



Seventh Sunday after Trinity

19th July 2026



Genesis 28.10-19 'Jacob ... took the stone that he had put under his head and set it up for a pillar and poured oil on top of it. He called that place Bethel.'

Image by Revd Jess, see Bible Art below for commentary.

All are welcome to join us as we continue our journey through the green days of Ordinary Time. We have our Blessing of the Sea service this Sunday afternoon, 3pm at the Pollinator Café. It's an opportunity to come together as a community and celebrate the sea. Thankfully the weather looks like it will be a little cooler and more comfortable.

Collect

Generous God,
you give us gifts and make them grow:

though our faith is small as mustard seed,
make it grow to your glory
and the flourishing of your kingdom;
through Jesus Christ our Lord.

Readings

Wisdom of Solomon

12.13,16-19 or Isaiah 44.6-8 or Genesis 28.10-19a

Psalms 86.11-17

Romans 8.12-25

Matthew 13.24-30,36-43



Sea Lights

Sea Lights, our
group for
children, meets in

the hall this Sunday at 10am. New children
always welcome!



Blessing of the Sea We are holding this
informal outdoor service again this year after

its warm reception last summer. Different community groups are being invited to participate. It will be at the Pollinator Café – please bring camping chairs if you want a guaranteed seat. Thank you to the Durrant family for hosting us. The nearby National Coastwatch station will be open after the service if you'd like to visit. If in doubt about the weather check our website or Facebook page for updates. All welcome.

The Altar flowers this week are sponsored by Angela Tritton in loving memory of her father Jack Evenden.

Saturday morning meditation dates

Please note there is no Saturday morning meditation on 18th July. Instead, there is an opportunity for a morning retreat with the Centre for Spirituality including a low tide beach labyrinth walk. For more details and booking click

<https://www.tickettailor.com/events/centreforspirituality/2240923>

Saturday morning meditation runs as normal 25th July and 1st August. It will take an annual break during the rest of August (no meditation 8th, 16th, 22nd or 29th August).

Bible Art (see image at top of newsletter)

Genesis 28.10-19 Jacob ... took the stone that he had put under his head and set it up for a pillar and poured oil on top of it. He called that place Bethel.

I was wondering why Jacob poured oil on the stone, it was clearly linked to the depth of the experience of the dream he had had, and the fact that he named the place Bethel or House of God. I looked this up, and apparently the use of oil (often scented) as a sign of a

covenant between a person and a god (or gods) was widespread throughout many of the surrounding cultures at that time (including the Egyptians, Babylonians, Hittites and Canaanites) so the origin of this practice is lost in the mists of time; but it also means it was like a language to Jacob when he wanted to communicate with God how he felt about the dream he had had when his head was resting on that very stone. I suppose it is a bit like the way many Christians light candles in churches in memory of people who have died, or as part of a prayer ... it's a language most other Christians (whatever their denomination) would understand.

And now, even all these thousands of years later, we still use oil during ceremonies including anointing the King during his coronation, or blessing for healing and consecration, and still feel a sense of awe during its use. **Revd Jess**





An invitation to a Franciscan quiet

day. The Sussex Third Order, Society of St Francis and the Parish Church of St Mary and St Blaise invite you to a quiet day of worship and reflection to commemorate the 800th anniversary of the death of St Francis of Assisi. Saturday, 22nd August, 11am to 4.30pm at Boxgrove Priory, Boxgrove. With worship and reflection led by Fr Dominic Keech and Brother John SSF. Everyone is welcome. No need to book. Enjoy the priory labyrinth, Abbey ruins and countryside. Bring a picnic. Suggested donation £10.



Fundraising Performance The Good Shepherd welcomes Coastline Harmony, an award-winning local women's a capella group. An evening with songs of all styles and genres. Come and enjoy the joy of song.

Coastline Harmony is generously offering this performance as a fundraiser for the Good Shepherd. Donations are welcome. Refreshments to follow. All welcome. Thanks go to Andrea Weller and Martin Devereux for arranging this event.



Individual Healing

Prayer is offered most Sundays after the 10am service in the side chapel.

And finally...

We now have a new Rural Dean of Hove. Bishop Will announced that Revd Lloyd Etheridge has taken up the role, for a term of up to five years. He currently serves as Associate Vicar of Bishop Hannington Church in Hove. We wish him well in the post. You may not know that the Hove Deanery has its own website page, where you can find out more information about other deanery churches and dates. www.hovedeanery.org

I work half-time and the days I am usually available are Tuesday, Wednesday, Friday and Sunday morning. I wish you all a blessed week, Revd Jane

Services this week

Sunday 19th July

8am – Holy Communion with Revd Jane and Sally

10am – Parish Communion with Revd Jane and Sally

*This service will be live streamed onto our Facebook and You Tube channel.
You Tube page [CLICK HERE](#)
Church Facebook page [CLICK HERE](#)
Please note that we don't stream our all-age services.*

3pm – Blessing of the Sea at the Pollinator Café

Tuesday 21st July

9.30am – Holy Communion with Fr Jerry and Mthr Anne-Marie

Wednesday 22nd July

6pm – Celtic Evening Prayer on Zoom [CLICK HERE](#)

Meeting ID: 868 1252 3106 Passcode: 960274

Friday 24th July

8am – Meditation with Morning Prayer A benefice service at St Mary de Haura

Saturday 25th July

8am – Morning meditation – in the Good Shepherd and also on Zoom
<https://us02web.zoom.us/j/81286470381>
Meeting ID: 812 8647 0381



To donate to the Church of the Good Shepherd online [CLICK](#)

[HERE](#) Thank you

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Good Shepherd Hall bookings

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Prayer chain (for emergency prayer) Liz Beeston *01273 454685*

Church website

www.goodshepherdshorehambeach.org.uk

 **THE CHURCH OF ENGLAND**