

# SPOTLIGHT

March 2026



Offington Park Methodist Church



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### COVER PICTURE

This month's cover art by Tim features a dove - a bird steeped in symbolism in the Bible and in cultures around the world.

In Genesis, the dove sent out by Noah returned with an olive branch, signalling the end of the flood and God's wrath. Thus, the dove became a symbol of hope, deliverance, and peace.

According to Old Testament law, after childbirth, a woman was considered ritually impure and required to offer a lamb for purification; if the family was poor, they were allowed to offer a pair of doves instead.

When Jesus was born, Mary and Joseph brought doves to the temple, reflecting both their poverty and their devotion to God's requirements, despite the challenging circumstances of an unexpected pregnancy and travelling to Bethlehem for the public census.

This month's cover also features British early spring wildflowers - daffodil, celandine, blackthorn blossom, and wood anemone - tying together themes of renewal and hope.



## ***Dear Friends,***

I wrote this on Ash Wednesday, the day that follows Shrove Tuesday and begins the period of Lent. I hope you enjoyed your pancakes if you had them.



Lent is the time when we remember Jesus going into the desert place facing his demons and fasting. It is a time for reflection.

People have different ways of marking significant times in their lives, birthdays or anniversaries, some joyful and others filled with sadness. Very few simply ignore it. Sadly, Ash Wednesday and even Lent are seemingly becoming less important to hold as a holy space. It is difficult to commit to something for 40 days in a row.

Over the years we have been directed to 'take something up' rather than give anything up and if you prefer to do that, great. It doesn't have to cost anything other than time.

We have a vast selection of Christian books in our newly sorted library in the church vestibule, ready for you to borrow. Prayer time can be extended. There are numerous apps on phones or laptops for those who prefer technology now.

Jesus didn't shy away from something because it was hard, he faced it because of his vast love for each of us.

My plea this Lent is give something up, take something on, but whatever you do, don't do nothing, don't ignore it.

You may be surprised at how much stronger you feel having faced the challenge and come just that little bit closer to God.  
Every Blessing

*Dawn*

# March Services



## Sunday 1 March 2026

8:00am Holy Communion Rev Dawn Carn

10.30am Cafe Church Rev Dawn Carn

## Sunday 8 March 2026

10:30am Holy Communion Rev Dawn Carn

3.30pm Messy Church

## Sunday 15 March 2026

8:00 am Breakfast Church

10:30am Morning Worship Miss Bridget Quint

## Sunday 22 March 2026

10.30am Parade Service Mr Adam Cook

## Sunday 29 March 2026

10.30am Morning Worship Mrs Mary-Jane Newman

10.30am Fun Church Rev Dawn Carn

You are invited to a...

# Gastropub Lunch

...in aid of...



**Sunday 22 March 2026**

in the main church

**2:00pm - 4:15pm**

**Featuring...**

**Lunch:**

**two courses**

**Team Challenge: spot the odd one out**

**Pub Praise:**

**led by Jubilate**

Please sign-up on the sheet in the church  
foyer with names and menu choices

## Mischievous March

March arrives and causes chaos.  
Snow at seven, sunburn by ten,  
a heartfelt apology of drizzle arriving right before lunch.

The weather forecast is just guessing now.  
The weather app shrugs - beats me, it says!  
The clouds are freelancing.

You step outside dressed for winter;  
March sees this and immediately invents July.  
You try again in a T-shirt - but it's the wrong choice for sleet.  
Somewhere a scarf is reconsidering its career.

The wind has had three espresso coffees.  
It reorganizes your hair, plays havoc with your recycling,  
and alters your opinion about going outdoors.

A brave crocus opens one eye, checks the situation,  
and hides, waiting for April.

In the avenue, a wheelie bin risks a speed awareness course.  
A hat begins a new life in traffic.  
Everyone is chasing something they used to own.

By evening the temperature drops like it just remembered  
it left the oven on in February.  
Night arrives, innocent as anything.  
Stars. Calm. A light frost.

March, whistling, pretends none of this was personal.  
Tomorrow, it says, we try something different.  
Bring everything you own.



**Tuesday 10 March at 10:00am:**

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



## Is retirement everything it's cracked up to be?

Are you having the retirement time of your life?  
If not, why not?

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

### The Extra Chair



A small church was setting up for Sunday when a volunteer noticed one extra chair in the back row. "Should we put it away?" someone asked. The volunteer smiled and said, "No, leave it. That chair is for the person who hasn't found us yet." Sure enough, that Sunday a newcomer arrived late, quietly took the last empty seat, and felt right at home.

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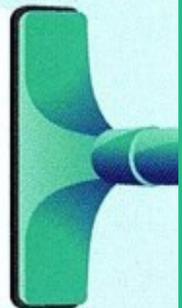
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## GIFT DAY 2026



On Sunday 8 March there will be an opportunity after morning worship to give your gift to the church as part of our 'Giving Back to God' Gift Day and to honour God for all he has given us.

We know that there is never a good time to ask for money, and with the rising cost of energy, food and travel in recent years, we are acutely aware that many of us will feel that we have even less to give away.

However, it's vital that we continue to support our mission initiatives and this year we are allocating 50% of Gift Day to a resources budget for the Pioneer and Children's/Families Worker (their salaries are already funded by an NPNP grant) and 50% to improving our technology. This includes a further camera at the front and a 'drop mic' to help the sound quality. We are also looking into a screen for the vestibule and improvements to the sound and technology within the Quiet Room, among other things. We believe these are important in making both the physical worship and streaming experiences more accessible and expanding our reach into the community. We do hope you will feel led to make a gift which we can use to continue growing our presence here in Broadwater and beyond. As ever, there will be coffee available after the service and Dawn will be very pleased to receive your gifts. If you are able to make a gift (and we understand that not everybody will be able to):

- a. Please give your gift by bank transfer (*please use the reference 'Gift'*) rather than cheque, as the church has to pay a processing fee for cheques over a certain number. Bank transfers do not cost anything.
- b. Please ensure that, if you are giving a cash gift, we know it is from you. If you are a taxpayer, we can (subject to certain rules) reclaim a further 25% of your gift from the taxman, at no cost to you.

Please also consider ways in which you can also help the church throughout the year, perhaps by saving those tiny 5p coins in a 'tiddler jar.' From little acorns, mighty oak trees grow!

## TIME TO GET INVOLVED!

Last month, in her letter, Dawn mentioned that the leadership team had booked in some exciting events, including ‘Shout to the Lord,’ with James Lelean and the return of Jonathan Veira.



Each one of these planned events is a golden opportunity for us to work together as a church, have fun together as a church and witness to the community - as a church. **And there's the rub!!**

We may wonder sometimes why people don't come to our church, but if we don't invite them, or we're not there to welcome and talk to them when they do come, we're hardly encouraging them to come back again. These events won't be everyone's cup of tea – we know that - and some of us may have other commitments, but we have a responsibility – duty, even – to witness to the world that Christ's church is alive and His love is for everyone.

We need to take advantage of these genuine God-given chances to show the local community that Offington is a thriving, vibrant, family-friendly and welcoming church. Sadly, we've seen time and again in the past that there seems to be a reluctance to support home-grown events with our attendance. If even we can't be bothered, why do we think anyone on the edge of church will be?

Just a few weeks ago, at our covenant service, we acknowledged that Christ has many services to be done; some are suitable to our natural inclinations and interests and others are contrary to both. But we prayed that Christ will use us as He sees fit and declared that the power to do these things comes from Christ Himself.

*How much clearer do we need this to be? It isn't about us and what we like or don't like – it's about living out the covenant prayer. It involves all of us together witnessing to the community and drawing them closer to God. Age is no barrier – you can just be there to offer a friendly smile, a welcome chat, or support the team by helping to organise things for the event. If you can't offer any practical support (and we know some can't) then you can pray.*

So, this year, at each of these chances to witness, let's all get behind the church and support the events as best we are able.

It's time to get involved and be conspicuous by our presence, not by our absence!

## God in the Everyday!

# EVERYDAY



There is a verse in the bible where the prophet Elijah (read 1 Kings 19:11-13 for the backstory) expects to find God in big, spectacular displays, but instead, God turns up as a gentle whisper!

Sometimes, due to upbringing or preconceptions, we can get a bit like the prophet when it comes to faith and a relationship with God. We might expect God to be found only in buildings and accessible by rituals.

But what if God doesn't only exist in a building that we might visit once a week or even perhaps, once a year? What if He is much more interested in showing you how much He loves you than He is in punishing you because you made mistakes? What if we can build a relationship with Him without having to use fancy words or follow a script? And what if He presents us with opportunities to show His love to others in simple, everyday gestures? What if God is present in the everyday things?

Present in: the beauty of a sunrise; the laughter of a shared joke; the hug from a loved one; the sound of a bird's song; present in the first burst of colour of Spring.

Present when we have to care for ailing relatives, present when we are trying to be the best parents we possibly can but finding it challenging, present when we face loneliness or loss, present when we are trying to juggle a hundred things at once.

Present when we choose to show kindness, present when we choose to be patient with others and with ourselves. Present when we choose to talk to Him and say, 'I cannot do this life on my own. Come and walk with me.'

If you want to know more about this Everyday God, please email [offingtonparkchurch@gmail.com](mailto:offingtonparkchurch@gmail.com) with your contact details or speak to our Welcome Team. We will be happy to chat with you!

**Southwick Methodist Church**  
**Manor Hall Road Southwick BN42 4NA**

# \* Banner \* Exhibition

**19 - 21 March 2026**

**10am - 4pm**

20 banners created by the  
textile artist, Jacquie  
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'The Servant King' and  
'Prayer'

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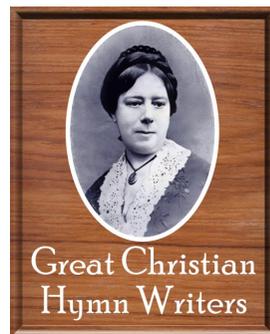


**A 60<sup>th</sup> Anniversary event**



## CATHERINE WINKWORTH

*Now thank we all our God,  
with heart and hands and voices,  
who wondrous things has done,  
in whom this world rejoices;  
who from our mothers' arms  
has blessed us on our way  
with countless gifts of love,  
and still is ours today.*



The hymn above was written by Martin Rinkart in the 1600s, but we owe the English translation to Catherine Winkworth, who as well as being a translator was also a gifted hymnwriter. Catherine's older sister, Susanna Winkworth, was also a translator, mainly of German devotional works.

Catherine Winkworth was born on 13 September 1827 at 20 Ely Place, Holborn, which at that time was on the edge of the City of London. She was the youngest of the four daughters of Henry Winkworth, a silk merchant.

In 1829, her family moved to Manchester where her father had a silk mill. Catherine studied under the Rev. William Gaskell, minister of Cross Street Chapel, and with Dr. James Martineau, both eminent British Unitarians.

Moulded by her parents' involvement in her and her sisters' spiritual upbringing, and by private tutors, Winkworth began studying German in her late teens and immersed herself in the chorale tradition that grew out of the Martin Luther era. After a year spent in Dresden, she began translating German chorale hymns into English. At the time, much of this treasury was unknown in Britain. Though she did not usually write original hymns, her translations became so natural and singable that many worshippers assume they were written in English.

Around 1854, she published her book *Lyra Germanica*, a collection of German hymns which she had chosen and translated into English. A further collection followed in 1858. During 1863, she published *The Chorale Book for England*. In 1869 she followed this with *Christian Singers of Germany*.

By the mid-to-late 19th century, her translations began appearing in English hymnals. She translated nearly 400 German hymns written by more than 170 authors in her lifetime. She wrote histories and biographies on German hymnody and hymnwriters and according to *The Harvard University Hymn Book*, "did more than any other single individual to make the rich heritage of

German hymnody available to the English-speaking world." Before Winkworth, English hymnody often favoured lighter Victorian sentiment. The German chorales brought a deeper theological range, strong biblical imagery and sturdy, congregational melodies. Her translations helped reshape Anglican and Nonconformist worship, influencing hymnals for generations.

Winkworth never married and has been described as an early feminist, for aside from translating hymns from German to English, she spent her life advocating for women's rights and education and uplifting the poor and impoverished. After moving with the family to Clifton, a suburb of Bristol, she was appointed as the secretary of the Clifton Association for Higher Education for Women. She was a supporter of the Clifton High School for Girls, where a school house is named after her, and a member of Cheltenham Ladies' College. Later, she became governor of the Red Maids' School in Westbury-on-Trym, Bristol. She fought tirelessly for better opportunities for women, and supported charitable work in both Bristol and Manchester.

In 1844, according to the Encyclopaedia of Britain by Bamber Gascoigne, it was the sixteen-year-old Catherine Winkworth who, learning of General Charles James Napier's ruthless and unauthorised, but successful campaign to conquer the Indian province of Sindh, "remarked to her teacher that Napier's despatch to the governor-general of India, after capturing Sindh, should have been Peccavi" (Latin for "I have sinned": a pun on "I have Sindh"). She sent her joke to Punch, which printed it on 18 May in that year.

Catherine Winkworth died suddenly of heart disease near Geneva on 1 July 1878 and was buried in Monnetier, in Upper Savoy. She was just 50 years old. There is a monument to her memory in Bristol Cathedral.

Writing hymns is a poetic and spiritual gift, but translating hymns to another language while maintaining theological meaning, as well as tweaking words and phrases to fit the new language's meter and rhyme structure, is work that requires patience, humility, and thoughtfulness. Catherine Winkworth had this in spades. Open almost any major English-language hymnal, and you'll find her name again and again. She effectively acted as a cultural bridge, making centuries of German Protestant spirituality part of the everyday prayer of English-speaking Christians. Without Catherine Winkworth, the sound of congregational singing in English would be very different.

*Last month's photo of Fred Pratt Green was reproduced with permission of Stainer & Bell Ltd.*

## WHAT'S ON - MARCH 2026

<b>Sun</b>	<b>1</b>	<b>8:00am</b>	<b>Rev Dawn Carn</b>	<b>Holy Communion</b>
		<b>10:30am</b>	<b>Rev Dawn Carn</b>	<b>Café Church</b>
Tue	3	12:00pm	Tuesday Lunch & Social Club	
Thu	5	11:00am	Bible Fellowship	
		1:30pm	Knit 'n' Natter	
		7:30pm	Thursday's	Social Group
<b>Sun</b>	<b>8</b>	<b>10:30am</b>	<b>Rev Dawn Carn</b>	<b>Holy Communion</b>
		<b>3:30pm</b>	<b>Messy Church Team</b>	<b>Messy Church</b>
Tue	10	10:00am	Grumpy Old Men	Retirement - all it should be?
		12:00pm	Tuesday Lunch & Social Club	
Thu	12	11:00am	Bible Fellowship	
Fri	13	10:30am	CAMEO	Indoor Cricket
<b>Sun</b>	<b>15</b>	<b>8:00am</b>	<b>Breakfast Church Team</b>	<b>Breakfast Church</b>
		<b>10:30am</b>	<b>Miss Bridget Quint</b>	<b>Morning Worship</b>
Tue	17	12:00pm	Tuesday Lunch & Social Club	
<b>Wed</b>	<b>18</b>	<b>10:30am</b>	<b>Mid-month Communion</b>	
Thu	19	11:00am	Bible Fellowship	
		1:30pm	Knit 'n' Natter	
<b>Sun</b>	<b>22</b>	<b>10:30am</b>	<b>Mr Adam Cook</b>	<b>Parade Service</b>
		2:00pm	Gastropub Lunch	Proceeds to Christian Aid
Tue	24	12:00pm	Tuesday Lunch & Social Club	
Thu	26	11:00am	Bible Fellowship	
Fri	27	10:30am	CAMEO	Easter Celebration with John Carr

## WHAT'S ON - MARCH 2026

Sun	29	10:30am	Mrs Mary-Jane Newman	
		10:30am	Rev Dawn Carn	Fun Church
Tue	31	12:00pm	Tuesday Lunch & Social Club	

### **WE ARE (or we should be) GOD'S HANDS AND FEET**

When we turn up for church on a Sunday, we just assume that the church will have been prepared for worship (and later for community).

But let's be honest here:

- Chairs don't organise themselves into nice neat rows.
- Tables don't unfold themselves and get into position at the back.
- And somehow, they never walk back into storage on their own.

Sadly, there isn't a group of tiny elves doing all this in the background.

That's where you come in.

#### **We're Looking for Volunteers to form a "Setup & Takedown" Team**

This team serves behind the scenes but makes everything else possible. For when the room is ready, ministry and community can begin.

There's no special skills required, and you don't need to be Geoff Capes. All you need is just a willing heart and a pair of hands.

#### **What's in it for me, I hear you ask?**

1. You'll be part of a practical, visible team serving God
2. You'll work with a fun, encouraging group of people
3. You'll get a light workout (free - save on those gym fees!)
4. You'll make a direct impact on every ministry and community activity that happens in the building

It doesn't matter that you can only help once in a while. Nor does it matter if you can't do everything - sometimes it's the little things that are more helpful. We'd be grateful for any help - why not express your own ideas for setting out chairs (rows, circles, diamonds, who knows?)

Hear this: when you set out a chair, you're making space for someone to hear hope. When you stack a table, you're clearing the way for what's next in our mission journey. **You** are the hands and feet of God.

#### **Interested?**

Sign up at the welcome desk, speak to a Steward or contact the church office - but do it now! Let's build the room, the mission and the worshipping community - together.

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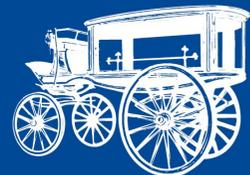


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## JC's LITTLE NUGGETS

### Joy

(based on Philippians 4 v4-7)

"Rejoice in the Lord always.  
And again I say rejoice".



Despite personal pain and great hardships (including being shipwrecked three times), the Apostle Paul was filled with joy, knowing the Lord was with him.

Regular readers of my exploits will know that I recently had a nasty fall. I can tell you, joy was not my first thought as I crashed to the ground with a bang. Pain was!

Despite that, I did experience some joy as the ambulance arrived within 10 minutes. A great team of paramedics transported me to A&E for more caring treatment. What a wonderful NHS we have!

Uh-oh, here comes the consultant. More joy? Well, actually yes. The Consultant confirmed that (despite the rumours) the results of the various scans and X-rays showed that I had a brain in there somewhere and, apart from a fractured shoulder, all my other bits were working. That's truly amazing, as they didn't work before the accident!

During the last few weeks since the accident, I have been overjoyed by all the supportive prayers and messages.

So, despite everything, I still have the joy of knowing that the Lord is with us - now and forever.

God bless you all.

JC

## CHRISTIAN AID NEEDS YOU!!

We're still looking for someone who could take over as our Christian Aid representative. You'll have a blank canvas to work with and you can really make a difference.

Imagine looking at a super fundraising total and being able to say, "I did that!"

If you want to bask in that glory, contact *Liz, Chris or Frances* now.



## SPOTLIGHT ON KAZAKHSTAN



The former Russian republic that is now Kazakhstan is the 9th largest country in the world. It is over 10 times larger than the UK, but has only 35% of the population.

Bordered by equally large neighbours Russia, Uzbekistan, Kyrgyzstan, Turkmenistan and China, Kazakhstan's official languages are Kazakh, Russian and English, and the literacy rate is very high at 99%.

The dominant religion is Islam - almost 70% of the population identifies as Islamist, with a small 17.2% being Christian. Christianity has a toehold, though, and recently the New Kazakh Bible has been published in regular and large print. Several rehabilitation centres run by Christians have also popped up too.

This is despite legislation being passed in 2015 that limits the sharing of spiritual literature outside of registered religious buildings. Under the legislation, a total of 500 signatures is required to register a religious building - almost impossible in many of the small villages.

Such legislation, however, far from limiting the spread of Christianity as intended, simply fired the creation of the underground church.

Where legislation suffocates faith, believers give it oxygen.

CHURCH PASTORAL AID SOCIETY  
MINISTRY AMONG WOMEN WORTHING



# Trust, Troubles and Truth: How God Keeps Us Afloat

A day of worship and teaching for women

Speaker

**Jocelyn-Anne Harvey**

FRIDAY 24 APRIL 2026  
9.15am - 2.30pm

**Cost:£7.00**

**Local Contact:**

Church Office

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

## A NOT-SO-HEAVY LUNCH?

I didn't mean to end up in the middle of everybody. I was only trying to see.



You know how when grown-ups make a circle around something important, and they're all taller than you, and they keep leaning the wrong way at exactly the wrong time? That's what it was like. I kept hopping, trying to look between shoulders, and every time I almost saw him, someone would move and I'd get a face full of somebody's back. But I wasn't leaving. No chance.

They said his name was Jesus. They said he did things. Big things. My uncle said he made sick people better, just like that, as if sickness were a fly you could wave off. I didn't know if that was true, but I wanted to see for myself.

Also, I had my lunch. Which mattered. My mother had wrapped it in cloth and pushed it into my hands before I left. "You'll get hungry," she said, like mothers have discovered hunger personally and invented it for the rest of us. Five little loaves. Two fish. They smelled amazing, and every time the wind shifted I caught it again and my stomach made a noise like an angry goat.

I tried to wait. I really did. But the sun kept climbing, and the talking kept going, and nobody looked like they were planning to go home. People were sitting on the grass like they lived there now. That's when I started thinking maybe I should just eat. I mean, it was my food. I was untying the knot — just a little, just to look — when a shadow fell over me. "Hey," someone said.

I looked up. Beard. Kind eyes. Serious, but not mean. Like he had a lot to do and not enough day to do it in. "What've you got there?" he asked.

"Just my lunch." He smiled. "Lunch?" I gave an almost imperceptible nod. He crouched down so we were level. "I'm Andrew," he said. He nodded toward the huge crowd. "We're trying to figure out how to feed everybody."

I blinked at him. Everybody? There were so many people that if they all sneezed at once, I think the Romans would've heard it. I opened the cloth a crack. He peeked in. His eyebrows did a little jump. "Well," he said slowly, in a voice people use when the situation is not great, "that's something."

Something? It was everything I had! But then reality kicked in. Because what was he thinking? Five loaves and two fish for all these people? Was he planning to slice them thinner than air? But Andrew didn't grab it. He just looked at me, waiting. "Would you share it?" he asked.

I thought about my mother finding out I gave away my whole lunch and came home empty. I thought about eating it myself and everyone around me smelling it. I sighed the biggest sigh in the history of sighs.

“Well, it’s really not very much, but you’re welcome to it,” I said, ignoring the growls from my stomach and the voices in my head saying ‘are you mad?’

“Thanks,” he said with a cheerfulness that surprised me. Then he took my lunch, but he didn’t walk away fast like someone who’d just stolen treasure. He motioned for me to come with him. We squeezed through people, and suddenly there he was. Jesus.

Up close, he didn’t look like a king or a soldier or anybody important like that. But when he turned toward us, everything else felt less loud somehow. Andrew held up my bread. “Here,” he said. “This lad has offered us his lunch.”

Jesus looked at me. Not in a quick way. In a seeing way. “Thank you,” he said. I forgot how to breathe. He took the loaves. He took the fish. He looked up toward heaven, and he blessed them. And then he started breaking the bread.

And this was the miraculous part. You see, everyone knows that if you break bread, you get less and a few crumbs drop away too. It’s basic science.

But he kept breaking it. And it kept... being there. More pieces. More than before. Way more. Enough that the men around him had to grab baskets to carry it, and they hurried off like they were afraid it might suddenly start acting like bread should.

I just stood there with my mouth open. Andrew laughed at my face. “Come on,” he said, shoving a chunk into my hand. “You should eat too.” “Is that mine?” I asked. “It was,” he said.

I took a bite. It was the best bread I ever had. I don’t know if it actually tasted different, or if everything just felt different, but I wanted to laugh and yell and maybe run in circles. All over the hill people were eating. Really eating. Not tiny polite bites — great big can’t-believe-it mouthfuls. And it just kept going.

By the time everyone was done, there were leftovers. Leftovers – from my tiny lunch! They filled basket after basket after basket. I tried to help carry one and nearly fell over because it was so heavy.

Afterwards, I ran home as quickly as I could. Mother said, “Did you eat all your food?” “Yes,” I said honestly. “Good”, she said. “I was worried there wouldn’t be enough.” “Oh,” I said, smiling at the memory. “There was.”



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## A JOURNEY THROUGH THE BIBLE

### John



*Jesus. Was He just a healer and a great teacher? Or is He God? And if He is God, what difference does that make to me?*

If you've ever asked those questions, the book of John is for you! John was one of Jesus' first and closest followers. If anyone knew Jesus well, it was him.

He wrote his story of the life, death and resurrection of Jesus as a way of setting the record straight against some people who were saying that Jesus was only a man, not God.

John knew better. He makes his case with seven big claims Jesus made; seven different ways of saying that He is the only One who gives eternal life. Then, Jesus backs up each claim with a miracle.

Some of Jesus' most powerful teaching is in the book of John. He doesn't send us to a religion or a set of rules; He brings us to Himself. And the religious leaders hated that! They rose up against Him and had Him killed.

But then He did His greatest miracle: He rose from the dead to prove once and for all that He really is our living, breathing, miracle-working, life-changing God and Saviour.

## OFFINGTON CAMEO

CAMEO

**Friday 13 March: "Indoor Cricket"**

**No ball involved! Refreshments provided.**

**Friday 27 March: "Easter Celebration"**

**With speaker John Carr**

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

*Margaret H*

# THEY CHANGED THE WORLD

## Harold Moody

### Doctor and civil rights campaigner



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Harold Arundel Moody was born in the Jamaican capital of Kingston in 1882. The son of a pharmacist, Moody came to the UK in 1904 and studied medicine at King's College London where he graduated at the top of his class.

However, despite his excellent qualifications, racial prejudice made it extremely difficult for him to find work. After being refused many hospital posts because of his race, Moody set up his own medical practice in Peckham, south London. He became known not only as a skilled doctor but also as someone deeply committed to helping poor families, often charging little or nothing.

In 1931 he founded the League of Coloured Peoples, one of Britain's first organisations dedicated to racial equality. The group worked to:

- challenge discrimination in employment and housing,
- improve welfare and education,
- campaign against racism across the British Empire.

As a committed Christian, Moody was active in church life and believed strongly that faith should inspire social justice. In pursuit of that belief, Moody personally lobbied politicians, wrote letters to newspapers, and supported individuals facing discrimination. He also pushed for reforms in the armed forces during World War II.

Although he died in 1947, the strategies and ideas Moody built through the League of Coloured Peoples shaped the direction of anti-racist organising in Britain for decades in the following key ways:

#### *Creating a model for organised resistance*

Before Moody, most responses to racism in Britain were local or informal. The League showed that a national body could collect evidence of discrimination, lobby Parliament, work with the press, and support individuals in test cases. Later groups adopted this same toolkit.

#### *Influencing post-war activism*

Moody had argued for decades that racism should be confronted not just morally but legally. Organisations such as the Campaign Against Racial Discrimination in the 1960s used similar lobbying and publicity tactics to

push for legal change. This pressure contributed to laws like the Race Relations Act 1965, Britain's first attempt to outlaw racial discrimination.

### *A bridge to Caribbean and African migration politics*

Many later leaders of Black community groups in Britain grew up in an environment already influenced by Moody's insistence on dignity, education, and political engagement. Even when younger activists became more radical in the 1960s and 70s, they were still responding to a path he had opened.

### *Changing public conversation*

By persistently writing to officials and newspapers, Moody helped make racial discrimination a public issue rather than something people suffered in silence. That shift in visibility was crucial for every later movement.

Today, Moody is often described as a forerunner of modern British civil-rights activism. Streets, buildings, and community projects bear his name, and he is remembered as a pioneer who fought institutional racism long before it was widely acknowledged. The house where Moody lived at 164 Queen's Road, Peckham, now has a blue plaque dedicated to him. The plaque was erected in 1995 by English Heritage.



## **DIAMOND ANNIVERSARY**

Angela and John Turberville

*Congratulations and best wishes for your special day!*



## **THANK YOU**

Thank you to everyone who supported our quiz night. We raised around £250 towards church funds.

### **OFFERTORIES**

Month	Cash & Cheques	Standing Orders
January	<b>£514.00</b>	<b>£5,618.33</b>

## THE LIGHTHOUSE @ OFFINGTON PARK

### REASONS TO COME AND SEE US

the lighthouse  
@ Offington Park



**Problem solved!** Parents and carers of young children face a daily challenge: how to keep little ones entertained while also maintaining their own sanity, social life, and caffeine levels.

The Lighthouse offers safe, contained fun for children, comfortable seating and quality food for adults, a space where noise is expected, not frowned upon and overall an environment designed for families, not just tolerant of them. In short, the best of all worlds in one thoughtfully designed space.

**Stay Longer:** Engaging the children on soft play means you can linger longer over a freshly-brewed and locally roasted Barista-style coffee and delicious cake with friends.

**Community Focus:** We aren't just focused on entertainment. We're also a community space and we're on a journey of discovery. We already host baby groups, toddler sessions, and outside term time we offer special activities giving promotional opportunities for local small businesses. The Lighthouse is less than two years old and although we have achieved a lot since we have been open, we are still looking for ways we can improve, support families and also provide stronger links with our local community. We are already seeing families visiting us regularly during their child's early years, forming relationships with other parents and their children, and seeing children growing up together. If you have an idea for a new type of session, talk to us!

**Parental Wellbeing:** We strive to offer a welcoming, warm environment designed specifically for families. Our soft play café reduces isolation, encourages social interaction, provides informal peer support and can be a "safe space" on those challenging days. Our volunteers will always offer a listening ear.

**Alternative Space:** From Monday to Thursday, Zach's, the church's other family friendly play zone, is open from 09.00-12.00. Zach's is free to enter and there is a cafe serving coffee, cake and snacks. This allows you to tag on a visit to Zach's either before or after visiting soft play.

**Party Saturdays:** Children carry so many memories into adulthood. For families wanting to make birthdays memorable by celebrating with a party, we offer the opportunity for you to celebrate your little one's milestone with a soft play party. Our parties are exclusive (just you and your invited guests have the entire space) and offer more than just a hosted event, they offer a stress-free environment for busy parents and

lasting happy memories for the families attending.

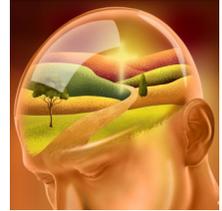
The Lighthouse offers a warm welcome and quality time that, in this digital age, promotes movement, exploration and social interaction in children, and encourages adults to connect face-to-face.

We want visitors to feel that they belong to a community and aren't just existing in isolation. And in today's world, being part of a supportive, caring community is priceless. We look forward to welcoming you soon!

## MENTAL HEALTH IN THE BIBLE

This month in our series following the men and women in Scripture who battled with their mental health, we look at

### **Jeremiah, the weeping prophet**



How do you keep going when life is hard? Where is the strength found to face each day when you know it'll be full of pain?

Jeremiah is often called "the weeping prophet" because of his hard, lonely and miserable 40 years of prophesying. His job was to remind God's people that because of their sin, Babylon was on the horizon, ready to invade and destroy them.

He was quite unpopular, to put it mildly. "I will make you a wall," God reassured Jeremiah. "The people will fight against you but will not overcome you. For I am with you."

Jeremiah knew what it was to feel utterly miserable. He spoke God's Word in tears to an angry, hateful people. But he kept going. His close, personal relationship with God was the heart of his character, his hope and his endurance.

When he was utterly abandoned, he was still held by God, his faithful friend. "Because of the Lord's great love we are not consumed," Jeremiah reflected. "For His compassions never fail."

In your own heartache, the weeping prophet will help you see how to live through such seasons in the arms of the God who loves you and will never let you go.

## NEXT EDITION

*Copy Deadline*

*Publication Date*

*Sunday 22 March 2026*

*Sunday 29 March 2026*

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

**offingtonspotlight@gmail.com**

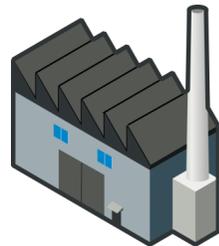
Jim didn't do very well at school and was concerned about finding a job, especially as the local economy was in poor shape, and work prospects in the area were slim at best.

However, there were three factories in town willing to hire diligent workers, but they all had bad reputations as employers. Having little choice, Jim took a job at the factory widely regarded as the best of the three. He hated it. No-one spoke to him and everyone was miserable. So he resigned and went to the factory said to be the second-best of the three.

There, he had a worse experience, left after just a few days, and took a job at the factory widely regarded as the worst in town. That experience was the saddest you can imagine.

Later, Jim spoke to his best friend and told him of his troubles. The friend was sympathetic. "you know", he said, "despite all their qualifications, not everyone is like you." Jim was confused. "What do you mean", he asked?

"Well", said his friend, "you can hold your head up high now – you've done more than a saddest factory job."



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