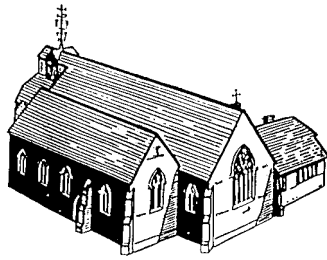


The Net



Summer 2026

Issue 111

Community Newsletter of St Michael and All Angels, Lancing

Electric Storm Youth: 18 years in the community

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

Editor
The Revd Ben Scott
c/o St Michael's Vicarage
117, Penhill Road
Lancing, BN15 8HD
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www.chalkspringchurches.org



/stmichaelslancing

@ParishofSLS



THE CHURCH OF ENGLAND

Electric Storm Youth (ESY) - has been part of Sompting, Lancing and the wider Adur community for over 18 years. We support young people through open access youth work, early intervention and specialist provision, creating inclusive spaces where they can build confidence, feel a sense of belonging and navigate the challenges of growing up today.

WHO WE ARE

We create a fun, safe and welcoming space built around three core pillars; fun, wellbeing and personal growth offering opportunities many young people would not otherwise experience. We work closely with schools, families, the NHS, police and

local partners. As many traditional youth services have reduced, our role has become increasingly vital.

We are often the first place young people turn because they can talk to us openly. We are not teachers, parents or authority figures, but a trusted, consistent and safe presence in their lives.

We are often the place young people come

to when things feel difficult, and the place they stay when things start to get better.

WHY WE EXIST

Young people today are navigating increasing pressures. Anxiety and mental health challenges are rising, social media is shaping identity and confidence, and many are balancing education with

responsibilities at home. Others feel isolated or unsure where they belong. At the same time, there are fewer safe, consistent spaces for them to go. But young people also need space to enjoy being young to have fun, build friendships and feel part of something positive. We exist to provide trusted

youth workers, safe environments and opportunities, whether that's through traditional games, creative activities, trips or simply time to connect. We create experiences many young people may never otherwise have.

WHERE WE PROVIDE SUPPORT

- In Schools - Supporting young people with anxiety, attendance,



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confidence and caring responsibilities through early intervention.

- On the streets mobile youth work - engaging with young people in parks, street engagement, building trust.
- After-school and evening sessions that are consistently oversubscribed, offering safe, engaging spaces to belong.
- Community partnerships - working in collaboration to provide opportunities for young people.

BUILDING SUPPORT AROUND YOUNG PEOPLE

- Drop-in youth club where young people can relax, engage with other young people and feel safe.
- Creative sessions, particularly through art.
- Digital Compass – supporting healthy relationships with technology and future opportunities.
- Youth Forum – enabling young people to share their views on local, national and global issues.
- LGBTQ+ sessions providing safe and inclusive spaces.
- Specialist support for young carers.
- 1:1 targeted support mental

health/counselling.

- Free holiday activities reducing isolation and supporting families.



WHY YOUTH WORK MATTERS MORE THAN EVER

- We support young people early.
 - We prevent escalation.
 - We strengthen communities.
- As local authority youth services have reduced, organisations like ESY are essential! Without us, many young people would have nowhere safe to go, and challenges that could be addressed early.

JOIN US

There are lots of ways to get involved. You can register your young person to take part in our activities, make a donation, explore corporate partnerships or sponsorship opportunities, volunteer as a youth worker, or support our charity shop (79-81 North Road, Lancing). Call us for a chat (07963 914613), or pop in and see us at 11 Station Parade, South Street, Lancing BN15 8AA.

Karen Jefford

Find out more at: www.electricstormyouth.co.uk

What young people say

“Everything I’ve been doing with ESY has really helped my confidence. I feel more comfortable speaking up and being myself”

“I had such a good time, I felt really welcome, and it made me want to come back again.”

“If it wasn’t for ESY, I don’t think I would have got through school.”

“ESY lets me just be me for a while... away from helping care for my autistic brother.”

What families say

“I don’t know any other organisation that can bring 10–18 year olds together like ESY do.

“Without ESY, we wouldn’t have got through the summer holidays.”

Heritage Open Days at Sompting Church

The Friends of Sompting Church will be taking part in Heritage Open Days run by the National Trust involving Heritage sites throughout the UK from 11 - 20 September (not all sites will be open all the days).

Last year we had tours of the church, which received several compliments.

This year the theme is Everyday Histories sponsored by findmypast. This is exploring daily working life through the

ages so I am asking if anyone has any bit of history for Sompting, Lancing or Cokeham that they could contribute this year?

We can only be open for the days for which we have enough volunteers. Would you consider assisting for one or two days or half-days, please? Volunteers are needed to be in the church while it is open. Lifts could possibly be arranged.

If you have any history stories to

contribute or would like to volunteer as a steward, please contact me on email: friends@stmarysompting.org.uk or telephone: 01903 245639.

Perhaps you would also like to look up other sites that will be open this year at <https://www.heritageopendays.org.uk/>.

Keep looking as registration of events continues until 13 August.

Judy Excell

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Appointments at my treatment room in Lancing
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Contact **07737 229904**

What is 'Rooted'?

Rooted is a family orientated activity that takes place at St Michael's every 4 months providing fun and friendship for all ages.

In November we hosted a winter event involving lantern making, treasure hunts, marshmallows and hot chocolate.

On Shrove Tuesday we came together again to play games, toss pancakes and taste various toppings on the pancakes that didn't end up on the floor!

Our next event, on 27 June, will be 'Summer Themed' involving light-hearted fun and maybe some ice cream. Hope you can make it; we'd love to welcome and get to know you. (See poster on page 5).



Q and A with Fr Ben Scott

As Assistant Curate, Fr Ben Scott, 32, serves five churches – including St Michael and All Angels – in Lancing, Sompting and Coombes. In this interview he tells Victor Olliver about his background, life and faith – and his curious childhood interest in conducting...pet funerals.

Q: You were born and raised in the former mining village of Polesworth in North Warwickshire. Tell us about your upbringing and what drew you to faith.

A: I was not raised in a religious household. But as a child I became gradually interested in aspects of faith through attending a Church primary school.

Q: When did you first realise you wanted to work for the Church?

From an early age I kind of 'acted out' being a priest but didn't think about it seriously until much later.

Q: What did that involve?

A: I would conduct funerals of dead pets in my garden. I'd put on my Batman cape backwards, pretending to be a priest. I would bury a dead goldfish in a matchbox, for instance. During these 'services' I'd read texts from the Bible, sing a hymn and an elderly neighbour would often attend.

Q: Was there a key moment when you felt called to take your faith more seriously?

A: Yes. It was at a Palm Sunday procession in Polesworth led by Bishop (later Archbishop) Sentamu. My uncle, who 'believed', took me to it. It was then I realised I wanted to join the Church. Afterwards my mother got an elderly lady to take me to church and there I discovered my Great Aunt in the congregation, and she encouraged me to be confirmed.

Q: When did you feel called to be a Priest?

A: I first felt a call to ordained ministry when serving in my home parish during the vicar's sabbatical but went to university to complete my degree hoping

to become a teacher. This was when Anglo-Catholicism really took hold of me. I began to attend a daily Mass parish and was introduced to the delights of the catholic faith. I was introduced to the Shrine of Our Lady of Walsingham and went on to do two placements there, introducing me to devotion to Our Lady and Our Lord present in the Blessed Sacrament.



After university I went to be a pastoral assistant at St Albans Cathedral for two years whilst in the discernment process. I was selected for ordination and trained at Mirfield. It was great there, a mixture of traditions and diverse people, I continued training at St Augustine's with a fantastic placement at St Bartholomew's in Brighton with Fr Ben Eadon [now Priest Administrator at Walsingham].

Q: You worked in a prison I believe?

A: Whilst at Mirfield I did a six-week placement at Wakefield Prison, home to some of the most prolific offenders in the country, where I learnt much about human nature and how to minister love and compassion to those who had committed the most horrendous crimes imaginable.

When at St Augustine's I did a placement alongside the local mental health chaplain, which again gave deep insights into the human person and seeing spirituality as part of the whole health and wellbeing of a person.

Q: At some point before ordination, you became a funeral director, which is interesting given your early interest in burying little pets...

A: Yes. During the Covid period. I dealt with all aspects of the business, such as collecting the bodies and putting them in the fridge, helping the bereaved to decide on choice of coffin, flowers, and so forth. The very first dead person I saw was my Great Nan; I was never overly perturbed by death; I seemed to accept this as part of life.

Q: So, how did you get to where you are now in Lancing?

A: While at St Augustine's, I was invited to explore the possibility of a curacy at St Michael's. I met with [then vicar] Fr Felix Smith, we lunched at the Beach Green Hotel in South Street, and I got the job. I was ordained deacon in June 2023 and became Assistant Curate in the Parishes.

Q: What's your life like here now that Fr Felix has left his role and you're responsible for the two parishes?

A: I rise early and do some work before Morning Prayer at 9 am. What I like most about Lancing and Sompting is that it is a diverse community. Coombes is rural, Lancing itself is quite urban. There is a spread of ages. St James the Less has a mature congregation; St Michael's has a spread of ages. There is also a spectrum of wealth in the two parishes. The two parishes together are not too rural and not too city. And this better suits me.

There is nothing more amazing than celebrating the Mass. I feel so privileged to be able to serve God in this way. There have been many highs and lows up to this point, but if God calls you, he will remain faithful!

WEDNESDAY COFFEE CAKE AND CHAT AT EVERGREEN

Come and meet new friends, enjoy a drink, a delicious cakeand have fun!

Monthly 3RD Wednesday 2pm £2pp

St Michael's Church Hall, South Street, Lancing, BN15 8AJ

FORTHCOMING TALKS: 17/6 "The Theatre and Me", 15/7 "I survived interviewing Elizabeth Taylor"

Guess the game show

Can you identify these TV game shows from the clue?

| | |
|---|--|
| 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 | |
| Husband and wife | |
| Quiz for bald people? | |
| Male bovine seeing organ | |
| Tackle Tesco with a broom | |
| Not the strongest joint | |
| Kinsfolk compete for cash | |
| Cheque book and pen prize | |
| Can I have a 'P' please Bob? | |
| Viaduct of untruths | |
| Someone's trying to catch you | |
| Too many points and you lose - why bother? | |
| Family members fun with Bruce, Larry or Jim | |
| Bargain of 100 years | |
| Mr Forsyth had lots of these | |
| Student trial | |
| Frank Sinatra's song is a game show? | |
| Europeans compete for precious metal | |
| Watching too much TV with Noel | |
| Don't fall off the big red balls | |

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

Name _____

Address _____

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

The Boundstone Chorus
Registered charity 1215829

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Saturday 20 June, 7.30 pm

St Michael and All Angels Church
South Street, Lancing, BN15 8AJ

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or buy online at www.theboundstonechorus.co.uk

'ROOTED' Summer Party

Join us for our latest family event with lots of games and an ice cream of your choice!
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SATURDAY 27TH JUNE
4.30-6PM

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Further details: 01903 761913
messychurch@chalkspringchurches.org

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Ingredients

FOR THE PASTRY:

- ✓ 125g plain flour
- ✓ 125g wholemeal flour
- ✓ 160g butter
- ✓ 1 free range egg, lightly beaten
- ✓ 1 pinch each of salt and pepper

FOR THE FILLING:

- ✓ 900g floury potatoes
- ✓ 3 large onions
- ✓ 30g butter
- ✓ 1 tbsp olive oil
- ✓ 250g chard or spinach leaves
- ✓ 225g Cheddar cheese, grated – plus 125g for the topping
- ✓ 150ml double cream
- ✓ salt and pepper

Method

Make the pastry by rubbing the butter into the flour, salt and pepper – until the mixture resembles breadcrumbs. Bind together with the egg and a splash of water (add more water until the pastry comes together). Wrap and leave to cool in the fridge for around 30 minutes.

Peel and cut the potatoes into 1-2cm cubes. Cook in boiling salted water for 8 minutes until just tender. Drain.

Whilst the potatoes are boiling, cut the onions in half and slice finely. Cook them in the butter and oil on a gentle heat until they are really soft and sweet, a minimum of 20 minutes.

Meanwhile wash the chard or spinach leaves really well. Drain and pat dry. Finely slice any thick stems (of the chard if using) and finely shred the leaves. Add the stems to the onions for 3 minutes then stir through the leaves until wilted.

Mix together the potatoes with the onions and chard/spinach, cream, grated Cheddar and season with salt and pepper.

Heat your oven to 200c/180c fan. Line a high sided 20cm round loose-bottomed tin with the pastry.

Spoon the pie filling into the pastry. Top with the remaining cheese. Bake for 35 to 40 minutes until the pastry is golden brown and the cheese bubbling and browned.

Delicious served warm or cold (it's easier to slice when cooler) with a salad or vegetables.

Summer jobs in your garden

Pruning: In June, take extra care when pruning hedges, shrubs, and trees, as it's the peak of the bird nesting season - always check for nesting birds, and if present, delay pruning until they've left. Pruning now controls plant size, while pruning later encourages strong, bushier growth. Tidy up early flowering shrubs and perennials after their display to keep them compact and boost flowering next year. Clip evergreen hedges, remove crossing branches, and hard prune rhododendrons once they've flowered.

Watering: Watering is essential in June. Collect rainwater to save on costs and reduce environmental impact. Water deeply but less frequently to help plants develop deep roots, ideally in the morning to prevent evaporation. Newly planted trees and shrubs need regular deep watering; water wilting plants promptly, regardless of the time.

Deadheading and Maintenance: Regular deadheading encourages more blooms, especially with roses. Support tall perennials and tie in climbers as growth can be rapid. Fertilise and mulch plants to promote healthy growth, but don't overdo it. Sow perennials and bedding plants for future colour, and keep on top of mowing, weeding, and pest management to maintain a healthy,

vibrant garden throughout the summer.

Slugs and snails: Slugs and snails are most active in June, especially after rain. Keep your garden tidy by clearing away dead leaves and debris to reduce hiding spots and prevent damage. In raised beds, check corners for pests. Avoid slug pellets as they harm wildlife. Beer traps are effective if maintained, while nematodes work but are expensive. After rain, collect slugs and snails in the evening and move them at least 20 metres away—use gloves for safety.

Care for your lawn: Mow once or twice weekly in summer for healthy growth, but avoid cutting too short, especially in dry weather. Keep mower blades sharp to prevent damage. Water in hot months, especially if you have new turf. Move garden furniture often to prevent patchy grass.

Weeding: Stay ahead of weeds by regular removal, especially in summer when they grow and seed quickly. Use a hand hoe between plants and apply bark mulch to suppress weeds and conserve moisture. For bare areas, weed membranes help preserve soil and prevent growth. Avoid weed killers, as they bind essential metals in the soil and harm wildlife.

Find the butterflies

We're sorry that five of the butterflies didn't make it into the wordsearch in the last edition. We accepted entries from anyone who found the rest.

Congratulations to the winner -
Susie Gielgud.



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**For further information contact the Chorus Administrator
01903 762793 / theboundstonechorus@gmail.com
or just come along!**