



Sullington & Thakeham with Warminghurst
Same family, Two parishes, Working together.

THERE IS TRUE FREEDOM IN CHRIST!



Dear Church Family,

On Sunday we continued following the lectionary and were once again in the book of Exodus. We were looking at a very famous story found in chapter 14:19-31.

At this point in the Exodus narrative things seem, at first glance, fairly bleak. Pharaoh has let the Israelites go, but has had second thoughts. To get his forced labour back he is pursuing the Israelites with his army. An army equipped with the latest military hardware, and an army which the unarmed, untrained Israelites stand no chance of defeating.

Many of the Israelites start to have second thoughts too, and there is a growing clamour amongst them to return to bondage in Egypt, rather than be killed by the Egyptian army. Despite being surrounded by God's presence, in the form of a pillar of cloud and fire, and having witnessed how God miraculously rescued them out of slavery, they are still more fearful of man than they are of God.

It can be easy to condemn the Israelites for a lack of faith at this point, but there is a danger that we fall into the same trap. How often are we tempted to despair, forgetting all that God has done for us?

Moses encourages his people to keep faith, and under instruction from God, he holds his staff out over the waters. The waters then part and the Israelites walk out of Egypt and into freedom. This is an image which points forward to Christ. By passing through the waters of the Red Sea the Israelites are released from death and the bondage of slavery to life and freedom. In the same way we are invited to move from the bondage of sin to true freedom which is found in Christ. This is part of the image of baptism. This story for us today should encourage us to seek God in difficulty, remembering all that he has done for us, and trusting that he still acts miraculously on our behalf.

Revd Joel Willmer

A note from Arabella, Parish Administrator

I wanted to say a big thank you for all your support over the past two years.

I have thoroughly enjoyed meeting and liaising with each of you, and it has been a real joy to play a small part in supporting you in any way I can.

It has been such a privilege to work alongside such an amazing team of leaders and churchwardens. I have felt incredibly supported and am very grateful for my time in this role.

I have recently moved to London and have started a new role as a Prayer Coordinator for a ministry. I hope to see you all at a flower festival one year!

SUNDAY SERVICES

Sunday 20th September 2026

We look forward to
welcoming you!**SULLINGTON CHURCH**

10:30am

Holy Communion

THAKEHAM CHURCH

8:30am

Holy Communion

Lectionary Bible Reading

Give praise to the Lord, proclaim his name; make known among the nations what he has done.

Sing to him, sing praise to him; tell of all his wonderful acts.

Glory in his holy name; let the hearts of those who seek the Lord rejoice.

Look to the Lord and his strength; seek his face always.

Remember the wonders he has done, his miracles, and the judgments he pronounced, you his servants, the descendants of Abraham, his chosen ones, the children of Jacob.

Psalm 105:1-6

**EVENTS:**

Family Support Work

**HARVEST FESTIVAL
FOODBANK COLLECTION**

We would be grateful if you could collect tinned and packaged food items to help support families across Sussex.

- Tinned Vegetables
- Tinned Meat / Fish
- Tinned Fruit
- Soup
- Chopped Tomatoes
- Pasta sauce
- Pasta
- Dried rice
- Jams & Spreads
- Coffee & Tea
- Table Sauces
- Snack bars

No fresh, chilled or out-of-date items.
Thank You!

Please contact Spencer on 01273 832 963 or email Spencer@familysupportwork.org.uk to arrange a collection.

YOU ARE INVITED TO

**HARVEST
LUNCH**

11TH OCTOBER

@ SULLINGTON PARISH HALL
12:30PM / RSVP TO OFFICE TO
SECURE YOUR SPOT!

FESTIVE FOOD &
FELLOWSHIP

EVENTS:

HARVEST FOOD FESTIVAL 2026 SUPPER PICK 'N' MIX

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

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

TINS

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

PACKETS & JARS

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

SWEET AND SAVOURY

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

DRINKS

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

HOW CAN YOU DONATE?

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



SCAN ME

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

Email donations@turning-tides.org.uk
Phone 01903 680742
Visit www.turning-tides.org.uk/donate-goods



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



SCAN ME

Drop off Monday - Thursday
Collections available on request.

ST MARY'S CHURCH SULLINGTON POP-UP PRELOVED CLOTHING SALE



OCTOBER 3RD & 4TH 2026
10AM - 4PM

KINDLY HOSTED AT
THE CAFE @ THE OLD WORKSHOP
SULLINGTON MANOR FARM. RH20 4AE

FOR FURTHER INFO OR TO DONATE QUALITY CLOTHES
PLEASE EMAIL POPUPSTM@GMAIL.COM

ALL CLOTHING SALES PROCEEDS SUPPORT THE CHURCH