

THE LINK

September / October 2026



RUSTINGTON
METHODIST
CHURCH

Your church in the community

Coming Sunday Worship at RMC

September and October 2026

Date & Month	Timings	Preacher	
September 6 th	10 am	J Carr	
September 13 th	9.30 am 10.45 am	Revd Rosemarie Clarke Revd Rosemarie Clarke	
September 20 th	9.30 am 10.45 am	Revd Rosemarie Clarke Revd Rosemarie Clarke	HC HC
September 27 th	9.30 am 10.45 am	Revd Rosemarie Clarke Revd Rosemarie Clarke	Harvest Harvest
October 4 th	9.30 am 10.45am	E. Bates J Tanner	
October 11 th	9.30 am 10.45 am	A. Cook A. Cook	
October 18 th	9.30 am 10.45 am	Revd Rosemarie Clarke Revd Rosemarie Clarke	HC HC/Cafe
October 25 th	9.30 am 10.45 am	B. Quint B. Quint	
November 1 st	9.30 am 10.45 am TBC	MJ. Newman MJ. Newman Revd Rosemarie Clarke	Mem

For more information, please contact the Church Office
rustingtonmethodistchurch@gmail.com 01903 776900

Dear Friends

I write the morning after the big event! I speak of course about the partial eclipse. Last night, armed with my special cardboard glasses I made my way down to the beach, thinking it would be really good to watch the eclipse from a memorable place. One '99', a diet coke and a paddle later, having shared the beach with half of the population of Sussex (or at least it felt like that), I returned home.

Memory tells me that the first eclipse I experienced was when I was about eight and it happened whilst I was at school but research hasn't managed to substantiate that. I remember that the sky went dark, it felt very cold and strange – and it was actually quite frightening. Consequently, I confess I was distinctly unimpressed by last evening's event. However, in the continuing sunshine I was reminded of the verse from John 1:5 'The light (the Son!) shines in the darkness, and the darkness has not overcome it.'

This week I was delighted to receive a copy of this year's Methodist Prayer Handbook – my 'reward' for having submitted and had accepted a prayer and photograph to go in it. The photograph was of Rascals boot tree. Yesterday I received an e-mail, from someone who had just taken delivery of their copy of the handbook, which referred to the picture:

'Having run a Methodist Toddler Group for many years, your picture of the Boot Tree carried me down distant memory lanes, as well as towards those still waiting to be explored.

The diversity of shapes, colours, and sizes; the odd ones; and those half-hidden in the shadows of the more prominent boots at the top all spoke to me.



The star on the sole, seeking the light, reminded me of Daniel 12:3, 'Those who are wise will shine like the brightness of the heavens, and those who lead many to righteousness, like the stars for ever and ever. '

The message closed with a prayer that those little boots lead their owners onto the path of discovering God's kingdom.

So, I leave you with the thought that we never know what thoughts or actions our words and pictures will spark in others.

Rosemarie

WEST SUSSEX (COAST AND DOWNS) METHODIST CIRCUIT

Welcome Service

Preacher the Reverend Conrad Hicks

You are invited to join us to welcome

**Revd Liam
Sheridan**

&

**Mrs Julie
Swann**

Join us at Rustington Methodist Church

on **Saturday 5th September**

at **6 pm**

Refreshments
after the service
in the Church Hall



Flower Rota

September/October 2026



Date	Donated by	Arranged by
Sept 6 th	S Bingham	M Cocker
Sept 13 th	W Wood	I Eleveld
Sept 20 th	E & B Slatter	A Waters
Sept 27 th	B & S Richards	D Straw
Oct 4 th	C Brown & R Niemantsverdriet	Team
Oct 11 th	S Ingle	P Chapple
Oct 18 th	A Waters	A Waters
Oct 25 th	A Linter	M Cocker
Nov 1 st		I Eleveld

Help Please by donating towards our Flower Rota

There are spaces available on our flower rota in November and December, 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.

“What shall we offer our good Lord?”

A preaching series on our offerings to God.

13th September 2026— OFFER YOUR TIME

Ecclesiastes 3:1–8 — “For everything there is a season...”

Ephesians 5:15–16 — “Make the most of every opportunity, because the days are evil.”

20th September 2026 — OFFER YOUR WEALTH

Malachi 3:10 — “Bring the whole tithe into the storehouse...”

2 Corinthians 9:6–8 — “God loves a cheerful giver.”

27th September 2026 Harvest Festival – OFFER YOUR LIVES

Joshua 24:14–15 — “Choose this day whom you will serve... as for me and my house, we will serve the Lord.”

Luke 9:23–24 — “Take up your cross daily and follow me.”

Fire Evacuation

Thank you to everyone who co-operated with our Fire Evacuation on Sunday 26th July.

Everyone did exactly as they should and with good grace.

In case you didn't notice, just as we had finished our exercise a Fire Engine drove down Clagmar Road. I thought this was a fitting end to our exercise!

Elizabeth



Holiday at Home 'On Safari' 2026



All the group gathered for a fabulous 'Sip and Paint' afternoon, where we had lots of laughter drinking mocktails and painting parrots, and what realistic looking parrots we all produced.



On Thursday we had a real treat, organised by the incomparable Amanda Medler and Karen Harrison, Safari team games. Which included hilarious games like Pin the tail on the Zebra, Elephant Trunk Bowling and Giraffe Ring Throwing, and we have pictures to prove it!



The Winning Shot!





The final day saw us all being entertained by the amazing ukulele band and another of Margaret White's Fantastic Quiz.



The mornings were filled with various 'themed' crafts, conversation, a safari jigsaw and various games followed by lunch.



It was a busy but fun filled three days. It was such a joy seeing and hearing the laughter and fellowship all around.



The background of the poster is decorated with watercolor illustrations of autumn-themed items. At the top left, there are branches with leaves in shades of purple, red, and orange. To the right of these are two pumpkins, one in yellow and one in orange. On the left side, there are green leaves. On the right side, there are yellow leaves and a single orange pumpkin. At the bottom left is a large green pumpkin, and at the bottom right are yellow pumpkins and a branch with small red berries.

Rustington Methodist Church

HARVEST

Festival

27TH SEPTEMBER

WORSHIP AT 9.30
AND 10.45AM

BRING AND SHARE
LUNCH AND COFFEE
FOLLOWING

10.45 SERVICE

ALL WELCOME

HARVEST FOOD FESTIVAL 2026

SUPPER PICK 'N' MIX

Help us this Harvest by gifting directly to those experiencing homelessness, to help nourish their health and support their wellbeing.

Pick 'n' Mix from the list below, organise a collection or shop and drop.

TINS

- MEAT & VEGGIE MEALS ☐
- CORNER BEEF & HAM ☐
- TUNA & FISH ☐
- FRAY BENTOS PIES ☐
- SPAGHETTI HOOPS ☐
- FRUIT & VEG ☐
- CUSTARD ☐
- RICE PUDDING ☐

PACKETS & JARS

- POTNOODLES ☐
- INSTANT SUPER NOODLES ☐
- INSTANT PACKET MEALS ☐
- COOK-IN SAUCES ☐
- MICROWAVE RICE ☐
- CUP-A-SOUP ☐
- RICE ☐
- INSTANT PORRIDGE POTS ☐

SWEET AND SAVOURY

- CEREAL BARS ☐
- BISCUITS ☐
- CRISPS & NUTS ☐
- SWEETS & CHOCOLATE ☐
- SAVOURY CRACKERS ☐

DRINKS

- INSTANT COFFEE ☐
- BOTTLED WATER ☐
- JUICE CARTONS ☐
- MILK/MILK ALTERNATIVE ☐
- SQUASH ☐

HOW CAN YOU DONATE?

Sign up to receive our Gift List and Newsletter to learn more about what we do and how you can support us this Harvest and beyond!



SCAN ME

Email donations@turning-tides.org.uk

Phone 01903 680742

Visit www.turning-tides.org.uk/donate-goods



Drop off Monday, Tuesday, Wednesday, Thursday 9am - 2pm
CLOSED FRIDAY & BANK HOLIDAYS
Unit 2, Dominion Trade Centre,
Dominion Way West, Worthing,
West Sussex, BN14 8NT.

Donate via our Amazon
Wishlist and send
essential everyday items
direct to us!



SCAN ME

Drop off Monday- Thursday.
Collections available on
request.



**RUSTINGTON
METHODIST
CHURCH**

Please bring your
donations to Rustington
Methodist Church on or
before our Harvest
Services on Sunday 27th
September



September



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 Families (Previously Mod Mum)** - During Term Time Only
Parents' group with crèches for those 0-5years
Contact via Facebook, search 'Mod Families'

Thursdays

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

10.30-12.30 **Coffee and Games** - Weekly, Meet in the coffee lounge. All Welcome.
Contact Brigitte 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
3rd Welcome back and Bingo
17th Local Suffragettes Angela Tester

1.30-4.00 **Stitchers Group** - 2nd & 4th Thursdays of the month,
Meet in the Church Lounge to enjoy needlecraft and chat
10th & 24th 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

Happily we bask in this warm September sun, which illuminates all
creatures. Henry David Thoreau



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Meet in the Church Hall from 2.00 pm
Contact Wendy Warrington 07526 433755
1st Caring for your ears Phil and Maria
15th Dance Part 2 Snow

1.30-4.00 **Stitchers Group - 2nd & 4th Thursdays of the month,**
Meet in the Church Lounge to enjoy needlecraft and chat
8th & 22nd Contact Elizabeth Slatter 01903 776707

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October is the opal month of the year. It is the month of glory, of
ripeness. Henry Ward Beecher

“I don’t know! Prayer

Did you know there’s a prayer called the
“I don’t know! prayer?”

You just go somewhere quiet and you sit at
the feet of God and you say “I don’t know.”

I don’t know where to go from here.

I don’t know what is happening.

I don’t know how to process this.

I don’t know what to do with these emotions.

I don’t know how to handle this situation.

And then with whatever little grain of
faith you have, you say, “but You know.”

And you leave it there.

God most certainly hears your prayer.

Declare Amen.

Suggested inclusion by Angela Linter, with thoughts of her brother.



*Explore
The Possibilities*

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**

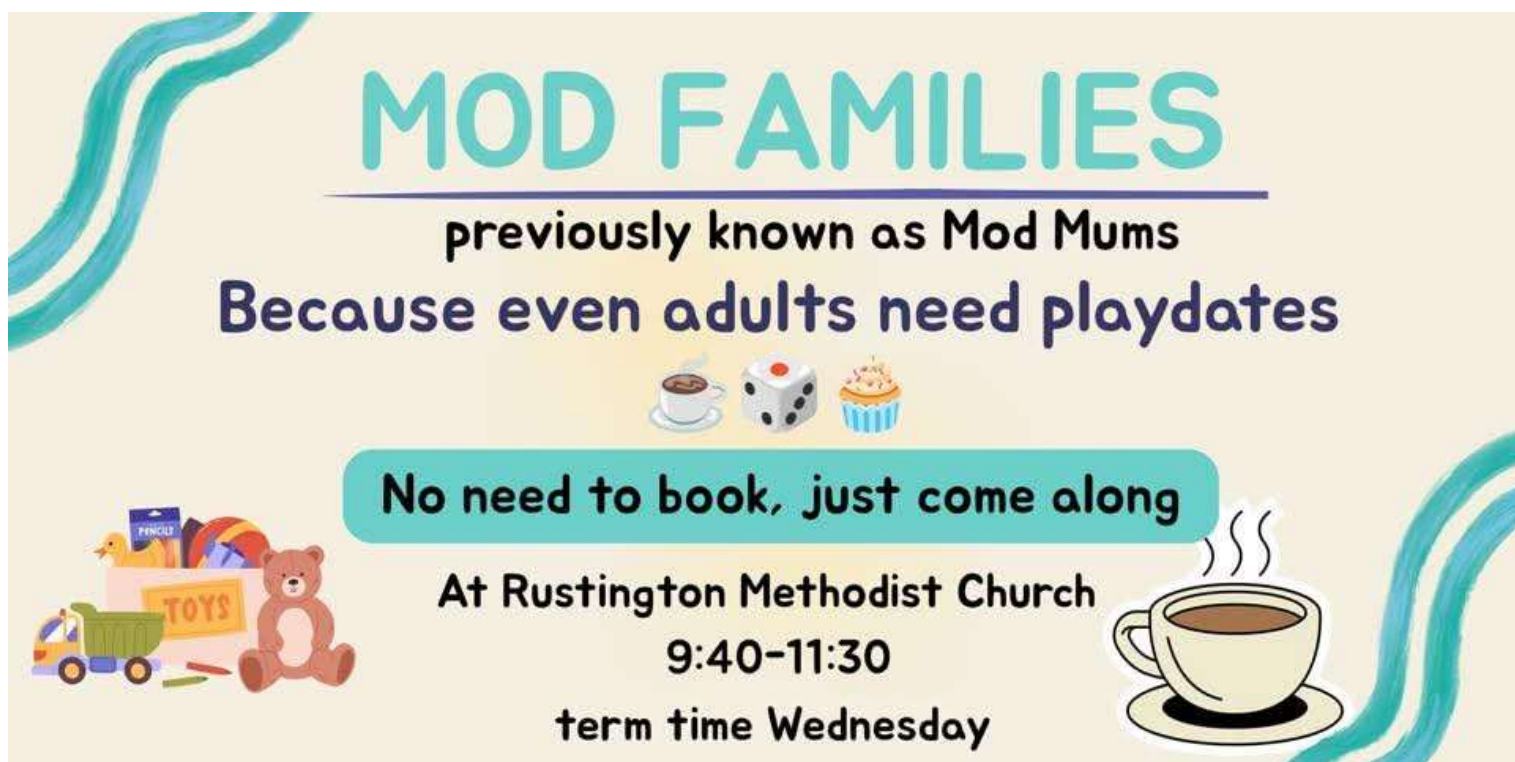
for 3 and 4 year olds and
eligible 2 year olds

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 FAMILIES

previously known as Mod Mums

Because even adults need playdates

No need to book, just come along

At Rustington Methodist Church
9:40-11:30
term time Wednesday

RM Singing Group/Choir



We have been running for a year now and things have evolved over that time. We had hoped to find some instrumentalists to add to our happy group but as yet they are proving rather elusive! We are still keen to add to our numbers. If you like singing please do come along, rehearsals are usually on a Wednesday afternoon at 3pm for an hour but it is NOT every week, please check the notice sheet or speak to Brigette or Kay for dates.

We offer regular opportunities for people to share their musical gifts, however great or small they may be. The importance and joy of singing and making music is something that is to be celebrated; it is good for our own well-being and has a real potential to bless others, as we worship together on Sundays. Bands and Choirs are great fun for everyone, so whether you are an accomplished musician or very much a learner, your contribution will be welcomed. We encourage any of you who are interested to 'give it a go' don't think about it, come and join in!

Link to Hope Family and Elderly Appeal 2026

We are joining the Shoebox Appeal again this year!

We will collect items in the church vestibule each week through September and October - please see the list of suggested gifts overleaf to help you shop!

In October, we shall also have envelopes available for donations of money towards additional items and transport costs (£3 per box).

It is always such a blessing to receive the beautiful hats, gloves and scarves that some of you knit or crochet with love, as well as all the other wonderful gifts – thank you in eager anticipation!!

We filled and wrapped a fantastic 152 boxes in 2025!

SHOPPING ITEMS OF THE WEEK

From Sun 6 th Sept	toothpaste, toothbrush, shampoo (400ml or smaller), safety razors
13 th Sept	soap and flannel, hairbrush, combs, nail clippers
20 th Sept	small games – playing cards, dominoes, draughts
27 th Sept	candles and holders, new mugs, wooden spoons
4 th Oct	work gloves, tape measure, screwdriver, new socks
11 th Oct	colouring pens, pencils or crayons, small colouring books (A5)
18 th Oct	notepads and pens, reading glasses, sensory items (lavender bags/stress balls)
25 th Oct	small toys - cars, bouncy balls, tennis balls, skipping rope etc small soft toys (CE label)
1 st Nov	lady's fabric scarves, new make-up, hairbands, hot water bottles
8 th Nov	solar-powered calculators, sewing kits

SAVE THE DATE: THE BIG WRAP on SATURDAY 14TH NOVEMBER

With love, thanks and prayers,

Bec

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.

4th Sept & 2nd Oct



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

You're Invited
FREE ENTRY

**Drinks, Biscuits, Games
and Friends**

We will be offering a light lunch on 1st and 3rd weeks.

A choice of sandwiches, which you can order by 11.30, will be freshly made
and ready for you to enjoy from 12.30 – 1.30.

A Rocha UK's Easy Eco Tips for September, October and November 2026

SEPTEMBER

During this period of the church calendar, many churches celebrate Harvest, thanking God for his provision through the land and the food that it produces. If you are part of a church or community, suggest that a service or gathering has a Season of Creation focus. Prayers, worship, teaching and the offering could focus on creation. Could there be an activity with a creation focus too?

Explore more Season of Creation resources at: arocha.org.uk/what-we-do/season-of-creation

OCTOBER

Greening your home this Autumn. Tackle climate change and reduce your heating bills by finding and reducing the draughts in your home. Find the gaps that let cold air in and warm air out (keyholes, letterboxes and gaps around windows, doors, loft hatches and floorboards for example). Do what you can to fix these gaps - there are lots of tutorials on how to do this online. It's also a good time to prepare for winter by putting radiator reflector foil or baking foil behind the radiator. This will reflect heat back into your room.

NOVEMBER

As winter creeps in, homes are really important. God calls us to give nature a home, too. Does your garden have a bird feeder? Could your balcony or windowsill do with some plant life? If you don't own the house you could make a case to the homeowner for a bird box, hedgehog highway or whatever. (For a hedgehog highway do make sure the neighbours are OK with you making a small hole in a shared fence). Why not gather your housemates, friends and family to discuss how a new recycling, heating or transport arrangement might work for you all - you'll go further together!

For more eco-tips, sign up to A Rocha UK's Wild Christian email:

arocha.org.uk/wild-christian



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

Creating

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

Achieve your project

Tease out ideas and problems, try new techniques and gain recognition of your achievements

Group support

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



Some of our
'Stained Glass
Patchwork' Tulips

Upcoming dates:

Sept 10th & 24th

Oct 8th & 22nd

Nov 12th & 26th

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

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!

Sep 3rd Welcome back and Bingo

Sep 17th Local Suffragettes with Angela Tester

Oct 1st Caring for your ears with Phil and Maria

Oct 15th Dance Part 2 with Snow

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

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

The children's hospice provides the best quality of life for children, young people and their families, and offers practical, social and spiritual support throughout each child's life.

Rustington Methodist Church Facebook Page

Thank you so much to everyone who has followed the Church Facebook page and has been liking and commenting on the things that have been shared. If you haven't yet – what's holding you back?

To follow the page head to

www.facebook.com/RustingtonMethodistChurch or search for **Rustington Methodist Church** on Facebook.

You can also scan the QR code with your phone camera, which will take you directly to the page.



After following the page, remember to like the posts you see, add comments to posts and share with others.

Currently we share weekly 'What's on This Week' posts, service information, event details and prayers. It would be wonderful to share messages from our congregation on the page too.

If you have:

- a favourite memory or experience from Church
- a group or activity you love joining at Church
- just want to share what you love about Rustington Methodist Church

We would love to hear from you. Either message the Facebook page or email the Church Office and we will use your messages to create new posts.

Thank you, Gemma

Church Administrator

Wisdom from Junior Church

We love these brilliant drawings by Jazz, one of our 9-year-old Junior Church members!

They give us a sweet reminder of what really matters. It's so easy as adults to get caught up in asking for life's everyday "ice creams" (the quick fixes and little treats) and forget the bigger picture.

These pictures are a lovely nudge for all of us to enjoy God's creation, but to keep our hearts and prayers focused squarely on Him.



LITTLEHAMPTON
COMMUNITY
FRIDGE

www.faredivide.org.uk/littlehamptoncommunityfridge



Have you been to one of our Monthly Charities Market in the Church Hall yet this year? It's there every first Saturday of every month for 2026.

A tabletop sale with lots of goodies and new and pre loved bargains, books, jigsaws etc and home bakes to enjoy with a tea or coffee.

In September the Community Fridge fundraisers will be there alongside Littlehampton Lions, Wadars, Arundel and Littlehampton Scouts, the Lotus Lamb and Animal Sanctuary and the Friends of St Barnabas House Hospice with their tombola.

In October it is just the Community Fridge fundraisers who will be having their big autumn sale. All the usual new items to include Halloween and Christmas goodies, new clothes, books, jigsaws, Retro bake cake stall and tombola.

Here are the dates for your diary.

SATURDAY 5th SEPTEMBER 10.00 am - 12.00 noon

SATURDAY 3rd OCTOBER 10.00 am - 1.00 pm

RUSTINGTON METHODIST CHURCH HALL

***Please come and support our fundraising for these good causes,
we would love to see you. Everyone is welcome.***



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 12th October 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

**Claigmar Road, Rustington
BN16 2NL**

Registered Charity Number: 11343

