



**The Broadway United Church**

*The Broadway, Lindfield Road,  
Eastbourne, BN22 0AS  
<https://broadwayunitedchurch.co.uk>*



**St Barnabas United Church and  
Christian Centre**

*Kingfisher Drive, Eastbourne*

# THE UNITED MESSENGER

*A monthly magazine for two Churches in the Central Sussex United Area*



Photos of  
Mona's talk  
about Pakistani  
weddings  
(See pages 12-  
13)

Team Ministers:

**Rev'd Memona Shahbaz** (01323 739785)

**Rev'd Paul Tabraham**

# October

**2024**

## From the editor...

**D**EAR READERS

Welcome to October's edition of your Church magazine.

There is a lovely tribute to John Ruckes by his family (See pages 3, 4, 5 and 6).

Mona gave an interesting talk on Pakistani weddings and people were able to sample some dresses and clothes. (See pages 12 and 13),

Enjoy your read.

**Mick**

### Accident

As my five-year-old son and I were heading to McDonald's one day, we passed a car accident. Usually when we see something terrible like that, we say a prayer for whoever might be hurt, so I pointed and said to my son, "We should pray."

From the back seat I heard his earnest voice: "Dear God, please don't let those cars block the entrance to McDonald's'.

The Broadway United Church Annual General Meeting will take place after the Service on **Sunday 20<sup>th</sup> October**.

Please could I ask for Church Reports to be provided to me as soon as possible to enable me to prepare for the Meeting.

**Steve Waters**  
Church Council Secretary

## John Ruckes



*This is a journey we all must take,  
and each must go alone.  
It's all part of the master's plan  
A step on the road to home.*

**J**OHN WAS such a lovely person, sincere, true, and faithful Christian believer. He was a great helper, passionate singer, (always singing beautifully, knew almost every hymn).

He was always coming to church well dressed. Trying to talk with everyone, and he knew how to engage in conversations with all age people.

I remember that he was always happy to take part in the church services, in plays, Carol singing, joint church services, DGH services, and for coffee morning he was baking delicious cakes.

He was also a great pastoral carer. He was trying his best to be in touch with everyone through phone calls, emails and greeting

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cards.

His funeral service was so graceful and great number of people attended and gave their last tribute to John, he will be missed by us all.

He was 20 years old when he accepted Jesus Christ as his personal saviour and until his last breath, he was a faithful man of God. He had fought a good fight, he had finished the race and he kept his faith.

I want to share with dear Pauline and the whole family of John, what Jesus Christ said in the gospel of John chapter 14 and verse 27,

*“Peace I leave with you,  
my peace I give to you. I  
do not give to you as the  
world gives. Do not let  
your hearts be troubled  
and do not let them be  
afraid.”*

May God’s peace and comfort surround us all.

Amen

**Mona**

***(John’s memories by his family)***

John Ruckes

21<sup>st</sup> February 1938 - 8<sup>th</sup> July 2024

Dad was born in 1938 which upset the Germans almost immedi-

ately. During the war they sent a doodlebug over the park where he was playing and crashed a plane into the roof of a nearby house. Dad could remember the red, black & white swastika emblem on the tailfin sticking out of the top. He was also an evacuee for a while, staying at his Grandparents’ house near Frinton-On-Sea.

When dad was 8, shortly after his sister Susan was born their mother Elizabeth caught pneumonia and passed away in hospital. Dad was sent to Shebbear College in Devon, a boarding school that had links with the Methodist church.

Dad went into insurance after school but at 18 had to do National Service, serving as a medic at RAF Wroughton near Swindon.

Dad was a good listener, a cheerful and compassionate man who could always find the right words in any situation.

After serving his two years in the RAF dad returned to the office in London and in the summer of 1960 was set up on a blind date with a girl from the typing pool. They went to the Legal & General annual family fun day and at the end of the date

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dad said “I don’t suppose you want to see me again”.

Now this was what you might call a sliding doors moment for many of us here today and thankfully the girl said “yes I would”. Four years later in September 1964 they were married.

Dad got a job at Legal & General’s Brighton office and with nowhere to live at first he left mum in their Chelmsford flat and booked himself in at the YMCA in Brighton.

This was still the ‘60s remember and that song you’re thinking of hadn’t been written yet. In fact dad remembered it being so cold in the YMCA there was ice inside the windows on winter mornings.

John and Pauline bought a house in Peacehaven and became members of the Methodist church in Newhaven. Dad got promoted to insurance inspector which meant he had a new company car every 4 years. He was notorious for keeping his cars immaculate and when it was time to hand a car back to the dealership it was often remarked that it seemed the car had hardly been used at all.

He was a decent squash player and I’m grateful that he taught Martin and I to play as

well. He played up to three times a week and didn’t stop until he was in his ‘50s. Little wonder, then, that his hips were ruined by the time he hit 70 and he had them both replaced. Artificial hips don’t last forever and his mobility deteriorated again in the last few years.

Dad’s last day was about as perfect as you could get. On holiday at a Warners hotel on the Isle of Wight. Decent weather, a walk around the boundary of the complex, he enjoyed the evening meal then over to the ballroom for the evening entertainment. Dad was laughing with the comedian and singing along with the house band. A picture of a man enjoying life to the full at 86.

A week before I went to boarding school in 1982 dad handed me a list of 10 survival tips he’d written down to get me through the 1st term. It was mostly how to avoid various pranks that had been played on him when he went to school, like how to spot an apple-pie bed or never ask a prefect for a shower ticket (whatever that meant). But survival tip number one was the shortest and most important. Just two words. Keep smiling. He

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## Broadway United Church Birthdays (October)

5<sup>th</sup> John Donoghue

16<sup>th</sup> Sue Wigfield



Happy Birthday

### Broadway United Church

*Every second Saturday of the month*



**12<sup>th</sup> October 2024**

**10.30am**

*In the Church Hall*



## Special Service at St Barnabas - 15<sup>th</sup> Sept

**W** **E ARE** very grateful to God that dear Janice Crompton is now the Secretary of State at Barnabas Church.

Every blessing to you and we also remember our dear sister Annette, who served for many years as a church secretary and worked faithfully and wholeheartedly.

We also had a Re-Dedication service of all councillors, Andrew, Sha-roon and Val. May God's grace and mercy surround you all and use you for the extension of His kingdom.

**Mona**



## Christian's Against Poverty - energy price cap

**F**OLLOWING OFGEM's recent announcement that average energy bills are set to rise by 10% from this month (October), Christians Against Poverty's Chief Executive Officer, Stewart McCulloch has voiced the charity's concerns.

Stewart McCulloch said: "Almost half our clients already face the devastating reality of not having enough to pay for their basic needs, including energy costs.

"With the average household's energy bill set to rise by £149 to over £1,700 per year from October this has the potential to push even more to breaking point. Daily, we see families forced to live in cold, unlit homes, unable to

cook a warm meal because they can't afford the cost of gas or electricity.

"But we don't have to accept this. With energy prices set to remain high, CAP is keen to work with the new Government to put in place long term and targeted support so that everyone can afford to keep warm and safe.

"A key element of this would be the creation of a dedicated 'Help to Repay' scheme to support people struggling to repay energy arrears.

"The brutal consequences for people's health and wellbeing of being unable to afford to pay for energy have now become too serious to ignore."

△

*(Continued from page 5)*

explained there would be tough times, maybe lonely times, but just make sure you keep smiling.

So as we file out of here in a few minutes time, let's make sure we do so with smiles on our faces. Dad wouldn't want us to be sad.

Be grateful for all the years he gave us and all the great memories.

***Up The Gunners.***



# Chris and Mick 56<sup>th</sup> Wedding Anniversary



Congratulation to Chris and Mick Mulley who celebrated their 56<sup>th</sup> Wedding Anniversary.

14<sup>th</sup> September 1968



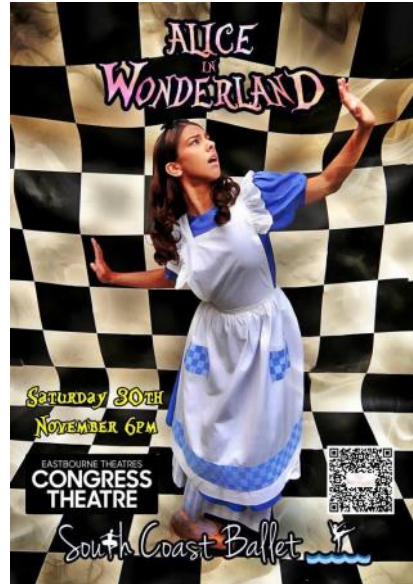
# Alice in Wonderland - 30<sup>th</sup> November

**M**Y DAUGHTER Rachael's dance company, South Coast Ballet, are putting on their annual production at the Congress Theatre. This year the company of 60 dancers from about 20 dance schools in the South East area, will be creating the story of Alice in Wonderland, by C S Lewis.

My granddaughters, Imogen and Zoe, will both be performing again, as will Alan Gower. Some of you will know Alan from the Broadway lunch club.

If possible, please support these young dancers, and not so young, as they are working hard during the rehearsals.

Alice in Wonderland - Congress Theatre - November 30th 2024 - 6pm  
Thank you.



## Definitions

- \* **CHOIR:** A group of people whose singing allows the rest of the Congregation to lip-sync.
- \* **HYMN:** A song of praise usually sung in a key two octaves higher than that of the congregation's range.
- \* **RECESSIONAL HYMN:** The last song at a church service, often sung a little more quietly, since most of the people have already left.
- \* **JONAH:** The original 'Jaws' story
- \* **AMEN:** The only part of a prayer that everyone knows.

# Treasurer's Report - Broadway Church

## The August Coffee Evenings -

7 <sup>th</sup>	Broadway Praise Singers.	£212.30
14 <sup>th</sup>	Weddings in Pakistan- Rev. Mona	£132.75
21 <sup>st</sup>	Light Exercises with Glynis.	£88.70
28 <sup>th</sup>	Beetle Drive with Sue.	£96.25
	<b>Total :</b>	<b>£530.00</b>

**T**HE COMMUNION Collections for August and September both amounted to £85.

Both MATTHEW 25 MISSION and EASTBOURNE SAMARITANS received £350.00; a wonderful achievement by all.

The October Charity will be for "Commitment for Life" Posters and details on notice boards in October.

The next Financial Meeting will take place on Tuesday 15<sup>th</sup> October 10am.

On Sunday 20<sup>th</sup> October will be our AGM with the Very Important "Gift Day"

We continue to have more money going out than coming in so GIFT DAY is an opportunity to put this right. Our commitments are based on our membership. So we have 59 members including those who are housebound and unable to attend.

Please think very carefully of what you can give so that we do not have to keep taking money from our reserves.

**John Donoghue**

## Warning

A little girl was watching her parents dress for a party. When she saw her father donning his dinner jacket, she objected. "Oh Daddy, you shouldn't wear that suit."

Bemused, her father asked why not. The little girl explained: "Because you know that it always gives you a headache the next morning."

# Broadway United Church - Coffee Evening





# - 14<sup>th</sup> August 2024 - Pakistani Weddings



## News from St Barnabas Church

**T WAS** great to visit Marylin and share the Holy Communion with her. We prayed together and sang her two favourite hymns, **The Lord's my shepherd** (Crimond), and **To God be the glory**.

She sent her love and regards to all at St. Barnabas Church. I also took her lovely picture to share with all friends.

**We** very grateful to God for Allie Bowles who has become a member of St Barnabas Church from 18<sup>th</sup> August and has been helping us in different ways. Very warm welcome to her.



**Mona**



## How can Christians fight back against disinformation?

**D**ISINFORMATION AND fake news have helped fuel the recent riots and disorder taking place across parts of the UK. It's just the latest example of how social media can impact all of our lives.

Media campaigning charity **Full Fact** declared "The disorder we've seen, triggered at least in part by false claims circulating on social media, is an awful reminder of what can happen when online misinformation spills into the real world."

But how can Christians fight back against the tide of disinformation and fake news sweeping across the internet, and arriving at the smartphone in your hand?

It's easy to feel powerless against the pervasive impact of social media, the algorithms of big tech serving up information that confirms inbuilt biases, or the 'influencers' seeking to use social media to wind up their followers. Elon Musk, the owner of X/Twitter is among those accused of stoking the fires of division in the UK.

But each of us has a voice within our own circle of friends,

family, colleagues, and worshippers at our church, so here are some simple steps:

**First, don't share without thinking.** It's easy simply to share on social media or tell a friend something that you have just read online or in print. But take a few minutes to think over what you have just read or heard. Slow down your response...

Ask yourself: is this from a reliable news source? Can I check this information on another media platform? Slowing down our responses makes it much less likely that we will share fake news or spread disinformation. If in doubt, then don't spread the story — even if you would like it to be true, because of your worldview.

**Second, burst your bubble.** Journalist James Ball writes: "Knowing what people we disagree with actually say and think — rather than the straw men and caricatures we create in our heads — helps us bridge gaps and makes it harder to demonize people whose politics are different from our own."

In social media, this means

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## Three new members for Broadway Church

# W

ELCOME CHRISTINE and Tracy Hook and Margaret Deacon as new members of Broadway Church.



### The sermon

*A little girl became restless as the preacher's sermon dragged on and on. Finally, she leaned over to her mother and whispered, "Mummy, if we give him some money now, will he let us go?"*

**20<sup>th</sup> October** Broadway morning worship will have a guest speaker - Sam who is SPINNAKER EASTBOURNE HUB LEADER, he will come and talk about Spinnaker.



# DAVID AND GOLIATH

Goliath was a Philistine, so tall, so big, so strong!  
And David was a young lad, not tall, or big, or long  
Goliath had his armour and sword and spear and bow,  
And David what did he have to fight this fearsome foe?

A leather shot, some string, a stone  
With careful aim that stone was thrown.....

And catapulted into space  
And hit Goliath on his face  
His forehead to be quite precise  
Just one stone, it would suffice

And Goliath tumbled down....

The moral of this poem is  
Listen well...

It's simply this!

That courage, duty, faith in God  
Achieves success for the underdog

And big and tall, is never all  
You need, to save yourself a fall.

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*A little boy was attending his first wedding.*

*After the service, his cousin asked him, "How many women can a man marry?"*

*"Sixteen," the boy responded.*

*His cousin was amazed that he had an answer so quickly.*

*"How do you know that?"*

*"Easy," the little boy said. "All you have to do is add it up, like the Bishop said: 4 better, 4 worse, 4 richer, 4 poorer."*

*(Continued from page 15)*

being willing to follow people or organisations with which you disagree, and being ready to engage with what they are saying. It may be uncomfortable, and it may not change your point of view, but you will understand better the views that they are expressing – and maybe sharpen your own.

Otherwise, you just see opinions that echo your own, and are never challenged about your viewpoint. The algorithms will keep serving you up posts that you like...

**Third, don't succumb to conspiratorial thinking.** Full Fact reports that an incorrect name for the suspect in the Southport killings spread rapidly online, alongside false claims he had recently come to the UK on a small boat, or was Syrian. These claims were quickly rebutted by Merseyside Police. But nevertheless, unrest broke out in Southport, with the police reportedly saying people behind the violence had been fired up by social media posts.

As seekers after truth, Christians should be looking for evidence and robust investigations rather than fabricated ideas that intrigue us.

**Fourth, support independent journalism.** News organisations are under pressure from free material offered on the internet from unreliable sources. If independent journalism is to survive, readers are likely to have to pay an increasing price to support media outlets. The cover price of a newspaper, or an online subscription, can help ensure professional journalism survives. Journalists launching community publications to serve their local areas should be supported by churches.

**Fifth, take a stand against disinformation.** US academic Dr Lee McIntyre writes: “The issue for me is not to learn how to adjust to living in a world in which facts do not matter, but instead to stand up for the notion of truth and learn how to fight back.”

In an era of post-truth, Christians are called to challenge every attempt to obfuscate a fact and challenge falsehoods before they are accepted as true. How you take action will depend on your circum-

*(Continued on page 19)*

## **You Can**

If you think you are beaten – you are.

If you think you dare not – you don't.

If you like to win but you think you can't

It's almost certain you won't.

If you think you'll lose – you've lost,

For out of this world we find

Success begins with a fellow's will

It's all in the state of mind.

If you think you're outclassed – you are.

You've got to think high to rise.

You've got to be sure of yourself before

You can ever win a prize.

Life's battles don't always go

To the strongest or fastest man,

But sooner or later the man who wins,

Is the one who thinks he can.

***Pam and Lester***

*(from the Church magazine Nov, 2003)*

*(Continued from page 18)*

stances, and where you see the truth being undermined.

It could be in your place of work or education, in the media that you consume, or in the social media posts that your friends are circulating. Small actions taken in churches, workplaces or friendship groups can have a ripple effect in drawing people back to the truth.

Post-truth, fake news, and disinformation together pose a serious threat to societies around the world. Citizens can feel powerless in the face of their demoralising and demotivating effects. But Christians can play their part in seeking to bring truth and integrity back into the centre of public life.

A final thought. Don't be afraid to take a step back from social media, if you find the relentless torrent of news and opinion impacting your wellbeing. For the sake of your mental health, take regular breaks away from your screen...and invest that time in prayer.

**Δ**

# Community Lunch - Broadway

Date: **25<sup>th</sup> OCTOBER 2024**

Price: **£6**

Time: **12.45**

**Fruit Juice**

**Beef Casserole, Mash and two Veg**

**Fruit Sponge and Custard**

**Tea or Coffee**

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

**St Barnabas Church**

***Coffee Morning***

*First Saturday of the month*

**5<sup>th</sup> October 2024**

from **10am**



*Pop in after doing your shopping*

## Who's who at ST BARNABAS Church

### Church Secretary:

**Janice Crompton** 01323 6

**Email:** jancrompton@hotmail.com

Lettings \* Property \* Preachers Coordinator

\* \* \* \* \*

### Treasurer:

**Janice Crompton** 01323 6

**Email:** jancrompton@hotmail.com

Catering Convenor \* Safeguarding Officer\* "Make Lunch" link

\* \* \* \* \*

### Church Councillors:

**Val Attwood**

01323

**Andrew Parry**

01323

\* \* \* \* \*

### Brenda Jenkins

01323

\* Readers/ Stewards Rota Coordinator \* Worship Leader

## ST BARNABAS Rota details for OCTOBER 2024

**6<sup>th</sup>** Vestry: **Andrew Parry**  
Corridor: **Janice Crompton**  
D/Stewards: **Brenda Jenkins & David Prideaux**  
Reader: **Brenda Jenkins**

**13<sup>th</sup>** Vestry: **Brenda Jenkins**  
Corridor: **Val Attwood**  
D/Stewards: **Margaret Vizer & Allie Bowles**  
Reader: **Pauline Ruckes**

**20<sup>th</sup>** Vestry: **Pat Beeney**  
Corridor: **Janice Crompton**  
D/Stewards: **Margaret Vizer & Brenda Jenkins**  
Reader: **David Prideaux**

**27<sup>th</sup>** Vestry: **Janice Crompton**  
Corridor: **Val Attwood**  
D/Stewards: **Allie Bowles & David Prideaux**  
Reader: **Allie Bowles**

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

## Who's who at BROADWAY United Church

### Elders:

**Sue Sanders:** Senior Elder  
01323

- \* Pulpit supply
- \* Catering Convener
- \* Link with the 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  
(01323 )  
, Eastbourne Email: j

### **Pat Aisbitt:**

\* Letting Steward  
[buchurch21@gmail.com](mailto:buchurch21@gmail.com)

### **Steve Waters:**

\* Church Council Secretary:

Email: sk

### **Mick Mulley** 07985 932783

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

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### **Jolly Pett 0**

\* Safeguarding Officer  
[broadwaychurchsafeguarding@gmail.com](mailto:broadwaychurchsafeguarding@gmail.com)

## Services at St Barnabas for OCTOBER (09.45am)

6<sup>th</sup> **St Barnabas/River of Life** United Service

13<sup>th</sup> **Rev'd Memona Shahbaz**

20<sup>th</sup> **Zeerak Shahbaz - Communion**

27<sup>th</sup> **Rev'd Memona Shahbaz**

## Services at Broadway for OCTOBER (10am)

6<sup>th</sup> **Mick Mulley - AAW**

13<sup>th</sup> **Sue Miller**

20<sup>th</sup> **Rev'd Memona Shahbaz - Communion**

27<sup>th</sup> **Zeerak Shahbaz**

### ELDERS (Broadway) October

6<sup>th</sup> Val and Stu  
13<sup>th</sup> Sue Sanders and Denise  
20<sup>th</sup> Ruth and Kath  
27<sup>th</sup> Val and Sue Miller

### DOOR ROTA (Broadway)

6<sup>th</sup> Sandra  
13<sup>th</sup> Glynis  
20<sup>th</sup> Terry  
27<sup>th</sup> Sue E

Contributions for **November's** edition of the magazine should be with me by:

**Sunday 18<sup>th</sup> October** please. 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.