

# **St. Mary's Church, Pulborough Autumn Newsletter**



**Church News and a little more...**

**Published by St Mary's Church  
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[www.stmaryspulborough.org.uk](http://www.stmaryspulborough.org.uk)**

# Prayer for our world today

Praying for all those caught up in the conflicts in the Holy Land and Ukraine We pray for all world leaders, diplomats and ambassadors and all working for the common good.

## The Lord's Prayer in Ukrainian

Отче наш, що єси на небесах,  
Нехай святиться Ім'я Твоє.  
Хай прийде Царство Твоє,  
нехай буде воля Твоя  
Як на небі, так і на землі  
Хліб наш насущний дай нам сьогодні.  
І прости нам провини наші,  
як і ми прощаємо винуватцям нашим.  
І не введи нас у спокусу,  
але визволи нас від лукавого.  
Бо Твоє є Царство, і сила, і слава  
навіки. Амінь

## A Prayer for the Holy Land

Loving God,  
Praying for the Holy Land and its people,  
praying for your deep peace,  
praying that swords are turned to ploughshares,  
we ask that your kingdom will come on earth as in heaven.  
May those in power seek your heart.  
May those suffering know your presence.  
May those mourning be comforted.  
May we, who watch at a distance,  
be open to seeing with your eyes of compassion and understanding  
and know how to pray and respond justly, mercifully and humbly.  
In the name of Jesus we pray. Amen

## Contacts

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**Church Wardens**    **Mrs Alyson Heath** Tel: 01798 873795  
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**Director of Music**    **Mr Anthony Hancock** ARCO Tel: 01798 873479

### **Authorised Lay Ministers (ALMs)**

Hannah Holloway, Austen Hindman, Toni Hayes

**Kingfishes Group**    **Vicky Smith** stmaryschildrenschurch@gmail.com  
Hannah Holloway Tel: 07771 581215  
(meet on Mondays after school during term time)

**Ladybirds**        **Mr Tony Holloway** Tel: 01798 874146  
(for infants and toddlers with parents or carers  
meet on Thursdays from 10-11.30am in term time)

**Deanery Synod Members:**    **Mr Rob Aylott, Mrs Alyson Heath,**  
**Ms Susan Scholefield**

### **Parochial Church Council Elected Members**

Mr Brian Hunter

Mr Peter Gregory

Mrs Toni Hayes

Mr Austen Hindman

Ms Elizabeth Hunt

Ms Christine Lindsay

Ms Susan Scholefield

Mrs Vicky Smith

Mrs Jacqui Walbridge

**P.C.C. Secretary**      **Ms Susan Scholefield** Tel: 07747 774867

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**Safeguarding Officer**              **Mr Austen Hindman** Tel: 07563 678817  
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**Electoral Roll Officer**              **Mrs Antoinette Hayes** 86 Glebelands,  
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**St. Mary's Tower Bells**  
**Tower Captain**                      **Mr Peter Gregory** Tel: 01798 812788  
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**Mrs Bridget Allfrey** Tel: 01798 875143

**Church Website:** [www.stmaryspulborough.org.uk](http://www.stmaryspulborough.org.uk)  
Webmaster: Andy Leese 01798 873872

**Friends of Pulborough Parish Church**  
**Website:** [www.friendsofpulboroughparishchurch.org](http://www.friendsofpulboroughparishchurch.org)  
*The aim of the FPPC is to raise funds for the fabric of one of the most iconic buildings in Pulborough.*  
**The Chairman is Chris Williams: email**  
[pulboroughwilliams@btinternet.com](mailto:pulboroughwilliams@btinternet.com)

**QR Code for  
Donations to  
St Mary's  
Church**



## Easy Fundraising

From one of St. Mary's parishioners.....

I am one of 13 supporters raising free donations for St Mary's Church Pulborough every time I shop online, and you can join in too! Sign up to support them on **#easyfundraising** and over 8,000 retailers will make a donation on your behalf when you shop with them. All the big names like Sainsbury's, M&S, Argos, Just Eat and many more are ready to donate at no extra cost to you. Every donation will help us! Plus, join today and they'll get a £5 bonus: <https://join.easyfundraising.org.uk/stmaryschurchpulborough/fn78of/s2s/ZdU7Z020/SE882/facebook/>

## Leaflet Sponsoring for the New Church Year

Of the 52 weeks of 2024 and special festival services we only missed 8 days of sponsorship, **so thank you all very much** for your continued support.

Now we look to a new Church Year starting on **Advent Sunday 1<sup>st</sup>** December. Other dates we have in December will be Sunday **8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>**. We also have **Christingle, The Parish Carol service on Sunday 22<sup>nd</sup> at 6pm, Crib Service, Midnight Mass and Christmas Day**.

So if you have a special occasion or date in memory of a loved one Do consider sponsoring one of services.

We ask for a £25 donation, gift-aided, if possible. Thank you for your support which helps us cover the cost of printing and paper

## Church Working Parties

On the **first Saturday of the month from 10am to 12noon** we have the church working party when jobs both inside the church and out in the churchyard are undertaken. Following extra working parties in June and July we are pleased to say the hard work paid off and St. Mary churchyard was awarded a **Silver-Gilt award at the Annual South and South Eastern Britain in Bloom** award ceremony at RHS Wisley in September. Please to come along to a working party, you will be made most welcome and with delicious refreshments served at the end of the morning

## The Parochial Church Council

There are 14 members of the Parochial Church Council who meet on a regular basis throughout the year to oversee the smooth running of the church. They receive reports on the Finance, Fabric, Friends of Pulborough Parish Church, Ethos and Worship from the school, Churches Together and Safeguarding. Minutes of their meetings can be found in the Minute File at the back of the church on the long wooden chest.



## Parish Giving Scheme

**The best way to help St Mary's Church!  
At present 35 have joined the scheme, it is  
so easy and gives a regular donation even  
on the Sundays when you are unable to get  
to church!**

GIVING

Givers can set up a Direct Debit with PGS online, over the phone or by filling in a gift form at church. This can be made on a monthly, quarterly or annual basis. Each gift is restricted to a parish church chosen by the giver and cannot be used elsewhere. The gift will be passed back to the church of the giver's choosing by 10th of the month. Any eligible Gift Aid will be sent separately once it has been received from HMRC.

A unique feature of the scheme is the option for the giver to commit in principle to increase their gift annually in line with inflation. This is entirely at the giver's discretion on an opt-in basis, but it is proving popular - with more than 55% of the cash received currently index-linked.

For more details of the scheme do pick up a leaflet at the back of the church.

## **Kingfishers**

**Kingfishers** is a popular after-school club run at St Mary's School by a number of volunteers from St Mary's Church and the local community. We meet on Monday afternoons during term time and currently have 22 children on our register, aged between 5 and 11. In the last 12 months our termly themes have been: God made the World, The Parables of Jesus and The Miracles of Jesus. Next term we are finding out about the animals in the Bible, as well as visiting St Marys Church churchyard to look at the local wildlife that we have.

The sessions are lots of fun and are taught using a combination of Godly Play, Storytelling, Drama, Crafts, Games and Activities. We also sing songs and pray.

We like to share what we have learned with the parents and once a term we invite them to find out about their children's learning, either by inviting them to church, or to the final session of the term.

We now have 24 children at this after school activity on a Monday afternoon from 3.15- 4.30pm at St Mary's School. It will be good to put together a rota to help with the craft work. No teaching involved. Please speak to **Vicky Smith** ([stmaryschildreuschurch@gmail.com](mailto:stmaryschildreuschurch@gmail.com)) or **Hannah Holloway** Tel: 07771 581215 if you can help out once in a while.

## **Let's Celebrate**

**Let's Celebrate** is a short, informal non-eucharistic service designed to be accessible for all ages. We meet on the third Sunday of each month for tea and cake from 3.30pm. The service itself starts at 4 and last about 30 minutes. The service format includes songs, activities, prayers and a Bible reading. There is a time for reflection and a time for celebration too. Previous themes have included Being Neighbours, Miracles, Fairness, and Choices. Our next Let's Celebrate Service will be on **Sunday 20<sup>th</sup> October**— All are welcome!

## **From the Organ Bench**

The choir have continued to be busy singing the Sunday morning Eucharist throughout the year and performing relevant seasonal anthems. Although I had a brief spell in hospital with pneumonia just as Passiontide approached, they continued with the Holy Week services and were in fine form throughout. They sang the anthem “Good Christian Men Rejoice and Sing” by Eric Thiman on Easter Sunday morning for which I was delighted to be back just in time! Many thanks indeed to Peter Allwood and Michael Pioli for coming to the rescue on occasions when I cannot be at the organ console. It is a great comfort to know they are there!!

The choir prepared and sang “Come Holy Ghost, our Souls Inspire” by Eric Thiman (again) which is another of his most uplifting anthems, for Pentecost Sunday.

Last Sunday, the 29<sup>th</sup> September, was the Feast of St Michael and All Angels for which the choir gave a tremendous performance of the “Te Deum in Bb” by C.V.Stanford – also in honour of Stanford’s centenary.’

We are now approaching the next “All are Welcome” service which we sing at the front of the church with piano accompaniment and being Harvest Sunday, we are singing “Praise, O Praise our God and King” the Harvest anthem composed by Martin How – a very joyful and sprightly composition!

The choir is now thirteen members strong and completely fill the three pews at the back of the Church and they are –  
Sopranos - Hannah Holloway, Charlotte Cargill, Jane Stoy, Jacky Leese, Caroline Butler and Liz Williams (who is also alto when needed).

Altos – Jacquie Walbridge, Laura Bachelor and Toni Hayes.  
Tenor – Frances Hancock.



Basses – Miq Kelland, Chris Williams and Nick Bachelor.  
My everlasting thanks and appreciation go to them all!

Our busiest time of the Church Year is fast approaching once again with Remembrance Sunday, Advent and, of course, Christmas!!

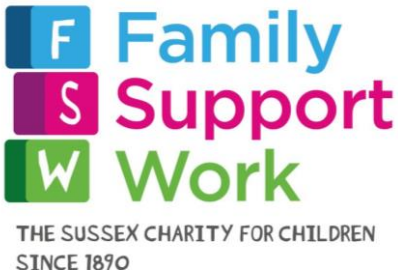
With best wishes,

**Tony Hancock (Director of music)**



### **Play on Words**

- Someone posted they had just baked some synonym buns. I replied, you mean just like the ones grammar used to make?
- English is the only language where you recite in a play and play in a recital.
- When you transport something by car it's called a shipment, but when you transport something by ship it's called cargo.
- You can't run through a campsite. You can only ran since it's past tents.
- There was once a king who was only 12 inches tall. Terrible king, but made a great ruler.  
*(With thanks to Sandy Harris)*



## Family Support Work (FSW)

I thought you might like to know a little about the running of FSW. This amazing charity was set up in 1890! We aim to have a deanery committee in each deanery across

East and West Sussex. Here in Pulborough we have the Storrington Deanery Committee and we are a group of volunteers who raise money to help pay for our Storrington Practitioner who works directly with our local families.

We aim to have a representative from each of the churches in our deanery. Each of the churches also collect food as we do at St Mary's. We try and organise a couple of events each year that all the deanery can attend but since covid we have found that smaller events and activities held in at respective churches works well.

### **Fund-raising events this year so far, run on behalf of the whole deanery....**

In February we held a very successful event at Rupert Toovey's auction house raising £450. We are also very grateful that FSW was one of the beneficiaries of this year's Pulborough Pancake Day receiving £1216.75, a huge thank you to Louise Kaiser and her team for such a wonderful village event.

In August the annual Amberley via Arundel sponsored walk took place and thanks to 8 intrepid walkers in very challenging weather, £1932. 00 was raised. In September Rupert Toovey gave a talk in the Pulborough Village hall entitled 'The Act of Auctioneer and Vicar' and £1,050 was raised.

At the **October Village Market on Saturday 26th October** we will be giving out a wish-list flyer for Christmas food and gifts for the

charity. We are very grateful to have been given the 'Community Table' at the November market on Saturday 23rd and hope people will bring festive foods and toys so that parcels can be prepared in time for a Christmas delivery to families.

We are so very fortunate that in Pulborough we have the support of the URC and Baptist Churches, who also collect food, hold events and give generous donations

As a whole the charity has 230 regular volunteers which include 4 food bank volunteers and 7 regular volunteers to help run our charity shop in Eastbourne.

The last winter fuel campaign was very generously supported and raised a staggering £38,676 beating all records. **We are not sure what the future holds for this campaign due to new Government restrictions.**

There are no time limits when it comes to working with the families, we are there for as long as they need us. If you would like to join the local committee (we only meet 4 times a year!) please have a chat with me and I can tell you a little more about what we do.

**Alyson Heath**

### **Pulborough Village Market**

With a definite twinge of Autumn in the air, the Pulborough Market is beginning to think about Christmas. Our lovely stall holders have been busy making and crafting the perfect present for someone you love! Also, Macmillan stall for cakes, jam and chutneys, bread stall, fresh vegetables and so much more.....

We have a few new stalls for the next three markets so come on down to Pulborough Village Hall, have a browse, then have a bite to eat in our pop-up cafe and support your local market.

**Saturdays 26<sup>th</sup> October, 23<sup>rd</sup> November and 14<sup>th</sup> December  
from 9am to 12noon in Pulborough Village Hall**

THE FRIENDS OF PULBOROUGH PARISH CHURCH INVITE YOU TO



# Mozart Requiem

## Come and Sing Workshop

Saturday 26<sup>th</sup> October 2024

St. Mary's Church, Pulborough  
Conducted by Peter Allwood  
with singers from Chantry Quire  
Day Workshop 10am – 3.45pm  
Complete Performance 4.15 p.m.



Workshop Tickets £20/£15 (under 18),  
Performance Only £10

Available on the website

[www.friendsofpulboroughparishchurch.org](http://www.friendsofpulboroughparishchurch.org) or on the door

# Friends of Pulborough Parish Church

## *Preserving The Past and The Future*

Purpose: to raise funds for the fabric of the building and to foster a greater sense of responsibility in the community for its own iconic building

### **Progress Report – September 2024**

Events this year have included Jo Wotton's Walking the Camino, a barn dance at Sullington Tithe Barn, the Pulborough and Nutbourne Open Gardens event, a special showing of the film 'Freud's Last Session' and a Salsa dance evening. A Come and Sing Mozart requiem, led by Peter Allwood, will take place in our church on Saturday 26 October.

Membership of the FPPC has now over 70 subscribers. If you would like to discuss joining us, please contact me **Chris Williams** on **01798 817282** or by email **pulboroughwilliams@btinternet.com** or you can join on our website **[www.friendsofpulboroughparishchurch.org](http://www.friendsofpulboroughparishchurch.org)**

Funds raised to date: since we launched 21 months ago in December 2022 we have raised over £70,000 and have another £55,000 pledged as matched funding. As a result, work on the church tower is currently underway. A programme of work on the building and a target figure to raise of £350,000 have been given us by our Parochial Church Council.

We continue with our work of applying to grant-aided charities and to individuals for donations and are currently planning a series of events for 2025.

We would be delighted to hear from anyone in the parish who wishes to contribute in any way, whether financially or by helping us organise events or with original fund-raising suggestions.

Thank you so much to all those lovely people who have supported the Friends to date – it continues to be ‘all about the people’.

We do need to emphasise that funding for our building to keep it viable is down to us locally and does not come from ‘above’ and our 800 year-old Grade 1 Listed church requires large sums of money to sustain it. You can see from the website how much we have raised to date and gauge that we all have a long journey ahead to get to where we need to be financially.

We look forward to having you with us on this journey.

With our sincere thanks, **Chris and Liz Williams**



## Sussex Historic Churches Trust

Supporting the restoration & repair of places of worship

### **Update of Grant Applications**

Sussex Historic Churches Trust has just advised that we have been awarded a grant of £18,000 towards the cost of the masonry repair work which we need to carry out.

This work will be a major effort supported by the Friends of Pulborough Parish Church who are busy raising funds to pay for the work and who made the application for a grant. It is a tribute to Jo Wotton who masterminded the application and justifies all our sponsored fundraising for this charity over the years, particularly for the sponsored Ride and Stride annual event, that we have been awarded the largest grant that the Trust has ever made

## **Report from St Mary's Bell Tower**

Events in the bell tower can best be described as steady so far this year with none of the drama that ringing for a royal funeral and subsequent coronation in previous years entailed.

We continue to hold lively practices on a Monday night, sometimes attracting 12+ ringers; our own band plus those from neighbouring towers coming to join us. This makes for a very cosy ringing environment with much jostling for the few available chairs, but we never turn anyone away. Five of the more experienced ringers take turns each month to run practice sessions. They continue to bring on our novices and challenge the more experienced with new and ever more complex ringing methods. If you can count to 8 and back you are likely to make a better ringer than if you are musical! (Some ringers may dispute that....)

This illustrates the way in which each bell swaps places with its neighbour to produce a tune. Each bell is numbered, with the 1, known as the treble, being the lightest and highest-toned bell and the 6, heavier and deeper in tone. In this method the 6 doesn't switch with the other bells but keeps its place and the beat. The heaviest bell in our tower is the number 8, the tenor. It weighs 14 cwt (3/4 metric ton) and is the bell you hear striking the hour (or as close to the hour as is physically possible given the age and complexity of the machinery up there!)

Sadly, we are rarely able to ring all eight bells on a Sunday morning, since our visitors on a Monday night have their own church services to ring for. However, we are quite proud to have rung all eight for the two weddings and the renewal of vows which took place at St. Mary's this summer. No one can resist ringing for a wedding – it really is a highlight and can be quite emotional.

It's not all work and no pleasure. We enjoyed one of John's lovely breakfasts at Chequers earlier in the year and hope to repeat this soon, and our annual dinner at the Blacksmith's Arms last February was enjoyed by all.

We have been very lucky to have gained a new member in Jenny, an experienced ringer from Stoke D'Abernon, when she moved into the area last spring. She's proven herself to be an invaluable member of the band. We are always happy to receive and encourage new ringers. Its great exercise for the mind and body, so if you are free on a Monday night, come and join us!

And finally, did you know that there used to be only five bells in our tower? The building next to the petrol station was formerly The Five Bells pub and is now a residence called The Bell House. Anyway, more about our bells next time .....

**Sue Black, Tower Correspondent.**



*Regular worshippers were upgraded to first class*



## **Background to Bat and Moth Nights at St Mary's Church, Pulborough**

In Summer 2022, it was noticed that a large roost of beautiful bats lived in the eaves of St Mary's Church, Pulborough. However, at that time, it wasn't known which species of bat and how many of them lived there. With help and support from Michael Blencowe, who at the time worked for Sussex Wildlife Trust, and members of the Sussex Bat Group, it soon emerged that a maternity roost of 305 Soprano Pipistrelles were in residence. The Pipistrelles are the smallest of the 17 species of bat resident in the UK. It was considered best to promote this unique feat to the wider community of Pulborough and beyond, so the concept of a Bat and Moth Night was born.

On July 19<sup>th</sup> 2022, (the hottest day ever recorded at 39c) Christine Lindsay hosted the event and Sue Cooper, an expert moth-er, set up a moth trap/white sheet so that some of the many moths living within the churchyard could be formally identified. After successful advertising, 45 people assembled, eager to see God's creation at its finest. Bottled water was distributed, seats taken and after a talk from Michael Blencowe from Sussex Wildlife Trust about the life cycle of the mammals, the spectacle of the emergence of the bats from underneath the eaves began. It is not known where the male Soprano pipistrelle bats reside but the assembled gathering was amazed at the sheer number of female bats and their young which emerged from under the eaves on the south side of the church. Afterwards, everyone moved to the western side of the churchyard to see the wonderful moths which were attracted to the moth trap and learnt so much from Sue about each species. At 11.30p.m, the successful event closed.

Spurred on by the success of the previous year, it was decided to hold two more Bat and Moth evenings in Summer 2023 which were well attended. This time around, it was noted that in addition to the many Soprano Pipistrelles, a handful of much larger bats were

roosting underneath some roof tiles. Using echo location data, it transpired that these were Serotine bats which could be seen flying around the trees in the churchyard. Moth sightings were good too and some beautiful hawk moths were recorded.

In 2024, it was decided to host a monthly Bat and Moth Night between May and September, so that apart from the bats, a larger range of moths could be observed, depending on the time of year each species is on the wing. The first of these evenings was held on May 23<sup>rd</sup> and 46 keen, dedicated observers arrived to hear Christine Lindsay talk about the bats' lives and then witness the spectacle of the bats emerging into the night sky. As bats can change roost from one year to the next, it wasn't known how many bats were in situ but thankfully, Mike Pence, a keen observer, had brought along a "counter/clicker" and recorded a total of 427 female Soprano pipistrelles emerge during half an hour but none of the Serotine bats were evident. Sadly, as it was a chilly evening, very few moths showed up. On June 22<sup>nd</sup>, 49 people from far and wide arrived to witness the spectacle and as it was a bit warmer, more moths showed up too. On July 24<sup>th</sup>, 54 people attended, travelling from Worthing, Portslade, Haywards Heath, Barns Green, Midhurst, Petworth, Steyning, Storrington, Cold Waltham, Hardham, Fittleworth, Halfway Bridge and Pulborough. Thankfully the bats didn't disappoint, and Sue was able to show and identify a range of summer flying moths to all assembled.

The August Bat and Moth Night was unfortunately cancelled due to wind and rain but on August 28<sup>th</sup>, 27 young Soprano Bats were released by Amanda who runs a Bat Hospital at Hurstpierpoint. They had been rescued from other roosts in Sussex which were in trouble, nursed back to full health and then released next to the large roost at St. Mary's Church. It is hoped that they will integrate into the communal roost. Observers were privileged to see at first hand the tiny "balls of fluff" take to the sky on their webbed wings. The last Bat and Moth Night for the year took place on Weds 18<sup>th</sup> September and sadly only one bat emerged which was so

disappointing for the many people who had travelled to see the larger roost. Wondering what had happened to the many bats, Christine contacted a leading ecologist (Dr Sam Kelly) who shared her expertise and explained that a maternity roost of bats usually disperse in late August/early September to their mating roost site and will then probably move once again to a hibernation roost site for the Winter. Hopefully, they will all return to our roost site in May/June next year so that once again, we can watch them all as they emerge into the night sky.

**Christine Lindsay**



### **Autumn Nature Walks**

Christine will be leading two Nature Walks in October and November. Meeting at the North Door of the church at 10.00am and then walking from the churchyard to the Garden Centre. Stop for refreshments before tracing the way back to St Mary's.

The dates are **12<sup>th</sup> October and 9<sup>th</sup> November.**

For more details please contact Christine on **christine.lindsay1@talktalk.net**

### **Too eloquent?**

Fresh out of seminary, a young pastor found an associate position at a prestigious church. One Sunday early on, he was given the opportunity to preach. He prepared diligently – perhaps a bit too excited to use all the learning he'd acquired – and worked hard to make his words eloquent and smooth.

Shaking hands at the end of the service, he was approached by one of the older ladies who was known and respected in both the church and community. "Sir," she said with a smile, "your sermon was like the peace of God!"

The young preacher's grin widened and his chest puffed a bit ... until she continued on, "it surpassed ALL understanding!"

## Quiz on the book of Joshua

- 1 Whom did Joshua succeed as leader of Israel?  
Jacob – Aaron – Moses
- 2 What was the name of Joshua's father?  
Carmi - Nun- Eleazar
- 3 To what city did Joshua send two men to spy upon?  
Jericho - Ai - Gilgal
- 4 What was the name of the woman who hid the spies Joshua sent?  
Rachel - Rahab - Rebekah
- 5 How many stones did the Israelites take from the dry river bed of the Jordan?  
7 - 12 - 40
- 6 Once the Israelites had entered the Promised Land, what happened in the days after they had celebrated the Passover?  
God stopped providing manna  
Joshua apportioned land to each tribe  
The Amorites attacked them
- 7 What did the captain of the Lord's host command Joshua to do?  
Gather his army against Jericho  
Build an altar to the Lord  
Take off his sandals
- 8 How many priests were chosen to carry the rams' horns as they marched round Jericho?  
3 - 7 - 70
- 9 What was the name of the man who violated God's command not to plunder anything from Jericho?  
Phinehas - Zabdi - Achan
- 10 The Gibeonites tricked Joshua into making a covenant of peace, but as what did he make them serve the Israelites?  
Woodcutters and water-carriers  
Brick makers and messengers  
Stone-carriers and armour-bearers

- 11 What natural phenomenon helped Joshua defeat the Amorites?  
Sandstorm - Earthquake - Hailstones
- 12 What was the only tribe not to receive an inheritance?  
Levi - Reuben - Manasseh
- 13 How old was Caleb (one of the original 12 spies) when he was given Hebron as his inheritance?  
40 - 70 - 80
- 14 What tribe was given a portion of Judah as their inheritance?  
Ephraim - Simeon - Benjamin
- 15 For what sin were the cities of refuge created?  
Accidental murder - Theft – Adultery (Answers on page 24)

### Sing for Pleasure

Led by Michael Pioli with his delightful sense of humour 'Sing for Pleasure' takes place once a month in Pulborough Village Hall from 2.00pm to 3.30pm We pause for interval for tea, coffee and biscuits. £4 per session

Singing songs from the decades, there is no audition, it is not a choir, just a love of singing.

The dates for the rest of the year are:

**Tuesday 29th October, Tuesday 26th November  
and Tuesday 17th December**



On **Friday 13th December** there will be a special **Festive Sing for Pleasure** in the Arun Hall at 7pm for 7.30pm.

Christmas songs, carols, solo performance of 'O Holy Night' St Mary's Handbell ringers, and some hilarious seasonal monologues.

A raffle with six Christmas Hampers prizes. Tickets including a glass of wine and seasonal canapes will be served during the evening are £15. 00 each Licenced bar available.

All profits from the evening will be shared between **Family Support Work and Education West Africa (A charity that supports schools in Sierre Leone**

## **Pulborough Shedders**

Pulborough Shedders are affiliated to the Men's Sheds Association. However, we currently meet in a temporary base which is a room above a double garage, and not a shed. We welcome anyone to come and join us. We are not only there for men. We are open to anyone over the age of 18.

The Pulborough Shed is a place to pursue practical interests at leisure, to practice and learn skills and enjoy making and mending. But Sheds are mainly about making social connections. They are about friendship building, sharing skills and knowledge, and of course a lot of laughter.

Across the country, activities in Sheds vary greatly, but you can usually find woodworking, metalworking, and maybe some repairing and model building. The only constraint is the imagination of the shedders. Whatever the activity, the essence of a Shed is not a building, but the connections and relationships between its members. A place to have fun.

We currently meet on **Wednesday and Friday mornings between 09.30 and 12.30**. Our temporary base is "The room above the garage", The Witterings, London Road, Pulborough. RH201AT. We are situated on the small lane which leads to New Place Nurseries. We are the first house on the left, about 400 yards from the junction with London Road. We encourage anybody to come and have a look over a cup of tea or coffee.

Full details can be found on our website:

**[www.pulboroughshedders.org](http://www.pulboroughshedders.org)**

### **Retirement.....**

The trouble with retirement is that you never get a day off.

### **Car wash.....**

Ever feel like life is a car wash and you're on a bicycle?

## Rules of living well after 60

The King is 75. Last year he did 516 engagements, and before his recent diagnosis for cancer, he had no intention of slowing down. Instead, he was keen to be 'back up and running' as soon as possible after his prostate operation. Was he right?

"Absolutely he was – you shouldn't slow down," says Sir Muir Gray, 80, former chief knowledge officer for the NHS. "Ageing exists as a normal biological process but until the age of 90, it has little effect on your ability to look after yourself, engage with others or get about independently. In fact, paradoxically, as we get older, we need to become more active – physically and mentally. Ageing doesn't make you feel old – disease and loss of fitness will."

A study from the Yale School of Public Health found that people who had positive ideas about their own ageing ("I have as much pep as last year") lived for an average of 22.6 years after they first participated in the study, while the people who felt less positively about ageing, lived for just 15 years more on average.

Of course, getting older does involve some loss of energy. But slowing down a bit is never something to be ashamed of, and getting enough rest is the very cornerstone of leading a good life.

Exercise is also crucial as we get older. Focus on the four Ss: stamina, strength, skill (balance) and suppleness. Maintain your stamina by brisk walking every day for 30 minutes.

When you are ill, get up again as soon as you reasonably can. Otherwise, you are at risk of 'deconditioning syndrome', a physiological decline where muscle strength can decrease dramatically if you are over 70.

Thoughtfully review of your personal life-balance. Try to find the 'sweet spot' between activity and rest. Gray advises: "If you're only doing activities, you are inevitably going to burn out. But if you only

rest, you will become sedentary and you're more likely to fall ill, feel disconnected and lonely."

Finally, don't run on a hamster wheel of someone else's making. For the remainder of this year and before God, rethink your real purpose and calling in life. And live it!

### Answers to Quiz:

- |    |                                    |    |                                       |   |               |
|----|------------------------------------|----|---------------------------------------|---|---------------|
| 1  | Moses (1:2)                        | 2  | Nun (1:2)                             | 3 | Jericho (2:1) |
| 4  | Rahab (2:4)                        | 5  | 12 (4:9)                              |   |               |
| 6  | God stopped providing manna (5:12) |    |                                       |   |               |
| 7  | Take off his sandals (5:15)        | 8  | 7 (6:6)                               |   |               |
| 9  | Achen (7:18)                       | 10 | Woodcutters and water-carriers (9:27) |   |               |
| 11 | Hailstones (10:11)                 | 12 | Levi (13:33)                          |   |               |
| 13 | 85 (14:10)                         | 14 | Simeon (19:9)                         |   |               |
| 15 | Accidental murder (20:3)           |    |                                       |   |               |

### And a few final thoughts...

- All the world's a stage and I sometimes feel as though I missed the final rehearsal.
- Don't regret growing older because it is a privilege denied to many.
- God grant me the facility to forget the people I never liked, the good fortune to run into the ones that I do, and the eyesight to tell the difference.
- Friends are like angels who lift us to our feet when our own wings have difficulty in remembering how to fly.

*We hope you enjoy this first newsletter from St Mary's Church. Please do let us know your thoughts about it. We aim to produce one 4 times a year. Please take a copy for a neighbour. If you would like to give **a small donation 50p** this would help with paper and printing. Many thanks.*