

The United Messenger

A monthly magazine for two churches
in the Central Sussex United Area

Mick Mulley Editor

March 2026



Mothering Sunday

15th March



Palm Sunday

29th March

Team Ministers:

Rev'd Memona Shahbaz (01323 739785) and Rev'd Paul Tabraham

Message from the Editor...

DEAR READERS

Welcome to March's United Messenger.

First of all I want to apologise for January's issue of the magazine. I had started editing it but then the file crashed so I had to redo it from scratch. However, I missed a letter from Yvonne Joyce. I have included it in this edition. (*See page 7*). Sorry Yvonne.

Thank you Maggie for your photographs and as I explained to you that not all photos get put in the magazine and photos that are similar I will only put in one copy. I know I ask for contributions but not necessarily just photos. If you sent this in December it could very well come under what happened in the paragraph above.

Yes I need contributions but not just a photo.

Thanks to Parishpumps.co.uk for extra content this month.

Mick

Sundays of March 2026

1 st March	2 nd Sunday of Lent
8 th March	3 rd Sunday of Lent
15 th March	4 th Sunday of Lent - Mothering Sunday
22 nd March	5 th Sunday of Lent – Passiontide begins
29 th March	Palm Sunday
5 th April	Easter

Contributions for April's magazine should be with me by:

Friday 20th March please. Thank you.

Dear Church Family

"May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope."

Amen  Romans 15:13

DEAR BROTHERS and sisters, thanks for your fruitful ministry and especially I appreciate your efforts in delivering the magazine to friends who are unable to attend church. Some of them have expressed interest that they want to know more about the power of prayer and fasting, through church magazine.

As we have entered into the sacred season of Lent, let us learn about it.

Lent is a time for reflection, meditation, and a deeper exploration of our relationship with God.

Lent is very important time of the year, which encourages us to examine our lives and draw closer to God.

Fasting, an essential/important practice during this season, teaches us self-discipline and dependence upon God.

As we read in Matthew 6:16-18, Jesus taught, *"When you fast, do not look sombre as the*

hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, anoint your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

Fasting has roots in the Old Testament. Here are some individuals from the Bible, who prayed and fasted, I also mentioned the relevant verses. Please take your Bible with you and whenever you have time during Lent, read these verses so you will understand more the power and significance of pray and fast.

1. Moses:

- Duration: 40 days and nights
- Reference: Exodus 34:28

2. Elijah:

- Duration: 40 days and nights
- Reference: 1 Kings 19:8

3. Esther and the Jews:

- Duration: 3 days
- Reference: Esther 4:16

(Continued on page 4)

(Continued from page 3)

4. Daniel:

Duration: 21 days (*partial fast, no pleasant food*)

- Reference: Daniel 10:2-3

5. Nehemiah:

- Duration: 4 months (*though not specifically stated as a continuous fast*)

- Reference: Nehemiah 1:4

6. The people of Nineveh:

- Duration: 3 days (*proclaimed fast*)

- Reference: Jonah 3:5

7. King Jehoshaphat:

(*Duration is not specifically mentioned*)

- Reference: 2 Chronicles 20

New Testament

1. Jesus:

- Duration: 40 days and nights

- Reference: Matthew 4:1-2

2. The early church (leaders in Antioch):

- Duration: *The exact duration is not specified, but they fasted while seeking God's guidance*

- Reference: Acts 13:2-3

3. Paul:

- Duration: 3 days (*he fasted after his conversion*)

- Reference: Acts 9:9

This list highlights significant moments of fasting that demonstrate its importance in

seeking God, repentance, and preparation within Bible.

These acts of fasting reflect humility before God and a longing for His healing, deliverance, grace and mercy.

As we have entered into this Lenten journey, let us remember the teachings of Jesus about fasting—not for outward appearances but as a private/personal expression of devotion to God. May we also focus on the reading Scripture, meditate on it, spending time in prayers giving alms (helping people, who are in need around us), and loving God and our neighbours. May God give us His wisdom to do so.

As we enter this solemn period of Lent, let us embrace fasting as not just abstaining from food, but as an act of drawing closer to God, seeking His guidance, and preparing our hearts for the celebration of Easter. However, it is essential to approach fasting thoughtfully and responsibly. Most importantly I want to suggest/encourage anyone considering fasting to consult their doctor or (GP) general practitioner to ensure it is a safe practice for your health.

May this Lent season
(Continued on page 10)

Treasurer's Report - Broadway United

THE COMMUNION Collection for

January was for the Blind People of Eastbourne and raised £78.15.

The Communion Collection for February was for Memory Lane, Eastbourne and raised £87.00.

The Communion Collection for March is for Beachy Head Chaplaincy.

Please give Generously to these Charities.

The Offertory for January including standing orders and envelopes amounted to £1,470.65 and the amount raised through

hiring of our premises came to £707.50.

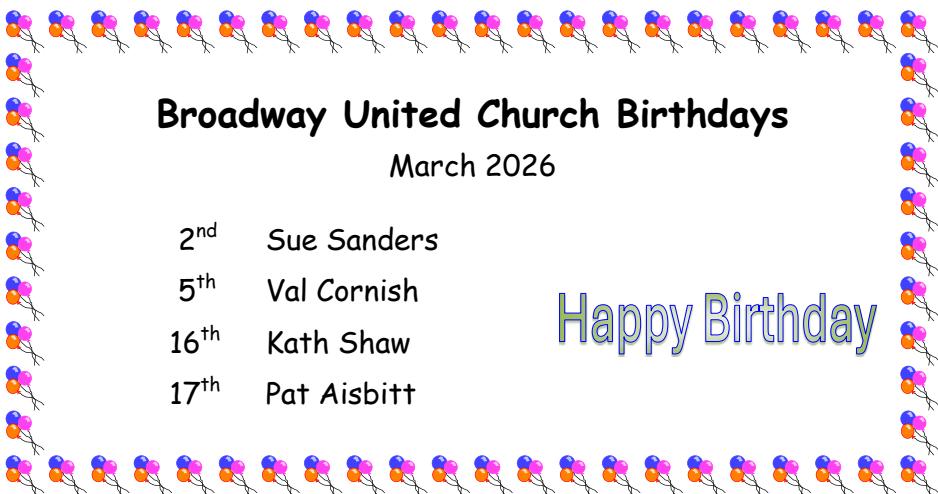
The expenses for January including URC and CSUA was £1,661.00 for the Ministry.

Utilities for January was £586.66 The United Messenger was £18.75.

There was a blockage in the toilets which cost £120.00.

The rubbish in the grounds of our Church still mounts up. It seems like a constant battle to keep it looking tidy. Please help when you can. The gardener used to do this. We are saving £600 a year.

John Donoghue



Broadway United Church Birthdays

March 2026

2nd Sue Sanders

5th Val Cornish

16th Kath Shaw

17th Pat Aisbitt

Happy Birthday

EQUIP - New Bible Book Shop

EQUIP IS located up the stairs/lift on the Waterfront at the Harbour.

It is a lovely, well stocked, friendly and even has comfortable sofas where you can sit to read.

I bought some Easter cards to put out in our card rack.

Please do visit and encourage them.

It is associated with Kingsway but stands as an independent business.

Many thanks. Kath

The image shows a dark purple rectangular card for 'Equip. Eastbourne'. At the top, 'Equip.' is written in large yellow letters with 'Eastbourne' in smaller letters below it. Below this is a horizontal line with the text 'BIBLES - BOOKS - CARDS - GIFTS & MORE'. Underneath is the heading 'OPENING TIMES' in white. A table below lists the opening hours for each day of the week:

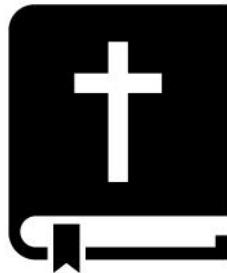
MON	9:30AM - 5PM
TUE	9:30AM - 5PM
WED	9:30AM - 5PM
THU	9:30AM - 5PM
FRI	9:30AM - 5PM
SAT	9:30AM - 5PM
SUN	CLOSED

At the bottom of the card, the address '20 THE WATERFRONT, EASTBOURNE, BN23 5UZ' is printed.

St Barnabas Church

LENT BIBLE STUDY 2026

Theme: Prayers Jesus Prayed



Friday 6th March 11am

Friday 27th March 11am

Informal session for about an hour

All are welcome

Bibles available in church or bring your own

A Letter from Yvonne (Broadway)

I **WOULD** like to thank you all for the support and prayers you have given to me and my father Bryan who has been very ill since 19th October with a fall at home and again on 22nd November when he was admitted back to hospital with suspected pneumonia. We had to wait 20 hours for an ambulance!

Dad got worse throughout the night with various phone calls back with the ambulance service which they recorded for the doctor, still no ambulance. But I lifted us both to our dear Lord God and put it in his hands, we both prayed and I remembered the service Rev. Paul Tabraham gave us on Matthew 11:25-30 "*Come to me, all who are heavily burdened*", Psalm 121, the Lord's prayer and some praise songs which got us throughout the night.

I have never felt so scared and alone but knew that I was with our Lord and he was with us all the way.

When the ambulance finally came and took dad I

followed on, the doctor could not wait to see me. She said that I had got him throughout the night and she had been listening to the recorded messages that I was a brilliant daughter. I was overwhelmed and said it was not me Our Dear Lord got us through this "*Praise the Lord*" she was amazed and said are you a Christian Family in total dismay.

The Doctor went off to get the X-ray results and came back to say that it was not pneumonia, however he has a urine infection and severe blood pressure and gave me a big hug and said I am a different culture than you but I amazed at your Christian faith in the lord.

I can now say that dad came home from hospital on Friday 5th December and will recover at home to enjoy Christmas with the family .Thank you Mona for coming to visit dad in the hospital and Terry much appreciated, God bless you all and have healthy new year. With Christian Love always.

Yvonne x

A Pre Christmas get together

A **BELATED** photograph of our jolly get together for fun, games and food at Glynis's just before Christmas.

Maggie



Broadway United Church

Every second Saturday of the month

~~Coffee Morning~~

~~8th March 2026~~

~~10am~~

Sorry not available this month

St Barnabas Church

Every first Saturday of the month

Coffee Morning

1st March 2026

10am

Come along after you do your shopping

1st March - St David (Dewi Sant)

On 1st March Wales celebrates its patron saint, David - or, in Welsh, Dewi or Dafydd. He is revered wherever Welsh people have settled. As with most figures from the so-called 'Dark Ages' (he lived in the sixth century), reliable details about his life are scarce, but there are enough for us to form a picture of a formidably austere, disciplined, and charismatic leader, who led the Church in Wales through turbulent years and fought tenaciously for the faith.

It's likely that David was strengthened in his ministry by time spent in Ireland, where the Church was stronger and more confident. Early records tell of a meeting of Irish church leaders with three 'Britons', as they were described, among them 'Bishop David'.

That he founded a monastery at Menevia, in Pembrokeshire, seems beyond doubt. It later became the site of St David's cathedral and the settlement which is now the smallest city in the United Kingdom. From Menevia, David embarked on preaching and teaching missions across Wales, and probably beyond. His

eloquence was legendary.

At a famous Synod of the Church, held at a Carmarthenshire village called Brefi, he preached passionately against the Arian heresy - indeed, so passionately that he was (according to some accounts) immediately named as Archbishop of Wales. The village is now known as Llandewi Brefi - *brefi* in Welsh is a hillock, and legend claims that it appeared miraculously, in order to provide the eloquent bishop with a pulpit.

The date of David's death is disputed - either 589 or 601. It wasn't until the 12th century that he was generally accepted as the patron saint of Wales, and pilgrimages to St David's were highly regarded in the following centuries - including two made by English kings, William I and Henry II.

It's traditional for Welsh people to wear daffodils on St David's Day (*Gwyl Dewi Sant* in Welsh) - but there seems no particular reason for it, beyond the fact that they tend to make their early Spring appearance round about his day - oh, and they look nice!

Margaret Deacon,

IT IS with a heavy heart I want to inform you of the passing of our beloved sister, **Margaret Deacon**, who has peacefully slept in Christ.

Sister Margaret lived a remarkable life as a true believer, and she will be deeply missed by all of us in the congregation.

I want to request each of you to keep her family in your prayers, asking that God grants them His peace and comfort during this difficult and painful time.



Mona

(Continued from page 4)

deepen our faith and open our hearts to the transformative power of Christ.

Let us pray,

Loving and gracious Father, as we enter this Lenten season, grant us wisdom to pray, fast, and help those in need. Give us the discipline to read and meditate on Your Word daily. Help us to fast with sincerity and purpose, drawing closer to You. May our hearts overflow with love for our neighbours, and may our acts of kindness shine as a reflection of Your love. In this time of reflection, may we come before You with humble hearts, renewing our vows as a sign of penitence. Cleanse us and make us whole.
In Jesus' precious name, we pray. Amen. 



Blessings to you all,

Mona

15th March - Mothering Sunday

MOTHERING SUNDAY - the fourth Sunday of Lent- offers families an opportunity to honour the women who have nurtured them. Lots of different streams and traditions have come together to make today's Mothering Sunday the special day that it is.

In the Middle Ages it was an occasion for everyone to visit their 'mother' church - the place where they had been baptised. Later, an opportunity for those who worked away from home to visit their mothers became added to the mix of reasons to make it a special day.

Today we honour all women who have in one way or another been special to us, and in church this is usually signalled by small bunches of flowers for every woman present.

Treating mums and grans to Sunday lunch, chocolates and flowers is also part of the present mix. And will there be a simnel cake to be seen - a tradition from ages past - with its rich layers of marzipan, and eleven balls of marzipan on top, reminders of the 11 disciples who remained faithful to Jesus?

Not everyone has enjoyed a wonderful or enduring relationship with their mum, so lest we get carried away on a wave of love and sentimentality, there is usually space in the Mothering Sunday church service to reflect on and pray for those whose relationships with their mother were not all they might have been.

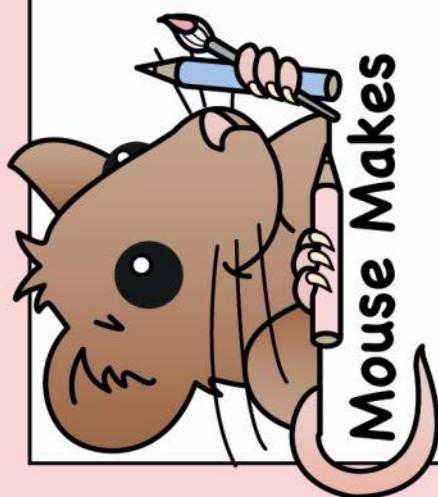
Also, there are the families blighted by the lack of, or death of a child; families remembering a mum who died tragically young; women who never had a child but would have dearly loved the op-

(Continued on page 16)





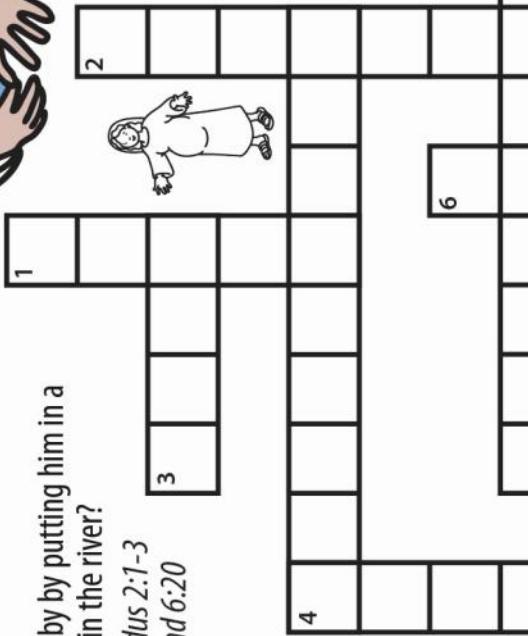
The Bible has many stories of mothers who had great faith in God. With their love, care, encouragement and prayers their children grew up to be great people of God.

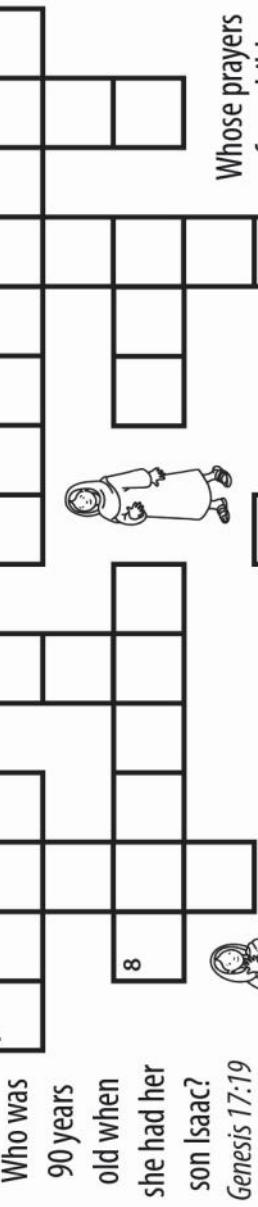


Mouse Makes

Who saved her baby by putting him in a basket in the river?

*Exodus 2:1-3
and 6:20*





Across

3. **Obed's** mother
Matthew 1:5

4. **John's** mother
Luke 1:57-60

7. **Reuben's** mother
Genesis 29:32

8. **Joseph's** mother
Genesis 30:22-24

9. **Jesus'** mother
Acts 1:14

Down

1. **Boaz's** mother
Matthew 1:5

2. **Solomon's** mother
1 Kings 1:11

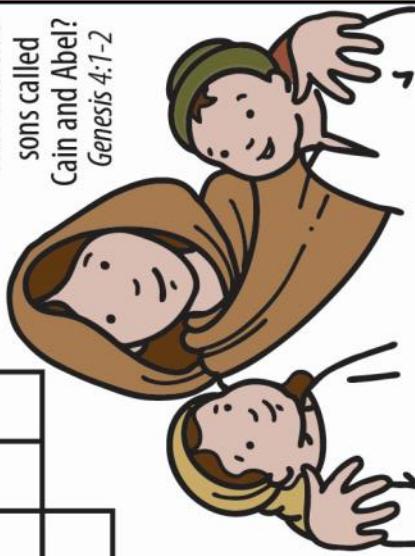
4. **Timothy's** mother
2 Timothy 1:5

5. **Ishmael's** mother
Genesis 16:15

6. **Jacob and Esau's** mother
Genesis 25:21-26

9

Who had two
sons called
Cain and Abel?
Genesis 4:1-2



Answer the questions then put them into the crossword

Four new members at St Barnabas

AT ST. Barnabas Church, in the beginning of the new year, in January, we had a wonderful service where we warmly welcomed four new members into our congregation. It was a joyous occasion as we celebrated the Feast of Holy Communion, coming together in faith and gratitude. We are very thankful to God for this blessing.

In the welcoming service, church minister and councillors extended the right hand of fellowship to our new members, we worshipped God together by singing the favourite hymns of our new members, creating beautiful memories for all.

Mona



Palm Sunday & Holy Week

THE EVENTS of Easter took place over a week, traditionally called Passion Week. It began on Palm Sunday. After all His teaching and healing, Jesus had built a following.

On the Sunday before He was to die, Jesus and His followers arrived at Jerusalem. The city was crowded. Jewish people were arriving from to celebrate Passover. This commemorates how they had escaped from slavery in Egypt nearly 1,500 year earlier.

Jesus rode into the city on a young donkey. He was greeted like a conquering hero. Cheering crowds waved palm branches in tribute. He was hailed as the Messiah who had come to re-establish a Jewish kingdom.

The next day they returned to Jerusalem. Jesus went to the temple, the epicentre of the Jewish faith, and confronted the money-changers and merchants who were ripping off the people. He overturned their tables and accused them of being thieves. The religious authorities were alarmed and feared how He was stirring up the crowds.

On the Tuesday, they challenged Jesus, questioning His au-

thority. He answered by challenging and condemning their hypocrisy. Later that day Jesus spoke to His disciples about future times. He warned them about fake religious leaders; the coming destruction of Jerusalem; wars, earthquakes and famines; and how His followers would face persecution.

By midweek the Jewish religious leaders and elders were so angry with Jesus that they began plotting to arrest and kill Him. One of Jesus' disciples, Judas, went to the chief priests and agreed to betray Him to them.

Jesus and the 12 disciples gathered on the Thursday evening to celebrate the Passover meal. This is known as the Last Supper. During the evening, Jesus initiated a ritual still marked by Christians – Holy Communion – which commemorates His death. Jesus broke bread and shared it and a cup of wine with His disciples.

Judas then left to meet the other plotters. Jesus continued to teach the others and then went outside into an olive grove to pray. He even prayed for all future believers. He agonised over what was to come but chose the way of

(Continued on page 17)

How God works

A grandmother was taking her young grandson for a walk in the park. The daffodils were in bloom, and it was a beautiful Spring day. Wanting to encourage her grandson's spiritual understanding of the world, she said: "Doesn't it look like an artist painted this scenery? Did you know God did all this?"

Her grandson replied: "Oh yes, and God did it left-handed, too."

In astonishment, the grandmother asked what he meant. "Well, He must have done," said her grandson, "because we learned at church last week that Jesus sits on God's right hand."

(Continued from page 11)

portunity; all these and more are a recognition of the imperfections of human love, human life.

These imperfections can be brought in prayer to the God who mothers us. In the Old Testament, Isaiah speaks of God comforting His people like a mother hen. In the New Testament, both Matthew and Luke bear witness to Jesus expressing His desire to gather His people as a mother hen gathers her chicks under her wings. Yes, God has strong maternal qualities which He invites us to discover and enjoy!

Have you discovered the mothering, nurturing, maternal qualities which God offers to all people? It's lovelier than flowers, more long-lasting than simnel cake, better than a visit from family, and it's free to everyone who wants it - it could be yours!

*Revd Roy Shaw, a retired but active priest in the diocese of York,
where he is a spiritual director.*



Granny retired? You've got to be kidding....

THE IDEA that grandmothers retire into an unburdened world of gardening and tea-drinking, golf and knitting is no more than a pleasant fantasy these days.

Instead, nearly 63% of grandparents provide some sort of childcare to their under-16-year-old grandchildren. That amounts to around seven million older people, aged mostly between 55 - 74.

As many as one in three is doing the school run. Nearly one in five is spending more than 10 hours a week giving other childcare.

America has a nickname name for them: the 'granny nannies.'

Granny nannies do it for good reason: to enable their own children to be able to work longer hours. But granny nannies not only care for their grandchildren, they may also be providing comfort for elderly relatives of their own – and hold down a part-time job at the same time.

Perhaps Super-Granny-Nannies is the correct name for them!



How many church members does it take to change a light bulb?

What do you mean **CHANGE**???

That light bulb was given in memory of my grandmother! My father installed it with his bare hands! He donated his time AND the use of his ladder to do it, too! My family's been members of this church for four generations! And if you think you're going to come in here and make a bunch of changes all of a sudden, vicar, you've got another think coming!

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obedience. The Bible book, Luke, records Him praying, '*Father if you are willing, take this cup from me; yet not my will but yours be done*'. Minutes later Judas arrived with soldiers and the chief priests and Jesus was arrested.



Jesus said... - Poem

Jesus said

“I am the Good Shepherd, the One who looks to the sheep. I will look after you always and from all danger keep”.

Jesus said

“I am the door to the sheepfold, the One who protects his sheep. I will look after you always in my arms, forever keep”.

Jesus said

“I am the light of the world, the One who brings an end to darkness.

I will look after you always, look to the light for you I will bless”.

Jesus said

“I am the bread of life, the One who feeds his flock.

I will look after you always, I am

your rock”.

Jesus said

“I am the Way, the Truth and the Life, the One who shows you the way.

I will look after you always, your sins with my life, repay”.

Jesus said

“I am the true Vine, the one who nurtures his sheep.

I will look after you always, a harvest for God to reap”.

Jesus said

“I am the Resurrection and the Life, the One who restores you to living.

I will look after you always...in thanksgiving, reliving, forgiving”.

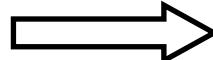
“For.... I AM”

© Glynis Avery 2025

THE **FOUR** East Team Churches will come together for worship on Maundy Thursday, and our CSUA friends are warmly invited to join us as we walk together through these profound days of reflection and hope.

Singers are especially welcome to be part of the united choir, helping to bring the story to life through expressive music and song as we trace the events of Holy Week in a moving and creative way.

Further details can be found on the poster...



EAST TEAM UNITED WORSHIP for MAUNDY THURSDAY



April 2nd 2026 - 7.00pm

**at: St. Barnabas United Church
34 Kingfisher Drive
Eastbourne. BN23 7RL**

**when everyone is most welcome to
share in a service of music, hymns,
readings and Holy Communion**



**If you would like to be part of the
united choir please let your Church
Secretary know or contact Jennie
at tcwsec@gmail.com or phone
01323 484189**

**REHEARSALS at St. Barnabas:
Saturdays: March 7 @ 2.00pm &
March 28 @ 10.30am
Fridays: March 13 & 20 @ 7.00pm**

Community Lunch - Broadway

Date: 27th MARCH 2026

Price: £6

Time: 12.45

Fruit Juice

Fish Pie and two Vegetables

Fruit Crumble and Cream

Tea or Coffee

To book a meal ring Val on 01323 487990 All diets catered for

AT THE time of this magazine is going to print I learn of the passing of Pam Edwards.

More details next month.

JD Hair Salon

16 The Broadway, Hampden Park BN22 0AS

07722175570

(the salon is in Harmony Health)



Joanne Dzendzera

joannedze@gmail.com

Who's who at BROADWAY United Church

Elders:

Sue Sanders: Senior Elder

01323 505866

- * Pulpit supply
- * Catering Convener
- * Link with Community
Lunches
- * Junior Church

Les Aisbitt:

- * Link with Property
- * Sound System

Caroline Braybrook:

** Dpty Authorized person for weddings*

Pauline Buchan

Alison Flynn:

** Authorized person for weddings*

Sue Miller

- * Pianist

Kath Shaw:

- * Cradle Roll
- * Bible Readers Coordinator

Ruth Rowland:

- * Door stewards coordinator
- * Link with Junior Church

Val Cornish

Stu Miller :

- * Sound system

Denise Woodfin

People with other responsibilities:

John Donoghue

* Church Treasurer

2XG

Email: jdonoghue38@gmail.com

Pat Aisbitt:

* Letting Steward
buchurch21@gmail.com

Steve Waters:

* Church Council Secretary:
Email: bucms2024@gmail.com

Mick Mulley 07985 932783

- * Worship Leader
- * Weekly Newsletter,
- * The United Messenger
(Monthly magazine)
- * Broadway Praise Singers
- * Website:

<https://broadwayunitedchurch.co.uk>

The Cottage
2 Levett Avenue
Polegate
BN26 6LW

Email: mjmulley@gmail.com

Jolly Pett 07743374887

* Safeguarding Officer

broadwaychurchsafeguarding@gmail.com

ST BARNABAS Rota details for MARCH 2026

1 st	Vestry: Corridor: D/Stewards: Reader:	Allie Bowles Clive Elrick Anne Wielding Brenda Jenkins
8 th	Vestry: Corridor: D/Stewards: Reader:	Brenda Jenkins Hazel Elrick Pat Beeney Allie Bowles
15 th	Vestry: Corridor: D/Stewards: Reader:	Clive Elrick Janice Crompton Brenda Jenkins Hazel Elrick
22 nd	Vestry: Corridor: D/Stewards: Reader:	Pat Beeney Anne Wielding Hazel Elrick Anne Wielding
29 th	Vestry: Corridor: D/Stewards: Reader:	Hazel Elrick Allie Bowles Clive Elrick Janice Crompton

If you are unable to fulfil your duty, please arrange to change with someone else. Thank you.

Thoughts and opinions expressed in this magazine belong solely to the author, and not necessarily those shared by Broadway Church, St Barnabas Church, ministers or the editor.

Who's who at ST BARNABAS Church

Church Secretary:

Janice Crompton 01323 639042

Email: jancrompton@hotmail.com

Lettings * Property * Preachers Coordinator

* * * * *

Treasurer:

Janice Crompton 01323 639042

Email: jancrompton@hotmail.com

Catering Convenor * Safeguarding Officer
“Make Lunch” link

* * * * *

Church Councillors:

Val Attwood

Allie Bowles

Shon Shahbaz

* * * * *

Brenda Jenkins

Readers/ Stewards Rota Coordinator * Worship Leader

Services at St Barnabas for MARCH (09.45am)

1st **Stuart Dew**

8th **Rev'd Brian Wightwick**

15th **Rev'd Memona Shahbaz** (*Mothering Sunday*)

22nd **Local Arrangement**

29th **Rev'd Memona Shahbaz** (*Communion*)

Services at Broadway for MARCH (10am)

1st **Mick Mulley** (*AAW*)

8th **Rev'd Memona Shahbaz** (*Communion*)

15th **Jolly Pett** (*Mothering Sunday*)

22nd **Rev'd Paul Tabraham**

29th **Elizabeth Beattie** (*Palm Sunday*)

ELDERS (Broadway) March

1st **Val and Stu**
8th **Kath and Ruth**
15th **Caroline & Sue Sanders**
22nd **Ruth and Val**
29th **Stu and Denise**

DOOR ROTA (Broadway)

1st **Sandra**
8th **Val**
15th **Pat**
22nd **Glynis**
29th **Maggie**