

SPOTLIGHT

September/October 2026



Offington Park Methodist Church



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This Month's Cover

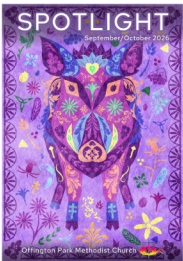
Boars, or wild pigs, were relatively common in the ancient Middle East, but because of their habit of rooting around and tearing up the ground as they hunted for food, they posed a threat to farmers.

For this reason, and also because of their ferocity and strength, the boar is mainly used as a symbol of destruction in the Bible.

In Psalm 80 the psalmist describes Israel as God’s vine transplanted out of Egypt into the promised land, but which is now being devastated by foreign invaders, and so, of Israel he writes, “The boar from the forest ravages it, and the creatures of the field feed upon it.” (Psalm 90:13)

To the Jews, pigs of all kinds were ritually impure and were forbidden as food by Old Testament law. Because of this, they were never farmed, so the Old Testament draws no distinction between a boar or pig; all were given the same Hebrew word “chazir”.

This month’s wildflowers: Ragwort, St John’s Wort, Knapweed, hedgerow berries.



From Our Minister



Dear Friends,

Another church year has passed, and we have seen a tremendous amount of activity at Offington. It has been a year of joys and challenges as we have tried to negotiate a number of practical issues behind the scenes, to get to a place where we can continue the work we believe God has called us to.

The church nationally has been challenged with the need to enforce secure guidelines in all areas of church life, from knowing what is in the food we offer to protecting data and identities. Recruitment processes for volunteers as well as employees has been affected. Whilst it has taken a lot of time and effort, I do believe that it is right for the church to work at the highest level possible out of respect for the people it serves. We should be constantly reviewing what we do, to ensure we are using the gifts entrusted to us in the best possible way.

Our main focus of course is to build the kingdom of God and to help as many as possible to have encounters with Jesus. Zach's was named specifically for this purpose, reminding us that interaction with Jesus changes lives, not as a one off but continually. The Lighthouse too was named to remind us of the Light of Christ shining to guide people to safe and secure ground. Our 'Fun and Faith' days have been a great success and we are still welcoming new people to Zach's and The Lighthouse. The Senior Lunches (Tuesdays) continues to offer regular opportunities for people to eat together and socialize afterwards.

Alpha will be running again after a successful course with our new members. Two had been Christians for a long time, but found their knowledge broadened and their faith deepened. So don't be shy to join the course and ask the questions you have always wanted to.

I will also be starting a Taketime Christian meditation group on the 3rd Friday of each month. Diary dates are 18 Sep, 16 Oct and 20 Nov in the church from 11am to 12pm. This is a guided meditation, not a bible study, that will encourage those attending to encounter Jesus. If there is a need expressed for an evening group, I can provide this too.

We continue to be a busy church with mission taking place during the week, not just on Sundays. We are always looking for help in each of the venues: can you help with putting toys out or away, cleaning tables or washing up at the end of Zach's? Can you spare one or two hours in the week? Please don't wait to be asked. If we want the church to grow then we all need to take our responsibility seriously and do what we can, rather than leaving it to others.

As we enter this next church year my prayer is that we will all support each other in our faith journeys, wherever we are and wherever that may lead us.

Every Blessing

Dawn



A Journey Through the Bible

GALATIANS

Do you know for sure that God will let you into heaven? Are you making sure you do enough good things to tip the scales in your favour?

Do you work hard every day to be one of the good guys? Paul wrote a letter to a church that had gone down that line of thinking; they had decided they needed to work super hard and be really, really good at following all the rules if they wanted to keep Jesus happy. Paul was heartbroken.

Galatians is a genuine and loving cry from Paul to all of us who have ever felt like salvation depends on us. He wants us to understand the most life-changing, mind blowing truth of the Bible: when we trust Jesus, we become children of God. On our good days and our worst, we can still call the almighty King our Dad!

Galatians offers you the keys to unlock a life of true freedom; free from the strain of trying harder, free from the anxiety of not knowing how you're doing with God; free from the guilt of messing up; free from the pride of doing well. It's a life that's free to enjoy simply being God's child.

September at 'The Park'



6 September 2026

8:00am	Rev Dawn Carn	Holy Communion
10:30am	Rev Dawn Carn	Cafe Church

13 September 2026

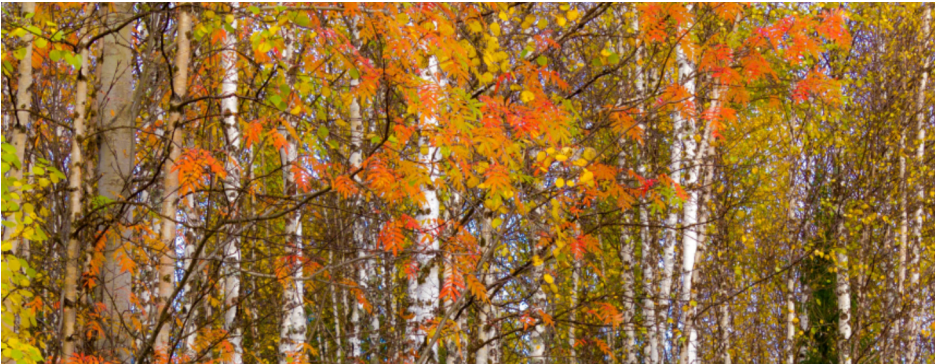
10:30am	Rev Janet Tanner	Holy Communion
3:30pm	Messy Church Team	Messy Church

20 September 2026

8:00am	Breakfast Church Team	Breakfast Church
10:30am	Rev Dawn Carn	Morning Worship

27 September 2026

10:30am	Mrs Pam Frost and Mrs Mary-Jane Newman	Morning Worship
10:30am	Rev Dawn Carn	Fun Church



September Rain

September rain falls soft and slow,
A gift from God to help things grow.
It feeds the fields, refreshes the trees,
And whispers hope upon the breeze.

Though summer's warmth has passed away,
God's faithfulness is new each day.
As showers bless the waiting earth,
His love renews our hearts with worth.

So when the skies are grey above,
Remember still the Father's love.
For every drop of autumn rain
Declares His mercy once again.



GRUMPY OLD MEN

Tuesday 8 September
10:00am
Quiet Room

You're invited to come and chat - you don't have to be grumpy, old, or even a man!

"Making the Road Safer"

How can our roads be made safer? What is the role of the local authority, road users (drivers, cyclists and pedestrians to some extent) and Government?

Our friend Graham Feest will lead our discussion.

We'll be meeting in the Quiet Room (after coffee and cake in Zach's Café). Please join us.

Taylor Cleaned

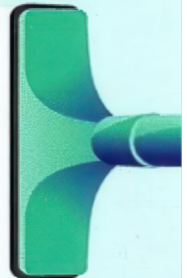
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What is a Pioneer?

You may recently have heard references to Tess as our new 'Pioneer'. But what exactly is a 'Pioneer'?

In a church context, a Pioneer is someone who seeks to establish new Christian communities, ministries, or ways of sharing the gospel among people who are not already connected with the church. Rather than focusing primarily on maintaining existing congregations, pioneers look outward, exploring fresh opportunities for mission and discipleship.

The image of a pioneer comes from someone who travels into new territory, discovering pathways where none previously existed.

In the same way, a church pioneer is willing to experiment, take risks, and adapt their approach to reach people in changing communities and cultures.

Church pioneers need to be:

Visionary – able to see opportunities where others see obstacles.

Missional – passionate about engaging with people beyond the church walls.



Innovative – willing to try new ideas and learn from both successes and failures.

Relational – able to build genuine friendships and earn trust within the community.

Entrepreneurial – able to start projects and gather others around a shared vision.

New initiatives will take time and perseverance, but Tess and David our Children's and Families worker are able and willing to work alongside existing church offerings and community organisations to deliver the goods.

So look out for new worshipping communities as they build relationships with families and develop ministries among people who would not normally attend a traditional church service.

From a biblical perspective, the Apostle Paul is often seen as a pioneering missionary. Paul regularly entered new towns, formed relationships, shared the

gospel, established Christian communities, and then equipped local leaders to continue the work.

Jesus Himself

modelled a pioneering ministry.

Rather than waiting for people to

come to Him, He travelled through towns and villages, met people in their everyday lives, and called His followers to "go and make disciples of all nations" (Matthew 28:19).

Ultimately, a pioneer is someone who asks, "Who are we not reaching?" and then prayerfully, creatively, and courageously seeks new ways of sharing

"It has always been my ambition to preach the gospel where Christ was not known."

St Paul

Christ's love with them.

In many churches today, pioneers are

helping the Church rediscover its missionary calling by taking the gospel beyond familiar settings and into the everyday places where people live, work, and gather.

FRIENDS OF BROADWATER & WORTHING CEMETERY "NUNS TO ZADNE" TOUR - SATURDAY 5 SEPTEMBER

This tour was requested by people who had recently moved to Worthing.

This tour starts at 11 am (arrive from 10:45am) by the Chapels in South Farm Road. Booklets about the tour and hot and cold refreshments (including delicious home-made cakes) are available for a small donation towards cemetery upkeep. Please help the environment by bringing your own cup.

During the tour we will look at the lives of a few nuns who were part of the Sisters of Sion. We will also look at local builders and entrepreneurs, along with other interesting people including the

founder of Poland's furniture store. We will finish by looking at some of those who lost their lives when the Zadne vessel went down off the coast of Worthing.



October at 'The Park'



4 October 2026

8:00am	Rev Dawn Carn	Holy Communion
10:30am	Rev Dawn Carn	Cafe Church/Harvest Festival

11 October 2026

10:30am	Rev Richard Tanner	Holy Communion
3:30pm	Messy Church Team	Messy Church

18 October 2026

8:00am	Breakfast Church Team	Breakfast Church
10:30am	Mrs Joy Barnes	Morning Worship

25 October 2026

10:30am	Rev Dawn Carn	Morning Worship
3:30pm	Rev Dawn Carn	Memorial Service



Harvest Home

Lord of the fields, we thank you now
For England's wheat and Scotland's plough,
For Welsh green hills and Irish rain,
For sunlit days and growth again.

For orchards heavy with their fruit,
For every flower, branch and root,
For golden barley, oats and rye,
For swallows sweeping through the sky.

We thank you for the farmer's skill,
For patient hands and steadfast will,
For early mornings, toil and care,
And all the harvest gathered there.

For village church and city street,
For tables spread with gifts to eat,
For neighbours joined in grateful song,
Reminding us where we belong.

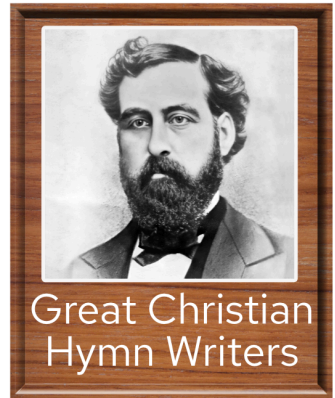
When barns are full and cups o'erflow,
Keep us from pride that would not know
That every good and perfect part
Comes from your generous, faithful heart.

Great Hymn Writers

Philip Paul Bliss

the hymnwriter who sang until the end

*Man of Sorrows! what a name
For the Son of God, who came
Ruined sinners to reclaim!
Hallelujah! What a Saviour!*



Many of the greatest hymn writers are remembered not only for the songs they wrote but for the faith they lived. Few illustrate this more vividly than Philip Bliss, whose remarkable life ended in tragedy, but whose hymns continue to inspire Christians around the world some 150 years later.

Born in 1838 into a poor farming family in Pennsylvania, USA, Bliss discovered his love of music at an early age. His family owned few possessions, but singing was woven into everyday life. As a young boy he often worked long hours on farms and in lumber camps to help support the family, while teaching himself all he could about music. His conversion to Christ at the age of twelve shaped the direction of his entire life.

Despite having little formal education, Bliss possessed exceptional musical gifts. He became a travelling music teacher, horseback riding from community to community, before eventually studying at the Normal Academy of Music in New York. His first published songs appeared in the 1860s, and his talent quickly attracted attention. Soon he was working alongside some of the leading evangelists of the day, including Dwight L. Moody and Major Daniel Whittle, leading congregational singing during revival meetings across America.

Bliss belonged to the generation that helped shape what we now call "gospel songs." Unlike many older hymns that were written primarily for church worship, these songs were designed to communicate the Christian message clearly and memorably, often in evangelistic meetings. Their straightforward language, singable tunes and strong biblical emphasis made them enormously popular.

Many of Bliss's hymns remain familiar today, including "Let the Lower Lights Be Burning". Perhaps his best-known musical contribution is the tune for Horatio Spafford's immortal hymn "It Is Well with My Soul."

"Man of Sorrows" in particular reveals something of Bliss's own heart. These words capture the simplicity and clarity that characterised all his writing. Bliss never aimed to impress with elaborate poetry. He just wanted ordinary people to understand the good news of Jesus Christ and respond in faith.

His life, however, was to be heartbreakingly short.

In December 1876, Philip and his wife Lucy were travelling by train to join evangelistic meetings in Chicago. As their train crossed a bridge near Ashtabula, Ohio, the bridge collapsed. The train plunged into the ravine below before catching fire. Lucy survived the initial fall, but Philip, having escaped, reportedly returned to the wreckage in an attempt to rescue her. Neither survived the fire, and their bodies were never recovered. The disaster claimed more than ninety lives and remains one of America's worst railway accidents.

One remarkable detail emerged afterwards. Bliss's luggage was found largely intact, and inside was a handwritten manuscript containing the words of a hymn he had never had the opportunity to set to music. Another composer later provided the tune for the hymn "I will sing of my Redeemer...", which has since become a much-loved favourite in churches around the world. It is a fitting final testimony from a man whose entire life had been devoted to singing about his Saviour.

Philip Bliss died at just thirty-eight years of age, yet his influence has far outlived his brief lifetime. His hymns continue to lead worshippers to Christ, encourage believers in times of suffering, and remind us of the hope found in the gospel.

There is something deeply appropriate about that legacy. Bliss understood that Christian music is not merely entertainment or performance. It is proclamation. His songs consistently point away from the writer and towards the One who is worthy of all praise.

In proclaiming "Hallelujah! What a Saviour!" we are joining a chorus that began with a humble American hymnwriter whose greatest desire was that others should know Jesus Christ.



LOLBEAR PRESENTS

PANTO

'It's a boy'



Through out the performance, the audience is involved in the show and decides how the story will be told.

SHOW TIMES

12 DECEMBER

2:00pm - 3:15pm

4:00pm - 5:15pm

6:00pm - 7:15pm

Your Kids even get to put on props and play parts in the show!!!

SAVE THE DATE
Tickets on sale soon

Adult: £7.00
Child: £5.00
Babe in arms: Free
Family (2 adults, 2 children): £20.00



Offington Park Methodist Church

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ALPHA - WHO WILL YOU INVITE?



Our outreach Alpha course starts on **Thursday 24 September**, launching with a special "Let's Explore" supper.

More details will follow in the weekly notices about the supper, but we wanted to give you an advance "heads up" so that you can think, pray and work on people you might invite.

Research in 2024 shows that 1 in 5 (20%) of the UK population have heard of Alpha, but 70% of these people hadn't been invited to learn more about it and what it is. That's roughly 7 million people who've heard of Alpha but haven't been invited!

The research showed that two out of every three people that were actually invited said yes. Think about what this means – if we can invite those seven million who've heard of Alpha but haven't been invited, then we could expect 4.7 million new Alpha guests!!

We know it can be hard to engage with people who wouldn't usually go to church, but here again the research showed that people are searching for truth, but they don't know where to look. There's a hunger for authenticity and for connection in the modern world. The younger generations in particular are spiritually curious and searching for deeper meaning.

Alpha is an opportunity to explore life's big questions in an open, safe and informal environment. Each talk looks at a different question around the Christian faith and is designed to spark conversation.

Alpha is fun and free – and a really good supper is served!

So, who can you invite? Your part in the Great Commission is vital!

Please speak to me if you want to know more. I'll be happy to supply you with helpful prayer cards and with invitations to our "Let's Explore" supper.

Thank you.....Steve C

What's On



SEPTEMBER				
Tue	1	12:00pm	Senior Lunch & Social	
Thu	3	11:00am	Bible Fellowship	
Sun	6	8:00am	Rev Dawn Carn	Holy Communion
		10:30am	Rev Dawn Carn	Cafe Church
Tue	8	12:00pm	Senior Lunch & Social	
Thu	10	11:00am	Bible Fellowship	
Fri	11	10:30am	CAMEO	My Philippines Odyssey
Sun	13	10:30am	Rev Dawn Carn	Holy Communion
		3:30pm	Messy Church Team	Messy Church
Tue	15	12:00pm	Senior Lunch & Social	
Thu	17	11:00am	Bible Fellowship	
Sun	20	8:00am	Breakfast Church Team	Breakfast Church
		3:30pm	Rev Dawn Carn	Morning Worship
Tue	22	12:00pm	Senior Lunch & Social	
Thu	24	11:00am	Bible Fellowship	
Fri	25	10:30am	CAMEO	Strange or Useful?
Sun	27	10:30am	Pam Frost / Mary-Jane Newman	Morning Worship
		10:30am	Rev Dawn Carn	Fun Church
Tue	29	12:00pm	Senior Lunch & Social	
OCTOBER				
Thu	1	11:00am	Bible Fellowship	
Sun	4	8:00am	Rev Dawn Carn	Holy Communion
		10:30am	Rev Dawn Carn	Cafe Church/Harvest
		12:30pm	Harvest Lunch	Tickets at Welcome Desk
Tue	6	12:00pm	Senior Lunch & Social	
Thu	8	11:00am	Bible Fellowship	
Fri	9	10:30am	CAMEO	with Bob Bond
Sun	11	10:30am	Rev Richard Tanner	
		3:30pm	Messy Church Team	Messy Church
Tue	13	10:00am	Grumpy Old Men	
		12:00pm	Senior Lunch & Social	
Thu	15	11:00am	Bible Fellowship	

What's on continued . . .

Sun	18	8:00am	Breakfast Church Team	Breakfast Church
		10:30am	Mrs Joy Barnes	Morning Worship
Tue	20	12:00pm	Senior Lunch & Social	
Thu	22	11:00am	Bible Fellowship	
Fri	23	10:30am	CAMEO	Dogs Trust
Sun	25	10:30am	Rev Dawn Carn	Morning Worship
		3:30pm	Rev Dawn Carn	Memorial Service
Tue	27	12:00pm	Senior Lunch & Social	
Thu	29	11:00am	Bible Fellowship	

The Armour of God

Continuing our series on the Armour of God, as described in Ephesians 6, we look at the **Breastplate of Righteousness**.

For a Roman soldier, the breastplate was one of the most important pieces of equipment he carried. Covering the chest and protecting the heart, lungs and vital organs, it could mean the difference between life and death.

A soldier might face arrows, spears or a sword thrust, and the breastplate provided a vital layer of protection. It allowed him to face danger with greater confidence, knowing that his most vulnerable areas were shielded.

Paul uses this powerful image to describe how righteousness protects us spiritually. It guards our hearts against guilt, temptation, discouragement and the accusations that can undermine our faith.

Our righteousness does not come from being perfect. We are not perfect, but through Christ, we are forgiven and accepted by God. And as we seek to live with honesty, integrity, kindness and justice, that righteousness becomes part of the daily protection we wear.

When we put on the 'breastplate of righteousness', we stand secure in Christ and are better equipped to face whatever comes our way.



The Dovetail of Grace

Arthur's Tale...

The sweet scent of cedar, linseed oil, and fresh beeswax always filled Arthur's small workshop. For decades, the elderly carpenter had done much more than just repair wobbly tables, splintered dressers, and broken chairs. He restored dignity to forgotten, battered things. To Arthur, every deep scratch on a dining table was a family story, and every loose joint in



an old rocking chair was a cry for patience. He worked with a generous spirit, often refusing payment from young struggling couples or elderly widows, charging only what he knew they could easily afford.

His young apprentice, Thomas, often grumbled about this soft-hearted approach. "Arthur, you spent three whole days rebuilding the entire frame of Mrs. Gable's antique crib," Thomas muttered one afternoon, sweeping up curls of pine. "And she only paid you with a loaf of brown bread and a jar of jam. We have our own bills to pay. You could make a small fortune building luxury cabinets for the wealthy townspeople instead of spending all your valuable time on charity work."

Arthur just smiled, gently wiping a layer of fine sawdust from his spectacles. "Thomas, kindness is never a waste of time or timber," he said softly. "The love and goodness you give out into the world is never truly lost. It has a beautiful way of finding its way back to you, precisely when you need it most." Thomas merely shook his head, completely unconvinced by his master's old-fashioned philosophy.

As winter approached later that year, a bitter and unexpected frost gripped the valley. The damp, biting cold settled deep into Arthur's aging bones, making his hands stiff and his joints ache terribly. To make matters worse, the ancient iron woodstove that heated the entire workshop suddenly cracked and failed completely. Without a working heat source, the wood glue wouldn't set, the varnish wouldn't dry, and Arthur couldn't complete any work. His savings were entirely

depleted from a season of lean earnings, and he simply did not have the funds to buy a replacement stove or the heavy, seasoned firewood needed to survive the brutal months ahead.

Sitting in the freezing, silent workshop wrapped in a thin, frayed blanket, Arthur felt a rare, heavy shadow of doubt creep into his heart. Had he been foolish all these years? If he had charged proper, competitive prices for his craftsmanship, he would easily be able to afford a new stove today. He closed his eyes and said a quiet prayer, feeling cold, vulnerable, and deeply alone.

A sudden, heavy knock at the workshop door broke the freezing silence.

When Arthur slowly opened it, he didn't find a single customer, but a massive crowd from the village. Standing at the front of the group was Mrs. Gable's grown grandson, hauling a heavy, brand-new cast-iron woodstove on a metal trolley. Behind him stood the young local baker whose family dining table Arthur had repaired for free, holding a massive basket of hot meat pies and fresh bread. Behind them were dozens of neighbours, each carrying stacked bundles of seasoned oak firewood.

"We heard your stove broke, Mr. Arthur," the baker said, his breath misting heavily in the freezing air. "You've spent your whole life fixing our broken furniture and keeping our homes comfortable. We couldn't let our favourite carpenter freeze."

Within an hour, the workshop was completely transformed. The young men quickly installed the new stove, and a bright, crackling fire soon chased away the damp chill. Neighbours sat happily on the mismatched chairs, sharing food and laughter.

Arthur looked around the warm room, his eyes moist with tears of deep gratitude. He caught the eye of his apprentice, who was standing quietly in the corner, stunned by the overwhelming display of community love. Arthur didn't need to say a single word. Thomas looked at the blazing stove, then at the happy crowd, and nodded his head in deep understanding.

The kindness Arthur had poured into the community for decades had not vanished into the grain of the wood. It had multiplied beautifully in the hearts of the people, returning to him exactly when his own fire had gone out.

JC's Little Nuggets

God of all comfort

"God is the Father of all mercy and comfort, who comes alongside us in our troubles so that we can, in turn, comfort others".

2 Corinthians 1: 3-4 (The Message)



It's that time again, with school reports from the year just ended and new starts for many children. Our Grandson has just received a great report, so there's something in the genes!

However, for me it brought back bitter memories of when I was 14 and received my school report. Unbelievably, I did go to school, but frankly I was rubbish. The head teacher loathed me, and my father considered me a "waste of space." My mum, however, loved me unconditionally.

I returned home that day, clutching the sealed report, and gave it straight to my father. Upon opening, he smiled. He smiled so much that we spent the last of the housekeeping money on a fish supper! So it all appeared happy, but alas dear reader, I knew the truth.

The very next evening, I was summoned into the sacred front room of our house. The head teacher, my father and my mum were there. My father solemnly advised me that there had been a mix-up at school and that by mistake, we had been given the report of Michael Carr, a real swotty type. Of course, my report was the usual rubbish.

Father was furious. "You knew your report was bad", he scolded. "Worse than that, you let us spend precious money on you". Well, I needed God's comfort that evening, and for many evenings after.

The next day, I was summoned to the head teacher's office. He kindly said, "I don't know, Carr, but you should not be written off. This is your last chance. I'm appointing you as school milk monitor". A trusted position! I left with the words "don't let me down" ringing in my ear. Long story short, I left school with a good report and started a career in engineering as a labourer in an engineering works.

Yes, you are never lost with the Lord. He will comfort you in times of trouble. Always have faith and trust in him to give us hope, now and forever.

God bless you all. **JC**



Offington Park Methodist Church



HARVEST

LUNCH 2026

Celebrate 'harvest home' with a delicious
ploughman's lunch, apple pie and refreshing drink.
An occasion to share with the whole family.

Adults: £10:00

Children: £6:00

Family (2A, 2C): £30:00

***Tickets from
Welcome Desk***



Sunday 4 October

12:30pm in The Lighthouse



An independent family run Funeral Directors since 1929

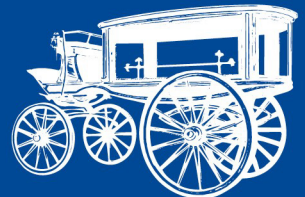


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Mission Possible!

Have you ever asked anyone what you could do to help the church's mission? The answer is – quite a lot!

It is easy, as we get older, to think that our usefulness to the church is coming to an end. Perhaps we can no longer stand for long periods, hear a conversation clearly, see as well as we once did, drive, or get involved in the practical activities of church life.

But the mission of the Church does not belong only to those who are young, fit and active. God has a purpose for every one of us, at every stage of life – and that purpose is not simply to “pray for the people who do the work”.

Our church is blessed with some wonderful opportunities for mission. Zach's Café welcomes people through our doors who may have little connection with church. The Lighthouse brings in young families. Senior Lunches provides food, friendship and company for others. Every week, people who might never walk into a Sunday service are entering our building. You may not be able to help serve coffee, move tables or look after children. But you can still be part of what happens.

You can be a welcoming presence. A smile, a wave, a “good morning” or simply being willing to sit alongside someone who may be feeling lonely – you can make a difference.

You can encourage those who serve. Tell a volunteer that they are doing a good job. Thank someone who prepares the café. Ask how things in the Lighthouse are going. A few words of encouragement can keep someone going when they are tired.

You can listen. You may not hear everything, but when you can, give someone your attention. People often need someone who will simply sit with them and take an interest in their life.

You can share your experience. Young people need to hear the stories of those who have seen God at work over many years.

And yes, you can pray. But be specific. Pray for those who come to Zach's Café. Pray for the children and parents in the Lighthouse. Pray for those at Senior Lunches. Pray for volunteers by name. Pray for opportunities for conversations and friendships, and that our church will continue to be a place where people discover God's love.

Care in your own home

Flexible care and support tailored to you, so you can live life your way.



Personal Care

Compassionate help with washing, dressing and personal routines.



Companionship

Friendly company and conversation, helping you feel connected.



Meals

Nutritious meals prepared and served, just the way you like.



Transporting

Getting you where you need to go, safely and on time.



Medication

Support with medication to help you stay safe and well.



Domestic

Help around the home to keep things running easily.



Homecare
Association



Get in touch to find out more:

t: 01903 232 949

e: worthing@caremark.co.uk

w: caremark.co.uk/worthing-adur



Love In A Box

Dear Friends, I am sorry to tell you that the Love in a Box charity has been wound up, because of the ongoing transport costs of sending boxes across Europe.

I would like to thank all of you who have supported the charity over the years, knitting, donating, searching for items to send. I know the love which has gone into the project over the last twenty or so years. God bless you all. However, all is not lost. The Ukraine support Appeal, based in Shoreham, will be sending shoeboxes at Christmas. Please look out in the notices and Spotlight for further details of their box requirements which I imagine will be similar to Love in a Box except that soaps, toothpaste and shampoos are not accepted.

If you would like to fill a box, let me know and I'll contact you with the details once I have them. Thank you for your support.

Margaret H

OFFINGTON CAMEO

Friday 11 Sep: "My Philippines Odyssey"

Carolyn Williams with an illustrated talk

Friday 25 Sep: "Strange or Useful?"

Members' Morning: strange or useful items
and a swap-shop

Friday 9 Oct: "Both Legs Down One Knicker"

Life as an illustrator - a talk by Bob Bond

Friday 23 Oct: "Dogs Trust"

Alice will tell us about the work of the Trust

In the Allan Fletcher Hall, 10:15am for a 10:30 start

Margaret H





The Thrush In The Bible

In some Bible translations the thrush is named twice in the Old Testament: in Isaiah and Jeremiah. Isaiah uses it as a symbol of sorrow, possibly because their species of thrush had a mournful cry. For example, Isaiah 38:14 says "I cried like a swift or thrush, I moaned like a mourning dove. My eyes grew weak as I looked to the heavens. I am being threatened; Lord, come to my aid!"

Jeremiah, though, draws a different lesson from it.

In the UK, thrushes remain all year-round, but in the Middle East they are migratory. Jeremiah uses this as a metaphor in a rebuke to God's people: "Even the stork in the sky knows her appointed seasons, and the dove, the swift and the thrush observe the time of their migration. But my people do not know the requirements of the Lord" (Jeremiah 8:7).

Through Jeremiah, God contrasts the unquestioning obedience of animals to their instincts and the laws of nature with his people's failure to follow his commandments. To modern Western ears this can sound harsh: how can God expect us to follow his will as naturally as animals follow instinct?

One point to remember is that in Biblical times, Hebrew literature often used strong contrasts to emphasise a point. Also, Jeremiah's prophecy belongs to a larger cycle that later offers God's promise of a deeper, almost instinctive obedience to his will for us.

In Jeremiah 3, God promises a new covenant ultimately fulfilled through Jesus. It contains this astounding promise: "I will put my law in their minds and write it on their hearts. I will be their God, and they will be my people" (verse 33). The prophet Ezekiel echoed this promise, explaining that the power to give us the instinct to follow God's will would come through the Holy Spirit, which he would put within us – a promise that was fulfilled at Pentecost.

October's UK wildflowers found in the Thrush Illustration: Yellow Hawkbit, Yarrow, acorns and colourful leaves.

CHURCH PASTORAL AID SOCIETY
MINISTRY AMONG WOMEN WORTHING



The Song of Deborah

A day of worship and teaching for women

Speaker
Sean Carter

FRIDAY 6 NOVEMBER 2026
9.30am - 2.30pm

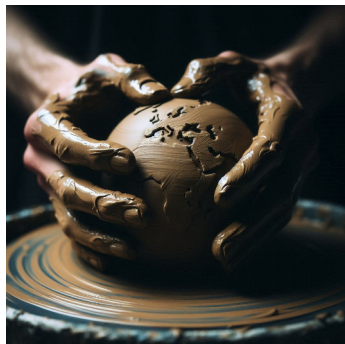
Cost: £7.00

Local Contact:
Church Office

Offington Park Methodist Church
South Farm Road, Worthing, BN14 7RX



They Changed the World



Kathleen Lonsdale Scientist

Kathleen Lonsdale was born in Ireland in 1903 and raised in England.

She showed an exceptional gift for mathematics and science from an early age and became one of Britain's most distinguished crystallographers, using X-ray techniques to reveal the structure of

crystals and molecules. Her work helped establish that the benzene ring is perfectly flat, an important discovery that influenced chemistry for generations. In 1945 she became one of the first two women ever elected as Fellows of the Royal Society, breaking barriers in a field then dominated by men.

Yet Kathleen Lonsdale's influence extended far beyond the laboratory. A committed Quaker, her Christian faith shaped every aspect of her life. She believed that scientific enquiry and religious faith were not rivals but partners in the search for truth. To her, studying the wonders of creation was another way of appreciating the wisdom and creativity of God.

During WWII, she was a conscientious objector and refused to register for civil defence duties because she believed all participation in war conflicted with Christ's teaching on peace. She was sentenced to a month in Holloway Prison. Rather than becoming bitter, she used the experience to campaign for prison reform and to promote more humane treatment of prisoners after her release.

Lonsdale also encouraged women to pursue scientific careers at a time when many doors remained firmly closed. She demonstrated that excellence, integrity, and compassion could flourish together. Her lectures and writings inspired countless young scientists, while her quiet humility earned widespread respect. Kathleen Lonsdale reminds us that changing the world is not about making headlines. Sometimes it is about truth, honesty, standing by your convictions when it is costly, and using your gifts in the service of others.

Mental Health in the Bible



Jonah

The Prophet who was angry enough to die

"Putting the world to rights" is a phrase sometimes used when people talk about the problems around the earth and how they'd like to fix them.

Jonah knew exactly how to put the world right; destroying Nineveh. They were the capital of the ghastly, ungodly and wicked Assyrian empire; sworn enemies of God's people.

So when God told Jonah to go to Nineveh, the prophet ran the other way. There was no way he'd give those nasty people an opportunity to be saved. They didn't deserve a second chance; no sir!

One swift storm and 'fish dinner' later, Jonah trudged wetly (and grumpily) into Nineveh. Amazingly, the people humbled themselves before God. The Lord, in His mercy, saved them from judgement.

"I'm angry enough to die!" Jonah spat as he slammed himself on the ground outside the city walls. "Shouldn't I care about a city full of people I created?" God asked.

"Shouldn't I have concern about the hundreds of thousands of men, women and children within its walls?"

There is plenty in the world to make us angry and unhappy.

But, like Jonah, our view is too limited for us to truly know what's best. When we rely on our own perspective, frustration wells up in the face of injustice.

Yet when we let God lead, we finally start to see the world as He does; broken, but with opportunities for mercy – even for our enemies.





RUBY ANNIVERSARY

Tracey and Steven R
(married at Offington by Valerie Chapman)

SILVER ANNIVERSARY

Debbie and Adrian V

25



BIRTHDAY

Ian L (90)

OFFERTORIES

Month	Cash & Cheques	Standing Orders
July	£523	£5,463.33

Action for Children (AfC) Event

The circuit AfC support group are organising a sponsored walk on Saturday 26 September.

The walk will be from Goring to East Preston (5 miles) or Goring to Littlehampton (5 miles). It is mainly on greensward.

It would be great if OPMC are able to support this.

Just let Steve C know via the Church Office if you are interested, to obtain a sponsorship form.



NEXT EDITION

Submission Deadline: 23 October, 2026

Publication Date: 30 October, 2026

Please submit material for the next edition of Spotlight to:

offingtonspotlight@gmail.com

And Finally . . .



Offington Park Methodist Church

South Farm Road, Worthing

BN14 7TN

Tel: 01903 205722

Email: office@offingtonpark.org.uk

Web: www.offingtonpark.org.uk

