



# Good News

## October 2020

Dear Friends,

From my study window I am just starting to see the changing colours of summer giving way to autumn.

We are moving from the vivid greens of summer and the occasional burst of colour from the odd flower in a final flourish. We move towards the stunning reds and oranges and vibrant yellows of autumn. The shortening days bring with them a change in light and have gifted us in recent weeks with some awesome pink skies and stunning sunsets, as well as a change in the blue tones of the sea.

Those of you with green fingers (of whom I suspect there are many- I've seen many well cared for gardens as I've walked around the parish in this first month) may well be enjoying the last of your harvest of fruits and vegetables and thinking up new and inspired recipes for chutneys and jams.

It is after all that time of year when we give thanks for the harvest!

This year, however, we are encouraged to think of the harvest in much broader terms.

In my sermon on Harvest Sunday I encouraged us all to think about what we have that we are thankful for. I also encouraged you to consider each new day as an opportunity for giving thanks for the gifts we have received- a miniature harvest festival!

In addition to our thanksgiving for the traditional harvest- where we particularly give thanks for the fruits of the land. This year we are encouraged to recognise everything as a gift from God, just as we are encouraged to do in Deuteronomy chapter 8.

If everything is a gift from God, then the greatest of all these gifts is life itself and so our miniature harvest festival can become a daily thanksgiving.

Chief among all thanksgivings is the eucharist this becomes and is the ultimate harvest festival.

In this special feast that is celebrated and shared by Christians throughout the world we offer back to God what he has freely given us. This is why we place our gifts, in the form of money, onto the altar at the collection with the words 'All things come from you, and of your own have we given you'.

This is why we place bread and wine onto the altar with words of thanks to the God of all creation. The bread and the wine of the altar are the transformed grape and grain from the land: and as we receive these transformed gifts we too are transformed.

And this is why bread and wine become for us the broken body and outpoured blood of Christ, giving himself for us. And in that very act, transforming us into people who will give ourselves for others.

So, as we journey into the next season and appreciate the changes in weather and our surroundings as signs of God at work all around us, let us give daily thanks for that in our miniature harvest festivals.

Let us allow that transformation to impact all areas of our lives and all those we meet.

Mthr Lucy  
Curate-in-Charge

## PRAYER

Eternal God,  
you crown the year with your goodness  
and you give us the fruits of the earth in their season:  
grant that we may use them to your glory,  
for the relief of those in need and for our own well-being;  
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.

Collect for Harvest  
Church of England Times and Seasons.

This year's Harvest food collection went to the Bognor Regis Foodbank- the work of this charity is even more vital now, than ever before. Please continue to support the work of the Foodbank as often as you are able and in whatever way you can.



**SUPPORT FOR THE FOODBANK IS MORE IMPORTANT THAN EVER.**  
**FINANCIAL DONATIONS THAT HELP SHOPPING TO BE DONE BY THE FOODBANK CAN BE MADE HERE**

<https://bognorregis.foodbank.org.uk/give-help/donate-money/>

**Desperately needed this week:** rice pudding, tinned vegetables (peas, carrots, inc. potatoes), instant mashed potatoes, tinned pasta (spaghetti, ravioli, macaroni cheese), tinned rice pudding, sponge puddings, tinned fruit, tinned meat, squash/ fruit juice, coffee, spreads (jam, peanut butter, marmite, chocolate spread), toiletries (shampoo, conditioner, shower gel, hand soap, deodorant). You can now make your donation through online supermarket shops. More details can be found here. Many thanks for your ongoing support of the Foodbank. Please pray for its work and volunteers, and for the increasing number of people who rely on its service.

### **FACEBOOK.**

"We now have linked pages across Facebook, Instagram and Twitter. If this is your thing (or indeed your children/ grandchildren's) then please do find us by searching:

**@StThomasPaghams** on all three sites.

Please 'like', 'follow' and 'share' our pages. This will be a valuable way to engage with some of the local community and to share news, photographs and information on services.

P.S. If you've previously become 'friends' with the Thomas Becket Facebook profile this is now deactivated, so please 'like' our page instead!"

### **The streets we will pray for this month are:**

Swandene, Sylvia Close, Tabard Gate, The Byeway, The Causeway, The Close, The Court, The Crescent, The Dunes, The Fairway and The Glade.

### **We remember those who have died:**

Jim Druce, Ian Daniel, Stephen Leggatt

**Sponsorship: This edition is kindly sponsored by Michael Morrison in memory of his parents, David and Bessie.**

### **CONTACT DETAILS**

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