

THE LINK

May / June 2026



RUSTINGTON
METHODIST
CHURCH

Your church in the community

How small a spark (Aldersgate)

How small a spark has lit a living fire
How small a flame has warmed a bitter world
How great a heart was moved to hope to dare
And bring the faith out in the open air

No boundary sign will stand against this faith
No wall restrain this preaching of the Word
The Good News travels on it rides the road
And draws to unity the realm of God

The single note becomes a psalm of praise
The single voice grows to a swelling choir
And born in song new stories now are sung
Of freedom chains unbound and loosened tongue

Thank God for all who listened and believed
Who still are by the Spirit set on fire
our hearts be warmed again, for Christ will wait
on beach, in upper room, or Aldersgate.

Dear Friends

This is one of those years when I get extra excited towards the end of May. Not because of the bank holiday but because this year Aldersgate Sunday and Pentecost fall on the same day, the 24th. The Methodist Church celebrates Aldersgate Sunday as the anniversary of an experience that John Wesley, one of its founders, had. He went unwillingly to a meeting on that night in 1738 where he listened to Luther's preface to the Romans being read, and felt his heart strangely warmed. I think of that as a sort of miracle since, although I haven't read it myself, I imagine it to be a somewhat turgid piece of writing. That experience had a life changing effect on Wesley which was to have immense implications for the church in this nation. For it was in the energy and enthusiasm borne out of this experience that the Methodist movement blossomed and grew. Was there ever a more amazing demonstration of the power of the Holy Spirit than this? Probably, but this is high on any scale of such things.

So, this year we can celebrate the coming of the Holy Spirit (Pentecost) with the most exceptional illustration, being the working of the Holy Spirit upon John Wesley, in that moment and in his life thereon. Yet we should not imagine we are merely celebrating a historical anniversary. This Holy Spirit is for us too; He has continued to empower God's people from the day of Pentecost that followed Jesus' ascension right up to today just as Jesus promised he would. Opening our eyes to the truth, revealing God's vision and direction, inspiring and guiding us as we seek to follow Jesus with obedience and integrity, and blessing us with peace, even in the midst of turmoil. Let us pray for one another that we might know that blessing each day. This year our Pentecost services are being led by the Revd Ben Scrivens, a former member of the church now serving churches in the Gatwick and Mole Valley Methodist Circuit, and leading the team in East Grinstead. If you come regularly or if you haven't been for a while, do come and celebrate the day with us.

Rosemarie

Coming Sunday Worship at RMC

May and June 2026

Date & Month	Timings	Preacher	
May 3 rd	9.30 & 10.45am	P Frost P Frost	
May 10 th	9.30 & 10.45am	Revd Rosemarie Clarke J Barnes	
May 17 th	9.30 & 10.45am	Revd Rosemarie Clarke Revd Rosemarie Clarke	AAW CDS
May 24 th	9.30 & 10.45am	Revd Ben Scrivens Revd Ben Scrivens	CA CA
May 31 st	9.30 & 10.45am	Revd Rosemarie Clarke D Parr	
June 7 th	10.00am	Revd Rosemarie Clarke	GCM
June 14 th	9.30 & 10.45am	Revd Rosemarie Clarke Revd Rosemarie Clarke	HC HC
June 21 st	9.30 & 10.45am	Revd Rosemarie Clarke Revd Rosemarie Clarke	
June 28 th	9.30 & 10.45am	M Lindo M Lindo	
July 5 th	9.30 & 10.45am	J Barnes J Barnes	

For more information, please contact the Church Office

rustingtonmethodistchurch@gmail.com

01903 776900

Labyrinth

Have you taken a walk around the Labyrinth yet?
If you would like to, it will be in operation
until after the first May bank holiday.



I would like to thank our wonderful gardening/maintenance team for all their hard work in getting it cut into the lawn, I know it was no easy task! It does look splendid and I have heard some very favorable comments from those who have taken a walk round it, finding it a very peaceful, serene experience and they have left feeling refreshed.

A Compelling Read, by Sue B

Let me give you the context of the book I am going to share with you. I work in a Church of England Primary School that has a soul. Our headteacher constantly strives to create an environment where children can thrive and flourish – not only academically or socially but also spiritually. The well-being of each child is crucial to how they learn.

He recently attended a local meeting of school leaders where this book, *Sticky Note Prayers* (by Phil Sokell-Miles) was discussed and considered as a useful way to help those in our care. It works around creating a physical space in school that children are able to visit. There they find a range of activities to help them think about their world, others in it and their own worth. To quote,

“Prayer spaces in schools enable children and young people, of all faiths and none, to explore these life questions, spirituality and faith in a safe, creative and interactive way.”

Phil explains using real life examples how, starting in Chichester in 1999, specially created spaces became important to children as a quiet place of reflection.

Why ‘sticky note’? Well one of the activities in the space invites children to write down questions and feelings on *post-it* notes. Some of these are reproduced in the book,

‘Why don’t we always feel you, God?’

‘Please help us with the world. I want to fix it.’

‘There are so many things I can’t forgive myself for. Can you forgive me God?’

Such deep questions and thoughts.

How prayer-spaces have helped the young grow is very uplifting.

I cannot reproduce lots of the book, but it has lots to say. A book you can pick up, read a few pages, put down and think about. It made me feel that my own faith had become rather shallow. I also think that it is not just for the young.

Some of our school parents are burdened with their own worries and I pray that we can find a place on our school premises where say a couple of times a week, any adult bringing a child to school can come in and find a place to reflect and find comfort. Similar activities would be there to use – or not – but all working towards sharing that they are loved by God and they are not alone.

A prayer space needs folk to support those using it. The book shares how some people felt called to help but were also very nervous and thought themselves inadequate. They had the courage in their own faith to keep on with their role and the book shares positive outcomes.

So, if this formula works in schools, why not other places?

I wonder if there are other locations where prayer spaces could become as well populated. Would the activities work if churches used them when open for prayer in the week?

And finally, a prayer I hope you will use from the book.

P.R.A.Y.

We pray for every child and young person who will visit a prayer space in their school today. Help them to PAUSE and be still.

May they know that you are with them, God.

Help them to REFLECT, to be honest
and open with themselves and with you too.

Help them to find a way to ASK you for whatever they need today.

And help them to YIELD, to say 'yes', to your invitation to them.

'Come and follow me today.'




SUMMER 2026
HOLIDAY AT
HOME

Get ready for a summer of fun at our upcoming Summer Holiday at Home! We've got a full programme of activities and entertainment that will make this the highlight of your summer.



**WEDNESDAY 29TH,
THURSDAY 30TH &
FRIDAY 31ST JULY**



**RUSTINGTON
METHODIST
CHURCH**

Save the date

Flower Rota

May/June 2026



Date	Donated by	Arranged by
May 3rd	D & C Straw	D Straw
May 10th	B Sweet	M Cocker
May 17th	M Swabey	I Eleveld
May 24th	S Baker	M Cocker
May 31st	S & J Grimmett	P Chapple
June 7th	R Hayes	I Eleveld
June 14th	J Clarke	M Cocker
June 21st	P Carr	D Straw
June 28th	R Waite-Jones	P Chapple
July 5th	L Tyler	I Eleveld

Help Please by donating towards our Flower Rota

There are 2 spaces available on our flower rota in August,
please let us know if you would like to donate
towards buying the flowers.

If you can help, please contact either
Doreen (01903 770372) or Margaret (07552716917)

Thank you.

Coffee and Games Morning

Every Thursday 10.30 – 12.30

Have you come and joined in with the fun and fellowship yet?

We will be offering light lunches twice a month starting in June on the 4th and 18th. In the summer there will be a choice of sandwiches, which you can order by 11.30, then they will be freshly made ready for you to enjoy from 12.30 – 1.30. When it is colder we hope to provide something a little more warming!

Rustington Methodist Church

COFFEE & GAMES MORNING

DON'T SIT AT HOME ALONE
COME AND JOIN US FOR A DRINK
AND CHAT - ALL AGES WELCOME
BOARD GAMES OPTIONAL

EVERY THURSDAY
10.30 - 12.30

Drinks, Biscuits, Games
and Friends

You're Invited
FREE ENTRY

"Poignant, elegant, and deeply moving."



LondonFringeTheatreReviews

HANDIWORK PRODUCTIONS
PRESENTS

IT IS
WELL
WITH MY
SOUL

THE MUSICAL

THE TRAGIC TRUE STORY BEHIND
ONE OF THE MOST BELOVED
HYMNS OF ALL TIME



West Sussex (Coast and Downs)
Methodist Circuit

Friday 8th May

7:00pm at

Offington Park Methodist Church

Tickets available from your local Methodist Church
or by scanning the QR code

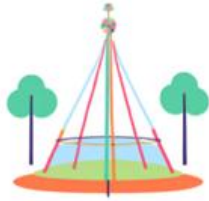


Two tickets for £20 or one for £13

"A truly remarkable show."

The Baptist Times

Handiwork



Mondays

9.30-3.30 **Rascals Pre-School Playgroup - During Term Time Only**
Contact Tracey Hubbard 07546 584314

Tuesdays

9.30-3.30 **Rascals Pre-School Playgroup - During Term Time Only**

Wednesdays

9.50-11.30 **Mod Mums - During Term Time Only**
Parents' group with crèches for those 0-5years
Contact via Facebook, search 'Modmums'

Thursdays

9.30-12.30 **Rascals Pre-School Playgroup - During Term Time Only**

10.00-11.00 **Bible Study - Weekly, *Most weeks to meet in Room 1***
Contact Church Office for more information

10.30-12.30 **Coffee and Games - Weekly, Meet in the coffee lounge. All Welcome.**
Contact Brigette Alexander c/o Church Office

2.30 **Stepping Stones - 1st and 3rd Thursdays of the month,**
Meet in the Church Hall from 2.00 pm
Contact Wendy Warrington 07526 433755
7th How do children learn to speak. Gill Thompson
21st Turning Tides Sarah Palmer

1.30-4.00 **Stitchers Group - 2nd & 4th Thursdays of the month,**
Meet in the Church Lounge to enjoy needlecraft and chat
14th & 28th Contact Elizabeth Slatter 01903 776707

Fridays

9.30-12.30 **Rascals Pre-School Playgroup - During Term Time Only**

2.30-3.30 **Come & Sing - 1st Friday of the month, *Meet in the Church Lounge***
Contact Lindsey Tilbrook 01903 724393

Sundays

9.30 & 10.45 **Church Services – more details on page Worship at RMC**

10.30 **Junior Church – During Term Time Only**

Winds of May that dance on the sea, dancing a ring-around in glee.
James Joyce

June

Mondays

9.30-3.30 **Rascals Pre-School Playgroup - During Term Time Only**
Contact Tracey Hubbard 07546 584314

10.30-11.30 **Topical Bible Based Discussion Group** – Meets fortnightly
followed by refreshments
Contact Anne Waters via Church Office

Tuesdays

9.30-3.30 **Rascals Pre-School Playgroup - During Term Time Only**

Wednesdays

9.50-11.30 **Mod Mums - During Term Time Only**
Parents' group with crèches for those 0-5years
Contact via Facebook, search 'Modmums'

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10.00-11.00 **Bible Study - Weekly, *Most weeks to meet in Room 1***
Contact Church Office for more information

10.30-12.30 **Coffee and Games - Weekly, Meet in the coffee lounge. For Everyone**
Contact Brigette Alexander c/o Church Office

2.30 **Stepping Stones - 1st and 3rd Thursdays of the month,**
Meet in the Church Hall from 2.00 pm
Contact Wendy Warrington 07526 433755
4th Bare Necessities' Anne Waters
18th Chiropractor - Part 2 Michelle

1.30-4.00 **Stitchers Group - 2nd & 4th Thursdays of the month,**
Meet in the Church Lounge to enjoy needlecraft and chat
11th & 25th Contact Elizabeth Slatter 01903 776707

Fridays

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2.30-3.30 **Come & Sing - 1st Friday of the month, *Meet in the Church Lounge***
Contact Lindsey Tilbrook 01903 724393

Sundays

9.30 & 10.45 **Church Services** – more details on page Worship at RMC

10.30 **Junior Church** – During Term Time Only

In early June the world of leaf and blade and flowers explodes, and every sunset is different. John Steinbeck



Rustington
Methodist
Church

Includes a Homemade Cake,
Biscuit and Produce Sale

BUTTIES & A BREW

Raising funds towards
a gazebo, making the area
more usable for the
Best Start in Life Family Hub
at Lyndhurst Road, Worthing

SATURDAY * JUNE 13TH
10 AM TO 12 PM
COFFEE LOUNGE AT
RUSTINGTON METHODIST
CHURCH

Explore THE Possibilities

WELCOME

JUNIOR CHURCH

Arrive from 10.30am

Term time on Sundays
During the 10.45am service

Songs, crafts and stories
from the Bible

LET'S GO
ADVENTURE

For ages 3 -16 years

We also have a crèche
for younger children

Search

faith

Rustington Methodist Church Hall,
Claigmar Road, Rustington, BN16 2NL
Call us: 07546584314
Email us: rascalsplaygroup@gmail.com

Rascals
PRE SCHOOL PLAYGROUP
RUSTINGTON METHODIST CHURCH

OUR OPENING HOURS:
Monday & Tuesday 9.30am - 3.30pm
Thursday & Friday 9.30am - 12.30pm

ESTABLISHED SINCE 1989

HIGH QUALITY FUNDED CHILDCARE

for 3 and 4 year olds and eligible 2 year olds

Professional team of staff, all fully qualified in paediatric first aid and Safeguarding

Ofsted
Good Provider

Manager: Tracey Hubbard

For more information visit our website www.rascalsplaygroup.co.uk
Or visit our facebook page Rascals Pre School Playgroup

MOD MUMS

From £2
First week
FREE

Because even adults need playdates ☕ 🎲 🍰

A lovely group of parents, carers, grandparents and everyone else who has little ones from newborn-5 years.

No need to book, just come along

Every term time
Wednesday

9:50-11:30

Rustington Methodist
Church BN162NL

Rustington Methodist Church



**'Souper'
Lunch**

Friday 15th May

12.00 – 1.30pm



Come in and Join us



Christian Aid exists to create a world where everyone can live a full life, free from poverty and injustice.

- Disaster after disaster has caused extreme poverty to rise, after decades of progress.
- With humanitarian crises like Ukraine and the Middle East filling the headlines of our news- papers and social media, there's no question that millions around the world wake up every day to the perils of living in a crisis.

10-16 May 2026

Christian Aid Week - 7 days to make a difference.

What can our **Church Family** do?

What will **you** do?

- Donate in a red envelope?
- Use the Gift Aid option if you pay tax?
- Take an envelope for friends or family?
- Come to the 'Souper' Lunch on Friday 15th?
- Help provide and / or make the lunch?
- Help with the Street Collection Friday 15th?
 - Take a tin to 'rattle' for 1 hr or 30mins?
 - Help count the money from the tins?

There is something everyone/you can do to help!

Together, we can make a difference!

Speak to Chris Clarke

Stepping Stones Ladies Club

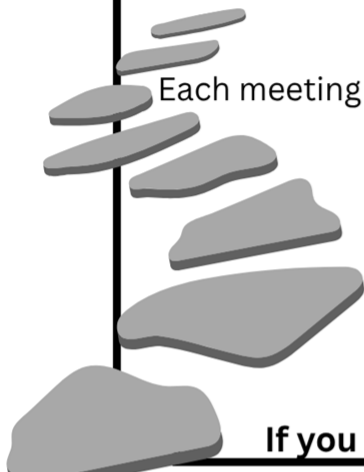


An afternoon group for ladies of any age who like hearing about a variety of interesting subjects, with speakers and occasional “do it yourself” sessions.

Meeting 1st and 3rd Thursdays of each month at 2.30pm (arrive from 2pm) in the Hall

Members pay £2 an afternoon, or you can be a visitor, twice only for £3

Each meeting finishes with refreshments which are extra special for *special* occasions!



If you require more information, please call Wendy: 07526 433755

Stepping Stones are raising money for Chestnut Tree House this year.

The children's aims to provide the best quality of life for children, young people and their families, and to offer practical, social and spiritual support throughout each child's life



Stitchers

Upcoming dates:

May 14th & 28th

June 11th & 25th

July 9th & 23rd

Meet on 2nd and 4th Thursdays from 1.30 – 4pm

Creating

Knitting, crochet, embroidery and patchwork are our main interests.

Achieve your project

Teasing out ideas and problems and gaining recognition of your achievements

Group support

Along with the cups of tea there is lots of chat and laughter

The next few weeks see us looking at ‘Stained Glass Patchwork’ and using a tulip design. Others will be producing items ready for the shoe boxes in the autumn.

The group has grown and it has become necessary to have a waiting list.

Contact Elizabeth Slatter for more information

bobelizabethslatter@gmail.com

07954 371148

Help for Ukraine

Wow! You were amazing!

The support from the Circuit Churches and Churches Together in Rustington and East Preston enabled us to send a third of a tonne of candles and other goodies to the people in war torn Ukraine. We worked through the charity Swindon Humanitarian Aid Partnership [www.shapuk.org]. Bob's car was packed to overflowing and driven to their warehouse to be shipped to Ukraine. Even your old candle stubs were melted down and made into trench candles to be sent to the front where often the temperature was -30.



Your support provided lighting and warmth and a means of cooking in a country where energy structures have been destroyed. In all areas - water supplies, heating, the internet and mobile networks have been disrupted. Basic humanitarian needs are compromised by the constant terrors of the invasive nature of the war.

You have made a difference; thank you!

Christine Clarke

EACH FIRST FRIDAY OF THE MONTH COME AND Sing!

EVERYONE WELCOME

Meet in the Church Coffee Lounge at
2.30pm for about an hour.

If you enjoy singing, or listening to hymns
and worship songs, then come along.



Date for your diary

FRIENDSHIP SINGERS' SUMMER CONCERT

**14:30
Wednesday
1st July**

Rustington Methodist Church Hall



*We are making good progress in rehearsing songs for our summer
concert to entertain you.*

Please make a note of the date now so that you don't miss it!

Churches Together in Rustington & East Preston present:

FAKE NEWS, SCAMS AND LIES: THE NEED FOR TRUTH



with

James Mildred

Director of Communications and
Engagement at Christian Action,
Research and Education (CARE)

Sunday 7th June, 6pm – 8pm

At the Parish Church of St Peter and St Paul, Rustington

Reserve tickets through **Eventbrite** or email:

- www.eventbrite.com
- ctrep2025@proton.me

<https://theneedfortruth.eventbrite.co.uk/>

Join us to delve into the topic of fake news, scams and lies, as well as exploring how powerful truth is in combatting these dangers, viewed from a Christian perspective

Fake News, Scams and Lies: The Need for Truth



Each year, churches across Rustington and East Preston join together to organise an open talk for the local community on a topic that touches us all. Last year around two hundred people assembled to explore artificial intelligence, while this year the subject is “Fake News, Lies and Scams: The Need for Truth”.

Increasingly we live in a world where truth is shaped, spun, and sometimes ignored altogether. Leaders make competing claims, voices online blur fact and fiction, and the vulnerable in society are exploited by deception and scams. At the same time, our culture tells us to look inward—to define our own truth and trust our own feelings. But what if that’s not where truth is found? What if truth exists outside of us—something solid, unchanging, and knowable? In a famous encounter related in the Bible Pontius Pilate, a Roman official, asks Jesus, “What is truth?”—a question more profound than he ever realised. Today, that question feels more relevant than ever.

In this year’s talk, James Mildred (Director of Communications and Engagement at Christian Action, Research and Education) will delve into this complex area, including what the Christian faith offers in a world struggling to agree on what is true. Prior to joining CARE, James worked in politics at the Scottish Parliament and Westminster. He is an elder at Trinity Road Chapel in Wandsworth.

**Join us on Sunday 7th June from 18.00 to 20.00
at St Peter and St Paul Parish Church, Rustington.**

There is no charge but please book early through the Eventbrite website:
<https://TheNeedforTruth.eventbrite.co.uk> or by emailing
ctrep2025@proton.me

Everyone welcome!



Littlehampton
& District
Foodbank
Together with Trussell

Helping local people in crisis

The local foodbank relies on your goodwill and support.

Over 90% of the food distributed by foodbanks in the Trussell Trust network is donated by the public – that's why your food donations are absolutely vital to their ability to give everyone referred to them a balanced and nutritious three day supply of food.

Their shopping list below shows the food items that they need right now. We have a large box for donation in the vestibule and the donations are taken over to the foodbank on a regular basis.

Wish list

- Toilet rolls
- Tinned meals (veggie or meat)
- Instant coffee
- UHT milk
- Treats (including Free From)
- Hot chocolate
- Squash & UHT fruit juice
- Rice pudding & custard
- Jam, peanut butter etc
- Tinned fruit

To give you some idea a typical food parcel includes:

Breakfast cereals - Tinned Beans - Tinned Meat - Rice - Soup -
Pasta sauce - Pasta - Tinned Vegetables - Tinned Fruit -
Tea - Coffee - Sugar - Biscuits

Precis of the Church Council Meeting held on Monday 16th March 2026

Present: Chair and 8 members present, 10 apologies

Trustee report for year ended 31/8/25 was agreed

Safeguarding: report received

Pastoral: Thanks expressed to pastoral visitors. RN recently celebrated 100th birthday. SM request for membership was unanimously agreed.

Finance: Half yearly accounts (1/9/25 to 31/1/26) were received. Noted that all large maintenance expenditure is being financed from reserves which is unsustainable in the long term. Annual donations approved (at the same rates as 2025). Consideration was given to the need to increase regular giving/ invite members to review their regular contributions.

Property: Conversation was held about the disposal of rubbish. Thanks were expressed for the gardening team. The meeting noted the Labyrinth created in the garden for Holy Week. Hall Kitchen – a few items still to be completed and instructions for some of the equipment to be produced. Locking wheels on the island unit to be replaced. Environmental Health paperwork - new documentation to be completed by all who use the kitchens, has been produced. Spring clean of the lounge kitchen and church - date to be proposed. Boundary brick wall was hit by a vehicle. Insurance claim and arrangements for repair being investigated. Safety arrangements in the meantime were discussed.

Stewards: Report received – new stewards sought.

Churches Together: Report received. Seminar 7th June on the subject of fake news.

Mission Plan: to be reviewed later in the year.

Appointments: to Communion Stewards and Property Teams were agreed.

Circuit News: Probationary minister appointed w.e.f. 1st September 2026 with care of Goring, Storrington and a coordinating role for youth work across the circuit. Felpham MC have appointed a family worker; their congregation has been boosted recently by the transfer of members from Bognor Regis MC on its closure.

AOB: Lyndhurst Rd Church has been leased out to West Sussex council and is currently used as a family hub for East Worthing. In order to expand their work, they would like to erect a pagoda at the rear (cost circa £1500) and the circuit is inviting circuit churches to raise some funds towards this in support of the work that they do. Suggested RMC hold a coffee morning.



THE LINK

**Co-ordinator & Editor:
The Church Office**

Contributions for the next issue of The Link
to reach the Church Office by 12 noon

on Monday 15th June 2026

Please email your contributions to:

rustingtonmethodistchurch@gmail.com

It is requested that items for THE LINK
be produced using **size 16 font**

Any pictures or images used must have the
appropriate copyright permissions.

DEADLINES

The Church Office will do their best to include contributions
however, we may not be able to include material
if it is submitted late. The Church Office reserve the right
to make editorial decisions.

As well as printed copies, you can find The Link on our website,
<https://rustington-methodist.co.uk/the-link>

Donations towards the cost of
THE LINK are welcomed.



YOUR CHURCH IN THE COMMUNITY



RUSTINGTON METHODIST CHURCH

KNOW GOD'S LOVE, GROW IN GOD'S LOVE, SHOW GOD'S LOVE TO ALL

Minister

Reverend Rosemarie E.G. Clarke

Mobile: 07736 713247

Church Office: 01903 776900

Email: rosemariec@btinternet.com

Layworker

Brigette Alexander

Mobile: 07757 717730

Church Office: 01903 776900

Email: brigette.rmc@gmail.com

Church Office

Church Office: 01903 776900

Email: rustingtonmethodistchurch@gmail.com

Website

rustington-methodist.co.uk

RUSTINGTON METHODIST CHURCH

Claimar Road, Rustington

BN16 2NL

Registered Charity Number: 11343

