



Sunday 22nd February 2026
First Sunday of Lent

<p>Sunday 22nd February First Sunday of Lent</p>	<p>8.30 am Holy Communion (Traditional language) President and preacher: Rev Natalie Bawcutt</p> <p>10.00 am Sung Eucharist President: Rev Edward Jervis preacher: Rev Natalie Bawcutt</p> <p>Readings: Romans 5:12-19, Matthew 4:1-11</p>
<p>Collect</p>	<p><i>Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.</i></p>
<p>Post Communion</p>	<p><i>Lord God, you have renewed us with the living bread from heaven; by it you nourish our faith, increase our hope,</i></p>

	<p><i>and strengthen our love: teach us always to hunger for him who is the true and living bread, and enable us to live by every word that proceeds from out of your mouth; through Jesus Christ our Lord.</i></p>
<p>*** What's on ***</p>	
<p>Monday 23rd February</p>	<p><i>4.00 pm Monday Rocks</i></p>
<p>Tuesday 24th February</p>	<p><i>12.30 pm Noah's Ark (church hall)</i></p> <p><i>4.30 pm Bolders (church hall)</i></p>
<p>Wednesday 25th February</p>	<p><i>10.00 am Coffee Break (church hall)</i></p> <p><i>10.00 – 12.00 noon Pantry (church hall)</i></p> <p><i>11.00 am Holy Communion</i> <i>President and preacher: Rev Natalie Bawcutt</i></p> <p><i>Jonah 3, Psalm 51:1-5, 17-18, Luke 11:29-32</i></p> <p><i>2.00 pm Churches together Lent Course (church)</i></p>
<p>Friday 27th February</p>	<p><i>7.00 pm Music practice</i></p>
<p>Saturday 28th February</p>	<p><i>10.00 – 12.00 noon Quiet morning</i></p>
<p>Sunday 1st March Second Sunday of Lent</p>	<p><i>8.30 am Holy Communion (Traditional language)</i> <i>President and preacher: Rev Natalie Bawcutt</i></p> <p><i>10.00 am All age Communion with commissioning of Outreach volunteers</i> <i>President and preacher: Rev Natalie Bawcutt</i></p>

	Readings: Romans 4:1-4, 13-17, John 3:1-17
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	12.30 pm Friendship lunch (church hall)
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Morning Prayer: 9.00 am Monday, Wednesday, & Thursday. (Not on Bank Holidays)

Private Prayer: The church will open for private prayer on Monday, Tuesday, Thursday, Friday and Saturday this week between 10.30 am – 12.00 noon.

Parish Prayer Time (PPT) will meet in the Church on Monday mornings at 9.30 am, (following Morning Prayer). Parish Prayer Time lasts about 40 mins and usually starts with a shared scripture passage or words of encouragement to lead us into prayer for the Parish, the world and individuals who have requested our prayers.

Please remember in your prayers: Wendy Turner, Tracy Howman, Rosemary Colwell, Isla, Gordon and Bridget Dustan, Anne Springham, Shirley Fisher, Penny Godwin, Anna Waterman, Honor, Gina Broadhead, John Harding, Peter Watson

If you wish a name to be included, please let Natalie in the office know. The list will be refreshed again soon, if you wish a name to be kept on after next week, please let us know.

Years Mind: Gladys Hopkins (2002), Audrey Evans (2013), Mike Gibbs (2021), John Hawkins (2024), Robin Green (1996), Peter Brotherston (1999), Peter Barnard (2003), Matthew Bott (2016), Ruby Mumford (2004), Isabelle Butler (2023)

A big THANK YOU to everyone who came to the pancake party on Tuesday. This is a fun way to start the social events for the year, as well as enjoy the frivolity of Mardi Gras, before turning to the solemnity of Lent. There was lots of fun, food and fellowship! We made £345.45.

Carrie, Jan, Joanna, Lisa, Sarah

The **Churches Together Lent Course** is being held at St Peter & St Paul this year on Wednesdays 25th February, 4th, 11th and 18th March at 2pm.

Generosity at Lent

Stewardship (<https://www.stewardship.org.uk>) helps Christians be the best stewards of the resources God gives them. We are encouraged to 'do Lent generously' using 40 Acts at Stewardship which you can find in their resources.

The generosity group saw this and thought it would be a useful resource and a good option for lent. If you lead a home group perhaps you could also have a look at it together, even if you don't do all the acts of kindness and just pick a few.

The Generosity group

You can join with thousands this Lent for a 40-day generosity challenge which builds habits, deepens faith and reflects the heart of Jesus. Each day offers a simple invitation to give, bless and grow in generosity - one act at a time. You can sign up for daily emails during Lent by clicking on SIGN UP button which you can find at [stewardship.org.uk](https://www.stewardship.org.uk) on the RESOURCES LABEL on their front page. Each day we may be encouraged to choose an act such as inviting someone for a coffee, clear out a cupboard and take something to a charity shop or write a card to someone you want to encourage. According to the Generosity Report, those who give joyfully experience deep emotional and spiritual rewards, as well as strengthened ties with friends, family and community. Have a look at 40 acts and live Lent generously!

Does 2025 seem like a distant memory to you? Well before you completely close the door on last year, those of you who write reports for our APCM (annual church meeting which will be held on 17th May 2026, at which we look back on the past year), refresh your minds, get those reports written and submitted! Out of about 34 reports, I've received five so far...! Please let me have them by 15th March. Thank you!

Sarah Collins – PCC secretary

PCC@rustingtonparish.church

Seasight - March Edition. This will be ready for collection by distributors from the Church Office next Wednesday and also available at the back of the Church and in the Church Hall for those not subscribing.

Seasight Team.

Quiet Morning – Saturday 28th February, 10.00 am – 12.00 noon.

I was recently reminded of the poem “what is this life, if full of care, we have no time to stand and stare....” On the back of that, and the recent sermon and reading about “do not worry” it seemed apt that the next Quiet Morning is coming up. Take this opportunity – some or all of the time – if not to stand and stare, to sit and be; be with God; leave your cares with him. We look forward to seeing you there. Any questions, please do speak to one of us.

Brenda Meakins and Sarah Collins

Our **World Day of Prayer** service, which has been celebrated for many years by our local churches, will be held this year at St Josephs RC Church, Station Road, Rustington, BN16 3BE on Friday 6th March at 10.30 am. It will be a women-led, global, ecumenical, service, creating a great wave of prayer, beginning in Samoa and ending 146 countries later, in American Samoa, all praying this year with and for the people of Nigeria. The theme of the day is "I will give you rest, come." It has been prepared by Christian Women of Nigeria. It will be a joyful and uplifting event of solidarity and hope. Everyone is welcome, followed by refreshments.

Sue Baldock.

Help for Ukraine - could you help to collect new candles, tea lights, old candle stubs, USB torches or solar lights, hand or foot warmers and empty, clean label free 400g tins (not ones with white insides). All these items are urgently needed by people in Ukraine living in desperate situations this winter. There will be a box in church for these items with the deadline for putting items in it of **Sunday, 1st March**. The collection point in Rustington is the Methodist Church and then they will be transported to Swindon where a humanitarian organisation can get them to Ukraine. Anything we can collect would be greatly appreciated. Thanks.

Christine Roberts

Volunteer Librarian

Helping to create and maintain a digital library of pictures to be used on the church website and in publicity.

This will include pictures of individuals, groups, and stock images.

You will work with the Parish Administrator and other volunteers.

A maximum one hour per week based at home, with some work in the office during initial set up.

For more information, please contact Reverend Natalie.

Vicar@rustingtonparish.church

Pantry: A huge thank you to the Cook Shop for generously donating delicious beef bourguignon which we served with roast potatoes and vegetables for 55 guests at this week's Pantry Social, it was very much enjoyed! A Social Prescriber joined us to chat about the support available for health, wellbeing and local services, and Hazel from Citizens Advice was on hand with free, confidential advice. Despite the dreadful weather, 66 households still came along to use the Pantry this week. If you're able to help us to restock, we are short of milk, pasta sauce, tuna, cereal and tea. Thank you for your support and kindness.

The Pantry Team

Accessibility: Do you have trouble hearing or seeing in church? Is there something which is stopping your full participation in worship? If so, please let me know so we can try and help. *Natalie (Vicar)*

Mission Matters

Nicci Maxwell's latest newsletter in Seasight and her latest weekly account (niccimaxwell.wordpress.com) graphically showed the many challenges and shortages faced in the Al Sabbah Hospital and Gorom Refugee Camp where she works as a consultant treating very ill young children.

Please continue to encourage Nicci and pray for the tense political situation in South Sudan. If you would like to donate personally to some

of the basic needs in the hospital, you can send money to Nicci via Links, a registered Christian charity based in Littlehampton, that enables gifts to be sent directly to Nicci to be used according to needs at her discretion. Search for www.links.charity

Using Links (Act 4 You) (Project), gifts can be made to the account 'Supporting Child Health in South Sudan', account number 3209.

If you have any problems you can contact Links for assistance by phone 01903 778515 or hello@links.charity

Supporting our church. If you would like to give to the church regularly, details of the Parish Giving Scheme which enables the church to budget for the future are below:

Ring PGS confidentially on 0333 002 1271 or go to

<https://www.parishgiving.org.uk/home/> to activate regular giving. There are also forms at the back of the church or ask in the office for further information. Our parish code is 101010024.

The notice sheet this week was sponsored by Sarah Collins.

***“Remembering my Dad, Mike Gibbs,
with love for everything he gave me.”***

If you would like to sponsor the Church Notice sheet, to remember or recognise a special event or anniversary please contact the church office.

The seven-day candle this week was sponsored by Helen Hawkins.

“In memory of a loving husband, father and grandfather.”

From Helen and family.

If you would like to sponsor the seven-day candle that is in the chancel next to the Reserved Sacrament, in memory of someone, or for a special event or anniversary, please contact the Church office.

Material for **Sunday 1st March 2026** should reach the church office by **10.00 am Wednesday 25th February 2026** and be sent to sarahlouisegc@gmail.com Please note the change of address for the time being as I am having technical issues with outlook!

Vicar: Reverend Natalie Bawcutt (Day of rest - Friday)

email: vicar@rustingtonparish.church

Telephone number: 07485 298145

Church Wardens: Jean Bulley & Henry Bott

Children and families worker: Gill Renny

email: families@rustingtonparish.church

Safeguarding Officer: Keith Henderson

email: safeguarding@rustingtonparish.church

Church Office: Natalie Stone -

Weds, Thurs, Fri 10.00 am – 12.00 noon

**Rustington Church Hall, 77 The Street, Rustington,
BN16 3NL**

email: admin@rustingtonparish.church

Website: www.sspeterandpaul-rustington.org.uk

Tel: 01903 850509

Registered Charity Number 1133812

