

A Lent Reflection from poet Ruth Harvey via the Vicarage

Lead us on our journey – from the book ‘Eggs and Ashes’

‘God, our God, you have called us to be a people on the move; travelling light, dying to live, ready to lose ourselves for the sake of the world. You have called us to be a people with a purpose; travelling without a map, travelling to where we are led, sustained by your Spirit, committed to the gospel for the hope of the world. You have called us, your people, to be the church.

But we are a church with problems: too strong for the weak, too staid for the young, too respectable for the poor, too divided for mission, too obsessed with our own lives to think of the lives of others, too unsure of our message to speak to the world.

Move us on our journey from where we are to where you want us to go. Open our eyes on the way to the people of different cultures, continents and countries, who can bring colour to our lives.

Take us on our journey from where we are to what you want us to be; so that we become a community where all are welcomed and no one is excluded, all are valued and no one is made to feel inadequate, all are forgiven and no one is ashamed to belong, all are encouraged and no one is too hurt to come among us.

Lead us on *our journey from who we are to who you want us to be*; so that patience is built into us, kindness is assumed in us, gentleness is part of us, compassion flows from us, truth is second nature to us, and the commitment of love is part of us.

A Lent Reflection from poet Ruth Harvey via the Vicarage

Lead us on our journey – from the book ‘Eggs and Ashes’

‘God, our God, you have called us to be a people on the move; travelling light, dying to live, ready to lose ourselves for the sake of the world. You have called us to be a people with a purpose; travelling without a map, travelling to where we are led, sustained by your Spirit, committed to the gospel for the hope of the world. You have called us, your people, to be the church.

But we are a church with problems: too strong for the weak, too staid for the young, too respectable for the poor, too divided for mission, too obsessed with our own lives to think of the lives of others, too unsure of our message to speak to the world.

Move us on our journey from where we are to where you want us to go. Open our eyes on the way to the people of different cultures, continents and countries, who can bring colour to our lives.

Take us on our journey from where we are to what you want us to be; so that we become a community where all are welcomed and no one is excluded, all are valued and no one is made to feel inadequate, all are forgiven and no one is ashamed to belong, all are encouraged and no one is too hurt to come among us.

Lead us on *our journey from who we are to who you want us to be*; so that patience is built into us, kindness is assumed in us, gentleness is part of us, compassion flows from us, truth is second nature to us, and the commitment of love is part of us.

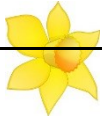

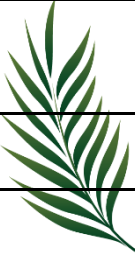
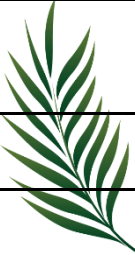
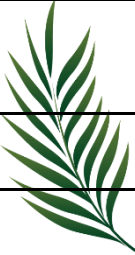

Weekday Lent and Easter Specials – all at All Saints unless otherwise indicated

Thursday March 1st	10.30 am	Eucharist	Beverley
Wednesday 7th	3.30 pm	Care for Veterans Chapel Eucharist	Beverley
Thursday 8th	10.30 am	Eucharist	Beverley
Wednesday 14th	3.30 pm	Care for Veterans Chapel Eucharist	Beverley
Thursday 15th	10.30 am	Eucharist	Bob
Wednesday 21st	3.30 pm	Care for Veterans Chapel Eucharist	Beverley
Thursday 22 nd	10.30 am	Blessing and anointing	Beverley
Wednesday 28 th	3.30 pm	Care for Veterans Chapel Eucharist for Holy Week and Easter	Beverley
	7.30 pm	Agape Meal with Holy Communion	Beverley
Maundy Thursday 29th	10.30 am 7.30 pm	Eucharist Eucharist with foot washing followed by the watch	Beverley Beverley
Good Friday	10.30 am 2pm	Walk of Witness from All Saints to St Peter's Hour at the cross with reading of the Passion from John's Gospel	Beverley Beverley
Easter Saturday 31st	10am	Children and Family Easter Activity morning at St Peter's	FACT

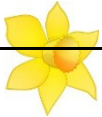

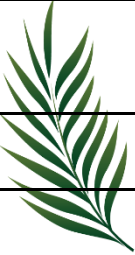
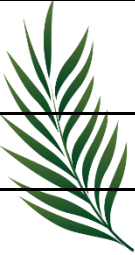
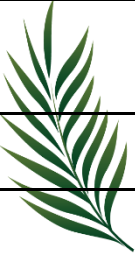

Weekday Lent and Easter Specials – all at All Saints unless otherwise indicated

Thursday March 1st	10.30 am	Eucharist	Beverley
Wednesday 7th	3.30 pm	Care for Veterans Chapel Eucharist	Beverley
Thursday 8th	10.30 am	Eucharist	Beverley
Wednesday 14th	3.30 pm	Care for Veterans Chapel Eucharist	Beverley
Thursday 15th	10.30 am	Eucharist	Bob
Wednesday 21st	3.30 pm	Care for Veterans Chapel Eucharist	Beverley
Thursday 22 nd	10.30 am	Blessing and anointing	Beverley
Wednesday 28 th	3.30 pm	Care for Veterans Chapel Eucharist for Holy Week and Easter	Beverley
	7.30 pm	Agape Meal with Holy Communion	Beverley
Maundy Thursday 29th	10.30 am 7.30 pm	Eucharist Eucharist with foot washing followed by the watch	Beverley Beverley
Good Friday	10.30 am 2pm	Walk of Witness from All Saints to St Peter's Hour at the cross with reading of the Passion from John's Gospel	Beverley Beverley
Easter Saturday 31st	10am	Children and Family Easter Activity morning at St Peter's	FACT

Lent and Easter Sunday Services in the parish

Date	Sunday / Day	Time	Service	Place
March 4th	Lent 2	8.30 am	Said Eucharist Eucharist with hymns	All Saints St Peter's
		10am	Worship for All with Holy Communion	All Saints
11th	Mothering Sunday	8.30 am	Eucharist with hymns	St Peter's
		10am	Parish Eucharist	All Saints
		11am	Worship for All	St Peter's
18th	Lent 3	8.30 am	Said Eucharist Eucharist with hymns	All Saints St Peter's
		10am	Parish Eucharist	All Saints
		10am	Bible Hub	Start in church / move to Hall
25th	Palm Sunday	8.30 am	Said Eucharist Eucharist with hymns	All Saints St Peter's
		9.30 am	Breakfast	All Saints Hall
		10am	Parish Eucharist for Palm Sunday	All Saints
		10.45 am	Walk with Donkey and palms returning to church for placement of cross for Holy Week – at 11.30am	All Saints
April 1 st		6am	Sunrise service	St Peter's
		8.30 am	followed by breakfast Easter Eucharist with hymns	St Peter's
		10am	Parish Worship for All with Holy Communion	All Saints

Lent and Easter Sunday Services in the parish

Date	Sunday / Day	Time	Service	Place
March 4th	Lent 2	8.30 am	Said Eucharist Eucharist with hymns	All Saints St Peter's
		10am	Worship for All with Holy Communion	All Saints
11th	Mothering Sunday	8.30 am	Eucharist with hymns	St Peter's
		10am	Parish Eucharist	All Saints
		11am	Worship for All	St Peter's
18th	Lent 3	8.30 am	Said Eucharist Eucharist with hymns	All Saints St Peter's
		10am	Parish Eucharist	All Saints
		10am	Bible Hub	Start in church / move to Hall
25th	Palm Sunday	8.30 am	Said Eucharist Eucharist with hymns	All Saints St Peter's
		9.30 am	Breakfast	All Saints Hall
		10am	Parish Eucharist for Palm Sunday	All Saints
		10.45 am	Walk with Donkey and palms returning to church for placement of cross for Holy Week – at 11.30am	All Saints
April 1 st		6am	Sunrise service	St Peter's
		8.30 am	followed by breakfast Easter Eucharist with hymns	St Peter's
		10am	Parish Worship for All with Holy Communion	All Saints

The Angelus Prayer

V. The Angel of the Lord
declared unto Mary.

R. And she conceived of
the Holy Spirit.

Hail Mary, full of grace,
The Lord is with Thee;
Blessed art thou among
women,
And blessed is the fruit of
thy womb, Jesus.
Holy Mary, Mother of
God,
Pray for us sinners,
Now and at the hour of
our death. Amen

V. Behold the handmaid
of the Lord.

R. Be it done to me according to your word.

Hail Mary. . .

V. And the Word was made flesh.

R. And dwelt among us.

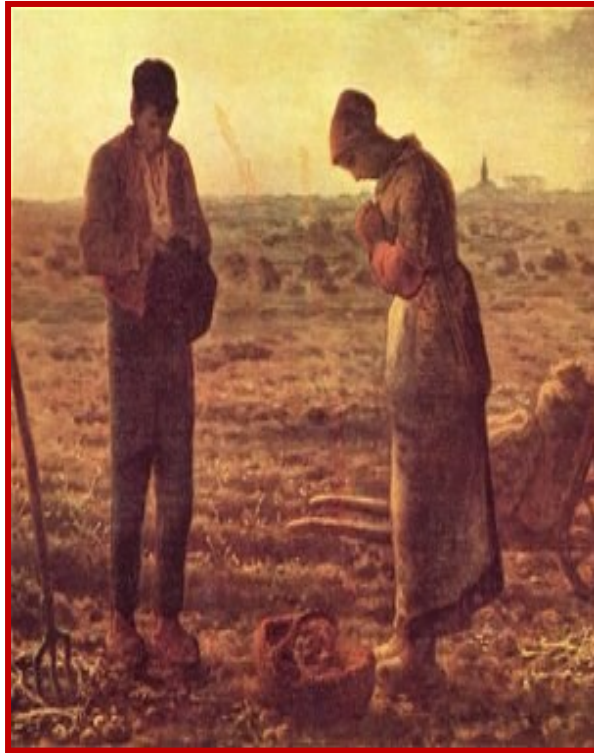
Hail Mary. . .

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts,
that we to whom the Incarnation of Christ Thy Son was made



The Angelus Prayer

V. The Angel of the Lord
declared unto Mary.

R. And she conceived of
the Holy Spirit.

Hail Mary, full of grace,
The Lord is with Thee;
Blessed art thou among
women,
And blessed is the fruit of
thy womb, Jesus.
Holy Mary, Mother of
God,
Pray for us sinners,
Now and at the hour of
our death. Amen

V. Behold the handmaid
of the Lord.

R. Be it done to me according to your word.

Hail Mary. . .

V. And the Word was made flesh.

R. And dwelt among us.

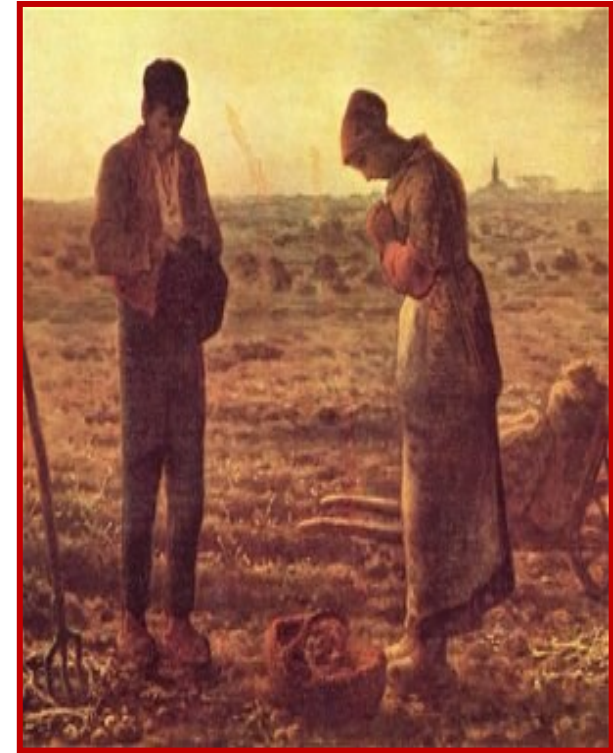
Hail Mary. . .

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts,
that we to whom the Incarnation of Christ Thy Son was made



Quiet Days to reflect on ‘*our journey from who we are to who you want us to be*’.

Join a small group of pilgrims as we journey to St Cuthman’s Retreat Centre (only a 20 minute drive and lifts are available for those who need one) for a day of quiet and peaceful reflection in beautiful surroundings with comforting hospitality. The day will be surrounded in prayer and include a couple of optional and gentle presentations to give us food for thought.

Come on one or both of the days: Saturday March 3rd; Thursday March 15th. The cost is £25 per day fully inclusive of all that you need for the day. Don’t let the cost inhibit your coming along – speak to Beverley and we will be able to help.

Booking is compulsory so lunch can be ordered for you. Sign the list in church or ring Beverley by February 25th or March 11th respectively.

The Lord's Prayer (traditional)

Our Father, which art in heaven,
Hallowed be thy Name.
Thy Kingdom come.
Thy will be done in earth,
As it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
As we forgive them that trespass against us.
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
The power, and the glory,
For ever and ever.
Amen.

(Taken from the [Anglican Book of Common Prayer, 1662](#)).

Quiet Days to reflect on ‘*our journey from who we are to who you want us to be*’.

Join a small group of pilgrims as we journey to St Cuthman’s Retreat Centre (only a 20 minute drive and lifts are available for those who need one) for a day of quiet and peaceful reflection in beautiful surroundings with comforting hospitality. The day will be surrounded in prayer and include a couple of optional and gentle presentations to give us food for thought.

Come on one or both of the days: Saturday March 3rd; Thursday March 15th. The cost is £25 per day fully inclusive of all that you need for the day. Don’t let the cost inhibit your coming along – speak to Beverley and we will be able to help.

Booking is compulsory so lunch can be ordered for you. Sign the list in church or ring Beverley by February 25th or March 11th respectively.

The Lord's Prayer (traditional)

Our Father, which art in heaven,
Hallowed be thy Name.
Thy Kingdom come.
Thy will be done in earth,
As it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
As we forgive them that trespass against us.
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
The power, and the glory,
For ever and ever.
Amen.

(Taken from the [Anglican Book of Common Prayer, 1662](#)).

AGAPE



Bring and share fellowship meal
with breaking of bread and prayers

All Saints Church

7.30pm

Wednesday 28th March

AGAPE



Bring and share fellowship meal
with breaking of bread and prayers

All Saints Church

7.30pm

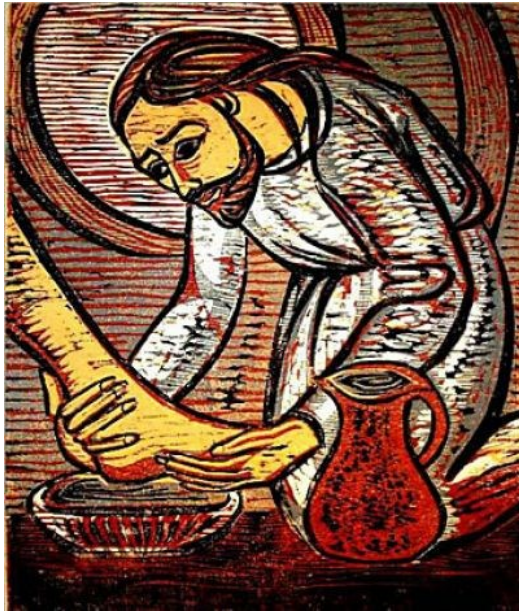
Wednesday 28th March

MAUNDY THURSDAY

EUCCHARIST

WITH FOOT WASHING

FOLLOWED BY THE WATCH



ALL SAINTS CHURCH

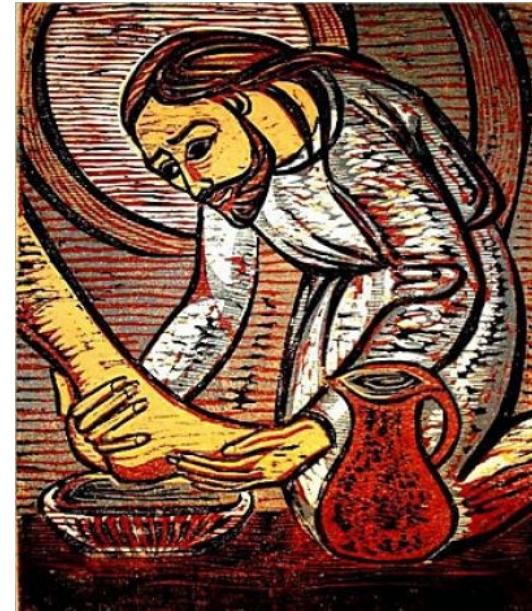
7.30PM

MAUNDY THURSDAY

EUCCHARIST

WITH FOOT WASHING

FOLLOWED BY THE WATCH



ALL SAINTS CHURCH

7.30PM

Safeguarding at All Saints with St. Peter's

We take safeguarding very seriously and are committed to providing a safe and caring environment for children, young people and vulnerable adults, protecting their rights and protecting them from harm. Our full policies and procedures are available for all to see, please get in touch if you would like to see them. Our Youth and Pastoral Team all receive regular training on safeguarding matters and have relevant DBS checks. If you have any concerns about the welfare of someone, whatever age or are concerned about anything that happens within our Church, please get in touch to discuss it with me.

Safeguarding at All Saints with St. Peter's

We take safeguarding very seriously and are committed to providing a safe and caring environment for children, young people and vulnerable adults, protecting their rights and protecting them from harm. Our full policies and procedures are available for all to see, please get in touch if you would like to see them. Our Youth and Pastoral Team all receive regular training on safeguarding matters and have relevant DBS checks. If you have any concerns about the welfare of someone, whatever age or are concerned about anything that happens within our Church, please get in touch to discuss it with me.

CHRISTIAN AID 2018

I have been the Christian Aid rep. for the parish for 10 years and I would now like to hand this post over to someone else.

The main event to organize for Christian Aid is the house to house collection in May each year. This should only take a few hours each week for 3 – 4 weeks in April/May. You can also organize other fundraising events and collections within the week and at other times of the year if you wish.

It is not essential to have a house to house collection if you prefer to use other methods of fundraising but this does seem to be the most productive method of collecting money for Christian Aid.

Attendance at 3 evening meetings of the Christian Aid Committee in Worthing per year is also desirable but not essential.

If anyone feels that they would like to take over this post, please let me know as soon as possible.

Cliff Dormand (Tel. 01903-872306)

CHRISTIAN AID 2018

I have been the Christian Aid rep. for the parish for 10 years and I would now like to hand this post over to someone else.

The main event to organize for Christian Aid is the house to house collection in May each year. This should only take a few hours each week for 3 – 4 weeks in April/May. You can also organize other fundraising events and collections within the week and at other times of the year if you wish.

It is not essential to have a house to house collection if you prefer to use other methods of fundraising but this does seem to be the most productive method of collecting money for Christian Aid.

Attendance at 3 evening meetings of the Christian Aid Committee in Worthing per year is also desirable but not essential.

If anyone feels that they would like to take over this post, please let me know as soon as possible.

Cliff Dormand (Tel. 01903-872306)

3rd
March
2018

Ultreya

- St John The Baptist, Kirdford RH14 OLT (opposite The Half Moon Pub)
- Coffee from 11.30 am
- Eucharist 12 noon
- Shared Lunch 1pm
- With Singing, fellowship & fun & more to follow!
- Tea & Cake before we leave at around 4pm

3rd
March
2018

Ultreya

- St John The Baptist, Kirdford RH14 OLT (opposite The Half Moon Pub)
- Coffee from 11.30 am
- Eucharist 12 noon
- Shared Lunch 1pm
- With Singing, fellowship & fun & more to follow!
- Tea & Cake before we leave at around 4pm

Coffee

Morning

Coffee - Tea - Cake

Lots of chat and good company

EVERY WEDNESDAY
MORNING

10.30am - 11.30am

All Saints Church

Findon Valley



Coffee

Morning

Coffee - Tea - Cake

Lots of chat and good company

EVERY WEDNESDAY
MORNING

10.30am - 11.30am

All Saints Church

Findon Valley



Contact
01903 528627
for details



Open to ALL



Contact
01903 528627
for details



Open to ALL



**Bishop Martin's letter to parishes for use in parish communications
February 2018**

There are two major Christian festivals in March. They celebrate people whose response to God was tentative, but consistent.

The first commemorates Joseph of Nazareth, the husband of Mary. The second festival celebrates Mary's experience of the annunciation of the birth of Jesus.

Christians of earlier generations found benefit in presenting the story of Easter as the culmination of Christmas when Joseph and Mary were so prominent.

They did this through a cycle of mystery plays, the most famous of which are still performed in York, telling the Christian story from creation to judgement at the end of time. These plays were a bridge between ordinary daily life and the drama of heaven come to earth in the Church's liturgical worship.

This year, an early Easter places Holy Week between the festivals of Joseph and of the annunciation. It is one of those periodic occurrences when dates and timing become symbolic.

Mary and Joseph are two ordinary people, from the same working town, who fall in love and get married. In the middle of all that something incredible happens, that transforms their lives. They become players in the divine drama of salvation.

Their festivals stand on either side of Holy Week and they, as it were, invite us to connect with that drama through our experience today of God's call and God's power.

In this Year of Prayer, my hope is that the drama of Holy Week will assume greater importance in your Christian life, and in your diary.

I hope that you, like Joseph and Mary, will allow the call of God to draw you into the drama of salvation: not as a spectator, but as a player, or agent, who will attract others to its reality, as you renew your commitment to know, love, follow Jesus.



**Bishop Martin's letter to parishes for use in parish communications
February 2018**

There are two major Christian festivals in March. They celebrate people whose response to God was tentative, but consistent.

The first commemorates Joseph of Nazareth, the husband of Mary. The second festival celebrates Mary's experience of the annunciation of the birth of Jesus.

Christians of earlier generations found benefit in presenting the story of Easter as the culmination of Christmas when Joseph and Mary were so prominent.

They did this through a cycle of mystery plays, the most famous of which are still performed in York, telling the Christian story from creation to judgement at the end of time. These plays were a bridge between ordinary daily life and the drama of heaven come to earth in the Church's liturgical worship.

This year, an early Easter places Holy Week between the festivals of Joseph and of the annunciation. It is one of those periodic occurrences when dates and timing become symbolic.

Mary and Joseph are two ordinary people, from the same working town, who fall in love and get married. In the middle of all that something incredible happens, that transforms their lives. They become players in the divine drama of salvation.

Their festivals stand on either side of Holy Week and they, as it were, invite us to connect with that drama through our experience today of God's call and God's power.

In this Year of Prayer, my hope is that the drama of Holy Week will assume greater importance in your Christian life, and in your diary.

I hope that you, like Joseph and Mary, will allow the call of God to draw you into the drama of salvation: not as a spectator, but as a player, or agent, who will attract others to its reality, as you renew your commitment to know, love, follow Jesus.

Adult Craft Morning

St Peter's Church

High Salvington BN13 3BP

Saturday 17th March

10.30am - 12 noon

Followed by Lunch - Soup & Roll

12 noon - 1pm

£1 entry to cover craft supplies.

Donation gratefully received for lunch.



Come to either or stay for both

Adult Craft Morning

St Peter's Church

High Salvington BN13 3BP

Saturday 17th March

10.30am - 12 noon

Followed by Lunch - Soup & Roll

12 noon - 1pm

£1 entry to cover craft supplies.

Donation gratefully received for lunch.



Come to either or stay for both

Light Lunch plus

1st Thursday of every month at
All Saints Church
12.30 to 3.30pm



Come and join us
for a Light Lunch
of soup, followed



by table games, scrabble, cards etc.
Then enjoy tea and biscuits before going
home.

The next Light Lunch will be held on
Thursday 1  March

Light Lunch plus

1st Thursday of every month at
All Saints Church
12.30 to 3.30pm



Come and join us
for a Light Lunch
of soup, followed



by table games, scrabble, cards etc.
Then enjoy tea and biscuits before going
home.

The next Light Lunch will be held on
Thursday 1  March

Report on Worthing Deanery Synod

On a bitterly cold February evening, Geraldine and I joined a few other hardy Synod members at St Symphorian's Church, Durrington.

The principal theme was 'Investigating the Year of Prayer', which was led by Revd Helena Buqué, the newly appointed Rural Dean and Fr Ben Eadon, Parish Priest of St Symphorian's. Year of Prayer is a Diocesan initiative to help us to develop and deepen the life of prayer and spirituality within the Diocese with a particular emphasis on building bridges between our personal and corporate prayer, thus enabling us better to pray our worship.

They summarised the wide range of resources that are available in support of the YOP, including 'A Way of Living' by Bishop Martin, which is designed to use five seasons of the Christian year (Advent, Christmas, Lent, Easter, Pentecost) and in each season to reflect on different aspects of life in which we set ourselves one or two very simple rules.

Much of what was said about the YOP has already been covered, particularly in Jennie Bonner's opening article in February's Parish Magazine, so I will not repeat it here. There is, however, a wide programme of events and activities for the year which individuals or parishes can participate in, such as the Week of Guided Prayer, a retreat in daily life with guidance from a trained spiritual director for 30 minutes each day; a Pilgrimage, perhaps just to an adjoining parish to explore their church and spirituality or to a cathedral; and a Ignatian Journey – a six week course. A Pilgrimage is being undertaken by the four Archdeaconries, with Bishop Richard visiting some within the Worthing Deanery on 17th May.

An update was given on the Central Worthing Review, discussed at the last meeting. St Matthews has appointed the Rev Paul Taylor; Heene (which has been in Vacancy for five years) has produced a Parish Profile and Christchurch given an allocation to provide a part time Priest in Charge. Progress being made, it would seem.

The 'Giving Everyone a Voice' programme remains alive, with discussions taking place with other Deaneries in order to get sufficient numbers to make it viable and retain the £3,500 grant.

The Deanery finances were reported as being in good shape, with no further contributions required – good news!

Report on Worthing Deanery Synod

On a bitterly cold February evening, Geraldine and I joined a few other hardy Synod members at St Symphorian's Church, Durrington.

The principal theme was 'Investigating the Year of Prayer', which was led by Revd Helena Buqué, the newly appointed Rural Dean and Fr Ben Eadon, Parish Priest of St Symphorian's. Year of Prayer is a Diocesan initiative to help us to develop and deepen the life of prayer and spirituality within the Diocese with a particular emphasis on building bridges between our personal and corporate prayer, thus enabling us better to pray our worship.

They summarised the wide range of resources that are available in support of the YOP, including 'A Way of Living' by Bishop Martin, which is designed to use five seasons of the Christian year (Advent, Christmas, Lent, Easter, Pentecost) and in each season to reflect on different aspects of life in which we set ourselves one or two very simple rules.

Much of what was said about the YOP has already been covered, particularly in Jennie Bonner's opening article in February's Parish Magazine, so I will not repeat it here. There is, however, a wide programme of events and activities for the year which individuals or parishes can participate in, such as the Week of Guided Prayer, a retreat in daily life with guidance from a trained spiritual director for 30 minutes each day; a Pilgrimage, perhaps just to an adjoining parish to explore their church and spirituality or to a cathedral; and a Ignatian Journey – a six week course. A Pilgrimage is being undertaken by the four Archdeaconries, with Bishop Richard visiting some within the Worthing Deanery on 17th May.

An update was given on the Central Worthing Review, discussed at the last meeting. St Matthews has appointed the Rev Paul Taylor; Heene (which has been in Vacancy for five years) has produced a Parish Profile and Christchurch given an allocation to provide a part time Priest in Charge. Progress being made, it would seem.

The 'Giving Everyone a Voice' programme remains alive, with discussions taking place with other Deaneries in order to get sufficient numbers to make it viable and retain the £3,500 grant.

The Deanery finances were reported as being in good shape, with no further contributions required – good news!

Taizé service
Sunday 4th March
2018 at 6pm



**Please come and join
us for this time to rest
in God, to let the
words listened to and
sung penetrate you
entirely.**



Taizé service
Sunday 4th March
2018 at 6pm



**Please come and join
us for this time to rest
in God, to let the
words listened to and
sung penetrate you
entirely.**



News for March - Janet Philpott, Cathedral Link

Special services for Lent and Easter are being held at the cathedral as follows:

Saturday 3 March Chorister Open Day Evensong
 Sunday 4 March Shepherd Service at 3.30 pm
 Sunday 25 March Palm Sunday services at 8.00 am
 10.00 am, 11.00 am and 3.30 pm
 26-28 March Holy Week Communion at 6.30 pm
 Thursday 29 March Maundy Thursday services
 at 8 am, 10 am, 5.30 and 7.30pm
 Friday 30 March Good Friday services at 10 am,
 12 noon, and 5.30pm

The following lunchtime concerts will be held at the Cathedral on Tuesdays during March, commencing at 1:10pm:

6th	Art Ludeus Quartet	string quartet
13th	B Cunningham	organ

On Saturday 3 March there will be a Chorister Open Day for boys, in years 2,3 or 6, who are interested in music and singing. Contact Charles Harrison on 01243 812486 for more details.

On Saturday 10 March and Friday 23 March, between 10.00 am and 12 noon, there will be guided tours called "They all have a story - Lesser known characters of Chichester Cathedral", and "Chichester Bishops in testing times". Tickets are £7.00 for each tour. Tickets available on 0333

News for March - Janet Philpott, Cathedral Link

Special services for Lent and Easter are being held at the cathedral as follows:

Saturday 3 March Chorister Open Day Evensong
 Sunday 4 March Shepherd Service at 3.30 pm
 Sunday 25 March Palm Sunday services at 8.00 am
 10.00 am, 11.00 am and 3.30 pm
 26-28 March Holy Week Communion at 6.30 pm
 Thursday 29 March Maundy Thursday services
 at 8 am, 10 am, 5.30 and 7.30pm
 Friday 30 March Good Friday services at 10 am,
 12 noon, and 5.30pm

The following lunchtime concerts will be held at the Cathedral on Tuesdays during March, commencing at 1:10pm:

6th	Art Ludeus Quartet	string quartet
13th	B Cunningham	organ

On Saturday 3 March there will be a Chorister Open Day for boys, in years 2,3 or 6, who are interested in music and singing. Contact Charles Harrison on 01243 812486 for more details.

On Saturday 10 March and Friday 23 March, between 10.00 am and 12 noon, there will be guided tours called "They all have a story - Lesser known characters of Chichester Cathedral", and "Chichester Bishops in testing times". Tickets are £7.00 for each tour. Tickets available on 0333

RON's WI page

RON's WI page

WOMEN'S WORLD DAY OF PRAYER

(INTERNATIONAL AND INTERDENOMINATIONAL)

WOMEN'S WORLD DAY OF PRAYER

(INTERNATIONAL AND INTERDENOMINATIONAL)



Press Release



All God's Creation is Very Good!



Press Release



All God's Creation is Very Good!

The interdenominational movement of the Women's World Day of Prayer invites everyone to attend one of over 5,000 services being held on Friday 2nd March with the title 'All God's Creation is Very Good!' We will join an estimated 3 million people around the world that day in a service which has been written this year by the women of Suriname in South America.

Starting in Samoa as the sun rises, and ending as the sun sets off the coast of American Samoa, the service will have been translated into more than 95 languages and 1000 dialects as we are reminded that we have responsibilities in caring for this wonderful world we live in. With its vast rainforest and wealth of resources, Suriname asks us to pray for conservation and the protection of wildlife, through an awareness of pollution, misuse and abuse, as well as for the situation in Suriname and concerns for the future.

This is not simply a day of prayer for women, but for everyone who cares about our world and those who live in it. For details of services in your area and for further information and resources, please visit the WWDP website: www.wwdp.org.uk

For All of You

I do not know from where I caught sight of this little prayer, but I enclose it for all of you who work so hard within the community of our parish.

It goes simply, in one line:

Lord, bless our work so that others may rest.

The interdenominational movement of the Women's World Day of Prayer invites everyone to attend one of over 5,000 services being held on Friday 2nd March with the title 'All God's Creation is Very Good!' We will join an estimated 3 million people around the world that day in a service which has been written this year by the women of Suriname in South America.

Starting in Samoa as the sun rises, and ending as the sun sets off the coast of American Samoa, the service will have been translated into more than 95 languages and 1000 dialects as we are reminded that we have responsibilities in caring for this wonderful world we live in. With its vast rainforest and wealth of resources, Suriname asks us to pray for conservation and the protection of wildlife, through an awareness of pollution, misuse and abuse, as well as for the situation in Suriname and concerns for the future.

This is not simply a day of prayer for women, but for everyone who cares about our world and those who live in it. For details of services in your area and for further information and resources, please visit the WWDP website: www.wwdp.org.uk

For All of You

I do not know from where I caught sight of this little prayer, but I enclose it for all of you who work so hard within the community of our parish.

It goes simply, in one line:

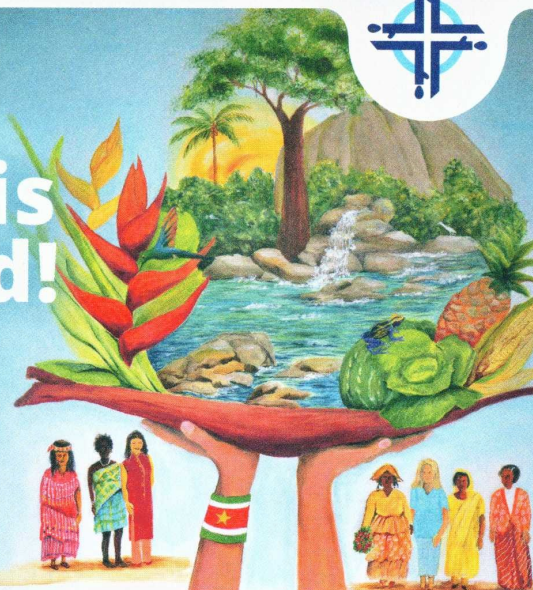
Lord, bless our work so that others may rest.

Women's World Day of Prayer



All God's Creation is Very Good!

PRAYING FOR SURINAME
A SERVICE FOR EVERYONE



Friday 2nd March 2018

All Saints Church Findon Valley

2.30 pm

East Worthing Baptist Church
Dominion Road 10.00 am

Christ Church
Grafton Road 2.30 pm

St Michael's Church
Hayling Rise 7.30 pm

*Everyone is welcome to come along
Tea and biscuits will be provided*

www.wwdp.org.uk

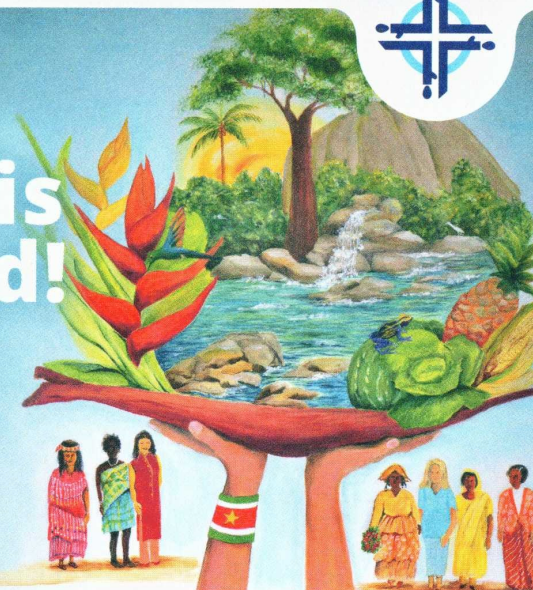
Registered Charity Number 233242

Women's World Day of Prayer



All God's Creation is Very Good!

PRAYING FOR SURINAME
A SERVICE FOR EVERYONE



Friday 2nd March 2018

All Saints Church Findon Valley

2.30 pm

East Worthing Baptist Church
Dominion Road 10.00 am

Christ Church
Grafton Road 2.30 pm

St Michael's Church
Hayling Rise 7.30 pm

*Everyone is welcome to come along
Tea and biscuits will be provided*

www.wwdp.org.uk

Registered Charity Number 233242

Craft, Cake and Company

A creative group in the evening once a month
Open to anyone who enjoys craft

Bring your own project and enjoy an evening of friendship.

Monday 12th March

At the Vicarage

Drop in between 7-9pm, stay as long as you feel

There will be a warm welcome with plenty of tea, coffee and cake.



Your craft can be anything; colouring, card making, cross stitch, knitting, crochet if you can transport it and are happy to undertake it within a group then you will be welcomed.

The group will run the 2nd Monday of each month except August

9 April, 14 May

The cost of £1 will include the refreshments
For more information contact Debbie / Beverley
07936540218 / 07786924942

Craft, Cake and Company

A creative group in the evening once a month
Open to anyone who enjoys craft

Bring your own project and enjoy an evening of friendship.

Monday 12th March

At the Vicarage

Drop in between 7-9pm, stay as long as you feel

There will be a warm welcome with plenty of tea, coffee and cake.



Your craft can be anything; colouring, card making, cross stitch, knitting, crochet if you can transport it and are happy to undertake it within a group then you will be welcomed.

The group will run the 2nd Monday of each month except August

9 April, 14 May

The cost of £1 will include the refreshments
For more information contact Debbie / Beverley
07936540218 / 07786924942

Family Activity Morning with Easter Peg Hunt

St Peter's Church
High Salvington BN13 3BP

Saturday 31st March
10am - 12 noon

£1 entry.



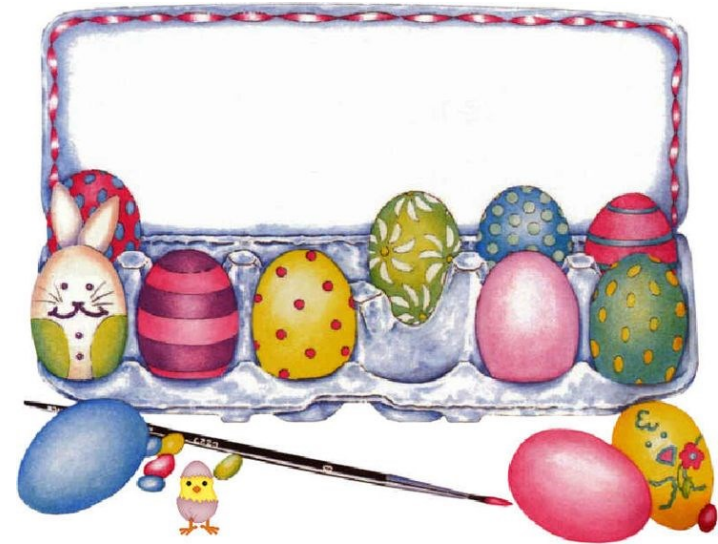
All children must be accompanied
by a responsible adult.

Family Activity Morning with Easter Peg Hunt

St Peter's Church
High Salvington BN13 3BP

Saturday 31st March
10am - 12 noon

£1 entry.



All children must be accompanied
by a responsible adult.

Several years ago I was involved with a charity called Norcap – National ORganisation for Counselling Adoptees and Parents - that offered practical advice and assistance to adopted people who wished to trace their birth family. They provided support, a discreet intermediary service and counselling. Sadly they had to close in 2013 due to a lack of funds but with Mothering Sunday almost upon us I thought I would like to share with you the following article that I wrote for the Norcap magazine.

On the day before Mothering Sunday, a national service of thanksgiving, reconciliation and hope would be organised for all of those involved in the adoption triangle – adopted people, adoptive parents and birth families. A different venue was chosen each year to ensure that everyone, wherever they lived in the country, would have the opportunity to attend at some point.

In 2004 the service was held on 20th March at the Cathedral Church of SS Peter and Paul in Clifton, Bristol and was hosted that year by the Catholic Children's Society. The society provides a professional and comprehensive adoption service and in that particular year was celebrating 100 years of caring for children.

I felt compelled to attend for the first time that year, even though Bristol is a seven hour round trip from Worthing, and I was so glad I did. A joyous and moving occasion, full of compassion, hope and unity, it was certainly worth the effort and moved me to tears more than once during the two hours of celebration.

There are three things in particular that will always spring to mind when I think of that day. The first was the fact that I had never before attended a church service where six different faiths were represented, seated together and accepting of each others beliefs. We heard prayers and words from the following traditions – Jewish, Hindu, Christian, Buddhist, Sikh and Muslim. It was a unique experience and for my part, the crystal clear notes of the Muslim cleric, echoing round the vast cathedral, will stay with me always.

The second thing that is filed away in my memory bank for ever, are the moving stories we heard from people directly involved with adoption. An adopted man, now a grandfather, who had only

Several years ago I was involved with a charity called Norcap – National ORganisation for Counselling Adoptees and Parents - that offered practical advice and assistance to adopted people who wished to trace their birth family. They provided support, a discreet intermediary service and counselling. Sadly they had to close in 2013 due to a lack of funds but with Mothering Sunday almost upon us I thought I would like to share with you the following article that I wrote for the Norcap magazine.

On the day before Mothering Sunday, a national service of thanksgiving, reconciliation and hope would be organised for all of those involved in the adoption triangle – adopted people, adoptive parents and birth families. A different venue was chosen each year to ensure that everyone, wherever they lived in the country, would have the opportunity to attend at some point.

In 2004 the service was held on 20th March at the Cathedral Church of SS Peter and Paul in Clifton, Bristol and was hosted that year by the Catholic Children's Society. The society provides a professional and comprehensive adoption service and in that particular year was celebrating 100 years of caring for children.

I felt compelled to attend for the first time that year, even though Bristol is a seven hour round trip from Worthing, and I was so glad I did. A joyous and moving occasion, full of compassion, hope and unity, it was certainly worth the effort and moved me to tears more than once during the two hours of celebration.

There are three things in particular that will always spring to mind when I think of that day. The first was the fact that I had never before attended a church service where six different faiths were represented, seated together and accepting of each others beliefs. We heard prayers and words from the following traditions – Jewish, Hindu, Christian, Buddhist, Sikh and Muslim. It was a unique experience and for my part, the crystal clear notes of the Muslim cleric, echoing round the vast cathedral, will stay with me always.

The second thing that is filed away in my memory bank for ever, are the moving stories we heard from people directly involved with adoption. An adopted man, now a grandfather, who had only

a birth mother, who had experienced the pain of relinquishing her baby. An adoptive parent whose joy at now having the family she longed for, shone out like a beacon. And finally, a young adopted woman who clearly found the telling of her story extremely emotional but managed to reach the end of it.

But the third, and most poignant moment, was the joining together of the ribbons that had been included in the Order of Service. They symbolised the continuing links between past and present, adoptions and families, those we hope to meet and those we have lost. All were invited to write on their ribbon, the name of whoever might be foremost in their thoughts on that special day - maybe someone who was missing from their life or someone with whom they would like to be reconciled - and were then asked to join the ribbons along the rows and across the aisles. The long garlands were then gathered together and placed on the altar. Some went forward to the service that was held in Westminster the following year to be joined to yet more ribbons, thereby extending the links even further.

The unity of those six faiths coming together in fellowship on that day made for a truly inspirational and unforgettable event.

Sue West

I am a King Charles Cavalier Spaniel, three years old in May 2018. During this time I have made a lot of friends, both, four legged and two legged. I take Dianne into Findon Valley on our walks. I know all the shops and I like being sociable so a walk takes a long time. If Dianne goes into Findon Valley alone she is asked where is Sophie? I am quite good!! but Dianne says I can be quite stubborn! I dig my little paws in!! when I want treats though, sadly, I do not always get them. I am writing this on a cold February day and I have to take Dianne out so Bye everyone but do say hello if you see me with Dianne. Sophie

(via Dianne C)

a birth mother, who had experienced the pain of relinquishing her baby. An adoptive parent whose joy at now having the family she longed for, shone out like a beacon. And finally, a young adopted woman who clearly found the telling of her story extremely emotional but managed to reach the end of it.

But the third, and most poignant moment, was the joining together of the ribbons that had been included in the Order of Service. They symbolised the continuing links between past and present, adoptions and families, those we hope to meet and those we have lost. All were invited to write on their ribbon, the name of whoever might be foremost in their thoughts on that special day - maybe someone who was missing from their life or someone with whom they would like to be reconciled - and were then asked to join the ribbons along the rows and across the aisles. The long garlands were then gathered together and placed on the altar. Some went forward to the service that was held in Westminster the following year to be joined to yet more ribbons, thereby extending the links even further.

The unity of those six faiths coming together in fellowship on that day made for a truly inspirational and unforgettable event.

Sue West

I am a King Charles Cavalier Spaniel, three years old in May 2018. During this time I have made a lot of friends, both, four legged and two legged. I take Dianne into Findon Valley on our walks. I know all the shops and I like being sociable so a walk takes a long time. If Dianne goes into Findon Valley alone she is asked where is Sophie? I am quite good!! but Dianne says I can be quite stubborn! I dig my little paws in!! when I want treats though, sadly, I do not always get them. I am writing this on a cold February day and I have to take Dianne out so Bye everyone but do say hello if you see me with Dianne. Sophie

(via Dianne C)

WALK of



Good Friday

March 30th

10.15am All Saints Church

Walk with us from All Saints Church, Cissbury Drive to FVFC, Lime Tree Avenue across the Gallops and up to St Peter's Church, High Salvington as we remember Jesus' last walk to Calvary carrying the cross.

Or join us at St Peter's at 11.30 as we place the cross in the Easter Garden.

*Hot cross buns and coffee
in St Peter's Church from 11.45*

WALK of



Good Friday

March 30th

10.15am All Saints Church

Walk with us from All Saints Church, Cissbury Drive to FVFC, Lime Tree Avenue across the Gallops and up to St Peter's Church, High Salvington as we remember Jesus' last walk to Calvary carrying the cross.

Or join us at St Peter's at 11.30 as we place the cross in the Easter Garden.

*Hot cross buns and coffee
in St Peter's Church from 11.45*

6am

St Peter's
Church, Furze
Road, High
Salvington



6am

St Peter's
Church, Furze
Road, High
Salvington



Come and celebrate with us on
Easter Morning as we gather to
find that Jesus is risen. Join us for a
breakfast of cereals, fruit and
pastries at any time between
6.45am and 7.30am

The Easter Eucharist will be
celebrated at St Peter's at **8.30am**

Come and celebrate with us on
Easter Morning as we gather to
find that Jesus is risen. Join us for a
breakfast of cereals, fruit and
pastries at any time between
6.45am and 7.30am

The Easter Eucharist will be
celebrated at St Peter's at **8.30am**

Welcome to our gallery of images to inspire reflection, thought and prayer.



The Mirror – you are made in the image of God. *So God created humankind in his image, in the image of God he created them; male and female he created them.* Genesis 1:27

Crucifixion – Dali’s Christ from St John of the Cross. By far the most popular of all Dali’s religious works is without a doubt his ‘*Christ of Saint John of the Cross*’, whose figure dominates the Bay of Port Lligat. The painting was inspired by a drawing, preserved in the Convent of the Incarnation in Avila, Spain, and done by Saint John of the Cross himself after he had seen this vision of Christ during an ecstasy. The people beside the boat are derived from a picture by Le Nain and from a drawing by Velazquez for *The Surrender of Breda*.

Last Supper – Da Vinci’s wall painting from the wall in the Santa Maria delle Grazie monastery in Milan, Italy. It is a visual interpretation of an event chronicled in all four of the Gospels. The evening before Christ was betrayed by one of his disciples, he gathered them together to eat, tell them he knew what was coming and wash their feet (a gesture symbolizing that all were equal under the eyes of the Lord). As they ate and drank together, Christ gave the disciples explicit instructions on how to eat and drink in the future, in remembrance of him. It was the first celebration of the Eucharist, a ritual still performed.

Specifically, *The Last Supper* depicts the next few seconds in this story after Christ dropped the bomb shell that one disciple would betray him before sunrise, and all twelve have reacted to the news with different degrees of horror, anger and shock.

The Angelus – Jean-Francois Millais’ painting of a man and a woman who are reciting the Angelus, a prayer which commemorates the annunciation made to Mary by the angel Gabriel. They have stopped digging potatoes and all the tools used for this task – the potato fork, the basket, the sacks and the wheelbarrow – are strewn around them.

Welcome to our gallery of images to inspire reflection, thought and prayer.



The Mirror – you are made in the image of God. *So God created humankind in his image, in the image of God he created them; male and female he created them.* Genesis 1:27

Crucifixion – Dali’s Christ from St John of the Cross. By far the most popular of all Dali’s religious works is without a doubt his ‘*Christ of Saint John of the Cross*’, whose figure dominates the Bay of Port Lligat. The painting was inspired by a drawing, preserved in the Convent of the Incarnation in Avila, Spain, and done by Saint John of the Cross himself after he had seen this vision of Christ during an ecstasy. The people beside the boat are derived from a picture by Le Nain and from a drawing by Velazquez for *The Surrender of Breda*.

Last Supper – Da Vinci’s wall painting from the wall in the Santa Maria delle Grazie monastery in Milan, Italy. It is a visual interpretation of an event chronicled in all four of the Gospels. The evening before Christ was betrayed by one of his disciples, he gathered them together to eat, tell them he knew what was coming and wash their feet (a gesture symbolizing that all were equal under the eyes of the Lord). As they ate and drank together, Christ gave the disciples explicit instructions on how to eat and drink in the future, in remembrance of him. It was the first celebration of the Eucharist, a ritual still performed.

Specifically, *The Last Supper* depicts the next few seconds in this story after Christ dropped the bomb shell that one disciple would betray him before sunrise, and all twelve have reacted to the news with different degrees of horror, anger and shock.

The Angelus – Jean-Francois Millais’ painting of a man and a woman who are reciting the Angelus, a prayer which commemorates the annunciation made to Mary by the angel Gabriel. They have stopped digging potatoes and all the tools used for this task – the potato fork, the basket, the sacks and the wheelbarrow – are strewn around them.

Dates for Lent

All Saints Church, Findon Valley with St Peter's Church, High Salvington

Ash Wednesday 14 th February	10am 7.30pm	Eucharist with Ashing at All Saints Eucharist with Ashing at All Saints
Sunday 18 th	12noon 3pm	Parish Lunch at All Saints Church Hall Julian Prayer Group Meeting at All Saints
Tuesday 20 th	7.30pm	Lent Group 1 at All Saints
Wednesday 21 st	10am	Lent Group 1 at All Saints
Tuesday 27 th	10.30am 7.30pm	Taize Reflection at St Peter's Lent Group 2 at All Saints
Wednesday 28 th	10am	Lent Group 2 at All Saints
Friday 2 nd March	2.30pm	Women's World Day of Prayer at All Saints
Saturday 3 rd	9.30am - 4pm	Quiet Day at St Cuthman's
Sunday 4 th	6pm	Taize Reflection at All Saints
Tuesday 6 th	7.30pm	Lent Group 3 at All Saints
Wednesday 7 th	10am	Lent Group 3 at All Saints
Tuesday 13 th	7.30pm	Lent Group 4 at All Saints
Wednesday 14 th	10am	Lent Group 4 at All Saints
Thursday 15 th	9.30am - 4pm	Quiet Day at St Cuthman's
Saturday 17 th	10.30am - 12 noon	Adult Craft Morning at St Peter's, followed by Lunch
Sunday 18 th	3pm	Julian Prayer Group Meeting at All Saints
Tuesday 20 th	7.30pm	Lent Group 5 at All Saints
Wednesday 21 st	10am	Lent Group 5 at All Saints
Saturday 24 th	7.30pm	Gruffs and Songbirds Concert at All Saints

www.allsaintschurchfindonvalley.co.uk

Dates for Lent

All Saints Church, Findon Valley with St Peter's Church, High Salvington

Ash Wednesday 14 th February	10am 7.30pm	Eucharist with Ashing at All Saints Eucharist with Ashing at All Saints
Sunday 18 th	12noon 3pm	Parish Lunch at All Saints Church Hall Julian Prayer Group Meeting at All Saints
Tuesday 20 th	7.30pm	Lent Group 1 at All Saints
Wednesday 21 st	10am	Lent Group 1 at All Saints
Tuesday 27 th	10.30am 7.30pm	Taize Reflection at St Peter's Lent Group 2 at All Saints
Wednesday 28 th	10am	Lent Group 2 at All Saints
Friday 2 nd March	2.30pm	Women's World Day of Prayer at All Saints
Saturday 3 rd	9.30am - 4pm	Quiet Day at St Cuthman's
Sunday 4 th	6pm	Taize Reflection at All Saints
Tuesday 6 th	7.30pm	Lent Group 3 at All Saints
Wednesday 7 th	10am	Lent Group 3 at All Saints
Tuesday 13 th	7.30pm	Lent Group 4 at All Saints
Wednesday 14 th	10am	Lent Group 4 at All Saints
Thursday 15 th	9.30am - 4pm	Quiet Day at St Cuthman's
Saturday 17 th	10.30am - 12 noon	Adult Craft Morning at St Peter's, followed by Lunch
Sunday 18 th	3pm	Julian Prayer Group Meeting at All Saints
Tuesday 20 th	7.30pm	Lent Group 5 at All Saints
Wednesday 21 st	10am	Lent Group 5 at All Saints
Saturday 24 th	7.30pm	Gruffs and Songbirds Concert at All Saints

www.allsaintschurchfindonvalley.co.uk



The Shack wrestles with the timeless question, “Where is God in a world so filled with unspeakable pain?” The answers Mack gets will astound you and perhaps transform you as much as it did him.

FILM NIGHT

Saturday 7th April

All Saint Church Hall

Film starts 5pm

The film will be followed by a meal with the opportunities for discussion

Please come and join us

Donations are invited for the evening.



The Shack wrestles with the timeless question, “Where is God in a world so filled with unspeakable pain?” The answers Mack gets will astound you and perhaps transform you as much as it did him.

FILM NIGHT

Saturday 7th April

All Saint Church Hall

Film starts 5pm

The film will be followed by a meal with the opportunities for discussion

Please come and join us

Donations are invited for the evening.

'FLOWER ARRANGERS NEEDED'



HELP IS REQUIRED TO ARRANGE FLOWERS AT
'ALL SAINTS CHURCH, FINDON VALLEY'
ANYONE INTERESTED PLEASE CONTACT:
CELIA BERRETT
01903 522327 or
e-mail celia.berrett1@virginmedia.com

'FLOWER ARRANGERS NEEDED'



HELP IS REQUIRED TO ARRANGE FLOWERS AT
'ALL SAINTS CHURCH, FINDON VALLEY'
ANYONE INTERESTED PLEASE CONTACT:
CELIA BERRETT
01903 522327 or
e-mail celia.berrett1@virginmedia.com

Women's Curry Night

**Monday 19th March
6.30pm**

Anaz Indian Restaurant

210 Findon Rd, Worthing BN14 0EJ



Contact Lynda in the Church Office for more details
01903 873711

www.allsaintschurchfindonvalley.co.uk

Women's Curry Night

**Monday 19th March
6.30pm**

Anaz Indian Restaurant

210 Findon Rd, Worthing BN14 0EJ



Contact Lynda in the Church Office for more details
01903 873711

www.allsaintschurchfindonvalley.co.uk

Dates for Holy Week

All Saints Church, Findon Valley
with St Peter's Church, High Salvington



Palm Sunday 25 th March	9.30am 10am 10.45am	Breakfast for all at All Saints Church Hall Parish Eucharist at All Saints Donkey Walk and coffee at All Saints Church Hall
Monday 26 th	8pm	Compline at All Saints
Tuesday 27 th	12noon 8pm	Blessings of Oils and Renewal of Vows At Chichester Cathedral Compline at All Saints
Wednesday 28 th	7.30pm	Agape Meal at All Saints
Maunder Thursday 29 th March	10.30am 7.30pm	Said Eucharist at All Saints Eucharist with Foot Washing at All Saints followed by the Watch
Good Friday 30 th March	10.30am 2pm	Walk of Witness Hour at the Cross
Saturday 31 st	10am - 11.30am	Family Activity Morning at St Peter's with Easter Egg Hunt
Easter Sunday 1 st April	6am 8.30am 8.30am 10am	Sunrise Service at St Peter's followed by Breakfast Eucharist with Hymns at St Peter's All Saints service to be advised Worship for All with Holy Communion at All Saints

www.allsaintschurchfindonvalley.co.uk

Dates for Holy Week

All Saints Church, Findon Valley
with St Peter's Church, High Salvington



Palm Sunday 25 th March	9.30am 10am 10.45am	Breakfast for all at All Saints Church Hall Parish Eucharist at All Saints Donkey Walk and coffee at All Saints Church Hall
Monday 26 th	8pm	Compline at All Saints
Tuesday 27 th	12noon 8pm	Blessings of Oils and Renewal of Vows At Chichester Cathedral Compline at All Saints
Wednesday 28 th	7.30pm	Agape Meal at All Saints
Maunder Thursday 29 th March	10.30am 7.30pm	Said Eucharist at All Saints Eucharist with Foot Washing at All Saints followed by the Watch
Good Friday 30 th March	10.30am 2pm	Walk of Witness Hour at the Cross
Saturday 31 st	10am - 11.30am	Family Activity Morning at St Peter's with Easter Egg Hunt
Easter Sunday 1 st April	6am 8.30am 8.30am 10am	Sunrise Service at St Peter's followed by Breakfast Eucharist with Hymns at St Peter's All Saints service to be advised Worship for All with Holy Communion at All Saints

www.allsaintschurchfindonvalley.co.uk

Quiz about Palindromes

A palindrome can be read forwards or backwards – so the phrase “was it a car or a cat I saw” and the word “kayak” are both examples. We have to wait until February 2nd 2020 until we get another palindromic date – 02 02 2020. Now try to solve these palindromes.

1. The husband of Eve (Genesis 3:17)
2. A prophetess of great age (Luke 2 v 36)
3. Jesus calls God Father (Mark 14:36)
4. The kings of Persia (5 letters)
5. One who restores life or consciousness (7 letters)
6. A type of cooker (3 letters)
7. Indian flat bread (4 letters)
8. A method of detecting objects with radio waves (5 letters)
9. Relating to a city or citizens (5 letters)
10. To apply wallpaper again (7 letters)
11. The mother of Samuel (1 Samuel 1:20)
12. First name of Bismarck, Chancellor of the German Empire from 1871 - 1890 (4 letters)
13. A Scandinavian pop group (4 letters)
14. A female sheep (3 letters)
15. Medical staff rushing (2 words - 6 letters and 3 letters)

All Saints Walking Group

Beautiful day for the February walk up to Cissbury Ring, picture taken at 11am on Saturday 17th February, looking across to Steyning in the background. 9 walkers in total. It was pretty muddy in places but we found 4 new forest ponies on Cissbury ring. We then walked down to Findon village taking a picture of the snowdrops under a tree in Nephote. We then had a stop for coffee at the tea shop in Findon with a walk back through the village to the church.

See Page 25 for photos taken on the walk>

Quiz about Palindromes

A palindrome can be read forwards or backwards – so the phrase “was it a car or a cat I saw” and the word “kayak” are both examples. We have to wait until February 2nd 2020 until we get another palindromic date – 02 02 2020. Now try to solve these palindromes.

1. The husband of Eve (Genesis 3:17)
2. A prophetess of great age (Luke 2 v 36)
3. Jesus calls God Father (Mark 14:36)
4. The kings of Persia (5 letters)
5. One who restores life or consciousness (7 letters)
6. A type of cooker (3 letters)
7. Indian flat bread (4 letters)
8. A method of detecting objects with radio waves (5 letters)
9. Relating to a city or citizens (5 letters)
10. To apply wallpaper again (7 letters)
11. The mother of Samuel (1 Samuel 1:20)
12. First name of Bismarck, Chancellor of the German Empire from 1871 - 1890 (4 letters)
13. A Scandinavian pop group (4 letters)
14. A female sheep (3 letters)
15. Medical staff rushing (2 words - 6 letters and 3 letters)

All Saints Walking Group

Beautiful day for the February walk up to Cissbury Ring, picture taken at 11am on Saturday 17th February, looking across to Steyning in the background. 9 walkers in total. It was pretty muddy in places but we found 4 new forest ponies on Cissbury ring. We then walked down to Findon village taking a picture of the snowdrops under a tree in Nephote. We then had a stop for coffee at the tea shop in Findon with a walk back through the village to the church.

See Page 25 for photos taken on the walk>



Thou shalt light my candle (Psalm 18)

Church teaching and practice is full of perfectly ordinary things which we have injected with a spiritual meaning or purpose. The obvious examples are the Parables, “earthly stories with a heavenly meaning“ as they used to say when I was younger.

Or take the use of candles in our service. They used to be lit and carried about so that we could see what we are reading or where we are going. They are on the altar so that the priest can see to read the book; they are carried beside the cross in procession so that we don’t bump into things; they are carried down from the altar with the book so that the deacon can see to read the Gospel; and when the Bishop comes there used to be a little lad beside him with a sort of nightlight candle in case the old fellow’s eyesight wasn’t so good.

But nowadays all we need do is press the switch for the electric; but we still keep the candles to tell us of the Light of Christ guiding us on our journeying and showing us the Word of God.....and to remind us that we too should show his Light in our lives; and that will mean giving ourselves just as a candle gives itself as it burns away to give its light.

The candles are made from natural beeswax bleached white– although lots of us cheat with paraffin nowadays and we can add to the meaning with different colours, as in Advent, and strictly speaking the candles which stand round a coffin should be the sort of dull orange colour which is

Thou shalt light my candle (Psalm 18)

Church teaching and practice is full of perfectly ordinary things which we have injected with a spiritual meaning or purpose. The obvious examples are the Parables, “earthly stories with a heavenly meaning“ as they used to say when I was younger.

Or take the use of candles in our service. They used to be lit and carried about so that we could see what we are reading or where we are going. They are on the altar so that the priest can see to read the book; they are carried beside the cross in procession so that we don’t bump into things; they are carried down from the altar with the book so that the deacon can see to read the Gospel; and when the Bishop comes there used to be a little lad beside him with a sort of nightlight candle in case the old fellow’s eyesight wasn’t so good.

But nowadays all we need do is press the switch for the electric; but we still keep the candles to tell us of the Light of Christ guiding us on our journeying and showing us the Word of God.....and to remind us that we too should show his Light in our lives; and that will mean giving ourselves just as a candle gives itself as it burns away to give its light.

The candles are made from natural beeswax bleached white– although lots of us cheat with paraffin nowadays and we can add to the meaning with different colours, as in Advent, and strictly speaking the candles which stand round a coffin should be the sort of dull orange colour which is

The Rowland Singers Choral Society sing The Creation by Haydn on Good Friday

Date: Friday 30th March 2018

Time: 7.00pm – 10.00pm

Venue: Worthing Assembly Hall, Stoke Abbott Road, Worthing BN11 1HQ

The Rowland Singers Choir invites you to join them to enjoy The Creation on Good Friday. The Choir will be conducted by Helen Emery with orchestral support from Sinfonia of Arun.

Tickets cost £14.00 for adults and £4.00 for children.

To reserve your tickets ring 01903 238792/206206

The Rowland Singers Choral Society sing The Creation by Haydn on Good Friday

Date: Friday 30th March 2018

Time: 7.00pm – 10.00pm

Venue: Worthing Assembly Hall, Stoke Abbott Road, Worthing BN11 1HQ

The Rowland Singers Choir invites you to join them to enjoy The Creation on Good Friday. The Choir will be conducted by Helen Emery with orchestral support from Sinfonia of Arun.

Tickets cost £14.00 for adults and £4.00 for children.

To reserve your tickets ring 01903 238792/206206

The Worthing Churches Homeless Project

Presents

The Sussex Gruffs Male Voice Choir



and

The Songbirds Ladies Choir



in an

Evening of relaxing music

With music ranging from show songs to Gilbert and Sullivan, nostalgic pop to Sussex folk songs, beautiful love songs and spirituals, and some songs which may be new to you.

Saturday 24th March, 7.00 pm.

Tickets £5.00 in advance from www.wchp.org.uk/events

£6.00 on door

**All Saints Church, Cissbury Drive,
Findon Valley, Worthing, BN14 ODT**

The Worthing Churches Homeless Project

Presents

The Sussex Gruffs Male Voice Choir



and

The Songbirds Ladies Choir



in an

Evening of relaxing music

With music ranging from show songs to Gilbert and Sullivan, nostalgic pop to Sussex folk songs, beautiful love songs and spirituals, and some songs which may be new to you.

Saturday 24th March, 7.00 pm.

Tickets £5.00 in advance from www.wchp.org.uk/events

£6.00 on door

**All Saints Church, Cissbury Drive,
Findon Valley, Worthing, BN14 ODT**

Everyone is welcome to join in or support the events below!

Dates for the Diary:

Coffee and Cake EVERY WEDNESDAY at All Saints Church
10.30 to 11.30. Tell your friends! - see Page 12

Bible Hub Sunday 18th March 10am
for young and young at heart

Everyone is welcome to join in or support the events below!

Dates for the Diary:

Coffee and Cake EVERY WEDNESDAY at All Saints Church
10.30 to 11.30. Tell your friends! - see Page 12

Bible Hub Sunday 18th March 10am
for young and young at heart

New JUMP with Breakfast and Activities

Bible stories, activities and breakfast !
Next **JUMP** will be on Sun 25th March
Do come and join in with the activities,

Children under 3 will need to bring an adult with them.



New JUMP with Breakfast and Activities

Bible stories, activities and breakfast !
Next **JUMP** will be on Sun 25th March
Do come and join in with the activities,

Children under 3 will need to bring an adult with them.



WATERCOLOUR PAINTING CLASSES

MONDAY MORNINGS
10 AM - NOON

AT ST. PETER'S HIGH
SALVINGTON



ALL
ABILITIES

ABSOLUTE
BEGINNERS
WELCOME

START 11 SEPT

New term started on Monday 8th Jan 2018.

For more information, please phone Jennie on 01903 501577.

WATERCOLOUR PAINTING CLASSES

MONDAY MORNINGS
10 AM - NOON

AT ST. PETER'S HIGH
SALVINGTON



ALL
ABILITIES

ABSOLUTE
BEGINNERS
WELCOME

START 11 SEPT

New term started on Monday 8th Jan 2018.

For more information, please phone Jennie on 01903 501577.

WHCP Notice for March

Many thanks for the wonderful selection of soaps, shower gels etc. for WCHP which we collected in January. Thanks too for the gifts left in our porch which included dog food and dog treats.

I expect you have already read in the local newspapers about Roffey Homes generous offer of a building in Lyndhurst Road to WCHP for conversion into a 37 bed unit. The charity will have temporary use of the former nurses' accommodation block for up to five years for free. Obviously this is wonderful news.

WCHP also greatly benefitted from men's coats, trousers, shirts, sweaters and T shirts left over from the Jumble Sale in February".

Support, inspire, foster

Do you know someone who is looking for a new challenge this year? Perhaps they want to make a difference? It could be the perfect time to let them know that more foster carers are needed to support vulnerable West Sussex children.

The County Council's Fostering Recruitment Team would particularly like to hear from people who have experience with supporting vulnerable children or young people, either in a personal or professional capacity.

As a West Sussex foster carer, you will receive support and training as well as an allowance, with enhanced rates paid for specialist 'parent and child' foster carers.

A spare room is a must, but there is no upper age limit for fostering with West Sussex County Council. To find out more call the team for an informal chat on 0330 222 7775 or visit

www.westsussex.gov.uk/fostering for a list of upcoming information

NOTICE

Please note all items for inclusion in the Parish Magazine can be emailed to:

allsaints.magazine@gmail.com

WHCP Notice for March

Many thanks for the wonderful selection of soaps, shower gels etc. for WCHP which we collected in January. Thanks too for the gifts left in our porch which included dog food and dog treats.

I expect you have already read in the local newspapers about Roffey Homes generous offer of a building in Lyndhurst Road to WCHP for conversion into a 37 bed unit. The charity will have temporary use of the former nurses' accommodation block for up to five years for free. Obviously this is wonderful news.

WCHP also greatly benefitted from men's coats, trousers, shirts, sweaters and T shirts left over from the Jumble Sale in February".

Support, inspire, foster

Do you know someone who is looking for a new challenge this year? Perhaps they want to make a difference? It could be the perfect time to let them know that more foster carers are needed to support vulnerable West Sussex children.

The County Council's Fostering Recruitment Team would particularly like to hear from people who have experience with supporting vulnerable children or young people, either in a personal or professional capacity.

As a West Sussex foster carer, you will receive support and training as well as an allowance, with enhanced rates paid for specialist 'parent and child' foster carers.

A spare room is a must, but there is no upper age limit for fostering with West Sussex County Council. To find out more call the team for an informal chat on 0330 222 7775 or visit

www.westsussex.gov.uk/fostering for a list of upcoming information

NOTICE

Please note all items for inclusion in the Parish Magazine can be emailed to:

allsaints.magazine@gmail.com

KNIT and NATTER



**We meet at
All Saints Church, Cissbury Drive every
Tuesday
from 2.15pm to 3.45pm.**

**You are very welcome to join us to knit or to
natter whilst enjoying a cup of tea and cake.**

**Phone Revd Beverley on 07786 924 942
to find out about dates and venues.**

KNIT and NATTER



**We meet at
All Saints Church, Cissbury Drive every
Tuesday
from 2.15pm to 3.45pm.**

**You are very welcome to join us to knit or to
natter whilst enjoying a cup of tea and cake.**

**Phone Revd Beverley on 07786 924 942
to find out about dates and venues.**

Hiring St Peter's Church in High Salvington

We have a lovely space at St Peter's which is firstly our church but also a community hall which we welcome others to hire for a reasonable fee to cover the running costs e.g. for electricity, cleaning and heating. We do have a few restrictions on this hire because of the dual nature of the building so not all requests can be accommodated.

There is a kitchen and a beautiful, secluded garden. The building is accessible to wheelchair users via a portable ramp and the garden can be accessed from a side gate.

The building is most suitable for meetings, adult education, musical recitals, art exhibitions, coffee mornings and fundraising events.

If you would like more information or have an event in mind, please call:

Chris Symonds 01903 873214 or

email: cjsymonds@ntlworld.com

All Saints Hall Charges — JANUARY 1ST 2018

Weekdays per hour

Main Hall = £13.50 day time
£18.50 evening

D R Room = £11.00 day time
£16.00 evening

Weekends per Session

Morning 8.30 - 13.00 = £75
Afternoon 13.15 - 17.45 = £75

Hiring St Peter's Church in High Salvington

We have a lovely space at St Peter's which is firstly our church but also a community hall which we welcome others to hire for a reasonable fee to cover the running costs e.g. for electricity, cleaning and heating. We do have a few restrictions on this hire because of the dual nature of the building so not all requests can be accommodated.

There is a kitchen and a beautiful, secluded garden. The building is accessible to wheelchair users via a portable ramp and the garden can be accessed from a side gate.

The building is most suitable for meetings, adult education, musical recitals, art exhibitions, coffee mornings and fundraising events.

If you would like more information or have an event in mind, please call:

Chris Symonds 01903 873214 or

email: cjsymonds@ntlworld.com

All Saints Hall Charges — JANUARY 1ST 2018

Weekdays per hour

Main Hall = £13.50 day time
£18.50 evening

D R Room = £11.00 day time
£16.00 evening

Weekends per Session

Morning 8.30 - 13.00 = £75
Afternoon 13.15 - 17.45 = £75

All Saints Halls For Hire

We have two rooms available to rent within our Church building. A large hall or a smaller hall which we call The Donald Rose Room, this one is carpeted.

We have recently refurbished our larger hall and this now has portable staging and lightweight, foldable chairs

There is a well-equipped kitchen that includes a large cooker with 2 ovens and use of a fridge. The kitchen can be used for either hall as it has 2 hatches. There are large and small tables plus plenty of chairs available to use. Off the Donald Rose there is a small-enclosed garden.

These halls can be hired at very reasonable rates; during the week the halls can be hired from as little as £11.00 an hour for the Donald Rose Room and the larger hall from £13.50 an hour.

At Weekends the halls can be hired together for the whole morning or afternoon or evening session for very reasonable rates starting from £75.00, please call or email for more information.

If you are interested in hiring either of these for Children's Parties, Wedding or Anniversary Parties, Fundraising Events or Meetings.

Please contact Chris Symonds on 01903 873214, or

All Saints Halls For Hire

We have two rooms available to rent within our Church building. A large hall or a smaller hall which we call The Donald Rose Room, this one is carpeted.

We have recently refurbished our larger hall and this now has portable staging and lightweight, foldable chairs

There is a well-equipped kitchen that includes a large cooker with 2 ovens and use of a fridge. The kitchen can be used for either hall as it has 2 hatches. There are large and small tables plus plenty of chairs available to use. Off the Donald Rose there is a small-enclosed garden.

These halls can be hired at very reasonable rates; during the week the halls can be hired from as little as £11.00 an hour for the Donald Rose Room and the larger hall from £13.50 an hour.

At Weekends the halls can be hired together for the whole morning or afternoon or evening session for very reasonable rates starting from £75.00, please call or email for more information.

If you are interested in hiring either of these for Children's Parties, Wedding or Anniversary Parties, Fundraising Events or Meetings.

Please contact Chris Symonds on 01903 873214, or

PARISH DIRECTORY

**Christian Stewardship
Treasurer** Sheila Payne 872909
23 Cissbury Avenue

**Hall Letting : All Saints
& St Peters** Chris Symonds 873214

**Parish Magazine:
Distribution Organiser** Diane Perle 872939
22 Cissbury Gardens

**New JUMP with
Breakfast from 9:30 am
in the Church Hall (4th
Sunday) for Children
whilst their parents go to
Church** Church Office 873711

**Holy Baptism and Holy
Matrimony** Apply to Priest in – 873732
Charge Beverley

PARISH DIRECTORY

**Christian Stewardship
Treasurer** Sheila Payne 872909
23 Cissbury Avenue

**Hall Letting : All Saints
& St Peters** Chris Symonds 873214

**Parish Magazine:
Distribution Organiser** Diane Perle 872939
22 Cissbury Gardens

**New JUMP with
Breakfast from 9:30 am
in the Church Hall (4th
Sunday) for Children
whilst their parents go to
Church** Church Office 873711

**Holy Baptism and Holy
Matrimony** Apply to Priest in – 873732
Charge Beverley

A short note from the editors:-

Many thanks to everyone who has sent content for this month's magazine. Anything to be included for the **April** issue

needs to be with us by **Saturday 17th March**

Please email:
allsaints.magazine@gmail.com

Many Thanks, Karen and Debbie

A short note from the editors:-

Many thanks to everyone who has sent content for this month's magazine. Anything to be included for the **April** issue

needs to be with us by **Saturday 17th March**

Please email:
allsaints.magazine@gmail.com

Many Thanks, Karen and Debbie

Groups and Organisations

Brownies: Contact: Annamarie Beresford 265353
Jackie King 261805
1st Findon Brownies - Meet Mondays 4.30-5.45 pm
2nd Findon Brownies - Meet Mondays 6.15-7.30 pm

Safeguarding Officer:
Jennifer Goddard 872019

Christian AID: Cliff Dormand 872306

Church Flowers: Celia Berrett 522327

Guides:: Contact: Caroline Rickard 01243 782994
Meet in the hall each Friday 7.00-9.00 pm

Mother & Toddler Group: Mrs Philippa Bennett 07742 391278
Meet in the Donald Rose Room every Monday 9:45 to 11:15am

Pre-School : Secretary: Mrs Philippa Bennett 07742 391278
Meet in the Hall. Ages 2-4.
Mon—Fri 9.00-12.00 pm. Mon, Tues and Thurs 12.00-3.00 pm.

Rainbows: Contact: Emma Hopkins 07766 562225
Meet Fridays 5:30—6.45pm

Women's Institute: President: Mrs Jan Howe 262786
4, Hayling Gardens, BN13 3AJ

Secretary: Mrs Susan Murphy 872289
17, Coombe Rise, BN14 0ED

Second Wednesday in the month in the Church Hall at 2.00 pm

Groups and Organisations

Brownies: Contact: Annamarie Beresford 265353
Jackie King 261805
1st Findon Brownies - Meet Mondays 4.30-5.45 pm
2nd Findon Brownies - Meet Mondays 6.15-7.30 pm

Safeguarding Officer:
Jennifer Goddard 872019

Christian AID: Cliff Dormand 872306

Church Flowers: Celia Berrett 522327

Guides:: Contact: Caroline Rickard 01243 782994
Meet in the hall each Friday 7.00-9.00 pm

Mother & Toddler Group: Mrs Philippa Bennett 07742 391278
Meet in the Donald Rose Room every Monday 9:45 to 11:15am

Pre-School : Secretary: Mrs Philippa Bennett 07742 391278
Meet in the Hall. Ages 2-4.
Mon—Fri 9.00-12.00 pm. Mon, Tues and Thurs 12.00-3.00 pm.

Rainbows: Contact: Emma Hopkins 07766 562225
Meet Fridays 5:30—6.45pm

Women's Institute: President: Mrs Jan Howe 262786
4, Hayling Gardens, BN13 3AJ

Secretary: Mrs Susan Murphy 872289
17, Coombe Rise, BN14 0ED

Second Wednesday in the month in the Church Hall at 2.00 pm

A TRULY INDEPENDENT
FAMILY FUNERAL DIRECTOR



IAN HART Funeral Service Ltd



A.J. Pratley
(Great-Grandfather)
1869-1926



A.G. Pratley
(Grandfather)
1906-1991



Ian Hart
Dip. FD. L.M.B.I.F.D.



Jane James
Cert. FP. F.I.F.D.C.



Sam Hart

- Private Chapels of Rest
- Pre-paid Funeral Plans
- Monumental Masonry
- British Fleet
- Bereavement Counselling Service
- Flowers
- Catering
- Horse Drawn Hearse



*As a small family run company
we pride ourselves on offering a
personal and professional service*

24 hour service to all areas

01903 206299

92-94 Broadwater Street West, Worthing, BN14 9DE
(opposite Broadwater Green)

ian@ianhartfuneralservices.co.uk
www.ianhart.org



PRIVATE SERVICE CHAPEL AND CATERING SUITE
THE GORDON CHAPEL
20 SOMPTING ROAD, WORTHING, BN14 9EP

A TRULY INDEPENDENT
FAMILY FUNERAL DIRECTOR



IAN HART Funeral Service Ltd



A.J. Pratley
(Great-Grandfather)
1869-1926



A.G. Pratley
(Grandfather)
1906-1991



Ian Hart
Dip. FD. L.M.B.I.F.D.



Jane James
Cert. FP. F.I.F.D.C.



Sam Hart

- Private Chapels of Rest
- Pre-paid Funeral Plans
- Monumental Masonry
- British Fleet
- Bereavement Counselling Service
- Flowers
- Catering
- Horse Drawn Hearse



*As a small family run company
we pride ourselves on offering a
personal and professional service*

24 hour service to all areas

01903 206299

92-94 Broadwater Street West, Worthing, BN14 9DE
(opposite Broadwater Green)

ian@ianhartfuneralservices.co.uk
www.ianhart.org



PRIVATE SERVICE CHAPEL AND CATERING SUITE
THE GORDON CHAPEL
20 SOMPTING ROAD, WORTHING, BN14 9EP



Freeview Digital TV Aerials
 Freesat Satellite Dish Installation
 TV tuning and set up
 DVD set up
 Extra TV Points
 Telephone points from £50
 Broadband wiring
 Tidying of wiring

Ian Parkin for TVs



Got a problem with your TV or Phone?

Call for a Free Quote now

All work guaranteed Ian Parkin: 01903 521572
Mobile: 07976 064639
Email: ian@cablesandwires.eu



Freeview Digital TV Aerials
 Freesat Satellite Dish Installation
 TV tuning and set up
 DVD set up
 Extra TV Points
 Telephone points from £50
 Broadband wiring
 Tidying of wiring

Ian Parkin for TVs



Got a problem with your TV or Phone?

Call for a Free Quote now

All work guaranteed Ian Parkin: 01903 521572
Mobile: 07976 064639
Email: ian@cablesandwires.eu



BUSINESS DIRECTORY

LOCAL HANDYMAN

Painter and Decorator, Gardening, Fencing, Household Maintenance. No job too small. Tel. Eddie on 01903 874146

HAIR BY SUE

Traditional mobile hairdresser.
40 years experience, specialising in: Shampoo & Sets, Perms, Cuts, Cut & Blow dry.
In the comfort of your home.
Phone Sue on 01903 824437

BUSINESS DIRECTORY

LOCAL HANDYMAN

Painter and Decorator, Gardening, Fencing, Household Maintenance. No job too small. Tel. Eddie on 01903 874146

HAIR BY SUE

Traditional mobile hairdresser.
40 years experience, specialising in: Shampoo & Sets, Perms, Cuts, Cut & Blow dry.
In the comfort of your home.
Phone Sue on 01903 824437

Do you run a business which could benefit from advertising in our Magazine?
Why not enquire at the church office.
Tel 01903 873711

Do you run a business which could benefit from advertising in our Magazine?
Why not enquire at the church office.
Tel 01903 873711

Answers to the Palindromes Quiz
1. Adam 2. Anna 3. Abba 4. Shabs 5. Reviver 6. AGA
7. Naan 8. Radar 9. Civic 10. Repaper 11. Hannah 12. Otto
13. Abba 14. Ewe 15. Nurses run

Answers to the Palindromes Quiz
1. Adam 2. Anna 3. Abba 4. Shabs 5. Reviver 6. AGA
7. Naan 8. Radar 9. Civic 10. Repaper 11. Hannah 12. Otto
13. Abba 14. Ewe 15. Nurses run

DIRECT BLINDS

Unit 2, Northbrook Business Park,
Northbrook Road
Worthing, West Sussex, BN14 8PQ

Vertical, Venetian, Rollers and pleated blinds

Curtains, Valances, tracks and poles

Specialists in conservatory blinds and perfect
fit blinds

Canopies and Awnings

Shutters fitted by our City and Guilds
qualified carpenter and joiner

Tel 01903 823803

DIRECT BLINDS

Unit 2, Northbrook Business Park,
Northbrook Road
Worthing, West Sussex, BN14 8PQ

Vertical, Venetian, Rollers and pleated blinds

Curtains, Valances, tracks and poles

Specialists in conservatory blinds and perfect
fit blinds

Canopies and Awnings

Shutters fitted by our City and Guilds
qualified carpenter and joiner

Tel 01903 823803

J.G.H.

Carpentry & Joinery, Shipwright and Handyman

Jason G. Holmes

Bespoke joinery, cabinet making, kitchen installation, loft boarding, decking, door hanging.

07538834988

New Tel. number: 01903 386652

Free Estimate. No job too small.
Available evenings & weekends.



J.G.H.

Carpentry & Joinery, Shipwright and Handyman

Jason G. Holmes

Bespoke joinery, cabinet making, kitchen installation, loft boarding, decking, door hanging.

07538834988

New Tel. number: 01903 386652

Free Estimate. No job too small.
Available evenings & weekends.



Professional Chiropody /Podiatry



CAROL BRADFORD SMITH BA (Open) Dip Pod Med
MBCHA MSSCH

Solehealer Chiropody Ltd

CLINIC IN FINDON VALLEY AND HOME VISITS.

www.solehealerchiropody.com

Fully qualified, insured and registered with HCPC

07719201114

TEL/ 01903 872090 (answerphone)

Professional Chiropody /Podiatry



CAROL BRADFORD SMITH BA (Open) Dip Pod Med
MBCHA MSSCH

Solehealer Chiropody Ltd

CLINIC IN FINDON VALLEY AND HOME VISITS.

www.solehealerchiropody.com

Fully qualified, insured and registered with HCPC

07719201114

TEL/ 01903 872090 (answerphone)