

The Net



Spring 2026
Issue 110

Community Newsletter of St Michael and All Angels, Lancing

A week in the life of being our MP

Sunday Services
10.30 am Sung Mass
followed by refreshments
10.30 am Alive!
(monthly on first Sunday)
Stories, games and crafts for children aged 0-11

Church Open
The Church is open
for visitors and private prayer
Monday - Friday 9 am - 4 pm

**Christenings,
Weddings,
Banns of Marriage**
please contact
The Revd Ben Scott
Telephone: 01903 753653

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Lancing, BN15 8HD
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www.chalkspringchurches.org



/stmichaelslancing

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THE CHURCH
OF ENGLAND

No week looks the same in this job, but the one thing that is true throughout is what an honour it is to work as hard as I can to represent all 100,000 people who live in this beautiful place we call home, nestled between the South Downs and the sea.

Although our constituency name is East Worthing and Shoreham, it also includes Lancing, Sompting, Southwick, Fishersgate and the Findon Valley – and I know some Lancing residents are very keen for it to be renamed to reference Lancing specifically, as I mentioned in my very first speech in Parliament!

The first half of every week is spent representing all of us in Westminster. Aside from the obvious voting on legislation, I might have an opportunity to make a speech in a debate, ask a question of a Minister on an issue that matters to local residents, or meet with a minister to discuss constituents' concerns. I've also had

the opportunity to take Wendy from Keep Lancing Lovely to 10 Downing Street for a St George's Day reception celebrating volunteers, and Victoria from Bakkus to 11 Downing Street for one celebrating small business.

The new(ish!) Labour government has been working hard to deliver the change we promised at the general election, and I've been supporting them in Parliament to do just that.

In our area, waiting lists at our local hospital trust are down by over 20,000 since the election, we've had record amounts of funding for pothole repairs, and we're cracking down on the water companies who

have been allowed to get away with polluting our rivers and seas for far too long.

I'm also focused on the cost of living, so I'm pleased to have supported our most recent Budget which froze rail fares and prescription charges, and will cut energy bills by £150 from April. This comes on top of 6 interest rate cuts since the general



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election, saving the average mortgage payer in our area £2,400 a year.

I have recently been appointed as a Parliamentary Private Secretary to the Secretary of State for Environment, Food and Rural Affairs, which means I support the ministerial team at the department in debates in the House of Commons chamber. It's a really interesting role and gives me an insight into how government departments work – and it's exciting to be part of a department whose work is of such interest to my constituents. It does mean I can't now speak in the chamber on anything to do with the department's work – but it enables me to really know what is going on in this policy area.

But the best half of the week is spent in the constituency, which begins when I travel back home to Shoreham – usually on a Thursday evening.

Every Friday, I visit local schools, businesses, charities and voluntary organisations to learn about what they do and see if there's anything I can do to support them. In the past couple of months, I've met with Lancing FC, spoken about careers with pupils at Sir Robert Woodard Academy, joined Lancing Girl Guides to chat about what they'd like to see in our area, and met with local businesses on our high streets. I also regularly host an advice surgery for constituents where they can get help with any problems they are facing.

On Saturdays, it's the same again – and I often spend time knocking on residents' doors to check in with them, introduce myself and see if there's anything they'd like to raise with me. And on Sundays, it's a little time with my partner and getting the laundry done ahead of the next week starting again!

I've focused my first 18 months in the job on helping as many of my constituents as possible. In Lancing, I'm delighted to have worked with local residents to save the Widewater Lagoon from drying up last summer and to have

secured the replacement of the damaged pipe that feeds the lagoon, which will be completed by March. I've also secured record flood defence funding for Adur and successfully campaigned for additional funding for Adur District Council and West Sussex County Council.



If I can ever be of help with personal casework, please do not hesitate to get in touch with me by emailing tom.rutland.mp@parliament.uk, leaving a voicemail at 0207 219 7029 or popping into the office at 115 South Street, Lancing, where I have a fantastic team working to support you. After being elected as our MP, it was important to me to have a shopfront in the heart of Lancing!

You can also keep up to date with my work by subscribing to my email newsletter (email me with your full name and address or use the QR code), or by following me on social media (my username is @Tom4EWAS on all channels).



Tom Rutland MP

As the Labour MP representing East Worthing and Shoreham, Tom's article reflects his views on local and national issues and events.

A Season of Renewal: An Invitation to Lent and Easter

As we look towards spring and the days begin to get longer, our parish enters one of the most beautiful and meaningful periods of the Christian year: Lent and Easter. You may start to notice friends giving up chocolate, neighbours attending more church services, or shops selling hot cross buns earlier than expected. But what do these traditions actually mean and why might they be worth exploring, even if you don't consider yourself a Christian?

Lent is a 40-day period of preparation that begins on Ash Wednesday (this year, 18 February) and ends on Holy Saturday. Rooted in the story of Jesus spending forty days in the wilderness, it is traditionally a time of simplicity, reflection, and making space for what really matters. Many people use it to fast from a habit or luxury—not as punishment, but as a way to practise discipline, mindfulness, and generosity. For some, it's spiritual. For others, it's simply a helpful reset before the optimism of spring.



The final week of Lent is called Holy Week, and it tells the story of Jesus' final days in a series of powerful, moving services.

Palm Sunday (29 March) – A joyful service with palm branches, celebrating Jesus' welcome into Jerusalem.

Maundy Thursday (2 April) – We remember Jesus last Supper with his disciples. A contemplative evening service with the washing of feet, focusing on his humility, friendship and service.

Good Friday (3 April) – A solemn, reflective service remembering Jesus dying on the cross.

Easter Eve/Easter Sunday (4/5 April) – The glorious climax, filled with light, music, and celebration of hope and new life.

You do not need to believe, understand everything, or even sing. Many people come simply because the services are beautiful, the music is stunning, and the atmosphere is peaceful. They come for reflection, for tradition, for community, or simply out of curiosity.

Our doors are wide open. No one will ask why you're there. You'll be greeted with a warm smile and left in peace.

This Holy Week, why not come along and see what it's all about? We'd love to welcome you.

Details of services elsewhere in this edition of the Net.

Fr Ben Scott

Brahms' 'Requiem' Shines with Local Collaboration



An Unmissable Musical Journey at Worthing's Assembly Hall – 21 March

Mark your calendars for Saturday 21 March, as the Assembly Hall in Worthing comes alive with a breathtaking performance of Brahms' 'Requiem'. This iconic choral masterpiece will be brought to life by The Boundstone Chorus, Worthing Choral Society, and Sinfonia of Arun, in a celebration of local talent and musical partnership.

The Boundstone Chorus and Worthing Choral Society join forces with the acclaimed Sinfonia of Arun to deliver a performance that promises both power and intimacy. Each group brings its own

musical heritage and passion, ensuring the evening will be a true showcase of Worthing's vibrant cultural scene.

Mattea Leow, who will be conducting the ensemble, shares her excitement for this special concert: "Uniting these three groups for Brahms' 'Requiem' is truly inspiring. The energy and commitment of our performers reflect the very best of community music-making. It's through such collaboration that the arts continue to thrive, bringing people together and fostering a shared love of music. I'm thrilled to lead them in presenting such a moving work to our audience."

Mattea continued "This is

more than just a concert - it's a unique opportunity to witness a remarkable collaboration and to be swept away by one of the greatest choral works ever written. Whether you're a seasoned concert-goer or simply curious about classical music, you won't want to miss this memorable evening".

Tickets: Available via the Assembly Hall box office 01903 206206 and online at <https://wtm.uk/events/brahms-requiem/>

Don't miss out – secure your tickets now and join us for a night of musical excellence and community celebration!

Nominate us to win £1000!

We're looking for nominations to help us to win a £1,000 Movement for Good Award from Benefact Group.

The Parochial Church Council of South Lancing and Sompting which is the parent body of St Michael and All Angels Church is encouraging people to nominate them for a chance 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.

It's quick and easy to nominate us online at www.movementforgood.com. You need our charity number 1205535 and then you just complete the information the form requests.

Draws take places throughout the year

and winners will be drawn at random and the more times we're nominated the more chance we have of being selected.

Fr Ben Scott, Assistant Curate said "£1000 will help to support the ongoing ministry of our churches in South Lancing and Sompting, ensuring we can continue to offer services available to everyone and activities for children and young people, families and older people in warm and well-maintained buildings. Please nominate us!".

Mark Hews, Group Chief Executive of Benefact Group, says: "Benefact Group is a family of award-winning specialist financial services companies and the third largest corporate donor to charity in the UK over a decade.

Owned by a charity ourselves, charitable giving is at the heart of what we do. All of our available profits go to good causes and the more we grow, the more we can give.

"We're delighted to be able to donate over £1million to good causes each year through our Movement for Good Awards and are grateful to all our supporters, including the customers of the trusted insurer, Ecclesiastical, and the responsible and sustainable asset manager, EdenTree. Our Movement for Good Awards help charities change lives for the better and we know that for many charities, £1000 can make a real difference."

Movement for Good is funded by EIO plc, part of the Benefact Group.

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Hayley Richards DipFH, MCFHP, MAFHP

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- Adonis Blue
- Brimstone
- Brown Hairstreak
- Chalk Hill Blue
- Comma
- Common Blue
- Dark Green Fritillary
- Dingy Skipper
- Essex Skipper
- Gatekeeper
- Grayling
- Green-veined White
- Holly Blue
- Large Heath
- Large Skipper
- Large Tortoiseshell
- Marbled White
- Meadow Brown
- Monarch
- Northern Brown Argus
- Orange-tip
- Painted Lady
- Peacock
- Purple Emperor
- Red Admiral
- Ringlet
- Scotch Argus
- Small Copper
- Speckled Wood
- Swallowtail
- Wall

Place your answers in the Net competition box at St Michael and All Angels Church, South Street, Lancing. The first entry drawn on **5 April 2026** will win a £10 High Street voucher.

Name _____

Address _____

Carols Reworded

Congratulations to the winner - Linda Mitchell

ANSWERS 1. Angels From The Realms Of Glory, 2. Away In A Manger, 3. Deck The Halls, 4. Ding Dong Merrily On High, 5. Good King Wenceslas, 6. God Rest Ye Merry, Gentlemen, 7. Hark The Herald Angels Sing, 8. In The Bleak Midwinter, 9. Infant Holy, Infant Lowly, 10. It Came Upon The Midnight Clear, 11. Joy To The World, 12. See Amid The Winter's Snow, 13. Silent Night, 14. O Holy Night, 15. O Come All Ye Faithful, 16. O Come, O Come Emmanuel, 17. O Little Town Of Bethlehem, 18. Once In Royal David's City, 19. The Angel Gabriel From Heaven Came, 20. The First Nowell, 21. The Holly And The Ivy, 22. We Three Kings of Orient Are, 23. We Wish You A Merry Christmas, 24. While Shepherds Watched Their Flocks By Night, 25. The Twelve Days Of Christmas

COMPETITION CONDITIONS - Entries will only be accepted from addresses with postcodes BN15 8__ or from persons whose names are entered on the South Lancing and Sompting Parish electoral roll. The first entry received per household will be accepted. The entry form is the whole of Page 4 of *The Net*. Do not tear or cut the page - a copy may be made, or one may be printed from <https://www.chalkspringchurches.org/st-michael-and-all-angels/community-newsletter>



What's On

Parish of South Lancing and Sompting

Mothering Sunday

Sunday 15 March

9 am Mass with Hymns
St Mary's Church, Sompting

10.30 am Sung Mass
St Michael and All Angels, Lancing

Flowers for all to remember and celebrate our Mums

FUN ACTIVITIES FOR ALL AGES

Arts and Crafts / Biscuit decorating / Bible story and songs plus a hot meal and pudding! No charge - donations welcome

FRIDAY 20 MARCH
from 3.15 - 5 pm
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THE PARISH OF SOUTH LANCING AND SOMPTING

HOLY WEEK SERVICES

Palm Sunday (29 March)
9 am Mass with Hymns (St Peter, Sompting)
10.30 am Palm Procession and Sung Mass
5 pm Choral Evensong (St Mary, Sompting)

Maundy Thursday (2 April)
7.30 pm Mass of the Lord's Supper

Good Friday (3 April)
9.30 am Stations of the Cross
11.15 am Open Air Service in North Road
3 pm Celebration of the Lord's Passion

Easter Eve (Saturday 4 April)
7.30 pm The Easter Vigil and First Mass of Easter

Easter Day (Sunday 5 April)
9 am Mass with Hymns (St Peter, Sompting)
10.30 am Sung Mass followed by egg rolling

Services are at St Michael and All Angels, Lancing unless stated otherwise

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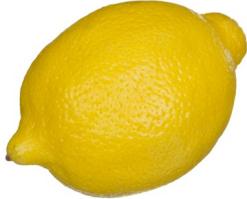
Easter Lemon Cake

Ingredients

Zest of 1 lemon
1tsp vanilla extract
225g baking margarine, softened
225g golden caster sugar
4 free range eggs, beaten
225g self raising flour
1tsp baking powder
1tbsp milk

For the filling

75g soft butter
125g icing sugar
A little lemon juice
3 tbsp lemon curd
For the topping
250g royal icing sugar
1tbsp lemon curd



Method

Preheat the oven to 180oC/fan 160oC/Gas 4.
Lightly grease 2 x 20cm sandwich cake tins and line the bases with baking paper.

Put the lemon zest, vanilla, baking margarine and sugar into a large bowl and beat until pale and fluffy.

Gradually add the beaten eggs with a little of the flour. Carefully fold the rest of the flour and the baking powder into the mixture. Add the milk, mix and spoon into the tins.

Bake for 20 minutes or until risen and light golden in colour and a skewer comes out clean when inserted into the middle. Leave to cool slightly, then remove from the tins and place the cakes on a cooling rack, peel away the paper and leave to cool.

For the filling, beat together the butter, icing sugar and lemon juice until smooth and creamy. When the cakes are cool, spread lemon curd onto one cake, top with the butter cream and put the other cake on top.

To make the topping, beat together the icing sugar and approx 40ml cold water until smooth, stir in the lemon curd and spoon over the cake, and leave it to drizzle down the sides in zigzags. Decorate with sugar toppings while icing is wet; leave to set.

March and April in your Garden

In March focus on:

Soil Preparation

Before planting, take time to ready your beds by clearing away the remnants of winter - remove any weeds and debris. Use a fork or spade to turn the soil, improving aeration and drainage. If the earth is still too soggy, wait for it to dry a little more to prevent compaction.

Planting Early Vegetables

Sow robust vegetables such as peas, broad beans, carrots, and early potatoes directly into the garden. You can also start hardy herbs like parsley and chives. To give certain crops a head start, sow seeds indoors and transplant outside later.

Pruning and Trimming

Prune deciduous shrubs and trees before new shoots emerge. Remove dead, damaged, or overcrowded branches. For roses, focus on cutting back weak stems and trimming to encourage vigorous new growth.

Planting Summer-Flowering Bulbs

Add colour for the coming months by planting bulbs such as lilies, gladiolus, and dahlias. Getting them in the ground now allows them to establish roots before summer warmth arrives.

Maintaining Garden Tools

March is a good opportunity to care for your tools - clean, sharpen, and repair them after their winter rest to ensure easier gardening ahead.

In April focus on:

Planting Flowers and Vegetables

Plant blooms like pansies, primroses, and tulips, as well as vegetable seeds such as lettuce, radishes, and spinach. You can also transplant any seedlings started indoors, like tomatoes and peppers. Watch out for late frosts and protect young plants if necessary.

Lawn care

As the grass starts to grow, give your lawn a nourishing spring feed. Use your mower on a high setting for the first cut and apply mulch to retain moisture and suppress weeds.

Border Maintenance

Start tidying up your flower beds - remove dead leaves and trim back any stems damaged by winter. Apply a fresh layer of mulch to keep the beds looking neat and help conserve soil moisture.

Pruning Fruit Trees and Bushes

Prune apple and pear trees by removing dead or crossing branches, and trim older growth from berry bushes like raspberries to encourage productive new shoots.

Supporting Young Plants

Install stakes or plant supports for taller varieties such as tomatoes and peas. Providing support early helps prevent wind damage and encourages healthy, upright growth.



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or just come along!**