



St Symphorian's Church
DURRINGTON

PARISH NEWS

APRIL 2025



Registered Charity 1134809

Large print copies are available on request

Clergy

Vicar: Fr Paul Nash

✉ fatherpaul@stsymphorians.co.uk

☎ 01903 694827

Honorary Assistant Priest

Father Keith Smith

☎ 01903 534498

A priest is always available to visit people at home, to visit the sick, and the Sacrament of Reconciliation (Confession) can be arranged by appointment. Please don't hesitate to get in touch about any matter.

Churchwarden

Malcolm Brett

✉ malcolm@stsymphorians.co.uk

Parish Office

Carol Warrington

Parish Administrator

☎ 01903 268109

✉ theoffice@stsymphorians.co.uk

Stewardship Team

Jane Winter – Treasurer

✉ treasurer@stsymphorians.co.uk

Paule Harper – Stewardship Officer and Gift Aid Co-ordinator

Matt Thorpe – Electoral Roll Officer

Home Communions

Mike Maloney

☎ 07885 615135

Lynne Fitzgerald

☎ 07884 366666

Sunday Morning Lift Co-ordinator

Matt Thorpe

☎ 07368373709

Parish Safeguarding Officer

Sandra Brett

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Parish Magazine Editors

Paule Harper and Jane Winter ✉ magazine@stsymphorians.co.uk



Find us on
Facebook

The Parish Church of St Symphorian

**Durrington Hill, Worthing BN13 3HU

Sunday worship:

10.00am Parish Mass

Weekday Masses:

12noon	Monday
10am	Tuesday
6pm	Wednesday
10am	Thursday

Dates for your Diary

April

Sun 6th APCM following Mass

Sun 13th Palm Sunday

Holy Week begins

Mon 14h Mass 12 noon

Tues 15th Mass 10am

Wed 16th Mass 6pm

Thurs 17th Maundy Thursday

Mass of the Lord's Supper 7.00pm

Fri 18th Good Friday

Children's Craft Morning 10am

The Solemn Liturgy 3pm

Sat 19th Church cleaning 10am

Easter Vigil 8.30pm

Sun 20th Easter Day

Sat 26th Coffee Morning and Mini Market

Mon 28th St George (transferred from 23rd as it is Easter Week)

May—Music Month

Sun 11th Sing and Gin evening 6pm.

Christian Aid week begins

Tues 13th Ronnie Smith's Big Band Swing and Jazz Evening

Easter Decoration Donations

Donations for Easter flowers grateful received. Please give donations to the treasurer Jane Winter of Gift Aid Secretary, Paule Harper



Thank you

Passiontide thoughts from the Vicarage

*We venerate your Cross, O Lord,
we praise and glorify your holy Resurrection:
Because of the wood of the tree,
joy has come into the whole world.*

In the Eastern churches, the depiction of Jesus on the cross is strongly influenced by the presentation we hear in St John's gospel account on Good Friday: despite his agony, the crucified Saviour radiates serenity, a dignity in death. In the West, we are generally accustomed to painted images of the tortured figure of Jesus on the cross, whereas Eastern icon painters are reticent to readily depict the sufferings of Jesus: the mystery is too awesome, too elevated to be shown in merely human terms. They do not forget that the one who hung upon the cross and went down to the depths of hell is also the Risen One. But even so, Christ's glorious resurrection from the dead does not cancel or diminish the reality of his sufferings, but rather testifies to the unity of God's eternal plan, since Christ was put to death for our sins and raised for our justification.

Jesus died on the cross not simply to save individuals. On the contrary the cross was like a great tree of life spreading its branches over the face of the earth. By means of its fruit, which is salvation, the tree of life redeems the tree of Eden which had borne its terrible fruit of sin and death. The roots of this tree of life, the cross, reach down into the black realm of death and nothingness, but its branches spread up and outwards to embrace the universe. It reaches up towards the very sun, moon and stars, as God remakes the shattered cosmos through his Son's redeeming blood.

Prayer before an Image of the Crucifixion (or before a Cross)

*The one who hung the earth upon the water is hung upon the cross.
The one who is the king of angels receives a crown of thorns.
The one who wraps the heavens with cloud is wrapped with the
purple cloak of mockery.
The one who set Adam free by his baptism in the Jordan is struck
upon the face.*

The bridegroom of the church is pierced with nails.

The son of the Virgin is pierced with a lance.

We venerate your passion, O Christ!

Let us see as well your glorious resurrection!

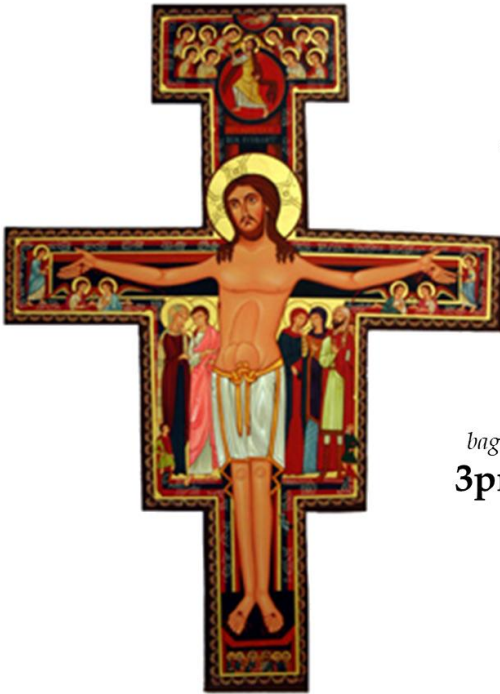
Amen.



St Symphorian's Church
DURRINGTON

HOLY WEEK & EASTER

13th – 19th April



Palm Sunday

**10am - Blessing of Palms
& Parish Mass**

Monday 12noon Mass

Tuesday 10am Mass

Wednesday 6pm Mass

Maundy Thursday

**7.30pm - Mass of the
Lord's Supper**

Good Friday

10am - Children's Crafts

bags also available between 10am & 11:30am

3pm - The Solemn Liturgy

with the Veneration of the Cross

Holy Saturday

**8.30pm - Easter Vigil
& First Mass of Easter**

Easter Day

10am - Easter Day Mass

*Please feel welcome to join us at any of our services
as we celebrate Holy Week and Easter*

Durrington Hill, BN13 2PU · www.stsymphorians.co.uk Registered Charity 1134809

Daily Readings and Prayer Diary

Please find below a daily readings and prayer diary. Each day (except Sunday), we pray for three streets in our parish. If you spot any road is missing from the list, please email magazine@stsymphorians.co.uk.

Tuesday 1 st	The Mission of the Church Ezek 47:1-9,12; John 5:1-3,5-16 Beechwood Avenue, Begonia Gate, Bellflower Drive
Wednesday 2 nd	Pram and Toddler Group Isa 49:8-15; John 5:17-30 Belmont Walk, Birches Close, Birkdale Close
Thursday 3 rd	Orphans and abandoned children Exod 32:7-14; John 5:31-end Birkdale Road, Blackmore Road, Blenheim Avenue
Friday 4 th	All who work in the NHS Wisd 2:1,12-22; John 7:1-2,10,25-30 Bloom Close, Bodmin Close, Bodmin Road
Saturday 5 th	Our Bishops Jer11:18-20; John 7:40-52 Bourne Close, Bramble Close, Bramble Crescent
Sunday 6 th	Lent 5 Isa 43:16-21; Phil3:4b-14;John 12:1-8 Bramble Lane, Brecon Close, Brendon Road
Monday 7 th	Our PCC Susanna:1-9,15-17,19-30,33-62; John 8:1-11 Bribane Close, Burnham Close, Buttercup Row
Tuesday 8 th	The Parishes in Worthing Deanery Num 21:4-9; John 8:21-30 Callon Close, Canada Close, Canberra Road
Wednesday 9 th	The Faithful Departed Dan 3:14-20,24-25,28; John 8:31-42 Canberra Road, Carisbrooke Drive, Castle Goring Way
Thursday 10 th	Recognising Christ in our lives Gen 17:3-9; John 8:51-end Cedar Avenue, Cedar Close, Celandine Road
Friday 11 th	Artists and Musicians Jer 20:10-13; John 10:31-end Cleveland Road, Chaffinch Close, Chalfont Way

Saturday 12 th	The emergency services Ezek 37:21-end; John 11:45-end Cherwell Road, Chesley Close, Chestnut Walk
Sunday 13 th	Palm Sunday Isa 50:4-9; Phil 2:5-11; Luke 22:14-23-end Cheviot Close, Cheviot Road, Chilton Crescent
Monday 14 th	Monday in Holy Week Our Parish finances Isa 42:1-9; Heb 9:11-15; John 12:1-11 Clayton Walk, Clematis Close, Cleveland Close
Tuesday 15 th	Tuesday in Holy Week HM the King and the Royal Family Isa 49:1-7; ICor 1:18-31; John 12:20-36 Clyde Close, Clyde Road, Colne Close
Wednesday 16 th	Wednesday in Holy Week Refugees and those fleeing war Isa 50:4-9; Heb 12:1-3; John 13:21-32 Columbia Drive, Columbia Walk, Conifer Drive
Thursday 17 th	Holy Thursday Exod 12:1-4; ICor 11:23-26; John 13:1-17, 31b-35 Coppice Road, Copse View, Corfe Close
Friday 18 th	Good Friday Isa 52:13-53:end; Heb 10; 16-25; John 18:1-19:end Cornflower Way, Cotswold Close, Cotswold Road
Saturday 19 th	Holy Saturday Job 14:1-14; IPet:4,1-8; John 19:38:end Cradock Place, Cradock Place, Crocus Chase
Sunday 20 th	Easter Sunday of the Lord's Resurrection Acts 10:34-43; ICor 15:19-26; John 20:1-18 Crockhurst Hill, Crosby Close, Cuckoo Gate
Monday 21 st	Easter Octave Peace in the Holy Land Acts 2:14, 22-23; Matt:28:8-15 Cypress Avenue, Daffodil Road, Dahlia Road
Tuesday 22 nd	Easter Octave The NHS Acts 2:36-41; John 20:11-18 Daisy Road, Dart Close, Deerswood Close

Wednesday 23 rd	Easter Octave The Clergy of this diocese Acts 3:1-10; Luke 24:13-35 Dianthus Grove, Downe Walk, Durrington Hill,
Thursday 24 th	Easter Octave Christian Unity Acts 3:11-end; Luke 24:35-48 Durrington Lane, East Tyne, Edgehill Close
Friday 25 th	Easter Octave For those martyred for the faith Acts 4:1-12; John 21:1-14 Edmonton Road, Elm Mews, Eriskay Court
Saturday 26 th	Easter Octave Those who work on the land Acts 4:13-21; Mark 16:9-15 Essenhugh Drive, Exford Walk, Exmoor Close
Sunday 27 th	Easter 2 - Low Sunday – <i>Quasimodo</i> Acts 5:27-32; Rev 1:4-8; John 20:19-end Exmoor Crescent, Exmoor Drive, Faraday Close
Monday 28 th	St George, Patron of England The Church of England IMacc 2:59-64; Tim 2:3-13; John 15:18-21 Filton Walk, Fircroft Close, Forest Lane
Tuesday 29 th	Theologians and scholars Prov 15:28-end; Eph 4:7-16; Mark 13:5-13 Foxglove Walk, Franklin Road, Freesia Way
Wednesday 30 th	The Clergy of this diocese Acts 5:17-26; John 3:16-21 Fulbeck Avenue, Fulbeck Way, Gatcombe Close
Monday 31 st	The people of Ukraine Isa 65:17-21; John 4:43-end Barnet Way, Bateman's Close, Beckworth Close

Spend time in nature. Spending time appreciating God's creation can be an act of worship. Nature can be experienced when we notice an insect, hear a bird sing, feel the earth beneath our hands or even when we watch a documentary. There is strong evidence that nature is also good for our mental health. Try to immerse yourself in nature every day, even for just a few minutes and give thanks to God for His good creation. Further ideas can be found at arocha.org.uk/ideasto-enjoy-nature/

£62,923 Biffa Award grant for the refurbishment of vital church hall roof refurbishment

St Symphorian's Church, located in Worthing, West Sussex, and managed by Durrington Parochial Church Council, has been awarded a £62,923 grant from Biffa Award, as part of the Landfill Communities Fund.

The funding will ensure that the church hall—featuring a large hall, a small hall, a kitchen, toilets, an office, and a storeroom—remains a high-quality, accessible space for the local community at an affordable rate. The worshipping community will also benefit, with greater opportunities to host fundraising events. Additionally, improvements such as enhanced heating for year-round comfort will help attract new regular hirers and expand the range of activities available. This vital investment will support the hall's role as a central hub for the local community, fostering greater engagement and connection.



The hall currently hosts a variety of groups and clubs, including bowls, Zumba, uniformed groups, two support groups, and karate. As well as regular monthly activities such as a friendship group and a book club, along with occasional events like coffee mornings, brunches, and congregational celebrations.

Thanks to the much-needed roof refurbishment, the centre will now be able to reach its full potential, providing a comfortable and reliable venue for the entire community to enjoy.

Jane Winter, St Symphorian's Church Parish Treasurer said: "Receiving the Biffa Award grant has made a huge difference to the refurbishment project at St Symphorian's Parish Centre. This award means that work can now start to upgrade the church hall roof upgrade, installing insulation and kicking starting the wider project of upgrading the facility for the whole community. Once completed, the Parish Centre will once again be a fantastic venue for everyone."

Rachel Maidment, Biffa Award Grants Manager, added: "At Biffa Award, we are proud to support projects that make a real difference to local communities. By funding the refurbishment of St Symphorian's Church hall roof, we are ensuring that this vital space remains accessible, welcoming, and fit for purpose for years to come. Community hubs like this play a crucial role in bringing people together, offering activities, support, and a sense of belonging. We look forward to seeing the hall thrive and continue to be a focal point for the people of Worthing."

To apply for Biffa Award funding visit www.biffa-award.org

**PARISH
BARN DANCE**

With Sean Goddard

**Saturday
31st May
6pm**

St Symphorian's Church Hall
New Road, BN13 3HU

FREE EVENT

Drinks and BBQ food available to purchase

Retiring collection in aid of
Social and Fundraising Mission Fund
Registered Charity 1134809



*Lots of toys,
activities and
crafts*

**Fridays
10am - 11.30am
at St Symphorian's Church Hall
Durrington Hill**

Free Entry
for playtime.
Charges may be
made for special events.

Donations Welcome

We look forward to meeting you!



St Symphorian's Pram and Toddler Group is part of Durrington PCC.
Proceeds to the Social and Fundraising Mission Fund. Registered Charity 1134809

IMARA-UGANDA EDUCATION FUND

CHRISTMAS CARD PROJECT - Result

The good news is that we continue to have extremely generous supporters. It's so very encouraging to have such generosity towards children we will never meet. The total raised through our church community was £671.00 and a further £150.00 was donated separately to giving a total of £821.00. An additional amount will also follow from Gift Aid.

Because of your generosity the team leader, Kevin, in Uganda asked if the money could be spent differently from our original proposal of providing additional student leisure facilities. He requested and it has been agreed that your donations will fund provision of a bed for each student in the girl's dormitory. The present arrangement is for girls to sleep on the floor – some with a mattress and others a blanket.

Just a reminder that from previous years your donations have helped build the new Secondary School for blind/partially sighted children which opened in February 2023 and this new provision will give a substantial lift to the comfort and dignity for the girl students. Thank you to all of our supporters on the students behalf.

For further information on the work of the Imara-Uganda Education Fund please contact Norman or Jackie Horsley or visit their website at www.imara-ugandaeducationfund.org.

Knit and Natter Group

The knit and natter group used to meet monthly in the A room until Covid changed all our plans!

We're looking forward to starting up again and are combining it with the warm space on Tuesday mornings, and this will continue each week during Lent from 10.30. After Easter it would be good to keep the group going and perhaps meet once a month or more frequently depending on demand.

There was always more natter than knit but crochet, sewing and even mending could be included. Also there's the opportunity for making baby hats or other items for the Neonatal unit at Worthing hospital.
Eunice



Support us through easyfundraising and help make a real difference!

What is easyfundraising?

They have a free online platform that raises funds for St Symphorians Church via online shopping. easyfundraising has helped raise over £50 million and has been helping good causes since 2005.



How does easyfundraising work?

They turn everyday online shopping into funds for good causes like us. When you use the easyfundraising website or app to shop online, the retailer sends us a free donation at no additional cost.



Which retailers will donate?

Over 8,000 retailers from Marks & Spencer, Booking.com, John Lewis, Sainsburys, Tesco and many more. It means no matter what you're buying online it helps us raise funds.



When will we receive our donations?

Every 3 months easyfundraising will tot up how much we've raised and (providing it is £15 or more) will make a payment directly into our bank account. If the amount raised is less than £15, they carry it forward to their next payment-run.

Scan to get started for free today

Or visit:

www.easyfundraising.org.uk/cause/stsymphorianschurch/





Christian Aid Week

11th – 17th May 2025

Dying crops means food stops

In Guatemala, the climate crisis is killing Amelia's precious crops. She relies on the land to feed her eight-year-old son, Lázaro, and four-year-old daughter, Yakelin.

Amelia says: **'I worry about what my children will eat.'**

A river passes through Amelia's farm, but deadly heatwaves are causing it to run

dangerously low. Both communities and crops stand to lose life-giving water.

The cruel injustice is that Indigenous communities like Amelia's have done the least to cause the climate crisis, yet they endure its impact the most. As their farms are devastated, the search for solutions becomes critical: **'With high heat, there is little we can do but adapt.'**

Amelia's hopeful that she can combat extreme weather by changing the way she farms. With the support of specialist training from our partner, Congcoop, Amelia's planting resilient crops, conserving water and making fertiliser.

Amelia's also a leader in her community, sharing her knowledge with other households, so that one day, no family will worry about their children going without food. This is the unstoppable power of Amelia's hope in action.

Christian Aid, now in its 80th year, and its supporters are joining together once again during **Christian Aid Week (11-17 May)** to fundraise in all kinds of ways – from coffee mornings and craft stalls to hiking and biking for the 70k in May challenge.

With **7 days to make a difference**, every gift, act and prayer counts.

Children's Good Friday Crafts



St Symphorian's Church
DURRINGTON



**10 crafts including
materials and glue—
just add scissors**

**Friday
18th April**

**Crafts can be completed
at home or in the church
between 10am - 11:30am**

£3.50 per child



Follow the QR Code to prebook.

For children aged 2-12years

St Symphorian's Church
Durrington Hill BN13 2PU

Proceeds to Church Fund Registered Charity 1134809

Will you demonstrate the unstoppable power of hope and help fund vital tools and training, so farmers like Amelia can push back against the climate crisis and beat hunger?

- £6 could pay for the seed trays that kickstart a plant nursery at someone's home.
- £10 could pay for the pruning scissors that mean a farmer can care for their cacao trees.
- £20 could buy two pounds of climate resilient seeds that diversify a family's crop.

Find out more about the campaign at caweek.org

Durrington 'You' Group Community, Interest, Outreach Group.

another great talk, this time on the Enigmas of Ancient Egypt.

Thank you all for coming to support Malcolm Gay our speaker. There have been so many programmes on the television just lately on this subject and quite bizarre the same night Bradly Walsh hosted an identical documentary about the construction of the pyramids as was discussed with Malcolm earlier.

Please come and welcome back our next speaker for our April meeting. Chris Horlock is a well-known Sussex Historian and will take us back to a bit of Nostalgia to the 1960's with the notorious "Battle of Brighton" of the May Bank Holiday 1964 and the emergence of the Mods and Rockers. £3.50 pp to include refreshments. Please arrive by 2.10 pm to check in.

Further details available from the Parish Centre 01903 268109 or

Email: theoffice@stsymphorians.co.uk



The Durrington "You" Group

A community interest outreach group for all

Tuesday 15th April, 2.30pm

"Rise of the Mods and Rockers".

With Chris Horlock



**St Symphorian's Parish Centre
(Main Hall)**

BN13 3HU

The building is to the left of the main entrance to the Church. . .
For more details contact the Parish Office 01903 268109 or email theoffice@stsymphorians.co.uk
Proceeds to Social and Fundraising/Mission Funds Registered Charity Number 1134809

St David's Day Concert.

It was a real pleasure to be with The Sussex Gruffs Male Voice Choir and The Inspiration Mixed Choir when presenting a musical programme for all to enjoy on St Davids Day, Saturday 1st March.

A large and appreciative audience, more than 70 singers, a well-balanced choice of music and full range of voices provided a musical treat enhanced by the wonderful acoustics of the venue.

The Choirs were extremely well supported by the church team who prepared and managed all the logistics for the singers and audience. All very much appreciated.

The programme:

First half:

1. Comedy Tonight (*joint*)
2. Hushabye Mountain
3. Can you Feel the Love Tonight
4. May it Be
5. Harbour (*joint*)
6. You've Got a Friend in Me
7. Rat Pack medley
8. Puttin on the Ritz
9. Deed I Do (*joint*)
10. Cwm Rhondda (*joint*)

Second half:

1. Sing (*joint*)
2. California Dreamin
3. Fields of Gold
4. Let it Be
5. You Raise Me Up
6. For the Beauty of the Earth
7. What Would I Do Without My Music
8. Rodgers & Hammerstein Medley (*joint*)

"You'll Never Walk Alone" from the Rodgers & Hammerstein Medley was the closing song ending the concert on a very powerful and most enjoyable high.

Entry was free and it is very pleasing to confirm £764 In donations were made to the church charities

You and Your Energy

WHY?

Energy is always in the news. And it costs us more than just our fuel bills. Carbon dioxide is a major cause of climate change and ocean acidification which also impacts on biodiversity.

Coal, oil and natural gas produce carbon dioxide when burned. In 2019 the world produced around 33 billion tonnes of carbon dioxide from human sources; up by 10 billion tonnes since 2000. 2020 saw a small drop of just 2 billion tonnes due to the Covid pandemic, this saving will be quickly lost as global economies recover. The main contributors are China (despite rapid growth in renewables), India, Europe and the USA. India has very low per capita carbon emissions, but large total emissions due to a population of 1.3 billion people. With increasing wealth, lifestyles will inevitably involve use of more fossil fuels and large increases in the associated emissions.

It's easy to be rendered inactive. We can point the finger at others or feel overwhelmed by the scale of the problem, or point to large populations elsewhere in the world. With a little thought though, we can reduce our energy consumption, reduce our personal carbon impact and save money, without any significant impact on our lifestyles. If you grew up under rationing, many of these adjustments will be second nature to you.

HOW?

CHANGING TECHNOLOGY, CHANGING IMPACT

As our lifestyles change, so do our carbon emissions and it's easy to miss what is happening. One area we may overlook is 'the Cloud'. Automatic backup makes it easy to store far more videos, photos and emails than we need. On 'the Cloud' it is someone else's problem. Would you really fill a room at home with photos and videos which are out of focus, duplicates or that you will never look at again?

According to the Financial Times newspaper in May 2021 the carbon emissions from tech infrastructure and the data servers that enable cloud computing now exceed those of pre-Covid air travel. Microsoft and Google have set targets to be carbon neutral. You can help by regularly



St Symphorian's Church
DURRINGTON



Pentecost Sunday Sunday 8th June 10am Parish Mass

followed by
Bring and Share in the Hall
with bar

Proceeds to Social and Fundraising Mission Fund
Registered Charity 1134809

deleting things you don't want or need:

<https://www.climatecare.org/resources/news/infographic-carbon-footprint-internet/>

Watching, listening and leisure habits are changing too with music, films and games now primarily streamed. The Carbon Trust finds that streaming an hour of videos equates to boiling the kettle three times. Perhaps small on an individual level, it is the cumulative change in behaviour that means the economic value of streaming has doubled from 2016 to 2021 and is expected to triple by 2028 to \$224 billion per annum.

Pay attention to the impact of technology use in your lifestyle. You can, of course, also campaign for service providers to take action, invest in renewables and use more efficient technologies:

<https://www.carbontrust.com/resources/carbon-impact-of-video-streaming>

QUICK WINS AT HOME

The Energy Saving Trust suggests the typical home can save £270 per year, and associated carbon emissions, from some fairly simple, quick wins. Top of the list are using smart heating controls and turning down the thermostat.

Perhaps most shockingly, 'switching off standby' is third on the list. How many things are left on standby each night, and worse, whilst you are away on holiday? TVs, broadband routers, computer monitors, printers, laptops, games consoles or smart speakers all consume small amounts of energy whilst on standby. Even chargers plugged in but not in use consume energy (and the life of the charger is shortened).

<https://energysavingtrust.org.uk/hub/quick-tips-to-save-energy/> Heating and hot water is an obvious target for savings:

- Turn down room thermostats or thermostatic valves on individual radiators on a room by room basis. Turn the heat off completely when the room is empty or if you are away on holiday (provided of course it's not going to be below freezing). Smart controls allow you to make similar changes through an app including when you are away from home.

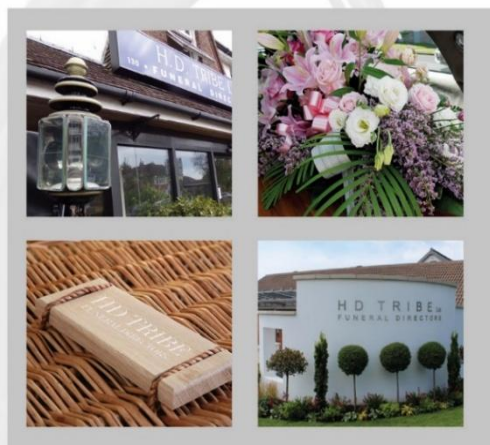
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www.hdtribe.co.uk



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Lancing 28 South St
Lancing
BN15 8AG

Shoreham-by-Sea 101 Eastern Ave
Shoreham-by-Sea
BN43 6PE

Storrington 19 West St
Storrington
RH20 4DZ

Littlehampton 5 Surrey St
Littlehampton
BN17 5AZ

Rustington 63 Sea Lane
Rustington
BN16 2RQ

Goring-by-Sea 259 Goring Rd
Worthing
BN12 4PA

Lyndhurst Road 61 Lyndhurst Rd
Worthing
BN11 2DB

- Don't overheat hot water cylinders and boilers by using their thermostat controls too.

<https://energysavingtrust.org.uk/advice/thermostats-and-heating-controls/>

KEEP THE HEAT IN AND THE COLD OUT

Insulate, reduce draughts and double glaze everywhere you think might be losing heat: the walls, the roof, the hot water tank, pipes and the loft hatch are first places are all candidates. It keeps the heat in during the winter and out during the summer. See the resources in the buildings section of the Eco Church app and the Energy Saving Trust:

<https://energysavingtrust.org.uk/advice/roof-and-loft-insulation/>
<https://energysavingtrust.org.uk/advice/draught-proofing>

WHAT ABOUT APPLIANCES?

Tumble dryers and high temperature washing are costly both financially and in carbon emissions. Dry clothes outside if possible. Can you wash your clothes less often or at a lower temperature? Use the dishwasher on an 'eco' setting only and only when full. Don't put more water in the kettle than you need - it is one of our most electricity intensive appliances. Buy A+ rated when replacing, or buying new, electrical appliances:

<https://energysavingtrust.org.uk/new-year-new-tv-how-to-choose-energy-efficientappliances/>

SWITCH TO RENEWABLE ENERGY

By choosing a green energy provider and reducing domestic energy consumption, we can save both the planet and our pounds. Our 'Buying Greener Energy' paper aimed at churches is also useful for homes. Read 'Lower Carbon Energy Options' from our buildings section to think about whether a renewable energy option might work for you at home. The Energy Saving Trust give an overview here too:

<https://energysavingtrust.org.uk/energy-at-home/generating-renewable-energy/>

Coffee Morning with Mini Craft Market

Saturday 26th April
10am - 12noon

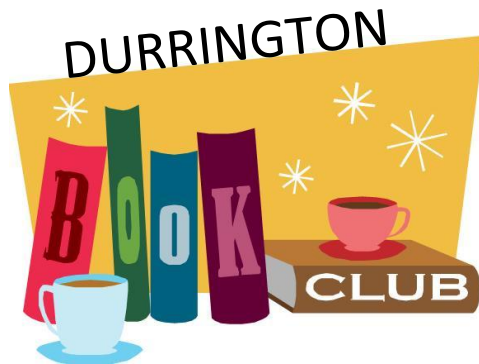
St Symphorian's Church
Durrington Hill BN13 2PU

Tea, Coffee, Cakes
and Crafts Stalls

In aid of Church
Hall Refurbishment
Fund.

Registered Charity 1134809

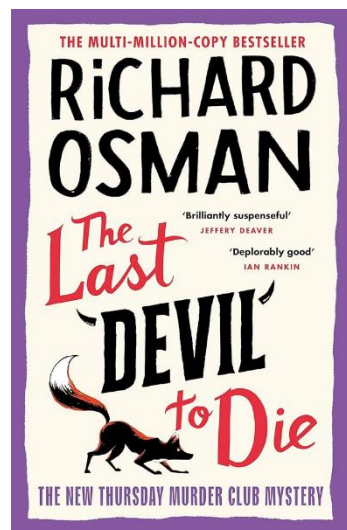




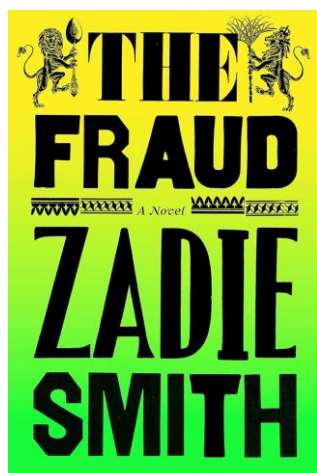
The Last Devil to Die by Richard Osman

Intrigue, subterfuge, innuendo, humour, charm: it's all in there. That Richard Osman's series of books is popular with readers there is no doubt. Waterstones can attest to that.

Osman is a master of the art of double meaning and chooses a group of pensioners and a dog called Alan, living in a retirement home chasing after seasoned criminals. The reader is caught up in the chase, the home is called Coopers Chase, then brought swiftly down to earth by the tongue-in-cheek vein which runs through the whole book.



The pensioners live dangerously, appearing to have no regard for their own safety. Indeed one of the pensioners carries a gun in her handbag. Their well-meaning charm – “making sure the heroin was pure and no-one was trying to pull a fast one” – and polite easy manner lends a light-heartedness to the book with the pensioners Zumba-ing their way through the twilight of their years and solving serious crime at the same time.



A popular broadcaster, Richard Osman's quiet, unassuming manner is very well illustrated in this book. With this style added to the group of lively pensioners makes the read thoroughly enjoyable.

The Book Club gave it 7.

Next book is The Fraud by Zadie Smith.

SING & GIN

Sing your favourite hymns
and enjoy a G&T
(other drinks available)

SUNDAY

11TH MAY

6PM

*St Symphorian's Church
Durrington Hill BN13 2PU*

*Donations to Church Funds
registered Charity 1134809*



Tales from the 'Dreaming Spires -2

By Fr Arthur Taylor

As universities were springing up all over Europe, a new form of religious fellowship appeared, the friars. Although they followed rules of poverty, chastity and obedience, they were more loosely ordered than monastics, with greater individual freedom to develop and work in the world outside community walls. To prevent a proliferation of widely differing Orders, the Papacy authorised only four, all of which had already established themselves in Oxford. Popularly known by the colour of their habits – Blackfriars (Dominicans), Greyfriars (Franciscans), Whitefriars (Carmelites) and Austin Friars - they served as preachers, teachers, spiritual guides, and much else.

Each Order had its distinctive vocation. St. Dominic had founded that Order to combat the Cathari, a serious heresy sweeping through southern Europe, and tended to concentrate on doctrine. The Franciscans followed the example of St. Francis in his concern for material simplicity and love of nature. The Carmelites had begun as hermits in the Holy Land, but had withdrawn after the Moslem conquest, to lead lives of intercessory prayer among bustling townfolk. The Austin Friars had similar origins, and followed the Rule of St. Augustine.

While establishing their own presence within the academic world, the friars adapted their teaching to the needs of ordinary people in the parishes and were deservedly popular, the Franciscans in particular., who introduced the Crib, the Stations of the Cross and the Angelus as simple devotional aids. For their part, the Dominicans encouraged the use of the Rosary, 'St. Mary's Psalter', as a simple mediation upon the Incarnation of Christ. At university level, a remarkable clutch of Oxford Franciscans made a lasting contribution to the development of European thought, Roger Bacon, John Duns Scotus ('the Scot'), William of Ockham, and above all Robert Grosseteste, the first university Chancellor and later Bishop of Lincoln.

It was all swept away at the Reformation, but the friars were to return in happier times. Today the Dominicans maintain a University Hall of Residence for students, as did the Franciscans for



the community
dementia hive
by beehive care



**STAY VOCAL
2025**

Whats on at D-Café

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Stay Vocal Dates 2025

Stay Vocal meets every month at St Symphorians Church
Durrington Hill

Join us for a warm drink at 11am.
Singing 11.30am - 12.30pm

Wednesday 8th January
Wednesday 12th February
Wednesday 12th March
Wednesday 9th April
Wednesday 14th May
Wednesday 11th June
Wednesday 9th July
Wednesday 13th August
Wednesday 10th September
Wednesday 8th October
Wednesday 12th November

a time, but ministering now to the Roman Catholic parish of St. Edmund and St. Frideswide.

St. Edmund – Edmund of Abingdon (his birthplace) - is the first recorded Master of the University and also taught in Paris. Essentially a man of contemplative prayer and study, he was a notable teacher and preacher, and was rather taken out of his natural element to become the Treasurer of Salisbury Cathedral and later Archbishop of Canterbury. His seven years in office were far from trouble-free, difficulties with the Canterbury monks, disputes with King Henry III over the canon law of the Church over against the common law of the land, and called in to provide a mediatory influence on potential civil war in the Welsh border lands. To help deal with the strain of all these things he enlisted as his own chancellor an Oxford friend of himself and Robert Grosseteste, the current University Chancellor, Richard Wych. That friend became in due course the bishop we know as St. Richard of Chichester, whose prayer is ours still.

The site where Edmund taught was later occupied by a Hall of Residence for students. Then only graduate Masters and Fellows actually lived in the Colleges. Later, when they opened their doors to 'Commoners', 'that is to say resident students and those with lower degrees, the medieval halls disappeared leaving 'St Edmund Hall' as the sole survivor, still on the original site. Affectionally known as 'Teddy Hall', it was finally granted College status in 1957, but chose to keep its historic name.



Ronnie Smith's Big Band's Swing and Jazz Evening

Music and songs from the 40's onwards
Come and join us for drinks and nibbles
and enjoy a fun evening!

Tuesday 13th May 8pm
St Symphorian's Church, BN13 2PU

FREE EVENT
Bar and nibbles available.

To reserve your place book your tickets via <https://forms.gle/zo2qkZ5V9QxRgdpE6>

Proceeds to Social and Fundraising Mission Fund. Registered Charity 1134809

Fairtrade



As part of the Social and Fundraising team's work for the Eco Church campaign, it has been decided to promote Fairtrade once again in our church. With this in mind, we hope to use as many Fairtrade products as possible in the church. This will initially include such items as tea, coffee, biscuits where it is easy to source Fairtrade items before we move on to items which may not be so easy to substitute. This article explains the history and terminology behind Fairtrade.

WHY?

Whenever we buy goods, the money we spend is split across the supplier chain - from the producer to the point of sale. We would like that money to be shared fairly across the chain and result in a fair price to us too. We also want to know that workers have safe working conditions and are being treated well.

In order to receive some assurance that everyone is being treated fairly, we need to rely on the assessment and standards set by other organisations. As early as the 1950's Oxfam UK used the concept of 'fair trade' when selling products made by Chinese refugees in its shops.

In 1964 Oxfam created the Fair Trade Organisation, a forerunner to The Fairtrade Foundation which was established in 1992 in response to persistent appeals for fairness in trade from Mexican small-scale coffee farmers. Since then, thousands of other products have received the Fairtrade certification mark.

Churches have been at the forefront of promoting fair trade products for decades, making the connection between trade and poverty and committing to using fairly traded goods such as tea, coffee and sugar. Making a public statement to become a 'Fairtrade Church' adds weight to those involved in the conversation about justice for the farmers and workers we rely on.

HOW?

WHAT IS ETHICAL?

'Ethical' is now used on a wide range of products and by many suppliers, covering a variety of moral values and principles. It can be used to mean anything from eco-friendly to recycled, organic to vegan; fairly-traded imports to locally produced. There is no legal definition of either 'ethical' or 'sustainable', so do look for goods which use these phrases but ask the supplier what they mean.

BUYING PRODUCTS

There are a few well-recognised certifications. In looking for international products which are fairly traded and ethically sourced, seek out those which have the Fairtrade 'mark' or the Rainforest Alliance 'seal'.

- **The Fairtrade Foundation** describes its certification as a set of standards that are met in the production and supply of a product or ingredient. For farmers and workers, Fairtrade means workers' rights, safer working conditions and fairer pay: <https://www.fairtrade.org.uk/buying fairtrade/>
- **The Rainforest Alliance** was founded in the USA in 1987 with an aim to stop deforestation of rainforests. They have subsequently developed a 'seal' which means that the certified product or ingredient was produced using methods that support the three pillars of sustainability: social, economic, and environmental: <https://www.rainforest-alliance.org/find-certified>
- **'Ethical Consumer'**, is a membership co-operative which researches the business practices and sources of thousands of products. It grades the impact of each on the environment, society, animal welfare and 'Good for Body and Soul'. In some cases, products might be good in one category and poor in another which means you need to choose between say human rights and animal testing: <https://www.ethicalconsumer.org/about-us>

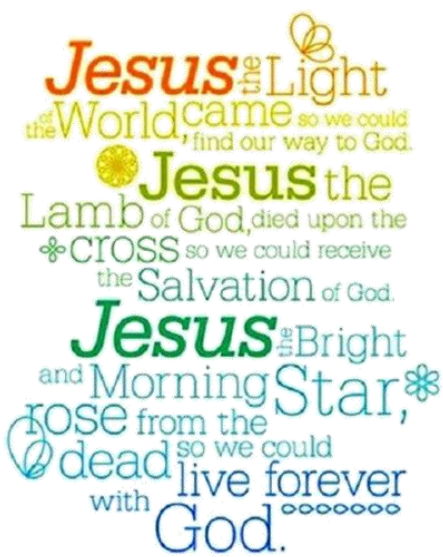
We hope you will support the PCC as we move towards becoming a Fairtrade church.

Puzzle Corner

APRIL WORDSEARCH
SPRING

T P E Q B W S W S A B C R Y N
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- BEES
- BUDS
- CLEANING
- DAISIES
- LAMBS
- NEW
- SNOWDROPS
- BREEZES
- BUTTERCUPS
- CROCUSES
- GREEN
- LENT
- RENEWAL
- SUNSHINE
- BRIGHT
- CATKINS
- DAFFODIL
- GROWTH
- NESTING
- SHOWERS
- SWALLOWS



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COPY DATE

Articles and information for the

May 2025

edition of the Parish News
should be handed in **before**

Sunday April 13th

PLEASE NOTE - articles handed in after the copy date deadline cannot be guaranteed to be included.

Articles can either be

- ❖ handed into the Parish Office
- ❖ given to the editor on a Sunday morning,
- ❖ e-mailed to magazine@stsymphorians.co.uk

The editors will always try to include all articles, but due to space may occasionally have to keep an article until the next month. Please also remember that articles do need to be of a positive or informative nature.

New advertisers are always welcome, and we have very competitive rates for full, half and quarter page adverts. If you are interested, then please pick up a form from church or email the editor at magazine@stsymphorians.co.uk

Please note that advertising in this magazine does not carry an endorsement from the Church. Readers who use the businesses advertised do so at their own risk.

WEEKLY ACTIVITIES IN ST SYMPHORIANS CHURCH HALL

Monday	Penfold Bowls
Tuesday	You Group (3 rd Tuesday each month) Hoopla Ronnie Smith Big Band Rehearsal* (Last Tuesday each month)
Wednesday	Durrington Book Club (1 st Wednesday each month) Dementia Friendly Community Choir* (2nd Wednesday each month) Rangers
Thursday	Guides
Friday	Pram and Toddler 10am Martial Arts Class

*in church

Venue for Hire

The Church Hall and Atkinson Room are available for hire for parties and functions.

Charges are:

Main Hall £20 per hour

Atkinson Room £15 per hour

Both Halls £30 per hour

All bookings have access to the kitchen.

For more information, please visit the website.



For more details contact the Parish Office Tel 01903 268109
or email theoffice@stsymphorians.co.uk
or visit our website www.stsymphorians.co.uk
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