

Shoreline

The Church of the Good Shepherd

Shoreham Beach

Autumn 2026

50p





Sundays

8.00am

Holy Communion in church .

10.00am

Parish Communion in church.

Also live-streamed on Facebook and YouTube.

On the first Sunday of most months there is an all age service at 10am and a Taizé healing service at 6pm

Tuesdays

9.30am

Holy Communion in church.

Wednesdays

6.00pm

Celtic Evening Prayer on Zoom.

Saturday

8.00am

Morning Meditation — *also on Zoom.*

The service on **Sunday** is followed by fellowship in the church hall.

See the church website for details:

<https://www.goodshepherdshorehambeach.org.uk>

First Thoughts: Running and spiritual growth

Rev'd Jane calls on two fruits of the spirit to get her through her runs

At the beginning of March, much to my astonishment, I took up running. In my 63 years I have never been a runner, and even dashing for the bus would leave me in a heaving heap.

Yet, following a recent diagnosis of a lung condition, I knew that exercise was no longer optional but essential. You've simply got to do it, Jane! I told myself, recognising that if any activity could challenge my lungs and improve their health, it was running — a most brutally aerobic pursuit.

I have been using the NHS app 'From Couch to 5K', which I can thoroughly recommend. It is the



run-walk method, that over nine weeks builds you up from one minute to 30 minutes of running. I am now consistently running for 30 minutes or more, with a 5k 'Parkrun' in my sight as a summer challenge.

Each run brings a mix of anticipation and trepidation. The sea front has become my training ground, and I discover that there are many other runners out there, whizzing past the church each day. We exchange nods of recognition, sharing a brief yet meaningful camaraderie — the kind that can only come from mutual effort and sweat.

I am a slow runner, and it is likely to always be so. On Saturdays the serious runners train, speeding by with a magnificence of athletic ability that I admire even more in my plodding. I can't comprehend how Sebastian Sawe recently ran the London Marathon in two hours!

As I push myself through each run, I begin to notice parallels between physical endurance and spiritual growth, prompting me to explore running as a form of prayer.

Running, I've discovered, is not just a physical journey but a spiritual one. There are books that offer guidance on transforming your run into a spiritual practice, suggesting mantras or holy words to focus the

mind on a deeper purpose. They recommend connecting with your breath, delighting in the beauty of the natural world—the way sunlight dances on the sea, the salt in the air—all these moments anchor me in the present, where God is certainly to be found.

Indigenous traditions have much to teach us, such as 'prayer running', where movement honours the land and the ancestors.

The discipline of running demands that I nurture two fruits of the spirit—self-control and forbearance. It's a rhythm that insists upon sabbath rest, building in days for recovery and reminding me to honour the limits of my body. The journey is much like the spiritual life: a marathon with peaks and valleys, requiring resilience and determination.

The writer of Hebrews 12 urges: *'Let us run with perseverance the race that is set before us.'*

Each step I take seems to echo this call.

There is much spiritual food for me to reflect upon as I move from couch to 5k. I'm encountering the miracle of the human body that over thousands of years of evolution has been made to run, yet has become sedentary in our modern world.

Listening to exhilarating music as I run can be a tremendous uplift. I hold out the promise of the so called 'runners high, a state of euphoria, apparently induced by a burst of endorphins, but for the spiritual runner, a potential experience of oneness with the creator.

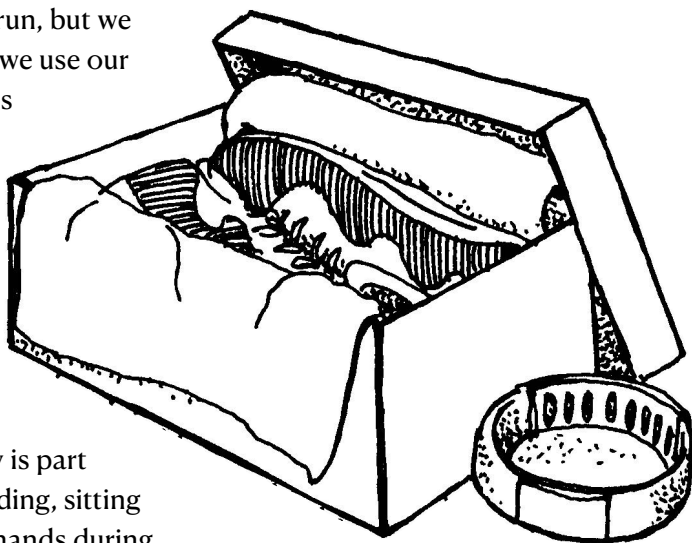
I realise that some people at the Good Shepherd cannot run, but we can all reflect upon how we use our bodies in worship. Bodies often get ignored in Anglican churches, trapped as they are in the pews.

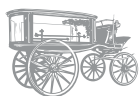
But there are moments when with awareness we can appreciate how the body is part of worship — in our standing, sitting and kneeling; in folding hands during

prayer, or lifting them high, stretching out palms to receive communion, making the sign of the cross. These are embodied forms of worship that we participate in, probably without realising it.

Our relationship with Christ does not have to be limited to our minds or hearts, we can honour God with our whole selves, as I am discovering during my runs.

Rev'd Jane





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Second Thoughts: “God in us”

Rev'd Peter seeks the divine within all of us

There is something of God in each of us. You can call it "soul" or Spirit or even DNA, but it comes down to a fundamental Christian belief that we are each made in the image of God. The creation stories differ in a number of ways, but in both the Creator puts himself at the centre of the miracle.



in the image of God.

Likewise, our sense of Justice. A child's first words are often, "It's not fair!" and we strengthen that intuitive understanding of fairness all through our lives.

So you and I are immensely blessed by having within us attributes and

potentials which stream

And he shares with us a number of faculties which we in an "accidental" creation simply would not have. So, for example, the capacity to love comes to us from God, who is Love and in whom we are nurtured. God shares with us the capacity to imagine and create; all our cultural, artistic life springs out of being made

from this. Our self-esteem can be fortified because we know that God loves and shares Himself with us in ways like these.

You are priceless and so am I! But even more than that our mission is to so live our lives that the God-in-us develops and flourishes. It is easy

to suffocate and strangle; we can, however, encourage the divine spark and become more like the image of God we have received.

And moreover if our faith really does motivate, then we must understand that there is something of God in every person we meet, as well as in us.

How differently we would behave if we really believed that! Our goal is not just to bring out the God-in-us, but to build a platform. It must be one that allows us to create the environment in which our interactions with one another are enabling the cup of water to be shared, the welcome to everyone is warm and charitable.

Finally, the divine nature of God means that He is eternal. As He shares that with us, we too are caught up and embrace life after death because that, too, is one of his gifts.

God bless,

Rev'd Peter



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PCC Update: June Meeting

A summary of discussions at the PCC meeting on Tuesday, 16th June 2026

This is the first in a regular series of items to keep our congregation informed about what is being discussed and decided by our Parochial Church Council (PCC).

Appointments: As this was the first meeting of the new PCC following the Annual Parochial Church Meeting, there were elections to some roles, including the Standing Committee (Amy Coke elected to join the Churchwarden and Treasurer), and the Electoral Roll Officer (Frances Wallace).

Pastoral reorganisation and vacancies: There is a proposal for a reorganisation of our Benefice. Under the proposal, St Nicolas' church will be brought into the joint Benefice, alongside the Good Shepherd and St Mary de Haura. There will be consultation on the proposal, so no immediate change. The recruitment of a priest for St Mary's is progressing as planned,

and there is a proposal to recruit a temporary House for Duty priest for St Nicolas. Retired clergy are helping to relieve pressure on existing clergy.

Finance: The church is facing considerable financial pressures as income is not currently meeting expenditure planned in the 2026 budget. Substantial fundraising is needed to avoid ending the year in deficit. Furthermore, We are looking for a Treasurer to replace Chris Diebel from December, as she has moved out of the local area.

Fundraising: Members of the FunRaisers (fundraising team) are worried that they are expected to raise £8000 in 2026 to meet the requirements of the budget which had been agreed by the PCC, based on the previous year's fundraising. This team is now more stretched since that time and desperately needs new and younger, members.

Church and hall fabric: The work on the mullions is estimated to cost £20,000. The PCC has agreed that the work is essential. Three grants have been applied for. The PCC will explore other funding options if this proves necessary. Depending on finance, it is hoped that the works can be carried out by the end of the year. Quotes are also being obtained for an estimated £7,000 work on the hall brickwork repair.

Youth and children: Numbers attending The Dock Youth Club have decreased, but the age range has been extended to include Primary Year 6. More helpers are needed for Sea Lights.

Safeguarding: The PCC received its regular report from Safeguarding Officer Catherine Mann. Work is under way to ensure the church's systems are completely aligned with Church of England requirements.

Shawl Ministry: The Archbishop of Canterbury has written to express thanks for the shawl made for her by the Shawl Ministry team.

The next PCC took place on 8th September. A summary will appear in the next ShoreLine.



"...and once you've done the flower arrangements, polished the pews, scrubbed the floor, shined the silver and taken a look at the problem with the boiler we wondered, well, you have to laugh, but all six bell-ringers are on holiday at the same time and..."

A prayer shawl for Archbishop Sarah

God moves in mysterious ways – and so does the Royal Mail, as Sheila Powell discovered.

In March, Rev Jane and the congregation of COGS blessed one of our Prayer shawls for Archbishop Sarah who was to be consecrated as the first female Archbishop of Canterbury the following week. We have just received this beautiful personal thank you letter from her which brought us great joy as we thought the parcel had been lost by Royal Mail.

Sadly, the "tracked, to be signed for" service for which we had paid had not worked. Sealed in a purpose-made bag purchased at the Post Office, correctly addressed to Lambeth Palace with my address on the back it was posted on the 24th March.



A few days later when I went online to track the parcel it said "Returned to Sender, Sorry we were unable to deliver this item on 26-03-2026 as the recipient is no longer at that address. We're returning the item to the sender"! As I had not received the parcel by the 11th April I went online again to track it and this is the message I received. "Your item was delivered back to the sender on 30-03-2026"!

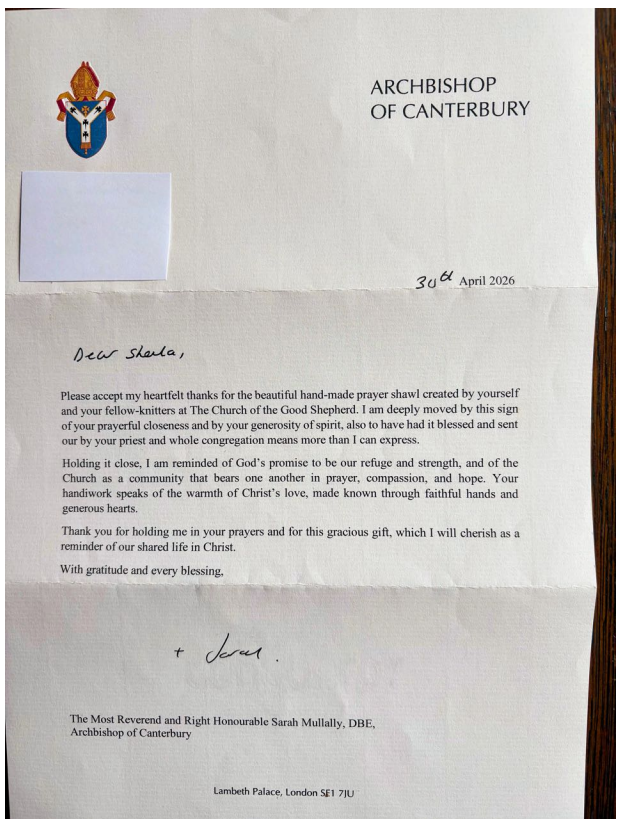
I tried to contact Royal Mail by phone and on their website unsuccessfully, none of the options on the automated systems were relevant and there was no opportunity to leave a message or speak to a real human. Then I visited the Shoreham by Sea sorting Office and a very helpful lady looked into the problem. She discovered that the parcel had been returned not to me but to an address in Lambeth (not Lambeth Palace) and had been signed for and there was a photo of a kitchen door. She advised me to try telephoning once more which I did, again without success. Putting a message on Royal Mail FB page only attracted a scammer.

Believing the parcel to be lost and our prayers for its safe delivery had not

been answered I was just about to claim for compensation when this wonderful letter arrived teaching me a lesson about prayer! God does not always answer in the way we think but when the time is right, we just need to persevere.

How the shawl eventually found its way to Archbishop Sarah will always remain a mystery.

Sheila Powell



Prayer as you begin to knit

From our shawl ministry group.

A blessing to my mind... *(pause)*

to be free to enter this time of contemplative activity...

A blessing to my hands *(pause)*

to be the source of creating something of beauty and love...

A blessing to my soul *(pause)*

to be open to the promptings of prayer and refection...

A blessing to my yarn *(pause)*

to be shaped into patterns of loving and caring...

A blessing to my needles *(pause)*

to be the holders of stitches as they become the whole garment...

A blessing to my knitting *(pause)*

to be a work of heart and hands, body and spirit...

A blessing on the one who passed this ancient art to me...

A blessing on the one who will receive the fruit of my prayer and my knitting...

May this shawl be welcomed in the spirit in which it was knit...

May we become one with the One who knitted each of us in our mother's womb.

We join our blessing, our prayer, and our knitting with women and men all over the earth in this common effort to bring healing and wholeness, comfort and celebration.

Amen

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The Summer Fayre

Photos from the event back in June, taken by Rev'd Jane & Jill Charlish





Christian Aid Week

Photos from the various events in May, by Jill Charlish



The Blessing of the Sea

Photos from the event in July, taken by Adam Tinworth



See more photos on the [ShoreLine](#) website

Hilfield Friary

Titus Foster introduces us to a place of spiritual refreshment and sanctuary

I was first recommended to Hilfield Friary in 1985 by my local vicar. At that time, I had just returned from A 10-year sojourn in India and had explored Indian spirituality without really knowing anything at all about Christianity, my native religion.

It was not long before I fell under the spell of Hilfield which most certainly did not disappoint, and I found myself staying for both short and then longer visits. Situated between Sherborne and Dorchester In delightful rolling Dorset countryside, Hilfield was originally founded in 1921 as a refuge for homeless tramps. However, a large portion of the work of Hilfield Friary was that it became a spiritual sanctuary for not only tramps but also spiritual Seekers from all over the world.

The place attracts people from all walks of life, especially as the place



was and is sanctified by the presence of First Order Franciscan Friars (these are friars who have dedicated their lives to the spiritual principles laid down by Saint Francis). There is a daily rhythm of prayer and hospitality and work open to guests and visitors alike no matter what their Creed or beliefs. However, there was no doubt that it is the friars who provide the potent spirituality and the joy for which Franciscans are famous.



What gives the Friary direction is the spiritual inspiration of St Francis of Assisi (1181-1226), wonderful Italian saint of tremendous charisma and spiritual power. He founded the Franciscan order which consists of full-time “First Order” Friars and also the Third Order (the lay Franciscan order on faith, love, poverty, obedience, and charity.)

These principles laid down by Saint Francis are to this day the foundation of Hillfield and a visit to the Friary makes this clear. There is a broad range of men, women, and families who not only support the friary as a going concern both spiritually but also ensure that

Hilfield Friary flourishes in its many aspects. At present, there are approximately half a dozen First Order Friars at Hillfield.

The Hilfield Experience is really not to be missed. It is a wonderful mixture of communal living and attractive Francis spirituality. Meals are taken communally and there is an excellent library. The influence of Saint Francis is still very much in evidence. I would recommend an initial visit of at least two or three days in order to get the full flavour of this unique captivating place.

Find out more at the website:
<https://www.hilfieldfriary.org.uk/>.

Titus Foster

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A reflection on International Women's Day

The story of the poem opposite

On the 115th anniversary of International Women's Day, marches and gatherings around the world have drawn attention to the many ways women continue to face violence, war, abuse, and oppression. Certainly, manifestations of these realities are not confined to one nation or political divide. Wherever we live today, we inhabit a world shadowed by conflict and injustice. The suffering of women and their families in one place echoes across the lives of others far away, reminding us how deeply interconnected our human dignity truly is.

As the Archbishop of Canterbury, Sarah Mullally, recently observed, we are living in a time when “hatred rises up through fractures across our communities”. Now, more than ever, people of faith and conscience are called to stand alongside every human being suffering violence in our world today. That sense of shared responsibility — across borders,

beliefs, and cultures — lies at the heart of International Women's Day.

This poem is written for all women, and for their families who suffer with them, wherever they are living under the weight of violence, war, or abuse. It is also written in the hope that, even in a fractured world, people may still find ways to build connection, compassion, and community across those divides.

On International Women's Day I also witnessed a young, pregnant Quaker woman movingly speak out against all violence irrespective of gender, at a gathering of Friends marking this anniversary in Brighton. She reflected that International Women's Day is not only about standing against gender-based violence, but also about standing against the violence that oppresses men, women, and children in many communities across the world. Her words were of striking moral clarity. They also helped inspire the call & response poem that follows.

Every Peaceful Woman and her family

By Dido Walker

When bombs rain down—
Who do they strike?

Every peaceful woman
And her family.

*(Crowd: Every peaceful woman and her
family.)*

When peace treaties are broken—
Who bears the cost?

Every peaceful woman
And her family.

*(Crowd: Every peaceful woman
And her family.)*

When truth is twisted
And lies are weaponised—

Who suffers first?

Every peaceful woman
And her family.

*(Crowd: Every peaceful woman and her
family.)*

When unspeakable sexual atrocities
Are used as weapons of war—

Who carries the wound?

Every peaceful woman
and her family.

(Crowd: *Every peaceful woman and her family.*)

Every mother, Every daughter.
Every sister.

Whose life is shattered by war and
abuse
Knows this wound.
And today—

On International Women's Day—
We remember them. We stand with
them.
We speak with them.

Because every woman,

And every family violated by war
Carries a brokenness
That echoes across the world.

And in that brokenness
We recognise something within
Ourselves—

A shared human fracture,
A call to stand together.

As for the violators—

In wounding others
They have wounded themselves.

Their hearts are like husks.
Their humanity desiccated

And the world asks:

Where will the light come from?

Will it come from power?
Will it come from armies?
Will it come from those profiting from
war?

No.

The light will come from people like
you
And I: People who refuse to look away.

Let the light come pouring through
The wounds they have inflicted.

Let the suffering of the innocent
Become a beacon.

A beacon for truth.
A beacon for justice.
A beacon for peace.

In our brokenness
May we find collective solidarity.

(Crowd: May the light shine through our
Solidarity.)

And, through that solidarity,

May the light of peace
And justice come pouring in.

As today and everyday, we remember:

Women who held their children
While the sky fell.

Women who survived
What no human being should endure.

Women who still rise
With courage the world did not give
them.

Their pain is not distant.
Their dignity is not forgotten.
Their Humanity
Is our Humanity.

So, today, why not let's make a promise?

That we will not look away.
We will not be silent.
We will not let their suffering
disappear into history.

For every woman whose voice was
taken—
we will speak.

For every woman whose body was
violated—
we will demand justice.

For every woman & family broken by
War—
we will stand.

And, if the world asks again:

“Where will the light come from?”

– Let it come from us

Let there be light, courage and solidarity

As we refuse to abandon one another

As together we say-

LET THE LIGHT COME POURING IN

**By Dido Walker — Non Exclusivist
Christian**

written on 8th March 2026

Coastline Harmony

Photos by Jill Charlsh from the fundraising concert held in August



Calling all knitters

Thank you to all who have knitted hats scarves and gloves in the past. Now that autumn has arrived it you feel like carrying on, or if anyone else would like to join, (there are patterns on their website).

I will be sending some more to the Mission at Christmas and Easter, so will be collecting between now and then. Thank you so much.

Caroline



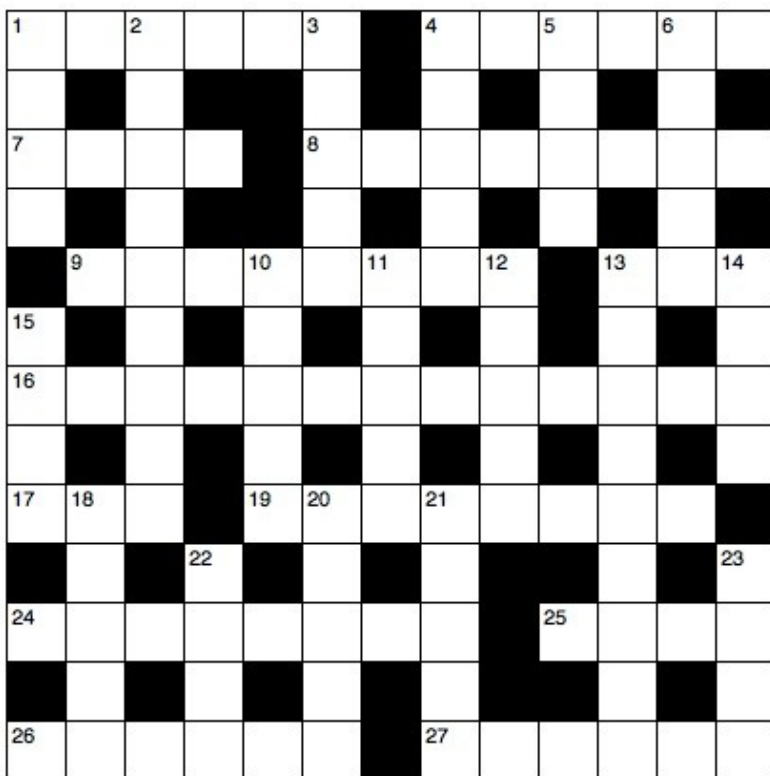
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Please contact Edgar Powell, in confidence, if you, or anyone you know, is in need.

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Across

- 1 'Unless the Lord builds the house, its builders — in vain' (Psalm 127:1) (6)
 4 Season of the year (Psalm 84:6) (6)
 7 'My soul is overwhelmed with sorrow to the point of death. — here and keep watch with me' (Matthew 26:38) (4)
 8 It came over the whole land from the sixth to the ninth hour on the first Good Friday (Luke 23:44) (8)
 9 Paul invariably did this in the synagogues he visited on his missionary journeys (Acts 17:2) (8)

- 13 'It is God who works in you to will and to — according to his good purpose' (Philippians 2:13) (3)
 16 Members of the Church of Scotland (13)
 17 'Now when he saw the crowds, he went up on a mountain side and — down' (Matthew 5:1) (3)
 19 Mock (Luke 14:29) (8)
 24 Disgrace (Psalm 44:13) (8)
 25 First month of the Hebrew calendar (Exodus 13:4) (4)
 26 Christianity of the Britons before Augustine arrived from Rome (6)
 27 Mean (Numbers 35:23) (6)

Down

- 1 'Whoever finds his life will — it' (Matthew 10:39) (4)
- 2 'My lord the king, let the — — on me and on my father's family, and let the king and his throne be without guilt' (2 Samuel 14:9) (5,4)
- 3 O raid (anag.) (5)
- 4 'If two of you on earth — about anything you ask for, it will be done for you by my Father in heaven' (Matthew 18:19) (5)
- 5 Take care of (1 Samuel 17:15) (4)
- 6 What the older son heard as he came near the house the day his prodigal brother came home (Luke 15:25) (5)
- 10 'Do not think of yourself more highly than you ought, but rather think of yourself with — judgment' (Romans 12:3) (5)
- 11 Do ten(anag.)(5)

- 12 Architectural style first used in Greek temples in the sixth century BC (5)
- 13 Capable of being used(1Kings7:36)(9)
- 14 'Each one should — his own actions'(Galatians6:4)(4)
- 15 Among the items imported by Solomon's fleet of trading ships (1 Kings 10:22) (4)
- 18 'But I am afraid that just — was deceived by the serpent's cunning, your minds may somehow be led astray' (2 Corinthians 11:3) (2,3)
- 20 Outstanding 18th-century hymn writer, — Watts(5)
- 21 One of the four sons of Asher(Genesis46:17)(5)
- 22 Be distressed(Proverbs24:19)(4)
- 23 He was the father of Gaal, who threatened rebellion against Abimelech (Judges 9:28) (4)

For answers to this crossword — see page 33.

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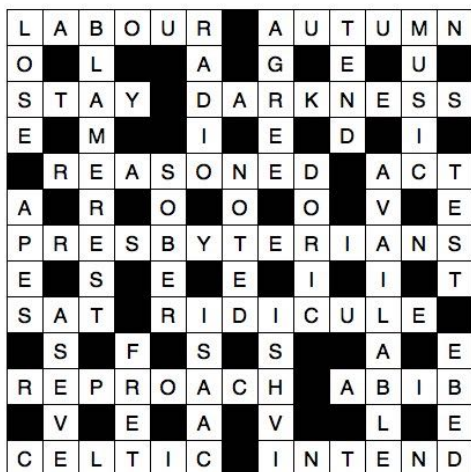
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The magazine is also available as a PDF file from the website above.

Any and all contributions are always welcome and should be sent to the Editor. Contributions should ideally be as a Word or rtf file.
Please send to the editor's e-mail above.

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...I take it our local supermarket has a rather good offer on tinned peas at the moment!

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Church Flowers	Linda Caffyn	01273 887226
CoGS Crafters	Chrystabell Young	07708 535025
Prayer Chain	Liz Beeston	01273 454685
Hall Bookings		01273 440202
	goodshepherdhall@gmail.com	
Organist/Accompanist	Simon Whitchurch	07951 317620
Choir Enquiries	Fiona West	07879 378678
Children's Society	Chris Davies	01273 253112
Ministers of Welcome	Lesley Ward	01273 249785
Altar Servers	Judy Short	07563 059681
Healing Book	Trish Holme	
	goodshepherdhealingbook@yahoo.com	
St Francis Fund	Edgar Powell	01273 453709
	stfrancisfund@yahoo.co.uk	
Electoral Roll Officer	Frances Wallace	

Last Thoughts: A Wee Trip

It has been, as our American friends say, a minute. The last issue of *ShoreLine* was over six months ago. I'd like to say that it was because I took a well-earned sabbatical as I approached my decade editing the parish mag. But, as many of you already know, it's more to do with the fact I had a bad accident back last Easter, and have been dealing with the consequences of finding myself unexpectedly lying on my back in Bristol, with my forehead over my eyes and my skull on show, ever since.

But it's not just that. My working life has changed, and my daughters – neither of whom were in school when I started editing *ShoreLine* – are now both in secondary school. The elder is working towards her GCSEs. I'm a governor at their school, with the responsibilities that entails. I'm now working four days a week for the university, not two and a half. Most evenings involve an element of Dad taxi. In short: I am struggling to find time to deliver *ShoreLine*.

At Jane's suggestion, we're going to try doing it quarterly, with updates between issues on the website. But, in an ideal world, someone would step



forwards who'd like to take it on, and get it back to a monthly schedule. Ten years is a long time to edit a parish mag. It has to be someone else's turn!

So – here's your opportunity. If you're interested, grab me for a chat in church, and I'll do what I can to help.

If no-one steps forwards... well, I'll see you back in *Last Thoughts* just in time for Christmas, misjudged kerbs willing.

Adam

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Useful Links

Church of England

www.churchofengland.org

Diocese of Chichester

www.chichester.anglican.org

Anglican Communion

www.anglicancommunion.org

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