



SPOTLIGHT

The magazine of Offington Park Methodist Church



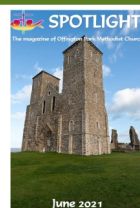
June 2021

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Cover Picture

Our cover picture shows St Mary's Church, Reculver, Kent. Founded in the 7th century as either a minster or monastery on the site of a Roman fort, by the time of the Domesday Book in 1086, St Mary's was a parish church.



The original building, which incorporated stone and tiles scavenged from the Roman fort, was a simple one consisting only of a nave and an apsidal chancel, with a small room, or porticus, built out from each of the church's northern and southern sides where the nave and chancel met. The twin towers were added in the 12th century.

Following failed attempts in 1809 to prevent the adjacent coastline from eroding further, the building was almost completely demolished in 1809.

The church's remains were subject to a preservation order in 1810, since the towers were an important shipping landmark. Surviving remnants include fragments of a high cross of stone that once stood inside the church, and two stone columns that were still in place when demolition began. The cross fragments and columns are now kept in Canterbury Cathedral, and are among features that have led to the church being described as an exemplar of Anglo-Saxon church architecture and sculpture.

Dear Friends,

We are back! It is so good to be able to meet together in the building again.



There have been lots of ‘behind the scenes’ conversations and planning and I am very grateful to the stewards and leadership team for all their hard work. We are now beginning to invite groups back—making sure all the necessary risk assessments and cleaning protocols are in place.

We have been praying about how we use our building in ways that invite people in and offer an opportunity to build relationships.

So...

- a) We propose to open the main church (Monday - Thursday) as a space for meeting and hospitality. A place of, and for, the community;
- b) We are hoping that many of our established Church groups will use this space to meet, in order to encourage others to join and be a truly inclusive Church; and
- c) Looking to the future, we need to work out together how the Church can have a central role in supporting the community both spiritually and with affordable activities for those that need them most. We recognise that we may have to prioritise where our energy and resources are focused in order to achieve this.

We believe that this is a pivotal time for our Church and the community we are a part of, as we come out of lockdown. We want to share the love and hope that we know in Jesus. As we begin this new chapter we would really welcome your thoughts, prayers and support. If you would like more details I, or any of the stewards, would be delighted to talk with you.

I have already started to make some visits to homes and I look forward to expanding that as time allows.

Lastly I want to say thank you to Sue Jacobs for organising the prayer week and ‘Thy Kingdom Come’, and well done to all those who filled the 24 hours of prayer. I believe we will see more of the Pandas in the coming months!

With love and prayers,

Dawn

Attending Worship under Covid-19 restrictions (until 21 June we hope!)



Please read carefully the instructions below about how to reserve a seat and the necessary steps required for all attendees.

If you don't feel ready to return to church just yet, don't worry. We will continue to send out services via post and email and offer Zoom access to other events such as prayer meetings.

Before Attending Church

There will be two Sunday services for up to 50 people at 9:30am and 10:45am. Messy Church, Breakfast Church and Café Worship has also restarted. Please watch Spotlight or notices for details.

Places will be allocated on a 'first come, first served' basis. **You must reserve a place for EACH person attending** by following the booking instructions on page 6. If you do not have Internet access, you can book a place **by phone ONLY** via the church office between Monday and Thursday morning of the week before the service you wish to attend. ***Face coverings will be compulsory except for those with an exemption. Please declare any exemption when booking to avoid any embarrassment on being asked to wear a mask.***

Please do not attend unless you have successfully reserved a seat and had it confirmed by either the **Prayin.io app** or by the **Church Office**. Anyone without a confirmed booking may regrettably be turned away at the door.

If you are feeling poorly in any way, please stay at home. Please also use the toilet before leaving your home and please do not bring anything with you that isn't essential.

We will want to have the option of opening windows and doors for maximum ventilation, so please wear/bring extra layers if you think you may not be warm enough. Toilets will not be in use, except in the case of an emergency.

Attending Church

Please do not arrive more than 10 minutes before the service, to allow the church to be cleaned between services, and observe social distancing guidelines if you are waiting outside. On entry to the building, please use the QR code reader on your smartphone to register attendance. This makes it easier for NHS to contact people directly in the event of someone attending at the same time later testing positive. Please use the sanitiser provided as you enter.

You will not be able to choose where you sit. A steward will guide you to the side of the church designated for that service, where chairs will be arranged for your family group or bubble. Please do not move around in the service.

You may sing quietly but masks must still be worn. Books will not be available and all words will be on the screens. A collection bowl will be in place in the children's chapel for your offering to be made. Offertory plates will not be passed around during the service.

Communion will be brought to you in your seats and will be administered without words.

After The Service

We will not be serving coffee after services.

You will be invited to leave row by row. The steward on duty will ensure there is a safe distance between individuals and groups.

There will be a bin in which to deposit recyclable communion cups.

Please do not congregate in the car park or around the buildings after the service.

Our Risk Assessment Group is reviewing these practices weekly and will consider these restrictions again in the light of recent easing.

Please be patient with the stewards and with each other, as we all make the effort to keep everyone using the building safe. We pray that you will meet with God in a special way as we slowly (and hopefully irreversibly) return to full and unrestricted worship together. Thanks be to God.

HOW TO BOOK A PLACE AT A CHURCH SERVICE

REGISTERHERE

Until final Covid restrictions are removed, we are asking people who want to attend a physical church service to book a place online, using a free booking app called **Prayin.io**. This app is specially designed to allow Places of Worship to reopen whilst observing social distancing in order to minimise the spread of Covid-19.

To register for an 'event' (in our case a Sunday service), you can either click on the link in the weekly notices or search in your Internet browser for **prayin.io** and enter the relevant code which is in the notices email.

When the event page opens:

1. Enter your email address (so you can receive confirmation of your booking);
2. Enter your full name;
3. To add more people, click on 'Add Person' and enter the person's full name.
4. Click 'submit'.

That's it! You're all done and registered for the event.

You should receive a confirmation email shortly after. If you do not receive a confirmation email, please check your junk/spam email folder, and please check the details to ensure that you have registered correctly, before contacting the Church Office.

Event Booking for Sunday services will only be available from 9:00am on the Monday to 12:00pm on the Thursday prior to the Sunday service. You will not be able to book further services in advance.

If you do not have Internet access, you may continue to book by telephoning the Church Office between the above times. Please do not use email as there is no guarantee that your request will be registered in time.

We look forward to seeing you soon!

SERVICES IN JUNE

Sunday June 6

Holy Communion 8:00am
Rev Dawn Carn

Morning Worship 9:30am
Rev Dawn Carn

All Age Worship 10:45am
Rev Dawn Carn

Sunday June 13

Holy Communion 9:30am
Rev Graham Locking

Holy Communion 10:45am
Rev Graham Locking

Messy Church 3:30pm

Sunday June 20

Breakfast Church 8:00am

Morning Worship 9:30am
Rev Dawn Carn

Morning Worship 10:45am
Rev Dawn Carn

Sunday June 27

Morning Worship 9:30am
Rev Dawn Carn / Ian Couchman

Morning Worship 10:45am
Rev Dawn Carn / Ian Couchman





Covid-19 Prayers for Others

As we unlock Stage 3, but with concerns about the timescale to Stage 4, we remember that across the world many countries remain locked in a battle against Covid. None of us are out of the woods yet and many still need our prayers.

For countries still battling high Covid-19 cases

We continue to pray for India where Covid cases are still rising at an alarming rate. We pray for the people who have lost loved ones due to lack of oxygen supplies, or shortage of critical care beds. We pray for the medical teams forced into making heart-breaking decisions on who to save and who to let go.

For control of the Variants

We pray for our own country, and other nations where Covid-19 variants are gaining ground. We pray for the scientists working out how the variants operate and how to counter them with more effective vaccines. We pray for ourselves as individuals, that we may exercise due care as we unlock and in areas like Bolton don't lose the initiative that has been so hard won.

For fair distribution

We pray for countries that are still fighting to vaccinate their people. We pray that Governments with plenty will be able to share vaccines across borders and that needs will be met and programmes accelerated regardless of faith, colour or creed.

For Governments worldwide

We pray for our own Government as it faces another difficult decision on how fast to unlock, as the variants take hold in pockets across the country. We pray too for countries where Governments are in denial about Covid, that they may listen to their people and begin to accept that they need to act fast.

For ourselves

We pray for ourselves as we slowly seek a return to the familiar. We pray that, even though many of us miss our trips abroad, we will exercise caution and not throw away our hard-fought gains. We pray that we can adapt to a new normal, embrace change and work to make the best of our albeit different lives. **Amen.**

THE FAST FASHION CRISIS



The people working in 'fast fashion' factories have been very poorly paid for years. When Covid-19 struck, fast fashion brands unlawfully refused to pay suppliers in countries like India, Bangladesh and Cambodia. Millions of people who make our clothes were laid off.

UK brands pay very little for the clothes and shoes they buy from factories in countries where wages are low, and there is no reliable social security system for workers to resort to. So, when big brands decided to break their contracts, the people working in fast fashion factories struggled to provide for their families.

In summer 2020, Traidcraft demanded that companies such as John Lewis, Marks & Spencer and Primark pay up. Some – Primark, Sainsbury, Next and Tesco - all agreed to pay suppliers for finished products; others paid, but only after very long delays; some didn't pay at all. If they cannot rely on being paid, it is impossible for factories to pay workers and buy new materials for future orders.

Despite some brands not playing fair, the Traidcraft campaign has achieved much. Suppliers have now been paid millions of pounds, but would this have happened without the issue being exposed?

Retailers routinely make greater demands on supplier factories including faster delivery times and discounts on previously agreed contracts, yet suppliers are paid months after delivery to retailers, which often results in factories having to take out loans to pay for upcoming orders. For example, Marks & Spencer takes 19 days to pay food suppliers, but makes clothing suppliers wait for 120 days.

Traidcraft Exchange says that UK fashion brands must change the way they do business, to avoid having to continually ask them to play fair with suppliers, and is calling for a new regulator of UK garments to make sure they pay suppliers fairly.

Traidcraft Exchange's campaign to regulate the food supermarket industry was successful and the fast payment of food suppliers by the likes of Marks & Spencer shows the difference this has made.

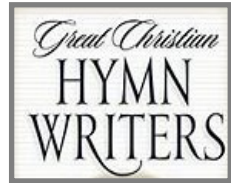
The Government is considering the idea of a garment regulator after Traidcraft gave evidence to a committee of MP's. It is hoped that this will change the fundamental problems in the garment industry for the long term.

Lesley S



REV'D SABINE BARING-GOULD

Onward, Christian soldiers,
Marching as to war,
With the cross of Jesus
Going on before.



Sabine Baring-Gould was born in Exeter on 28 January 1834 and was named after the family of his grandmother, Diana Amelia Sabine. Baring-Gould was privately tutored as the family spent much of his childhood travelling round Europe. He only spent about two years in formal schooling which was cut short by a bronchial disease that plagued him throughout his long life. His father considered his ill-health as a good reason for another European tour.

Baring-Gould gained both a Bachelor of Arts and Master of Arts degree from Cambridge and sought ordination in 1853. He taught for only ten days at Lancing College, but then moved to Hurstpierpoint College, where he stayed from 1857 to 1864. While at Hurstpierpoint, he designed the ironwork of the bookcases in the boys' library, as well as painting the window jambs with scenes from the *Canterbury Tales*.



Baring-Gould took Holy Orders in 1864, and became the curate at Horbury Bridge, Yorkshire. There he met Grace Taylor, the daughter of a mill hand, and over the next few years they fell in love. Whilst Grace lived for two years with relatives in York to 'learn middle-class manners', Baring-Gould relocated to become perpetual curate at Dalton, near Thirsk. He and Grace were married in 1868 at Wakefield and their marriage lasted until her death 48 years later. The couple had 15 children, all but one of whom lived to adulthood. When he buried his wife in 1916 he had carved on her tombstone the Latin motto *Dimidium Animae Meae*, meaning "Half my Soul".

On the death of his father in 1872, Baring-Gould inherited the 3,000-acre family estates of Lew Trenchard in Devon. In 1881, he appointed himself to the role of parson as well as squire.

He did a great deal of work restoring St Peter's Church, Lew Trenchard and from 1883 to 1914, Baring-Gould thoroughly remodelled his home, Lew Trenchard Manor (near Okehampton) which has been preserved as he had it rebuilt and is now a hotel.

Baring-Gould, along with Robert Burnard, organised the first scientific archaeological excavations of hut-circles on Dartmoor during 1893. In time, the Committee of the Devonshire Association for the exploration of Dartmoor was formed, with Baring-Gould as the secretary and author of the first ten annual reports until 1905. This Committee performed many digs of prehistoric settlements on Dartmoor and in some cases restored prehistoric sites. The current state of many prehistoric stone rows and stone circles on Dartmoor owes much to the work of Sabine Baring-Gould and Robert Burnard.

Baring-Gould wrote *Onward Christian Soldiers* in 1865 as a processional hymn for children walking from Horbury Bridge to Horbury St Peter's Church near Wakefield at Whitsuntide. The hymn's theme is taken from references in the New Testament to the Christian being a soldier for Christ: "Thou therefore endure hardness, as a good soldier of Jesus Christ." (2 Timothy 2:3 (KJV).

The hymn became more popular after the tune it was sung to was changed from the slow movement of Joseph Haydn's *Symphony in D, No. 15* to "*St Gertrude*" by Arthur Sullivan of Gilbert and Sullivan fame.

Despite the obvious popularity of the hymn, Baring-Gould was apparently not too happy with it. He later apologised, saying, "It was written in great haste (*reportedly about 15 minutes*) and I am afraid that some of the lines are faulty."

An attempt was made in the 1980s to strip "Onward, Christian Soldiers" from the *United Methodist Hymnal* and the *Episcopal Hymnal 1982* due to perceived militarism. Outrage among church-goers caused both committees to quickly back down.

Baring-Gould's impressive bibliography consists of more than 1,240 publications, though this list continues to grow.

Sabine Baring-Gould died on 2 January 1924 at the family home at Lew Trenchard and is buried next to his wife.



KENYA CONNECTION **(supporting Shauri Yako, Kenya)**

Hello Friends,

Thank you so much for starting our action in Kenya with such enthusiasm.

I am so grateful to the generous people who responded so warmly to my appeal in last month's Spotlight – together you have given £410 so far, with £100 being for water and £150 towards a new toilet. We also have someone who has set up a standing order to give a regular amount each month, so we can plan ahead.

I think we need to make a 'donations chart' for the board in the church foyer to show what has been given and what is still needed. It costs £275 to build a toilet, so we are over halfway to that already.

The sewing project is something we can do a bit at a time – first to fix the barn that will be the workshop, then to buy a sewing machine and overlocker, then raw materials, then another sewing machine... and so on. So exciting!!

I can't wait for the day that we see photos of women earning their living and sending their children to school – it will be life changing for so many.

Sue H has written a poem (facing page) about the little girl she sponsors. Wambui had such a rotten life, losing her mother and having no one, and she touched Sue's heart.

If you feel moved to sponsor a child, your regular donation will ensure a child stays fed, gets medical treatment when needed, and most importantly can attend school. Education is the key to escaping poverty, of course, all over the world, and educating women means that the whole community often benefits.

If you want to help, you can contact me via the Church Office (details on the back page). You can also follow us on:

<https://www.facebook.com/Kenya-Connection-UK-101932874881123>.

Thank you. *Hazel C*

The Little Girl Who Touched My Heart

She stood there, still and quiet: just a little girl.

She had no family left to love or care for her.

I thought about her life so far;

how much she'd had to bear.

Then thought about our children here; life is just not fair.

She looked so solemn standing there,

how scared she must have felt.

I wondered what she thought about;

how life so far had dealt

Such sorrow and such worry, for one who was so small.

Yet, even then, she stood there trying to look tall.

I read the letter sent to me, her words came spilling out
How grateful was that little girl that I would care, no doubt.

For I knew then that little girl

had somehow touched my heart.

I'd send my love and care for her: in life she'd have a start.

I want to see her grow and thrive

and know that she is loved

That God will care and guide her

as he watches from above.

My wish is for the other ones, who have no one to care.

I pray they too will know that someone out there cares.

*You touched
my heart*

by Sue H

WORTHING DEMENTIA HUB



I'm pleased to tell you that National Lottery Funding has been secured for a Worthing Dementia Hub which will be opening soon and providing innovative day services and support for people with dementia and their families.

This is part of a joint three-year project by Dementia Friendly Worthing and Abbeyfield Ferring Society. The National Lottery Community Fund, the largest funder of community activity in the UK, is supporting the project to the tune of £222,104 for three years.

Jacqui S, Chief Executive at Abbeyfield Ferring, who will oversee the Worthing Dementia Hub and respite services, said, *'We're delighted to have been successful with this application. The funding will ensure the continuation, for three years, of Dementia Friendly Worthing's Co-ordinator and provide partial funding for a Stay Active and Social respite service.'*

The money will help support isolated carers and people living with dementia in the Worthing area, and most importantly, set up a new Dementia Hub. The hub will consist of a shared space for carers and people living with dementia to drop in for advice, support, and services, and where professionals can hot desk.

The old 'Thy Will Be Done' premises (opposite Costa Coffee) in Goring Road have been secured and we hope to open in early summer.'

Chairman of Dementia Friendly Worthing Steering Group, Bob S echoed Jacqui's delight, adding, *'This funding will allow us to continue to work closely with our partners Abbeyfield Ferring and is vital to maintain the work of our valued Dementia Co-ordinator. Lynsey has been working throughout Covid to support local people, mainly through online events with carers, people living with dementia in the community and extending our work with schools especially, Our Lady of Sion school.'*

Helen B, Senior Head of Regional Funding for London, South East & East at The National Lottery Community Fund, said: *"We are delighted to award Worthing Dementia Hub this funding, which will have a massive impact on the lives of people with dementia and their carers. Through the development of a Dementia Hub, local people will have improved access to important information, support and services that will help them in their day to day lives".*

“Thanks to National Lottery players, organisations like this have played a vital role through the pandemic in helping people with dementia and their carers build connections and tackle feelings of isolation and loneliness.”

National Lottery players raise £30 million each week for good causes throughout the UK. Covid-19 has had a huge impact on dementia services during the past twelve months and charities are yet to re-instate services before the lockdown is fully lifted.

The funding will provide signposting, information hubs in the community and work with other local dementia alliances. Events such as bi-monthly dementia cafes and support for carers to help access small funds such as the carers wellbeing fund.

The hub will also host the Worthing Town Criers – a social action group made up of people living with dementia who are very active in the Worthing area. It will also provide opportunities to work with GP surgeries, the dementia assessment and crisis team and the Dementia Matron.

The hub will be open daily for anyone with dementia, their carer or family. Hot desk facilities which health and dementia-specific workers can use will also be available.

Further details can be found at the Dementia Friendly website:
www.dementiafriendlyworthing.org or on the linked social media pages.

Carol B adds “Dementia Friendly Worthing was formed in 2014 as a Dementia Forum and Offington Park has been a part of this from the beginning. I represent Offington Park on the Steering Group.

Everyone is welcome to attend the Open Meetings and we host one of these as part of the annual Worthing Mental Health Awareness Week (WMHAW).

I'm so excited that a hub will open soon. We now have enough clinicians and support volunteers to get up and running as soon as possible”.



The Group has continued to work virtually throughout the pandemic to increase awareness and reduce stigma and social isolation. Part of their work is to encourage local organisations, charities, businesses, and schools to participate in Dementia Friendly information sessions, which have been online over the past 12 months.

Carol B

Covid has significantly impacted our church finances and there are small but effective ways in which we can all help to fill the hole in our finances. I make no apologies for writing about this again.



As a church (and in the Leadership Team) we are continually looking for different ways of being church, and at innovative ways of raising funds to support our mission. For example, we served refreshments to voters at the recent elections, raising over £120.00. We are also investigating how we can accept payments by credit or debit card for room hires, refreshments and of course freewill offerings.

From this month, we will face new potential costs. CAF Bank will now charge us for exceeding their limits on how much cash or how many cheques we pay in. Whilst the charges themselves are small, they can add up to a decent sum if we exceed the limits. As an example, exceeding our cash threshold by just £1.00 in a month could cost us £15.00 in charges, and depositing just one too many cheques in a month could cost £12.60.

But we still your financial support, so please consider if you can give in other ways than cash or cheque. Standing Orders are free and, unlike cash or cheques in the offertory plates or envelopes, don't need to be counted, bagged and banked. Standing Orders are safe and give us a steady, regular stream of income from freewill offerings.

The other benefits are you don't have to have the cash ready or even be at church to give, and we can claim Gift Aid if you are a taxpayer (which we usually can't do for cash in the plate).

With already reduced finances, we really don't need punitive bank charges on top. If you give to the church (for whatever purpose) by cash or cheque, please help us avoid these charges by switching to Standing Order or bank transfer.

Please pray about this and, if you feel led to make the change, please contact the Treasurer, Alison W, via the church office or by email to treasurer@offingtonpark.org.uk.

Thank You. *Mike P, Lay Chair of Finance*

SATURDAY 12 JUNE
9:00 am — 12:00 pm
Offington Park
Methodist Church



Are you one of the many people who made use of enforced lockdown time to earmark for disposal all of the unwanted items in your house and now you can't get rid of it because the charity shops are full?

If you are (or even if you're not), DON'T DESPAIR!

We have the solution!

We are offering **FREE TABLE SPACES** in our car park from where you can set up, display and hopefully sell your unwanted goods. In exchange, we simply ask that all sale proceeds are donated to the church, which is also a registered charity.

Contact the church office (details on the back page) if you want to take advantage of this fabulous opportunity!

**If you have nothing to sell, come along anyway
and you might pick up a bargain!**

Hot drinks and light refreshments will be available.

Regrettably, we don't have any storage space either, so you will need to take unsold items back home with you!

CHURCH FAMILY NEWS



WEDDING

Sara C & David R

Many congratulations and best wishes for your special day



JC's LITTLE NUGGETS

Deliverance



No, not the film starring Jon Voight and Burt Reynolds, which was released in 1972 when I was a mere stripling. But, by the time you read this I will have had another birthday. "How does he manage to look so young", I can hear you say! Well, it's not easy!

Anyway, back to the nugget. I'm talking about a very different form of deliverance and a very different kind of release. One of my daily Bible readings recently was John 3 v1-17. Jesus teaches Nicodemus about a new way, and delivered him into a new life as part of Jesus' family. He was "born again."

This highlighted to me the deliverance the Lord has provided us with - deliverance from the Covid pandemic as restrictions are gradually lifted and we resume a new normality.

God creates everything, and with Him at work through the scientists we have a way forward thanks to their marvellous work in creating effective vaccines.

We are being delivered into a new way of life and into a different normality. We pray that all the things we have seen throughout the pandemic — the amazing nursing care, the courage of others, the selflessness of fundraisers, and above all the prayers answered will stay with us as we start our own 'new life' in the strength of our Lord.

John C

TRIVIA TRAIL ANSWERS

- | | | | |
|-------------|--------------|----------------|---------------|
| 1. Polo | 6. Austria | 11. Roobarb | 16. Nickel |
| 2. Ottoman | 7. Anaemia | 12. Bagpuss | 17. Louisiana |
| 3. Nepal | 8. Aphrodite | 13. Skegness | 18. Acronym |
| 4. Leonardo | 9. Eighteen | 14. Shrew | 19. Moriarty |
| 5. Ottawa | 10. Noir | 15. Wilmington | 20. Yangtze |



God is not unjust;
he will not forget
your work and the
love you have
shown him as you
have helped his
people and
continue to help
them.

Hebrews 6:10

IS IT EVER OK TO BE NOT OK?

Yes - it is OK to be not OK!



No matter where we are in our journey with God, we have all experienced His power in our lives. It's only because of Him that any one of us exists (Psalm 139:13-16)!

Just as we needed God to create us in the first place, so too do we need Him to 'grow' us and keep us going. We also completely needed Jesus to pay for our rejection of God and bring us back to Him:

"For by grace you have been saved through faith, and that not of yourselves; *it is* the gift of God, not of works, lest anyone should boast"

(Eph. 2:8-9).

We don't have the strength or ability to please or figure out God ourselves. This new life with Him is His gift. The Christian life is about continually realising how much we need God for everything!

It is during the 'strong' times, when we think we've got it all together, that we easily forget about God. And when we forget about God, we quickly start just living for ourselves again.

In our self-reliance, we live by our own skills and experience. These are not bad things, but they need to also belong to God and His purposes. God sometimes allows us to experience the pain of weakness so that we will stay close to Him. That is the only way to become more like Him.

It's OK to not be OK, because it is during our times of weakness that we ask God to help us, and we see again how powerful and good He is towards us.

**I'M
BROKEN**

As Paul said, "when I am weak, then I am strong". When we stop trying to hide our weaknesses or fix them ourselves, we can rely on God and experience what He wants to do with our lives. It'll be far better than anything we can do - He has no weaknesses!

Life may still be tough, but we'll have a confidence based on God - knowing that He calls us His own children, makes us more like Himself every day and will never leave us.

If you are struggling with weakness, tell a Christian friend or one of your church leaders so they can pray with you and encourage you. It might be helpful to meet regularly

with someone who you can be accountable to.

MY GRACE IS
sufficient
FOR YOU

This sort of safe space can allow you to share your struggles in a supportive environment without feeling shame, so that you can start to discover the freedom and strength that comes from knowing that God's "grace is sufficient".



I am a registered domestic electrician, providing a quality and friendly service in the Worthing and surrounding area, including:

- Home inspection: testing your electrical circuits against UK standards to find any potential hazards and highlight any lack of earthing and bonding
- Replace Fuse Boards; House Rewires; Smoke Detectors
- Additional power sockets and renewing light fixtures
- Electrical repairs and maintenance

I am happy to visit and discuss your requirements, providing a free quote. *Reviews can be seen on Checkatrade.*

Chris Ludlow 07899 980090 chrisludlow6@gmail.com



Spotlight on **CENTRAL AFRICAN REPUBLIC**

The French-speaking Central African Republic has a population of less than 10% of the UK. It is over twice the UK's size, but small in comparison to several of its neighbours including Chad, Sudan and South Sudan.

Earlier this year, the country was in an 'apocalyptic situation' (no exaggeration) following vicious rebel attacks launched amid a contested election result. The Republic is very poor (literacy rates are below 40%), politically unstable and has seen escalating conflict since December. A state of emergency has been declared and more than 200,000 people have fled their homes. All this comes on top of years of civil war.

Please pray for a swift and safe end to the violence, and for the agencies working on a three-year project which aims to give 2,000 young people a 'blueprint' for Christian living and to help them to work towards reconciliation and peace. Pray also for strong church relations and for Christians in the country who are passionate about sharing the Bible in public life.

Taylor Cleaned

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Car Valeting

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07495 571697

Email: davidrtaylor0108@gmail.com

Fully Insured

Available in and around the Worthing area



CELEBRATING *Generosity*

We'd like to **celebrate your generosity** and thank you for giving and collecting **£851** (£958 with Gift Aid) during Christian Aid week.

What makes this figure truly amazing is that it is a third of what we would typically collect from the usual house-to-house collection!

These are typically the things that will be done with the money collected:

- **£30** could buy six taps for a dam's waterpoint, helping someone like Rose access water more easily.
- **£50** could buy over 400kg of cement, building a strong and durable dam a community can depend on.
- **£100** could teach 225 farmers how to plant drought-tolerant crops that can survive the drought.

Please look out for more information about events in the Summer in support of Christian Aid.

Thank you once again.

Liz & Chris L, Frances B



Jim White watched in exasperation as the football team he had led to world fame over five years was trounced by Brazil. It was just awful! No matter how much he bellowed advice and encouragement nobody took the slightest notice. Jim almost wept with frustration.



At last the whole dismal affair was over and Brazil won by such a huge margin that it went into the record books.

Yet, oddly, when the next day's newspapers came out, Jim, far from being attacked by them, was extravagantly praised.

How can this be?

ELECTRICITY - NOW WE'RE MOTORING?



One of the ways in which we're encouraged to help the environment is to go electric with our cars. Until now, though, probably the biggest concern among prospective electric vehicle (EV) buyers was the range (or 'distance to empty' as most of us know it!)

If you're in the market for, or considering, an electric car for your next purchase, new research about how far people actually travel now shows that the activities of most motorists are well within the capabilities of the latest-generation EVs.

The research revealed that the majority of UK motorists drive fewer than 100 miles a week and drive longer journeys only once a month. Not only is this better for the environment now, but with the average range of an electric car standing at 193 miles (and with many models far exceeding this), the worry of being stranded at the roadside with a flat battery and no charging station in sight is fast disappearing.

Many of us are already thinking about greener motoring in the future, and with the UK just nine years away from a total ban on petrol and diesel car production, one in four motorists now say they will consider an electric vehicle. This compares with one in seven a year ago. If EV is the answer, we're going in the right direction!



Cost of ownership is the priority

There is one problem, however. EV's may be cheaper to run, but many people still consider the initial cost of an electric car is too high. And that's even before style and image considerations. To encourage uptake, the Government is enhancing the tax benefits of driving an EV, at least initially for business users.

But whatever your view on electric vehicles versus oil burners, it's clear that sales are up. In 2020, EV's accounted for 30% of all new car sales. Possibly more importantly, though, journey distances have remained the same or have reduced – a legacy of the Covid pandemic and enforced lockdown which has kept people at home for months.

That's more good news for the environment, and even among electric car drivers, the most common weekly mileage is low and ranges between 21 and 100 miles on average.

This means that most journeys can now easily be carried out with an electric car running on a single charge. Post-Covid, our commuting habits are still changing to reflect more time spent home-working, and travel is still being replaced by Web-based conference-style meetings.

Growing interest in EVs

Whilst charging availability and driving range remain the highest concerns among the rising levels of those currently evaluating an EV as their next car, recent research also shows that those concerns are significantly lower among the 30% of drivers who have already switched to an EV.

This suggests that people are quickly (and happily) realising that the reality of driving and charging an electric car is much easier than they had feared, and that their EV's range fulfils most of the households' driving needs comfortably.

More public charging points are being installed up and down the country every day. At January 2021, there were approximately 20,775 public EV charging devices in the UK including 3,380 rapid charging units. It appears that charging an electric car on the road has never been more convenient.

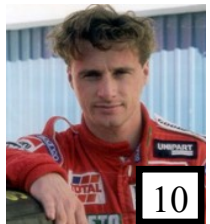
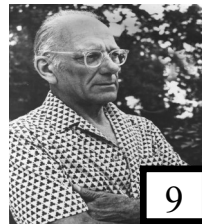
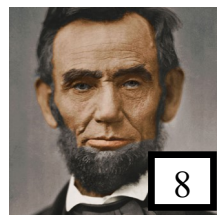
However, a note of caution. Whilst for many of us a convenient charging point will be the driveway or garage, for others with no off-street parking there are huge issues with secure overnight charging, including distance from the EV to the charging point, adequacy of street lighting around the charging point, space around the vehicle to allow access for people in wheelchairs or with other mobility impairments such as reach, dexterity, physical strength or stamina. The same applies to public charging points.

EV's are here to stay. But are they better altogether for the environment? We'll take a look at that in another issue!

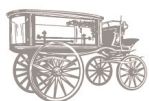


FAMOUS NAMES QUIZ

Can you name these people with a 'British' place name connection



Good Luck!



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A Jack Russell terrier went into the local job centre.

"I'm looking for work", he told the Job Centre Assistant.

The Assistant was stunned. "Amazing", he replied, "a dog that talks! Don't worry, I'll fix you up with a job in no time at all. Just wait there while I make a quick phone call".

After making the call, the Assistant returned and handed the dog a piece of paper.

"That's all sorted", he said. "You have a job. Report for work at the Circus on Monday".

"The Circus?", said the Jack Russell.
"That's no use to me. What would a circus want with a plumber?"



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