

GOOD NEWS



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

July 2026

50p

ST JOHN THE EVANGELIST, PRESTON, BRIGHTON

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BAPTISMS and MARRIAGES by appointment

From the Revd Canon Emma:

Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.

Matthew 11:28

We hear this invitation from Jesus to 'Come . . .' in the Gospel on the Fifth Sunday of Trinity, this year on the first Sunday in July. And each time we gather for the Eucharist, the Priest extends a similar invitation, to come to Jesus in the form of Communion.

Holy Communion has sometimes been described as the Christian Church's family meal. It may be much more than that, but it is certainly nothing less. For most of us, most of the time, it is something we do gathered together as a whole congregation, adults and children worshipping God in the same place and time. None of us understands it fully, whilst even a primary school aged child can appreciate that in the sacrament we are somehow drawn closer to Jesus, encountering him not only through the words we hear, but in the very taste of bread and wine, and the bodily acts of eating and drinking.

This month at St John's, three of the younger members of the congregation will be admitted to Holy Communion before Confirmation. The admission of baptised children to Holy Communion is regulated by Church of England guidelines, which were agreed by General Synod in 2006.

The young people, along with their families, share faithfully and regularly in our worship. They have been baptized, and will be able to receive the sacrament of the body and blood of Christ with us. They are taking a new step in the life to which God has called them in baptism and which we trust they will later affirm in confirmation. We welcome them and look forward to learning with and from them as we journey together on the Way of Christ.



Archbishop of Canterbury calls to 'make strangers neighbours' amid rising hostility

Responding to the recent King's Speech, the Archbishop of Canterbury, Sarah Mullally, has spoken about the importance of hope at a time of rising hate crime, intimidation and hostility.

"The work of integration has never been more urgent. We have witnessed a deeply concerning deterioration in intercommunity relations. I therefore welcome the commitment in the Gracious Speech to do more to protect the Jewish communities following the recent appalling attacks and in doing so I wish to assure both Jewish and Muslim communities of my support as they face the unacceptable rise in hate crime, intimidation and hostility.

"The Church of England has long held that the right of all people to practise their faith without fear must be protected.

"We have also seen religious identity misused to intimidate and divide. Let us be clear: the commandment of Jesus Christ is to love your neighbour as yourself, to love without exception and to seek the flourishing of all.

"We must address the pressures facing people and communities today while ensuring that systems for new arrivals are fair. We must undertake the harder task of bringing communities together - of making strangers neighbours - and ensuring that all who reside here have both the opportunity and the responsibility to contribute to our shared life."



World Cup

Many across the world are united in watching the World Cup in the United States, Mexico and Canada. However, football is more than just a game; it can illustrate some key points about the Christian life. As Paul writes: *'But one thing I do: forgetting what is behind and straining towards what is ahead, I press on towards the goal to win the prize for which God has called me heavenwards in Christ Jesus.'* (Philippians 3:13b,14).

A prize to be won: The dream of every player in the competition is to be able to hold up the World Cup themselves. Christians grasp to the prize of eternal life, God's gift

to us of relationship with Jesus for now and eternity. However, there's an important difference between football and the Christian faith. To win the World Cup you have to be good enough, while Christ's love for us is underserved and not dependent on how well we've done.

Training to be undertaken: If a team is going to win the World Cup, training is vital! Our training, as Christians, starts the moment we accept the gift of God's life. On a daily basis, we train ourselves to say *no* to the wrong things in our lives. As we build up our *godly muscles* we are better able to choose to do what is right in God's eyes. To enable us to do all this we need to engage in the spiritual disciplines of prayer, studying the Bible and being part of a church and small group. How is your training going?

The former Liverpool Manager Bill Shankly famously said, *'Some people believe football is a matter of life and death, I am very disappointed with that attitude. I can assure you it is much, much more important than that!'*



St Swithun (or Swithin), saint for a rainy day



St Swithun is apparently the saint you can blame for rainy summers. It is said that if it rains on his special day, 15th July, it will then rain for 40 days after that. It all began when Swithun was made Bishop of Winchester in 852 by King Ethelwulf of Wessex. It was an important posting: Winchester was the capital of Wessex, and during the 10 years Swithun was there, Wessex became the most important kingdom of England.

During his life, instead of washing out people's summer holidays and damping down their spirits, Swithun seems to have done a lot of good. He was famous for his

charitable gifts and for his energy in getting churches built. When he was dying in 862, he asked that he be buried in the cemetery of the Old Minster, just outside the west door.

If he had been left there in peace, who knows how many rainy summers the English may have been spared over the last 1000 years. But, no, it was decided to move Swithun. By now, the 960s, Winchester had become the first monastic cathedral chapter in England, and the newly installed monks wanted Swithun in the cathedral with them. So finally, on 15 July 971, his bones were dug up and Swithun was translated into the cathedral.

That same day many people claimed to have had miraculous cures. Certainly everyone got wet, for the heavens opened. The unusually heavy rain that day, and on the days following, was attributed to the power of St Swithun. Swithun was moved again in 1093, into the new Winchester cathedral. His shrine was a popular place of pilgrimage throughout the Middle Ages. The shrine was destroyed during the Reformation and restored in 1962. There are 58 ancient dedications to Swithun in England.



Time Prayer

Father,

We are all so busy. We rush here and there, trying to meet deadlines, trying to fit more and more into our already full days. So often we seem to run out of energy and time. Sometimes we wonder what it's all about.

Help us, Lord to recognise that we *have* time. You have given us every day of our lives. Help us to choose wisely how we use our life time. Help us to spend time with you first; to learn your ways; to encounter the living Jesus in the Bible and in prayer. And everything else will fall into place.

In Jesus' name,

Amen

By Daphne Kitching



Ride + Stride

SPONSORED EVENT

helping to preserve Sussex Churches

Saturday, September 12, 2026

Get sponsored to visit as many churches as you can, raising much-needed funds for the repair & restoration of Sussex churches. The money you raise will be split equally between your nominated place of worship and the Sussex Historic Churches Trust

Sponsor forms available from:

SPONSORED RIDE & STRIDE



IN AID OF HISTORIC
CHURCHES & CHAPELS

website: www.sussexhistoricchurchestrust.org.uk

Sussex Historic Churches Trust, Registered Charity No. 282159.

Keep on keeping on

In the church year, we've now come to that long season- it seems to go on forever- variously called 'Trinity' or 'Ordinary time'. Each of those labels tells us something about the approximately six months between Pentecost and Advent Sunday. 'Trinity' reminds us that with Pentecost, God has made Himself known to us in all His fullness (or at least as much as we can bear) as Father, Son and Holy Spirit. 'Ordinary time' tells us that this is the season where, now armed with the insights and power of the Holy Spirit, we can revisit the life of Jesus with new eyes, new heart, see new things in the faith, see new opportunities to serve God.

This is the time when those words of Jesus (John 15 v15) 'I have made known to you everything I have learned from the Father' come into play. It may seem a long season, it may feel like the drudgery of 'Keep on keeping on' without the excitement of Christmas, Easter and Pentecost to lift our spirits, but it is ordinary time charged with the knowledge that we have everything we need in the resources of God. The love of the Father, the words and works of the Son, the power of the Spirit will energise us as we 'keep on keeping on' through this long season.

This long season up to the end of November is a reminder that working out our love for God in our community is probably more about perspiration than inspiration. Few are called to be heroes of the faith, but all are called to faithfulness, and somehow or other, with the transforming power of the Spirit, we are all able to keep on keeping on, doing little things with great love.

Here's a lovely prayer I learned from our son's godmother which captures some of the mindset of the Trinity season/Ordinary time; it may help you 'keep on keeping on' through the months ahead;

Let not our soul be busy inns that have not room for thee and thine, but quiet homes of prayer and praise where thou mayest find fit company; where the needful cares of life are wisely ordered and put away, and wide sweet space is kept for thee.

Amen to that. Ordinary- but challenging!

From Sue's Kitchen

Couscous coated salmon

1 packet lemon & parsley couscous
165ml boiling water
2 salmon fillets
3tsp plain flour
1 beaten egg

Heat the oven to 200°C, gas mark 5.

Put the couscous into a bowl and pour the boiling water over it.

Cover with clingfilm and leave for 10 minutes.

Coat the salmon fillets with flour, then dip into the beaten egg.

Place the salmon in the bowl of couscous and gently press down.

Turn over and repeat so that the salmon is completely covered.

Put the coated fillets on a non-stick baking tray.

Bake for 15 minutes until the couscous is crisp and golden and the salmon is cooked through.

Serve with your choice of accompaniment.



Holiday soothies

For dealing with motion sickness, ginger capsules are your new friend. Available from any health store, they do a wonderful job in calming upset tummies.

For fever or frayed tempers, take some camomile tea bags with you. Camomile tea doesn't just calm your nerves; cooled down, the tea also soothes sunburn.

For banning mosquitoes & insomnia, take some essential oil of lavender. Mosquitoes hate the smell, so if you put a few drops around your pillow at night, you can help keep them at bay – and help yourself drift off to sleep.

Cook, Eat and Learn English

Four fabulous sessions
each with an English lesson, a cookery class
and a delicious lunch

For refugees, asylum seekers and ESOL students,
suitable for all levels of English

On four Tuesdays:
8, 15, 22, 29 September
10am – 12:45pm

St Matthias Church Hall, 45 Hollingbury Park Avenue,

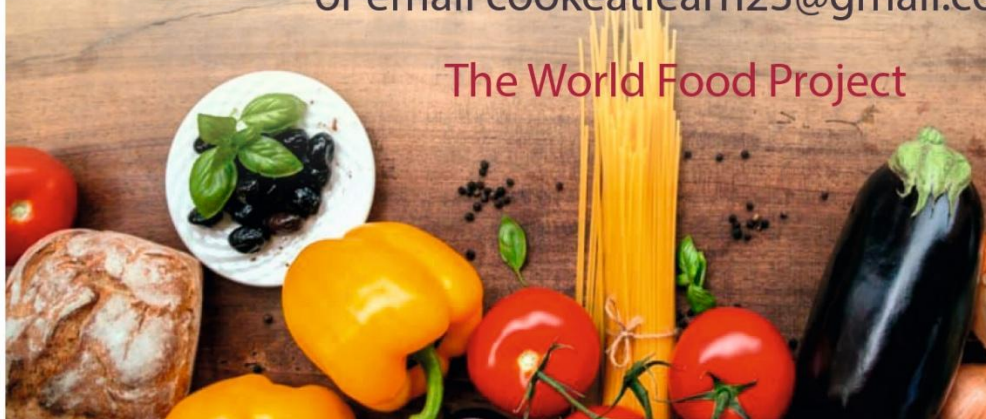
Brighton BN1 7JQ (you can get buses 26, 46 and 52)

From Ditching Road, walk down past the side of the church
to access the church hall on Hollingbury Park Avenue

All FREE – and you get lunch

Contact Cicely by WhatsApp/text on 07985 245 207
or email cookeatlearn23@gmail.com

The World Food Project



**Brighton & Hove
City Council**

funded by Brighton & Hove City
Council Fairness Fund

The Seven Deadly Sins: Sloth

'Through laziness, the rafters sag; because of idle hands, the house leaks.'
(Ecclesiastes 10:18).

This month we are looking at *Sloth*, the last of the Seven Deadly Sins. This is more than just laziness! The Latin root of the word is '*acedia*' ('*without care*'), meaning it represents spiritual apathy, distraction or indifference in our lives. Sloth can have a significant effect on our spiritual lives, as it enables other sins to gain a foothold eg lust, anger or envy. Another consequence is that we can fail to respond to God's calling in our lives and His gifts go unused. There is no satisfaction in sloth, as real joy comes when we are ready to step out of our comfort zones for God.

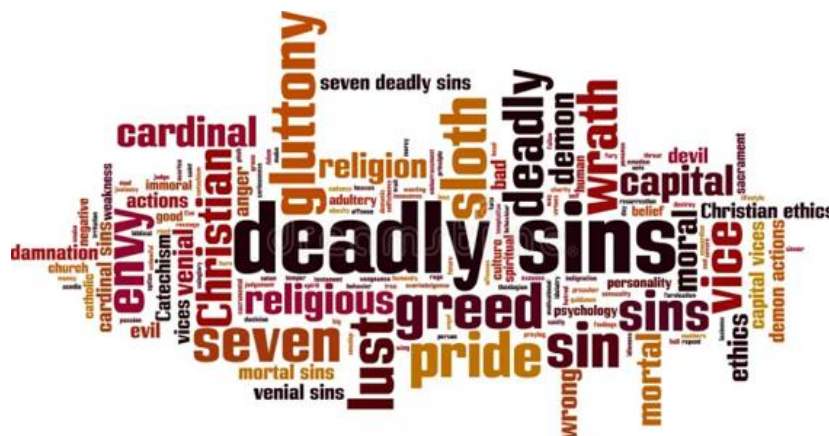
How do we overcome sloth in our lives? Paul writes, *‘Whatever you do, work at it with all your heart, as working for the Lord’* (Colossians 3:23). We can ask ourselves some key questions:

Am I living with unconfessed sin? Can I identify sins or habits that are getting in the way of my spiritual intimacy with God?

Have I neglected the spiritual disciplines? In what ways have I neglected spending quality time with God in prayer, reading His Word or being still in His presence?

What fills my mind daily? What are the distractions that occupy my time and thinking eg social media, technology, people or habits? How can I let go of these things to give space for listening to God?

The Holy Spirit can convict us of those things that we need to confess and let go. Are we ready to switch off our screens, seek to help others in need and give time to God? 'Never be lacking in zeal, but keep your spiritual fervour, serving the Lord.' (Romans 12:11).





Tuesdays
7th & 21st July
1.30-3.30

Understanding Grief

A free, gentle, two-session support
course for people over 50

all of us have experienced loss or bereavement in our lives

You are not alone

This small, in-person confidential group offers a warm and
supportive space to:

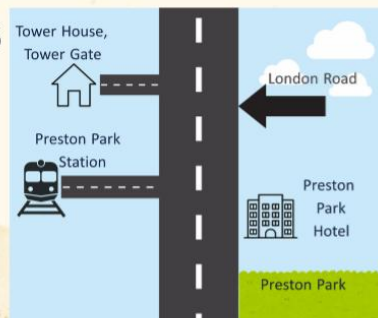
- Share your experiences
- Listen and connect with others
- Understand grief and its impact
- Explore ways of managing and moving on

(Please understand that this is not a counselling/therapy group)

Sessions include discussion and pair & small group conversations

BOOKING IS ESSENTIAL

Bookings/enquiries
to (01273) 549604
or by email to
towerhouse
@svp.org.uk



Tower House Community Centre
Tower Gate, London Rd,
Brighton
BN1 6WT
Bus: 5/5a to Varndean Rd
Train: Preston Park Station
Limited parking available
(please call to check availability)

Tower House Community Centre for Over 50's is part of the St Vincent de Paul Society
A registered charity 1053992

Church attendance grows for fifth year in a row

Church of England congregations saw their fifth year of growth in a row in 2025 with steady increases in weekly and Sunday attendance and strong growth in Christmas and Easter services, an early snapshot of official figures shows.

Overall, there were an estimated 1,023 million regular worshippers across Church of England congregations last year, up 1.4% on 2024, according to preliminary returns for the annual *Statistics for Mission* report.

It is the fifth year in a row in which attendance both on Sundays and across the week have risen – the first time this has been seen since current records have been kept.

Just under two million people (1.96 million) joined services on Christmas Eve and Christmas Day last year - up 5.5% - in addition to 4.8 million attendances over Advent, a 2.0% rise.

Easter attendance was up 7.8% to just over one million (1.03 million).

Over a typical week an estimated 707,000 people attended Church of England services, up 0.7% on the previous year, and 15.5% higher than 2021 when attendance rebounded after Covid.

Meanwhile average attendance at Sunday services stood at 590,000 – up 1.6 % on the 2024 figure. Despite this recent growth, attendance and participation remain below pre-pandemic levels.

The Archbishop of Canterbury, Sarah Mullally, said: "It is so encouraging to see the ways that God is at work in our Church. I give thanks for the clergy, lay people and volunteers who each week make people feel welcome in every parish across our country."

Debbie Clinton, the Church of England's Director for Vision and Strategy, said: "From our rural villages to our post-industrial towns, in parishes across the country, churches are reaching out to their communities and sharing the Good News of Jesus Christ. Our 2025 statistics are a testament to their hospitality and faithfulness. We praise God for all that He is doing in His Church."



Inclusive Church



An ecumenical network of churches working together towards a shared vision



We believe in **inclusive church** – a church which **celebrates and affirms** every person and does not discriminate. We will continue to challenge the Church where it continues to discriminate against people on grounds of **disability, economic power, ethnicity, gender, gender identity, learning disability, mental health, neurodiversity or sexuality.**

A Church which welcomes and serves all people in the name of Jesus Christ; which is **scripturally faithful**; which seeks to proclaim the Gospel **afresh for each generation**; and which, in the power of the Holy Spirit, allows **all people** to grasp how wide and long and high and deep is the love of Jesus Christ



Here we
include
invite
involve
invest in
everyone

Visit www.inclusive-church.org
to **join in & find out more**



Registered Charity 1102676

New listed places of worship fund launched

Guidance on applying to a new Government grants fund for listed places of worship to help pay for capital works including fabric repairs and essential improvements, such as electrical upgrades, heating, toilets and step-free access, has recently been published.

The Places of Worship Renewal Fund, for listed places of worship, was launched with details of its remit and eligibility criteria: [Places of Worship Renewal Fund | Historic England](#). The Fund will be administered by Historic England.

The £92 million scheme - £23 million a year - is for England only and will last for four years. It is funded by the Department for Culture, Media and Sport, and replaces the Listed Places of Worship Grants Scheme.

Churches are being encouraged to explore making expressions of interest under the scheme with the application process expected to be proportionate to the size of the grant that is applied for.

The Bishop of Lynn, Dr Jane Steen, the Church of England's deputy lead bishop for buildings, said: "Our church buildings are national treasures for the common good, both for their spiritual, cultural and historical significance and the vital practical help they provide communities across the country.

"The majority of fundraising for the maintenance and repair of church buildings is done locally by thousands of wonderful volunteers. The Places of Worship Renewal Fund has a vital part to play alongside this local fundraising, and other funders who support churches.

"We welcome the launch of the Fund and we look forward to working closely with Historic England, in helping encourage eligible churches to make full use of the scheme."

The deadline for submitting Expressions of Interest for the second round of grants will be in September 2026.

The launch of the Fund has come amid concerns over the ending of the Listed Places of Worship Grant scheme, after more than 20 years in operation. The Scheme repaid VAT as a grant on essential repairs and maintenance of more than £1,000 .



Understanding Dementia

ARE YOU AGED 50+?

ARE YOU NEWLY DIAGNOSED?

ARE YOU A FAMILY MEMBER OR FRIEND THAT WOULD LIKE TO KNOW
MORE TO HELP SUPPORT YOUR LOVED ONE?

**Friendly, Supportive and Informative
Dementia Sessions at Tower House Community Centre
until January 2027**

Sat 11th July 2-4pm

What is Dementia?

A guide for families and friends to learn the basics about Dementia and how to best communicate

Weds 15th July 6-8pm

Planning for the future

Looking at legal and financial matters including paying for care and how to support someone's care wishes

Weds 22nd July 6-8pm

Living more supportively

Housing choices and their differences if someone's own home is no longer suitable

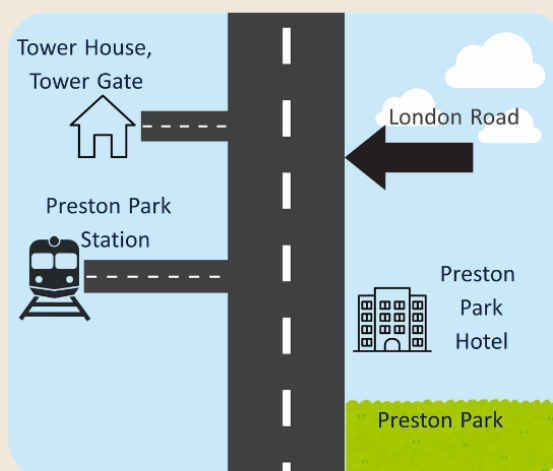
Thurs 30th July 6-8pm

Technology & environment

What can you do to help make an environment safe and stimulating for a person living with Dementia?

**Booking is essential on
01273 549604 or by email
towerhouse@svp.org.uk**

Tower House Community Centre
Tower Gate, London Rd,
Brighton
BN1 6WT
Bus: 5/5a to Varndean Rd
Train: Preston Park Station
Limited parking available



Tower House Community Centre is part of the registered charity
The St Vincent de Paul Society 1053992

*please note that our sessions are non-clinical and no legal/financial advice is given

Readings & Collects

Sunday 5 July – 5th Sunday after Trinity

Readings Zechariah 9: 9-12 Romans 7: 15-25a Matthew 11: 16-19, 25-end

Collect

Almighty and everlasting God,
by whose Spirit the whole body of the Church is governed and sanctified:
hear our prayer which we offer for all your faithful people,
that in their vocation and ministry
they may serve you in holiness and truth
to the glory of your name;
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 12 July – 6th Sunday after Trinity

Readings Isaiah 55: 10-13 Romans 8: 1-11 Matthew 13: 1-9, 18-23

Collect

Merciful God,
you have prepared for those who love you
such good things as pass our understanding:
pour into our hearts such love toward you
that we, loving you in all things and above all things,
may obtain your promises,
which exceed all that we can desire;
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 19 July – 7th Sunday after Trinity

Readings Wisdom 12: 13, 6-9 Romans 8: 12-25 Matthew 13: 24-30, 36-43

Collect

Lord of all power and might,
the author and giver of all good things:
graft in our hearts the love of your name,
increase in us true religion,
nourish us with all goodness,
and of your great mercy keep us in the same;
through our Lord and Saviour Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen

Sunday 26 July – 8th Sunday after Trinity

Readings 1 Kings 3: 5-12 Romans 8: 26-end Matthew 13: 31-33, 44-52

Collect

Almighty Lord and everlasting God,
we beseech you to direct, sanctify and govern both our hearts and bodies
in the ways of your laws and the works of your commandments;
that through your most mighty protection, both here and ever,
we may be preserved in body and soul;
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 2 August – 9th Sunday after Trinity

Readings Isaiah 55: 1-5 Romans 9: 1-5 Matthew 14: 3-21

Collect

Almighty God,
who sent your Holy Spirit
to be the life and light of your Church:
open our hearts to the riches of your grace,
that we may bring forth the fruit of the Spirit
in love and joy 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 9 August – 10th Sunday after Trinity

Readings 1 Kings 19: 9-18 Romans 10: 5-15 Matthew 14: 22-33

Collect

Let your merciful ears, O Lord,
be open to the prayers of your humble servants:
and that they may obtain their petitions
make them to ask such things as shall please you;
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

*It depends on who you are,
as to what you see...*

A man fell into a pit and couldn't get himself out...

~ A subjective person came along and said, "I feel for you down there."

~ An objective person walked by and said, "It's logical that someone would fall down there."

~ A mathematician calculated how deep the pit was.

~ A news reporter wanted the exclusive story on the pit.

~ HMRC asked if he was paying taxes on the pit.

~ A Pharisee said, "Only bad people fall into pits."

~ A self-pitying person said, "You haven't seen anything until you've seen my pit."

~ A psychologist noted, "Your mother and father are to blame for your being in that pit."

~ A self-esteem therapist said, "Believe in yourself and you can get out of that pit."

~ An optimist said, "Things could be worse."

~ A pessimist claimed, "Things will get worse."

Jesus, seeing the man, took him by the hand and lifted him out of the pit.



A free phone line of hymns,
reflections and prayers

0800 804 8044



www.faithinlaterlife.org

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Messy Church at St John's

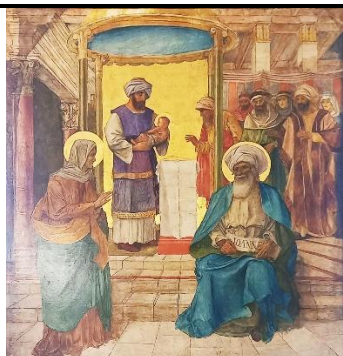
is on the second Sunday of the month from 4.00 to 5.00pm in the church

Each month there is a bible story, crafts and activities,
and afternoon tea with sandwiches & cake!

Sunday 12 July

Sunday 13 September

Events in June/July



Ecumenical Celebration of the Birth of St John the Baptist

Wednesday 24th June

5:30pm "Stations" of St John the Baptist
Readings and prayers based on the life
of St John the Baptist using the artwork
in the church as our guide

6:15pm Monastic Evening Prayer

Join *Monks in the City* for this celebration in the Mother Church of the parish, followed by light refreshments

St John the Baptist's church, 2 Bristol Rd, Kemptown, BN2 1AP



SATURDAY SANCTUARY

Saturday, 4th July

11:00am to 12.45pm

Take time out to reflect and pray with the monks;
a morning of fellowship, reflection, prayer and silence
Fitzherbert Community Hub.



MONK TALKS

Tuesday, 21st July

Contemplative Prayer with Fr Peter
The Way of the Spirit

6pm Evening Prayer; **6.30pm** simple supper; **7pm** Talk Prayer

This is the third in a series of three talks on contemplative prayer, silent prayer in the monastic tradition. Fr Peter is exploring stages of the journey of contemplative prayer.

St John the Baptist's church and Fitzherbert Community Hub

There are other opportunities each week to join the monks for prayer in St John the Baptist's church:

Midday Stillness, 12noon to 1pm every **Friday until 24th July**

Morning Prayer, 9am Mon -Sat

Evening Prayer, 6pm Mon – Thu; 4:45pm Sat & Sun



CALENDAR

JULY

Wednesday 1	10.00 am	Said Eucharist
	10.45 am	Preston Coffee Pot
Saturday 4	10.00 am	Community Garden Working Party
Sunday 5	10.00 am	Parish Eucharist
		Ministry of prayer for healing
Wednesday 8	10.00 am	Said Eucharist
	10.45 am	Preston Coffee Pot
Thursday 9	12.00 pm	Community Garden Working Party
Sunday 12	10.00 am	Parish Eucharist
	4.00 pm	Messy Church
Wednesday 15	10.00 am	Said Eucharist
	10.45 am	Preston Coffee Pot
Saturday 18	10.00 am	Community Garden Working Party
Sunday 19	10.00 am	All-Age Worship
Wednesday 22	10.00 am	Said Eucharist
	10.45 am	Preston Coffee Pot
Thursday 23	12.00 pm	Community Garden Working Party
Sunday 26	10.00 am	Parish Eucharist
Wednesday 29	10.00 am	Said Eucharist
	10.45 am	Preston Coffee Pot

AUGUST

Saturday 1	10.00 am	Community Garden Working Party Open Church for Brighton Pride
Sunday 2	10.00 am	Parish Eucharist Ministry of prayer for healing
Wednesday 5	10.00 am	Said Eucharist
	10.45 am	Preston Coffee Pot
Sunday 9	10.00 am	Parish Eucharist



Rubbish and Recycling Consultation with Brighton and Hove City Council 20/05/26

18 people signed up for this but only 6 actually turned up. Councillor Tim Rowkins was present. He said that changing to rubbish collection every other week is being considered but that there has been no definite decision yet. Several of us attending said that would be fine given that more goes to recycling now and for normal roads with small houses but not for areas with large blocks of flats which was noted. Trouble with seagulls and foxes and overfull bins was discussed too. We also raised the problem of cans and bottles just discarded in the streets around the inner-city area and not cleared away quickly enough as Brighton has thriving tourism. I suggested more rubbish bins available during Fringe and Lady Boys (and any other summer event) as well as extra along seafront in general. The discussion was along the lines of that savings made from the bi-weekly rubbish collection could help pay for specific problem area targets during the year. Please note that it is ONLY general waste collections that might change to every other week - NOT food waste - recycling will also continue every other week.

Jenny Wheeler

PRESTON FRIDAY CLUB



Crowhurst Community Centre,
Knogle Road, Brighton BN1 6RB
[behind Knogle Hall]

Alternate Friday afternoons in term time
2.00pm to 4.00pm

Talks, activities, tea & chat with friends



Friday Club is now on a summer break.

Back in September.

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 war between parishes ...

The Rectory

St James the Least of All

My dear Nephew Darren

So, now you have enjoyed your first Summer Fete. Don't say I didn't warn you. It may be small consolation but remember that they only happen once a year - although in your case, you still have another 30 to endure before retirement.

I negotiated our own last week. As usual, the band from our neighbouring parish of St Eusebius played. There has been much bad blood in the past between our two villages. The trouble started on the day that St James the Least of All never told St Eusebius that the Vikings were coming up the river. We may have long since buried the hatchet, but both sides remember where they put it.

Tension between the two communities down the centuries has moved on from occasional slaughter to something a little more refined. Just as I began my opening speech to crown the Rose Queen, the band struck up with the National Anthem. When the hog roast started, they played "smoke gets in your eyes" and when it came to the necessary music for the maypole dancing, they all disappeared into the beer tent.

With great Christian charity, we shall bide our time. In September we have the annual football match between the two churches' Servers. Last year, in addition to winning the match, the St James' boys sent three of their side off with concussion. Naturally, I visited them in hospital.

Miss Prendergast, as always, played Gypsy Rose Lee. If the tall, dark, dear lady tells me one more time that I am about to find romance with a tall dark lady, while she flutters her eyelashes at me, I swear I shall throttle her with a bell rope. Besides, I already have a beautiful dark lady in my life - and my Labrador is devoted to me.

The only real hiccough came when I bought 12 packets of fudge from Mrs Masheder to present to our choirboys. Yet again, she had misread salt for sugar in the recipe.

After I presented the packets at Mattins the following day, a formal complaint was rapidly made by a parent to the police that the Rector was attempting to poison their son. But as I explained to the officer, if I had intended to poison anyone, I would have done it far more discreetly - and infinitely more efficiently.

Your loving uncle,
Eustace



*July is a time for visiting beautiful country churches,
and reflecting that....*

Prayer is the rope up in the belfry; we pull it, and it rings the bell up in heaven.
- *C Evans*

I can take my telescope and look millions of miles into space; but I can go away to my room and in prayer get nearer to God and heaven than I can when assisted by all the telescopes of earth. - *Isaac Newton*

The tyrant dies and his rule is over, the martyr dies and his rule begins.
- *Soren Kierkegaard*

Christians, keep the faith - but not from others! - *Anon*

Holy people have a sense of inner peace. In their presence, it is the God of the still, small voice that one perceives. - *T Harrison*

The name of Jesus is not so much written as ploughed into the history of the world. - *Ralph Waldo Emerson.*

God is a little like American Express - don't leave home without Him. - *Anon*





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St.Francis Blessing for Br. Leo

May the Lord bless thee and keep thee.

**May He shew His face to thee
and have mercy on thee.**

**May He turn His countenance to thee
and give thee peace.**

Brother Leo may the Lord bless thee.

<https://www.spiritoffrancis.com/>

Quiz – How well you know your Nursery Rhymes?

1. How many men did the *Grand old Duke of York* have?
a) 100 b) 1,000 c) 10,000 d) 100,000
2. In the nursery rhyme how is *Monday's Child* described?
a) Fair of Face b) Has far to go c) Loving and Giving d) Works hard
3. Who *Kissed the Girls and made them Cry*?
a) Georgie Porgie b) Jack c) Knave of Hearts d) Little Boy Blue
4. On which day of the week was *Solomon Grundy* married?
a) Friday b) Monday c) Saturday d) Wednesday
5. *Lucy Locket* lost her pocket, but who found it?
a) Arabella Taylor b) Judy Walker c) Kitty Fisher d) Sally Spinner
6. In the nursery rhyme *Polly Put the Kettle On* - who took it off again?
a) Annie b) Betty c) Debbie d) Sukey
7. The *Little Nut Tree* would bear nothing except a *Silver Nutmeg* and what else?
a) Golden Apple b) Golden Peach c) Golden Pear d) Golden Plum
8. In the rhyme *This Little Piggy* which Toe has Roast beef?
a) Big Toe b) Fourth Toe c) Little Toe d) Middle Toe
9. In *Hey Diddle Diddle* who Jumped Over the Moon?
a) Cat b) Cow c) Dog d) Fox
10. In *Pat-a-cake*, pat-a-cake, which letter was marked on the Bun?
a) B b) P c) S d) X
11. *When I am King, dilly dilly, You shall be Queen* is a line from which nursery rhyme?
a) Lavender's Blue b) Little Boy Blue c) Mary Mary Quite Contrary
d) Queen of Hearts
12. In the rhyme who killed *Cock Robin*?
a) Crow b) Owl c) Rook d) Sparrow
13. Who *Stepped into a Puddle right up to his middle*?
a) Doctor Foster b) Doctor Gloucester c) Doctor Potter d) Doctor Proctor

14. What did *Little Miss Muffet* eat whilst she sat on a Tuffet?
a) Bread & Honey b) Curds & Whey c) Scone & Cream d) Toast & Jam
15. In the rhyme *Jack be Nimble* what did Jack jump over?
a) Candlestick b) Chair c) Dog d) Wall
16. What did Old Mother Hubbard go to the cupboard to get?
a) Apples b) Bone c) Soup d) Tarts
17. In the rhyme *Little Boy Blue*, where are the Cows?
a) in the Corn b) in the Field c) in the House d) in the Lane
18. What time of day do *We Go Round the Mulberry Bush*?
a) Evening b) Midday c) Morning d) Night
19. What did the *Three Little Kittens* lose?
a) Buttons b) Jackets c) Mittens d) Scarves
20. In *Oranges & Lemons* which Bell asked *When will you pay me*?
a) Bow b) Old Bailey c) St Clements d) Shoreditch

Can you fill in the missing words in these Nursery Rhymes?

21. Here we go gathering ... in
22. Ride a ... horse to Cross
23. Jack and ... went up the ... to fetch a of
24. Ring a ring of ... a of ...
25. Little Bo ... has ... her ...
26. Hickory, dock, the _ ran up the ...
27. London ... is falling _
28. Twinkle ... little ... how I ... what you _
29. Humpty ... sat on a
30. Round and round the like a ... Bear

And the answers to last month's Music Quiz ...

- 1 Where are the annual Promenade Concerts, or "Proms" held?
b) Royal Albert Hall
- 2 Which composer is buried in Chichester Cathedral? **a) Gustav Holst**
- 3 The film Amadeus is about which composer? **c) Mozart**
- 4 Felix Mendelssohn's famous "Wedding March" comes from the incidental music he wrote for which Shakespeare play?
a) A Midsummer Night's Dream
- 5 Despite only being published after his death, Für Elise is one of the most well-known and popular pieces of music by which German composer?
b) Beethoven
- 6 What does singing 'a capella' mean? **b) singing unaccompanied**
- 7 What is the longest running musical in West End history?
a) Les Misérables
- 8 In Prokofiev's "symphonic fairy tale" Peter and the Wolf, the oboe represents which animal, which is eaten by the wolf? **a) Duck**
- 9 Who was the first woman ever inducted into the Rock and Roll Hall of Fame?
c) Aretha Franklin
- 10 What is the nickname for Beethoven's 3rd symphony? **c) Eroica**
- 11 What is the UK top selling single of all time? **a) Candle in the Wind**
- 12 Which musical term means 'getting gradually louder & louder'?
b) Crescendo
- 13 Which composer wrote 104 symphonies? **a) Haydn**
- 14 What is the usual name for Tchaikovsky's 6th Symphony? **b) Pathétique**
- 15 K-pop is a genre which refers to pop music from which country?
a) South Korea

- 16 The 100th edition of the 'Now That's What I Call Music' series went on sale in 2018, but in which year was the first compilation released? **b) 1983**
- 17 Who composed 'Rhapsody on a Theme of Paganini'? **a) Rachmaninov**
- 18 In which year did ABBA win the Eurovision Song Contest in Brighton?
b) 1974

Unscramble each group of letters to find the name of a musical instrument. There is one extra letter per instrument; when read in order, these spell out the name of another instrument.

- | | | | |
|----|-----------|----------|---|
| 19 | ETLGUF | Flute | G |
| 20 | TERACLLIN | Clarinet | L |
| 21 | NIOVILO | Violin | O |
| 22 | LECCLLO | Cello | C |
| 23 | GARKON | Organ | K |
| 24 | ONIP EA | Piano | E |
| 25 | RAGNTUI | Guitar | N |
| 26 | PHASR | Harp | S |
| 27 | MUPPTERT | Trumpet | P |
| 28 | ORMTOIBEN | Trombone | I |
| 29 | DERCREORE | Recorder | E |
| 30 | SAONSLBO | Bassoon | L |

The hidden instrument is: **Glockenspiel**



CURRENT NEEDS LIST

TINNED MEAT - Spam, Corned beef, Meatballs, Mince, Steak, Chicken Curry, Hot dogs, Ham

TINNED FISH - Tuna, Mackerel, Sardines, Salmon

TINNED VEGETABLES - Sweetcorn, Potatoes, Carrots, Peas

TINNED TOMATOES & PASSATA

TINNED PULSES

PASTA & CURRY SAUCES

NOODLES & RICE - Including microwave options

TINNED FRUIT

TINNED DESSERTS - Custard, Evaporated milk, Rice Pudding

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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



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/>



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Parish Safeguarding Officer: Sue Seymour
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