

THE PARISHES OF ST ANNE'S EAST WITTERING AND EARNLEY



	Rector	The Revd. Stephen Davies. SSC The Rectory, Church Road, East Wittering, Telephone 672260
	Hon. Asst. Priests	The Revd. John Williams, 28 Harrow Drive, 670843 The Revd. George Talbot 512454 The Revd. Deacon Annette Stickley 514619
	Churchwardens East Wittering	Barbara Blundell, Coneycroft, 17 Coney Road, 670791 Phyllis Jeffery, 10 Briar Avenue, 672001
	Earnley	Pauline Norris, Rivendell, Earnley, 670754
	Hon. Secretaries of the PCCs	
	East Wittering	Rosie Hills, 33 Eton Drive, W. Wittering 670804
	Earnley	John Stant 670227 —stant815@btinternet.com
	Hon. Treasurers East Wittering	Maureen Warwick, 671899
	Earnley	John Stant 670227—stant815@btinternet.com
	Gift Aid Secretary	Mike Lawson, 670317
	Choir Enquiries	Fr. Steve Davies 672260
	Organist	Fr. John Williams 670843 Janet Aldridge 670924
	Sunday School	Fr. Steve Davies The Rectory, 672260
	Safeguarding Officer	Diana Strange 07933308274
	Flowers	Sue Wiltshire 671056
	Editor	Carole Colman, 22 Peerley Close, 673217 Email: carolet7@btinternet.com
	Advertising Editor	Dave Smith, 671776
	Magazine Distribution	Sally & Steve Green 674441
	St. Anne's First Aider	Mike Lawson 670317
	Village Hall Bookings	Jenny Knotts, 3 Bracklesham Close, 670618

CHURCH SERVICES

St. Anne's East Wittering

Sundays:	8:00am	Said Eucharist (Last Sunday of the month BCP)
	10:15am	PARISH EUCHARIST and Sunday School
Tuesdays	7:00pm	Said Eucharist
Wednesdays & Thursdays	10:00am	Said Eucharist
Fridays	7:00pm	Said Eucharist (1st Friday Compline and Benediction)
Saturdays	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

Sundays:	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://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 March edition by 12th February 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



February always seems to be a dull time of the year after all the festivities of Christmas, but for the church the excitement has only just begun. Christmas has been a time of great celebration in the liturgical calendar, which started with the birth of Christ and many important festivals that are fully integrated in the cycle of Christmas. But now we have reached a crucial time, a climax. After the 40 days of the Christmas/Epiphany season we arrive at Candlemas, seen as a fitting end, and an important turning point in the Christian year.



Candlemas (the Presentation of the Lord in the Temple) is a feast rich in meaning, with several related themes running through it - presentation, purification, meeting, light for the world. The several names by which it has been known in Christian history illustrate just how much it has to teach and to celebrate. But the strongest attraction of Candlemas is the 'bitter-sweet' nature of what it celebrates. It is the revelation of the child Jesus in the Temple, greeted by Simeon and Anna, which calls for rejoicing. Nevertheless, the prophetic words of Simeon, which speak of the falling and rising of many and the sword that will pierce, lead on to the passion and to Easter. The scriptures and the liturgy of the Christmas season have several pointers to the suffering of the Lord, but none more potent than the words of Simeon. Coming as they do at the very end of the Christmas celebration and with Lent nearly always very close, they make Candlemas a kind of pivot in the Christian year. It is as if we say, on 2 February, 'One last look back to Christmas, and now, turn towards the cross, towards Lent, Holy Week and Easter, a time for preparation, self-examination and reflection. Many people use Lent as a time for fasting or abstinence, to deny themselves certain pleasures or luxuries, which makes them that more appreciative of what they've missed come Easter. But Lent is not only about giving things up, it is about committing ourselves to go that bit extra for Christ over and above the norm of our daily lives.

We in St Anne's with Earnley Church will be committing ourselves to extra study next month with the beginning of our Lent course, (**details to be announced) which we will commence on Tuesday 3rd March and continue for 5 weeks at 7.30pm following the Eucharist, ending at the start of Holy Week. In the past few years we have been exploring the Diocesan Lent Course which has been very varied, so we await the theme for this year. We await with anticipation as we decide whether we follow their path or seek alternatives to explore some of the traditions, practices and customs of our faith. Therefore if you want to explore more why not come and join us, we look forward to seeing you.



With love and prayers, Fr Steve.

****** Look out for future Pews News for further details.



St. ANNE'S FELLOWSHIP CIRCLE

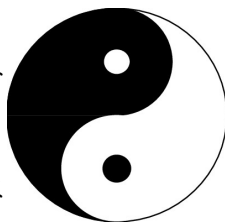


The last meeting of the year was a mere four days prior to the annual combined Christmas Party for the Sunday Tea Group and the Circle members, so it began with a discussion to finalise the arrangements for that momentous occasion. Cake and sandwich makers having been identified, it was then decided that each member of the Sunday Tea Group should receive a card and a gift, that background music would be available and, in addition to the much-loved bingo, we should have the popular 'Pass the Parcel' again. Some discussion followed concerning forfeits being included in it, but it was finally decided that, to avoid any embarrassment for some of the less able members, we would forgo that pleasure.

Attention now turned to the next meeting due to be lunch at The Shore on 22nd January. Members were informed that the date had been changed because the proprietors would be away on holiday at that time, so it was now on 29th at 12.00 for 12.30. Some discussion ensued with regard to the menu, but it was finally decided that most of us would go for the roast. The treasurer then informed us that the Circle's account at Barclay's had now been closed before it had barely started, as the bank was not interested in small accounts any more. Josie was proposing that we open a Post Office Account. This was unanimously agreed and she was authorised to go ahead with it.

Finally, a discussion ensued concerning what to do with our surplus cash. Several charities were suggested – First Responders, East Wittering Primary School, Chestnut Tree Hospice and the Scouts. After a vote the first two were well ahead but were tied. Rather than take up more time from the main attraction, it was agreed that the money should be divided between them, but we needed a definite project in the school to give it to. As Margaret Bray lives next door to the Head, she undertook to investigate this. (Since the meeting she has told me that there is a project underway already to restock the library, so that is what our money can be used for).

And now we were ready for a bit of action! T'ai Chi with Carole! After telling members about her own background in the field of martial arts (Karate), they were given some idea about the origins and purpose of T'ai Chi then shown, with the help of Margaret, some moves to try. There was more enthusiasm than expected and virtually everyone ended up on their feet, having a go at some of the basic moves which would keep muscles and joints moving – a good way to start the day if the motivation is there!



The next meeting will be on 26th February – entertainment still to be decided. The next Sunday Tea is on 2nd February.

CAROLE COLMAN

The woman was made of a rib out of the side of Adam; not made out of his head to rule over him, nor out of his feet to be trampled on by him; but out of his side to be equal to him, under his arm to be protected, and near his heart to be loved. - *Matthew Henry*



“I don’t let the facts get in the way of my decision making.” Did a government minister actually say that about herself..... or was that a comment made by a colleague..... or perhaps a member of the opposition? I don’t remember now....too long ago. It’s just surfaced because I’ve been having a mini tidy up of the odd bits of paper that accumulate over the months on my desk with addresses, telephone numbers, reference numbers and, in this case, jottings

that I make as I hear about something, see something or read about something that I can draw on to form the basis of an editorial at some point in the year. As we’re at the beginning of a new year, which the media seems to be plugging as a ‘new generation’ slinging the ‘old generation’ on the wood pile, I thought this might be the time to gather my jottings all together.

Another one of my jottings was something said by one of the ‘old generation’ like myself. “The ground is getting farther away these days,” is what she said, and I’m sure a lot of our readers sympathise with her. I know David has a problem with getting down to his feet, as he’s recently recruited Paula to look after them for him. I don’t have that problem – I can touch my toes easily but I am having a problem with cutting my toenails. I can get down to them or bring them up to me – the problem is that I can’t see them, when I’ve done that, clearly enough to feel totally comfortable about getting the scissors to work on them. Normal unaided sight, with distance glasses, with reading glasses – I jump from one to another and hope for the best when it’s obvious that I can’t postpone the fateful operation any longer!

Some months ago there was an item on the news about Trudeau, Canada’s Prime Minister who, at the age of 18, had turned up to an ‘Arabian Nights’ event with a black face and hands. Someone was obviously trying to make political gain from revealing this ‘hidden truth’. He had been made to feel so guilty about this that he ended up making a public apology for it. What??!! It brought to mind something I found on my various visits to Pakistan – how many of the women used everything they could find to lighten their skin because dark skins were – and probably still are – regarded as inferior by many people. And what about geisha girls in Japan, should we have a campaign against them for whitening their faces?



That’s enough of my old jottings. So what shall I be starting with this year? Well, the breaking news today is that Iran’s leaders have admitted that the plane crash of a few days ago, as a passenger plane was taking off from the airport in Tehran killing – was it 179 passenger and crew with no survivors – was brought down by one of their own missiles, as had been suspected as soon as it happened by most other people. Well, we seem to have gone full circle there, don’t we?! “I don’t let the facts get in the way of my decision making.” That’s a promising start for a new year, isn’t it!

♥ Happy Valentines Day ♥

TIME FOR A BREAK

December – get a move-on!

Time is short I fear.

I have to twist in metred rhyme

The topics of the year.

Tornadoes, tempests, icy blasts,

Ice caps disappear.

Heatwave follows deluge –

Climate change is here!

Raging wars across the world,

Hong Kong in distress.

Armageddon, Tower of Babel,

Heavens! What a mess!

Refugees, east, west, everywhere,

Children's futures marred.

Tragedies, too sad to tell,

Young lives forever scarred.

Parliament is a playground

Full of squabbling kids.

Boris, Farage, Corbyn –

Democracy on the skids!

Objections, rejections, ELECTIONS!

Now we have to vote.

Who shall be our captain

To save this stricken boat!

Dear William wrote, in troubled times,

"Time is out of joint."

But, and it is a whopping BUT

It's Christmas – that's the point!

Breaking through all time and space

No matter what we do

The Child is born for us each year

Love comes crashing through.

Time and space meant nothing

That glorious special day,

And we accept repeated love

But pray that it will stay.

Carols will be sung, garlands hung,

Goodwill, joy and fun

Let's hope it lasts throughout the year.

HAPPY NEW YEAR EVERYONE

PAM COURTNEY

*May I never fail You, Lord,
By neglecting to tell others, sensitively
And enthusiastically, what
You have done for me.*

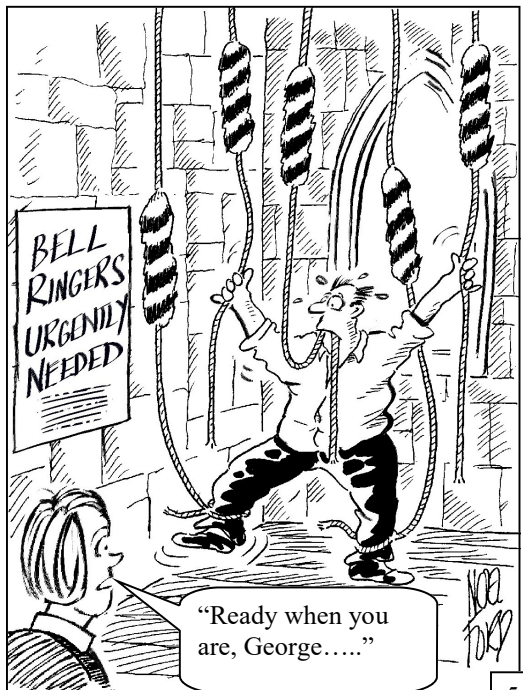
*Let my sense of gratitude
To you draw some longing heart
Towards finding You as life's answer.*

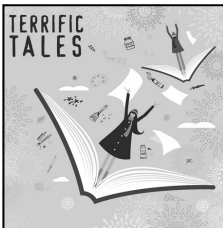
*Help me to remember my thanks
To You each day, for what
You do through me,
Even when I am conscious only of
weakness.*

*Dear Lord, I offer all that I am
All that I have, for You
And for your children.
Amen*

'Words of Power'

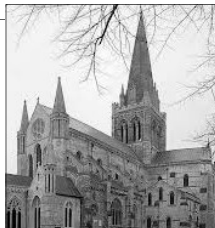
by JOHN WOOLLEY





TERRIFIC TALES

**Family Activities - A fun filled day at
Chichester Cathedral PO19 1PX
Friday 21st February 2020
10am – 3pm (last entry 2.30pm)**



**Follow our themed Cathedral trail and collect
your prize when you finish!**

Design and Make Creative Crafts.

No need to book just drop in - £2.50 per child.

Suitable for children Ages 3–11 – accompanied by an adult.

Lunch offer: one child's meal for £1.50 when an adult spends a minimum of £5.50 in the Cloisters Café between 11.45am and 2.30pm, collect your voucher when you arrive.

Join us at the Cathedral for a fun packed family day.

Our Family Activity days are popular with parents, grandparents and carers looking for a place where everyone can come together and be creative.

Cathedral Trail

The trail around the Cathedral is themed to each activity day, making it different each time. Children choose the trail that fits their age and ability to find different places and objects within the Cathedral before collecting a prize at the end.

Craft Activities

The craft element of the day gives everyone the opportunity to get creative and use our resources to make something special to take home. If you're not a crafty adult don't worry, there are lots of helpers to get you started and offer support during your visit.

We look forward to welcoming you at one of our Family Activity days soon.

For further details contact Luna on 01243 812998

lunarussell@chichestercathedral.org.uk www.chichestercathedral.org.uk

NEXT FAMILY ACTIVITIES: – Friday 17 April 2020



When you get tangled up in your problems, be still. God wants you to be still so HE can untangle the knot. - Anon

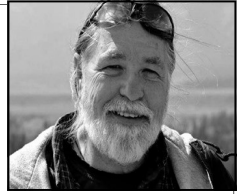


We do not remember days but moments. Life moves too fast so enjoy your precious moments. - Anon

At the end of the day, love and compassion will win. - Terry Waite

A POST ON FACEBOOK FROM 'CONTEMPLATIVE MONK'

On this New Year's Day of 2020 as I look I see the certain hope awakening within us in the midst of the darkness all around us. It is undeniable. Jesus was born in such a time when the lifespan was around 35 years and about 40 percent of the population of the Roman Empire were slaves.



A light was born into that darkness, the Prince of Peace, Emmanuel, God with us. You are made for such a time as this. We are living on the edge of a knife. But there is a bass note underneath it all. Can you feel it? It is the sovereignty of God stirring light into the hearts of all his children, red, and yellow, black, and white. The love of God is undeniable, unquenchable, and unstoppable. Though the nations rage, the laser light of God's love stirs in you. God won us back at Jesus' resurrection. It is finished.

Now it is time to wake-up in the radiance you are in Christ. The new creation comes through you and me. That love will not be denied. Love will not fail.

Though nations may fall into the sea, it is Christ in you that bears the light of love to all people. You bring the restoration of all things. It will come and is even now. Let it be.

Let the eternal life God has worked in you work its way out, integrating your ego through love, joy, and peace. Christ is in you and you are in Christ. You are the salt of the earth. Christ is in you. You are the light of the world. Be the hands and feet of his love in this world, through patience, kindness, and goodness. Walk in gentleness, faithfulness, and self-control. Let them transform and integrate you.

This is your year. This is your time.
Happy New Year! Bob Holmes #2020vision



THE LEAP YEAR

*The calendar, one year in four
Gives February a little more
An extra day! We must be sure!*

*To wisely use these hours
The weather, not as bitter cold;
The garden weeds have gained no hold;
The early bulbs start to unfold
We welcome crocus flowers!*

*The sun bestows a little warmth
The winds turn from the bitter north
It is the time to sally forth
From winter sanctuary!
Tis early spring, season sublime
So hearken to my little rhyme –
Enjoy the little extra time
You have in February!*

By Nigel Beeton

DIARY DATES

- Tuesdays** **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
- 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

February

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

Sunday 9th 3rd before Lent

Sunday 16th 2nd before Lent

Wed 19th St Wilfrid's Hospice Coffee Morning - (Pg 26)

Sunday 23rd Next before Lent

Monday 24th Matthias the Apostle

Wed 26th Ash Wednesday



FROM THE REGISTERS

The Recently Departed:

Molly Enticknap

Ivy Evans

Baby Oliver Sessteine-Hogg

Fr. Clifford Hankins

Carol Clark

Fr. Fred Gilbert

Derek Jeffries

Jill Bridle

Linda Saunders

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

John 14 v.2



JOBS FOR THE SAINTS St.Amand- bartenders, St. Milburga-birds

In the 7th century Amand preached the gospel in Belgium, N.W.Germany and the area in France around Bordeaux. Born about 584, those areas at that time were inhabited by pagan tribes, and the King of the Franks, Dagobert I, could only be described as morally degenerate. The king, however, miraculously changed when his wife gave birth to a son. He decided he wanted his son baptised and he insisted that only the holiest priest in his land was going to do this. This presented him with a dilemma, as he'd exiled Amand from his territory some time earlier. Amand was allowed to return. He can be thought of as the one who brought the Christian faith to those areas where he did his missionary work, and he became a great favourite in those regions. The area is renowned for its wines and beers, and so anyone involved in their production and handling tended to adopt Amand as their patron saint. His name is known all over the world today in the beers and wines of the area – Chateau St. Amand from the Bordeaux region and St. Amand French country ale brewed along the Franco-Belgian border. He died about 676 and his Feast Day is on 6th February.



St. Milburga is a product of 8th century England. Born into the royal household she decided to become a nun and entered Much Wenlock Abbey, which was her father's foundation in Shropshire near the Welsh border. It wasn't long before she became regarded as a saint by the people of the area, perhaps because the raising of a small boy from the dead was attributed to her. She also was said to have saved the harvest one year from the ravages of a flock of wild birds, which refused to move from eating up the ripe grain, despite the efforts of all the farmers of the neighbourhood. Barely had Milburga started to pray for an end to the devastation, than the birds as a body rose from the fields and flew away, so saving the crop. Thus she won

herself a reputation as the one to pray for guarding against the ravages of wild birds, but eventually that came to include being the patron of pet birds too. Milburga, her mother Ermenburga, and her two sisters, Mildred and Milgitha are also venerated as saints.

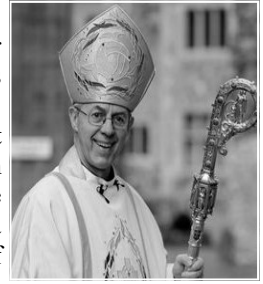
Milburga died in 727 and was buried in Much Wenlock Abbey. There she remained, a centre of pilgrimage from all corners of the country, until Henry VIII ordered the dissolution of the monasteries. The king's commissioners arrived at the abbey in 1540. Removing all valuables from the shrine, they opened the coffin and, carrying her bones outside the church, they burned them. Her Feast Day is on 23rd February. **CRC**

The hearer of God's Word ought to be like those animals that chew the cud; he ought not only to feed upon it, but to ruminate upon it. - *Augustine*



Life is too short for us to do everything we want to do; but it is long enough for us to do everything God wants us to do. - *Anon*

I meet Justin Welby, the Archbishop of Canterbury on November 25 2019. It is a month until his busiest time of year – and he is already deep into preparations for the annual ‘Follow the Star’ campaign to encourage more of us to visit church at Christmas. It is also just over a couple of weeks before election day, I am ushered into his vast study inside Lambeth Palace where the Archbishop sits, as calm, warm and friendly as you would expect a humble local vicar to be. You wouldn’t know he was in the eye of a small political storm. Earlier in the day the UK’s Chief Rabbi Ephraim Mirvis had loudly intervened in Labour’s anti-Semitism controversies by publishing an article in *The Times* accusing Jeremy Corbyn of allowing ‘a poison sanctioned from the top’ to take root in the party he leads. Welby immediately tweeted a statement in support of the rabbi’s views. This is by no means the first time Welby has intervened in political matters: from coming out as a remainer in 2016 to telling other remainers to ‘stop whingeing’ a few years later. He has criticised the inflammatory language used by politicians during the election campaign (widely thought to be a dig at Boris Johnson) and repeatedly condemned the impact of austerity upon the poorest in society. The right think he’s a lefty. The left think he’s a righty. He’s very much like the BBC in that sense. The first thing I notice when he invites me to sit down is the space age –looking video-conference device on his desk. “Who do you speak to on that?” I ask. “The Pope,” he replies. Then he grins. This Archbishop has a sense of humour as well as a taste for controversy.



Do you really talk to the Pope much?

I saw him last week. Last week we talked about football. Surprisingly enough he supports Argentina and anything Argentinian. I know nothing about Argentinian football but I was teasing him about it. We talk about peace-building round the world. We talk about God and how we pray and the wonders of who God is and who Jesus is. We make jokes and laugh. It’s just a conversation.

Why did you back the chief rabbi’s article today?

The Chief Rabbi expressed his views and his last line was “What starts with a Jew never ends with a Jew.” We have this incredible history of anti-Semitism in this country – often colluded with by the church in the past – and in western Europe there is a devastating history within living memory. There are people still alive with the tattoo on their inner arm who were survivors of concentration camps.

So do you think Jeremy Corbyn is anti-Semitic?

I think that anti-Semitism is a unique category of racism. It seems to be in western culture the taproot of all other forms of racism. It’s where it springs from. Islamophobia, attacks on colour because they are people of colour, attacks on Christians because they are Christians – and that happens in some places - all of them are profoundly wrong. But the longest-standing and longest-existing and worst results of any kind of racism that we have experienced in Europe in the last thousand years, is anti-Semitism. So it has a category all of its own and we all have to recognise that, and every Jewish community lives with the reality of that memory and therefore every politician has to be really positive about Jewish life – not merely condemning anti-Semitism but looking at and talking about the extraordinary contribution of Jewish people to this country now and over the past .

hundreds of years - in science, music, arts, charity, industry, politics and every part of society. So I am not going to answer the question directly as you well know. But I am going to say that anti-Semitism is a very unique thing. It is not the same as other types of racism, and I am just as concerned about attacks on other religious groups or just on people of colour or immigrants or other minorities. We see all of that too.

The church has always tried to help the vulnerable – haven't there always been people in need of help long before austerity?

It has got worse over the last nine years. Rough sleeping has gone up. That is a matter of fact. People will argue about the causes but it is a fact it has gone up. Foodbank use has risen. There has been a huge rise in the client base of Christians Against Poverty, the debt counselling charity. Also people's tolerance for minorities has gone down. Minority groups have had a much harder time, asylum seekers, immigrants. The use of vitriolic language has gone up significantly. We have had an MP murdered. I am not saying we are in a crisis, I am just saying the direction of travel is not what we want.

From your personal experience of talking with them, do you think our political leaders appreciate the severity of the situation as you describe it?

Yes. Not all of them, obviously, but the vast majority do and they are really concerned about it. They have different approaches to it, of course, but I have a huge respect for our political leaders – the vast majority of them. I think people who expose themselves to that world have to be quite brave because they will be treated terribly by a lot of people. I might disagree with them very strongly but they are on the pitch trying to kick the ball and I am just in the stands observing them.

Following the Prince Andrew scandal, do you think the royal family have to adhere to a higher moral code than the rest of society?

I think generally speaking they do serve in a way that is extraordinary in what is literally, for them, a life sentence. I think to ask that they be superhuman saints is not what we should do because nobody is like that. Everybody makes mistakes, everybody is human. I am not commenting on any member of the royal family except to say that I am astonished at what a gift they are to this country. It is very easy to throw things at them – they are very much more exposed than most people. Where people go wrong – you just have to remember everyone is human.

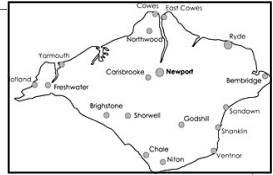


What is your Christmas message to the country?

Don't fear. Deal with fear. In the New Testament, among the letters from John, it says 'perfect love casts out fear'. So love, don't fear. Because the kind of love that God shows is a love that doesn't expect return, that forgives failure, that loves people despite their ups and downs, that kind of love changes the world in a dramatic and wonderful way. And it is wonderful and not patronising or paternalistic towards those who have fallen off the edge for whatever reason – whether it's because of something they have done or something that was done to them. God doesn't make that distinction. He just says, "If you've fallen off the edge I am with you. I come to you, I love you." And the way he does that is through our heads and our hearts and our eyes and our generosity in caring for people. So don't fear, love.

THOUGHTS ON THE BUS - ISLE OF WIGHT- Part 2

We've done the East Island Bus 2 & 3 to Shanklin or Ventnor. West I.O.W (Yarmouth) is the 9 & 7 changing at the terminus city central Newport. The free day starts early on a Saturday with a total day budget of £15 for the Cat ferry. We caught the W.W 0750 No. 52 bus with sun and little wind for the crossing. The Chi 700 Coastliner bus is easy and we walked down from the Portsmouth hard terminus via the train station to catch the 0945 ferry. We climbed to the top deck. The crossing experience is spectacular, magic yachting world.



The underground train, with pass, takes us down the pier to all the waiting buses. Two double decker No. 9s come at once, one becomes full. At Newport Capital City terminus its a hive of holiday activity. The B shelter is ours for the Yarmouth No. 7, which takes us through to Sainsbury's at Freshwater which is a crossing point for a south beach No. 12. This is no good as the next is 2.30 pm and time is important. We go to the Vine pub for an hour. God help us! As we come out a return 7 arrives, as ordained, to save us. We catch the quarter to four ferry and I am indoors by 6.30. **Lovely.**

Management:-Cowes and Alum Bay (the Needles) are off the beaten track in island corners, so time prohibited. The number 12 is not frequent. Future plan is to short walk from Sainsbury's to Freshwater Bay, then traverse the marshes and Yar river old train walk back to Yarmouth Marina bus stop (1 or 2 hours, say 5 miles).

Concluding. It gave me my dream Yarmouth Marina boating, Yar river walk experience back. **Thankful. DB**

A TREASURED HEART

*A pearl beyond all human measure
Your heart is such a golden treasure
Too valuable to tell!
Through times of toil and of leisure
Times of sorrow and of pleasure
I shall guard it well!*

*Love and trust, once they are woken
Are more than just a heart-shaped token
This gift from God above
Not a treasure to be broken
By careless deeds or phrases spoken
This precious gift of love!*

*Love is patient, love is kind
Love leaves selfishness behind
Forgiving from the start
Truthful, trusting, never blind
Such are the beauties I can find
If I just guard your heart!*

By Nigel Beeton



Today's hymns are based on last week's trend in petrol prices.





BOOK NEWS

The January sale may be over but bargain books are always available in King's bookshop. Over the Christmas period new books at bargain prices by

Bill Bryson, John le Carre and Anne Glenconner did not linger long on our shelves and their places have been taken by yet more popular authors.

At the time of writing, biographies of **Joan Bakewell, Agatha Christie and Roald Dahl** have joined the ever-popular stories of **Diana Athill, Anne Frank and Colin Stephenson**. On the children's shelves are re-issues of **Pamela Brown's** stories of young people's theatre adventures. "I wanted to act before I read these books," said Dame Maggie Smith, "and afterwards there was no stopping me."

Keep coming to King's in 2020 and there may be no stopping you from buying yourself a real treat.

JOHN HYATT

JACK'S JOURNAL



It's February – rather late to say Thank You to all my friends for their tasty Christmas presents – and much too late to see if there are any left! But I was very grateful for everything I received. So many biscuits that I look as though I belong to Billy Bunter. I was confined to rations, however, even though it was the festive period. And my chums in the Salty Dog Emporium gave me three balls. Three! Hey, I'm Super-Dog!!

John was also very lucky in that he received lots of presents – he got his thank yous in immediately – except in one case. Someone gave him a beautiful blue hand-knitted jumper but John doesn't know who. There was no card in the bag and I couldn't identify anyone's scent or DNA. So thank you for thinking of him; we are both very grateful to everyone.

Happy New Year!



WHY ELIJAH DID THAT...

The Sunday school teacher was carefully explaining the story of Elijah the Prophet and the false prophets of Baal. She explained how Elijah built the altar, put wood upon it, cut the steer in pieces and laid it upon the altar. And then, Elijah commanded the people of God to fill four barrels of water and pour it over the altar. He had them do this four times over.

"Now," said the teacher, "can anyone in the class tell me why the Lord would have Elijah pour water over the steer on the altar?"

A little girl in the back of the room started waving her hand, "I know! I know!" she said, "To make the gravy!"

CHURCH NOTICES THAT DIDN'T QUITE GET IT RIGHT...

The talk for next Friday night will be 'What is hell?' Come early and listen to our choir practise.



Mrs Thomas, of this church, wishes to thank all those members who so kindly assisted in the death of her husband.

Tuesday at 4 pm there will be an ice cream social. Ladies giving milk should come early.



The regular Monday night choir practice of this church will be held on Tuesday night instead of Friday night.

Children are normally collected during the Offertory Hymn.

HYMNS FOR PROFESSIONALS

Dentist Crown Him with many crowns...
Contractors The Church's one foundation...
Obstetricians Come labour on...
Golfers There is a green hill far away...
Politicians Standing on the promises...
Librarians Let all mortal flesh keep silent...

LOT'S WIFE

The Sunday School teacher was describing how Lot's wife looked back and turned into a pillar of salt, when little Jason interrupted, 'My Mummy looked back once, while she was driving,' he said, 'and she turned into a telephone pole!'

TICKET TO RIDE

A former bishop of Exeter was renowned for his bad memory. On one occasion he was travelling by train to a certain part of his diocese. Before he reached his destination, the ticket collector appeared demanding to see all tickets.



The bishop groped his way through this pocket and that, inside his purple cassock and out, but no ticket could be found. Finally the ticket collector lost patience and said; "Tha's o'right bishop. We all know you's an honest man. It don't matter."

"Oh but indeed it does!" cried the bishop. "Without that ticket I shan't know where to get off this train!"



LOVE IN A BAG

I asked my nephew whether he bought his wife anything for Valentine's Day, and he said he had bought her a belt and a bag. When I commented that I am sure she would appreciate them, he agreed: "Yes, and hopefully the vacuum cleaner will work better now."





The story of Big Issue vendor James Bowen and his constant companion Street Cat Bob became a bestselling series of books, then a hit film. With a sequel in the works, James tells us what life is like for the world-famous catinee idol.

A few weeks ago, just as the nights closed in and the unmistakable scent of winter began to fill the air, my cat Bob and I found ourselves holed up in a small, dingy flat in West London. The sparsely furnished apartment was chilly and shrouded in darkness, mainly because the electricity hadn't been paid. The only way to heat up food or some water for a cup of tea was to place a pan over a few small candles in the kitchen. Not that there was much to eat: the cupboards were bare. It immediately reminded me of a dark and difficult period in my life when I'd come off the streets and was living in a flat just like this, recovering from addiction and dreading the electric running out. It felt like I'd stepped back in time 10 years which in a way I had.

The flat had been built on a sound stage at Twickenham Film Studios. Along with Bob I was there to take part in filming of *A Gift From Bob*, a new movie adapted from my book of the same name. Published in 2014, it told the story of the last Christmas Bob and I spent on the streets of London in 2010, relying on busking and sales of *The Big Issue* to keep us going. More importantly it explored what that tough, cold winter on the streets taught me about the meaning of Christmas. How I learned for instance that even when you feel you've got nothing – as I did at the time – you've always got something to give, and that there's always someone worse off than you, and that you should be grateful for all the friendships and relationships you have in life. Fittingly another of the lessons I learned during that bitterly cold winter was to always expect the unexpected. Finding myself back on a film set with Bob certainly fell into that category. It capped a year or so filled with surprises, most of them happy ones.

Since our first book, *A Street Cat Named Bob*, came out in 2012 our lives have been transformed. We've tried to use our good fortune to work with as many charities as we can, and this year has been particularly gratifying. In October Baroness Pidding CBE invited us to the House of Lords to give a talk on homelessness. It was a real 'pinch me' moment to stand in the Peers' Bar overlooking the Thames and then have dinner in the Peers' Dining Room, inner sanctums that are usually only accessible to Members of the House. We've also supported animal charities as well as –naturally – *The Big Issue* who, in keeping with their motto, gave us a hand up rather than a handout.

There have been other unexpected moments too, some personal. In July, while on holiday in the Canary Islands, I proposed to my girlfriend Monika. To my relief she accepted and we're now living together in south London, along with Bob, my two other cats and Monika's own feline companion, Pom Pom. We've all been making adjustments and compromises, even Bob, who has actually adapted to his new, expanded family rather well. But if that was the happiest surprise then the most gobsmacking was the chain of events that led me to Twickenham Studios and that recreation of the flat I lived in back in 2010.

STREET CAT BOB – BACK IN ACTION! (cont/d)

The first film, *A Street Cat Named Bob*, was released back in 2016 and seemed to connect with audiences around the world, here in the UK, around Europe and – most surprisingly of all – in the Far East and China in particular. It came out in China this time last year, one of the few small, independent British films to get a release across the vast country. It saw off competition from homegrown Chinese films and some big Hollywood imports and was – for a period – the number two of three films in Chinese cinemas. At one point it was in tens of thousands of Chinese cinemas. It was mindbending.



Encouraged by this – and with Chinese partners financing the film – we began to entertain the idea of a second movie, and we were soon reassembling the key members of the team at Twickenham and then at locations in Kingston, Hammersmith, Peckham, Covent Garden and outside Angel Tube station where – in many ways – the story of Bob and I took off. The film has been produced by Adam Rolston based on a script by my long-time co-author, Garry Jenkins, and starring Luke Treadaway as me. There are new faces – of course – primarily the brilliant, American director Charles Martin Smith, something of a veteran of animal films having directed *Dolphin Tale* and *A Dog's Way Home*. And on the acting front the cast has been bolstered by Phaldut Sharma, Kristina Tonteri-Young, Tim Plester and Celyn Jones amongst others. At the heart of the entire production once more, of course, is Bob himself.

A lot has changed since we filmed the first movie, for Bob as well as me. For a start, Bob is an older cat and had been in semi-retirement, only rarely leaving his favourite spot in the corner of my living room to appear at charity events. But for the film, Ol' Green Eyes came back to appear in a few cameo scenes. He'd lost none of his star power. It was as if he'd never been away from the camera. But, like a veteran Hollywood star of yore, he also acted as a sort of consultant, keeping a keen eye on the other cats brought in to perform. Under the expert guidance of our brilliant cat team, Winston, Jaffa and the rest of the 'Bobalikes' performed wonderfully. We're hoping the film will be in cinemas during the run-up to next Christmas. We live in strange and unsettling times, when nothing can be taken for granted any more, it seems. And yet I'm pretty certain its central messages – that we all need to pull together, that you reap what you sow and that even the simplest acts of kindness can change lives – will still be applicable when autumn gives way to winter next year too. We look forward to sharing our latest adventure with you – but until then Bob and I wish you a peaceful Christmas.

Taken from *The Big Issue*, 02-08 December 2019



The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we ALL believe that we are above-average drivers.

HOW TO TEACH OLD BRAINS NEW TRICKS

An increasing body of evidence is pointing to the idea that our attitude to ageing, and the assumption that older people can't learn as well as younger ones, is profoundly flawed. We used to believe that we were born with a lifetime quota of brain cells that slowly withered as we age. Neuroscientists have long known that from birth our brain cells (neurons) combine what we see, hear, taste, touch and smell with our accumulating stock of memories and experiences. These form neural connections and build on each other enabling us to learn. But for most of the last century, it was generally accepted that this neuroplasticity – the brain's agility to change – ended in childhood. We believed memory loss was inevitable, that beyond a certain age, our brains were incapable of assimilating more information. As a result, we haven't bothered to train older workers; we assume that anyone who learns French or Mandarin is doing it as a hobby. All of this, it turns out, is wrong.



Brand new brain cells have been found in the brains of 70 year olds with terminal cancer. Older people have recovered from strokes, despite damaging large areas of their brains, because other areas have stepped in—rather like airline passengers seizing the controls from an unconscious pilot. Scientists are finding new ways to help people with psychiatric disorders, by calming down certain circuits of the brain and rewiring others. 70 year olds are even learning new languages (though they won't perfect the accent; it seems that window does close around the age of ten).

In the past decade, with the help of MIR scans and experiments on mice and monkeys, neuroscientists have demonstrated comprehensively that the human brain can still be stretched throughout life. When I set out to write a book about the burgeoning numbers of older people in the world, and the challenges they bring, I kept coming across data that suggested we are far too fatalistic about many aspects of longer lives. Many of us can now look forward to an extended middle age lasting well into our 70s and beyond. One in four Brits is now 'un-retiring' and going back to work. The incidence of dementia has fallen by around a fifth in the past 20 years, partly because of the number giving up smoking. (However, the total number of people with dementia will keep rising because there are more old people; it's our individual risk that's fallen). If we are to enjoy this extra time in the later phase of our lives we need to extend our mental life spans to match our physical ones, rather than seeing our brain as the mystical centre of our being, where our personality resides, we should approach it as a complex system that we can improve.

'The best analogy is to the fitness movement,' said Alvaro Fernandez, who runs SharpBrains, an independent consultancy tracking brain research in Washington DC. 'We went from having the general idea of fitness to having gyms, personal trainers and precise exercises. If I want to get stronger abs, I do sit-ups. If I want to be a better all-round athlete, I lift weights. The same applies with the brain.'

Neuroscience doesn't have all the answers yet – but luckily it is beginning to provide us with some guidelines for keeping our brains in prime health for longer.

CAMILLA CAVENDISH.

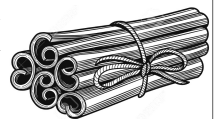
Author of *Extra Time: 10 Lessons for an Ageing World*

Taken from the *Daily Mail*, September 19, 20019

5 WAYS TO BOOST YOUR IMMUNE SYSTEM

Benenden Hospital's nutritional Abir Hamza-Goodacre shares some advice

1. **Support your gut** - A mighty 80% of your immune system lies in your gut. Research shows that when there's an imbalance in your gut flora, your immune system is weakened. You can positively influence the health of your gut by: **eating** a whole food diet featuring plenty of colourful vegetables, **reducing** exposure to chemicals from the environment and food – buy natural and organic where possible, **managing** stress, **considering** taking a good quality probiotic supplement to replenish levels of healthy gut flora.
2. **Antioxidant defence** - A diet rich in antioxidant nutrients can help boost the strength of your immune system. Examples of these nutrients include vitamins C and E, beta-carotene and a variety of polyphenol compounds, which are naturally occurring micronutrients in plants that have antioxidant properties. Eating a diet rich in plant foods is key.
3. **Add zing with zinc** - This mineral is critical for a healthy cell development and function. Zinc interacts with thousands of proteins in your body and is involved in around 300 enzyme processes. It improves wound healing, thyroid function, gut health, blood clotting, vision and smell. Zinc is a powerful antioxidant – when it is deficient the function of your T cells, which act as soldiers for your immune system, is reduced. Zinc is found in meat, shellfish, seeds, beans and legumes.
4. **Raise vitamin D levels** - Studies have linked vitamin D deficiency to conditions such as cancer, multiple sclerosis and osteoporosis. An optimal vitamin D level is one of the most protective factors to health along with a healthy diet and exercise. During the lighter months most people should be able to get enough vitamin D from sunlight. Food sources include oily fish, red meat, liver and eggs.
5. **Spice up your life** - It's amazing to think that simple ingredients in your food cupboard can literally be medicinal:
 - **Garlic** - the high sulphur content in garlic not only boosts the flavour in food, but also has potent antibiotic actions and supports your liver to carry out detoxification more effectively.
 - **Ginger** – contains a compound called gingerol, which acts as a potent antioxidant and anti-inflammatory agent.
 - **Turmeric** – one of the foods with the highest anti-inflammatory and antioxidant properties. This is due to curcumin, the active ingredient found in turmeric that also gives the spice its golden hue.
 - **Oregano** – this spice contains antioxidants such as rosmarinic acid used to support immune health. Oregano also contains phytochemicals that give it antiviral, antimicrobial and antifungal properties. Oil of oregano has been shown to treat infections and kill parasites, viruses, bacteria and even some fungi.
 - **Cinnamon** – is used in many cultures to help fight harmful infections and viruses. This is because cinnamon is a natural antimicrobial, antibiotic, antifungal and antiviral agent.

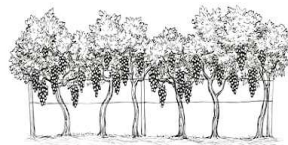


Taken from *Be Healthy*, a Benenden publication, Winter 2019

EAST WITTERING GARDEN AND WINE CIRCLE

The last skittles evening took place on the 30th November with a large number of members participating. A very competitive series of games followed with a break for supper delivered by The Boulevard Restaurant. John cleared the board having the highest score for the men and winning the “9s”. Maureen had the highest score for the ladies, and the knockout was won by Martin.

Art Tucker accompanied by his wife was the speaker for our December meeting. Art explained how he and his father decided to turn their farm into a vineyard as it had the necessary chalk soil. Art went off to New Zealand for eight months to learn the trade. On his return they set about



establishing the vineyard. They planted the vines in 2007 but it was three years before a profit could be made. Much to the delight of the members, a large quantity of wine had been brought by Art for tasting. During the sampling he told us that the vines flowered about the same time as Wimbledon and up to that point their main worry was frost – the frost busting machine keeps the frost at bay but someone had to operate it all the time. The vines are bought from France and he exports his wine all over the world, especially to China which has the fastest growing market for this commodity. At this point there was a break for a second tasting!

It takes three and a half to six years for the wine to mature. 2017 has been their best vintage so far. Wild flowers have been planted under the vines to encourage bees to help in the pollination process. They have hives containing 40,000 bees and have branched out into other ventures – vineyard tours, lodges where visitors can stay, corporate events, birthday parties and other celebrations. They are situated near Halnaker Windmill and take their name from the lane where they are – Tinwood.

In the competitions Norma won for her wreath, Jean for her table decoration and Frances for her sloe gin.

The January meeting was something very different – Sandra Simonds came to talk to us about ‘Life under the veil – Muslim marriage to western women’, to take us through her life while being married to an Iranian naval officer. As a child, she told us, she was very much a tomboy – none of the dolls and cooking for her. Her one ambition was to join the Navy – to be a WREN at HMS Dauntless! On 17.09.74 at the age of 17½ she left home to enrol, was sent to HMS Collingwood, a shore based establishment, and joined the Foreign and Commonwealth Office. Next door Iranian personnel were being trained by the British Navy and, against all regulations, she got very friendly with a handsome young Iranian who was 15 years her senior. Much to their disappointment, the then Shah ordered all his ships and personnel back to Iran. They pledged to keep in touch and the myriad letters she’d brought with her showed that they kept that promise. She eventually visited Iran and stayed with his family. On her second visit her boyfriend told her that one day she would marry him and went ahead and bought her wedding dress.



On her return she visited the Iranian Embassy to find out more about life in Iran – religion, children and the rights of women in the country. To the last question the answer was basically “None”.

Never-the-less, on 15th October 1977 they got married in Gloucester, and at twenty and a half Sandra was discharged from the Navy. Her future father-in-law had forbidden any members of his family to attend the wedding, but at the last minute he allowed his wife to fly to England. She'd been married at 13 and obeyed her husband in all things. She couldn't speak any English but managed to say to Sandra as she arrived "Marks and Spencers". So Sandra took her there shopping. Having never been allowed to shop before she ended up with four suitcases of clothes, including a smart suit for the wedding! During her stay she was horrified at the behaviour of British women, mixing with men at work and in the streets without a male chaperone.



The honeymoon was in Italy with a bedroom for three! Before departure Sandra's husband went shopping and returned laden with cigarettes, tobacco and lighters. There was no room for Sandra or her mother-in-law in the car so they would have to fly home. The pilot was her husband's brother, so that solved the problem of a chaperone for the women! The smoking products had been purchased to make the drive home for her husband easier, as there were many borders that had to be crossed! As it was it took him 4 weeks! Meanwhile, Sandra had to get used to a whole new way of life – praying 5 times a day, a squat toilet, eating only with her right hand, using her left only for toilet purposes. Her father-in-law didn't emerge from upstairs until 10 months after her arrival. When the bell rang from upstairs she had to fully cover herself and approach her father-in-law with cast down eyes, kneel and kiss his feet and await instructions. While she was waiting for her Iranian marriage ceremony, she had to learn the language, how to cook, sign a document that she would not take any children she had out of the country, and she was instructed that the first child she had was to be a boy. Fortunately, she'd managed to smuggle birth control pills into the country! Her father-in-law didn't like her English name so he changed it. At her wedding someone stood on her voluminous attire from behind and it fell off revealing her T-shirt and shorts. The ceremony was immediately halted and she was taken away and locked alone in a room.

Later the Shah was overthrown and everything changed. The age of consent was reduced from 13 to 9, men were allowed to have more than one wife and her husband took advantage of this, but all foreigners were ordered to leave the country. Sandra, husband and wife number two set out overland for England. Arriving in Ankara, they managed somehow to get a flight to Heathrow, but, having no passports, were detained for eight and a half hours, before they were allowed to leave. It was March 1981. Eventually, Sandra divorced her husband and later married again. We will hopefully learn more about her experiences in parts 2 and 3 of her story at some point in the future.

In the competition Mike won with his amazing leeks and Joan swept the board with her red and white wines.

Our next meeting is on 11th February when we will have a visit from the West Sussex Air Ambulance. Competitions next time are a Valentine posy and, for Chinese New Year, make a veg/fruit dragon. Hope to see you there!

ROSEMARIE COX



CHANGES TO PRESCRIPTION REQUESTS

As of 1st January 2020, the Surgery will no longer be accepting prescription requests by telephone.

Requests can be made:

- By using the NHS App details which can be found at: <https://www.nhs.uk/using-the-nhs/nhs-services/the-nhs-app/>
- By Post: Witterings Medical Centre, Cakeham Road, East Wittering, Chichester PO20 8BH
- Leaving the prescription request in the Repeat Prescription Request Box in the Medical Centre Reception



CARERS HEALTH TEAM

Offering Professional Support and Guidance to maintain your Health & Wellbeing

We are a team of health professionals who aim to promote the health and wellbeing of carers. We are a **FREE** service provided by Sussex Community NHS Trust providing support for carers over the age of 18 registered with a West Sussex GP. We work directly with carers and will develop individual strategies for each carer with an aim to reduce the strain of coping with their caring role. We may, if it is necessary, also look at the health needs of the person who is being cared for.

We work closely with other NHS specialist services, social and caring services and voluntary and community services and will link carers with these services when appropriate. We can provide information and advice on specific health conditions, as well as practical advice on the caring environment (safe lifting, handling, healthy eating, risk minimisation)

We will visit carers in their own home at a time to suit their needs or they can access an appointment at our carers clinics held on a bi-monthly basis at the surgery.

To make an appointment, please ring Reception on 01243 671833
Next session at Medical Centre: Tuesday 11 February 2020

BEST TO IMPRESS

An older man, not in the best physical condition, went along to his local gym. Carefully dressed in his new exercise clothes, he approached a trainer in the gym. *"I want to impress a beautiful young girl as soon as possible. Which machine should I use?"*



The trainer took one look at him and smiled: *"I would highly recommend the ATM machine outside!"*



If you had to identify, in one word, the reason why the human race has not achieved, and never will achieve, its full potential, that word would be **'meetings'**.

MEN'S BREAKFAST - SATURDAY 22ND FEBRUARY

START TIME 8.30AM DOORS OPEN AT 8.00AM)



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



Our next men's breakfast - 22nd February. David Westlake, the UK CEO of the International Justice Mission will be with us and we look forward to his inspiring talk.

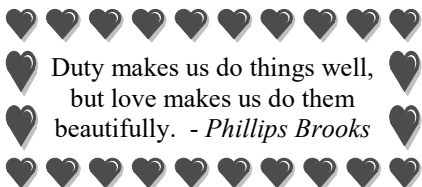
David brings with him over 24 years' experience of leadership and innovation in the Christian not-for-profit sector, combined with a passion for justice.

David previously served as International Director for Tearfund, responsible for Global Programmes, including advocacy, media, network engagement, international communications, global volunteering, as well as developing approaches to tackle sexual and gender based violence and enhance peace-building. David is married with one daughter and maintains a number of Trusteeships, including Soul Survivor and co-founder and Chair of Cinnamon Network.

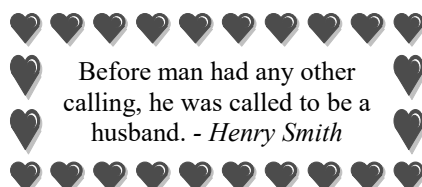
As always, we welcome all men irrespective of faith or none. It's an excellent opportunity to bring along non-Christian friends and neighbours to join us for breakfast, fellowship and to hear this interesting and maybe life changing talk.

Cost Just £8.50 - 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

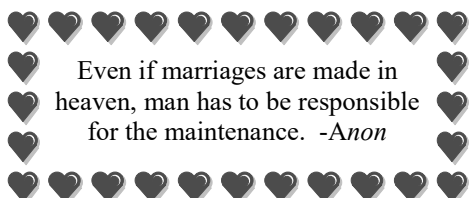


Duty makes us do things well,
but love makes us do them
beautifully. - *Phillips Brooks*

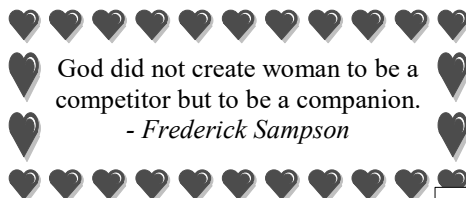


Before man had any other
calling, he was called to be a
husband. - *Henry Smith*

H A P P Y *Valentine's Day*



Even if marriages are made in
heaven, man has to be responsible
for the maintenance. - *Anon*



God did not create woman to be a
competitor but to be a companion.
- *Frederick Sampson*

ST WILFRID'S HOSPICE - WITTERINGS & DISTRICT SUPPORT GROUP



**COFFEE MORNING AT RUSSELL'S GARDEN CENTRE
ON WEDNESDAY 19TH FEBRUARY FROM 10.00AM - 1130**

Come along and relax and join us for an hour.

WHAT ARE ANGELS LIKE? -TRY ASKING SCHOOL CHILDREN

All angels are girls because they have to wear dresses and boys didn't go for it. - *Anthony, aged 9*



Angels live in cloud houses made by God and His Son, who's a very good carpenter. - *Jared, aged 8*



What I don't get about angels is why, when someone is in love, they shoot arrows at them. - *Sarah, aged 7*



DON'T DISMISS DEPRESSION IN OLD AGE

Physically fit and healthy into his late 80s, my once-cheerful father suffered bouts of depression that could sometimes make him physically ill. 'There's something in my brain that doesn't want me to be happy,' he'd reflect, seemingly incapable of stopping himself from reading sad stories in the newspapers or over-analysing chance remarks made by friends. **Depression is set to be the single biggest cause of disability worldwide – and we need to take it seriously.**

The Royal College of Psychiatrists says that almost nine out of ten older people get no help, partly because GPs struggle to spot the symptoms or confuse it with dementia. Depression impairs our ability to make decisions, process information and impacts memory. Antidepressants may help to lift mood, but don't always tackle these other issues. My father did seek help, but antidepressants made him feel sick.

Over time, he stopped seeing anyone but his closest friends and relatives, and his world shrank. I now realise that he was right: there really was something in his brain that didn't want him to enjoy life.

Depression is often associated with entrenched patterns of thought, where the person seems unable to stop themselves going over and over the same negative thoughts. Some psychiatrists now believe that these patterns translate into brain circuits, which are more easily triggered the more they are used.

**Adapted by JUDITH KEELING from Camilla Cavendish's book
*Extra Time: 10 Lessons for an Ageing World***

Taken from the Daily Mail, September 19, 2019

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 1st Sunday of the month

In the Service on the 3rd Sunday of the month

Bible based services seeking to learn more of God

Bible Study - Mondays 6pm Thursdays 10.30am

Thursday Fellowship 2nd and 4th Thursdays at 2.15pm

Varied topics – tea and cake!

Friday Tea and Chat 2pm

ALL ARE WELCOME TO ALL OF THE ABOVE!

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



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

