



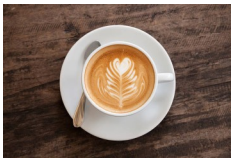
SPOTLIGHT

The magazine of Offington Park Methodist Church

November 2018

In this issue

Dawn's Letter	3	Ringing for Peace	10
What is Church?	5	Grumpy Old Men	11
breakfast4men	6	Love in a Box	14
CPAS Day	7	Church Family News	16
WMHAW Report	8-9	Eco Offington	17
Girls' Night Out	9	Christmas Events	18-19



COFFEE MORNING

SATURDAY 10 NOVEMBER

10am - 12noon

*Toasted Tea Cakes, Cake and Craft Stalls.
Contributions to the cake stall (via Liz Lance)
will be much appreciated.*

Christian Aid carry out ground breaking work in many key areas, such as gender, health and resilience, to support people in poor communities to improve their lives.



**Please support
this worthy
cause**



*The Editors are very grateful for all contributions to Spotlight.
Please note: pictures and posters in JPG format reproduce more clearly than those in PDF format and, for typesetting and space reasons, articles may not appear in full or as originally submitted.*

Dear Friends,

It might not come as a surprise that my letter this month is about **Remembering**. Earlier this month we hosted the week for mental health awareness, which, in one of the sessions, reminded us how to promote positive mental health. Carol organises an increasing number of groups to share their expertise, advice and help with us and also this year we were delighted with the generous way the Co-Op supported the event, offering refreshments and several meals throughout the week. Thank you to them.



Our memorial service to remember those who have died has just taken place. We lit candles, brought flowers, received a token to take home and shared memories as we had tea together.

The month of November is synonymous with remembering those who lost their lives through war. We will light candles, and use the poppy, both red and white, to remember the past and to pray for a peaceful future. This year we are intending to ask the community to help us by either coming and making a poppy, bringing their own, or both, to join in with the large poppy installation we are creating for the front gate.

We began this with the Stay and Play café. An opportunity to meet together over coffee and make a poppy. The first one took place in the church on 22 October and we had a good turnout. We will continue this with two more coffee mornings on 2 November and 3 November. Both of these will run from 10.30am -12.30pm. There will be symbolic poppies made in different ways from knitted to fabric and also recycling plastic bottles. I hope this installation will represent the different personalities of the individuals who lost their lives, and that you will join us as well as inviting others to come and be part of this important National Event.

We will of course be holding a parade service on Sunday 11 November. This will be marked in a special way this year, so please read the article written by David Gibbs to find out more about this.

All of the above has been, or will be, centred around offering food as we gather together. Hospitality plays an important part in the life of the church. A large part of our outreach to those who are homeless centres around giving and providing food.

(continued on next page)

Dawn's Letter (continued)

At Breakfast Church, Messy Church and Café Style services we eat together, and after morning service we gather for coffee, modelling the example of Jesus who prepared a parting meal for his friends. An example taken up by the early church as they gathered together and shared food. Thank you to all those who help prepare or serve refreshments to us.

I look forward to sharing memories, creativity and food as we continue to explore the generous hospitality offered by God to each one of us.

With love and prayers,

Dawn

Please come and be a part of our
Poppy Installation
celebrating 100 years
since the end of World War I.



We want to make this a real community event
to mark the occasion.

We will be making a variety of poppies
which will be displayed outside of the church in November.

We hope you can join us at one of the poppy-making
coffee mornings on:

Friday 2 November 10:30am - 12:30pm
Saturday 3 November 10:30am - 12:30pm

*Mankind must put an end to WAR,
or WAR will put an end to Mankind.*



WHAT IS “CHURCH”? - AN HISTORICAL PERSPECTIVE

Adapted from an article seen in Trinity News and Views, Woking

The book of Acts tells us that thousands were added to the followers of Jesus after the first Pentecost. From then on, it naturally became more pressing to find places to gather for worship. In the early days it was possible sometimes to worship in synagogues since there were many things in common between the followers of Jesus and fellow Jews. But increasingly those who responded to the gospel came from other backgrounds, exacerbating the tension within the church.

Initially, the word church referred to the people. It took hundreds of years for church to become more associated with buildings, as the people constructed an expanding institutional framework in which to practise their Christian faith. The buildings erected by faithful Christians over the centuries have stood as a witness to the faith and commitment of the people, seeking to honour God in their beauty, scale and artefacts - often achieved only by sacrificial giving.

To the world at large, however, the more obvious legacy is the building, rather than the work of the people who caused it.

Churches are natural centres for art and community activities. Whilst the buildings offer much potential for Christian witness, it sometimes seems that the 'tail wags the dog' with the community activities being a substantial means of sustaining the church's presence.

Whether large or small, wherever they are located and whoever uses them, the purpose of the Church is surely still best expressed in the life and ministry of God's people. Our buildings are at best tools or resources to further our work. We have a natural attachment to our church through familiarity, heritage, sentiment, and sometimes a reluctance to face change.

However, as we continue to think about our future direction and the resources we need to deliver our mission, we must ensure that our relationship with our premises is truly reflective of the Church's calling.



breakfast4men



I'M A

BISHOP

GET ME OUT OF HERE

with

The Right Reverend Richard Jackson

Bishop of Lewes

3rd November, 7.30 am

Shoreham Airport

Main Terminal

Advance booking strongly recommended

£10 at the door or contact Mike Powell 01903 529664 to reserve a place.

Includes full English Breakfast.

CHURCH PASTORAL AID SOCIETY
MINISTRY AMONG WOMEN - WORTHING AREA

Offington Park Methodist Church

Inspirational Thoughts



Friday 9 Nov 2018

9:15am to 2:30pm

£6:00

Enquiries to:

01903 265319

SPEAKER:

Cynthia

“Ben”

Huddleston



your local contact: Gill Powell

A day of teaching and worship for ladies

ALL WELCOME

Worthing Mental Health Awareness Week (WMHAW) A report and thanks from Carol



Thank you Offington Park for your prayers and practical support for Worthing Mental Health Awareness Week. It was an amazing week with outcomes and blessings that I could not have foreseen.



The Launch on the Monday was well attended with the Mayor and Mayoress, Mayor's Chaplain, Tim Loughton MP, the Chairman of Adur Council, Councillors from Worthing Council and representatives from WSCC.

The biggest surprise of the day was receiving a message asking if the Navy Cadet Corps at Northbrook College could come as the theme for the Monday was Veterans and Mental Health. It was an absolute pleasure to welcome these young people to our church.

The week followed the usual mix of workshops and talks, and numbers were up on every session when compared with last year. More than 60 groups, charities or individuals ran workshops and/or had stalls or were involved in some way. Some of these were new-to-us groups such as *Care For Veterans*, *Forgotten Veterans UK*, *The Recovery Letters*, *Radio Respect* and *Olly's Future*.

On Wednesday 10 October (World Mental Health Day) we closed the Information Centre for a while in order to hold SafeTALK (suicide alertness) training. This was officially limited to 30 people, but we had 34 people, including Dawn, Ruth and Mike from Offington. It is, of course, my dream to see Worthing become a 'suicide-safer community'. Thanks are due to Joy and Angela who helped with the lunches for this important event.



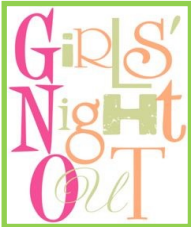
One of the most amazing blessings was the link with the Co-Op. Cheryl is a 'Community Pioneer' and she helped out at WMHAW every single day from 9am - 5pm, way in excess of her 20-hour rota for that week. **(cont. on p9)**

WMHAW report (continued)

Cheryl secured a donation of £250 in stock, with permission to leave unused items in the church. This, with the generous donation of quiches, sausage rolls, etc. from Higgidy Pies meant that we were able to provide snacks on the Tuesday and lunches on the Wednesday, Thursday and Friday and there were still two fridges full, not to mention the boxes of tea, coffee, sugar and biscuits and the like.

Discreet headcounts at the beginning of sessions gave a conservative total of 534 by the end of the week, excluding the concert (132) and the coffee morning. We counted someone attending three different sessions as three attendances, rather than one person. We made no attempt to count the number of people who wanted information, or who just popped in.

None of this would have been possible without the generosity of Dawn and the Church in hosting this event. I am grateful to: Brian and the stewards; Mike and Alison for technical support; Mary in the Office; Ann for the Coffee Morning; all those who moved furniture; all those who made tea and coffee and those who attended the talks or simply came to sit alongside others.



Friday 9 November 6:30pm

Pottery Painting @

Jambo's Pottery

Squires Garden Centre, Washington

Bring a plate of nibbles/finger foods to share

Cost: Studio Fee plus item of choice

LIMITED AVAILABILITY: BOOK EARLY!

Transport available (spaces are limited)

Please contact Church Office to book a seat)

For more information & booking, please contact

Ruth Kelly 07763 633146

or randpkelly@gmail.com

Join us for a fun and productive night out!

Ringling for Peace

Armistice 100



On 11 November 1918 the ringing of church bells erupted spontaneously across the country, as an outpouring of relief that four years of war had come to an end. At the time, bells were at the heart of the community, marking events of great significance and communicating to people long before modern technology connected us.

Many bell ringers had joined the war effort, and many lost their lives. Just after the war, the Central Council of Church Bell Ringers wrote to all bell towers to compile the Roll of Honour. At the time 1,100 men were reported as lost.



Recently the Council has been reviewing this list and has discovered a further 400 bell ringers who died in service.

On 11 November 2018, 100 years since Armistice, bells will ring out in unison from churches and cathedrals in villages, towns and cities across the country. Big Ben will also strike at 11am to mark the centenary.

Our fallen bell ringers came from all walks of life, as ringers still do today - from skilled workers to academics to business people. It is also good to note that today ringers are people of all ages.



Ringers are all united in wanting to ring out a message of peace around the world.

Offington Bells will be making their own musical tribute as they perform at the 10.30am Remembrance Service on 11 November.

David Gibbs



GRUMPY OLD MEN

As well as being grumpy, there are times for us grumps when the old grey matter still works. A really thought-provoking talk was given recently by Chris Corin. This was on the film Dr. Zhivago, the author Boris

Pasternak (upon whose life the film is based) and the background of Russia. This needed the grey matter to work!

Chris gave us an insightful portrait of Russia from the revolution in 1905, through WW1, the Stalin years, WW2 and the troubled times Pasternak had before he was eventually awarded the Nobel Prize. A big thank you goes out to Chris for his talk and also for making it relevant to today's relationship with Russia.

***** NEXT EVENT *****

13 November at 10:00am in the Church

“You’re Nicked!”

with David Gibbs

We invite any man to join us - grumpiness optional!

JC's “Little Nuggets”

Good for you, larn yersel Geordie

There are many different dialects, some easy to understand and some not so easy. It was reported recently that a Geordie MP has claimed £250 on Parliamentary expenses for voice coaching and elocution lessons! This is apparently so he can speak 'proper' and be better understood.



Well, whatever our native tongue, God speaks to us in a language we can all understand, and his word is the only foundation for life.

John Carr

NOVEMBER DIARY

Thu	1	10:00am	Paint! Art Club	
		11:00am	Bible Fellowship	Severe Warning (Adam)
		1:30pm	Knit'n'Natter	
		2:00pm	Short Mat Bowls	
Sun	4	8:00am	Rev Dawn Carn	Holy Communion
		10:30am	Rev Dawn Carn	Holy Communion
		6:00pm	Mr Jack Delbridge	
Mon	5	10:15am	Getaway Club	For carers and toddlers
Tue	6	11:15am	Keep Fit	
		12:00pm	Tuesday Lunch & Social Club	Drivers: Alison Wright & Adam Cook
Wed	7	10:15am	Getaway Club	For carers and toddlers
Thu	8	10:00am	Paint! Art Club	
		11:00am	Bible Fellowship	Living by the Spirit (Joy)
		2:00pm	Short Mat Bowls	
Fri	9	7:30pm	Jubilate	
Sat	10	10:00am	Coffee Morning	In support of Christian Aid
		1:30pm	Offington Bells	
Sun	11	10:30am	Rev Dawn Carn	Remembrance Sunday / Parade
		6:00pm	Rev Dawn Carn	Messy Church
Mon	12	10:15am	Getaway Club	For carers and toddlers
		7:00pm	Offington Bells	
Tue	13	10:00am	Grumpy Old Men	"You're Nicked!" with David Gibbs
		11:15am	Keep Fit	
		12:00pm	Tuesday Lunch & Social Club	Drivers: Doug Sibley & Meg Hopkins
		7:30pm	Tuesday Group	'Christmas sugarcraft with Jayne'

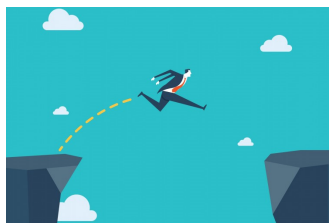
NOVEMBER DIARY

Wed	14	10:15am	Getaway Club	For carers and toddlers
Thu	15	11:00am	Bible Fellowship	The Law of Love (Douglas)
		1:30pm	Knit'n'Natter	
		2:00pm	Short Mat Bowls	
Sun	18	8:00am	Breakfast Church	
		10:30am	Mrs Gill Seymour	
		6:00pm	Rev Dawn Carn	Healing and Wholeness
Mon	19	10:00am	Getaway Club	For carers and toddlers
		7:00pm	Offington Bells	
Tue	20	11:15am	Keep Fit	
		12:00pm	Tuesday Lunch & Social Club	Drivers: Liz & Chris Lance
Wed	21	10:15am	Getaway Club	For carers and toddlers
		10:30am	Rev Dawn Carn	Midweek Holy Communion
Thu	22	10:00am	Paint! Art Club	
		11:00am	Bible Fellowship	Getting motivated (Dawn)
Sat	24	2:00pm	Pre-School Christmas Fair	In the Main Hall
Sun	25	10:30am	Mrs Lesley Barnes	
		6:00pm	Rev Dawn Carn	Café Service
Mon	26	10:15am	Getaway Club	For carers and toddlers
		7:00pm	Offington Bells	
Tue	27	11:15am	Keep Fit	
		12:00pm	Tuesday Lunch & Social Club	Drivers: Dorothy Burgess & Frances Barrell
		7:30pm	Tuesday Group	'Conserving Sea Turtles'
Wed	28	10:15am	Getaway Club	For carers and toddlers
Thu	29	10:00am	Paint! Art Club	
		11:00am	Bible Fellowship	Advent 1 (Dawn)
		1:30pm	Knit'n'Natter	
Fri	30	10:00am	Advent Quiet Day	

ARE YOU A RISK-TAKER?

Have you ever taken a risk? If you have ever wept, spoken publicly about your dreams, loved another, or hoped, you most certainly have taken a risk. But what is the greatest risk in life? It is to do nothing. The person who risks nothing does nothing, sees nothing, has nothing and is nothing. They cannot learn, feel, change, grow, love or live. They have given up their freedom. Only the person who risks is free.

Author Unknown



LOVE IN A BOX

As we reported previously, last year we sent over 100 shoeboxes to Moldova last November! The children in the schools and orphanages were so very grateful, as many of them do not have the joy of opening a present at Christmas.



This year we are again sending our gifts to Moldova, via the Mustard Seed Mission, and leaflets are now available.

The deadline for receiving the shoeboxes at the church is:

13 November

Please ensure that we receive your shoebox by this date.

If you are sending a shoebox, thank you for your generous support and let's hope that 2018 will be another bumper year.

Margaret Hallard

that's
LIFE

The fragile old lady boarded the already crowded bus and looked around in vain for a seat. Nobody moved. Noticing her, the bus driver pointed to a teenage boy and said in a loud voice, "I have reserved you a seat, madam. That nice young man there has kindly been keeping it for you!"

CIRCUIT JUSTICE AND PEACE GROUP UPDATE



The Group last met in September.

The Group's focus on building inter-faith relationships between Christians, Muslims and Jewish-Abrahamic faiths continues apace and the good news is Garth Hewitt has agreed to support the project in 2019!

The Group heard from Pauline Phillips (the Offington representative) that she regrettably needed to stand down to concentrate on the work that she is doing with Worthing4Refugees. The Group wants to say a sincere thank you to Pauline for her support of the Group and for the marvellous work she is doing with W4R.

If you have an issue you would like the Group to discuss, or if you are interested in joining the Group, please contact me.

Tuesday
Group

Autumn Programme

- | | |
|-------------|--|
| 13 November | OPEN EVENING: Christmas sugar-craft with Jayne (everyone welcome) |
| 27 November | 'Conserving Sea Turtles' with Amanda Bright |
| 11 December | Christmas celebration, plus Brigitte Pierce brings her German nativity figures |

We do not charge for *SPOTLIGHT* but any donations towards our costs are very welcome. If you wish to make a donation please send it to the Church Office address clearly marked "*Spotlight Donation.*" Thank you.

The Eds

CHURCH FAMILY NEWS



90th Birthday Cliff Hawkins

Congratulations and Many Happy Returns!

Deaths

Olive Gromett

We give thanks for her life and pray for her family and friends at this time of loss



Prayer Book

Please uphold in prayer the members of the church family and other friends mentioned in our Prayer Book who are unwell at this time. The Prayer Book is kept in the Church foyer and you are welcome at any time to add prayer concerns. Please ensure the people mentioned are happy for their names to be added. Just a Christian name will suffice as we need to be aware of how we use personal information. The Prayer Book is placed on the Communion Table each Sunday as a focus on those in need.

OFFERTORIES

23 September	£396.50	7 October	£540.62
30 September	£674.10	14 October	£364.00

Giving by standing order each month currently averages £2,970.

Thank you for all you give - both financially and with service

Please remember opportunities for Gift Aid if you a taxpayer

HARVEST ENVELOPES

The Harvest envelope collection for "All We Can" raised a total of £379.40 not including Gift Aid.





Deliver Us from Consumerism (a prayer)

We live in your world, O God, and for this, we praise and thank you.

Among your treasures we creatures have fashioned many things to make our lives easier, healthier, and freer.

But we have also created more things than we need, more than we can ever use.

When these things distract us from our purpose in this life, we are misusing the world you have created.

When these things prevent others from having their basic needs met, your creation is corrupted.

Help us to keep our eyes open to this temptation of consumerism.

Help us to be followers of Jesus who are focused on the important and simple things in life - Christians who care for others and are willing to share our riches with those who have unmet needs.

Give us the courage to go against our culture when it confuses wants and needs.

Remind us that when the journey of life in this world is complete, we take with us only what we have built inside ourselves: treasures of the heart, love and generosity, friendship and concern, caring and sharing.

We pray for these things in Jesus' name.

Amen



Christmas Tree Festival & Fair

Offington Park Methodist Church

7 - 9 December

Tree Trail

Quizzes

Christmas Raffle

Christmas Punch &
Mince Pies

Festive Stalls

Lunches
(Saturday only)

Festival Hours

Friday Dec 7: 4:00pm – 7:30pm

Saturday Dec 8: 10:00am – 4:00pm

Family Film Night: 6:00pm

Sunday Dec 9: 12:00pm – 3:00pm

*Admission
Free*



CHRISTMAS LUNCH

Sunday 16 December

**Join us at 12:45pm for a
delicious 4-course meal
after morning worship**

Tickets Available now!

Adult: £10.00

Family: (2 + 2) £25.00

from Church Office or after morning services

**Need a lift?
Please ask
the Office**

This is a TICKET ONLY event, so book early! Spaces are limited

DID YOU KNOW...?

The child mortality rate in 18th century England was unbelievably high. Statistics suggest that 70% of all deaths were children under 10, so it is not surprising that many families had an abundance of children.

John Wesley's mother, Susanna, was the youngest of 25 children and went on to bear a number of children herself. John was himself the 15th of 19 children.

Susanna lost nine of her children in infancy and, when she died in 1742, she was survived by only eight of her children.

Seen in Trinity News and Views, the magazine of Trinity Methodist Church, Woking



Computer problem? **BETTER** call us!

Mention this advert for £5 off your first visit.

Same day service.

PCs, Macs and laptops

Local business.

All computer problems solved.

Home and business services.

No call-out charge.

Times to suit.



We come to you.



Call Gary on 01903 654007
www.betterpc.co.uk info@betterpc.co.uk

HAIRDRESSING by Jayne

in the comfort of your home

Fully qualified City and Guilds Hairdresser

Over 30 years of experience

Based in Tarring

New clients of all ages welcome

Dry/wet cut £12

Children's cut £9

Shampoo & set £15

Cut, shampoo & set £21.50

Perm £50

Cut & blow dry/finish £35

MOB: 07731856133 HOME: 01903 600119

EMAIL: JAYNE.LYTTON62@GMAIL.COM

JAYNE'S BAKES

jayne.lytton62@gmail.com

Bespoke cakes and bakes

for all occasions -home-made to order

Mob: 07731856133

Home: 01903 600119



Decorated cakes

Everyday cakes

Dairy-free Cakes

Birthday

Wedding Anniversary

Cupcakes

Simply: any cake, any occasion. Coeliac no problem.

30 years' experience Member of the Sugarcraft Guild

Prices vary according to the work involved.

Please ask for a quote - I'm more than happy to help.

Demonstration to small groups available.

Based in Tarring.

www.jaynesbakes.co.uk



Reflexology in Sompting

Boost your body's own healing systems with a relaxing massage using gentle pressure on reflex points in the feet and hands.

Introductory offer:
1st session £24 (1 hour)
Subsequent sessions: £30/hr
£24/hr for 2 or more paid in advance.

Gift Vouchers available



Discounts for certain benefit claimants.

Please inquire.

Pamper Yourself, Your Friends & Family

Call Françoise on 01903 755222 or 07984906353
reflex.sompting@btinternet.com

Unhappy?

Overwhelmed?



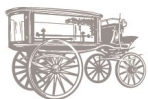
EST. 1983 AS OFFINGTON COUNSELLING SERVICE

Here to help you find
a way forward

01903 212275

www.worthingcounsellingcentre.org

info@worthingcounsellingcentre.org



H D **TRIBE** Ltd

FUNERAL DIRECTORS

3 Generations of Service, One Standard of Excellence



Quality, affordable funerals from a local company that you can trust.

Funeral services how you want them, when you want them.

An independent family firm established in 1929.

01903 234516

130 Broadwater Road, Worthing BN14 8HU

*Local Offices at Goring, Lancing, Littlehampton,
Rustington, Sompting, Shoreham & Storrington.*



24 HOURS A DAY
www.hdtribe.co.uk

NEXT EDITION

Copy Deadline

Publication Date

Wednesday 21 November

Sunday 2 December

Please submit material for the next edition
to the Editors at:

offingtonspotlight@gmail.com

A married couple decided to take a holiday to Spain and stay at the same hotel where they spent their honeymoon. For various reasons, they couldn't travel together and so the husband flew out on Thursday, his wife on Friday.

On arrival, the husband checked into the hotel and, seeing a computer in his room, decided to e-mail his wife. However, he typed the e-mail address incorrectly and sent the e-mail without realising his error.

Meanwhile, in Hull, a widow had just returned from her Minister husband's funeral. She decided to check her e-mail, expecting many sympathy messages. On reading the first message, she fainted. Her son rushed to help and saw this on the computer screen:

To: **My Loving Wife**

Subject: **I've Arrived**

Date: **28 October 2018**

**I bet you're surprised to hear from me. They have computers here now and you can send e-mails to your loved ones. I've just arrived and have been checked in. The good news is that everything has been prepared for your arrival tomorrow. Looking forward to seeing you then! Hope your journey is as uneventful as mine!
p.s. it's really hot down here!**



**Offington Park Methodist Church,
South Farm Road, Worthing,
BN14 7TN**

Tel: 01903 205722

Email: office@offingtonpark.org.uk

