

GOOD NEWS



**The parish magazine of
St John's Church, Preston, Brighton**

March 2024

50p

ST JOHN THE EVANGELIST, PRESTON, BRIGHTON

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BAPTISMS and **MARRIAGES** by appointment

The deadline for the April magazine is Sunday 24 March.

From Rev'd Emma

Cast your minds back to 21 September 2022, the date of my licensing as Priest-in-Charge of Preston St John with Brighton St Augustine and St Saviour. At the beginning of the service of Licensing, Bishop Will addressed the congregation, saying:

My brothers and sisters, we are all anointed by the spirit of God with many gifts and talents to enable us to live our apostolic life as we seek to know, love, follow Jesus. I now call upon you, as you receive a new priest and pastor, to live out what you proclaim.

One way to live out what you proclaim is to use those gifts and talents with which we have been anointed by the spirit of God is by serving as members of the Parochial Church Council (PCC), Deanery Synod representatives, or Treasurer as we seek to know, love and follow Jesus ourselves, as well as to encourage others to do the same.

The PCC is a team, made up of members of clergy and lay members of the church. Together, they are responsible for the overall wellbeing, practical as well as spiritual, of the church, the church members, and the church buildings. All members share equal responsibility for the actions of the PCC.

You'll find more information about all of this elsewhere in this month's magazine. Please pray about whether God might be calling you to fill any of these roles and that others will feel able to respond to God's call.

*Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which He looks
Compassion on this world,
Yours are the feet with which He walks to do good,
Yours are the hands, with which He blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are His body.
Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
compassion on this world.
Christ has no body now on earth but yours.
— St. Teresa of Ávila (attributed)*

St John's needs four new PCC members!

This year the Annual Parochial Church Meeting (APCM) is on Sunday 12 May at 11am at St John's, and there will be **FOUR** vacancies for PCC members



Could this be you?

- The PCC are the Trustees of the parish (which has charitable status), and the PCC, in co-operation with the priest, *“consult together on matters of general concern and importance to the parish. ...[the PCC] co-operates with the priest in promoting in the parish the whole mission of the Church, pastoral, evangelistic, social and ecumenical.”* [PCC (Powers) Measure 1956, section 2]
- The PCC controls how the money is spent and how the buildings are looked after.
- The PCC is a link between lay people and the wider deanery, the wider diocese and the wider Church beyond.
- The PCC does not decide matters of doctrine, nor of worship.
- The PCC is not there to “rubber-stamp” the Vicar’s views or decisions!
- As a member of the PCC you will be expected to come to PCC meetings (approx. every 6 weeks); to pray for our parish, its mission and ministry; get involved, where appropriate, in areas where you have the time and where you feel God is calling you (eg: sit on a subcommittee, be asked to look into a matter occasionally etc.)

PCC Meetings are usually held in the Vestry start at 7pm and aim to finish at 8:30pm, and certainly never later than 9pm.

Want to know more? Talk to Rev'd Emma or a current PCC member!

To become a member of the PCC you need to fill in a nomination form and be proposed and seconded by two people on the Electoral Roll and elected at the APCM



St John's needs a treasurer!

The Treasurer's role:

- ◆ implements the financial decisions of the PCC
- ◆ keeps an eye on spending
- ◆ facilitates payment of expenses incurred in running St John's
- ◆ prepares an annual budget for the PCC
- ◆ presents accounts at the AGM
- ◆ prayerfully considers the financial needs and obligations of St John's
- ◆ is a link person to the Deanery & Diocese in matters of finance
- ◆ is a member of the PCC (voted on, or ex-officio)

A new Treasurer needs the following skills and attributes:

- # honesty
- # some financial acumen
- # some computer skills
- # a willingness to work with the Parish, Deanery and Diocesan structures
- # time commitment to the job in hand and to the various meetings entailed
- # able to communicate about things financial

Could this be you?

If you would like to know anything more, please do have a "no obligation" chat with Rev'd Emma before making your decision!



Palm Sunday & Holy Week



The events of Easter took place over a week, traditionally called Passion Week.

It began on Palm Sunday. After all His teaching and healing, Jesus had built a following.

On the Sunday before He was to die, Jesus and His followers arrived at Jerusalem. The city was crowded. Jewish people were arriving to celebrate Passover. This commemorates how they had escaped from slavery in Egypt nearly 1,500 year earlier.

Jesus rode into the city on a young donkey. He was greeted like a conquering hero. Cheering crowds waved palm branches in tribute. He was hailed as the Messiah who had come to re-establish a Jewish kingdom.

The next day they returned to Jerusalem. Jesus went to the temple, the epicentre of the Jewish faith, and confronted money-changers and merchants who were ripping off the people. He overturned their tables and accused them of being thieves. The religious authorities were alarmed and feared how He was stirring up the crowds.

On the Tuesday, they challenged Jesus, questioning His authority. He answered by challenging and condemning their hypocrisy. Later that day Jesus spoke to His disciples about future times. He warned them about fake religious leaders; the coming destruction of Jerusalem; wars, earthquakes and famines; and how His followers would face persecution.

By midweek the Jewish religious leaders and elders were so angry with Jesus that they began plotting to arrest and kill Him. One of Jesus' disciples, Judas, went to the chief priests and agreed to betray Him to them.

Jesus and the 12 disciples gathered on the Thursday evening to celebrate the Passover meal. This is known as the Last Supper. During the evening, Jesus initiated a ritual still marked by Christians – Holy Communion – which commemorates His death. Jesus broke bread and shared it and a cup of wine with His disciples.

Judas then left to meet the other plotters. Jesus continued to teach the others and then went outside into an olive grove to pray. He even prayed for all future believers. He agonised over what was to come but chose the way of obedience. The Bible book, Luke, records Him praying, *'Father if you are willing, take this cup from me; yet not my will but yours be done'*. Minutes later Judas arrived with soldiers and the chief priests and Jesus was arrested.

Maundy Thursday



Maundy Thursday is the 5th day of Holy Week. 'Maundy' comes from the Latin word for command, 'mandare'. On this day the Church looks back to Jesus' command to His disciples that they should: "Love one another as I have loved you."

On the evening of Maundy Thursday Jesus shared the Last Supper with His disciples, before going on to the Garden of Gethsemane and being arrested. It was the last evening He had with them before His crucifixion.

At the Last Supper Jesus shocked His disciples by washing their feet. He did this as an example, to demonstrate to them that they should serve others with humility. Over the centuries, some churches have recreated this act of humility at a special service on Maundy Thursday.

Good Friday



Luke's account of the crucifixion (Luke 23:32-43) emphasises the mocking of the crowd, *'If you are the king of the Jews, save yourself'* (35,37,39). In their view a Messiah does not hang on a cross and suffer. In considering the two men who were crucified with Jesus, we are also confronted with the issue of how Jesus secures salvation for us.

The words of one of those crucified with Jesus reflected the crowd's taunts: *'Aren't you the Christ? Save yourself and us.'* He highlights the question of Jesus' identity: how can He save others, when He cannot save Himself from death? He failed to see that the cross itself was the means of salvation.

So - what kind of Messiah was Jesus?

The other criminal's response in his last moments is a moving expression of faith. When challenging the other man, he spoke of the utter injustice of the crucifixion: *'this man has done nothing wrong.'* He perceived the truth that Jesus was indeed the Messiah. In a wonderful picture of grace, *'remember me when You come into Your kingdom'*, the second thief confessed his guilt and secured Jesus' forgiveness and mercy.

In reply, Jesus promised the man life from the moment of death; *'Today you will be with Me in paradise.'* Jesus used the picture of a *walled garden* to help the man understand His promise of protection and security in God's love and acceptance eternally.

Each one of us has to choose how we react to Jesus on the cross. Do we want Him to *'remember'* us when He comes into His kingdom, or not? If you were to die tonight, how confident would you be of going to be with Jesus? *'For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God'* (1 Peter 3:18).

Mothering Sunday

The Fourth Sunday in Lent was called 'Mid-Lent' or 'Refreshment Sunday', when the rigors of Lent were relaxed more than was normal for a feast day. It is called Mothering Sunday as a reference to the Epistle reading for the Day (Galatians 4:21-31). The Lenten Epistles follow from each other with teaching about our life as Christians and how we are to follow Christ.

On Mid-Lent Sunday the Epistle talks of bondage and freedom; the bondage of the Law and the Old Covenant as compared to the freedom in Christ, "the promised one", and the New Covenant. Verse 26 reads "But Jerusalem which is above is free, which is the mother of us all." We gain our freedom from Christ and, as it was seen before the Reformation, the Church.

Thus, Mothering Sunday is about the freedom that we gain through the promise of Jesus Christ delivered through our Mother the Church. People were encouraged to go to their 'Mother Church' (their home church or their home Cathedral) to worship and give thanks. Hence apprentices, and others, went home for the weekend and often brought gifts (or accumulated pay) home to their family.

On the other hand, Mother's Day is a secular festival invented in 1904 and is celebrated on the 2nd Sunday in May in most countries in the world. The UK seems to be the exception. In recent years Mothering Sunday has been hijacked to take the place of a special, secular day to give thanks for our mothers.



Thanking two kinds of Mother on 10th March

Mothering Sunday, the fourth Sunday in Lent, is the day for honouring our Mother Church, and has been celebrated since the Middle Ages.

Mother's Day is an annual day to honour our mothers, and it began in America in May 1907.

In the US, Canada, Australia and Mexico, Mother's Day is still held in May. In Britain, Mothers' Day is held on Mothering Sunday, so the two days are often merged in people's minds.

If you ask Google for ideas of how to be nice to your church on that day, you won't find much. But if you want to be kind to your mother that day, you will be spoilt for choice. High on all the lists are suggestions for taking her to lunch, giving flowers, a card, or paying for her to have a day doing something she loves.

Whatever you choose to do, probably the best thing to give your mother must surely be yourself: some time and some love. Remind her of the funny and touching stories of your childhood and thank her for all the things that she did for you. Give her some good company and show her some gratitude. Let her know that you love her and appreciate her.

Remember that the Commandment 'Honour thy father and mother' was the first commandment that came with a promise of blessing on you, if you obey.

This Mothering Sunday, could you give the Gift of Dignity?

The Mothers' Union has launched '**Make A Mother's Day**', its annual Mothering Sunday fundraising campaign. It hopes to raise funds to support the MU's global community projects, which "transform lives every day."

The MU says: "We know how important mothers, caregivers and grandmothers are, and how much they do to help their children, families and communities thrive, often unnoticed and without thanks."

And so, for Mothering Sunday (10th March) the MU is asking people to buy a 'Gift of Dignity', to help empower women in developing countries to transform their lives, and to reach their full potential.

"When buying these life-changing gifts, you will receive a card that explains your gift along with a Mothering Sunday greetings card, which you can give to a loved one. You are also able to give a gift in memory of someone special."

The Mothers' Union also says: "We look forward to hearing about the events, coffee mornings and church collections you hold to fundraise for our **Make A Mother's Day 2024** campaign." You can tag any posts using #MAMD24 or #MU

The Mothers' Union has been running the 'Make A Mother's Day' campaign since 2006, to celebrate all mothers and caregivers - how they nurture, love and help us to flourish. <https://mueshop.org/collections/make-a-mothers-day-2024>



Mother's reward

A man was decorating his new den and decided it was a good place to display all the awards he and his two sons had won at various athletic competitions. When he had filled two whole walls, he remarked to his wife that it was a shame she had no awards to contribute.

The following day, she produced, neatly framed, the birth certificates of their two sons, and added them to the display.

Easter Flowers

If you would like to contribute towards the cost of the flowers in church for Easter please speak to Cynthia or Sue Nye. Thank you.

From Sue's Kitchen

Baked Bananas

2 bananas

2 tbsp honey

2 tbsp rum

2 tbsp brown sugar

2 tbsp water

Peel the bananas and cut them in half lengthways.

Place them in an ovenproof dish.

Mix the honey, rum, water and sugar and coat the bananas with the mixture.

Bake in a preheated oven at 170° C, gas mark 3, for 20 minutes.

If you don't want to use rum, put an extra tablespoon of honey and a tablespoon of water.

Serves 2



If you have a favourite recipe you would like to share,
do please send it in ...

Worldwide persecution of Christians on the increase

More than 365 million Christians worldwide now face persecution and discrimination for their faith.

Entire Christian communities face extinction in some parts of the world. Those in sub-Saharan Africa are especially at risk, because of increasingly authoritarian regimes and violence.

So warns the latest global study of persecution.

The World Watch List 2024 is compiled by the charity Open Doors. It rates the top 50 countries where it is most dangerous to be a Christian. This year, something new has emerged: the countries listed have not changed since 2023, and there are no new countries to the list, but the level of violence experienced by Christians globally has grown exponentially in just this past year.

Open Doors reports a *sevenfold* increase in reported attacks on churches, Christian schools, and Christian hospitals. In 2022 there were 2,110 such attacks. In 2023 it was 14,766.

Attacks on the homes of Christian have also soared – by 371 per cent.

A staggering *one in seven* Christians worldwide now faces a high level of persecution and discrimination.

This is the 30th year that the World Watch List has been compiled and published. The countries are scored by various factors: pressure levels in private life, family life, community life, and national life, and on church communities, as well as violence levels. This year's list covers the period between 1st October 2022 to 30th September 2023.

The chief executive of Open Doors UK, Henrietta Blyth, says that Christian minorities in East and West Africa face an existential threat from jihadists and autocratic regimes. Jihadists are viciously attacking Christians across sub-Saharan Africa: Somalia, Nigeria, Burkina Faso and Mali, to name just some countries.

In Nigeria, things have got particularly bad, where Islamist extremism is threatening many Christian communities. In fact, the murder of Christians in Nigeria accounts for a staggering *82 per cent of ALL Christians killed for their faith worldwide*. Last year 4118 such murders were recorded, though many more were never even reported.

Open Doors has praised UK government efforts to become a global leader in standing up for the freedom of religion and belief, but it urges that the position of the Prime Minister's special envoy, currently held by Fiona Bruce MP, should be turned into a permanent, statutory post.



Why saying hello is important

What lessons can Christians learn from a London rail worker who was recently honoured by King Charles, for talking 29 people out of taking their own lives?

Maybe something about the power of conversation and being willing to 'stop for a chat.'

Rizwan Javed helped to save each life over a period of eight years, by being alert and approaching vulnerable individuals in difficult situations. He was awarded an MBE in the New Year Honours earlier this year.

Rizwan was alert, and willing to engage people in conversation.

Anglican priest Jemima Prasadam's style of talking with people has been described as 'bus stop theology.' She put it into action on the half-mile walk from her home to the church in Lozells, an inner-city area of West Birmingham, with high unemployment and poverty.

Her engaging approach is featured in *Stick with Love*, a recent book by Arun Arora, Bishop of Kirkstall in northern England.

She explained: "I don't go out looking to talk to people, but I am ready to do it. I don't pass anybody without saying 'Hello' and when I leave, I always say 'God bless you.' Meetings happen on a daily basis, but often only last as long as it takes for the bus to arrive.

"People often say they are not religious, but I say we are all spiritual beings, and they agree. So, I simply tell them that weak and simple people like me call that God."

Sadly, we are living in a society where conversations are being closed down. People who might have chatted on the bus or train, are now deeply involved with their mobile phones.

Supermarkets are phasing out staffed checkout points, so that elderly people and others who live alone are deprived of those conversations that can make a difference to their day.

Jesus asked questions as a vital component of His earthly ministry. His deep conversation with the Samaritan woman at the well in John 4 begins with Him asking for a drink.

Maybe we, as Christians and churches, need to be looking out for more chances to start conversations, to give people the opportunity to open up about their lives. In our busy, rushing-around world, there are many people out there who are just longing for a chat...

*By the Revd Peter Crumpler, a Church of England priest in St Albans, Herts,
and a former communications director for the C of E.*

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What will March bring? Mental health ideas for uncertain times

We may all have rather mixed feelings on reaching March this year. On the one hand, it is lovely to see the onset of Spring, but the wars in Ukraine and Israel-Gaza grind on, as does the cost-of-living crisis. We may need to find new ways to keep going, so here are some suggestions that draw on both science and Christian theology.

Getting outside

Time outdoors in a natural environment is very good for you – and you can't argue with the happy hormones produced by exercise. Attending to the details of nature can also inspire awe, which has been linked to positive mood, and increased life satisfaction. Enjoying Creation can also help us connect with God.

Looking outside

If you are truly stuck indoors, try putting bird feeders outside your window so creation comes to you. This is also an act of kindness (see below)!

Lament and praise

The Psalms are a rich resource to help us express both our grief and our thanks to God. Try reading one or two each day.

Journaling

Keep a journal of thoughts, experiences or practices you have engaged with during the day. Constructing a personal narrative or story is now recognised as a very powerful psychological and spiritual tool for building resilience. It is also a vital learning tool that we can go back to when tough times return in the future.

Acts of kindness

Helping or encouraging someone else is obviously a good thing to do in itself, but it also has a very positive effect on the giver - spiritually, mentally, emotionally, and even physically. Whichever way you look at it, finding new ways to show kindness to others can be a very effective way to help ourselves feel better too.

Gratitude

Gratitude is another natural drug – in a sense – that can help us feel better. Try keeping a grateful diary, adding a few things each day.

Laugh, sing, make music, dance

All of these activities are deeply rooted in our physical and mental makeup. You may have forgotten how great they feel, especially in times of sadness, but we can learn from children who do them very naturally.

I hope these ideas may help bring us closer to God, each other, and His creation.



Time for the Great Daffodil Appeal

The month of March brings us the Great Daffodil Appeal. This annual campaign is a fundraising initiative by the Marie Curie charity, which provides care and support to people living with terminal illnesses and their families.

The Great Daffodil Appeal says: “Right now one in four people don't get the care they need at the end of life. With your support, we can help bring end of life care and support to everyone who needs it, in their homes and in our hospices.”

Here are some ways to participate:

- **Purchase a Daffodil Pin:** And wear it as a symbol of support.
- **Organise or Attend Fundraising Events:** Many events, such as charity walks, bake sales, and concerts, are organised to raise funds during the appeal.

- **Donate Online:** Visit the Marie Curie website to make a donation online, which goes directly to providing care for those in need.
- **Volunteer Your Time:** to help with various activities during the appeal.
- **Spread Awareness:** Use social media to encourage others to get involved and donate.

The Marie Curie Great Daffodil Appeal was established to honour the memory of Marie Curie, a pioneering scientist known for her work on radioactivity, as well as her dedication to providing care to those with cancer. The daffodil, a symbol of renewal and hope, was chosen to represent the campaign's message of support and care for individuals with terminal illnesses.



Observations for Lent

The shortest distance between a problem and its solution is the distance between your knees and the floor. - *Anon*

The one who kneels to the Lord can stand up to anything. - *Anon*

People are like tea bags - you have to put them in hot water before you know how strong they are. – *Anon*

Treasures in heaven are laid up only as treasures on earth are laid down. - *Anon*

An humble knowledge of thyself is a surer way to God than a deep search after learning. - *Thomas a Kempis*

The man who does not like self-examination may be pretty certain that things need examining. - *C H Spurgeon*

God only asks you to do your best. - *Robert H Benson*

If you're headed in the wrong direction, God allows U-turns. - *Anon*

St John the Evangelist, Preston, Brighton

Bric-a-Brac

Clearance Sale



Saturday 16 March

11.00am to 2.00pm

Knogle Hall, Brighton BN1 6RB

Rules of living well after 60

The King is 75. Last year he did 516 engagements, and he has no intention of slowing down. Instead, he was keen to be ‘back up and running’ as soon as possible after his recent operation. Is he right?

“Absolutely not – 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. This Lent, before God, rethink your real purpose and calling in life. And live it!

HEY KIDZ!!

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Readings & Collects

Sunday 3 March – 3rd Sunday of Lent

Readings Exodus 20: 1-17 1 Corinthians 1: 18-25 John 2: 13-22

Collect

Almighty God,
whose most dear Son went not up to joy but first he suffered pain,
and entered not into glory before he was crucified:
mercifully grant that we, walking in the way of the cross,
may find it none other than the way of life and peace;
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.
Amen

Sunday 10 March – Mothering Sunday [4th Sunday of Lent]

Readings Exodus 2: 1-10 2 Corinthians 1: 3-7 Luke 2: 33-35

Collect

Merciful Lord,
absolve your people from their offences,
that through your bountiful goodness
we may all be delivered from the chains of those sins
which by our frailty we have committed,
grant this, heavenly Father,
for Jesus Christ's sake, our blessed Lord and Saviour,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen

Sunday 17 March – 5th Sunday of Lent

Readings Jeremiah 31: 31-34 Hebrews 5: 5-10 John 12: 20 - 33

Collect

Most merciful God,
who by the death and resurrection of your Son Jesus Christ
delivered and saved the world:
grant that by faith in him who suffered on the cross
we may triumph in the power of his victory;
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.
Amen

Sunday 24 March – Palm Sunday

Readings Isaiah 50: 4-9a Philippians 2: 5-11 Mark 14: 1 – 15: end

Collect

Almighty and everlasting God,
who in your tender love towards the human race
sent your Son our Saviour Jesus Christ
to take upon him our flesh
and to suffer death upon the cross:
grant that we may follow the example of his patience and humility,
and also be made partakers of his resurrection;
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.
Amen

Thursday 28 March – Maundy Thursday

Readings Exodus 12: 1-4 [5-10] 11-14 1 Corinthians 11: 23-26
John 13: 1-7, 31b-35

Collect

God our Father,
you have invited us to share in the supper
which your Son gave to his Church
to proclaim his death until he comes:
may he nourish us by his presence,
and unite us in his love,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen

Friday 29 March – Good Friday

Readings Isaiah 52: 13 – 53: end Hebrews 10: 16-25 John 18:1 – 19:end

Collect

Almighty Father,
look with mercy on this your family
for which our Lord Jesus Christ was content to be betrayed
and given up into the hands of sinners and to suffer death upon the cross;
who is alive and glorified with you and the Holy Spirit,
one God, now and for ever.
Amen

Sunday 31 March – Easter Day

Readings Isaiah 25: 6-9 Acts 10: 34-43 Mark 16: 1-8

Collect

Lord of all life and power,
who through the mighty resurrection of your Son
overcame the old order of sin and death
to make all things new in him:
grant that we, being dead to sin
and alive to you in Jesus Christ,
may reign with him in glory;
to whom with you and the Holy Spirit
be praise and honour, glory and might,
now and in all eternity.

Amen

Sunday 7 April – 2nd Sunday of Easter

Readings Exodus 14: 10-end; 15: 20-21 Acts 4: 32-35 John 20: 19-end

Collect

Almighty Father,
you have given your only Son to die for our sins
and to rise again for our justification:
grant us so to put away the leaven of malice and wickedness
that we may always serve you
in pureness of living and truth;
through the merits of your Son Jesus Christ our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen

CALENDAR

MARCH

Friday 1	2.00 pm	World Day of Prayer 2024 <i>Stanford Avenue Methodist Church</i>
Sunday 3	10.00 am	Parish Eucharist with hymns Ministry of prayer for healing
Tuesday 5	2.30 pm	Lent Course <i>in the Vestry</i>
Wednesday 6	10.00 am	Said Eucharist
	10.45 am	Preston Coffee Pot
	7.00 pm	Lent Course <i>in the Vestry</i>
Thursday 7	7.00 pm	Said Eucharist
Friday 8	2.00 pm	Preston Friday Club <i>Surprising Sussex ~ Chris Horlock</i>
Sunday 10	10.00 am	Parish Eucharist with hymns
	4.00 pm	Messy Church
Tuesday 12	2.30 pm	Lent Course <i>in the Vestry</i>
Wednesday 13	10.00 am	Said Eucharist
	10.45 am	Preston Coffee Pot
	7.00 pm	Lent Course <i>in the Vestry</i>
Thursday 14	7.00 pm	Said Eucharist
Sunday 17	10.00 am	All-Age Worship
Tuesday 19	2.30 pm	Lent Course <i>in the Vestry</i>
Wednesday 20	10.00 am	Said Eucharist
	10.45 am	Preston Coffee Pot
	7.00 pm	Lent Course <i>in the Vestry</i>

Thursday 21	7.00 pm	Said Eucharist
Friday 22	2.00 pm	Preston Friday Club <i>Mud Larking ~ Caroline Nunneley</i>
Sunday 24	Palm Sunday	
	10.00 am	Said Eucharist
	<u>4.00 pm</u>	Liturgy of Palm Sunday
Monday 25	8.00 pm	Joint Parish Eucharist <i>Church of the Good Shepherd, Dyke Road</i>
Tuesday 26	8.00 pm	Joint Parish Eucharist at St John's
Wednesday 27	10.00 am	Said Eucharist
	12.00 pm	Chrism Eucharist <i>With Blessing of Oils</i>
Thursday 28	Maundy Thursday	
	8.00 pm	The Liturgy of Maundy Thursday followed by Vigil until 10.00pm
Friday 29	Good Friday	
	2.00 pm	Stations of the Cross
	3.00 pm	Liturgy of Good Friday
Saturday 30	Holy Saturday	
	8.00 pm	The Easter Liturgy
Sunday 31	Easter Day	
	8.00 pm	Eucharist for Easter Day <i>St Peter's Preston Park</i>
	10.00 am	Parish Eucharist with hymns

APRIL

Wednesday 3	10.00 am	Said Eucharist
	10.45 am	Preston Coffee Pot
Thursday 4	7.00 pm	Said Eucharist

Sunday 7	Brighton Marathon	
	9.00 am	Said Eucharist Ministry of prayer for healing
Wednesday 10	10.00 am	Said Eucharist
	10.45 am	Preston Coffee Pot
Thursday 11	7.00 pm	Said Eucharist
Sunday 14	10.00 am	Parish Eucharist with hymns
	4.00 pm	Messy Church



to

Rita Shipp on the 2nd
Linda Nutley on the 8th
Cynthia McArthur on the 11th
Sarah Shelley on the 21st
Charlie Hughes-D'Aeth on the 23rd
and
Anne Thorne on the 26th

UPCOMING *events*

Saturday 20 April
2.30pm in the church

Teatime Quiz



ST JOHN'S

PRESTON,
BRIGHTON

HOLY WEEK & EASTER

Monday 25 March

8:00pm Joint Parish Eucharist
Church of the Good Shepherd, Dyke Road

Tuesday 26 March

8:00pm Joint Parish Eucharist

Wednesday 27 March

10:00am Eucharist
12 noon Chrism Eucharist
with Blessing of Oils

Maundy Thursday
Thursday 28 March

8:00pm The Liturgy of Maundy Thursday
followed by Vigil until 10pm
'Could you not watch with me one hour?'

Good Friday
Friday 29 March

2.00pm Stations of the Cross
3.00pm Liturgy of Good Friday

Holy Saturday
Saturday 30 March

8.00pm The Easter Liturgy

Easter Sunday
Sunday 31 March

8:00am Eucharist
St Peter's, Preston Park
10:00am Parish Eucharist

During Holy Week and Easter, Christians remember and reenact the events that lead up to the death and resurrection of Jesus and celebrate the central tenant of their faith. Holy Week culminates on Easter Sunday, which celebrates Jesus's resurrection from the dead.

You are invited you to St John the Evangelist, Preston, Brighton for Holy Week services. Experience the passion, death, and resurrection of Jesus through song, prayer, and reflection.

Knoyle Road, Brighton, BN1 6RB
info@brightonstjohn.org.uk
<https://www.brightonstjohn.org.uk>



Church of England welcomes Listed Places of Worship funding

Church of England Cathedrals and churches were among nearly 5,000 religious buildings to recently receive a share of up to £42 million in Government funding aimed at helping with the conservation of listed places of worship.

The Listed Places of Worship (LPW) Grant Scheme gives grants covering the VAT on repairs to listed buildings used as places of worship.

Beneficiaries of the scheme over the last year included Leicester Cathedral, which received more than £600,000 for restoration work; Chichester Cathedral, dating from the 11th century, received more than £195,000 for its roof and lighting projects; and the 12th-century Collegiate Church of St Mary in Warwick, which was granted more than £141,500 to repair its ancient tower.

Emily Gee, Director for Cathedral and Church Buildings for the Church of England said: “Our churches and cathedrals provide spiritual, pastoral and practical support to their communities, and are key to the cultural heritage of the country.

“Their presence boosts local economies and provides jobs and volunteer roles, and in many cases, they are the only publicly open building in their local place, where other amenities have closed.

“More than three quarters of our nearly 16,000 church buildings are listed, meaning they are of great significance to our nation’s heritage.

“We are enormously grateful for the Government’s Listed Places of Worship Grant Scheme and the support that it provides in helping our church buildings remain central to the life of this country.”

St John's is a Grade 2 Listed building.

*A Grade 2 listed building is defined as a UK **building or structure that is "of special interest, warranting every effort to preserve it"**.*

Happily, the Church of England still retains some singular parish clergy. Take the parish of St James-the-Least in the county of C- for example. Here the elderly Anglo-Catholic vicar, Eustace, continues his correspondence to Darren, his nephew, a low-church curate recently ordained...

On why pews SHOULD be uncomfortable

The Rectory
St James the Least

My dear Nephew Darren

Visits from your parishioners to our church are always welcome. But I did not expect them to return to you complaining because our pews are uncomfortable.

Pews are *meant* to be uncomfortable. The unshakeable belief of our congregation is that the more uncomfortable the pew, the holier the worship must be. By the same token, an 8am Service is more fervent than one at 11am, since it is much more socially inconvenient. If you add on enduring sub-zero temperatures and damp, then sainthood clearly beckons. Your people may be used to lolling in upholstered chairs in tropical temperatures, but I am sure such comfort places their souls in grave peril.

Our pews were built 500 years ago, when people were several inches shorter and many pounds lighter, and so could accommodate themselves on them perfectly adequately. The fact that a twenty-first century body is in constant danger of sliding off the seat and requires knees to be folded somewhere near ears at least helps to keep minds focussed – apart from Colonel Wainwright, who still manages to sleep peacefully throughout Mattins every Sunday.

I could point out that your chairs make kneeling almost impossible – although I suspect that posture is not encouraged in your church, as people would then be unable to read the words on your overhead projector or wave their arms about quite as easily during the hymns. While the majority of our congregation find the Anglican crouch perfectly adequate, you can see those who flop to their knees on hearing “let us pray” from the clouds of dust sent up from suddenly compressed hassocks, which were purchased to commemorate Queen Victoria’s Accession.

I may also point out that our box pews are very useful for modern times. Once a family is seated, with the door firmly shut, then any toddler is penned in and unable

to use the aisles as a racing circuit. Medieval carpenters were clearly forward-thinking people. Admittedly, box pew doors do tend to stick, and few manage to look dignified while they wait for step ladders to be brought before they can climb out.

If only you would remove your chairs and substitute benches without backs, turn off all heating and replace carpets with slate slabs, I am sure your congregation's religious zeal would soar.

Your loving uncle,
Eustace

Where is the most generous place in the UK?

The fundraising website GoFundMe has praised the British public, as recent figures show that it receives a donation every second of every day.

The generosity of the British can even be broken down into regions.

Last year Manchester was the most generous place in the UK, with 43,135 donations, while Liverpool (36,739), Brighton (19,641), Lisburn (11,122) and Saint Albans (10,474) came in second, third, fourth and fifth respectively.

This past year, many British donors have given to the victims of conflicts and natural disasters, from Ukraine to Syria, Turkey to Morocco, not forgetting those impacted by the various storms that battered the UK itself.

One notable success was for victims of Storm Babet, whose homes were flooded in Chesterfield. The fundraiser, organised by a team at Lifehouse Church in the town, raised more than £92,000, from a total of 1,600 donations.

All in all, the UK was ranked as the third most generous country in the world per capita, with more than four million donations made last year.

Tim Cadogan, chief executive of GoFundMe, said the organisation has now celebrated its "billion-pound milestone" of donations raised from the UK since its inception in 2017, and he estimates a quarter of a billion pounds was raised on the platform in 2023 alone – which he said were "incredible numbers".

The story of aspirin

You will probably have taken aspirin, in one form or other, many times. But how much do you know of its history?

It was 125 years ago this month, on 6th March 1899 that the German pharmaceutical company Bayer first patented aspirin (acetylsalicylic acid).

But this is based on salicylic acid, which was used in herbal medicines as far back as Sumerian times, in 2500 BC. It was then that the Assyrians used willow leaves for rheumatic disease. The Egyptians also used willow leaves, as well as myrtle, to ease joint pain or inflammation.

In Greece, Hippocrates (460-377 BC) recommended an extract of willow bark for fever, pain and childbirth. And even the peoples of ancient China, Rome, and Native America all discovered and used plants containing salicylic acid.

Fast forward to Chaucer's 14th century, and the Knight's Tale recommends the use of meadow sweet for pain, another source of acetylsalicylic acid.

In 1763, some science was introduced, when an English clergyman, the Revd Edward Stone, used willow bark to successfully treat fever 'ague' in 50 of his parishioners. He carefully documented it all for the President of the Royal Society.

In 1828, Johann Andreas Buchner, a Professor of Pharmacology at the University of Munich, purified salicin from willow bark.

In 1859, Professor Hermann Kolbe, at Marburg University worked out the chemical structure of salicylic acid and made it synthetically.

In 1897, Dr Felix Hoffman, a German chemist at Friedrich Bayer and Co, managed to produce pure stable acetylsalicylic acid (ASA). His discovery was the *first time* that a drug had been made synthetically, and so it was the birth of both aspirin and the pharmaceutical industry.

Finally, in early 1899 the new compound was named and registered Aspirin. The 'A' comes from acetyl and 'spir' from the first part of *Spirea ulmaria* (Meadowsweet) a botanical source of salicylic acid.

So next time you take an aspirin, think of the Assyrians chewing willow leaves, 4,000 years ago.



formerly known as GideonsUK

invites YOU to ...

An afternoon of Good News with Rico Tice

Evangelist / Author / Co-writer of 'Christianity Explored'

for GNFE 'Friends' / Church Members / Leaders

*A motivation for Christians to share their faith,
and introduction to new evangelistic resources
from GNFE and others*

with 'Books Alive' bookstall

Saturday 27 April 2024, 3.00-4.30pm.

**Bishop Hannington Church,
Nevill Avenue, Hove. BN3 7NH**

(ample unrestricted parking)

Free event, but please register at
good-news.eventbrite.co.uk

alternatively e-mail gnfebrighton@gmail.com

or phone 01273 688947 and leave a message

A Literary Quiz with a Floral touch!

1. In which street does Harry Potter live when we first meet him?
a) Holly Lane b) Laurel Avenue c) Privet Drive d) Sycamore Way
2. Who said: '*Books are a uniquely portable magic*'?
a) Malorie Blackman b) Stephen King c) Michael Morpurgo d) Virginia Woolf
3. In the book *Goodbye Mr Chips* what was the profession of *Mr Chips*?
a) Actor b) Carpenter c) Lawyer d) Schoolmaster
4. In which country are *The No. 1 Ladies' Detective Agency* books by Alexander McCall Smith set?
a) Botswana b) Malawi c) Namibia d) Zambia
5. Who writes thrillers about the Brighton detective *Roy Grace*?
a) Ann Cleeves b) John Grisham c) Peter James d) Ian Rankin
6. Who is the author of *The Da Vinci Code*?
a) Dan Brown b) Jeffery Deaver c) Anthony Horowitz d) Stieg Larsson
7. In the *Sherlock Holmes* books, what is the name of *Holmes'* loyal companion and friend?
a) Dr Jacob Watson b) Dr James Watson c) Dr John Watson d) Dr Joshua Watson
8. Which former First Lady of the USA wrote the best-selling book *Becoming*?
a) Barbara Bush b) Hillary Clinton c) Michelle Obama d) Melania Trump
9. Who wrote the castaway novel '*Robinson Crusoe*'?
a) Daniel Defoe b) Alexander Dumas c) Thomas Hardy d) Jonathan Swift
10. *George Eliot* was the pen name for which female author?
a) Anne Bronte b) Charlotte Bronte c) Mary Ann Evans d) Violet Paget
11. The novels of *Dick Francis* are mostly about which sport?
a) Cycling b) Horse Racing c) Motor Racing d) Mountaineering
12. *Ronald Searle* wrote a series of books about which crazy school?
a) Greyfriars b) Hogwarts c) Malory Towers d) St Trinian's
13. What is the unusual pastime of detective *Adam Dalgleish* in *P.D.James'* books?
a) Carpentry b) Fly Fishing c) Knitting d) Writing Poetry

14. Which classic novel features the characters *Elizabeth Bennet* and *Mr. Darcy*?
 a) Mansfield Park b) Pride & Prejudice c) Sanditon d) Sense & Sensibility
15. In the books by Agatha Christie in which village does amateur detective *Miss Marple* live?
 a) Bramley End b) Carsley c) Dibley d) St Mary Mead
16. In the books by *Helen Fielding* who had a diary?
 a) Bridget Jones b) Adrian Mole c) Charles Pooter d) Winston Smith
17. In the book by Richard Bach, what sort of bird is the title character *Jonathan Livingston*?
 a) Albatross b) Eagle c) Pigeon d) Seagull
18. Who did Lady Caroline Lamb describe as '*Mad, Bad and Dangerous to Know*'?
 a) William Blake b) Lord Byron c) Samuel Coleridge d) Samuel Johnson
19. Who is the author of '*The Eagle Has Landed*'?
 a) Eric Ambler b) Len Deighton c) Jack Higgins d) John Le Carré
20. In the book by J.M. Barrie, who is *the Boy who Never Grew Up*?
 a) Christopher Robin b) Harry Potter c) Percy Jackson d) Peter Pan

*Can you fill in the missing **Flower** from these Book Titles*

21. D N Wine by Ray Bradbury
22. Yellow C S by Laila Ibrahim
23. Black N S by Rumer Godden
24. The Name of the R . . E by Umberto Eco
25. J E Nights by Julia Gregson
26. Red P Y by Lin Yutang
27. Black T P by Alexandre Dumas
28. D L Mystery by Edgar Wallace
29. Gilding the L . . Y by Rita Bradshaw
30. Black O D by Neil Gaiman

And the answers to last month's Leap Year quiz

- 1 What is a woman traditionally allowed to do on 29 February?
c) Propose
- 2 A century year is not a leap year unless it is divisible by what? c) 400
- 3 In England and Wales what is the legal date of birth of someone born on 29 February ? c) 1 March
- 4 A person born in a leap year is called a what?
b) Leapling
- 5 If you are born on 29 February what star sign are you?
b) Pisces
- 6 Approximately how many people living have a birthday on 29 February ?
b) 4 million
- 7 Traditionally what flower is given to someone beginning a journey on 29 February ? b) Forget-me-not
- 8 The Leap Year Cocktail, which consists of gin, Grand Marnier, sweet vermouth and lemon juice, was invented at which London hotel on 29 February 1928?
a) The Savoy
- 9 A year which is not a leap year is called what?
b) Common year
- 10 Which super hero's birthday is reputedly on 29 February?
a) Superman
- 11 In which year was the first calendar with a leap year made? b) 238 BC
- 12 In which year was the Gregorian calendar introduced? b) 1582
- 13 In which Gilbert & Sullivan opera is Frederic a bound servant for 84 years because he was apprenticed on 29 February until he was 21?
a) Pirates of Penzance
- 14 The odds are how many to 1 of being born on 29 February ? c) 1,461

Not necessarily on 29 February but in February nonetheless ...

- 15 Nelson Mandela was released in 1990 after how many years as a political prisoner?
a) 27
- 16 Which popular tradition is celebrated in the USA and Canada on 2 February ?
c) Groundhog Day
- 17 The Boeing 707 (Jumbo Jet) made its first flight in which year? b) 1969
- 18 What was used for the first time in Britain on 16 February 1659 to settle a debt? c) A cheque
- 19 February gets its name from Februa which comes from which language?
c) Latin
- 20 From which island did Napoleon escape in February 1815? b) Elba

... and now for something completely different

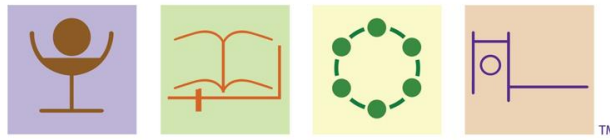
If American is a foreign language can you 'translate' these words into English?

- | | |
|---------------------|------------------|
| 21 Diaper | Nappy |
| 22 Elevator | Lift |
| 23 Sidewalk | Pavement |
| 24 Trunk (of a car) | Boot |
| 25 Faucet | Tap |
| 26 Fall | Autumn |
| 27 Thumbtack | Drawing pin |
| 28 Stroller | Buggy /pushchair |
| 29 Vest | Waistcoat |
| 30 Drugstore | Chemist |

CHURCH ORGANISATIONS

MESSY CHURCH	Every second Sunday (except August & December) in the church 4.00 - 6.00 pm	
FLOWERS	Contact the Church Office	07847 352889 office@brightonstjohn.org.uk
HALLS/CHURCH for HIRE	Halls Administrator	07847 352889 halls@brightonstjohn.org.uk
PRESTON COFFEE POT	Every Wednesday after the 10.00 am service	
PRESTON FRIDAY CLUB	Crowhurst Community Centre alternate Fridays in term time 2.00 - 4.00 pm	Sue O'Malley 01273 700150
THE CHILDREN'S SOCIETY	Judith Lawson	
6th / 7th PRESTON PARK GUIDES - Crowhurst Community Centre		
Rainbow Guides	Tuesday in term time 5.30 – 6.30 pm Wednesday in term time 5.30 - 6.30 pm	Mrs Jackie Vidler girlguiding.org.uk
Brownie Guides	Tuesday in term time 6.15 - 7.45 pm	Ms Jo Mander girlguiding.org.uk
Guides	Wednesday in term time 6.45 - 8.45 pm	Miss Helen Emerson girlguiding.org.uk

For more information about activities at St John's please see our website
www.brightonstjohn.org.uk



PARISH GIVING SCHEME

If you're able to contribute to St John's on a regular basis, please consider signing up to the Parish Giving Scheme.

For more information: <https://www.parishgiving.org.uk/donors/find-your-parish/preston-st-john-the-evangelist-brighton/>



St John's is now registered with easyfundraising. Over 7,000 brands will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself!
<https://www.easyfundraising.org.uk/causes/brightonstjohn/>

Using your smartphone this QR code enables you to support St John's via a debit or credit card:



Parish Church of St John the Evangelist
Knole Road Brighton BN1 6RB
01273 553311
www.brightonstjohn.org.uk
www.facebook.com/prestonstjohn

Parish Office opening times: Wednesdays & Fridays 9:30am-12pm

*Parish Safeguarding Officer: Sue Seymour
safeguarding@brightonstjohn.org.uk*



St John the Evangelist
Knoyle Road
Brighton BN1 6RB

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