



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



<b>Rector</b>	The Revd. Stephen Davies. SSC The Rectory, Church Road, East Wittering, Telephone 672260
<b>Hon. Asst. Priests</b>	The Revd. John Williams, 28 Harrow Drive, 670843 The Revd. George Talbot, 512454
<b>Churchwardens East Wittering</b>	Barbara Blundell, Coneycroft, 17 Coney Road, 670791 Phyllis Jeffery, 10 Briar Avenue, 672001
<b>Earnley</b>	Pauline Norris, Rivendell, Earnley, 670754
<b>Hon. Secretaries of the PCCs</b>	
<b>East Wittering</b>	Rosie Hills, 33 Eton Drive, W. Wittering 670804 John Stant 670227 —stant815@btinternet.com
<b>Earnley</b>	Maureen Warwick, 671899 John Stant 670227—stant815@btinternet.com
<b>Hon. Treasurers East Wittering</b>	
<b>Earnley</b>	
<b>Gift Aid Secretary</b>	Mike Lawson, 670317
<b>Choir Enquiries</b>	Fr. Steve Davies 672260
<b>Organist</b>	Fr. John Williams 670843 Janet Aldridge 670924 Pauline Davies 01243 672260
<b>Sunday School</b>	
<b>Messy Church</b>	
<b>Safeguarding Officer</b>	Diana Strange Refer to church notice board
<b>Flowers</b>	Sue Wiltshire 671056
<b>Editor</b>	Carole Colman, 22 Peerley Close, 673217 Email: carolet7@btinternet.com
<b>Advertising Editor</b>	Dave Smith, 671776
<b>Magazine Distribution</b>	Sally & Steve Green 674441
<b>St. Anne's First Aider</b>	Mike Lawson 670317
<b>Village Hall Bookings</b>	Jenny Knotts, 3 Bracklesham Close, 670618

## 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.btck.co.uk](http://www.stanneschurcheastwittering.btck.co.uk)  
<http://facebook.com/stanneschurcheastwittering>

The views expressed in this publication are not necessarily the views of the Editor or the Parochial Church Council. Please support your local advertisers—they support us. **Copy for the June edition by 12th May please.** The Editor reserves the right to shorten copy.

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

## RECTOR'S LETTER



I hope this letter finds you well and that you had a joyous Easter. That has certainly been the case for us at St Anne's and Earnley - we had a very busy yet very reflective Lent with our Diocesan Lent Course. It enabled us to look more deeply at our vocational calling as part of God's family. Holy Week brought us its emotional highs and lows with the jubilation of Palm Sunday and the sadness of Good Friday.



Then came the transformation - not just in the way our churches were transformed by the magnificent efforts of our advanced publicity, which helped newcomers to join our worship, but by all those involved behind the scenes. There were the flower ladies, who worked so hard with all those arrangements to beautify and transform our church including those magnificent knitted window displays; then the musicians and choir, those who came to clean, preparing the church, sprucing up the brass and silverware and the washing and ironing of all the linen. The servers assisting the clergy, the church wardens and welcomers making everyone feel at home, the sacristan getting everything ready, so many people, each playing their parts, were involved to ensure the worship and hospitality would be at its best. Yes, in many ways Easter is busy but no more so than any other Sunday, as all these things happen week on week to ensure our praise and worship is fitting and pleasing to God. Indeed, Easter has a life of its own as the liturgy is structured so as to take care of itself.

And thus, with so many people involved in the preparations for our celebration, we moved through the drama of the Maundy Thursday Vigil in our own Garden of Gethsemane, through the trauma of Good Friday's crucifixion, to the joy of Holy Saturday when the church came alive from darkness to light at the Easter Vigil. The party afterwards was so well deserved. Easter Day brought many regular members and new visitors to church to listen again to those familiar Easter stories, of Mary's sadness and perhaps even anger at finding the empty tomb, only to be transformed when she realised that the Lord had risen - had risen indeed! We will know and experience throughout our lives the many mixed emotions of Holy Week, but from it we have the knowledge and hope of the joys of the Resurrection, and this is what makes us Easter people.

But all this work and preparation, which we as a worshipping family enjoy, is diminished when we look around at our community, where others do not know or understand the love of Christ for them.

The old neighbourhood spirit of helping each other is sadly diminishing as we become more insular as a society. Many people spend a lot of time, love and devotion caring for their houses and their garden plots, without any thought of offering help to their neighbour who may be less able to care for theirs, yet just a small amount of help would greatly enhance another's wellbeing. **'Love the Lord your God with all your heart and your neighbour as yourself'**.

## RECTOR'S LETTER

In our community people discard their rubbish - old fish and chip wrappings, cigarette butts and chewing gum are thrown onto the streets without any consideration for others, or for how it might make the place look untidy - when litter bins are so near.

We each have a duty to care for one another and our community. It is a matter of educating people, of setting a good, example that we might restore good neighbourly and community spirit. None of us likes being told what to do by authoritative figures - we all think we have rights and take exception to being told what to do. We become complacent. The same applies to our Christian faith. If we do not give it the respect and attention it deserves, we can become complacent, thinking that we've got to where we want to be and we become unwilling to accept guidance or direction. We are littered with all sorts of clutter!

Our Christian faith requires the same amount of preparation if we are going to greet our Lord face to face uncluttered. Christ died and rose again for us, so that our sins might be forgiven. He died to make us free. But he gave us freedom of choice with those two great commandments - **'Love the Lord your God with all your heart and your neighbour as yourself'**. If we can show that care for others, but also for how we have regard for his creation, we will then indeed know the risen Christ in our lives and in our community, **and truly become Easter people.** Alleluia!

*With love and prayers from Fr Steve.*

DO YOU KNOW YOUR HYMNS?

Dentist's Hymn	Crown Him with Many Crowns
Weatherman's Hymn	There Shall Be Showers of Blessings
Contractor's Hymn	The Church's One Foundation
Tailor's Hymn	Holy, Holy, Holy
Golfer's Hymn	There's a Green Hill Far Away

### THE LORD'S PRAYER

I had been teaching my three-year-old daughter, Caitlin, the Lord's Prayer for several evenings at bedtime. She would repeat after me the lines from the prayer. Finally, she decided to go solo.

I listened with pride as she carefully enunciated each word, right up to the end of the prayer:

*"Lead us not into temptation," she prayed, "but deliver us from E-mail."*



After the baptism of his baby brother in church, Jason sobbed all the way home in the back seat of the car. His father asked him three times what was wrong. Finally, the boy replied, "That preacher said he wants us brought up in a Christian home, but I want to stay with you and Mum."



I'm waiting at the bus stop to catch the 8.30 am bus to Chichester for my course that I'm doing on Fridays. I'm looking forward to making the acquaintance of a few more of my fellow bus-travelling Wittering residents. At the moment I'm the only person in sight. Ah, here comes one of the women employed by the local Co-op. Not only is she recognisable from my sorties into the Co-op twice a week, but she's also wearing her Co-op uniform.



“Good morning,” I say cheerfully, beaming one of my all-inclusive smiles as she approaches. Oh, she's not even looking at me...She must be hard of hearing...No, she can't be, she's wearing earphones. By this time she's actually passing me with the glazed look of one being programmed. Oh no, the robots can't have taken over already...or can they?



A young girl is making for my bus stop now. As she gets nearer I notice that she too is wearing earphones. I turn on my best smile again...she's looking at me. This looks more promising. Let's try again. “Good morning.” She takes out one earpiece, smiles back and looks enquiringly at me. “Going to work?” I ask as a warm-up line. She nods, gives me another smile and, just as I think I'm getting somewhere, puts her earpiece back in and looks down into her hand where she is lovingly cradling her control panel. Too late, she's being programmed for the day too! No chance of any interaction there then!

At this time of day there's a lot of school traffic passing on both sides of the road and particularly along the pavement, which is a good sign that people are beginning to recognise that they actually have legs that need to be used. Across the road, walking along the pavement, and probably on her way to nursery, is a small child with Mum and younger sibling. I wave to her. She smiles and waves back, bless her, keeping her eyes on me until her mother looks down at her to find out why she's dragging behind and sees me still smiling and smiles back. Perhaps there's hope for those two children at least. Still no sign of the bus, but I am having a bit more success with some of the mums and children going in the direction of East Wittering Primary School.

When it does come, I'm met by the sight of four schoolgirls, programming well underway, and a lad who, because of the absence of any sign of school uniform, is probably on his way to work. The lad is studiously examining his phone and exercising his thumb to communicate....but with whom...and about what...? Maybe he's been programmed already for the day.

Ears...voice....deaf....dumb....? As I sat on that bus making my way to Chi, all sorts of strange thoughts came into my mind. How is all this going to effect the human race in years to come – will we lose the ability to speak or to hear, to look people in the face and communicate with them or will we continue to withdraw into our own little personal bubble, where we think we are the most important scrap of humanity in this world. What if even, the recipient of Jesus' healing was the remnant of an earlier age, and we've gone full circle now and desperately need his Second Coming to put things right for us again.....



**ST ANNE'S FELLOWSHIP CIRCLE**

The March meeting was taken up with playing 'HOY' - sort of bingo but with cards – giant ones at that! Beatrice was standing in as chairman, replacing Sue who was sunning herself in Portugal! Questionnaires were handed out to all members present in an attempt to get more people involved in taking office and/or sharing out the jobs. It is hoped that members may be able to provide talks or activities to keep us all amused for half an hour or so during the afternoon proceedings, rather than relying on outside visitors all the time. This is in preparation for the AGM at the end of April when we're hoping to be able to produce a programme for the rest of the year.

The May Sunday Tea will be on 5<sup>th</sup> May and the next Fellowship meeting will be on 1<sup>st</sup> May.



**CAROLE COLMAN**



**THANK YOU!**

Tom and I would like to thank the family of St. Anne's for the very warm wishes and lovely flowers that were sent for our Diamond Wedding Anniversary.

We will celebrate in the Summer with a huge family gathering. Also, many thanks to Fr. Steve and Pauline.

**MARGARET BATE**



*Lord, grant me to see as You see -  
May I have the eye of truth.  
May I clearly see that which You in-dwell  
And recognise that which is corrupted by evil.  
Make me aware of times when choices,  
Which You see as vital, are being made.  
Lord, help me never to compromise  
With truth.  
May I never live at variance with what  
I know in my heart to be true.  
May I always remain faithful to the truth  
Which You have revealed.  
At all times, and above everything else,  
May I hold firmly to the truth of Your  
Unchanging LOVE.*

Taken from Words of Power by John Woolley



THE FLAME

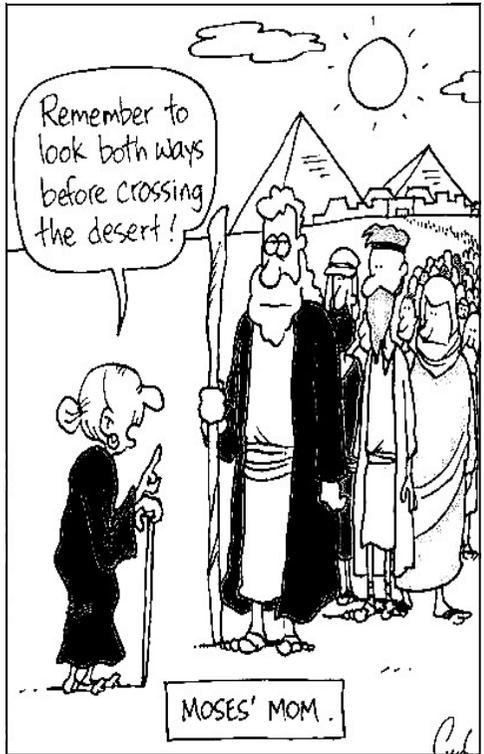
*It started with a little spark  
But it grew to bring forth light.  
It ignited and became a flame  
Of faith and hope and love.*

*The torch became a spot light  
Uncovering hidden sin  
That in itself brought freedom  
And a lasting peace within.*

*So we run the race before us  
Not for gold or silver or bronze  
But just to complete the journey  
This race we have to run.*

*Our prize is so much better;  
It's forgiveness of our sins  
And a promise of eternal life  
Knowing we've been faithful  
To our Master,  
Lord and King.*

JENNY SARGENT

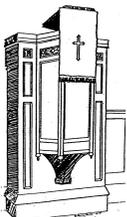


**DOES YOUR GROUP OR CLUB REQUIRE A PLACE FOR MEETINGS?**



**St. Anne's church may be able to help.**

**Contact Fr. Steve 01243 672260  
Or Barbara on 01243 670791**



A new pulpit had been installed in the Baptist church, and the young pastor and his elders were testing the acoustics.

*"We'll stand way at the back and see how you sound,"* said an elder.

*"What shall I say?"* faltered the pastor.

*"Say the first thing that comes to your mind."*

He blurted: *"I've not had a pay rise in two years. How does that sound?"*

## DON'T BE A DWEBB – BE A SCRABBLE CHAMPION

I love Scrabble! I come from a family of word-lovers and board-game enthusiasts. Much of my life-long love of words I owe to this extraordinary game. Champion Scrabble players have vast vocabularies. Here is an alphabet of my favourites;

<b>aa</b> volcanic lava	<b>azulejo</b> a Spanish porcelain tile
<b>bambi</b> born again middle-aged biker	<b>boobird</b> someone who boos
<b>caz</b> short for 'casual'	<b>cineaste</b> film enthusiast
<b>dweeb</b> quite stupid	<b>divi</b> very stupid
<b>ee</b> eye	<b>elint</b> electronic intelligence
<b>fetology</b> study of the foetus	<b>fjeld</b> a high, rocky Scandinavian plateau
<b>gosht</b> an Indian meat dish	<b>gymp</b> to limp
<b>hill</b> a scar on a seed	<b>huhu</b> a hiry New Zealand beetle
<b>io</b> a moth	<b>icekhana</b> a race on a frozen lake
<b>jerepigo</b> a sweet fortified wine	<b>jube</b> a gallery in a church
<b>kaal</b> an Afrikaans word for 'naked'	<b>koha</b> a Maori gift
<b>luz</b> an indestructible human bone	<b>lunkhead</b> a stupid person
<b>maxed</b> reach full extent	<b>mips</b> million instructions per second
<b>nox</b> nitrogen oxide	<b>nonwords</b> Yes, 'nonwords' meaning 'nonwords' is allowed
<b>oi</b> a shout for attention	<b>oreades</b> mountain nymph
<b>pht</b> a sound to express irritation	<b>patootie</b> a backside
<b>qin</b> a Chinese musical instrument	<b>qwerty</b> a keyboard
<b>ritornel</b> an orchestral passage	<b>rodney</b> a small Canadian fishing boat
<b>slyboots</b> a sly one	<b>sweetman</b> a Caribbean man kept by a woman
<b>tiglic</b> a syrup liquid	<b>tiz</b> a state of confusion
<b>ubique</b> everywhere	<b>ulva</b> seaweed
<b>veep</b> vice-president	<b>whump</b> to make a dull thud
<b>Waugh</b> to bark	<b>xerotic</b> abnormal dryness of bodily tissues
<b>xerfin</b> an Indian coin	<b>yuzu</b> a citrus fruit
<b>yahooism</b> crude behaviour	
<b>zzzs</b> sleeps	

**GYLES BRANDRETH** *writing in the Daily Mail. October 27<sup>th</sup>, 2018*

### WHY YOU START TO FORGET

New research has indicated that short and long-term memories are laid down at the same time in two different areas of the brain – the hippocampus and the pre-frontal cortex. Thus, the brain may create two versions of a memory at the same time. While the short-term memory of the hippocampus is strong and vibrant, the memory laid down in the pre-frontal cortex remains 'silent', taking another two weeks to mature into a fully recollectable event. At the same time, the strength of the short-term memory appears to fade.

Scientists believe that as we age, there is a shift in the balance, in which area of the brain is engaged as a memory is recalled. This may help to explain why our memories can become fuzzy.

*Taken from the Daily Mail, January 12<sup>th</sup> 2019*



## DIARY DATES

- Tuesdays** 'Meet & Greet' - Memorial Hall, W. Wittering 10am - 1 pm  
**2nd Tuesday - Garden & Wine Club** - E. Wittering VH 7.30pm  
**1st & 3rd Tues (Sept-May) - Wittering Camera Club** - Sports Pavilion, Rookwood Road, W. Wittering, 7.30pm
- Wednesdays** **Youth Drop In Centre**, - W. Wittering Pavilion, 7.00 - 9.00pm
- 4th Wednesday - St. Anne's Fellowship Circle** - E. Wittering VH 2.30pm
- Thursdays** **1st Thursday-The Thursday Group** - Bracklesham Barn 2.00-4.00pm
- 1st Thurs** **Citizens' Advice Bureau** back of Health Centre 9.30-11.30am
- Last Thursday - VIP (Visually Impaired) Club** - Medical Centre 2.30pm  
For more information or a lift please contact Jean Church on 670799.
- Fridays** 'Tea & Chat' at the URC Church , Oakfield Avenue. 1.30 pm onward

## MAY

- Sunday 5<sup>th</sup>** Easter 3
- Sunday 12<sup>th</sup>** Easter 4
- Wed 15<sup>th</sup>** St Wilfrid's Coffee Morning (Page 26)
- Sunday 19<sup>th</sup>** Easter 5
- Sunday 26<sup>th</sup>** Easter 6
- Thurs 30<sup>th</sup>** Ascension Day



## FROM THE REGISTERS

### The Recently Departed:

**Fr Dennis Cornish**

**Florence Purchase**

**Nora Steer**

*"In my Father's house there are many rooms....."*

John 14 v.2





### ST. MATTHIAS – ALCOHOLISM,

We know very little about **St. Matthias**. In fact he is mentioned only once in the Bible. This is in The Acts of the Apostles 1 v.15-26 when lots were cast to find a replacement amongst the disciples for Judas, who had betrayed Jesus. The number, it was thought, had to be brought back up to 12 and the lot fell on Matthias.

Inevitably legends grew up about him. One of these is that he went to Ethiopia where he preached to cannibals. Another is that he died in Jerusalem – stoned and then beheaded. St. Clement, an Egyptian theologian from Alexandria, in one of his letters, quotes the following as having come from St. Matthias:

**“We must combat our flesh, set no value upon it,  
and concede to it nothing that can flatter it.”**

It would seem that this appeal to Christians to practise self-control is the sole reason for him being regarded as the patron saint of recovering alcoholics. His feast day is on 14th May.

It is said, however, that at some time in the future Matthias could have a rival for this title. – the Venerable Matt Talbot of Dublin. Coming from a family of heavy drinkers, Matt himself from the age of 12 years was drunk everyday until he forswore alcohol at the age of 28. Following a regime of intense prayer, good works and hard physical work daily, he overcame his addiction and died in 1925. There are on-going campaigns for him to be canonised.

### ST. UBALDO BALDASSINI – AUTISM

**St. Ubaldo Baldassini's** (c.1100-1160) connection with autism is even more tenuous than Matthias' with alcoholism! Born in Gubbio in Umbria in Italy in the 12<sup>th</sup> century, his mother is described in his biography as having some sort of developmental problem, which has led fairly recently to his connection with anyone on the autism spectrum. Ubaldo was sent to study at the Monastery of SS Marian and James. It



was here that he decided to become a priest. After he was ordained the bishop made him prior of the canons of Gubbio Cathedral. A number of them had not been performing their duties very conscientiously, and he and the remaining canons took them in hand and set an example, which other cities in due course adopted. The Bishop of Perugia died and the clergy of the city wanted Ubaldo to take his place. Ubaldo did not want to be a bishop and he hid for a while, and then went to Rome to plead with the Pope not to appoint him. Pope Honorius II agreed, but, when the bishop of Gubbio died two years later and the whole of the city wanted Ubaldo to take his place, his pleas fell on deaf ears and the Pope insisted that he become Gubbio's new bishop. Ubaldo had no choice but to comply.

Ubaldo was courageous as well as saintly, and there is a story of how he waded in to stop the combatants in a violent street brawl from killing each other. He pushed into the middle of the fight. Those involved were so surprised to see him there that they stopped, giving Ubaldo enough time to talk some sense into them. His feast day is on 16<sup>th</sup> May.

## THOUGHTS FROM THE SEA

### YOU

What a mess in the morning, where do you start. It's the little things we always do that one by one gets ahead of you. As they get out of the way we can reveal the true start of the day. Hello sun it was the moon but instead of dream we have reality.



It is easy when day order comes to serve the state and follow others. But when we own our time and have it free it's like magic moments coming to me.

What shall we do? Hello world.

At half past seven the kettles on to reset the body and open the mind. But don't forget you are on your own don't be pushed by TV, news and worldly matters it is existence that matters. Mind how you cross the road and see what is left to eat in the kitchen cupboards.

And then there are things to do but after done we can have some fun. This is what really matters. Pleasure.

If you've got loved ones close at hand one can juggle time together, however, it is not easy to discover what really matters to your world. A dog will lead but so must you to get the joy that is inside of you. Hello you.

I didn't know you, you change in many colours. It's like beauty it's revealed in variety. Who are you today the same as yesterday?

*What is this life if full of care  
We have no time to stand and stare  
To stand beneath the leaves and boughs  
And stare as long as sheep and cows*

*The kiss of the sun for pardon  
The song of the birds for mirth  
One's nearer God's heart in the garden than anywhere else on Earth.*

**God bless you individually.**

### DID YOU KNOW ....?

J. K. Rowling's *Harry Potter and the Philosopher's Stone* was rejected by a raft of publishers. It was eventually taken up by Bloomsbury, a small London publisher, after its CEO was persuaded to publish it by his insistent eight year old daughter.

### DID YOU KNOW....?

In 1988 Gloucestershire had to abandon its Sunday League cricket match against Swindon because the team's groundsman had got his cans mixed up and sprayed weedkiller all over the pitch rather than fertiliser.



## FEATURES

### SITTING COMFORTABLY? INACTIVITY ‘KILLS 70,000 A YEAR’

Usually you’re advised to sit down when receiving unwelcome news.....but in this case, perhaps you’d better not. Inactivity is thought to be killing almost 70,000 people in Britain a year, researchers have found.



Experts say we have a ‘sitting-based economy’, in which the majority of working adults spend their days bound to a desk. A study found that 30% of us spend at least six hours a day seated during the week. The figure rises to 37% at the weekend. Researchers at Queen’s University, Belfast said those who are often sedentary have an 88% increased risk of Type 2 diabetes, a 14% increased risk of heart disease and a 25% increased risk of an early death. The risks of lung, bowel or womb cancer each go up by roughly 30%. The academics, writing in the BMJ Journal, of Epidemiology and Community Health, calculated the NHS spends £762 million a year dealing with the consequences. They added that one in nine of annual UK deaths – 69,276 in 2016/17 – are linked to sedentary behaviour. Study leader Leonie Heron, from QUB’s Centre of Public Health, said many deaths ‘could have been avoided if sedentary behaviour was eliminated’.

Health officials have also repeatedly warned that Britain is in the midst of an ‘inactivity epidemic’. Dr. Mike Brannan, national lead for physical activity at Public Health England, said, ‘People should sit less and move more.’ He urged those who sit at work to take regular breaks to move around. Some experts think a lack of exercise does the damage, while others say not moving your muscles for hours at a time can be harmful in the long run.

**BEN SPENCER, Medical Correspondent writing in the Daily Mail, March 26 2019**

### HOW TO SIT LESS: GET RID OF THE TV REMOTE

- Move everyday objects that you need out of reach – and don’t use the remote control, walk to the TV and walk around during the ad breaks.
- Use a timer to remind you to move, if only for a few minutes every hour – wear a fitness tracker so you can see how you’re improving your movement day by day.
- Fidget while you sit. Prolonged sitting allows blood flow in the legs to slow which over time can contribute to cardiovascular disease. However, a 2016 study in heart and Circulatory Physiology found that foot tapping for one minute every hour could improve blood flow. Fidgeting also burns more calories.
- At work swap sit-down meetings for talks while you walk round.
- Stand on public transport.
- Meet friends for a walk rather than for a sit-down in a coffee shop.



**Taken from the Daily Mail, 26 March, 2019**

## FEATURES

### ELECTRIC SHOCK TRIAL GIVES HOPE ON BACK AGONY



A revolutionary treatment to relieve back pain will be available to patients for the first time in a trial at an NHS hospital. If successful, researchers hope the spinal cord stimulation could be offered to the ten million people across the country, who suffer from the condition, the leading cause of disability in Britain. It works with an implant which delivers small electric shocks to the spinal cord, interrupting pain signals travelling to the brain.

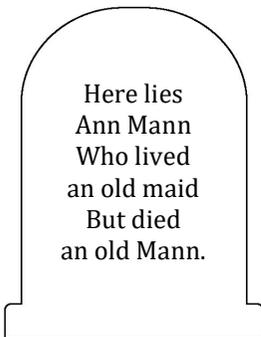
Guy's and St Thomas' NHS Foundation Trust in central London is running the trial, with 100 patients having the implant put into their lower backs, although only half will have the device switched on. Pain levels will be monitored to see if those with an active implant see an improvement. Neither patients nor doctors will know which are switched on. Consultant Adnan Al-Kaisy, who is leading the trial, told *The Times*: "This unique study has the potential to completely revolutionise how we treat chronic back pain on the NHS. Unlike major back surgery, spinal cord stimulation is reversible and patients can be treated in a day, so it's very cost-effective."

Back pain is said to cost the country £12 billion a year. The implants, which each cost around £19,000 and need daily charging, have been given the nod by NHS approval body NICE for certain types of back pain.

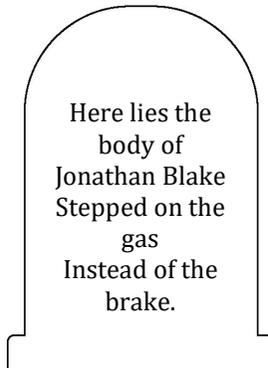
**Taken from the Daily Mail, 30 March 2019**

### EPITAPHS FOUND ON HEADSTONES

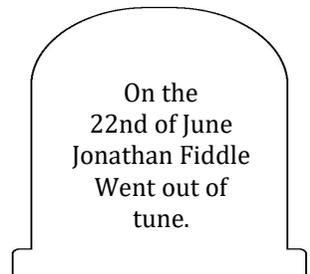
#### *IN LONDON:*



#### *IN PENNSYLVANIA:*



#### *IN HARTSCOMBE::*



## FEATURES



### BOOK NEWS

It is an enormous pleasure for me when a customer comes to King's Bookshop asking tentatively for a title and I can respond, "Yes, of course we have a copy." Many of those elusive books I read when I was very young, so I know that someone somewhere will want to track them down. I found myself in the same position recently when I recalled a book I loved when I was *very* young (i.e. rising 9). The precious volume had been lost and I wanted it again. It was, of course, a children's story called *Puffin, Twink and Waggle at Home*. I was addicted to tales of trios – *Pip, Squeak and Wilfred* (which I found in Brighton twenty years ago) and *Josie, Click and Bun* which I never lost and has been on my bookshelf for 75 years.

Thanks to the persistence of Kim's Bookshop in Chichester I have now been reunited with lovely Puffin, Twink and Waggle and a joy which I had not appreciated at the time is contained on the title page. It is the publisher's address which reads:

University of London Press Ltd  
War-Time Address  
St Hugh's School, Bickley, Kent

Oh the joys of nostalgia in a world of  
books!

**JOHN HYATT**

### JACK'S JOURNAL



Since I returned from my winter holiday I have been busily exploring my old haunts in East Wittering. John and I have been running (well, one of us has) up and down the beach every afternoon, and people have kindly commented that I am getting both faster and slimmer. Unfortunately, however, this may not go on much longer.

It is now the merry month of May but there's not much to laugh at on the beach. An official notice issued by the District Council states that the area between Groynes A49 and 51 is out of bounds to me and my chums for the duration of the summer. John and I investigated further; he cast an eagle eye over the groynes and any other promontory, and I sniffed round them till my nose was sore. We could find no identification of said groynes. John thought it possible that these kill-joy councillors might have had the numbers tattooed on their own groynes but neither of us wanted to pursue that possibility.

The least risky entry on to the lovely East Wittering beach is at the end of Shore Road. Access down the steep sliding shingle between there and Bracklesham Bay is fraught with danger. Could it be that local councillors are hoping to build a hard border to deter anyone wanting to reach Europe from East Wittering? They're doing their best to stop everyone enjoying our seaside heaven.

### DID YOU KNOW....?

Kenneth Grahame's *Wind in the Willows* was rejected on the grounds that it was 'an irresponsible holiday story'.

New mother: *What is the most difficult thing I'll need to learn?*

Nurse: *That other women have perfect children too.*

*An interview with Ramez Atallah who runs the Bible Society in Egypt*

### ***How did you come to faith?***

I was born and brought up in Egypt in a wealthy family, my grandfather was very wealthy. But in the 50s the socialist regime began nationalising big businesses and the government took over my grandfather's business. My grandparents escaped to Canada and I was smuggled out to go and live with them, but my parents couldn't leave. A few months after I got there, my grandfather died and my grandmother went back to her family in Lebanon, so I was on my own at 16. My parents then escaped Egypt, but couldn't get to Canada, so I had to negotiate with the government, and eventually we were given asylum. During that summer when I was alone, through the witness of the local church, I came to know Jesus and had the burden to share the Gospel with the people of Egypt. It took me 18 years to go back, but I planned it very carefully. I got a degree in social work as a councillor and then went on to do theology, so I could be equipped to teach the Bible. During that time I met my wife at university. We moved back to Egypt in 1980. The Bible Society was very small when I joined it, we had 3 bookshops and 13 staff and now we are one of the biggest Bible Societies around the world. We have 220 staff, 17 bookshops on the streets, endless activities and many publications. We have 45 fundraising staff, doing more than 800 Bible Sundays per year.

### ***What's the church context in Egypt and how do you work with them?***



Egypt has about 100 million people, between 10-15% are Christians, the majority belong to the Coptic Orthodox Church. All the churches in Egypt can only accommodate 20% of Christians at one time, churches are packed. Most churches are thriving, Christians are increasing in population and we have some Sunday Schools with 10,000 children. As young people get older the church attendance numbers decrease, so at Bible Society we're focusing on engaging teenagers through big events like 'You've got Talent' contests and bible quiz competitions around the country. Church leaders have found in Bible Society a way of reaching young people, so churches are very supportive of our work as we seek to serve them.

### ***The Christian community is thriving in Egypt, what can we learn from you?***

When you face opposition, you need a reason to be a Christian. Living as a minority makes you more committed to your Christian identity. When you are discriminated against you have to work harder at university, you have to make a greater effort. I believe that being a minority in a Muslim majority makes you more attached to your faith, or you quit your faith. There's no middle road.

*Taken from Spring's 'Word in Action', a Bible Society publication*



## BILL'S STORY

*The journey to becoming a Big Issue vendor is seldom straightforward. Few of us expect we'd be selling the magazine. I'm so very grateful for the big hand up that's been extended by people ....*

My name is Bill. I was a Big Issue vendor in Bournemouth for six years. But my journey started long before then. I'd been running a pub in Kent when I had a nervous breakdown. I'd worked four years without any time off and I just couldn't take it any more. Handing in my notice was the only option left. But I didn't just lose my income. I lost my home too. You see my flat came with the job. Suddenly I was homeless.

I didn't have anywhere to go, so my dog Chloe and I set off on a long trek around the south coast. We slept wherever we could find shelter. Eventually we found a cave where we stayed for six months. It's not everyone's cup of tea but we quite liked it, actually. Unfortunately, some of the locals didn't see it our way and we had to leave. By the time we arrived in Bournemouth we were ill, exhausted and penniless. It was then that we first came across the Big Issue family.

I saw a vendor in town and asked him if there were any safe spots to put up a tent for the night. He showed me where he was staying and told me about the support The Big Issue Foundation provides to people who are homeless. I thought I might as well give it a go and so the next day I went in and met Liam, the main Service Broker there at the time. Liam was very efficient and also very friendly and understanding. He prioritised our health, arranging for me to see a doctor so I could get a prescription for some essential medication that had run out, and he also organised a check up with a vet for Chloe. Next, Liam persuaded me to attend the blood-borne viruses drop in clinic. Long story short, I found out I had hepatitis C, which attacks the liver. I was offered treatment, but they wouldn't go ahead with it until I was securely housed, because of the severe side effects. Liam had already helped me to have my Employment and Support Allowance reinstated, and I was slowly building up my micro business selling The Big Issue, but I didn't have enough for a deposit, let alone to furnish a flat.

Incredibly, The Big Issue Foundation came to the rescue, by liaising with other providers and dipping into the Vendor Support Fund to come up with enough money to help me move into my own place. That's when I started to really rebuild my life. The HepC treatment was successful, and I was getting involved with as many opportunities through The Big Issue Foundation as I could. I took part in several accredited courses and regularly spoke to nursing students at Bournemouth University about my experiences of living on the street. I was always building on my skills and there was even some career progression, with a promotion from vendor to vendor co-ordinator. Things were looking up!

My heart sank when I found out the landlords wanted to sell our flat. Determined not to fall after all the progress I'd made, I found myself another place to live but it didn't work out and suddenly Chloe and I were back in the tent. I'm not going to lie, it was difficult.



## BILL'S STORY

You don't expect things to go backwards when you're working so hard to move forwards. You start wondering if there's any point. But the team at The Big Issue Foundation was brilliant. They reminded me of how far I'd come and encouraged me to keep fighting. And I'm so glad I did because once again we're safely housed in our own little place with heating and furniture and a secure roof over our heads.

But that's not where my story ends. You see, The Big Issue never let me stop talking! Whether standing on a stage in front of 300 people at The Big London Walk kick-off; delivering workshops to students; or chatting with every kind of customer you could imagine – public speaking has been a big part of my journey. So, when a local brewery advertised for a tour guide it was a no-brainer. I'd become a confident public speaker, I've always loved beer (as opposed to lager) and I'd like to think I know a thing or two about it from my time working as a publican.

I now have a job at Southbourne Ales. I take groups of visitors around the Victorian-inspired taproom and talk them through the craft beers we make here in Bournemouth. Perfect! I've been determined to give back to this life-changing organisation every chance I get. I've walked half-marathons on cold rainy nights; raised money for several events and told my story in front of hundreds of people in the name of The Big Issue Foundation. No ask is too big, no task too much if it means flying the flag for the people that kept me going through the darkest times. I marked the end of my vending days by giving back my tabard in April 2018. Less than a year later, in March this year I won the BH Stars Rising Star Award for my work at the brewery.

### BILL AND CHLOE



## FULL STOPS

In texts and tweets and even e-mails, some people seem to think any punctuation unnecessary. Wrong. It may take you marginally less time to write, but it will almost certainly take the intended recipient marginally longer to absorb. That is why, for example, in the age of the telegram, where you paid for each word used, senders were ready to pay to include the word STOP if it helped make their message more comprehensible. In a nutshell, in contemporary written English full stops are used:

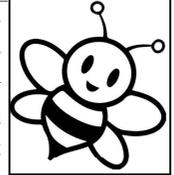
1. To mark the end of a sentence that is a complete statement: You are reading my book. Thank you.
2. To mark the end of a group of words that don't form a conventional sentence, so as to emphasise a statement: You are reading my book. My book. Wow. Thank you.
3. In some abbreviations, for example, Jan., but if a full stop comes at the end of a sentence, you don't need to add another full stop.

**GYLES BRANDRETH** *writing in the Daily mail, October 27<sup>th</sup> 2018*



## EAST WITTERING GARDEN AND WINE CIRCLE

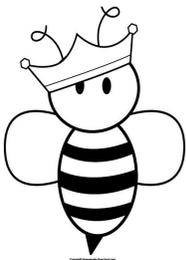
Cyril opened the April meeting on a cold, wet evening, welcoming many intrepid members and one of our favourite speakers – **Roy ‘The Honey Man’ Godfrey**, who was to tell us “**All about the Bees**”. He started by telling us that he had been beekeeping for many years and still had a number of hives, which are mainly kept in gardens. He owns the hives but he does not own the bees who are, in his own words, “free to buzz off any time they feel like it”. He explained how it is that beekeepers rarely get stung. They use a smoking device powered by dried grass cuttings left to smoulder. The bees are overcome by the smoke which fills their abdomen, this encourages them to eat because, as they think the hive is on fire, they have to make their escape with whatever they can carry. In this situation they are unable to use their sting and the beekeeper escapes injury! When a bee stings it loses part of its intestines and dies within two hours.



The honey bees live only for five weeks during the summer and eight weeks into the winter. The queen, however, can live for two or three years during which time she lays 2000 eggs a day, which could amount to about 3 million over her lifetime. When her usefulness starts to dwindle, the waxer bees form a large waxed egg cell, an egg is placed inside and the cell is sealed but still allows the nurse bees to feed the baby bee, When the bees are getting old they are put on guard duty at the entrance to the hive to repel invaders. As there are few flowers in winter for nectar and pollen to be gathered, the bees exist on what has been collected in the summer and stored in the hive.

Roy then showed us pictures of what happens inside the hive – egg cells being hatched, bees returning and depositing their nectar then making their way up to the top of the hive for ‘40 winks’ (Roy’s words). In Spring hives are loaned to farmers, especially those with apple orchards, for pollination. In order to find the best flowers for nectar scout bees are sent out and return to do their ‘Waggle dance’, which, taking their readings from the sun, with a waggle of the rear to the left or to the right informs the waiting teams of bees in which direction to go. A bee’s limit of flight is about two and a half miles.

The queen is very fussy about cleanliness and will not lay an egg in a cell that has not been cleaned properly. The nurse bees fill up the cell with honey for the baby bee to feed on. The keeper can find out how the prospective new queen is progressing by looking at her eyes, which keep changing colour before she is born. Roy told us that he used to put a



small paint mark on the back of the queen bee to identify her. The queen is always bigger than the other bees but sometimes she can get lost in the throng. The larger eggs in the cells turn into drones which can be identified by their eyes, which are much bigger and take up most of their face, whereas honey bees have eyes on the side of their heads. After the new queen is born, she is allowed outside the hive for four days to mate with about 12 drones who circle above the hive. When she returns she fights with the old queen sometimes to death. However, Roy has a retirement hive where he puts his old queens!

The final pictures Roy showed us were of swarms, which he told us can happen about now. He’s had to collect swarms from some difficult places – one was down a chimney which it had occupied for 10 years!

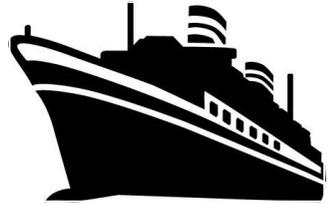
Continued opposite .....

## FEATURES

### TOP TEN SILLIEST QUESTIONS ASKED ON A CRUISE SHIP

- Paul Grayson, Cruise Director for the Royal Caribbean Cruise Line

1. Do these steps go up or down?
2. What do you do with the beautiful ice carvings after they melt?
3. Which elevator do I take to get to the front of the ship?
4. Does the crew sleep on the ship?
5. Is this island completely surrounded by water?
6. Does the ship make its own electricity?
7. Is it salt water in the toilets?
8. What elevation are we at?
9. There's a photographer on board who takes photos and displays them the next day... the question was asked: 'If the pictures aren't marked, how will I know which ones are mine?'
10. What time is the Midnight Buffet being served?



### FOR THOSE ON THE ROADS - A FEW HYMNS

- |         |                               |
|---------|-------------------------------|
| 30 mph  | Pass me not, O gentle Saviour |
| 50 mph  | God Will Take Care of You     |
| 70 mph  | Nearer My God to Thee         |
| 85 mph  | This World Is Not My Home     |
| 95 mph  | Lord, I'm Coming Home         |
| 100 mph | Precious Memories             |



Continued .....

There are about 25,000 bees in a swarm and we were advised, if faced with one, to contact the authorities

Roy had brought some of his honey with him, giving us an opportunity to purchase some.

The competition was judged by Roy on the flowers most attractive to bees – Joan won.

Our next meeting is on 14<sup>th</sup> May and is the AGM. Any member willing to join the committee should inform one of the present committee members or Cyril himself. Visitors are always welcome. Look forward to seeing you all next month.



**ROSEMARIE COX**



### INCA TREK TO MACHU-PICCHU, PERU 2020

The Inca Trail is one of the most popular trekking trails in the World. An exceptional challenge, the Inca Trail reaches an altitude of over 4,200 m and consists of hiking through sub-tropical vegetation, cloud forest and embracing snow-capped peaks. The days trekking will be hard, but the spectacular views of river valleys far below, Phuyupatamarca (“the town at the edge of the clouds”), and reaching the lost city will never be forgotten. Find out more about how to join us on this mystical Inca challenge by registering your interest at [stwh.co.uk/support-us/events/inca-trek-trail-to-machu-picchu-peru](http://stwh.co.uk/support-us/events/inca-trek-trail-to-machu-picchu-peru)

### MOONLIGHT WALK ON 11<sup>TH</sup> MAY



A walk to remember a loved one, a walk for fun with family and friends and a walk to show you care. Starting at Westgate Leisure Centre, you can take a 5 or 10-mile route which includes the specially lit Bishops Palace Gardens. Just £17 per adult and £14 per child (10-17yr olds). For the first time St Wilfrid's are offering individual fundraisers

the opportunity to earn 'Super star walker' status to receive a special hoodie if they can raise over £200 each. Further prizes are on offer for the top 3 teams and the top 3 best individual fundraisers. Every penny counts as St Wilfrid's completes its £16.2 million move to Bosham this Summer. For more information visit [stwh.co.uk/moonlightwalk](http://stwh.co.uk/moonlightwalk)

### RIDE LONDON

Pedal like a pro on closed roads through iconic London streets with transfer to and from the event also available. Suitable for novice and experienced cyclists alike.

**To book your place on #TeamWilf register before Friday 25th May.**

### BUNGEE AT BRIGHTON MARINA

Take a leap of faith with a 160ft bungee jump! Appreciate the views of Brighton beach and distant shoreline on one side of the bungee jumping cage, admire the city lights of Brighton and Hove on the other.

Face your fear and help raise funds for St Wilfrid's Hospice to continue supporting families facing terminal illness. Register now for Saturday 7th September 2019. Adventurers aged 14 years and older only need apply.



## SKY'S THE LIMIT WITH ST WILFRID'S

Fancy a unique walk with a view? Soaring 170 metres above Portsmouth Harbour, the Emirates Spinnaker Tower is taller than the London Eye. If you're brave enough to join #teamwilf and tackle the 100 meter abseil, there are two summer dates to choose from - Saturday 29<sup>th</sup> June or Saturday 20<sup>th</sup> July. Want to learn how to fly? St Wilfrid's are looking for people to make a sponsored 10,000 feet freefall tandem parachute jump.



There are now two opportunities to take the Leap4Love all taking place at GoSkyDive in Salisbury, the country's premier site for first time skydivers. Choose between Saturday 8th June or 28th September. If you raise enough sponsorship you can jump for free!

For more details of all these exciting events visit [stwh.co.uk/support-us/events](http://stwh.co.uk/support-us/events) or contact the St Wilfrid's Hospice fundraising office on 01243 755827.

*As a disciple, it wasn't easy to sneak away from Jesus for a day of golf.*



## DID YOU KNOW ....?

Stephen King's first novel *Carrie*, was rejected 30 times with one of the publishers commenting, "We are not interested in science fiction which deals with negative utopias. They do not sell."



Body language can influence how you feel. Sitting up straight creates positive emotions but hunched shoulders can leave you feeling down in the dumps. And faking a smile promotes happiness while frowning has the opposite effect.

### MEN'S BREAKFAST 8.30AM SATURDAY 1ST JUNE PLEASE NOTE EARLIER START TIME(DOORS OPEN AT 8.00AM)



**THE BARN (HARVESTER),  
BARNFIELD DRIVE, CHICHESTER PO19 7AG  
(Opp Homebase -Free Parking)**



**Phil Hemsley, a recently retired mechanical engineer  
in the power industry, will join us at our next men's  
breakfast on 1st June. We look forward to a really interesting talk.**

Phil Hemsley grew up in a secular family, and dismissed God as a teenager preferring to pursue science and cricketing interests. Launched into engineering with a First from Cambridge Phil retired last year and remains a Fellow of the Institution of Mechanical Engineers. However, his life changed with the new millennium. Having his open-mindedness challenged led Phil on a voyage of discovery about the evidence for Christianity leading to him being baptised in Easter 2000.

Phil's enriched life since has included trips to a centre for street kids in Mozambique (founding a charity to support them), working for Christian Vision for Men, preaching in his local prison, helping run a church youth group, leading a series of Science and Faith evenings, writing two books on Christianity and science, and maintaining a blog "Thoughts from a Minimalist Christian". His strong social conscience has led him to stand for election as a Borough Councillor and to take a leading role in his local Labour party and he is about to embark on training to become a Lay Reader. Come and hear more about his life, and how his examination of science and Christianity has strengthened and broadened his understanding of both.

**As always, we welcome all men irrespective of faith or none. It's an excellent opportunity to bring along non-Christian friends and neighbours to join us for breakfast, fellowship and to hear this interesting and maybe life changing talk.**

**Cost Just £8** - includes the 'Harvester recommends' or other set cooked breakfast (there are several) or waffles & eggs plus unlimited coffee/tea, unlimited cereals, toast, pancakes etc from the breakfast bar (for an extra £2 you are welcome to order the unlimited breakfast! which means you can have as many cooked items as you wish).

**Contact Peter Sutton 07813 024 585**

### DID YOU KNOW....?

American novelist Truman Capote was onto something when he started thinking horizontally. Research shows stress is the enemy of creativity and we feel more relaxed on our backs, with people solving anagrams in about 10% less time when lying down compared with standing up!

### A MOTHER'S POEM

*"Cleanin' and dustin' can wait for  
tomorrow.*

*Babies grow up, I've learned to my  
sorrow.*

*So quiet down cobwebs; dust go to sleep  
I'm rockin' my baby, cause babies don't  
keep!"*

### WITTERINGS MEDICAL CENTRE PATIENT PARTICIPATION GROUP



### SANDCRUISERS AT WEST WITTERING BEACH

By Craig Rathbone, Committee Member WMCPG

If, like me, you have a mobility issue, or maybe you have a friend who just can't walk as far as they used to, then this could be good news for you. West Wittering Beach now have two adult and one child Sandcruiser wheelchairs that can be used to gain access to the beach



I am a large chap but with the help of my carer, I was able to get down to the beach and the sea. My carer reported it was easy to push, even on the sand. You must book in advance as the Sandcruisers, which resemble a moon rover more than a conventional wheelchair, are very popular especially in high season.

Bookings can be made by phoning the Beach Office on **01243 514143**. Once you arrive on site, visit the office - situated before and to the left of the car-parking barrier, where you will be asked to sign a disclaimer and leave a deposit of £20, refundable when you return the Sandcruiser. There is no hire charge.

The Office is open 9.00 am to 4.00 pm. The cost of parking varies from £8.50 peak season to £2.00 out of season. Blue badge holders can get a reduced-price annual pass at £33.00 by contacting the Office.

### GP APPOINTMENT? CAN'T MAKE I? DON'T NEED IT? CANCEL IT!

Last month 80 people failed to attend their appointments. Over the last 12 months 900 appointments were unattended. That's equivalent to 150 hours over a year, where GPs could have seen other patients!

If you are unable to attend or no longer require your appointment please let the Medical Centre team know as soon as possible. You can reply CANCEL to text reminders, which will automatically cancel your appointment for you. Thank you.



### WITTERINGS CAMERA CLUB

7th MAY 2019 LANDSCAPE PHOTOGRAPHY

**Near and not so far. Sussex and some UK.' 'by John Dominic**

"Landscape photography from around Sussex. I will also include also some images from around the UK, often with a little mix of what I find on my travels."

Meetings start at 7.30 at the Sports Pavilion, Rookwood Road, West Wittering  
For further details, please contact : Richard Emery, Chairman on 01243670798

Or visit our website [www.witteringscameraclub.weebly.com](http://www.witteringscameraclub.weebly.com)

## COMMUNITY NEWS

### ST WILFRID'S HOSPICE

#### WITTERINGS & DISTRICT SUPPORT GROUP

COFFEE MORNING  
AT RUSSELLS GARDEN CENTRE  
ON WEDNESDAY 15TH MAY FROM 10AM - 11.30AM.



I have just received the figures from Sandie our Treasurer for our financial year April 2018 to March 2019. You have helped us to raise **£883.00** at our coffee mornings and the total for the year was **£7,108.71**.

We can't thank you enough for your loyalty and support for St Wilfrid's.

**Best wishes Raynor**



## Lifeboats

### RNLI BRIDGE AND TEA

Another very successful afternoon of competitive bridge was held on Wednesday 20th March 2019 in the West Wittering Memorial Hall. 24 tables were played which raised £960.00. An excellent raffle raised £392.00, and with a further donation and cake sales an impressive £1,379.00 was reached, yielding a donation of £1,180.51.

An excellent tea was served in the interval thanks to Kim Henshaw and her team. Many thanks to all who contributed to the prizes and to all the players for buying the tickets.

### BOOKS



John Hyatt has a large collection of books from the stock of

King's Bookshop, of varied subjects and authors.

Come and browse, you may find something of interest.

John can also order books.

These can be found in  
Wittering Walk-  
in Dean Semain's emporium  
*Second Chance*- look for the sign.

As John is the only member of staff, the 9-5 hours will not necessarily apply; please be patient.



*The procession had taken the scenic route.*

**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**

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

**Holy Communion** 10 am on the 1<sup>st</sup> Sunday of the month

In the Service on the 3<sup>rd</sup> Sunday of the month

*Bible based services seeking to learn more of God*

**Bible Study - Mondays 8pm Thursdays 10.30am**

**Thursday Fellowship 2<sup>nd</sup> and 4<sup>th</sup> Thursdays at 2.15pm**

*Varied topics – tea and cake!*

**Friday Tea and Chat 2pm**

**ALL ARE WELCOME TO ALL OF THE ABOVE!**

On a walkabout in Chichester a few days before his enthronement Archbishop Justin Welby was greeted by a party of smiling, waving schoolchildren.

*“Do you really know my name?”* he asked. *“Justin Bieber,”* piped up an enthusiastic 7 year old.

At Sunday School Tom had heard the story of how Eve was created out of one of Adam’s ribs. Later in the week he didn’t feel at all well....

*“I have a pain in my side and I think I’m going to have a wife!”* he announced.

**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

