

# Shoreline

The Church of the Good Shepherd

Shoreham Beach

Easter 2025

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: Fasting Forwards

*Father Jerry explores the role of fasting and Lenten sacrifice in our faith.*

Dear all,  
Easter is approaching, and we are now near the end of the Lenten season. And Passion Sunday on April 6th marks a change in the Lenten mood as we begin to reflect more seriously on the journey of Jesus toward the cross.

So let me ask you a question How has your Lenten fasting been going? For many, as you will all know well, Lent is synonymous with giving things up! How many of have given up chocolate? Or wine? Have you given in yet and indulged?

Lent is an important part of our Christian year. It is a period of fasting and abstinence, as prescribed by the Book of Common Prayer, to help us prepare for Holy Week and Easter.



Traditionally it is a time to give things up, and yet even for Christians this has often come to mean giving up something like chocolate or alcohol,

rather than taking on a regime of actual fasting and abstinence from meat or dairy products. And yet fasting is still the rule in the Church of England.

I'm writing this not long after Ash Wednesday, and I'm assuming that by the time you're reading this you have got through most of the Lenten fast, and hopefully without having succumbed to temptation!

But now, as we continue through the last part of Lent and journey through Holy Week and Easter and then on through the Easter season, I want to encourage us all to give up one more thing, something suggested by Pope Francis.

Before I come to that, I want you look at fasting from God's point of view – for God has a great deal to say about what he wants from fasting in the Old Testament.

Isaiah tells us (58.6-7, from one of the readings set for Ash Wednesday) how God has a lot to say about the kind of fasting he wants: Is not this the fast that I choose: to loose the bonds of wickedness, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share



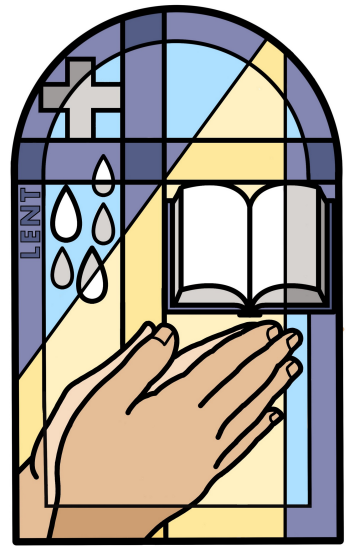
your bread with the hungry, and bring the homeless poor into your house; when you see the naked to cover him?

Nothing about giving up alcohol or meat, or even chocolate, there! What God is concerned about is the lives of those who suffer, those who go without, those in need. And the problem was that God's people had become indifferent to the suffering of others, hence the need for Isaiah to remind them God's expectations were. But indifference is not a problem confined to the people of Israel in the Old Testament. It is very much a problem today – it probably always will be, human nature being

what it is. But as Christians we can set an example and during this Lent reflect on our own lives and our own attitudes and determine to make a difference to the world we live in. And then ensure we keep that up as we celebrate the resurrection of Jesus throughout the Easter season.

So back to Pope Francis on the issue of fasting. This is actually from his Lenten address of 2015, though I only came across these words recently. He said that if we are going to fast from anything in Lent, then more than sweets or alcohol we should fast from indifference towards others. He said: Indifference to our neighbour and to God also represents a real temptation for us Christians. Each year during Lent we need to hear once more the voice of the prophets who cry out and trouble our conscience.

Describing the phenomenon that he calls the globalisation of indifference, Pope Francis went on to say that: whenever our interior life becomes caught up in its own interests and concerns, there is no longer room for others, no place for the poor. God's voice is no longer heard, the quiet joy of his love is no longer felt, and the desire to do good fades...We end up being incapable of feeling compassion at the outcry of the poor, weeping for other people's pain, and feeling a need to help

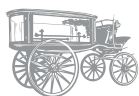


them, as though all this were someone else's responsibility and not our own.

It seems to me that Pope Francis's call to fast from indifference is something not just for Lent, but for all year round. As we now conclude the Lenten season and recall what Jesus has done for us, let us fast from indifference and obey God's call to reach out to the poor, the homeless, the marginalised, the lonely. Jesus did so much for us on the cross, so much were we in need of his love – God calls us in response to not be indifferent to the needs of others but to show our joy at the resurrection by reaching out to them with the love of Jesus.

Yours in Christ,

*Father Jerry*



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# Father Dominic's Licensing



*On the 13<sup>th</sup> March in St Mary de Haura, Father Dominic Fenton was licensed as our new vicar for the Benefice. Photos from the licensing by Gillian Goldsmith*







# The St Francis Fund

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



# The Children's Society Annual Box Collection 2025

When Rosie was 11 years old, things were really difficult. Her Dad had always been in and out of her life, but suddenly he became absent entirely. Rosie didn't understand what had happened. Her self-esteem hit rock bottom. To cope, Rosie turned to self-harm. At one point, she even attempted to take her own life. She didn't know who to turn to.

When a group of older men tried to befriend Rosie online, asking her for images and encouraging her to meet them, Rosie thought she'd made some new friends. - but they were criminals, preying on her. That's when Rosie was referred to The Children's Society and met Alex, one of their support workers: "It felt like I could talk to her about anything."

Rosie has support from one of The Children's Society's therapy services, as well and today she feels like a different person. She's worked with them on advocacy projects, using her voice to help other young people and make changes happen, and she's just got an apprenticeship.



YOU made that happen - you and the many other people who have one of The Children's Society's house boxes. House box collections allow the society to provide therapy and wellbeing support for thousands of children today.

\* \* \* \* \*

There are two ways for your box to be collected - either bring it to The Church of the Good Shepherd on Sunday 6th April or contact me either on 01273 253112 or at [chris@wolston.me.uk](mailto:chris@wolston.me.uk) and I will collect.

THANK YOU on behalf of The Children's Society and the hundreds of children and young people they help.

*Chris Davies*



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# News from the Mission to Seafarers

The International Transport Workers' Federation has recently publicised details of an alarming rise in ship abandonments.

Abandonment will be familiar to many Mission people, but probably not to all. It occurs when a ship owner/operator simply ceases all contact with their vessel and its crew. Often this will be an older vessel of low residual value.

It will frequently happen in areas that are less rigorous in enforcing the maritime conventions. It is likely to have been preceded by a period of some months during which the crew will not have been paid. The crew are left aboard without water, food and fuel.

They will probably not have visas to get ashore, and no money to buy what they need even if they did.

Similarly, they can't fly home to escape. Despite the fact that it is they who have been abandoned, if they do leave for home, it is they who are judged to have abandoned the vessel and broken their contract. They lose all rights to unpaid



wages, which can be catastrophic for them and their families.

You will realise what a difficult, dangerous, and isolated position abandoned seafarers find themselves in. The Mission possesses an unusual and particular strength in supporting abandoned seafarers.

They are committed to working in person in over 200 ports and over 50 countries around the world. Others may be able to sympathise or make telephone calls but the Mission offers essential practical support on the ground to save seafarers' lives.


*Derek Hansen updates us on the challenges facing seafarers.*

They have a Family Support Network in The Philippines, and those growing in India and Myanmar, which enables them to keep families in touch, ease their worries, and pierce the dreadful isolation of abandonment. Such justice and welfare matters have been part of the Mission to Seafarers work for many years.

In many ways, to be marooned in a floating prison in blistering heat or cold, without food or water, might easily qualify for being, "God forsaken". Yet, in Christian thought, those words actually have no meaning at all. There is no place to which we can go in life where God will not be present with us.

Just as the work of Mission to Seafarers people reassures seafarers that they are not forsaken by humanity, it says also that they are not forsaken by God. The Mission to Seafarers provides help and support to the 1.89 million crewmen and women who face danger every day to keep our global economy afloat.


*Derek*



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# Seven Days to Make a Difference

*Jill Charlish, Christian Aid coordinator, introduces this year's Christian Aid Week and other activities planned later in the year.*



**F**irstly, thank you so much to the fellowship of the Church of the Good Shepherd and the Shoreham beach community for their support for Christian Aid Week 2024. Our fundraising featured the legendary red envelope deliveries, a supportive Church Fellowship and collection, plus a super team of volunteers.

The Big Brekkie too, was a lovely community event, blessed with sunny weather. Our generous guests, along with the envelope collections, helped us to raise nearly £2000.

This fantastic amount went to support the inspirational ongoing work of

Christian Aid in Burundi where, as an example, ladies like Aline were supported by Christian Aid local partners to help set up Savings and Loan Associations. (VSLA's). These community led groups have increased since the initiative in 2024, allowing local people to save or borrow money they need to start or expand a business and help transform their lives.

This year Christian Aid week is **May 11th-17th** and the money raised will help to fund projects in Guatemala where farmers like Amelia and Aurelia, need support to help to combat extreme weather conditions. Their filmed story is being shown on **May 4<sup>th</sup>** in CoGS.

The impact of climate change in Guatemala is affecting Amelia's precious crops which she relies upon to feed her eight-year-old son, Lázaro, and four-year-old daughter, Yakelin. Amelia says: 'I worry about what my children will eat.'



A river passes through Amelia's farm, but increased heat waves are causing this to run dangerously low. Both communities and crops are affected by the reduction in the supply of this life-giving water. Christian Aid, through their partner Congcoop will train her and other farmers in planting resilient crops, conserving water and making fertiliser.

It would be wonderful to support this initiative which launches in CoGS on **11<sup>th</sup> May**, when we will be welcoming Alexander, a Christian aid volunteer from Brighton, to talk about the work of Christian Aid and this year's appeal.

**P**lease look out for the red envelope that will be dropping through the letterboxes of all houses on the beach during Christian Aid Week in May. Please note that we no longer collect the envelopes, but each has the addresses of drop off points for the filled envelopes and a QR code with a direct link for your donation from the

safety of your armchair. You can also donate using the QR code for CoGS fundraising CA page within this article. Please don't forget to Gift Aid your donations if you are eligible.

Many thanks to those who joined us from the Fellowship, the community and from The Shoreham Beach Residents Association in helping to deliver the CA envelopes last year. This year we are grateful to the 3rd Shoreham Scout group who are helping with some deliveries and we do hope we can count on your help again. If you can help, please contact Chris Davis on [chris@wolston.me.uk](mailto:chris@wolston.me.uk).

Look on it as gentle exercise that will be helping others to live a better life.

As last year, please save the date of **Saturday 10<sup>th</sup> May** for our **BIG BREKKIE** Christian Aid Community fundraising event when you can join us

at the Church of the Good Shepherd Hall from 0930-1200 to enjoy drinks, hot breakfast rolls and continental breakfast choices .

See poster or use the QR code below for tickets (or catch one of the Fund Raising Team after church)

**W**e will be concluding our Christian Aid Week fundraising events with a concert in the Church of the Good Shepherd entitled *Nautical Airst & Disgraces*. This will take place on **Friday 16<sup>th</sup> May** at 7.30pm. and feature Lancing's much in demand brass band, Lancing Brass, who will be playing a selection of some of their favourite brass band music, some with a nautical flavour, and Shoreham's very own sea shanty crew, The Wellington Wailers who will be singing shanties and songs of the sea.

### Big Brekkie Tickets



Come along and enjoy an *Evening on the High C's* for a cornucopia of music, mirth and mutiny. (Suggested donation £10 on the night.)

Once again, thank you so much for your support. Please do not hesitate to get in touch if you wish to help or be involved with any of the Christian aid Week events. Contact: Jill Charlish: ([jillcharlish@hotmail.com](mailto:jillcharlish@hotmail.com))

...and lastly, a longer-term date for your diary. Are you looking forwards to the warmer weather? Then please save the date for **CoGS Summer Fayre** on **Saturday June 28<sup>th</sup>**.

The little Church on the Beach with a big heart looks forward to welcoming you.

*Jill Charlish*

### Christian Aid Donations





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# Lent and Memories

*Chrystabell finds comfort in the Lent Course and Christ's words five years on from the dark and difficult times of the pandemic.*

I wonder how many of you, like me, are finding this Lent period harder than usual as the country remembers the 2020 Pandemic on its 5 year anniversary?

This momentous time in our history will always trigger both similar and very different memories for us all. I have heard those who remember that time as a time of relaxation and peace, with no planes in the sky and very little traffic on the roads. No need to go into the office and the air clear of pollution! But for many thousands of people across the world it was a time of utter devastation and loss. For all of us life will never be the same again!

I remember clear blue skies day after day and sunshine that had never been so warm and bright so early in the year. I remember clapping outside and banging saucepans every Thursday and waving at the neighbours across the road... everyone caring about one another even if they had never spoken before!!

But most of all I remember the day, the week before Boris Johnson told us to 'Stay at Home,' a phone call from the Cancer consultant telling me that there were no more treatments that would help my husband Ted to stay alive, there

was nothing more they could do and he was now on "Palliative Care".

We had been prepared for this time and I always imagined that I would get through it with the support of my friends and loved-ones around me. And, of course, my church would be my support when he had gone.

Instead, nobody was allowed near me, no-one could come and say goodbye to him... and the church was locked!

So, here we are 5 years on and it's Lent (as it was then!). I wondered if I could bear to do a Lent Course that is focussing on Jesus' words from the cross. These words that have been such a large part of my memory from the last week of Ted's life before he died on Maundy Thursday.

When, in our group we came to the words of Jesus to the thief on the cross: "Today you will be with me in Paradise". In my mind, I was back in the Hospice with the Chaplain saying these words to me when Ted died and finding the reassurance in them that I needed so much then — and have been comforted by ever since.

Then I started thinking about Paradise and I knew I had to write something!

# Heart Garden Transformation

In the misty light of new dawn, leaving behind me the  
wastelands I have known,  
I see the gates ahead...  
No longer rusty and locked as when the Troubadour first found  
me  
But these gates shining in the radiant light of an eternal sunrise  
And swinging open freely welcoming me inside.

Colours such as I have never seen surround me  
Fragrances such as I have never known  
Drifting in the air...  
Air so clear and light.  
And I am not sure whether I walk or fly.

A river, sparkling as crystals, flows through that place  
With rainbows catching sunbeams as it dances on its way  
A gentle quiet space, yet full of life  
The trees magnificent in their splendour waving arms in worship  
And butterflies and birds playing chase in the canopy of leaves.  
With birdsong such as I have never heard in that other life.....  
Now so far away.

And as I walk beneath this vaulting leafy arch  
I become aware that someone walks with me!  
I have never seen him and yet I have known Him always  
His voice is so familiar I know it and His hand reaching out to me  
bids me come.  
And as I look into His eyes I know that I am knowing Him  
completely,  
My Lord, my God

As I am known completely by Him.

Then others, who at first I did not see and yet were there....  
And He has brought me to them,  
Waiting in this timeless space to welcome me.  
And music, as of singing angels drifts around us as more and  
more  
Of those dear ones I loved before  
Come smiling and laughing to join me with them in this  
eternal place,  
That is all love, all joy, all peace...  
Where pain and tears, parting, grief and sorrow  
Are no more...

I am in Paradise  
I am home.

*Crystabell*

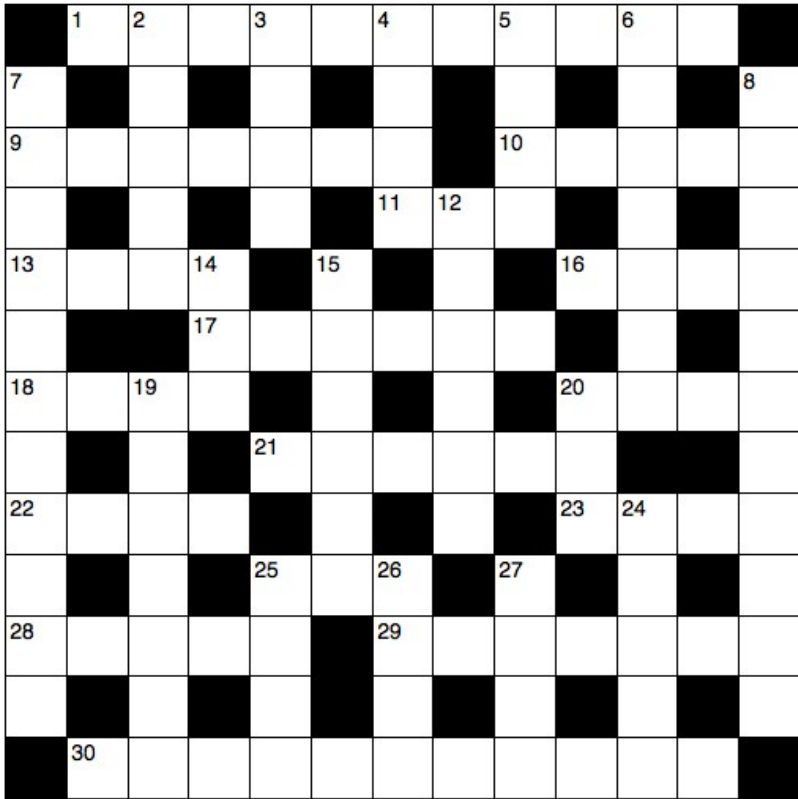
## Heart Garden Transformation Explained

When I fell in love for the first time aged 54 years I wrote many poems! One was called *Heart Garden* and it was inspired by the beautiful but often misunderstood Old Testament book *The Song of Solomon*. The 'Troubadour' is my own word (not Solomon's) and he came into the first poem as the guitar-playing lover who found his way into this single woman's heart and brought it to life. Heart

Garden was read as the main reading at my wedding!

This poem is about the *Heart Garden Transformed* and it is inspired by the 'Paradise' we are promised by Jesus beyond this life. The 'Paradise' or 'Heaven' which is the hope that our faith gives for the future.

*Crystabell*



**Across**

- 1 These letters come between Romans and Galatians (11)  
 9 'You will not — me to the grave' (Psalm 16:10) (7)  
 10 King of Moab to whom the Israelites were subject for 18 years (Judges 3:14) (5)  
 11 Town possessing mineral spring (3)  
 13 Mede (anag.) (4)  
 16 High-fidelity (abbrev.) (4)  
 17 He succeeded his father Rehoboam as king of Judah (1 Kings 14:31) (6)  
 18 A son of Simeon (Genesis 46:10) (4)

- 20 Controversial religious book of the 1970s, The — of God Incarnate (4)  
 21 'He has received from the Father the promised Holy Spirit and has poured out what you — — and hear' (Acts 2:33) (3,3)  
 22 'You — me together in my mother's womb' (Psalm 139:13) (4)  
 23 Edit (anag.) (4)  
 25 'Who has believed our message and to whom has the — of the Lord been revealed?' (Isaiah 53:1) (3)  
 28 Abraham's brother (Genesis 22:23) (5)

29 'When Mordecai learned of — that had been — , he tore his clothes' (Esther 4:1) (3,4)  
30 Sympathetic (Proverbs 11:16) (4-7)

**Down**

2 'That was why his parents said, "He is — —; ask him"' (John 9:23) (2,3)  
3 Integrated Services Digital Network (1,1,1,1) 4  
4 'Saul has slain his thousands, and David his — of thousands' (1 Samuel 18:7) (4)  
5 Concept (John 8:14) (4)  
6 'Do we, then, — the law by this faith? Not at all! Rather, we uphold the law' (Romans 3:31) (7)  
7 Industrious (2 Timothy 2:6) (11)  
8 'I pray also that the eyes of your heart may be — in order that you may know

the hope to which he has called you (Ephesians 1:18) (11)  
12 'Out of the same mouth come — and cursing' (James 3:10) (6)  
14 This was how many of the Jewish leaders described Jesus (John 10:20) (3)  
15 Vitality (Job 20:11) (6)  
19 He urged David to kill Saul at Hakilah (1 Samuel 26:8) (7)  
20 'So for a whole year Barnabas and Saul — with the church and taught great numbers of people' (Acts 11:26) (3)  
24 'Hear, O Israel: The Lord our God, the Lord — — ' (Deuteronomy 6:4) (2,3)  
25 Parched (Matthew 12:43) (4)  
26 'In the image of God he created him; — and female he created them' (Genesis 1:27) (4)  
27 Disparagement (Psalm 15:3) (4)

*For answers to this crossword — see page 25.*

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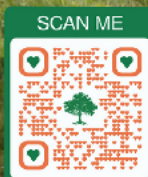
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# Shoreline

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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 15<sup>th</sup> 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 20<sup>th</sup> of each month for inclusion the following month.



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# Useful Contact Details

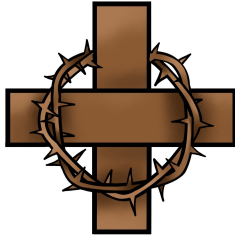
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<b>Associate Vicar</b>	Revd Jane Bartlett	07935 538085
<b>Marriage Enquiries</b>		01273 440202 smdh.office@gmail.com
<b>PCC Secretary</b>	Jo Edwards	
<b>Readers</b>	Sally Excell	01273 455712
	Derek Hansen	01273 462602
<b>Wardens</b>	Kay Haffenden	07949 505187
	Nix Cuthell	07500 807200 office@cogschurchwardens.co.uk
<b>Treasurer</b>	Chris Diebel	cogstreasurer2025@gmail.com
<b>Safeguarding Officer</b>	Catherine Mann	07986 800316 cogssafeguarding2025@gmail.com
<b>Flower Rota</b>	Linda Caffyn	01273 887226
<b>Craft &amp; Fellowship Group</b>	Sheila Powell	01273 453709
<b>Prayer Chain</b>	Liz Beeston	01273 454685
<b>Hall Bookings</b>		01273 440202 goodshepherdhall@gmail.com
<b>Organist/Accompanist</b>	Simon Whitchurch	07951 317620
<b>Choir Enquiries</b>	Canon Tony Thompson	01273 440182
<b>Children's Society</b>	Chris Davies	01273 253112
<b>Ministers of Welcome</b>	Lesley Ward	01273 249785
<b>Altar Servers</b>	Judy Short	07563 059681
<b>Healing Book</b>	Trish Holme	goodshepherdhealingbook@yahoo.co.uk
<b>St Francis Fund</b>	Edgar Powell	01273 453709 stfrancisfund@yahoo.co.uk
<b>Electoral Roll Officer</b>	Jenny Stride	07773 409205

# Last Thoughts: continuity and change

Rather oddly, I still tend to think of myself as a relatively new member of the congregation at CoGS. This makes very little sense when you look at it rationally. Although, as my wife will be happy to explain to you, possibly with a PowerPoint presentation, I don't always have the best record on acting rationally.

I've been attending long enough that my first child, christened here as a baby, will be a teenager before the year is out. I've been here long enough that there's a litany of clergy I've seen come and go: Revd Gail, Revd Helen, Canon Ann, Revd Steve, Revd Andrew... (I'm probably missing someone, but the fact that's possible says something about how long I've been coming...)

And other things have changed, too. 10 O'Clock Rock evolved into Sea Lights, and we've had at least four different leadership teams over that time. But then, I remember that some of the more senior members of our congregation were once part of the Sunday School long before I was born... And our dedicated lay readers, Derek and Sally, provide a lovely note of continuity through the years.



And, as we enter a new era for the benefice, with Fr Dominic now firmly licenced and preaching, it's slowly dawning on me how very valuable this mix of change and continuity is to any community, and especially a church one. This

community has weathered many storms. There's a photo that often surfaces on social media of the church standing alone on the beach, after the rest of the houses were demolished during World War 2. And, as Crystabell reminds us on page 19, we recently weathered the pandemic.

Communities are living, dynamic things, but what makes Christian communities so powerful is that we live in continuity with a global community that was born as Jesus died on a cross, and was reborn. In my lecturing work I often encourage our students to think about the "social object" that communities gather around. As Easter approaches, it's never more clear that our social object is that moment, that man, that cross.

Have a blessed Easter,

*Adam*

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[www.goodshepherdshorehambeach.org.uk](http://www.goodshepherdshorehambeach.org.uk)



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