

Shoreline

The Church of the Good Shepherd

Shoreham Beach

September 2024

50p





Church of the Good Shepherd

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

6.00pm 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 sum total of Heaven and Earth

Why is Mars coming to Chichester Cathedral — and what does that have to do with Saint Hildegard of Bingen? Rev'd Jane explains.



Chichester Cathedral will be a place of cosmic wonder next month, when an immersive artwork will be on display in the ancient nave. It is a giant replica of the red planet Mars, using detailed imagery from NASA. There will be atmospheric lighting and music to create an immersive experience, thanks to the vision of artist of Luke Jerram.

I suspect that Saint Hildegard of Bingen would have thoroughly approved of a cathedral being used in such an unusual way. Hildegard lived in the twelfth century in Germany and was a Benedictine nun of

extraordinary talent and vision. Not only was she a theologian, but she also composed music, painted artwork, wrote poetry, loved nature and was the first woman to have written scientifically on medicine. She had mystical visions since childhood, and much of her spirituality was an outpouring from these experiences.

Her Christian spirituality brings together the richness of theology, art, music and science, and there is much to inspire us today. If ever our worship becomes too flat and rational, let us remember Hildegard with her blending together of the creative arts,

science, natural history and mysticism.

The church celebrates her feast day this month on September 17th. It is so right that she is remembered in the middle of the church season of Creationtide. Hildegard honoured the earth as 'Mother of all' and developed a theological category called '*viriditas*', which can be translated from the Latin into 'greening power'. She lived in the Rhineland, which is a land full of trees, and she described the Holy Spirit as being like a green sap that flows through our souls, a life energy that God revealed in the natural world.

Her spiritual vision was one of interconnectedness, a cosmos where creation, humans, angels and God were all in intimate relationship. Hildegard is believed to have written:

*Everything in nature,
the sum total of heaven and of earth,
becomes a temple and an altar
for the service of God.*

I am sure Hildegard would have loved to have gazed at the Mars installation in Chichester Cathedral and feasted on the awesomeness of God's creation.

We are planning a Good Shepherd church outing to the Mars exhibition, so a keep an eye out in the weekly newsletter for details.

Mars at Chichester Cathedral runs from 19th October to 10th November. More information here:

[https://
www.chichestercathedral.org.uk/
news/evening-viewings-storytelling-
and-concerts-stellar-programme-
announced-mars-chichester](https://www.chichestercathedral.org.uk/news/evening-viewings-storytelling-and-concerts-stellar-programme-announced-mars-chichester)

Collect for Hildegard of Bingen

Most glorious and holy God,
whose servant Hildegard, strong
in the faith,
was caught up in the vision of
your heavenly courts:
by the breadth of your Spirit
open our eyes to glimpse your
glory
and our lips to sing your praises
with all the angels;
through Jesus Christ your Son our
Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
One God, now and forever.

Rev'd Jane

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The Fund is here to help anyone facing financial difficulties, especially at this time. It is able to help by gifting small grants to those in need, within the Good Shepherd.

Please contact Edgar Powell, in confidence, if you, or anyone you know, is in need.

Tel: 01273 453709



Shoreham and Southwick Churches Bereavement Support

Sheila marks the end of an era of pastoral work.

At our meeting on 30th July we regretfully voted to close the Bereavement Support Group. The group started in 2010 and has been supporting those who have been bereaved for 14 years now. We visited Homehaven Court sheltered housing in Swiss Gardens with drop in afternoons, offering a cuppa, home-made cake and a chat which has been much appreciated, both by residents and others passed to us by the churches.

The decision was not taken lightly and only after much prayer and discussion. Sadly, however, most of the group have changed circumstances and health issues, are not getting any younger, and all have other commitments at home and in their churches.

We had one last drop in afternoon at Homehaven on 4th September to say farewell to them and to Linda the manager who retires that week.

Rev Ian Couchman, minister at the Methodist church has kindly offered to lead a decommissioning service for us at Shoreham Methodist



Church on Tuesday 24th September at 3pm and anyone who has been involved in the group over the past 14 years would be very welcome.

One aspect of our meetings has been the sharing of information among the churches which we hope to continue in some form as both Shoreham Churches Together and Southwick Churches Together are not functioning at present.

All the group will continue to support anyone they know who is bereaved and use the skills learned in the many excellent workshops we have held over the years.

Sheila Powell

Calling All Knitters

Thank you to all who have knitted hats scarves and gloves in the past.

Now that autumn has arrived it you feel like carrying on, or if anyone else would like to join, (there are patterns on their website) I will be sending some more to the Mission at Christmas and Easter, so will be collecting between now and then.



Thank you so much.

Caroline



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'Do Explorers Wear Socks?'

by Carolyn Ellis

Chrystabell Young explores a new book by a member of the congregation.



I first heard about this book when my neighbour across the road was writing it! I glimpsed, in the following months, the huge uphill journey that is needed to get a book written and published.

I was privileged to read some earlier drafts and make suggestions and each draft that, I thought, was brilliant, went back to the author for more work and more changes until it became good enough for the author and her various professional advisors to accept as the final document to send and be accepted for publishing!

Training as a Registered Army Nurse and serving in that capacity for several years, up to the position of Captain, Carolyn has worked in various nursing positions for 40 years. When she was 29 years old, she worked at an Army Field hospital on the front line of the Gulf War. Maybe it was these desert conditions that prepared her somewhat for the conditions she was going to experience on her next desert adventure?!

It was in her early 30s that she had the opportunity for an exploration that would make a far-reaching

impact on her life and become the story that she had to write.....the book *Do Explorers Wear Socks?!*

About 2 years ago, Carolyn came to church with me, has been coming ever since and is now an established part of our Cogs Family!



This book is a true story written by one who experienced every moment of this exciting adventure. It is written in a unique format with the writer 'taking the reader with her' on the journey and as she tells the tale with all its various happenings we experience it as if we were there in the desert. Although created for children, this book has already been read by a 6-year-old and a 99-year-old and all the ages in-between and been equally enjoyed by all! It is one of those stories that whether you are a boy or a girl, a grown up or a child, there is a place for you!

Carolyn encourages the reader to 'fill up your water bottle' and come along on an epic journey across a thousand miles of desert known locally as the 'Desert of Death' from which no explorer has ever returned! It is, in fact, the Taklamakan Desert in China.

In the male dominated world of 1992, the author asks; 'Why shouldn't women get a chance to do challenging and dangerous things?' And answers that question by being the only woman among a team of 14 men from around the world.....and, most important of all....30 'AWESOME HAIRY CAMELS!!'

Telling the story with humour and feeling, Carolyn describes, (sometimes in graphic Roald Dahlian detail) her journey as Team Medic. She was nick-named the 'CAMEL DOC,' having discovered early in the expedition that her medical bag and experience were as much-needed by the camels as the men in her care! This book is inspirational, encouraging children and adults alike to dare to follow their hearts and their dreams never letting age or sex get in the way! It is equally gripping enough for those of us who prefer to dream our dreams

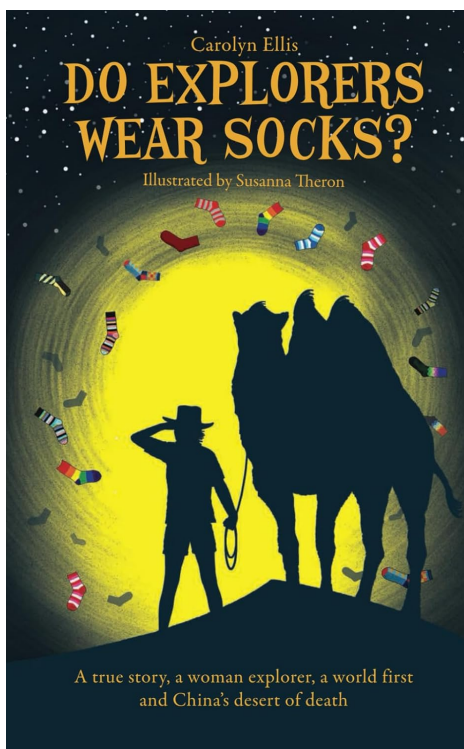
in comfort, to get into and escape for a while!

The Illustrations by Susanna Theron.

The art work for this book is magical! The illustrations make the characters come alive and together with Carolyn's humour create a perfect comic blend! When the rain is falling and the skies are grey day after day, when the politicians are making a mess of things and the news is too depressing, I will pick up this book and just look through it at the incredible pictures. I am guaranteed a lift in mood and a good laugh!! Pictures of caricatures of people who somehow look just like the character they are depicting. And then there are the camels!!!... Hilarious pictures of an angry camel or a spitting camel, or a very touching depiction of a camel sharing Carolyn's watermelon (following a sad happening that you will have to read the book to find out!!)

Photos and More!

An added dimension of this book is the online connection that goes with the book by way of little camera signs throughout and links to the website where a whole



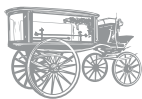
gallery of photos of the real thing can be seen, There are also links to invite Carolyn to give an illustrated talk at schools clubs churches etc.

I hope this review has whetted your appetite for this book, whether for yourself, your children or grandchildren (although whoever originally bought for, it usually gets read by all!!)

Here's how you get it

Either: Ask Carolyn at Church! (If you don't know who she is ask me!) or visit:

www.thecameldoc.com



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A wheelchair for Annet

Canon Tony & Daniel Muwanguzi tell of a journey from Shoreham Beach to Uganda

In the Spring of 2023, we welcomed into our midst at the Church of the Good Shepherd, Daniel Muwanguzi from Uganda. Daniel is Field Director of a Christian Charity called SEAN Uganda. ('SEAN' is pronounced 'Say-An' and stands for 'Study by Extension for All Nations').



During the few days that he was here, Daniel shared much about the work of SEAN Uganda, in Christian Education and Training, and in helping people in other ways through their Social Support Programme and Medical Centre.

One of the stories he shared concerned Annet, a young Ugandan woman in her 30's who desperately needed a wheelchair. A member of our church, upon hearing this, donated a wheelchair. Others contributed to the cost of it being taken to Uganda by Daniel when he flew back to Uganda.

Now, over one year later, as he visits us again, Daniel has written of her experience.

Canon Tony

Different Special Needs cases cause a multitude of varied limitations, which have a lasting impact on many people. For Annet, her story changed when the Church of the Good Shepherd Shoreham Beach, gave her a wheelchair – passed on to her through the mission organisation, SEAN Uganda TEE.

SEAN Uganda TEE provides a vitally important social support programme, to people across a wide area, through its Medical Centre in Ndejje, rural Uganda. Some clearly need “practical intervention and love” more than medication for an illness. The social support programme provides mosquito nets, baby clothes, children’s shoes, sanitary items, counselling, school books and more.

Annet wasn't any different in that her greatest need, until last year, was not medicine for a malaria episode, not milk to boost her calcium, but a "wheelchair" to enable her to become more mobile. You see, Annet was born with polio. This crippled both her legs and partly one hand to the extent that she can only painfully crawl, or walk on her knees, to take care of herself and get around.

Due to her condition, Annet never had a chance to go to school since her parents didn't know about special needs education. Worst of all, she had never gone to church because there was nobody to take her and no means of getting her there.

Annet’s story changed when she received her miracle wheelchair from the Church of the Good Shepherd. Recently she came back to the Medical Centre purely and simply to give



thanks and to tell us how the wheelchair had impacted her life. She said,

“Life is now life for me indeed. I can go to church, visit friends, go to social events and now, am able to make friends I never had before. This is because the wheelchair now enables me to engage with other people”.

She wished to thank everyone who worked hard to bring this positive change in her life. In her words.....

”May the good Lord bless all those people and their commitment to helping me”.

Daniel Muwanguzi

Let's talk about it

The season of mellow fruitfulness can bring unwanted melancholy and even depression for some people. Chrystabell talks about how we help.

As summer fades into autumn and the misty mellow fruitfulness brings with it an awareness of light fading from our skies and the musky damp of approaching Winter, I am always aware that for me — as for many others — this season brings a melancholy. It is a feeling that has to be accepted and faced with determination and courage.

It was good to bless the Backpacks of our church children on Sunday, as they prepare to go back to school. I hope this will remind us all to pray for them as they make this transition from the long Summer holidays with family and friends, to school with all its challenges as well as its joys!

I hope, too, that it may help the children to face whatever difficulties they have to face, knowing that there is a God who loves them and goes with them through their lives.

Fifty years ago, when I was in my twenties, I dreaded this time of the year because every autumn I would go into a depression. I struggled with my mental health for many years and in those days it was not accepted or talked about, so comments such as “Pull yourself together” or “There's nothing wrong

with you” were very common! When I was in my early 30s, I experienced a deep spiritual experience of healing and from then on, my life was changed, and I eventually trained and became a professional counsellor, helping many others through their mental and emotional battles.

A few months ago, when I realised that the grief after the loss of my beloved husband had turned into something different, and I had to say I was suffering from Depression, I was very ashamed! I couldn't understand why I was ashamed because I knew I shouldn't be, and I have talked to so many over the years who feel like this and assured them that they do not need to be ashamed! I know that Depression is an illness like any other and nobody would expect to be 'ashamed' about having Cancer or Diabetes would they?! Yet here I was I after all those years of knowledge and experience....feeling 'Ashamed'.

Depression is a mental illness that needs to be recognised with all its components that affect the brain and make the sufferer think differently and act differently to how they would normally.....because they are ill! And on



this particular journey, with the help of a good online Counsellor, I have discovered things that I had forgotten and that now I can put into action to help me to restore my equilibrium.

For me, it was as if when Ted died. I had locked behind me many doors that life and certainly marriage had opened for me and, in therapy, I found the master key that somewhere in my grieving, I had dropped along the way!

The most important thing I realised was the **VALUE OF SHARING!** As soon as I had spoken to one of my close church friends and owned the

words 'Mental Health Issues' and 'Depression and Anxiety state' I realised that it was okay to have this illness! Just as it is okay to have any other illness! And having admitted it, I felt able to face it and take action!

I am sharing this now with just a little trepidation about how some folks may react, but I feel strongly that I want to give others 'permission' to do the same! There really is nothing shameful about it and in the 'Family of God' we can help one another and support one another as we go through all these nasties that we have to face as we walk this sometimes very bleak road of life.

We know the statistics of mental illness, that 1 in 3 will suffer at some point of their lives! CHRISTIANS ARE NOT EXEMPT!! As long as we are here on earth as human beings we will suffer from various ailments and some of these might be obvious, getting loads of sympathy and understanding from others, whilst others are hidden and silent with the sufferer walking a lonely road which involves wearing a 'mask' and putting on an act so that nobody but God knows how desperate they really feel.

Please reach out if you need to. May all of us be there, ready to listen, or invite someone round for coffee or a walk along the beach. Very often that's all that is needed to get that person through the next hour or the next day. And remember, it is a hidden illness and sufferers are very good at covering up and wearing a 'happy 'I'm fine"' mask which takes

great courage and trust to take off and show their inner pain.

I will let the words of one of my favourite songs express what I want to say:

*We are Pilgrims on a journey
We are travellers on the road
We are here to help each other
Walk the mile and bear the load.*

*'I will hold the Christ light for you
In the night time of your fear
I will hold my hand out to you
Speak the peace you long to hear....*

*When we sing to God in Heaven
We shall find such harmony
Born of all we've known together
Of Christ's love and agony'*

— From 'The Servant Song'

Crystabell





"How thoughtful, wearing something all the wedding guests could shelter under in case of rain."



...I take it our local supermarket has a rather good offer on tinned peas at the moment!



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Restore Nature Now

Rev'd Jane reports from a multi-organisation march, calling on the government to protect and regenerate creation. Photographs by Catherine Collingwood.

Nature in the UK is in long-term decline. We are one of the most nature depleted countries in the world. On Saturday 22nd June about 60,000 people, including five of us from the Good Shepherd, gathered in London for what was the biggest ever demonstration of people for nature and climate change. The event was legal and peaceful, well organised, and had the joyful atmosphere of a carnival. It was supported by 300 conservation groups, including major bodies like the National Trust, RSPB and Wildlife Trusts. These were marching alongside direct-action groups, like Extinction Rebellion, and faith groups.

I was part of a large group of Christians, who had first come together for an ecumenical service at the Church of the Immaculate Conception, a catholic church in Mayfair. The service had been organised by Christian groups, including 'Green Christian' (a charity of which I am a member) and 'A Rocha' (the charity that organises the



well-known Eco Church Award scheme).

It was a moving service in a large and packed church, during which we heard St Francis's 'Canticle of Creation' and had a guided meditation visualising the earth being cradled in our hands. The CEO of A Rocha UK gave an address about the biblical mandate to care for creation. After a final blessing, we joined the march to Parliament Square.

It was a colourful procession, with nature inspired costumes and banners. Groups of drummers added to the vibrancy. The march, coming just before a General Election, was

demanding that UK politicians show strong domestic and global nature and climate leadership.

There were five aims:

1. Giving a pay-rise for nature
2. Making polluters pay
3. Delivering more space for nature
4. Putting a right to a healthy environment in law
5. Ensuring fair and effective climate action

You can read the specifics here:
<https://www.restorenaturenow.com/aims>

The march finished in Parliament Square, where there was a platform of speakers, including the BBC presenter Chris Packham. He gave an impassioned speech about our vanishing birdlife, and how one in six species of animal in this country is in danger of extinction. He talked about our polluted rivers, and how 92% of our marine protected areas are not protected from destructive fishing. “Now is the summer of our discontent because we have a nightmare,” he declared. “We have



the tools and technology. It's time to wake up and start acting.”

There was a magical moment when birdsong was amplified and played in Parliament Square. The crowds fell silent, enthralled by the beauty of the sound.

For me, the environmental problems that we face can sometimes seem overwhelming. But participating in an inspiring event such as this gives me hope that many people desperately care and are trying to do something to improve the situation. There was much love being shown that day for what St Francis calls, “Sister Earth, our Mother, who nourishes and sustains us”.

Rev'd Jane

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Crossed Lines

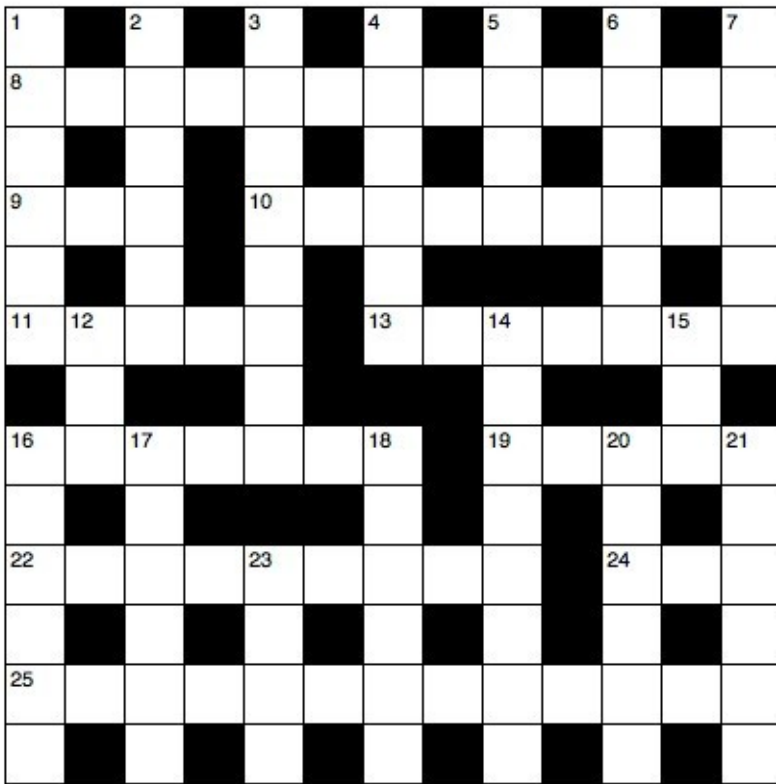
by Caroline Hansen

There are rules that have been broken
There are lines that have been crossed
Either spoken or unspoken
In the lives that have been lost

There are paths we have not taken
There are roads we could not cross
Each day as we awaken
We hear about the cost

On decisions undertaken
And collisions everywhere
We hear of those forsaken
And try to say a prayer

But shining through our blindness
We see again the light
In countless acts of kindness
Before us in plain sight



Across

- 8 Where the ark of the covenant was kept for 20 years (1 Samuel 7:1) (7,6)
- 9 One of the parts of the body on which blood and oil were put in the ritual cleansing from infectious skin diseases (Leviticus 14:14-17) (3)
- 10 Uncomfortable (3,2,4) 11 'Yet I have loved Jacob, but Esau I have —' (Malachi 1:3) (5)
- 13 Where Paul said farewell to the elders of the church in Ephesus (Acts 20:17) (7)

- 16 'Jesus bent down and — to write on the ground with his finger' (John 8:6) (7)
- 19 Prophet from Moresheth (Jeremiah 26:18) (5)
- 22 Comes between Exodus and Numbers (9)
- 24 and 2 Down 'Then Elkanah went home to Ramah, but the boy ministered before the Lord under — the —' (1 Samuel 2:11) (3,6)
- 25 There was no room for them in the inn (Luke 2:7) (4,3,6)

Down

- 1 Rough drawing (2 Kings 16:10) (6)
2 See 24 Across
3 Underground literature (including Christian books) circulated in the Soviet Union (8)
4 Lo, mash (anag.) (6)
5 The Bible's shortest verse: 'Jesus —' (John 11:35) (4)
6 'Can a mother forget the baby at her — and have no compassion on the child she has borne?' (Isaiah 49:15) (6)
7 Can be seen in a dying fire (Psalm 102:3) (6)
12 'Send me, therefore, a man... experienced in the — of engraving, to work in Judah and Jerusalem' (2 Chronicles 2:7) (3)

- 14 Second city of Cyprus (8)
15 United Nations Association (1,1,1)
16 One of the women who first heard that Jesus had risen from the dead (Mark 16:1) (6)
17 Braved (anag.) (6)
18 — of Evangelism, outreach initiative in the 1990s (6)
20 'Woe to those who are wise in their own eyes and — in their own sight' (Isaiah 5:21) (6)
21 'Neither — nor depth... will be able to separate us from the love of God' (Romans 8:39) (6)
23 What Jesus shed in 5 Down (4)

For answers to this crossword — see page 25.

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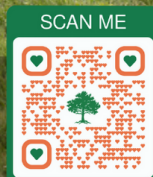
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Shoreline

Editor: Adam Tinworth 07414 109009
shorelineeditor@hotmail.com

Advertising: Chris and Richard Diebel
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ShoreLine is the parish magazine of the Church of the Good Shepherd, Shoreham Beach and is provided as a service to the community and the congregation. The church is part of the Church of England's Diocese of Chichester and is also part of the world-wide Anglican Communion. If you would like further information on the Church of England and its beliefs, please use the 'Useful Links' on the back cover.

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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St Francis Fund	Edgar Powell	01273 453709 stfrancisfund@yahoo.co.uk
Electoral Roll Officer	Jenny Stride	07773 409205



Last Thoughts: rise in glory

Usually, when a former student messages me, it's a good thing. They want a reference for a new job, they want to meet up for a coffee, that sort of thing. Sometimes, they're even offering to come back to give a talk to today's students.

So, when Abhi, one of last years' students doing shifts on *The Telegraph's* social media desk, messaged me yesterday morning, I didn't think much of it at first. And then, I got around to reading it. She was messaging on behalf of Gemma, another former student and now head of social media at *The Telegraph*. And she wanted me to know that yet another former student had died unexpectedly, from a likely heart attack.

You might even be aware of him. If you've ever listened to *The Telegraph's Ukraine: The Latest* podcast, David was the presenter. He'd taken four trips into the war zone, and was planning a fifth, when he unexpectedly died in Gibraltar on a trip with his girlfriend. He was 32.

When you lecture people 20 years or more your junior, you don't expect to be writing in remembrance of them. But the utter devastation of losing a friend or, in the case of his family, a son, brother or grandson so young is



breathhtaking. But, David was a person of faith, with a deep knowledge of theology that often put my own to shame, and wasn't afraid to wear his knowledge and belief on his sleeve.

Sometimes I struggle with that — journalism is not always a faith-friendly profession, and academia can be just as bad. Put the two together...

But, in my postings online in memory of David, I have let my faith peek out. I followed “rest in peace” with “rise in glory” as we do at the intercessions. And one lesson I will take from this tragedy is that life is too short to hide your faith.

Adam

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shorelineeditor@hotmail.com

