themselves and care for their children through the work of Mothers' Union.

You can do this by sharing a Gift of Belonging with your loved ones. These ethical gifts help to support life-changing work in Rwanda, changing the lives of young mothers like Grace.

By purchasing a Gift of Belonging this Mothering Sunday, you could help us to deliver this life-changing work, including skills training, trauma counselling, and community health insurance for young mothers like Grace. You can turn rejection into strength and despair into hope, with a single act of kindness that creates lasting change.

Gifts start at £10 and you can also support ongoing work in Britain and Ireland. Buy online at <https://mueshop.org/collections/make-a-mothers-day-2026> or pick up a leaflet.

The return of Envelopes

Planned giving is a wonderful and biblical way to support your local church and ensure its continued service to the community. By committing to regular donations, either weekly or monthly, you help maintain the church budget and sustain our important ministry, outreach programmes, and maintenance of facilities. The Parochial Church Council's preferred method of planned giving is the Parish Giving Scheme which offers donor an opportunity give by direct debit with the option of adding gift aid and an annual increase. However, we recognise that this system doesn't appeal to everyone so we're pleased to be able to offer the opportunity for donors to give by weekly or monthly envelope. Each week or month, simply place your contribution in the provided envelope and return it during the offertory.

This method allows you to plan your finances and give consistently, regardless of your attendance. Our churches can rely on your ongoing support, which is invaluable for planning future activities and assisting those in need.

If you wish to make a planned giving commitment using either the Parish Giving Scheme or by weekly or monthly envelopes, speak to Ian Tout or Fr Ben, or email stmichaelslancing@gmail.com. Your generosity makes a lasting difference in the life of the church and the wider community.

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.

Bishop of Lewes to visit St Peter's

The Right Reverend Will Hazlewood, Bishop of Lewes will lead the Palm Sunday celebrations at St Peter's on Sunday 29 March at 9 am. This is also the closest Sunday to 60th anniversary of the consecration of the church which took place on 31 March 1966 by the then bishop. We give thanks for 60 years of mission and ministry and pray for many more years to come.