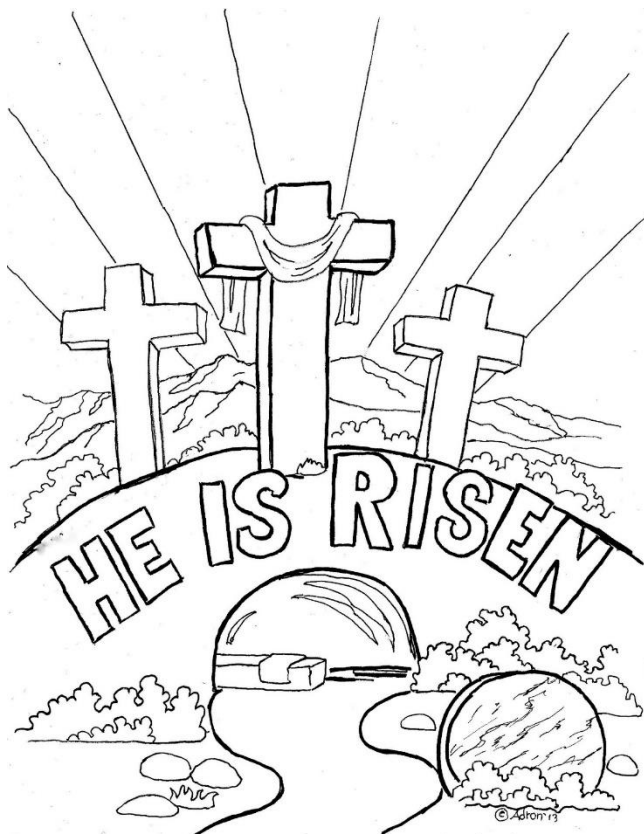




St Symphorian's Church
DURRINGTON

PARISH NEWS

APRIL 2024



Registered Charity 1134809

Large print copies are available on request

Churchwardens

Malcolm Brett

 malcolm@stsymphorians.co.uk

Paule Harper

 paule@stsymphorians.co.uk


Clergy

Honorary Assistant Priests


Father Denis Bradshaw

 07546232502

Father John Lyon

 07477973808


Father Keith Smith

 01903 534498


A priest is always available to visit people at home, to visit the sick, and the Sacrament of Reconciliation (Confession) can be arranged by appointment. Please don't hesitate to get in touch about any matter.

Parish Office

Carol Warrington

 01903 268109

Parish Administrator

 theoffice@stsymphorians.co.uk

Stewardship Team

Jane Winter – Treasurer

 treasurer@stsymphorians.co.uk

Paule Harper – Parish Giving Scheme and Gift Aid Co-ordinator


Paule Harper – Electoral Roll Officer

Home Communions

Mike Maloney


 07885 615135

Lynne Noble-Danischevsky

 07884 366666

Sunday Morning Lift Co-ordinator

Matt Thorpe

 07368373709

Parish Safeguarding Officer

Sandra Brett

 safeguarding@stsymphorians.co.uk

Parish Magazine Editors

Paule Harper and Jane Winter

 magazine@stsymphorians.co.uk



Find us on
Facebook

The Parish Church of St Symphorian

Durrington Hill, Worthing BN13 3HU

Sunday worship:

10.00am Parish Mass

Weekday Masses:

12noon	Monday
10am	Tuesday
6pm	Wednesday
10am	Thursday

Dates for your Diary

April

Tuesday 9th
Saturday 20th

Ronnie Smith's Big Band Evening 8pm.
National Tea Day Tea Morning 10am –
12noon.

May

Saturday 17th
Sunday 18th
Saturday 25th

Sunday 26th

Garden Working Party 10am
Pentecost Sunday
Coffee Morning with crafts in aid of the Church
Hall Refurbishment Project.
Trinity Sunday

Lent Lunches

Thank you to Sandra and the team for this year's Lent Lunch appeal. So far we have raised £203. Thank you.

It isn't too late to make your donation. To make a donation speak to Jane or Paule.



Ronnie Smith's Big Band's Swing and Jazz Evening

Music and songs from the 40's onwards
Come and join us for drinks and nibbles
and enjoy a fun evening!

Tuesday 9th April 8pm

St Symphorian's Church, BN13 2PU

FREE EVENT

Bar and nibbles available.

To reserve your place book your tickets via <https://forms.gle/jNpP5w62jLNSZqE49>

Proceeds to Social and Fundraising Mission Fund. Registered Charity 1134809

KALENDAR FOR APRIL 2024

1	Monday within Octave	Acts 2:14,22-33; Matt28:8-15
2	Tuesday within Octave	Acts 2:36-41; John 20:11-18
3	Wednesday within Octave	Acts 3:1-10; Luke 24:13-35
4	Thursday within Octave	Acts 3:11-26; Luke 24:35-48
5	Friday within Octave	Acts 4:1-12; John21:1-14
6	Saturday within Octave	Acts 4:13-21; Mark 16:9-15
7	2ND SUNDAY OF EASTER	Acts 4:32-35; IJohn 5:1-6; John 20:19-31
8	THE ANNUNCIATION OF THE LORD	Isa 7:10-14,8:10; Heb 10:4-10; Luke 1:26-38
9	Tuesday	Acts 4:32-37; John 3:7-15
10	Wednesday	Acts 5:17-26; John 3:16-21
11	St Stanislaus	Acts 5:27-33; John 3:31-36
12	Friday	Acts 5:34-42; John 6:1-15
13	Saint Martin I	Acts 6:1-7; John 6:16-21
14	3rd SUNDAY OF EASTER	Acts 3:13-15,17-19; IJohn :1-5; Luke 24;35-48
15	Monday	Acts 6:8-15; John 6:22-29
16	Tuesday	Acts 7:51-8:1; John 6:30-35
17	Wednesday	Acts 8:1-8; John 6:35-40
18	Thursday	Acts 8:26-40; John 6:44-51
19	Friday	Acts 9:1-20; John 6:52-59
20	Saturday	Acts 9:31-42; John 6:60-69
21	4th SUNDAY OF EASTER	Acts 4:8-12; IJohn 3:1-2; John 10:11-18
22	Monday	Acts 11:1-18; John 10:1-10
23	ST GEORGE	Apoc 12:10-12; John15:18-21
24	St Fidelis of Sigmaringen	Acts 12:24-13:5; John 12:44-50
25	ST MARK	IPet 5:5-14; Mark 16:15-20
26	Friday	Acts 13:26-33; John 14:1-6
27	Saturday	Acts 13:44-52; John 14:7-14
28	5th SUNDAY OF EASTER	Acts 9:26-31; IJohn 3:18-24; John 15:1-8
29	ST CATHERINE OF SIENA	IJohn 1:5-2:2; Matt 11:25-30
30	St Pius V	Acts 14:19-28; John 14:27-31

Warden's Wanderings

Dear Friends,

Last month, on Mothering Sunday, Paule and I were delighted to announce the appointment of our new incumbent. He is the Rev. Dr. Paul Nash and we are very much looking forward to welcoming him into the community of St Symphorian's Church. As I write it is early days in the process but we hope that Father Paul's installation will be sooner rather than later. As he comes to us from within the Chichester diocese, I understand it makes the paperwork somewhat quicker to process.

I know he is anxious to join us as soon as possible and will bring fresh ideas with him for our church and parish. Please keep Father Paul in your prayers as he prepares to take up his post. I know you will give him a warm welcome. When Sandra and I moved to this part of the world nearly ten years ago we were looking at the various churches in the area, and it was suggested we try St. Symphorian's where we were also given a wonderful welcome as we stepped through the doors. Some ten years on and although some faces have changed, we continue to give the same welcome to everybody who enters our church. And it is *our* church because without all of us who worship here day by day, month by month, year by year the church is only a building.

People who come into our church for the first time often say what a wonderful church we have. Maybe they are commenting on the welcome, the spacious interior, the lighting or the very special roof but I believe they are feeling the warmth, prayer and fellowship that has permeated the fabric of St. Symphorian's for over a hundred years. I'm sure you will agree that it is necessary for us to maintain that constant prayer and warm fellowship and that it should encourage us to be involved in church life as much as possible. I appreciate that personal time is precious, particularly to people who work long hours, but do consider how you might give something back to our church. Do, for instance, consider joining the Parochial Church Council and be involved in the decisions we have to make, or join one of our committees. They look after our church and parish centre, arrange our social events to raise much needed money or our mission and renewal group who consider our outreach to the surrounding community.

If you don't feel those are right for you, then just as important are welcomers, readers, intercessors and coffee making on a Sunday morning. The latter is an especially good way to meet people if you're new to St. Symphorian's. Please think of where your talents might lie, and however small the amount of time you can give, do come and talk to Paule or myself about how you can get involved. There are many opportunities and it's lovely to have new faces in these roles.

After all it is our church and it is our community of faith that makes us what we are at St. Symphorian's; long may it continue.

God bless, Malcolm

National Tea Day



Celebrate
NATIONAL
TEA DAY 
Saturday 20th April
10am—12 noon
St Symphorian's Church Hall,
New Road, Durrington,
BN13 3AU
All Welcome for
Tea, Coffee and Cakes
Proceeds to Church Hall refurbishment Fund
Registered Charity 1134809

National Tea Day this year is on Sunday 21st April. There is nothing like a good cup of tea – on hot days it does cool you down, and on cold days, it warms you through. When things, look bad, a cup of tea can change your perspective of things. A person giving you a cup of tea is a way to show they care. Tea is a national treasure.

To celebrate the great British drink, we will be holding a Tea Morning on Saturday 20th April in the Church Hall. All proceeds from the day will go to the Church Hall refurbishment project. All welcome and bring your friends.

Two Sides of the Coin

Back in Advent we heard the parable about the master who gave his three servants varying amounts of talents while he was away. The first two servants invested the money wisely, and on the return of the master, they were able to give the master double the amount that he had given them to manage. The third servant had buried the money in the bank and upon the return of the master only gave him the same money that he had been trusted to manage. To read the full parable please refer to Matthew 25:14–30.

As we celebrate the risen Lord, how do we care for the talents he has entrusted to us? What talents (time, skills, money) have you been entrusted and how do you use them? Is it possible to use those talents so that we give back to God twice as much as he gives to us? Or do we think we do enough for the Church and therefore for Him?

The Church is given many gifts such as the planned giving donations, gifts of products for stalls at fairs and of course the people who come to join our community. How do we care for them? Do we give away what we have been given ie if a person donates a gift worth £5, can we turn that donation into £10 for the church or would we just give it away? In the parable of the three servants – what did the master say to the servant who gave back the same as he was given? What would the master have said and done if he had received even less back?

As we come towards the summer and the Durrington Festival and our own summer fete – could you think about your talents and look to ways you can help make these events more successful? Could you suggest a stall you could run? If you need donations from the congregation, can we think about how we are going to use that gift to increase it for the glory of God?

Planning for these two events has already started but it is not too late for you to get involved. Publicity will be out soon, please help spread the word that we are here!



Tales from the West Country (4)...

If we take an imagined pilgrimage south-westward, St. Michael's Tower on Glastonbury Tor is an appropriate place from which to start, venturing on past a sugar-loaf 'island' standing out from the Somerset flood plain and visible for miles around, Brent Knoll (*brent*, a Celtic word meaning 'a high place'). On its summit are the earthworks of an Iron Age fortress, and the village which developed on the slope below has a basically Norman church dedicated, of course, to St. Michael, the warrior Archangel of Revelation who defeated the Devil. (What prevented the Saxons from planting one as usual on the summit itself, claiming it for Christ?)

Carrying on through the Backdown Hills, an Area of Outstanding Natural Beauty, the route skirts the western edge of Dartmoor and brings us to another isolated peak, Brent Tor, standing 1100 feet above sea-level and crowned by a rocky outcrop on which is perched a church, allegedly the fourth smallest in England. The local folk-legend is that it was a thank-offering by a rich merchant caught in a fierce storm in the Channel, who vowed to build a church on the first land he sighted if he lived. The tale breaks down on the fact that the Tor cannot be seen from the coast nor vice versa.

Another version holds that the villagers were building a church at the foot of the Tor, and at night the Devil took the material up to the top and dumped it. Next day the villagers carried it down and began building again. At nightfall the Devil thwarted them once more. This tussle went on for some time. In the end, the villagers gave up, and built their church on the rock where it stands firm today.

In reality it was provided by the Norman lords of the manor, the Giffords, which accounts for its unusual French dedication, St. Michel de Rupe – St. Michael of the Rock – and is a working church, with a bell tower and 5 bells, services on Christmas Day and Easter, and Evensong on Sundays in the summer....plus weddings for the young and fit, for it is reached by a very stiff climb up a rough footpath. It is the official parish church, whereas the

Victorian church in the village, used for most parish activities, is a mere Chapel at Ease.

Continuing down into Cornwall we come to an even more craggy outcrop at Roche, on which are ruins of medieval chapel dedicated to St. Michael. A hermit's cell was cut into the rock before the chapel was built and nearby is a holy well-shrine honoured by St. Gundred. By the porch of the parish church (St. Gonand's – another obscure Cornish saint) is stone slab marked by a crude Celtic cross, all evidence of a much earlier Christian presence.

On to Penzance and St. Michael's Mount, an island standing in the bay reached only by a causeway on the ebb tide. In A.D.495 the Archangel Michael appeared here to a group of Cornish fishermen, and it became an object of pilgrimage from then on., and the site of a monastery. The last Saxon king of England, Edward the Confessor, gave it to its French equivalent, Mont Saint-Michel, a Benedictine house which was closed down during the Hundred Years War. It then became a castle, now in the hands of the National Trust, and still has a C14th church which is used for services. The cliff top on which the vision was received is reached by a steep climb up the Pilgrims' Steps to a battlement known as St. Michael's Chair, where our pilgrimage ends.

Work in the Church Gardens

Walking around the church it is obvious the gardeners have been busy at work. Jill (and her team) have been digging out some of the beds ready for replanting or just for the plants to regrow in the area. This is much needed work and we are please to say you are all invited to come and join in the work. Gardening may not be your thing but, with tea, coffee, cakes and some great company, so much work can be achieved in a very short space of time.

The next Garden Working party will be on Saturday 11th May from 10am and you (and your family and friends) are welcome. There are jobs for all abilities. If you feel you can't work, then please come along and chat to the workers



Durrington 'You' Group

Thank you so much for the wonderful support you gave our speaker Alan on such a miserable wet day. He was so entertaining and witty despite all the gruesome details of the torture that went on in the Tower, but still in a funny way enjoyable. You will be pleased to know that he will be returning for our February 2025 meeting, for his "The Ghosts and the Blitz" re the Tower.

Tuesday April 16th at 2.30 pm we will have Claire Lucas who is the Rustington Museum Manager and will give us a potted history of the Village from objects in the Museum, and highlights stories of a World War 1 Airfield, Farmers, Composers, and Air Speed Records.

Don't forget to book for the June "Cream Tea" at our April meeting.

Price will be £6 and we will do a raffle for Vera's Charity "Motor

Neuron Disease". Please can I have contributions for the raffle by the May meeting.

Be aware of anything perishable if we get a heatwave !!!!!!!

We now meet in the A- Room inside the Parish Centre via the Church Car Park, Durrington Hill BN13 3HU. No booking required £3.50pp including refreshments. Please arrive by 2.15pm. Further details available from the Parish Office 01903 268109 or email: theoffice@stsymphorians.co.uk

 **The Durrington "You" Group**
A community interest outreach group for all

Tuesday April 16th, 2.30pm
Claire Lucas,
Manager at
RUSTINGTON MUSEUM 

 The history of Rustington.
From the Stone Age hunters to the present.
The story of the village through objects in the Museum Collection.

St Symphorian's Parish Centre (Main Hall)
BN13 3HU
£3.50pp includes refreshments

The building is to the left of the main entrance to the Church. . .
For more details contact the Parish Office 01903 268109 or email theoffice@stsymphorians.co.uk
Proceeds to Social and Fundraising/Mission Funds Registered Charity Number 1134809

The Durrington "You" Group
A community interest outreach group for all

Tuesday June 18th, 2.30pm
Cream Tea

with entertainment from Playback



St Symphorian's Parish Centre (Main Hall)
BN13 3HU
£6.00pp
includes refreshments



The building is to the left of the main entrance to the Church. . .
For more details contact the Parish Office 01903 268109 or email theoffice@stsymphorians.co.uk
Proceeds to Social and Fundraising/Mission Funds Registered Charity Number 1134809

Good Friday Craft Mornings



When sitting down to write this, we have just finished the Good Friday Craft Morning. The children and adults were very busy making crafts to represent the story of Good Friday. A big thank you to our helpers who spent the morning going round the tables

chatting with everyone who came – this is such important work.

The craft this time were smaller than usual so that they could make a Good Friday Tree. The last craft was left open – is it the sunset of Good Friday or the sunrise of Easter. The families were encouraged to come back of Easter Day to find out the rest of the story – and for the Easter Egg Hunt!! On Sunday we hope to change the Good Friday Tree into an Easter Tree by adding some coloured

paper eggs decorated by children during the service and/or adults during the coffee time. I will be lovely to have this joint tree decorated by all ages from the church and local community.

Looking forward, it was suggested that the adults would also enjoy a craft morning. With this in mind we will be doing an additional craft morning during the May craft morning (this is not the April tea morning). As it is between Pentecost and Trinity, the crafts will focus on these two great festivals. More information about this next month.

**Welcome to
Coffee &
Chat** 

*Saturday 25th May
10am—12 noon
St Symphorian's Church Hall,
New Road, Durrington,
BN13 5AU*

*All Welcome for
Coffee, Tea Cakes and Crafts
Proceeds to Church Hall refurbishment Fund
Registered Charity 1134809*

April Prayer Diary

Please find below a daily prayer diary. Each day (except Sunday), we pray for three streets in our parish. If you spot any road is missing from the list, please email magazine@stsymphorians.co.uk.

Monday 1 st	Our Parish and Community Hildon Park, Hobart Close, Holly Close
Tuesday 2 nd	Our new priest Hollyacres, Hudson Close, Humber Avenue
Wednesday 3 rd	Bishop Martin Hurley Road, Iris Close, Ivydore Avenue
Thursday 4 th	The anxious and depressed Ivydore Close, Jevington Close, Juniper Close
Friday 5 th	HM the King and the Royal Family Kennet Close, Kingfisher Close, Kingsbridge Mews
Saturday 6 th	Worthing Hospital chaplaincy Laurel Close, Lavender Close, Lilac Close,
Sunday 7th	DIVINE MERCY SUNDAY
Monday 8 th	THE ANNUNCIATION OF THE LORD The Society of Mary Littlehampton Road, Littlestone Road, Lobelia Drive
Tuesday 9 th	The Faithful Departed Loddon Close, Lowther Road, Lupin Spinney
Wednesday 10 th	Bishop Will Lyn Road, Magnolia Close, Malthouse Way
Thursday 11 th	St Stanislaus Long term sick Manitoba Way, Meadowsweet Close, Medway Close
Friday 12 th	Our Pram and Toddler Group Mendip Crescent, Mendip Road, Mersey Close
Saturday 13 th	St Martin I For the poor and homeless Mersey Road, Middle Tyne, Montreal Way
Sunday 14th	3RD SUNDAY OF EASTER

Monday 15 th	The unity of the Church. Moore Close, Muirfield Road, New Brunswick Drive
Tuesday 16 th	The Guiding Movement New Road, Nightingale Avenue, Ontario Close
Wednesday 17 th	Church Scholars Ontario Gardens, Orkney Court, Pennycross Avenue
Thursday 18 th	All carers Pentland Avenue, Peony Grove, Pond Lane
Friday 19 th	The shrine of Our Lady of Walsingham Pond Mews, Poplar Road, Poppy Close
Saturday 20 th	Doctors & Physicians Quantock Close, Quantock Road, Raglan Avenue
Sunday 21st	4TH SUNDAY OF EASTER
Monday 22 nd	Foster Parents Red Kite Way, Redwood Close, Rees Close
Tuesday 23 rd	ST GEORGE England Robin Road, Rochester Close, Romany Road
Wednesday 24 th	St Fidelis of Sigmaringen Our Parochial Church Council Rockingham Close, Roedean Road, Roxburgh Close
Thursday 25 th	St MARK The Church in Egypt Rudd House, Salvington Close, Salvington Road
Friday 26 th	Those persecuted for their faith Sapphire Drive, Sandringham Mews, Saxifrage Way
Saturday 27 th	Local Schools and Teachers Scotney Close, Sefton Close, Shelby Road
Sunday 28th	5TH SUNDAY OF EASTER
Monday 29 th	St Catherine of Siena Church Scholars Sherbrooke Close, Shetland Court, Silverbirch Drive,
Tuesday 30 th	St Pius V, Pope A cease to conflict Skylark rise, Snapdragon Lane, Speedwell Close



If you love to dance, love new skills, love socialising and love music – this is the class for you! Modern Jive is a dance style made of adaptations from West Coast Swing, Salsa, Ballroom and Latin. It is a fun and social partner

dance and there is no complicated footwork! You can come alone or bring a partner. The class consists of a lesson then freestyle time to practice, for beginners to advanced level, all welcome with open arms.

Held at Heene Community Centre, Worthing

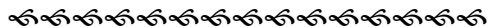
Doors open 7.30pm,

Beginners Class 8pm

Intermediate Class 8.40pm

Freestyle 9.00pm – 10.30pm

For more information, please call Mark on 07716 100229



You can turn your weekly grocery shopping from Ocado, Tesco, Sainsbury's and more supermarkets into big donations for St Symphorians Church when you use easyfundraising. To find out more see Jane.

Sometimes the simplest things can make a world of difference: every year, people all around the UK come up with all kinds of fundraising activities to support Christian Aid – from coffee mornings to talent shows and cycling tours to sponsored treks.

The appeal gives us seven days and so many ways to make a difference to people in the most vulnerable countries around the world.

Our global neighbours are also amazing, in so many ways, at transforming their lives.

This is Aline’s story.

Aline Nibogora is 35 and lives in Burundi. She was married young and when she was 14, she gave birth to the first of her six children. Her husband was violent and beat her regularly – one day it got so bad, she fled.

“He would often jeer that he would kill me and bury me without anyone knowing,” Aline said.

Forced to leave her children behind, Aline wandered the streets trying to stay close by, asking anyone for a place to sleep.

“Those who showed me kindness would let me stay for two or three days, but it was difficult,” she explained. “People would insult me and treat me with contempt. They forgot I was a human being. It filled me with sorrow.”

Every prayer, every gift, every action helps transforms lives; sometimes the simplest things can make a world of difference.

In a patriarchal society where men dominate in almost every aspect, life is particularly challenging for women. They’ve



been conditioned to be dependent on and dominated by men.

But Aline found the strength and determination to push back against the injustices she was facing.

She went to a three-day community workshop where Christian Aid-funded trainers taught people about village savings and loans associations.

“I came out of it with amazing knowledge and skills. During the training, I stayed focussed and was determined to not miss out on anything at all. I really liked the teachers’ methodology; they restored in me a sense of hope and energy to take on initiatives. From then on, I started working hard, so I would not be dependent on anyone.”

With a small start-up loan, Aline began trading avocados and peanuts locally; then used her profits to buy a bicycle to transport greater quantities of goods to markets further afield.

Aline is now a grocery wholesaler; she’s been reunited with three of her sons and lives on her own plot of land in a village in Kayogoro, in Makamba Province. She is planning to expand the business and is building a home for her family – in hopes she’ll one day have all her children with her.

“I bought some solar panels,” Aline added. “We now have electricity and the children are able to see to do their homework in the evenings. It’s true there’s a shortage of food at the moment, so there’s no lack of problems, but I’m doing what I can to get by, before we are able to harvest.

“I enjoy spending time with my children, who are my favourite people in the world. We makes plans for the future and we pray together. This is important; we are still alive thanks to God’s grace. God comforts you through troubled times and gives you hope for a better future.”

Aline is also now the chairperson of her own village savings and loan association and has helped 25 other families.

“I have been fortunate and it’s important for me to be able to give back and train others who didn’t have that opportunity for the further development of the community as well as our country.”

Aline says the support of Christian Aid has made the whole community feel comforted and empowered.

“We feel we are not alone in our initiatives. Without your support we could not go further, you empowered us by changing our living conditions. Before, we couldn’t see opportunities around us. Now we can see positive and significant changes in our lives. We can be independent and live on our own thanks to your help through the training. I really thank you for that from the very bottom of my heart.”

Christian Aid supporters helped make this transformation for Aline and her neighbours – as well as millions of other people in the most vulnerable communities around the world. Last year, the organisation reached 3.3 million people through 275 programmes, from savings and loans associations to farming co-operatives, and climate disaster risk training to healthcare schemes.

This Christian Aid Week – from May 12-18 – supporters are once more stepping up, knowing every prayer, every gift, every action helps transform lives.

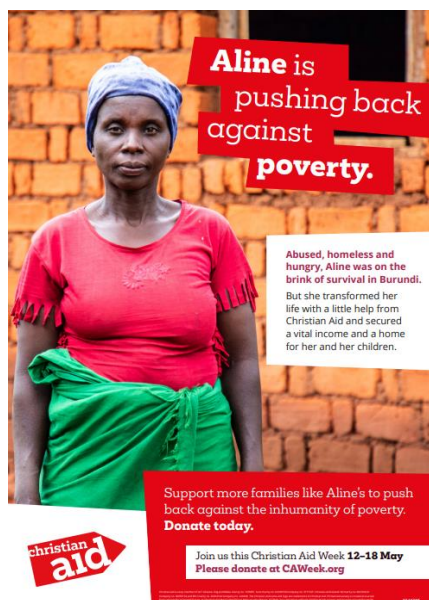
Many of the projects Christian Aid funds are long-term and designed to combat poverty and help communities tackle issues like the climate crisis. Burundi, like many similar countries, is heavily reliant on agriculture - and is one of the least prepared to tackle climate emergencies, including droughts, floods and landslides.

The global cost of living crisis has intensified the challenges families face, and now more than 70 per cent of the population live in poverty, while more than half of children are chronically malnourished.

Philip Galgalo, Country Director of Christian Aid Burundi, said: “In the areas where we work, people without their own small business or income will typically head out on an empty stomach each morning to look for casual work to buy food for the evening. Most only eat once a day. It’s not uncommon to live in a one-bedroom house built of unbaked mud brick walls with an iron sheet roof. Unstable buildings like this are exceptionally vulnerable to collapse during the landslides and fierce storms which the climate crisis is making more frequent.

“Most families don’t have a water supply, so they’ll collect water from rivers or communal water points; the threat of water-borne cholera is ever present. In most instances, neighbouring families share toilets, but it’s not uncommon for there to be no communal toilet, forcing people to nearby bushes. Similarly, there are no bathrooms or showers. It’s a fragile existence that pushes many to the brink of survival.

“Together, we can support families to secure a better future for themselves and future generations. With your help, we can work towards a world where families can escape the trap of poverty and fulfil their ambitions. Join us this Christian Aid Week. Please give to help more people push back against the inhumanity of poverty.”



Aline is pushing back against poverty.

Abused, homeless and hungry, Aline was on the brink of survival in Burundi. But she transformed her life with a little help from Christian Aid and secured a vital income and a home for her and her children.

Support more families like Aline's to push back against the inhumanity of poverty.
Donate today.

Join us this Christian Aid Week 12-18 May
Please donate at CAWeek.org

christian aid

There are **seven days and so many ways** to make a difference – whether that’s church services, special collections, Christian Aid Big Brekkies, or even a Bible readathon. For those who like a physical challenge there’s a new option for 2024 with the chance to take part in 70k in May. You can cover the distance in any way you like, take part by yourself or with a group, and share your progress on a dedicated Facebook page. Find out all the ways you can support Christian Aid Week by visiting the Christian Aid website.

What could your donations buy?

£5 could buy a savings book for a member of a VSLA, setting them up to start their own small business and become financially independent.

£30 would help a family buy two Jerrycans to collect water from the river to carry back to their farm. Jerrycans provide irrigation to crops, especially during the dry season, maintaining food production for the family.

£50 would mean a vulnerable family can purchase a water storage tank. Water can then be stored for a few days rather than travelling to the communal water point, allowing instant access to water for washing, cleaning and cooking.

Simnel Cake

When I joined the parish back in 1995 there was a tradition that on Mothering Sunday Simnel cake was shared at the end of the service. There was a lovely lady who every year made the cake. In 2002 when my daughter was baptised on Mothering Sunday, this lady phoned me and asked if it would be ok for her to continue this tradition. Of course I said yes as these traditions are so important. Since then, I have had the privilege of occasionally donating the Simnel cakes. This year when I was chatting after service it was questioned why we didn't serve Simnel cake on Easter Day – and I couldn't answer this, so I took a new look into the history of this cake.

I am sure you are aware that it originates in the UK and its name is derived from the Latin word 'simila', a fine white wheaten flour which is used in the recipe.

Topped with 11 symbolic marzipan balls – which represent the 11 true apostles of Jesus Christ (bar Judas who is excluded for his sins) – the Simnel cake has been enjoyed at this time of year for centuries. In fact, one of its earliest references was in a poem dating back to the 17th century.

Although usually associated with Easter, originally the Simnel cake was eaten on Mothering Sunday and provided a tasty treat halfway through Lent for those who were fasting.

So it appears the tradition of when you eat Simnel cake has changed over the years. Change is always a problem (or so it appears) but the solution here is obvious – to have Simnel cake on Mothering Sunday and Easter Day. Problem solved – new tradition started?



Forty Coins for Lent

Please bring in your '40 coins for Lent' donations as soon as possible. All money raised from this appeal will go to the Church Hall Refurbishment Fund.

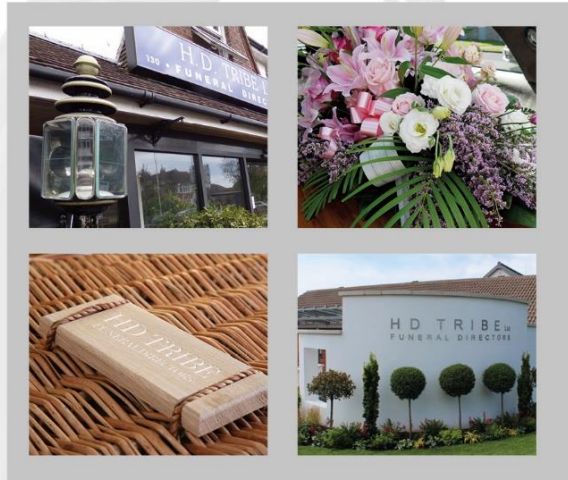
Quality, dignity and reliability

Losing someone close to us is a painful and challenging experience. Our aim at HD Tribe is to make the whole funeral process as simple and as stress-free as possible for you, by offering a complete funeral service, ensured by HD Tribe's long-established reputation for quality, dignity and reliability.

Call 24 hours a day, 7 days a week

01903 234516

www.hdtribe.co.uk



Our services

Attendance cards	Flowers	Prepaid Funeral Plans
Bereavement	Funeral Poetry	Recording of Services/ Webcasts/Slideshows
Counselling	Green Burials	Repatriation
Burials at sea	Horse Drawn	Stonemasons
Catering	Funerals	Vehicles
Chapel of Rest	Music	
Coffins	Orders of Service	

An independent family run Funeral Directors since 1929. We ensure your loved ones receive the respect and dignity they deserve. With nine offices covering most of West Sussex, we are ideally positioned to give you an efficient, local and dedicated funeral service.

Worthing
130 Broadwater Rd
Worthing
BN14 8HU

Sompting
West St
Sompting
BN15 0DE

Lancing
28 South St
Lancing
BN15 8AG

Shoreham-by-Sea
101 Eastern Ave
Shoreham-by-Sea
BN43 6PE

Storrington
19 West St
Storrington
RH20 4DZ

Littlehampton
5 Surrey St
Littlehampton
BN17 5AZ

Rustington
63 Sea Lane
Rustington
BN16 2RQ

Goring-by-Sea
259 Goring Rd
Worthing
BN12 4PA

Lyndhurst Road
61 Lyndhurst Rd
Worthing
BN11 2DB

Durrington Book Club
Next review time will be on
3rd April.



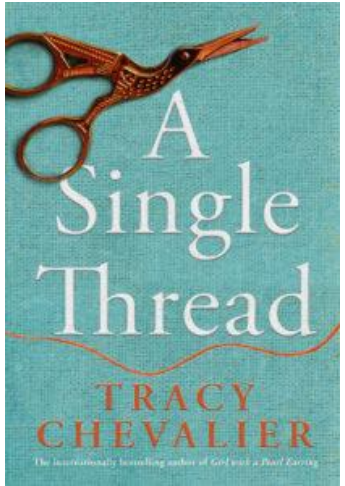
A single thread by Tracy Chevalier

This author takes the reader on a gentle journey after the First World War chronicling the passage of time where people picked up their lives trying to carry on as normal after the horrific war which took so many young men's lives.

People cling to their families, simple homely pleasures become the norm. They become important and add structure to peoples daily lives.

Added to this structure young women finding themselves without their men folk search for meaningful relationships and although not always adhering to society's norm, seek out what appeals to them.

This is a story of some women who did just that, facing up to criticism and sometimes shunned by the very society that should be protecting them. With surprising consequences some of these women strike out to live outside the expected norms of their family in a brave courageous attempt to live how they wished to live.

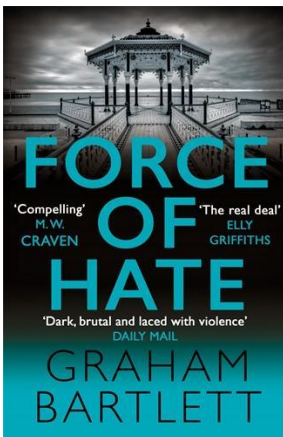


Losing their jobs and careers in the process, criticised by whole neighbourhoods but bravely facing up to these tough life situations.

Heady stuff told exquisitely and gently which makes this story all the more beguiling. The Book Club has given a score of eight.

The next book is "Force of Hate" by Graham Bartlett.

The Meeting is on the 3rd of April.



COPY DATE

Articles and information for the

MAY

edition of the Parish News
should be handed in by

Sunday 14th APRIL

PLEASE NOTE - articles handed in after the copy date deadline cannot be guaranteed to be included.

Articles can either be

- ❖ handed into the Parish Office
- ❖ given to the editor on a Sunday morning,
- ❖ e-mailed to magazine@stsymphorians.co.uk

The editors will always try to include all articles, but due to space may occasionally have to keep an article until the next month. Please also remember that articles do need to be of a positive or informative nature.

New advertisers are always welcome, and we have very competitive rates for full, half and quarter page adverts. If you are interested, then please pick up a form from church or email the editor at magazine@stsymphorians.co.uk

Please note that advertising in this magazine does not carry an endorsement from the Church. Readers who use the businesses advertised do so at their own risk.

Puzzle Corner

MARCH WORDSEARCH

WRITERS & POETS

O G U H O C G N C Q H G E F L
 K O R J M R P O Q X J T I M I
 R I Z I A E W T H N N O L B J
 A I P H M A S L B A V L F F Z
 E U A L R M F I D Y E L X U H
 S M S D I I B M K W R R K U C
 A E O T X N B M R B N V K V D
 S C L R I P G O A D E F O E A
 S N G V E N P H T L F L L K V
 O E R K N J C O L L I N S E I
 O R K K W V L M R P Y B N R D
 N W J B B S Z E S E O U O G G
 W A R M T Q A R B F G Q C R B
 B L N O T H C I R C N M A Z T
 C T Y H E M I N G W A Y B Q M

AUSTIN
 COWARD
 DAVID
 GRAY
 HOMER
 JEROME
 LAWRENCE
 SASSOON
 BACON
 CRICHTON
 DEFOE
 GRIMM
 HUGO
 KIPLING
 MILTON
 TOLSTOY
 COLLINS
 DANTE
 GRAHAM
 HEMINGWAY
 HUXLEY
 LAMB
 ORWELL
 VERNE

What is Trust?

When you throw babies in the air, they laugh because they know you will catch them.

That is trust.



		3				4		
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8				3				7
2			7		3			4
		5				8		
7			5		1			9
1				4				2
		6	8		9	7		
		4				9		

WEEKLY ACTIVITIES IN ST SYMPHORIAN'S CHURCH HALL

Monday	Penfold Bowls Zumba 7pm
Tuesday	You Group (3 rd Tuesday each month) Ronnie Smith Big Band Rehearsal* (1 st Tuesday each month)
Wednesday	Durrington Book Club (1 st Wednesday each month) Dementia Friendly Community Choir* (2 nd Wednesday each month) Rangers
Thursday	Brownies and Guides
Friday	Pram and Toddler 10am Martial Arts Class

*in church

Venue for Hire

The Church Hall and Atkinson Room are available for hire for parties and functions.



Charges are:
Main Hall £25 per hour
Atkinson Room £16 per hour
Both Halls £38 per hour



All bookings have access to the kitchen.

For more information, please visit the website.

For more details contact the Parish Office Tel 01903 268109
or email theoffice@stsymphorians.co.uk
or visit our website www.stsymphorians.co.uk
Like us on Facebook and follow us on Twitter