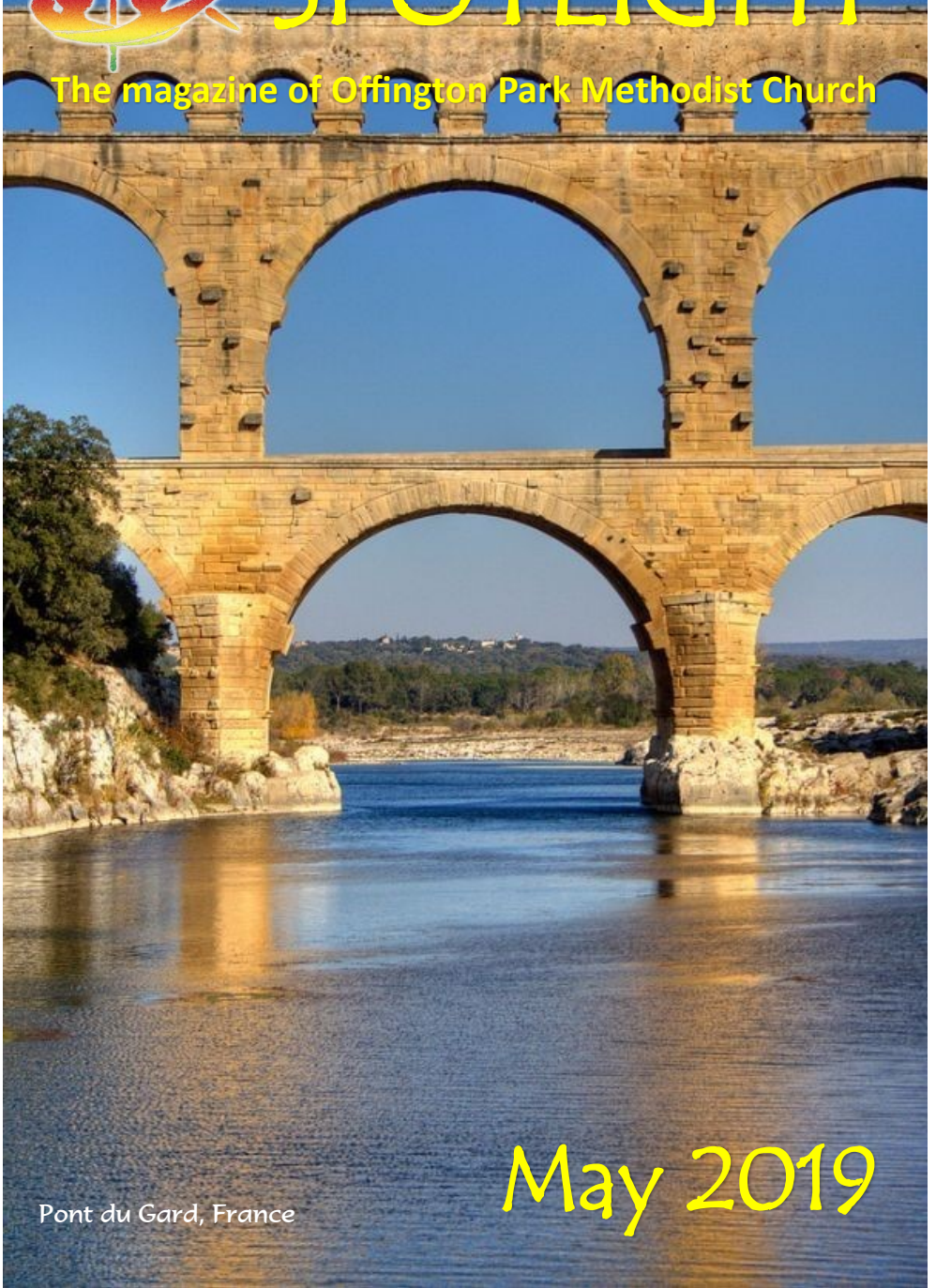




# SPOTLIGHT

The magazine of Offington Park Methodist Church



Pont du Gard, France

May 2019

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### Coffee Morning and box opening in aid of Action For Children



Saturday 4 May

10:00am - 12:00pm



Come & have a drink  
and a chat and maybe  
a cake (or two!)



#### DISCLAIMER

Third-party advertisements are placed in Spotlight solely to provide Offington Park Methodist Church with an income stream.

The Church and the Editors do not endorse, recommend or make any representations as to the quality of any commercial products, processes, or services advertised in Spotlight.

*Dear Friends,*

This will be my last letter to you until I return from Sabbatical in September. Three guest writers have been assigned to this task and I will enjoy reading about what is going on, albeit from a distance.



We have celebrated Easter in a number of different ways this year, using art and music, silence and meditation, food and social events. The visual displays and pieces of art have been thought provoking and reached a number of people walking past. The Maundy Thursday vigil and the Good Friday walk/treasure hunt provided new ways of reflecting on being community. Easter Sunday started early and those who attended the beach service were invited to visualise the appearance of Jesus on the seashore and sharing breakfast together. We then came back to church to share a delicious cooked breakfast. Thank you to everyone who helped.

As we gathered for our 10.30 service, we were made aware of the terrible news from Sri Lanka about the targeted bombings of churches and hotels, with a large loss of life including those who were worshipping at Easter Sunday services. These incidents remind us that life is precious, fragile and vulnerable and needs to be cherished. Our prayers are with those who will remember this Easter for all the wrong reasons.

I am hoping that somebody else will be writing about the 31 of us who attended Spring Harvest this year. As a church leader it is always uplifting to see excitement about faith and prayer, however young or old they are. Do ask those who went about their experiences - not just "did you enjoy it?", but "what did you enjoy?" We are always open to taking more with us, so please ask Alison, Joy, Adam or Caroline if you think you might like to join us in Minehead from Easter Monday next year.

I am incredibly grateful for the gift of three months sabbatical. Here is a brief outline of what I intend to do. My sabbatical is entitled Fit to Lead and I will be looking at fitness for body, mind and spirit. We are starting with a two-week holiday, visiting Barcelona, Rome and Gibraltar by sea as Geoff is unable to fly now. I will then have some time on my own at a caravan in Padgham, to pray, reflect, walk and sleep.

A visit to Lindisfarne and staying for a few days on Holy Island is also on the itinerary. (cont. on p4)

Dawn's Letter (cont. from p3)

From Lindisfarne we are making our way back down the country visiting Durham Cathedral and, hopefully, Coventry Cathedral to see the Angel made out of confiscated knives to highlight issues of knife crime. We will be finishing at Canterbury Cathedral to visit the Anthony Gormley installation marking the Martyrdom of Thomas a Becket.

We are also excited by the prospect of a visit from some of my Australian relatives and spending quality time with them. During the rest of the time I will be attending the Gym regularly to try and increase my physical fitness.

Thank you to all those who have been involved in the planning and will be ensuring that you are cared for while I am away. You are in safe hands.

There is no doubt that I will miss you, but I will pray for you all and look forward to sharing some of my adventures and insights with you when I return.

With love and prayers

*Dawn*

### SUE'S POEMS

Regular readers will be aware that we often print a seasonal poem by Sue Head. Sue has offered to bring together a booklet of her poems (including some which have previously appeared in Spotlight as well as new material) which we will publish in a similar format to Spotlight. The booklet will retail for a very reasonable **£1:00** and it will also be hand-illustrated by Sue. All sale proceeds will benefit church funds and Spotlight in particular.

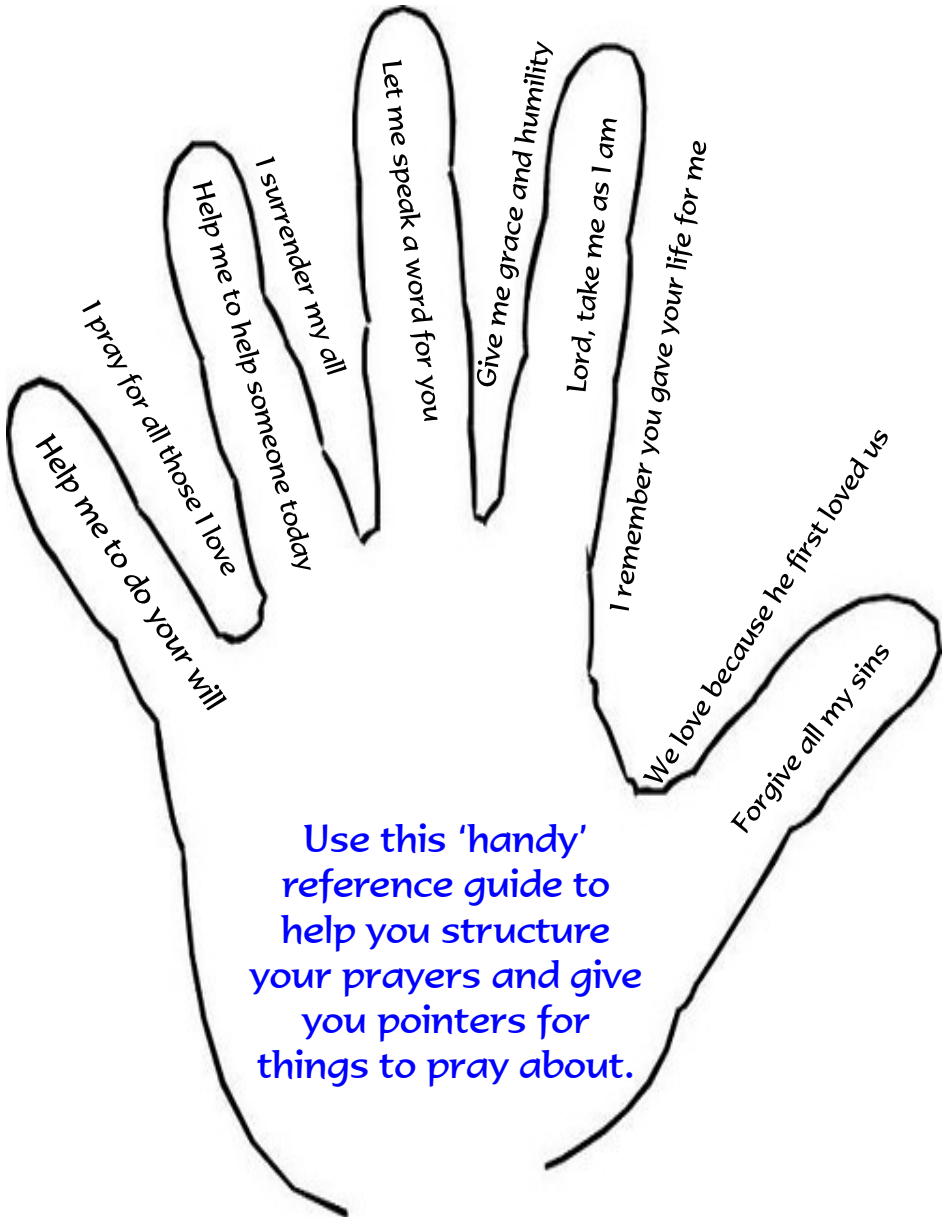
Sue would like to gauge the potential interest in such a booklet before committing the time and effort to producing it, so if you would be interested in purchasing a copy for yourself or possibly as a gift for someone else, please let Sue know by leaving your name with the Church Office with the Church Office ([office@offingtonpark.org.uk](mailto:office@offingtonpark.org.uk)).

Thank you....the Eds.



# A 'HANDY' PRAYER TEMPLATE

from Heather Graham



March 23 was National 'Learn to Play Day' and for the first time Offington Park joined in!

**LEARN TO  
PLAY DAY** 23  
March  
2019

We set up the whole church space with instruments – nobody knows exactly how many, but a conservative estimate is around 100 – and the team arrived with cake and brewed the coffee. Local teachers and enthusiasts brought their skills and instruments, and before 10:00am the first eager participant had arrived.



Harp and clarinets, double bass, brass, violins, guitars and ukuleles all rang out at different points across the day. Visiting teachers Joan (piano) Chris (brass) and Johnny (double bass) joined Offington regulars Hazel and Sally to give people a real taste of each instrument.

People of all ages took part, and some stayed for hours, enjoying the refreshments as well as all the crazy percussion instruments on offer to explore.

We estimate nearly 40 people accessed opportunities through the day, with parents who brought a child feeling delighted at being handed a ukulele and taught some chords as well.

At 4:00pm we had to pack away as the orchestra were arriving for the evening concert. The church rang with music all evening as well!

That evening and the following day, messages were received from people who had gone out and bought an instrument, or had begun to play and wanted to borrow or order one.

Mel, Charlotte, Jackie and I are hatching plans for a small scale 'musical coffee morning' on a regular basis. We look forward to an even bigger event next year. Many thanks to all who took part in helping to make it such a success.

*Hazel Child*



## Friends of Broadwater and Worthing Cemetery

### LIST OF TOUR DATES AND SUBJECTS

- 4 May Residents of Ambrose Place
- 1 Jun Men of the Sea
- 6 Jul Children Bringing More History Alive
- 3 Aug Inquests
- 7 Sep Epitaphs and Grave Meanings
- 5 Oct Centenarians (Retold)

Tours start at 11:00am. Sunday Tours also run between July and September starting at 2:00pm.

Subjects for Sunday tours were not known at the time of going to press, so please check at the cemetery entrance for updates.

<b>Tuesday</b> Group		<b>Summer Programme</b>	
14 May	The Dalai Lama Indian Trek Stephen Wright		
28 May	Laughter for Health & Wellbeing Lesley Raphael		
11 June	Summer Concert with Lynda Lyne		
25 June	Annual General Meeting		
9 July	Strawberry Tea		

### **DID YOU KNOW?**

**An ostrich could run the London Marathon in 45 minutes!**



# God Made a Beautiful Garden by Sue Head

God made a beautiful garden where He and man could sit.

And man? Well, he destroyed it: bit, by bit, by bit.

The world that God created had everything for man -

But man? Well, he knew better; yes, even better than

The God who made the heavens, the God who made the earth

The God who knew and loved us from our very birth.

So God destroyed his garden, so man could start again

Yes, He destroyed His garden with many days of rain.

But God, in all His glory, He gave man another chance

And when the flood receded gave him an olive branch.

But man? Well he knew better, and he went his own way

And, once again, destroyed the earth; day, by day, by day

God wanted to get through to man to show how much he cared.

He sent His only Son to earth; His Son with man He shared

As Jesus grew and lived with us and taught his Father's Love,

Then sacrificed His life for us so we'd know God above.

But man? Well, he knows better than the Father and the Son

And still today he will not see and so he carries on.

But God? Well He's not finished with the world that He has made

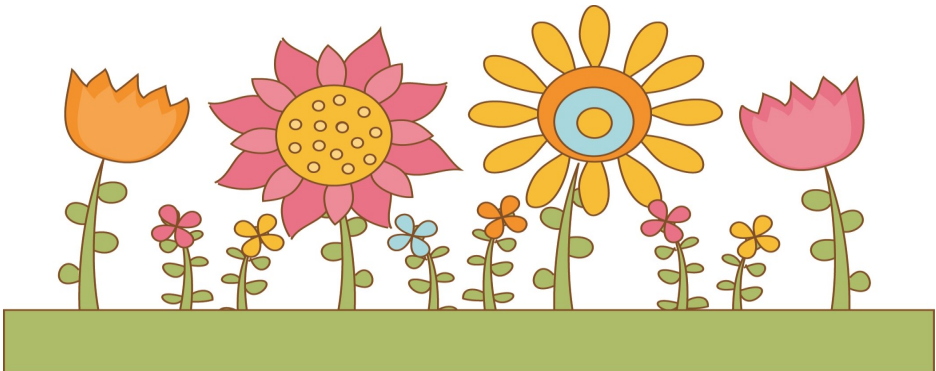
His Holy Spirit lives and moves; with Jesus He has paid

He will not leave us without Hope that man will find a way

To make the earth a better place, day, by day, by day.

To heed God's Word and love each other, living side by side

So man can walk with God again and doesn't have to hide.







# Traidcraft

Fighting poverty through trade



## Who picked my tea? Campaign Update



**WE DID IT!** By coming together and asking for change **we've got the British tea sector to move from secrecy to become one of the most transparent supply chains – in less than a year.**

This openness means we can find out where more than 70% of the tea in our supermarkets comes from. **Most importantly it means tea workers, and local groups supporting them, can hold the British brands to account.**

If you drink tea from Tetley, PG Tips, Clipper, and now Typhoo, you can visit their website (or ours) and find the list of their tea suppliers, including estates in Assam and elsewhere in the world.

*"Thanks to the support of tea drinkers in the UK and around the world, now we know where the tea we pick is sold. That means we can ask British brands to ensure the standards they have promised are met. Thank you!"*

**Stephen Lakra, President, All Adivasi Students Association of Assam**

We asked the big brands to publish their Assam suppliers but **nearly all of them have gone beyond this and revealed their global lists** – providing a vital tool for change for tea workers all around the world. We can say that the first step towards a better future for tea workers in Assam is complete.

Ultimately these lists will enable local organisations and tea workers themselves to raise problems which their immediate tea estate management has not been able to address – either publicly or with the UK brands.

Do keep buying tea from Assam – especially from those brands which have published their lists. By buying, not boycotting, we are supporting an industry that provides livelihoods for more than a million people.

# Christian Aid Week

## 12 - 18 May



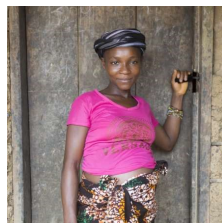
Last month we gave you a taste of the life of Jebbeh Konneh, who is pregnant. Here is more of her story...

Sierra Leone is the world's most dangerous place to become a mum. Every day 10 women die from giving birth. In Sawula district, the community struggles with a clinic which has no electricity and only two delivery beds.

Jebbeh is heavily pregnant but as her baby grows, it's not joy that fills her heart, but fear. When Jebbeh's sister Fatmata went into labour, there were so few ambulances that Fatmata had no choice but to walk for three hours under the baking sun, to the nearest hospital. The journey was long and with every step Fatmata struggled to keep walking.

Jebbeh told us: 'My sister was crying out with hunger. She died on the side of the road. She never gave birth.'

**This Christian Aid Week, together, we can make childbirth safe for mums and babies. Through our gifts and prayers, we can help give the world's poorest mums a chance to live.**



This Christian Aid Week, we are once again looking for volunteers to collect in the streets around the church. ***Will you be a partner for change?***

***Join in by signing our Street Board in the Foyer and doing your bit to help.***

Speak to **Chris or Liz Lance** today to help deliver and collect envelopes. Ideally, we would like volunteers to take a whole road, but if you don't feel able to do this you can just sign up for part of a road, or delivery only, or maybe just collection only. Think of it as a nice walk in the sunshine!

If Offington raised **just £300** from street collections, it could help provide a new delivery bed so more mums like Jebbeh can deliver their babies safely. We can do much better than that - with your help.

A little of your time will mean so much for women like Jebbeh, who can then celebrate more happy birth days. **Thank you for your support.**

## MINIBUS TRIPS ITINERARY

Donation for all trips this season is  
**£5:00 per person**  
plus admission to venues  
(where applicable)



Look out for our posters and see  
the weekly notices for more details

**Thursday 9 May (day trip)**

Fishbourne Roman Palace and Bosham

**Friday 24 May (afternoon trip)**

English Martyrs RC Church (Sistine Chapel Reproduction)  
and Afternoon Tea

**Thursday 6 June (day trip)**

Alfriston & the Cuckmere Valley

**Thursday 20 June (afternoon trip)**

Carpet of Flowers (Corpus Christi), Arundel Cathedral

**Thursday 4 July (day trip)**

Mystery Tour/Sussex Scenes & afternoon tea

**Thursday 18 July (day trip)**

Wey & Arun Canal, Guildford to Arundel

**Thursday 1 August (afternoon trip)**

Stanstead Park Garden Centre, Rowlands Castle

**Thursday 15 August (afternoon trip)**

Parham House & afternoon tea

**Thursday 29 August (day trip)**

Bentley Wildfowl Trust & Motor Museum

**Thursday 5 September (afternoon trip)**

Borde Hill Gardens, Haywards Heath

**Friday 20 September (afternoon trip)**

West Hoathly Priest House, East Grinstead

**We have only 13 spaces on each trip, so please book early!**

## MAY DIARY

Wed	1	10:15am	Getaway Club	For Carers and Toddlers
Thu	2	<b>All Day</b>	<b>Local Elections</b>	<b>Main Hall &amp; AFH</b>
		11:00am	Bible Fellowship	
Sat	4	10:00am	Coffee Morning & Box Opening	Supporting Action for Children
Sun	5	<b>8:00am</b>	<b>Rev Dawn Carn</b>	<b>Holy Communion</b>
		<b>10:30am</b>	<b>Rev Dawn Carn</b>	<b>Followed by AGM</b>
		<b>6:00pm</b>	<b>Rev Dawn Carn</b>	<b>Holy Communion</b>
Mon	6	7:00pm	Offington Bells	
Tue	7	11:15am	Keep Fit	
		12:00pm	Tuesday Lunch & Social Club	Drivers: Alison Wright & Adam Cook
Wed	8	10:15am	Getaway Club	For Carers and Toddlers
		2:00pm	Shopper to Sainsburys	Driver: Doug Sibley
Thu	9	9:45am	Paint Along With Me	Art Club
		11:00am	Bible Fellowship	
		2:00pm	Short Mat Bowls	
Sun	12	<b>10:30am</b>	<b>Mr Adam Cook</b>	
		<b>3:30pm</b>	<b>Rev Dawn Carn</b>	<b>Messy Church</b>
Mon	13	10:15am	Getaway Club	For Carers and Toddlers
		7:00pm	Offington Bells	
Tue	14	10:00am	Grumpy Old Men	Speaker: David Gibbs
		11:15am	Keep Fit	
		12:00pm	Tuesday Lunch & Social Club	Drivers: Adam Cook & Meg Hopkins
		7:30pm	Tuesday Group	Stephen Wright: The Dalai Lama Indian Trek
Wed	15	10:15am	Getaway Club	For Carers and Toddlers

## MAY DIARY

Wed	15	10:30am		Midweek Holy Communion
Thu	16	9:45am	Paint Along With Me	Art Club
		11:00am	Bible Fellowship	
		1:30pm	Knit'n'Natter	
		2:00pm	Short Mat Bowls	
Fri	17	9:00am	CPAS Day: Alive in God	Speaker: Amy Boucher Pye
		2:00pm	Shopper to Sainsburys	Driver: Doug Sibley
Sun	19	8:00am	<b>Breakfast Church</b>	
		10:30am	<b>Rev Tony Brazier</b>	
		6:00pm	<b>Mr Pat Marshall</b>	
Mon	20	10:15am	Getaway Club	For Carers and Toddlers
		7:00pm	Offington Bells	
Tue	21	11:15am	Keep Fit	
		12:00pm	Tuesday Lunch & Social Club	Drivers: Liz & Chris Lance
Wed	22	10:15am	Getaway Club	For Carers and Toddlers
		2:00pm	Shopper to Sainsburys	Driver: Doug Sibley
Thu	23	All Day	<b>European Elections</b>	<b>Main Hall &amp; AFH</b>
		11:00am	Bible Fellowship	
Sun	26	10:30am	<b>Mr Roy Firth</b>	
		6:00pm	<b>Rev Dan Balsdon</b>	<b>Café Service</b>
Mon	27	10:00am	Stay and Play Cafe	
Tue	28	11:15am	Keep Fit	
		12:00pm	Tuesday Lunch & Social Club	Drivers: Doug and Frances
		7:30pm	Tuesday Group	Laughter for health & wellbeing
Wed	29	10:00am	Stay and Play	
		2:00pm	Shopper to Sainsburys	Driver: Doug Sibley

## MAY DIARY (continued)

Thu	30	9:45am	Paint Along With Me	Art Club
		11:00am	Bible Fellowship	
		1:30pm	Knit'n'Natter	
		2:00pm	Short Mat Bowls	

### *JC's "Little Nuggets"*

#### **Free to Worship - and on holiday too!**

The UK Government has pledged aid to support religious freedom around the world. Of those who experience religious persecution, about 80% are Christians. Please pray for them - and thank God we are free to worship.



**John Carr**

Coming to church needn't stop because we're on holiday either. A new website from the National Churches Trust make it easy to discover the UK's most beautiful and fascinating churches and sacred sites. The website - [www.explorechurches.org](http://www.explorechurches.org) - brings churches to life by using high quality images and providing information about the history and architecture of individual buildings. A great aid when deciding on a holiday.

And finally, despite the rumours, I can say that Geordies are not being sent back to the north because of Brexit, but I have packed a bag just in case!

This may seem flippant, but there are currently deep divisions in our Society, both political and economic, and many people feel isolated - like strangers in a foreign environment. This is a critical time when the cohesive glue of Jesus' message of understanding, forgiveness and reconciliation is so vital. It's a message of love and hope. As Jesus himself taught us, love your neighbour as yourself.

### **OFFERTORIES**

<b>24 March</b>	<b>£493.74</b>	<b>7 April</b>	<b>£384.37</b>
<b>31 March</b>	<b>£539.80</b>	<b>14 April</b>	<b>£464.00</b>

***Giving by standing order each month currently averages £3,275.***

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

STEYNING METHODIST CHURCH  
(opposite Springwells Hotel)

# Crafty Hobbies Fair



Saturday 4 May  
Monday 6 May  
10:00am - 4:00pm

Cream Teas  
Ploughman's Lunches  
Cake Stall

Everyone Welcome

Sunday 5 May at 3:00pm  
**'Songs of Praise'**  
followed by Cream Tea



**Steyning  
Methodist  
Church  
presents:**

## ***The Tuck Shop Boys***



**they're back - for an afternoon  
of live music!  
on**

### ***Saturday 11 May***

**2pm - 4.30pm**

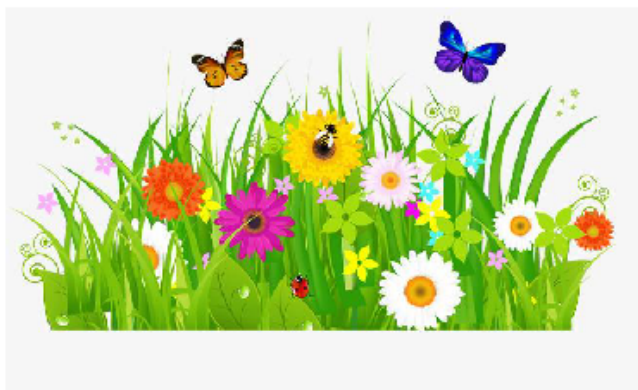
**Tickets £5**

**available on the door or from 01903 815052**



CHURCH PASTORAL AID SOCIETY  
MINISTRY AMONG WOMEN - WORTHING AREA

*Offington Park Methodist Church*  
**ALIVE IN GOD**



**Friday 17 May 2019**

**9:15am to 2:30pm**

**£6:00**

Enquiries to:

01903 265319

**SPEAKER:**

**Amy  
Boucher  
Pye**



**your local contact: Gill Powell**

**A day of worship and teaching for ladies**

**ALL WELCOME**



# OFFINGTON PARK METHODIST CHURCH IS A HOST VENUE FOR



Worthing Artists Open Houses is an exhibition by local artists working together to create unique displays of art and craft to delight all interests and tastes, including paintings, jewellery, sculptures, prints, textiles and pots.

**We have a number of artists exhibiting  
on the following weekends:**

**Saturday 15 & Sunday 16 June**

**Saturday 22 & Sunday 23 June**

**Saturday 29 & Sunday 30 June**

## **Opening Times**

**Saturdays: 11:00am - 5:00pm**

**Sundays: 12:00pm - 5:00pm**

## **FREE ENTRY**

Refreshments available  
throughout the day



**DO COME  
AND JOIN US**





## BACK TO THE NURSERY!

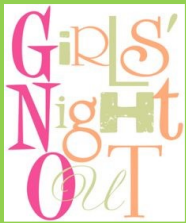
No, the Grumpies are not revisiting the tomato nursery for a second month!

This month, we're finding out about the meaning and history behind some of the Nursery Rhymes and songs we were taught when we were young, and that no doubt some of us sing or sung to our grandchildren without any idea of where the words or story came from.

Our guest speaker is our own  
**DAVID GIBBS**  
and we are meeting again on  
**Tuesday 14 May**  
at our usual time of 10:00am



We'd love to see you there - you don't have to be grumpy to join us, but it helps!



## Evening Meal

TIDES RESTAURANT, GORING  
(We have the whole restaurant  
to ourselves!)

For more information contact  
Joan Allen via  
the Church Office  
[office@offingtonpark.org.uk](mailto:office@offingtonpark.org.uk)

**Thursday**  
**27 June**  
**7:00pm**

## GET YOUR SPOTLIGHT EARLY AND FOR FREE!

If you would like to have **SPOTLIGHT** delivered **FREE** to your email inbox please send a blank email to [offingtonspotlight@gmail.com](mailto:offingtonspotlight@gmail.com) with "**Digital Spotlight Request**" as the subject of your email. Thank you.

*The Eds*



Art Club restarts on **Thursday 9 May at 9:45am**. Unfortunately (or fortunately!) the Club is full and we still have a waiting list.

Please speak to Jenny the Art Teacher if you no longer wish to attend, or feel led to give up your place to someone wanting to join.

Proceeds from the Club are donated to the Turning Tides Homeless Project in Worthing.



Thank you to everyone who supported the **Knit 'n' Natter** team refreshments and stall at this event. They raised the amazing total of £480 for church funds!



**Babysitter covering Worthing and surrounding areas**

**Karen Sherratt**

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<https://www.facebook.com/babysitterworthing/>

## WHY CHRISTIANS SHOULD BE ENVIRONMENTAL ACTIVISTS (cont.)



For the last two months, we have been talking about campaigning, which we know doesn't need to be a physically active activity. We can campaign just as effectively by writing to our MP's, or signing petitions, for example.

**The natural environment is clearly still suffering the ravages of man and this shows little sign of reducing, so make no mistake - it's urgent and speaking up for the environment is needed NOW!**

Environmental trends are alarming, be they climate change, species loss, pollution or the growing plastic waste problem. God's creation in what we call 'nature' is hurting and that affects all creation, including us humans - from the Bangladeshi farmer displaced by sea level rise to the British children who may never see a hedgehog.

Yet there are solutions out there - from renewable energy to restoring habitat, from dealing with plastic waste to lifestyle changes such as eating less but better meat. Such solutions would have benefits for human wellbeing as well as for nature.



What God's hurting creation needs is for the solutions to be rolled out faster and at scale. This will happen to the degree that the public change their own behaviour but also urge bold action by both government and business locally, nationally and internationally.

The challenge to us as Christians, then, is to put our mouth where our faith is and speak up more for God's creation in the 21st century.

### You can take action by:

- Signing the A Rocha International petition to protect the Atewa Forest <https://atewa.org/index.php/sign-petition/>
- 'Demanding that the UK government takes action on plastic [act.friendsoftheearth.uk/act/help-reduce-plastic-oceans](http://act.friendsoftheearth.uk/act/help-reduce-plastic-oceans) [tearfund.org/about\\_you/action/plastic\\_and\\_poverty\\_petition](http://tearfund.org/about_you/action/plastic_and_poverty_petition)

*Article reprinted with permission from A Rocha - first published in the A Rocha 'Root & Branch' magazine.*

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off your first  
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All computer problems solved.

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Times to suit.



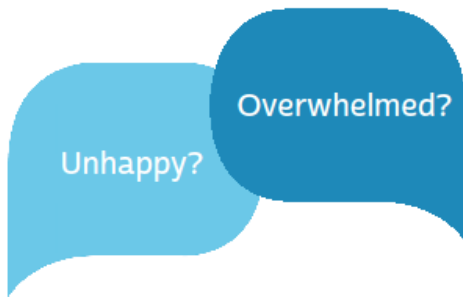
We come to you.



## Call Gary on 01903 654007

[www.betterpc.co.uk](http://www.betterpc.co.uk)

[info@betterpc.co.uk](mailto:info@betterpc.co.uk)



Here to help you find a way forward

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[www.worthingcounsellingcentre.org](http://www.worthingcounsellingcentre.org) | [info@worthingcounsellingcentre.org](mailto:info@worthingcounsellingcentre.org)

## 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:**  
**1<sup>st</sup> session £24 (1 hour)**  
Subsequent sessions: £30/hr  
£24/hr for 2 or more paid in advance.

*Gift Vouchers available*

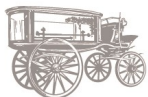


Discounts for certain benefit claimants.

Please inquire.

**Pamper Yourself, Your Friends & Family**

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[reflex.sompting@btinternet.com](mailto:reflex.sompting@btinternet.com)



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## NEXT EDITION

*Copy Deadline*

*Publication Date*

*Wednesday 22 May*

*Sunday 2 June*

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

**offingtonspotlight@gmail.com**

Tom and Harry were working together painting the Forth Bridge. At lunchtime, they sat together on the bridge and opened their lunchboxes. Tom said, "Oh, no, not cheese sandwiches. It's always cheese sandwiches!"

On the second day, Tom opened his lunchbox and again it was cheese sandwiches. "Oh, no, not cheese sandwiches again. It's always cheese sandwiches!", said Tom. "If I get cheese sandwiches again tomorrow, I'm going to quit this job, run away and never come back!"

Sure enough, the next day Tom opened his lunchbox and it was cheese sandwiches again.

So he quit the job and ran away.

Harry had the job of telling Tom's wife what had happened and why. "That's really strange", said Tom's wife. "I don't understand why he did that, because he always makes his own sandwiches!"



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South Farm Road, Worthing,  
BN14 7TN

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