

June 2024





Sundays

8.00am	Holy Communion in church .
10.00am	Parish Communion in church.
	Also available live-streamed on Facebook and YouTube.

On the first Sunday of most months there is an all age service at 10am and a Taizé healing service at 6pm

Tuesdays

9.30am Holy Communion in church.

Wednesdays

6.oopm Celtic Evening Prayer on Zoom.

Saturday

8.00am Morning Meditation — *also on Zoom*.

The service on **Sunday** is followed by fellowship in the church hall.

See the church website for details: https://www.goodshepherdshorehambeach.org.uk

First Thoughts: the spirituality of walking

Walking is more than just the basic way of getting from A to B; it's also a profound way to reconnect spiritually with God's creation, says Rev'd Jane



People from the Good Shepherd community have been doing a lot of walking in recent months. There was Dave Worrall's inspirational fundraising walk, for which he completed 33 walks around the parish boundary, walking over 300 miles.

A group from the church joined Dave on his final day for Rogationtide, walking ten miles together, praying for the parish as we went. Rogation is a practice that dates back to Anglo-Saxon times, to ask for God's blessing on the land. It was a glorious spring day, and everyone seemed to enjoy themselves as we 'beat the bounds', the old term for marking the parish boundaries. There is something about walking that nurtures gentle conversation and the building up of fellowship.

Then there's Glen and David Edey, members of the congregation who are walking St Hilda's Way in North Yorkshire as a fundraiser for Christian Aid. This is a 40-mile coastal route inspired by the 7th century Saint Hilda.

Yet more walking is taking place amongst some of the 8am Sunday service regulars. Led by Dominic Elton, they are walking The Old Way, a pilgrimage route from Southampton to Canterbury Cathedral. It's a 240-mile route, based on a lost pilgrim path, found on the 1360 Gough Map known as Britain's oldest road map. They are walking the route in stages and are finding the journey to be a magical way to encounter the landscape, local churches, and holy sites.

Walking can be a most ordinary activity. It's our oldest mode of transport. Those of us fortunate to be able bodied are likely to do some walking every day, even if it's only to the local shop. But as we have seen from the walks recently undertaken by church members, it can also be intentional, and rich in meaning.

Spiritual Walking

The benefits of walking are more than just physical. It enables us to engage deeply with the natural world and gives us time to reflect. There has been a growth in interest recently in what we might call 'spiritual walking'. The Bishop of Norwich Graham Usher has written a book on the subject, and says, 'Walking helps me to pray and leads me to encounter God: it's as if I have a companion at my side, or up in front, leading me on, or whispering from behind, encouraging me to take the step I dare not, but need to take.' (The Way Under our Feet, SPCK).

Jesus and his disciples did a lot of walking. You will find estimates on the internet that suggest he walked 3,125 miles during his public ministry, mainly in the regions of Galilee and Judea. It's impossible to know whether this is accurate, but it's clear from scripture that he walked great distances, perhaps 20 miles a day, and these walks were instrumental in spreading his teachings and bringing about God's kingdom here on earth.

Of course, not everyone is physically able to walk. We are fortunate to have the boardwalk on Shoreham Beach, which enables disabled people to also enjoy the delights of outdoor encounters, and in the words of the nature writer Robert Macfarlane, "enlarge the imagined range for self to move in." (The Old Ways: A Journey on Foot, Penguin).

So, I hope that this spirit of intentional walking will continue at the Good Shepherd, wondrous wanders that reveal beautiful worlds, both inner and outer.

Rev'd Jane

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icensed

The life of a new Churchwarden

Nix explains how it feels to take on one of the church's big volunteer jobs.

hen the vacancy for churchwarden first occurred. I thought that maybe I might like to do something like that but to be honest I hadn't really got a clue what exactly a churchwarden actually did. I went home and had a Google and immediately decided that it looked like far too



was a Zoom meeting on Tuesday and a meeting at the Vicarage on Wednesday. I got the day off on Thursday and on Friday I took over from Jane helping to get the new website up and running. I'm into my fourth week now and if anything it's busier than ever.

I must say that I literally had no idea

much work. Then I got involved with the search for a new incumbent and I really enjoyed that and so I thought again about being a churchwarden and decided to stand.

I'm happy to say that I was elected but then I was the only one standing! Thank you to all of those who did vote for me, I really appreciate it... I think! I seem to have hit the ground running. In the first week I had a meeting with Kay on Monday, there of the sort of things that go on in the background to keep our church running and bring us our Sunday morning services. It's quite outstanding really considering most of the people involved are volunteers. Actually, Barry our treasurer, mentioned at one of our meetings a very interesting fact. He'd sat down and worked out that by having volunteers doing things that we might otherwise have to pay for, they were actually saving the Church £105,300 a year! This is quite incredible and we're so grateful for all the work the volunteers do and I'd really encourage anyone else who has a little bit of spare time to offer to volunteer too.

It doesn't have to be every month, it could be once a year at the summer fair for instance, selling books or toys or maybe helping to make coffee. Please do think about it, we are always in need of more volunteers.

I hope you've all noticed the improved sound system. We are having to improve it in stages as and when we have the money but I think the sound is so much better now. Please let us know how it sounds where you sit because it's important everyone can hear clearly.

Many thanks must go to Kay who has been so brilliant helping me to ease into 'the job'. We are hoping to write an article each month for the magazine just to keep everyone up to date on what's happening in the church and what we're planning. If you have any worries or concerns Kay and I are always here for you.

Níx Cuthell







...well you cannot fault the efficacy of the new 'Planned Giving' scheme...

Shirley caught the flower ladies red-handed, dealing trugs

Kings Walk, Shoreham Beach

Taizé for Healing

Stepping Stones

oodshephe

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Sea Sunday

Derek Hansen reminds us of the importance of the work of the Mission to Seafarers, as we approach our annual Sea Sunday service.

E very year churches of all denominations celebrate Sea Sunday on the second Sunday in July. The Mission to Seafarers is one of the



they indiscriminately attacked the ships of many nations. From October 2023 to March 2024, 60 vessels were attacked and a number of crew killed. The Middle East and South Asia

Mission teams are particularly engaged in tracking attacked ships and arranging visits in the next port of call.

Many ships, who were originally routed via the Suez Canal are having their itineraries altered and extended and the Missions global team have engaged with worried and impacted crew. More than 2,000 seafarers on some 150 ships were abandoned last year. Liaising with port authorities and providing justice, welfare and medical support in these and similar cases frequently involves lengthy and complex negotiations and repatriation of crew as well as providing support for their families at home.

43,2235 ships were visited in 2023. Nearly 150,000 Seafarers visited the Seafarers Centres and over 58,000 SIM cards were provided to Seafarers to enable them to get help, and keep in touch with their families and friends.

world's largest providers of portbased welfare services who help support the world's seafarers who bring us more than 90 per cent of everything we use and own. They operate in over 200 ports across 50 countries providing help and support to the 1.9 million men and women who face danger every day.

Some storms seafarers face can be global, like the Red Sea crisis or the war in Ukraine. Then there are record tsunamis and hurricanes and even modern-day piracy. But they can also be individual: sickness, unemployment, and bereavement. Even the simple stress of being separated from family can be the cause of mental and physical health issues

In the Red Sea the Houthis claim that they were targeting ships linked to Israel, the US, or Britain, but in fact Amongst all of this the ordinary challenges of seafaring continue. A ship arrived in North East England last year with 22 seafarers on board. It was a routine visit which included taking on board some hats and scarves there were part of the one Metric Tonne of knitting distributed last year

It was soon clear that the crew was under huge mental and physical strain. One confided that, during the voyage from the USA, he had only been getting two hours sleep a night because he was so stressed and overworked. He was also concerned that the crew were no longer able to operate the vessel safely as they were all exhausted.

The relevant authorities were contacted and a vessel detention notice was served that afternoon. As a result, the seafarers were able to go ashore for the first time in many months and spent time relaxing at the seafarers' centre in the port. 11 of the crew were repatriated to the Philippines later that month.

The Mission tells me that never has your support been more necessary or more deeply appreciated.

Derek





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On the first Sunday of most months our 10am Communion service is especially suitable for families. Come and join us!



The Big Brekkie



Our annual Big Brekkie for Christian Aid week raised over £750 this year. Thanks to all who helped, donated or attended the event.

Photos by Jill Charlish

in

6



Your new PCC meets for the first time

Jo Edwards explains the role of the Parochial Church Council, and reports from the first meeting of the new PCC elected last month.

The Annual Parochial Church Meeting at the end of April approved the appointment of Hilary Jolly and Catherine Mann as new members of the Parochial Church Council (PCC). Your new PCC met for the first time on Tuesday 14th May.

So what is a PCC and what does it do? And why would you want to become a member?

The PCC is the governing body of our church. It includes the clergy, the churchwardens, and members elected by the whole church membership at the Annual Parochial Church Meeting. Together, the team is responsible for the overall wellbeing, practical as well as spiritual, of the church, the church members, and the church buildings.

As well as Reverend Jane and churchwardens Kay Haffenden and Nix Cuthell, our PCC's current membership includes a Treasurer, Secretary and a further 10 members. It will also include the Vicar of the Benefice, when the new person has been appointed. PCC members typically undertake various additional roles, including Safeguarding Officer, Stewardship Officer, Lay Reader and Deanery Synod representatives. Fiona Hendry is also co-opted onto the PCC as our Children and Families Coordinator.

PCC meeting on 14th May

The first meeting of the new PCC was a busy one. We agreed the appointment of the Treasurer, Secretary, church Standing Committee and Welcomers team. A very encouraging report on the church's finances was received. We also discussed and agreed matters relating to the church premises, including incremental improvements to the sound system (see Nix Cuthell's article on page 6 for more on this).

It was very exciting to give the goahead to the planned repair of the Memorial wall, funding for which has been raised largely by Dave Worrall's incredible Rogationtide sponsored walk.

The PCC approved the adoption of a Grievance Policy, in line with one adopted by St Mary's church. We also

approved the renewal of Sally Excell's Permission to Officiate, or PTO, as Lay reader for a further three years, and the admission of Stephen Coke to our team of Lay Ministers of Communion.



We received various reports about church activities, including those for children and families, fundraising, our involvement in this year's Sand Dance, and church communications. We also received a report on progress in the appointment of a new Vicar for the Benefice - our Churchwardens are involved in this, along with those at St Mary de Haura.

Why be a PCC member?

I have been a member of the PCC on many occasions over the past 20 years or so. As well as being interesting and exciting to help shape the church I love, it's also a way I feel I can serve God and the church, having been involved in various committees over the years, both professionally and as a volunteer. As new PCC member Catherine says, "as probably in all

churches, there is always a need for volunteers and God has given us time and skills for a reason."

Catherine joined this church from one in which she had many roles, and had planned to step back for a while; but, she says, "although I may have been reluctant to take on more, I think God has other plans and it felt right to accept Jane's invitation to join the PCC. I hope I can do the role justice and serve God in this way."

If you think this is a way in which you could serve, please get in touch with Reverend Jane.

Jo Edwards PCC Secretary



Wild flowers

by Dido Walker

Wild flowers Don't ask our permission to grow. Life's seeds flying as winds do blow, Needing no instruction, they all know How the universes ebb and flow.

Luminescent hues ablaze in the field, Through tarmac, & 'twixt' stone revealed: Fleeting moments of love and chance In variegated dusk-lit dance, The light and shadow of romance In cosmic palette of variance.

Who chose nature's brush so to wield? In scented petal power's concealed, Their jewelled stems shining in the rain, As storms descend through clouds again. Wing'd insects hum to whistling birds' refrain As blaze of sun does kiss the earth's terrain.

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Across

¹ Military tactic used by Joshua to attack and destroy the city of Ai (Joshua 8:2) (6)

4 Place of learning (6)

8 'When Moses' hands grew — , they took a stone and put it under him and he sat on it' (Exodus 17:12) (5)

9 Unpleasant auguries of the end of the age, as forecast by Jesus (Matthew 24:7) (7)

10 Stronghold to which girls in King Xerxes' harem (including Esther) were taken (Esther 2:8) (7) 11 Where Saul went to consult a medium before fighting the Philistines (1 Samuel 28:7) (5)
12 Propitiation (Hebrews 2:17) (9)
17 Turn away (Jeremiah 11:15) (5)
19 So clear (anag.) (7)
21 'I have just got — , so I can't come':

one excuse to be absent from the great banquet (Luke 14:20) (7)

22 Long weapon with a pointed head used by horsemen (Job 39:23) (5)

23 Musical beat (6)

24 What the Israelites were told to use to daub blood on their door-frames at the first Passover (Exodus 12:22) (6)

Down

- 1 Fasten (Exodus 28:37) (6)
- 2 Art bite (anag.) (7)

3 'The people of the city were divided; some — with the Jews, others with the apostles' (Acts 14:4) (5)

- 5 Contend (Jeremiah 12:5) (7)
- 6 Possessed (Job 1:3) (5)
- 7 Sheen (Lamentations 4:1) (6)
- 9 'You love evil rather than good, rather than speaking the truth' (Psalm 52:3) (9)

13 Large flightless bird (Job 39:13) (7) 14 They were worth several hundred pounds each (Matthew 25:15) (7) 15 'A — went out to sow his seed' (Matthew 13:3) (6) 16 How Jesus described Jairus's daughter when he went into the room where she lay (Mark 5:39) (6)
18 The part of the day when the women went to the tomb on the first Easter morning (John 20:1) (5)
20 Narrow passageway between buildings (Luke 14:21) (5)
21 'Don't you know that friendship with the world is — towards God?' (James 4:4) (6)
23 Prominent architectural feature of large cathedrals such as St Paul's (4)

For answers to this crossword — see page 25.

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Home Groups

Home groups are a mainstay of religious life for many. Nix argues that it's time for CoGS to reawaken this tradition.

I wonder how many of you reading this have ever been in a home group? What is a home group exactly? Well there are lots of different types but all of them are there to bring fellow brothers and sisters in Christ together in fellowship. This might include doing a bible study each week but I prefer to refer to that as a bible study and keep home groups as a separate thing.

Home groups should be fun, friends gathering together over coffee or lunch often to talk about our faith and how it affects our lives or...maybe not talking about our faith at all. Maybe one of the group is struggling, there's nothing more wonderful than being prayed for by a group of friends when you haven't got a clue what's going on in your life.

There are great topics, some more serious than others. Here are things we discussed in my last home group:

- Recognising Temptation you can't overcome temptation if you don't know what it is!
- When did you get baptised? Maybe someone would like to give their testimony.
- What are your spiritual gifts or do you know if you have any?

- Putting God first in your marriage.
- What is one question you want to ask God?
- Do miracles exist?
- Who is your favourite person in the Bible besides Jesus?

If you want, there could be tough questions of course like...

- Can you take the Bible literally?
- How are Christians called to love LGBTQ+ people?
- How should the Church respond to racism and injustice?
- What does the Bible say about divorce & remarriage?

There can also be some fun questions to get the party started...

- What's your favourite childhood memory?
- What's your favourite movie and why?
- What was your worst date?
- What was your favourite subject in school?
- What do you enjoy doing in your free time?
- What's your favourite family holiday tradition?

As we don't have any home groups in the church at the moment I would love to know if there would be any interest. Please let me know if you think you might enjoy something like this. I can fit about ten of us into my lounge and I think that might be a good place to start. I think it's fun for everyone to have a go at leading the evening (only if they want to) and they could choose one of the subjects mentioned in this article or come with their own.

Just to give you an idea, I would normally start with a few songs. I have a large TV so we can get them up on YouTube with the lyrics. Perhaps we could take it in turns each week to choose three songs. I'd probably go with something modern but others might prefer traditional hymns. After that someone will lead us in our discussion and we can end with prayer.

I really do hope that the idea of meeting together with other Christian friends appeals to you. Home groups don't always have to be about our Christian faith, but our Christian faith will always have a big part to play in the home group.

You can contact me on nixcuthell@btinternet.com or on 07500 807200.

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The magazine is also available as a PDF file on the church website: the address is on the back cover.

Any and all contributions are always welcome and should be sent to the Editor by the 15th of each month. Contributions should ideally be as a Word or rtf file. Please send to the editor's e-mail above.

For advertising requirements, please contact Chris and Richard on the above email address. Advertising copy deadline is the 20th of each month for inclusion the following month.



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When it was Mrs Wilson's turn to do the flower arrangements, she always kept the vicar's hay fever in mind



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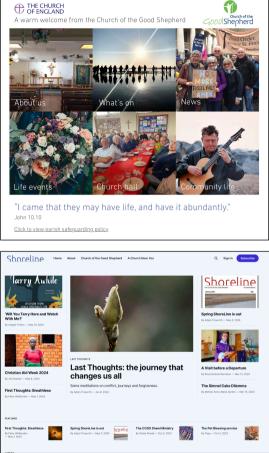
Last Thoughts: rewoven web

S ometime, my day job and my church volunteering overlap. I lecture to journalism students about what we call "audience strategy" — finding readers and viewers in the digital age, when you can no longer rely on the newsstand to sell the edition. (My late grandmother used to sell newspapers to morning commuters from a kiosk on North Wembley station. It feels like another age now...)

One consistent problem we've been dealing with is how much more difficult it's getting to reach people through social media — unless you pay. And that's why it's important that the church retains and enhances its presence on the open web, where it's not controlled by the algorithms of a single company.

Good news! We don't just have a new church website: we have two, with different aims. Dave Sutton has moved our aging main website from a legacy platform to Wix, giving us <u>an information site fit</u> for the 21st century.

And you can also find a regularlyupdated <u>newsy digital version of</u> <u>ShoreLine online</u>, too, in an



experiment in what a digital version of parish magazine could look like. You can sign up for free emails whenever anything new is published on the site. We hope you find them both useful.

Adam

Don't forget to visit our church website

www.goodshepherdshorehambeach.org.uk



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