



# THE PARISHES OF ST ANNE'S EAST WITTERING AND EARNLEY



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## CHURCH SERVICES

### St. Anne's East Wittering

<b>Sundays:</b>	8:00am	Said Eucharist (Last Sunday of the month BCP)
	10:00am	<b>PARISH EUCHARIST</b> and Sunday School
<b>Tuesdays</b>	7:00pm	Said Eucharist
<b>Wednesdays &amp; Thursdays</b>	10.00am	Said Eucharist
<b>Fridays</b>	7:00pm	Said Eucharist (1st Friday Compline and Benediction)
<b>Saturdays</b>	9.30am	Said Eucharist
		Morning and Evening prayer is said Tuesday to Friday At 9:00am and 5:30pm and Saturday at 9:00am

### Earnley

<b>Sundays:</b>	9:00am	Sung Eucharist
	6:00pm	Evensong as announced

Weddings, Holy Baptisms and Confessions on request to the Rectory  
See also St Anne's Website: [www.stanneschurcheastwittering.btcc.co.uk](http://www.stanneschurcheastwittering.btcc.co.uk)

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Cover design by Yvonne Rusbridge (Hudson) represents the landing on the Sussex coast of St Wilfrid in 681 AD

## RECTOR'S LETTER



Happy 2018 to you all, I hope you have had a good Christmas. You may have thought from the sound of my voice that I wasn't enjoying Christmas, but that can't be farther from the truth. Christmas is always a special time of great joy and an opportunity to welcome new people to church, be they devoted Christians, the curious or those who think it is the thing to be seen to be doing. Whatever the reason it has been wonderful to see so many who are putting Christmas back in the right context of our Saviour's birth.



We have had the joys of going around with the choir and others to a record number of nursing homes and public houses, and with the Earnley Carol Service one's throat had become a little hoarse. We had the delights of the Christingle and Toy Service, with people giving to the less fortunate, helping the work of Children's Society and The Salvation Army. I am always amazed at people's generosity. The Crib service always brings a tear to the eye as you watch proud parents adoringly supporting their children. The whole Christmas season has been very upbeat and has seen an increase in numbers to our regular services, which amounted to 8 in just 24 hours due to the fall of Christmas this year. We never cancelled any services and, if reports suggest that people are turning away from going to church, it is certainly not happening here in the Witterings.

Some ask where do all these people come from and where are they for the rest of the year. We should not be too surprised that people look for stability at this time of the year and come to church, nor should we be quick to judge them or question their reasons for coming, but we should be thankful that they have come, because all are, and should be, made welcome. If perhaps only a tiny seed has been sown within them through their visit, with the Lord's grace it may blossom and flourish.

As we begin this 'Year of Prayer' we are tasked with taking a long hard look at our own pilgrimage of prayer and faith, at how we are to grow in the Holy Spirit as Christians and what finest gifts we can bring to our King as we discern his will for us. God's love for us is unstinting and never ending, and he calls each one of us by name to bring ourselves just we are to him - warts, wrinkles and all - and place ourselves in his service as a loving gift offering. He is not seeking from us expensive earthly gifts, or being able to play the drum, but poor though we may be, to have open minds and loving hearts, fit to give the King, so that he may form us and fashion us in his own image, to enable each one of us to play our part in the building of his Kingdom on earth, here in this present life. What finer gift could you offer to your King than willing service. May you find time to talk to and listen to God in prayer so that you may have peace for yourselves and your loved ones throughout this coming year.

*With love and prayers, Fr Steve.*

### **St. Anne's Church East Wittering 11th Christmas Festival Weekend 8th-10th December, 2017**

The 11th Christmas Festival Weekend took place at St. Anne's Church from 8th – 10th December. Throughout the weekend the church was adorned to beautiful effect with 53 Christmas trees uniquely decorated by local families, organizations, businesses and charities. There also was a Christmas tree trail for children, a bran tub and hamper raffle prizes.

On Friday evening, by popular request, Chi Jazz, a quartet of some of the finest jazz musicians in the South, returned to St. Anne's and entertained an enthusiastic audience to a programme ranging from jazz standards to more modern tunes played in a soulful jazz style. Drinks were served and a raffle of fine wines and spirits ended a very enjoyable evening.



The ever popular annual Christmas Fair, held on Saturday in East Wittering Village Hall, attracted visitors keen to make a start to festive preparations, to enjoy all that was on display – stalls offering local crafts, home-made produce, books, bric-a-brac, tombola and raffles – as well as good company. Delicious refreshments were on offer throughout, and the talented Bracklesham Bay Ukulele Group provided cheering entertainment.

St. Anne's Church was packed on Sunday for the Christingle and Toy Service for families. Fr. Steve explained the symbolism of the Christingle and families were each given one. The Salvation Army Band played carols. One member told the congregation how the sacks full of generously donated toys will be distributed to 150 families in need in the Chichester area, an increase on last year. Another member brought a special 'guest,' her 'Pet As Therapy' dog Evie, who offers comfort and cheer to those likely to benefit from her company, such as those in care homes, a stroke ward, a centre for adults with learning difficulties and a school for children with special needs. The collection taken at the service will be donated to the Children's Society.



Yet again this Christmas Festival Weekend has been an immensely popular, very well-attended and profitable event. The Family of St. Anne's Church would like to offer most grateful thanks to all who came or supported in any way, to those who worked incredibly hard behind the scenes – hopefully they know who they are and how very much their generous and unstinting efforts are appreciated –and to the many organizations who gave the Festival publicity, including magazines, radio, websites and publications both locally and in the Chichester area.

Such invaluable teamwork and effort have provided St. Anne's Church with much-needed funds as well as engendering considerable community spirit and festive cheer.

***Karen Grunert, publicity contact: St. Anne's Church, East Wittering***



What a wonderful way to get to know your fellow Witteringites – queuing halfway down the Co-op to post your Christmas parcels. It's a real community get-together. My first visit went really well. It was a Tuesday, the day David normally goes to work for his half day's employment. Having got up early to cook David his usual scrambled eggs on toast, there was only one person in front of me and, even though he had a lot to do, the wait wasn't that long. These were my American and Pakistani parcels and, by the time I'd finished, the queue behind me was almost past the end of the freezer compartments. If I can get the UK ones all wrapped up today, I thought, I'll come the same time tomorrow and get them out of the way. But, of course, things didn't for various reasons quite work out that way on Wednesday, and it was three quarters of an hour later when I arrived at the Co-op, and the end of the queue had virtually reached the wine shelves. But there was Pat in front of me, whom I hadn't seen for a while, which was a pleasant diversion.

But I've already had my first complaint about one of my parcels that I posted on Wednesday. It's not about what's inside but rather being able to get inside in the first place! I've actually got through a whole roll of narrow Selotape on the Christmas paper layer – and a whole roll of wide Selotape on the outside wrapping of all my parcels so far. My friend, Shirley from Nottingham, rang up yesterday to thank me for the presents. "I had to get Jan to help me get into it," she declared. "I've bought you and David a goat, by the way," she added. "I'll send you the details later."

Don't you find it interesting, though, to see how different people approach various tasks? About two or maybe three years ago I was in the queue at the Post Office in the Co-op, when some young woman was buying one of those padded bags to send away something totally inappropriate to be sent by post in this sort of packaging. I watched with horror as she took the obviously fragile item out of the bag she'd been given at the time of purchase and shoved it unceremoniously into the padded bag, sealed it, scribbled the address and pushed it back to take its chance at the hands of the post office. I was tutored from an early age by my father how to wrap up a parcel to ensure it would arrive safely and intact. He was a postman and had seen more than enough of inadequately wrapped parcels!

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### **DID YOU KNOW....?**

Sperm whales are the world's largest living toothed hunters reaching up to 18m, in length. They sleep for one hour a day in 10-15 minute naps, and hold their breath for 40 minutes at a time as they dive up to 1km. into the deep to hunt.

### **DID YOU KNOW....?**

The parrot fish envelops itself in a mucus cocoon when it sleeps to prevent its odour attracting predators.

### **DID YOU KNOW....?**

The Hoff crab cultivates bacteria to eat in the hairs on its chest.

... How you wrap parcels can't just rely on training – it must surely tell you something about the character of the person doing the wrapping. David, for example, when he wraps presents, seems to be safeguarding against the recipient having any chance of peeping in to ascertain the contents. Every join is securely covered by a long strip of Selotape. In preparation he cuts long, short and medium pieces of it and sticks them on the leg, arm or side of the nearest piece of furniture in readiness. For sometime after this operation, every time I dust, I'm brought to a standstill by the odd stray piece of Selotape that was surplus to requirements! I, on the other hand, knowing I'm going to need three pieces – one down the middle and one for each end – cut them and stick them on the back of my hand for rapid application. In this way the parcel can be opened with the minimum effort and damage to the wrapping paper, so that if it's a particularly large piece and of a design the recipient likes it can be used again rather than be dumped in recycling. Perhaps the psychologists amongst our readers might like to suggest what that says about us!

And now, as a postscript, we are all aware at last of what the erstwhile premises of King's bookshop have become. I met Gillian in the Co-op a few days after it opened and suggested we go for a coffee there and have a look at what was being offered. Well, contrary to what had been circulating in the village, there wasn't any coffee. There was a tastefully presented display of attractive gifts, which included some clothes and some books, with particular emphasis on ones of local interest, and a very enthusiastic owner, who took us on a tour of her wares and emphasised the fact that she was happy to listen to local people's suggestions about what she could perhaps stock for them.

So back to the Zen proverb quoted in the November issue: *"Those who know don't tell and those who tell don't know."*



*A Happy New Year to all our readers  
and contributors!*

**Awareness is the great-  
est agent for change.  
Eckhart Tolle**

### **Earnley Parish Fundraising Dinner**

What better way to fight the winter blues than by sitting down with friends at a sumptuous dinner! Earnley Church is raising funds for its restoration, so please save the date in your diary. Book a ticket (or a table) now for the **27th Annual Dinner** on

**Saturday 24 February**, 7 for 7.15pm at the Village Hall East Wittering!

The meal is not only a wonderful feast, but is great value at £15 a head!

There will be good company, as well as a raffle with fabulous prizes!

**BRING YOUR OWN WINE OR SOFT DRINKS.**

Contact Pauline Norris now on 0774 852 1183 or 670754 or  
(mediapack@btinternet.com) to reserve your tickets.

Or John Stant on 01243 670227, email: john.stant@gmail.com

### ST. ANNE'S FELLOWSHIP CIRCLE

We arrived in the Village Hall to find it already a hive of activity. What on earth was going on? Well, Gigi of 'Inspirations', East Wittering Parade, had brought some of her ladies who were to illustrate what she was going to tell us about that afternoon. But before that Jenny had information to impart.

She had received a letter from Chestnut Tree Hospice thanking the Circle for the donation we had sent them; the Christmas meal, that we always have in January, will be on 24<sup>th</sup> at the Pond Barn and will consist of 2 courses for £15. Jenny read out the menu options, and said we needed to sign up for it today and then make our menu choices at the Christmas Party, that we share with our Sunday Tea members, on 3<sup>rd</sup> December. Derek Little is coming again with his guitar to entertain us. Pam announced that she has made the necessary preparations for the erection of the Circle's Christmas tree for St. Anne's Christmas Tree Festival.

So, back to Gigi, who had brought with her Kim and 2 of her 'crafters'. At 'Inspirations' she runs 2 hour workshops for adults at a cost of £10 which includes refreshments and the item which you create that day. These are not structured workshops – they are light-hearted and fun, and if you learn something new it's even better. There are always people there with skills to advise on what you want to do. Besides what Kim and the 2 crafters were busy doing, Gigi listed the sorts of crafts that are regularly going on in the workshops and showed us some examples – decoupage, silk painting, porcelain/glass painting, finger painting to mention but a few. The set-up is not formal – you don't have to join or even book. Just turn up, chat, create and relax. Having said that Wednesday mornings are at present full, but there is a session on Wednesday afternoons 1.30-3.30pm, and a Thursday morning session is being planned 10.30am-12.30pm. Anyone is welcome to drop into the shop on The Parade and discuss it with Gigi, or telephone on 01243 672888. A number of members accepted her invitation to have a go at some of the things that the crafters were busy doing. This generated a great deal of interest and a lot of excited chatter!

*Continued over page*



**MEN'S BREAKFAST -January 27th 9.00am**  
The Gatehouse (Wetherspoons), Chichester Gate PO19 8EE  
Cost £5.00 includes Speaker - this month **George Verwer,**  
**well-known evangelist**

*cont...*

The Christmas Party at the beginning of December was a happy, relaxing affair. It started with a game that caused a great deal of mirth. Well, when you have 20 small bags each containing some object that you could only identify by feeling it, what else can you expect? Chaotic confusion reigned as bags were passed haphazardly from person to person with shrieks of ".....I haven't had number 3 yet.....number 18... where's number 5...." And so on. Fr. Steve and Pauline won but we suspect it was a combined effort! Food and music followed and a sing-along with Derek Little's guitar.

**The next meeting will be the 'Christmas Lunch' on 24<sup>th</sup> January and the next Sunday Tea will be on 4<sup>th</sup> February, 2018 at 2.30pm. Happy New Year, everyone!**

### NHS AT SEA

The NHS is complaining that bed blockers are costing £400 each a day and are the cause of long waiting lists. I have an idea: you can go on an all-inclusive trip to Singapore and Hong Kong for 20 days for less than £100 a day. If the bed blockers were sent on cruises in order to recuperate, this would not only save the NHS £300 a day, but would also provide a marvellous recovery programme for the patients and make their beds available for those on the waiting list.

***ROY MARTIN, Maidstone, Kent (Taken from the Daily Mail)***

### WHY WE'VE GOT TO ACT

- 8m tons of plastic dumped into the sea every year
- 1m sea birds a year die from eating plastic waste
- 100% of marine turtles found to have ingested plastic
- 320m tons of plastic produced globally in 2016
- 135% rise in beach litter, most of it plastic
- 46,000 pieces of plastic in every square mile of ocean
- 7 years' landfill capacity in England
- 340 landfill sites deal with 45m tons of waste a year
- 5,000 items of plastic found per mile of UK beach
- 150 plastic bottles litter each mile of UK beach
- 500bn single-use plastic bags used globally per year
- 290,000 signatures on petition calling for a bottle deposit scheme in England and Wales
- 2050- the year there will be more plastic in the sea than fish

***Daily Mail, 25th November, 2017***

## DIARY DATES

- Tuesdays** ‘Meet & Greet’ at West Wittering Memorial Hall, 10am to 1pm  
**2nd Tuesday— Garden & Wine Club.** E. Wittering Village Hall 7.30pm  
**1st & 3rd (Sept. to May) Wittering Camera Club** Sports Pavilion,  
 Rookwood Road, W. Wittering
- Wednesdays** **Youth Drop In Centre**, West Wittering Pavilion, 7.00pm –9.00pm  
**4th Wed St. Anne’s Fellowship Circle** in E.Wittering Village Hall  
 2.30pm
- Thursdays** **1st Thursday—The Thursday Group**, Bracklesham Barn 3.00pm  
**1st Thursday Citizens' Advice Bureau** at the back of the Health Centre  
 9.30-11.30  
**2nd Thurs—LTG Lunch—**Pond Barn Club 12noon/12.30 (Please call  
 Teresa 672174 to advise attendance)  
**3rd Thursday Village Lunch Club in the URC Hall**, contact Pat Hills  
 673627 for info  
**Last Thursday VIP (Visually Impaired) Club—**Medical Centre 2.30pm.  
 For more information or lift contact Jean Church on 01243 670799
- Fridays** ‘Tea & Chat’ at the URC Church , Oakfield Avenue 1.30pm onwards

### January

- Monday 1st The Naming and Circumcision of Jesus  
 Saturday 6th Epiphany  
 Sunday 7th The Baptism of Christ  
 Sunday 14th Epiphany 2  
 Sunday 21st Epiphany 3  
 Thursday 25th The Conversion of Paul  
 Sunday 28th Epiphany 4

### February

- Friday 2nd The Presentation of Christ in the Temple  
 (Candlemas)



## FROM THE REGISTERS

### The Recently Departed:

Kathy Halter

Susan Harding

Edward Pollecutt

*“In my Father’s house there are many rooms.....”*

John 14 v.2





I'm fully aware that we are now officially in "The Year of Prayer" but I felt it would be interesting to round off our year-long consideration of the Bible by seeing what a selection of well-known people from the past have had to say about it:

*I have found in it words for my inmost thoughts, songs for my joy, utterance for my hidden griefs and pleadings for my shame and feebleness.* **Samuel Taylor Coleridge, English poet**

*I believe that the existence of the Bible is the greatest benefit to the human race. Any attempt to belittle it....is a crime against humanity.* **Immanuel Kant, German philosopher**  
*That book accounts for the supremacy of England.* **Queen Victoria**

*It is impossible to govern the world...without the Bible.* **George Washington, American statesman**

*I find more sure marks of authenticity in the Bible than in any profane history whatsoever. No sciences are better attested than the religion of the Bible.* **Sir Isaac Newton, English scientist**

*A thorough knowledge of the Bible is worth more than a college education.* **Theodore Roosevelt, American statesman**

*Bible reading is an education in itself.* **Alfred Lord Tennyson, English poet**

*We have used the Bible as if it were a mere special constable's handbook, an opium dose for keeping beasts of burden patient while they are overloaded.* **Charles Kingsley, English writer and clergyman**

*Whenever we read the obscene stories, the voluptuous debaucheries, the cruel and torturous executions, the unrelenting vindictiveness with which more than half the Bible is filled, it would be more consistent that we called it the word of a demon than the Word of God.* **Thomas Paine, American radical writer and activist**



And to bring it up to date I quote from the 'Thinking Anglicans' website, which was drawn to my attention recently. Briefly, the background to the posting is that one of the elected members for Chichester Diocese on General Synod, Lorna Ashworth, has recently resigned, criticising the Church of England on a number of points, which she feels she can no longer subscribe to. The Bishop of Maidstone, Bishop Thomas, has supported her in her action.

*We are back to the plaintive cry from Bishop Thomas and those he represents that the problem of the Church of England is found in the fact that we have abandoned the 'plain teaching of Scripture'. I must be reading a quite different book from the Bishop. My Bible is not 'plain' in its teaching by any stretch of the imagination. Because it is rooted in ancient cultures and is a translation of languages more than two thousand years old it is far from 'plain' in its meaning. In my Bible I find nuance, mystery, paradox, ambiguity and sometimes complete obscurity. How can anybody who actually grapples with the Bible text not encounter some of these issues? If my Bible really were 'plain' no doubt I could have a constructive conversation about what is its unambiguous message on say the topic of sexuality. No, my reading of the Bible is and always will be a work in progress. I will listen respectfully to every understanding of Scripture that is offered to me. In return I ask that the other person will listen to my understandings and insights. Should I be ashamed of the fact that these are constantly evolving and changing as the result of study and reflection (as well as growing older)?*

**Stephen Parsons (10.11.17) CRC**

## COULD THIS BE A NEW YEAR'S RESOLUTION FOR US TO AIM FOR?

Come, Lord Jesus, come.  
Come, take my hands,  
Take them for your work,  
Take them for your service, Lord.  
Take them for your glory, Lord.  
Come, Lord Jesus, come.  
Come, Lord Jesus, take my hands.

Come, Lord Jesus, come.  
Come, take my eyes,  
May they shine with joy.  
Take them for your service, Lord.  
Take them for your glory, Lord.  
Come, Lord Jesus, come.  
Come, Lord Jesus, take my eyes.

Come, Lord Jesus, come.  
Come take my lips,  
May they speak your truth.  
Take them for your service, Lord.  
Take them for your glory, Lord.  
Come, Lord Jesus, come.  
Come, Lord Jesus, take my lips.

May they walk your path.  
Take them for your service, Lord.  
Take them for your glory, Lord.  
Come, Lord Jesus, come.  
Come, Lord Jesus, take my feet.

Come, Lord Jesus, come.  
Come, take my heart,  
Fill it with your love.  
Take it for your service, Lord.  
Take it for your glory, Lord.  
Come, Lord Jesus, come.  
Come, Lord Jesus, take my heart.

Come, Lord Jesus, come.  
Come, take my life,  
Take it for your own.  
Take it for your service, Lord.  
Take them for your glory, Lord.  
Come, Lord Jesus, come.  
Come, Lord Jesus, take my life.

*The simplest answer is to act*

Come, Lord Jesus, come.  
Come, take my feet,

### WITTERINGS CAMERA CLUB

**02-01-2018** 'Keep it Sharp' by Roger Crocombe ARPS - A demonstration showing how to get your images sharp and how to get the best exposure from your camera.

**16-01-2018** Competition: DPI - The main subject beginning with the letter 'R' / Print – Open themed

**For further details, please contact Richard Emery, Chairman on 01243 670798. We meet at the Sports Pavilion, Rookwood Road, West Wittering. Meetings start at 7.30pm**



## **A fun filled family day to be held in Chichester Cathedral - 'Famous Folk' Friday 16th February 2018 from 10.00am – 3pm**



Collect stamps on your very own Passport as you find out about some of the Cathedral's famous characters. Prepare to be entertained and have fun! There will be people to meet, a variety of activities to do, games to play and things to make including crown making, weaving, magic sculptures and transport collages. Once your Passport is full collect a prize from the shop.

There is no need to book just drop in. The cost is £1.00 per child payable on collection of your passport at the West Door or Eastern Arm. A couple of activities (brass rubbing and magic sculpture) will have an additional small charge.

Suitable for children aged 3 – 12 years, who must be accompanied by an adult. There will also be a carpeted area available with soft toys for children under 3 years, who come along with their older brothers and sisters.

Why not take advantage of the Cloisters café offer of Kids Meals for £1.50 when an accompanying adult buys a lunch item, with a valid voucher?

**Come along and join in all the fun!**

For further details contact Sue on 01243 812497 Or email  
[sue.poil@chichestercathedral.org.uk](mailto:sue.poil@chichestercathedral.org.uk)

## **TRAIN YOUR BRAIN – A digital memory span game**

6  
56  
987  
9371  
34856  
185338  
3583827  
43672181  
972565647  
1726834956  
53749427312

Ask someone to read the following numbers out loud to you, one at a time. Continue line by line until you come to a number you cannot repeat from memory. The most number of digits you can remember correctly is your memory's digit span. Aim for at least seven lines as a healthy 'memory digit span'.

*'Lifespan', Autumn edition*

### IS CHOCOLATE GOOD FOR YOU? ‘



*Now this is a question that you may have been asking yourself over Christmas as you munched your way through all those chocolate treats that the season usually brings. Well read on – you may feel totally justified by the time you get to the end!*

Made from the beans of the botanical *Theobroma cacao* tree, which translates as ‘food of the gods’, chocolate has enjoyed a reputation as a health food since it was first discovered by the Mayan Indians around 900BC. Although we now think of chocolate as a ‘naughty-but-nice’ indulgence, research is starting to show that it may not be as ‘naughty’ as was once thought.

**HEART HELPER-** Research, published in *The British Medical Journal* found that eating 100g of dark chocolate per day could reduce blood pressure (BP) sufficiently to reduce the risk of a heart attack or stroke by 21%. Why? Dark chocolate contains a particularly high level of polyphenols – twice the amount found in green tea to be precise – which stimulate the body to produce the chemical nitric oxide which helps to relax blood vessels. In addition to having a beneficial effect on blood pressure, studies show that cocoa may help to lower LDL – bad cholesterol – by up to 75%, raise HDL – good cholesterol – and reduce stickiness of the blood, meaning it’s less likely to clot.

**A TREAT FOR THE BRAIN**—A study published earlier this year in the journal *Appetite*, which analysed the diets of almost 1000 people over a 30 year period, found that, as they aged, those who ate chocolate at least once a week scored significantly better in tests designed to assess cognitive function, memory and ability to process new information, compared to those who rarely ate chocolate. Meanwhile, other studies have shown that regular chocolate eaters have a lower risk of dementia and Alzheimer’s disease. The reason? The same polyphenols responsible for lowering BP also lower inflammation, which contributes to the condition.

**SECRET TO A GOOD NIGHT’S SLEEP?** - In addition to phytochemicals, chocolate contains several vitamins and minerals, including magnesium, which is thought to improve sleep, suggests new research from the University of Edinburgh. The same research has revealed that optimum levels of magnesium have an ‘unexpected’ role in helping our bodies adapt to rhythms of night and day by controlling how cells keep their own form of time.

**LIFE IS SWEET** - Like other sweet foods, chocolate stimulates the production of ‘feel good’ substances in the brain, helping to boost overall mood and happiness. Why? Chocolate contains tryptophan – a chemical converted to serotonin in the brain to lift mood and increase joy. Chocolate is also virtually unique in that it melts in the mouth at body temperature, producing a silky, luscious sensation that adds to its appeal and, according to psychologists, is one of the main reasons why chocolate is so addictive.

*Continued on page 19*

Opera’s when a guy gets stabbed in the back and instead of bleeding he sings.  
**Ed Gardner, radio personality**

## ENTER THE BLUE ZONES Part 2

*In the last issue we found that 5 areas in the world have been identified where inhabitants are regularly living to 100+. Dan Buettner has studied these areas to find reasons for this. His findings have been drawn up into 9 lifestyle habits known as the Power 9. Here's how you can incorporate them into your life.....*

1. **MOVE NATURALLY** In all Blue Zones movement is an integral part of daily life. In Icaria and Okinawa they farm and look after sheep. In Sardinia they hunt, fish and harvest their own food. But, says Dr. Macnair, "I suspect gentler activities such as wandering around chatting with friends instead of lounging in front of the TV are just as important." The message is clear: incorporate as much activity as possible – walking, running, cycling, dancing – into daily life.

2. **LIVE WITH PURPOSE** Having a sense that life is worth living – the Okinawans call it *Ikigai*, the Nicoyans, *plan de vida* – can add years to life according to the Blue Zone Project research. Whether it's your job, hobby, spiritual belief, family, friends or your pet cat, finding your reason to get up in the morning is vital.

3. **STRESS LESS** Stress is linked with inflammation, which in turn puts those who suffer at a greater risk of age-related diseases – from arthritis to cancer, dementia to diabetes, heart disease to stroke. Like most of us, Blue Zoners experience stress, but they have developed healthy ways to manage it – be that the Okinawans' reverence for their ancestors or the Ikarians' midday siesta. Mindful meditation, a dance class, reading, a game of tennis or whatever helps you cope with life's stressors could have a much greater pay off than you initially thought.

4. **CUT CALORIES** Do this by 20%. In Okinawa the refrain 'Harahachi bu' meaning 'eat until you are 80% full' precedes each meal. According to experts, consuming fewer calories helps lower body fat, blood sugar and insulin levels, which in turn may extend lifespan. Keeping only healthy foods in the house, planning meals ahead and using a smaller plate, can help keep the lid on calories.

5. **EAT A PLANT-BASED DIET** With the exception of the Seventh Day Adventists, the Blue Zoners don't eat much. The Sardinians, Nicoyans, Ikarians and Okinawans grow most of their own veggies, using these to form the basis of meals alongside pulses, wholegrains, nuts, seeds, fish and dairy, with meat very much taking a back seat as an occasional addition.

*Continued over page*

Please allow the doors to close. Try not to confuse this with "Please hold the doors open". The two are distinct and separate instructions.

***London Underground driver announcement***

**6. ENJOY A GLASS OF WINE** All Blue Zoners (except Seventh Day Adventists) drink alcohol regularly, but moderately. To emulate them, keep tipples to just one or (at the most) two glasses of wine a day (no more than 14 units spread throughout the week). Red wines contain the highest levels of antioxidant, anti-inflammatory plant chemicals

**7. HAVE FAITH** All but five of 263 centenarians interviewed as part of the Blue Zones Project belonged to a faith-based community. You don't have to subscribe to an organised religion, however. Having a spiritual dimension to life is what seems to be crucial. Meditation and yoga are good options.

**8. PUT LOVED ONES FIRST** "Most Blue Zone centenarians marry, have children, and build their lives around that core," says Buettner. How can this boost longevity? Social isolation increases the risk of inflammation and high blood pressure for starters, according to recent research. What can we learn from this? Make time for family – and/or friends – through regular visits, shared activities and celebrations to maintain that vital sense of connection.

**9. FIND YOUR TRIBE** In all Blue Zones, values are embedded into the wider culture and passed down over generations. The lessons? Mix with positive people who support and reinforce your goals. *'Lifespan', Autumn 2017*

.....  
: Composers tend to assume that everyone loves music. Surprisingly enough,  
: everyone doesn't.—*Aaron Copland, composer*  
: .....  
.....

**THE WEST MANHOOD VENTURERS** is a transport service for the elderly and disabled, charity number 265604. It is based in East Wittering and run entirely by volunteers. It serves the villages of the West Manhood peninsula, namely East and West Wittering, Bracklesham, Birdham, Itchenor, Earnley and Almodington, though currently all our members reside in the first three. Those who want to use our service have to become members which costs £15 a year. Our subscription year runs from May to May. For that they can go on any of the trips we run, always with the proviso that there is room. We currently have 86 members, nearly all female, and run 16 different trips, some weekly, some fortnightly and some monthly. We run shopping trips to East Wittering and Chichester and take people to social and health events.

We have set lists of those wishing to go to each event and they are picked up and dropped off at their doors every time it happens. Members are supplied with a drivers' schedule and are asked to contact the driver if they do not want to go. The minibus is fitted with a tail lift so we can take people who cannot manage steps. We cannot take people who cannot get out of wheelchairs. We are always trying to recruit new drivers. All our drivers are retired and drive about once a fortnight. No special driving licence or skills are required, just an ordinary car licence. A new driver is given training and assigned a route so that he or she becomes familiar with the route and the members using it.

**Rod Tranchant Chairman 01243 673739 Email: [rod@tranchant.co.uk](mailto:rod@tranchant.co.uk)**

*Last month we published the eulogy given at Fr. Harold's funeral, which included contributions from his children. I kept back the last thing that Helen wrote so it could be his last word to us, as it were. She was writing about the pieces that he used to write for Parish Life. Editor*

He obviously took great pleasure in writing these submissions and thought deeply about the message he wanted to put across. I think that these writings are a very good source to reveal the principles he lived by and the joy he found in the world. For example he writes: "December 2016: The Benefits of Hindsight. As I look back over the years, I can now recognise the guidance of Almighty God which I did not recognise at the time. I recall, for example, how almost 50 years ago, after five good but gruelling years of ministry in South Africa, we were helped to resettle in the UK by Provost Pare and the congregation of Wakefield Cathedral. Then nearly 15 years ago we were led to settle in the Witterings. Both these events were not expected by us and proved to be God's guiding hand. No doubt many of us, looking back, can see in our lives blessings unrecognised and unplanned at the time....Times may come when life gets quite hard – through the frailty of old age and/or the weakness of chronic ill health – when it is all too easy to forget the benefits of past blessings. But these blessings remain valid and worthy of our thanksgiving, as at all times is the great work of Christ for us. Perhaps at such times it is not just needed to pray with a rather grim determination for 'grace to persevere', but always joyfully to repeat a frequent refrain from the Psalms – Give thanks unto the Lord for He is gracious and His mercy endures for ever."

**BOOKSHOP NEWS**—For the last three months King's has settled happily into its new home in Wittering Walk. The books may miss rubbing spines with haberdashery and artists' materials but they squeeze up contentedly with the antiques and collectables in Second Chance. Lots of our valued customers have visited us and we hope to see many more in the year ahead

You'll have good reason to visit in January, the traditional month of book sales. As always, there'll be bargains over a whole range of books for both adults and children. And while that's going on, we shall be looking out for new titles to tempt and titillate!

Arundel author **Simon Brett** has just published his 100th book! How's that for achievement? ***Seriously funny*** is a collection of oxymorons (look it up!), most of which are perfect gems. My favourite, which put the 'Merry' into Christmas for me, is ***New English Bible*** which the author summarises as '*A version of the Holy text written by people with tin ears. They must have gone through the entire text of the King James Bible and, whenever they heard a phrase with rhythm, cadence or beauty, replaced it with something flat and unmusical.*' Spot on, Simon!



Wishing you all a happy year of books!

JOHN HYATT

**QUALITY MATTERS**—Can we eat chocolate every day? It all depends on the cocoa content. Not all chocolate is equal: it's the cocoa beans that contain the nutrients responsible for most of the health benefits – the greatest quantity of which are found in dark chocolate, which contains about six times more than milk chocolate, while white chocolate contains hardly any. Dark chocolate also contains less sugar and fat than milk chocolate and, because the flavour is more intense, most people find a couple of squares are enough to satisfy a craving. You can try pairing dark chocolate with fruits – berries, such as strawberries and gojis work particularly well – to reduce the amount you consume and boost your nutrient intake at the same time.

*Lifespan', Autumn 2017*

**THURSDAY GROUP**—A very Happy New Year to all readers! There will be no meeting in January, however there will be a lunch on Thursday 18th January at the Pond Barn, 12noon for 12.30pm. The restaurant is under new ownership and those who went in November found it most enjoyable. We will be back to normal in February, with both a meeting and lunch. Look forward to seeing you! **For more details about the group, phone Helen on 672174 or Marjorie on 672696.**



**How do you scare a snowman? -**  
With a hair drier.

#### **EAST WITTERING**

The speakers at our November meeting were Tony and Lizzie Gilks, who arrived beautifully dressed in clothes suitable for their talk on “A Victorian Christmas”. Tony told us that it was 1932 before a red clad Santa appeared and 1939 before there was any mention of Rudolph! Twelfth Night was the traditional evening for parties when 24 blackbirds appeared in pastry shapes. Taking a lady from the audience, Tony declared his love for her, and then gave her 12 presents starting with a partridge in a pear tree and explaining the significance of each gift. He told us that the first Christmas card was produced in 1843 by Henry Cole. The following year he was approached by members of the public to print some more, and 1,000 were sold. Henry Cole also invented the postcard and perforations round stamps. Tom Smith invented crackers but after WWII their sale fell into the doldrums, so an 18 foot cracker was produced with a machine at either end to pull it. As they pulled it apart a double decker bus drove out!

In the competitions Mike Grant won for his onions and Joan for her potatoes. **The Annual Dinner this year will take place at the Boulevard on 24th February.** The next meeting was on 12th December when Joe Whisher told us the stories behind the “Blue Plaques of Southern England”.

**ROSEMARIE COX**



## IN THE STARS ...

Mercury can be seen just above the S.E. horizon at the start of the new year before dawn and very close to Saturn on the 13th.

On the 1st and 2nd, the Moon will be full and at it's closest to the Earth for this year, so will appear slightly bigger and brighter than normal. At it's closest it will be only 356,576 kms. away (perigee) giving us another 'super-moon', then unusually, there will be another full moon on the last day of January which is called a blue moon. On the 3rd/4th night there will be a Meteor shower from the now forgotten constellation of Quadrantid, which is low down in the N.E. This normally produces a short peak of about 80 shooting stars an hour, but this year the almost full moon will wash out all but the brightest ones.

Mars travels through Libra in the early morning sky and is very close to Jupiter on the 7th.

Jupiter rises around 03:30 and makes a lovely picture with the crescent moon just above it, then together with Mars on the 11th of the month.

By the month's end Saturn is rising in Sagittarius at around 06:30 and soon being swallowed up by the morning twilight.

The two outer planets Uranus and Neptune are now setting in the S.W. and West respectively, in the early evening.

For those of you with good binoculars there are two Comets to be seen at present, but both are below naked eye visibility. Comet 2016 R2 PanSTARRS will be near the constellation of Hyades in the first week of Jan., ending the month just below the Pleiades (seven sisters) in the S.E. Turn to the north and Comet 2017 01 ASASSN is near the Pole star (Polaris) and heading N.W. towards Cepheus. Happy New Year, good luck and keep warm. **PETE LITTLEJOHNS**



### 2018 CRUSE LINES POETRY COMPETITION

The 2018 Cruse Lines Poetry Competition has been launched following the success of the one organised in 2017.

Last year entries were received from all over the country.

There are three classes. Closing date for entries March 1st

- Class 1 Any Subject
- Class 2 Countryside
- Class 3 Memories. (following bereavement)

There will be cash prizes for each class, special prizes for the most amusing, and for the highest placed poem by an entrant under 18 on March 1st.

For more details please contact [cruselinespoetrycompetition@gmail.com](mailto:cruselinespoetrycompetition@gmail.com)

Although our W.I. has been suspended it had been decided, as the speakers had already been booked, to continue with the remaining two meetings – November's and December's. Our speaker for November was Sally Course, who had brought her very impressive concert harp with her. She started by explaining that harp players are very thin on the ground, which means they are in great demand. At the moment she is part of a group of eight harp players based in Shoreham. The best harps, she told us, are made in America and Italy. There are some still being played that are 100 years old. The best can cost as much as £45,000. Her harp weighs 41 kilos and she needs a large car to transport it. In fact when they are getting a new car they have to take the harp with them to make sure it fits! The harp is made of spruce, and cats have no need to worry, she said, as the strings are made from the intestines of larger animals! A harp has 47 strings compared with a grand piano's 88 but, Sally explained, with the aid of its 7 pedals, many strings can produce three different notes. Sally went on to play a medley of tunes from all over the British Isles and one that had been composed for Napoleon's Josephine.

After tea and cake our ex-county chairman gave us a pep talk, telling us not to be dismayed by our suspension as we can continue to meet together for coffee mornings or tea parties. She reminded us that we had been a continuous Institute for the last 75 years and we should not be dismayed. Rowan won Flower of the Month with a magnificent dahlia. Margaret closed the meeting telling us that the December meeting would be our last and it was for members only. It would be on 13th December.

**ROSEMARIE COX**



**Diner:** Could you fetch me a cloak and a sword, please?

**Waiter:** I'm sorry, Sir?

**Diner:** Well, if I'm going to have to fight this steak all night, I might as well do it properly.

**BURNS' NIGHT AT ST.ANNE'S**  
Saturday 27<sup>th</sup> January, 7.00pm for 7.30pm  
4 course supper - bring your own drinks  
Cost £20 - tickets from Sue Wiltshire

**Cherry Sloane** would like to “thank all those who contributed so magnificently to the hampers. I was so surprised and pleased to win the hamper on Saturday to go towards the Boxing Day lunch. Then I met Father Steve first thing Monday morning and he told me that Karen (from Manorfield) had won the other hamper and wanted to give it to me for my guests at the Boxing Day lunch. I was overwhelmed. I spoke to Karen and she



was happy for me to give a contribution to the food bank collection too. Thank you all so much. **Here** I should also like to record my very real thanks to Sue Wiltshire, Betty and, some years ago, Beatrice and her husband, who valiantly washed up, for their contribution to the Boxing Day lunch. Sue and Betty have certainly been on board for the 10 years I have been involved. I couldn't have done it without you. This year we

would appear to be on course for 60 lunches. It does seem that a great time is had by all who attend. Many thanks to St. Anne's for their support over the years.”

## HEARTSPACE

**Wednesday 17th January** “Laughter for Health” with Katrina at Bracklesham Barn 13.30-15.30.

Come along to a laughter session and discover the health benefits of laughing! It's a safe place to release those feel-good hormones and reduce your stress levels. How you feel is important – laughter is a great way to water those seeds of good health, joy and kindness within you. We use laughter/ breathing exercises and playfulness, which are simply prompts to encourage laughter.



Katrina will be demonstrating each exercise. It's easy to do and no experience is necessary. If you can breathe you can laugh! All levels of fitness are welcome as the exercises can be adjusted to suit your needs. Bring a smile and expect a warm welcome.

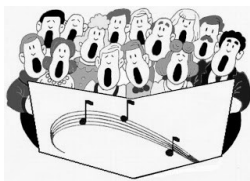
**Saturday 27th January** “Therapeutic Harps” with Alice McGarvie at Bracklesham Barn 10.00-12.00.

Come and get your hands on harps! Harps were considered healing instruments in ancient times and are still considered soothing today. Harp music has been shown to reduce anxiety and pain, aid relaxation and stabilise breathing and heart rates. Alice is an occupational therapist and harp therapist and her mission is to allow as many people to play harps as possible and enjoy the benefits. Alice has 7 small light weight harps for anyone who wants to have a go, and a range of gentle percussion instruments that sound good with harps.

You are welcome to play a harp or percussion instrument, observe, tap, sway, sing or dance, however you want to engage with therapeutic harp music. You can learn the basics, try out different sounds and play together in a group of harps. More info. [www.fromtheharp.co.uk](http://www.fromtheharp.co.uk)

When the war in Vietnam was at its height in 1968 the US Army was trying to find a way to help their soldiers' night vision. Someone, who obviously had no experience of living with a cat, came up with the idea of putting a special harness on them and getting them to lead the night patrols through the jungle in pitch black conditions! Approved by the military high command, the project was launched.

A report arrived at the Pentagon about a month later showing the behaviour of the cats had been thoroughly undisciplined and it was a miracle that none of the soldiers had been injured or even killed. Four cats were used by one squad that found themselves being led in four different directions. Others reported that their cats showed more interest in stalking birds and mice; others found their cats wouldn't go out in the rain, while others reported they were more interested in playing with the dangling straps of the soldiers' backpacks. Later it was discovered that some of the soldiers, who claimed that their cats had run away, had, in fact, given them to some of the women as payment for services rendered! Needless to say, the scheme was abandoned!

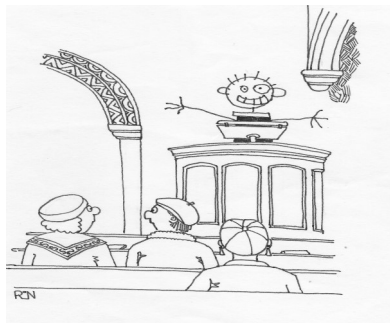


**Harbour Voices Community Choir** is 'singing in' the New Year with a special concert in aid of **St Wilfrid's Hospice DREAMBUILDING** appeal. The Choir, under the direction of Ben Lathbury, has already begun rehearsals for the concert.

The event will take place at St Paul's Church, Chichester on Saturday 20th January 2018 between 7pm-9pm. **Tickets are just £5 each** which includes a glass of wine in the interval. These may be purchased online at [www.dreambuilding.org.uk](http://www.dreambuilding.org.uk) or from a member of the **Harbour Voices Community Choir**.

All money raised will go to **St Wilfrid's Hospice DREAMBUILDING** appeal to create a brand new purpose-built Hospice, which will enable them to continue providing specialist palliative and end of life care to the community.

Construction of the new Hospice is due to begin in January 2018, and Bosham's Community Choir can think of no better way of showing its support, than by kick-starting fundraising for the New Year!



After several sleepless nights, the vicar looked badly drawn

One man's wage rise is another man's price increase. **Harold Wilson**

## FEATURES - Action for Deafness

**Action for Deafness (AFD)** is a **charitable company** limited by guarantee that was founded in 1994 by deaf people, for deaf people in Sussex. AFD is a not-for-profit organisation and relies on various sources of income including contracts, grants and voluntary donations. All surplus is reinvested in its services.

AFD is a **User Led** organisation which tailors its support to suit an individual's needs. The initial assessment work that is done ensures that we understand each individual from the very beginning, allowing us to meet their needs. It is much easier to make things happen when you know what you are aiming for. Success could be a service user returning to employment or volunteering with increased confidence or attending training sessions or social gatherings and making use of the communication support available. Since AFD was founded in 1994, it has come a long way. It is more ambitious and determined than ever to reach its goal of enabling and empowering deaf people by providing convenient access to a full range of services. It is single minded in achieving these goals.

**AFD has secured contracts with 4 Clinical Commissioning Groups and 2 ENT providers, delivering NHS audiology services from 12 sites. All locations are manned by highly skilled audiologists providing the best quality of service and results to the patients.**

In 2012, AFD was the first organisation in the UK to gain accreditation from the United Kingdom Accreditation Service (UKAS) against the IQIPS standards – Improving Quality in Physiological Diagnostic Services – for audiology services. Accreditation has been reconfirmed every year since. More information about AFD can be found on its website: [www.actionfordeafness.org.uk](http://www.actionfordeafness.org.uk)

My name is **Cathy Cobbold** and I am the Training Coordinator at AFD. My role is to devise and develop training to deliver to all. Current training opportunities include:

- **Lip Reading and better communication, delivered in Chichester, Bognor, Worthing, Steyning, Burgess Hill and Haywards Heath.**
- **A brief introduction to British Sign Language.**
- **Communication Tactics Training for patients new to wearing hearing aids – this unique course includes family members, friends, colleagues and so on. It is free of charge to all patients.**
- **Deaf Awareness Training to GP Surgeries, Gatwick Airport, Southampton University, Care Homes, Council Office Staff, shops and businesses.**

AFD will respond to feedback on its courses, so if you have any new ideas or suggestions, please let me know and I will investigate the idea fully. You can contact me directly at [cathy@actionfordeafness.org.uk](mailto:cathy@actionfordeafness.org.uk) or alternatively you can contact AFD at [info@actionfordeafness.org.uk](mailto:info@actionfordeafness.org.uk). If you prefer to call, the telephone number is 01444 415582. Please note I am not able to use a voice telephone but any of my colleagues who answer the phone will be happy to take a message on my behalf

*. Continued over page*

*Continued ...* Carole would like a series of articles for 'Parish Life', and AFD is delighted to help. I would prefer a sort of 'agony aunt' style page – you ask questions and I do my best to answer them (only on hearing, hearing loss or communication challenges please - I am not comfortable to go public with any other subjects!)

To give you a taster of the topics that may be covered, it might be useful to consider how much it would feel travelling in a car for a person wearing a hearing aid. As the driver you are looking ahead at the road (well, hopefully!) meaning the microphones on your hearing aids are pointing where you are looking. Therefore random chatter from the passenger next to you is bouncing off the windscreen and then coming into your hearing aids. Often the sound becomes distorted and clarity is lost. Even worse is when the passengers in the back join in, making voices travel all over the car and it's desperately hard to pick out one. Either you could sit in splendid isolation and let the passengers chat amongst themselves, which can get lonely. Or you can check out whether you have a loop or telecoil programme on your hearing aids which could enable a piece of equipment to help out. If you don't know what a loop or telecoil is, now's your chance to '**Chat to Cathy**' and ask me to explain for next month's edition.

***I hope our readers will take up this generous offer from Cathy, and if you do, please let me have your questions by the 8th of the month to give Cathy time to respond. Editor***

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*Satan is wiser than before and tempts by making rich instead of poor.*  
**Alexander Pope**

## THOUGHTS FROM THE SEA

### **Krishna, Jesus et al.**

In my usual evangelical mode I met some lovely Indians as I was entering the dunes from the beach.

They were three uni girls one of which was lost in a reference book. I said, "Hi, it's the first day of half term so you shouldn't be working."

They all had black hair and a red spot on their foreheads. The Book showed me the pictures in the bible she was carrying. It was like a children's bible with four brightly coloured pictures on one page. The important picture was Krishna. He is their Jesus and is the coordinator of the other beautiful representations of disciples who all have appointed jobs. Each had a symbol like Jesus has a cross, but each Hindu disciple has a totem pole like effigy to identify the job he's got.

These girls were all shining lights from heaven, spiritually uplifted in a gang. When I met them again the one was looking to God out to sea. I said again, "Hi, are you facing East?"

I pointed out that the prayer mat usually goes down facing East. Also all our churches face East with the sun rising over the altar to show the glory of God and the wonder of it all. Also we are buried facing East.

She didn't realise this and thought that they may be doing the same. They came all the way from Wembley or Harrow.

The posh new white Toyota Prius followed me up the road home. I waved them on their way..

**DB**



### ST WILFRID'S HOSPICE - WITTERINGS & DISTRICT SUPPORT GROUP

On Wednesday 17th January will be our first Coffee Morning of the New Year at Russells Garden Centre 10am to 11.30am. We hope you have had a Happy Christmas and New Year and look forward to seeing you as we begin another year of fund raising for St Wilfrid's.



### Messy Church Round up for October/November

Messy Church had its first Fundraiser in October. Assisted by a grant from A2 Dominion Housing, this enabled us to hire in a company called 'Track Party' to fill the Village Hall with lots of plastic train track and lots of trains! This was a community event and fundraiser to spread the word about Messy Church, and a family event. We had 35 kids attend with their adults and the children were engrossed in play for the whole 2 hours. We had some of the bigger kids assisting, i.e. the Dads, and we had some very long trains on the track.

### Messy Church November

There was no Messy Church in September so we started the school year with our first Messy Church at the end of November. We had 12 children with their parents come along, and our theme was 'God is light'. Some of the activities were based around helping to create decorations for our tree for the Christmas Tree Festival, and our main activity was helping the children to make Christingles ready to take through to the short celebration part of Messy Church. This month we had a new musician, Hannah, a mum who had come along to Messy Church since it started. Hannah plays Violin and Piano, which was beautiful to hear alongside our 'Bob' on guitar! We even had a little Christmas song from Father Steve!

Messy Church has now received a grant from the Parish Council, which will enable us with our running costs for the remaining Messy Churches this year, and we plan to buy more banners to spread the word about our new event around the area.

**Next Messy Church is on Sunday January 21st 2018 – Theme is the 3 Kings.**



Let your mind wander in the pure and simple. Be one with the infinite. Let all things take their course. *Chuang Tzu*

## **THE UNITED REFORMED CHURCH Oakfield Ave, East Wittering**

**Pastor:** Mr. John Gunning, "Glen Two", Bracklesham Lane,  
Earnley, West Sussex, PO20 7JE. Tel (01243) 511121

### **Sunday Services at 10 30 am**

Jan 7th John Gunning with early Communion at 10am  
Jan 14th John Gunning  
Jan 21st John Gunning with Communion in the Service  
Jan 28th Brian Goldsmith

*Children can attend a lively Sunday School during the second half of the service.*

### **Thursday Fellowship**

Jan 11th Pet Therapy with Alexandra Hughes (and her dog!)  
Jan 25th To be arranged

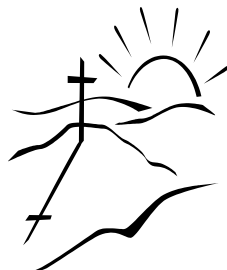
### **Every Monday Bible Study at 7.30pm**

### **Every Thursday Bible Study at 10.30am**

### **Thursday Fellowship Meetings**

2.15 for 2.30 on the 2nd & 4th Thursday of the month

### **Friday Tea and Chat 1.30pm**



## **ST PETER'S R.C. CHURCH, Church Road, East Wittering. Tel: 673194**

**Priest in charge:** Canon Tom Treherne  
(St Richard's Chichester) 782343

### **Sacraments**

**Sundays:** Mass 9.00am  
**Fridays:** Mass 10.00am

**Holy Days of Obligation:** 10.00am

**Sacrament of Penance:** First Friday of the month at 9.30am

