

# The Botolph Bell



**The Magazine for the Parish of Heene  
September 2017**

# What's on at St. Botolph's

Look at the regular events we hold in addition to our Sunday morning services:

<u>Monday</u>	10.00 am - 11.00 am	Gentle Exercise Class
<u>Wednesday</u>	10.00 am - 11.45 am	U3A Inspired Instrumentalists
	12.00 pm - 1.00 pm	Instrumental Groups
	7.00 pm - 8.00 pm	Tai Chi
	8.00 pm - 9.00 pm	Kick Boxing
	7.30 pm - 9.00 pm	Bell Ringers' practice
<u>Thursday</u>	7.30 pm - 9.00 pm	Spring into Soul Community Choir
<u>Friday</u>	10.15 am	Prayer group
	10.30 am - 12 noon	Coffee morning
	7.30 pm - 9.15 pm	Choir Practice
<u>Sunday</u>	12.30 for 12.45 pm	Parish community lunch at The Beechwood Hall Hotel, Wykeham Road. Monthly - usually on 3rd Sunday of the month.

All events are weekly unless otherwise stated and contact details are shown at the back of this magazine.

*St. Botolph's Church, Lansdowne Road, Worthing BN11 4LY*  
[entrance on Manor Road for most mid-week events]

## Services

Friday, 1st September	10.15am	Prayer Group
Sunday, 3rd September	10.00am	Sung Eucharist
Friday, 8th September	10.15am	Prayer Group
Sunday, 10th September	10.00am	Sung Eucharist
Friday, 15th September	10.15am	Prayer Group
Sunday, 17th September	10.00am	Sung Eucharist
Friday, 22nd September	10.15am	Prayer Group
Sunday, 24th September	10.00am	Sung Eucharist
Friday, 29th September	10.15am	Prayer Group
Sunday, 1st October	10.00am	Sung Eucharist

## Thought for the Month

The Diocese of Chichester has designated the period up until November 2017 as the “Year of the Bible” and this is reflected in our opening article this month.

The Bible is an extraordinary book - probably the most owned and most read and the most neglected in all the world.



It is not one book but a library of books, put together by the Christian Church towards the end of the second century A.D. The books selected span a period of over two thousand years, so they vary very much in contents and style. They include history, stories, myths, poetry, speeches, letters, and books of moral sayings and exhortation. They are put together, not in the order they were written, but with one firm intention: that they relate to Jesus Christ. Everything you read in the Bible points toward or draws inferences from the revelation of God through the human life of Jesus.

The Old Testament is the story of the Jewish people in their developing understanding of God and their expectation of Christ. The Gospels are about the ministry and teaching, the death and resurrection of Christ. The rest of the New Testament is about the first Christians, the way they spread over the Mediterranean world as far as Rome, and the advice they were given in the ordering of their lives, individually and together.



All this makes the Bible wonderful but confusing. When we read it by ourselves or with a study group it is helpful to have a commentary or notes such as those that the Bible Reading

# Keep living your life...

*...with support when you need it*



## Abbeyfield WORTHING

**There's no need to be lonely, isolated and tired of running your own house.**

**Abbeyfield Worthing is *the* alternative, highly affordable answer to secure, assisted retirement living.**

- No upfront purchase or investment, just a cost effective monthly rental
- Enjoy secure independence within a 'family based' community
- Bring your own possessions and favourite furniture
- All inclusive package including delicious home cooking
- The freedom to come and go as you please

We have two houses, each with a House Manager. Each house has attractive gardens, a lift and a communal conservatory. The rooms are bright and airy and all have en suite bathrooms. We are conveniently situated close to shops, buses, surgery and the seafront.

**To find out more about our all inclusive, alternative solution to retirement living call our manager on 01903 208665**



Seascapes, 8 Southey Road, Worthing BN11 3HT  
enquiries@abbeyfield-worthing.co.uk  
www.abbeyfield-worthing.co.uk

Abbeyfield

Fellowship publishes. In this way we can learn about the historical context of a particular passage and what it was the writer had in mind. This helps us to read with understanding as well as with warmth and love. So we find - in our mind and in our heart - the revelation of God's love through the story of the Jewish nation and the life of Jesus Christ, who was the Word of God, the Wisdom of God, the Human Face of God, the Love of God in Action.

### **The Very Revd Christopher Campling**

This article is taken from the soon-to-be-published book "Christian Breadcrumbs" by the Dean Emeritus (retired) of Ripon Cathedral, the Very Reverend C.R. Campling, who lives locally. The book will support a local hospice and also raise funds for a number of churches in the Worthing area.



**SKY-LIGHT  
HIGHLIGHTS!**

This fabulous picture of the electric storm over Worthing Pier in July - and the stunning image on our front cover - have been kindly provided by local photographer Lee Milner.

Take a look at Lee's website:  
[www.milnerpics.com](http://www.milnerpics.com)  
to see more of his work.

The views expressed in this magazine are not necessarily those of the editorial team.



**the office**  
 23/24 New Broadway  
 Tarring Road  
 Worthing  
 West Sussex BN11 4HP  
 Tel: 01903 200000  
 Fax: 01903 820753  
 email: [theoffice@ndirect.co.uk](mailto:theoffice@ndirect.co.uk)

**Worthing's No.1 Secretarial Service**  
 offering **Typing Service, Mailing Address and PO Box Hire to Telephone Answering and Call Handling**

- **Speedy Typing and Wordprocessing service** – quick turnaround at economic prices
- **Prepare reports, manuscripts, CVs, data bases, life stories and general correspondence**
- **Confidential Business Service and complete business support**
- **Starting a business? Come and visit us, serviced offices available**

Call us on **01903 200000**



**CARTECH**  
**(Autocentres) Ltd**  
 TELEPHONE: 01903-248480

Servicing & Repairs  
 MOT Testing  
 Electrical & Diagnostics  
 Air Conditioning Repairs & Refilling  
 Tyres & Batteries

8 STATION PARADE, TARRING ROAD  
 Worthing, West Sussex BN114SS



Web: [www.garagesinworthing.co.uk](http://www.garagesinworthing.co.uk)  
 Email: [cartechworthing@btconnect.com](mailto:cartechworthing@btconnect.com)



- Commercial cleaning
- Domestic cleaning
- De-cluttering of offices and homes

Competitive pricing, professional,  
 Friendly and reliable

Why not give us a call to see if we can  
 lower your cleaning cost?

Contact us today for a **free** quote.  
 Telephone 07702 700729  
 Email: [Claire.gregory@chucksaway.co.uk](mailto:Claire.gregory@chucksaway.co.uk)  
 Website: [www.chucksaway.co.uk](http://www.chucksaway.co.uk)  
 Company number 09313921. Chucks Away Limited  
 is covered by Public Liability Insurance

*Clean Cut Gardening Services*

- Mowing
- Hedge cutting
- Tree surgery
- Turf laying
- Shingle & bark laying
- Weed killing
- Power washing patios & drives
- Gutter clearance
- Rubbish & house clearance

Friendly, reliable & fully insured

**01903 899592**

[www.cleancutgardening.co.uk](http://www.cleancutgardening.co.uk)  
[luke@cleancutgardening.co.uk](mailto:luke@cleancutgardening.co.uk)



# Spinach is good for you !



*Fresh small leafed spinach, with tender leaves and stalks, is ideal for both cooked dishes and in salads. Conveniently sold in ready-to-use bags and needing very little cooking, just quickly steam or microwave portions in a vented freezer bag.*

*Try my ideas where the heat of the other ingredients cooks the vegetable or try the delicious salad. I first ate it in a restaurant on Madison Avenue, NY, hence its name.*

## **Madison Avenue Salad (Serves 2)**

Put 6 finely sliced spring onions, 1 ripe peeled, stoned and sliced avocado and 225g summer spinach leaves into a large bowl. Tip 100g chopped smoked bacon into a large frypan and cook until beginning to brown. Stir in a handful of fresh bread cubes and continue to cook, stirring, until crisp and brown. Remove from the pan with a slotted spoon and keep hot. Add 2tbs olive oil and some crushed garlic to the bacon fat in the pan, cook 1 min then stir in 1tbs red wine vinegar, 1tsp wholegrain mustard and 1tsp sugar. Bring just to the boil and season to taste. Add the bacon and bread cubes to the salad bowl and immediately pour over the hot dressing. Quickly toss together and eat immediately.

## **Lemon Butter Fish Rolls**

For each portion you need a skinned white fish fillet such as plaice and a good handful of summer spinach plus the grated zest and juice of half an unwaxed lemon, a generous knob of soft butter and a handful of fresh breadcrumbs.

Preheat oven 180°. Roll the spinach leaves up (like a swiss roll) and place across the centre of the skinned side of the fish fillet. Season then lightly roll up and place folded side down in a shallow dish large enough to hold all your portions in a single layer. Combine the lemon juice and zest with half the butter and spread over the top of the fish.

Combine the breadcrumbs with the remaining butter and spoon on top of the fish. Bake for about 20 min until cooked through.

**Creamy Fish Pasta (Serves 4)**

Cook 300g fresh pasta (any shape) adding 225g summer spinach for the last couple of minutes cooking time. Drain well. Combine 125g cream cheese with a can of drained and chopped anchovies. Gently combine with the pasta, spinach and 225g cooked prawns. Tip into a shallow dish, top with buttered breadcrumbs and pop under a pre-heated grill until golden brown.

*Recipes by **Caroline Young from Eastbourne**, a food writer, who the editor met this summer at a conference hosted by the Macular Society on central vision loss.*



Footnote : In cartoons Popeye the Sailor man used to extol the virtues of spinach. Popeye used it for superhuman strength. Was he on to something? Its leafy green leaves contain lutein, an anti-oxidant that nourishes the eye and helps protect the retina.

An advertisement for 'Footplate Days & Ways Ltd'. The background is a detailed technical drawing of a clock mechanism. The text is arranged as follows:  
- Top line: **CONSERVATION** ♦ **RESTORATION**  
- Second line: **ANTIQUE CLOCKS**  
- Third line: **TIN PLATE TOYS & AUTOMATA**  
- A list of services, each preceded by a gear icon:  
 \* **CLOCK RESTORATION AND REPAIRS**  
 \* **CLOCKWORK MODEL REPAIRS**  
 \* **3D PRINTING FACILITIES**  
- Bottom left: **FOOTPLATE DAYS & WAYS LTD**  
- Bottom left: **E-MAIL: lapendules@gmail.com**  
- Bottom right: **01903 207587**  
- Bottom right: **07773 862004**  
- Bottom center: **FREE ESTIMATES**

**music@heene  
presents**



**An evening of acoustic and folk music**

**At St. Botolph's Church, Lansdowne Road, Worthing**

**On Saturday 9th September**

**at 7.30pm**

**Featuring local duo Jo & Graham  
and local group Envy.**

Licensed bar available. Free entry,  
retiring collection in aid of church funds.

A TRULY INDEPENDENT  
FAMILY FUNERAL DIRECTOR



# IAN HART Funeral Service Ltd



A.J. Pratley  
(Great-Grandfather)  
1869-1926



A.G. Pratley  
(Grandfather)  
1906-1991



Ian Hart  
Dip. FD. L.M.B.I.F.D.



Jane James  
Cert. FP. F.I.F.D.C.



Sam Hart

- Private Chapels of Rest
- Pre-paid Funeral Plans
- Monumental Masonry
- British Fleet
- Bereavement Counselling Service
- Service Chapel and Catering suite
- Flowers
- Catering
- Horse Drawn Hearse



Customer  
Care Award  
WINNER 2015



*As a small family run company we pride ourselves  
on offering a personal and professional service*



24 hour service to all areas

**01903 206299**

92-94 Broadwater Street West, Worthing, BN14 9DE  
(opposite Broadwater Green)

[ian@ianhartfuneralservices.co.uk](mailto:ian@ianhartfuneralservices.co.uk)  
[www.ianhart.org](http://www.ianhart.org)



**THE GORDON CHAPEL AND CATERING SUITE  
20 SOMPTING ROAD, WORTHING, BN14 9EP**

# Who's buried in Heene Cemetery?

## **Edith Elizabeth Matilda Falwasser (1832 – 1904)**

HEENE St Botolph- SW section, ROW 5, No.10 Stone cross at west end. Stone kerb.

### **EDITH ELIZABETH MATILDA FALWASSER**

Died 15th. February 1904 aged 71 Eldest daughter of

JOHN FREDERICK FALWASSER JP of SHERBORNE, DORSET

Edith Falwasser was an example of the single daughter of a landed Victorian family. She moved around, staying with relations and doesn't seem to have had her own home at any time.

She was born and baptised in 1832 in Cheltenham, the second child of Major John Frederick Falwasser, JP, educated at Wadham College, Oxford, and Rosetta Jane (nee Sewell). Major John was born in Maidenhead and Rosetta in Stockwell. They were married in Cheltenham in 1830. Their first child, John Frederick, was born in Florence in 1831. (He became a Clergyman, married Frances in 1859, and died at Privett Vicarage, Alton in 1890.)

In 1849 the family was at Cornhill, Sherborne, Dorset, Major John listed among the Gentry in the Post Office Directory. They were still living in Sherborne in 1861. Major John, County Magistrate and Landowner. Edith, Henry Charles, born Bishops Waltham in 1844, Florence Annie, born Sherborne 1849, and Edmund Grant, born Sherborne 1850. Plus a Nurse, a Cook, a Parlourmaid and a Housemaid. Brother Ernest, born in Hampshire in 1832, and John F (now married), were not then living with the family.

Edith was a Visitor at her Aunt Ellen Falwasser's home in Monkton Combe, Somerset in 1881. In 1891 she was living in Epsom with brother Ernest, then a Clerk in the War Office, and sister Florence, plus 3 Servants. In 1901 Edith was living in Winchester with brother Edmund, a Clergyman, and 2 Servants. She was described as 'living on her own means'. By 1911 Edmund was in a Lodging House in Tunbridge Wells.

When she died, Edith was living in Park Cottage in Shakespeare Road. Probate was given to Ernest Bateman Falwasser, Gentleman, and John Frederick Falwasser, Solicitor.

Edith's brother Edmund went on to become a 'Clerk in Holy Orders', moving around the South of England to several Parishes. Henry Charles died in Brazil in 1871. Florence Annie stayed single. In 1901 she was living on her own means, with one Servant, in Norfolk Road, Littlehampton. She died in 1934 in Winchester.

**Liz Lane**

## Friends of Heene Cemetery (crossroads of Manor Road & St. Michael's Road)

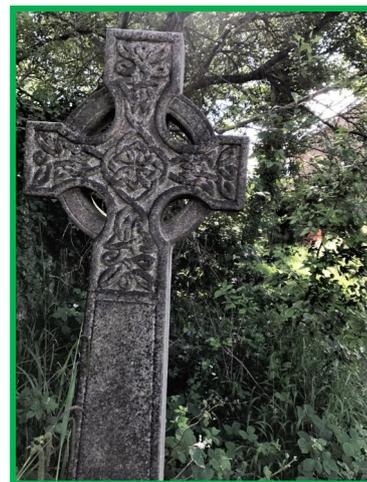


Nearly 50 people came to our Summer Open Day and Guided Tour to enjoy the beautiful day in tranquil surroundings. Stuart, our Bee Keeper, Brian Day, our Wildlife Guide, and Sue Standing, our Chairperson, gave information about flora and fauna that can be seen in Heene Cemetery and an introduction to the meanings of symbols on gravestones.



**Passion Flower** - The elements of the passion of Christ: the lacy crown - the crown of thorns; the five stamens - the five wounds; the ten petals - the ten faithful Apostles.

**Celtic Knots** - In or around 450 AD, before the Celts could be influenced by Christianity, Celtic culture took the form of knots, spirals, plait, braid, step and key patterns to depict richly symbolic seven creations. These creations were: man, mammal, plant, insect, bird, fish and reptile. Just as each of these symbolizes something important, so do the kinds of Celtic knots. This is why they are often used in Christianity to symbolize the Holy Trinity.



**Anchor** - Early Christians used the anchor as a disguised cross, and as a marker to guide the way to secret meeting places. A Christian symbol of hope, it is found as funerary symbolism in the art of the catacombs. Often set amongst rocks. It can also be an occupational symbol in sea-faring areas or the attribute of Saint Nicholas, patron saint of seamen, symbolized hope and steadfastness. An anchor with a broken chain stands for a life ended, perhaps prematurely.



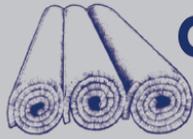
**Chains** - Medieval thinkers sometimes held that a golden chain bound the soul to the body. Broken links on a headstone can mean the severance and subsequent release of the spirit from the body. Chains are also the insignia of the International Order of Odd Fellows (IOOF) so called because of their dedication to giving the poor decent burials. This association can be clinched by the observation of the letters IOOF or FLT (Friendship, Love, Truth) either inside or near the chain.



**Bat watching evenings** are planned for September - please watch out on our notice board and Facebook for confirmation of dates and times as this will very much depend on the weather forecast.

Our volunteer working hours are Saturdays and Tuesdays, 2pm - 4pm. We will be opening every 3<sup>rd</sup> Saturday of the month 2:30pm - 3:30pm where you are welcome to visit the cemetery and enjoy the surroundings with us while we carry out our conservation and heritage work. Chairs will be available at various places in the cemetery, and also light refreshments for a small donation. There will not be a guided tour but volunteers are happy to answer any questions you may have.

For further information about Heene Cemetery please contact:  
Sue Standing – email: [suestanding@hotmail.com](mailto:suestanding@hotmail.com)  
mobile: 07771966846 or follow Heene Cemetery on Facebook -  
<https://www.facebook.com/Heene-Cemetery>



## GORING ROAD CARPET CENTRE

01903 700567

Checkatrade.com  
Where reputation matters

www.goringroadcarpets.co.uk

# ALL YOU PAY FOR IS THE CARPET

- ★ Free fitting
- ★ Free grippers
- ★ Free delivery
- ★ Free underlay
- ★ Free door bars
- ★ Free estimating



10 WALLACE PARADE, GORING ROAD, WORTHING, BN12 4AL

Warehouse/showroom: Unit 2, Nairn Business Centre, Artex Ave, Rustington BN16 3LN. Tel: 01903 773319

54 High Street, Billingshurst, RH14 9NY. Tel: 01403 783159

\*Free offers apply to carpet sales only, minimum order value £200. Excludes remnants, vinyls, hard floors and budget range carpets. Terms & conditions apply



TAPAS BAR

IF YOU ENJOYED TAPAS IN SPAIN  
THIS SUMMER, WHY NOT TRY THEM  
NEAR HOME, AT YOUR LOCAL SPANISH  
TAPAS RESTAURANT IN WORTHING?

OUR MENU OFFERS AN IMPRESSIVE  
SELECTION OF MOUTHWATERING,  
FRESHLY PREPARED TAPAS AND OUR BOARD  
HAS A NUMBER OF DAILY SPECIALS!!

**WE ARE NOW FULLY LICENSED!**

AT 52 SOUTH STREET TARRING WORTHING BN14 7LS

WE GUARANTEE YOU A WARM SPANISH WELCOME!!

COME AND SEE US SOON AND

**IF YOU CANNOT STAY YOU CAN ALSO TAKE OUR TAPAS HOME!!**

Telephone Pepe on 01903 234 125



Join us in the St. Botolph Rooms on **Friday 29th September**  
from 10.30 am until 12 noon.

Coffee, tea, hot chocolate, juice and cakes available.

All proceeds to Macmillan Cancer Support.

(Entrances in Lansdowne Road and Manor Road)

**SATURDAY, 14th OCTOBER 2.30pm**

**Sussex Gravestones and Graveyards**

**Illustrated talk**

West Sussex Archives Society, The Friends of West Sussex Record Office, are hosting this illustrated talk by Kevin Gordon at St. Botolph's Church (please use the rear entrance, in Manor Road), Worthing. Kevin has toured Sussex graveyards looking for odd and interesting gravestones from simple wooden crosses to huge pyramids. An unusual but fascinating subject!



The cost is £6 for members and £8 for non-members; tea or coffee and biscuits included. Enquiries: email [wsascom@btinternet.com](mailto:wsascom@btinternet.com)

Website: [www.westsussexarchivessociety.webplus.net](http://www.westsussexarchivessociety.webplus.net)

## Crusade and Jihad - Deceit and Distortion

We have been deceived about the terrorist organisation Isil (Islamic State of Iraq and the Levant) and led to believe that it is an authentic outgrowth of Islam. It is not. A skilful manipulator has taken the name Abu Bakr, companion of the prophet Muhammad who became the first Caliph, or successor, after Muhammad had died. Between 632 and 634 AD, by persuasion and force, he unified the Arabian peninsular under Islam. Westerners, the terrorist proclaims, are all still Crusaders, bent on subduing Muslims everywhere to their will.

On the morning of 15th July 1099 barons from the West, the First Crusaders, swarmed over the battlements of Jerusalem and indeed recaptured this Holy City from its Muslim garrison. The victory was long commemorated with passion. But not any longer. Christians have turned away from force and now only engage in peaceful pilgrimage.

The slander, that all Westerners in the Middle East are at least Crusaders, comes from the Ottoman Sultan, Abdul-Hamrd the second (1876-1909), trying to prop up his ramshackle Empire by smearing and dividing his opponents.



Christians and Jews in the Quran, are People of the Book, with a respected place. There is no ground for picking out Christians as targets for attack. The phoney Abu Bakr ignores the generous decision of General Moshe Dayan, the Israeli commander who in 1967 took the Old City of Jerusalem and the Temple Mount, sacred to both Jews and Muslims. The Chief Rabbi wished to blow up the Muslim sacred edifices on the Mount, the Dome of the Rock and the Al-Aqsa Mosque. General Dayan, who knew the Arab world well, rejected this and decided that Israelis should leave the Dome and Mosque exclusively for pilgrimage by Muslims. That still holds.

Isil claim that jihad in the Quran only means warfare for Islam. It does not. More often it means the battle against demons in the soul. The terrorists delude followers who kill themselves, exploding bombs with promises of Paradise. This is nonsense. Muhammad rejects suicide and condemns those who commit it to Hell. Those who crudely blame Islam for all atrocities would do well to read the Quran attentively.

**Dr Malcolm Lambert**

(See Malcolm Lambert, 'Crusade and Jihad', published in 2016 by Profile Books.) The author is a retired academic and lives in Heene.

**Footnote:** Newspaper reports in July 2017 point to Abu Bakr al-Baghdadi, the leader of so - called Islamic State, being killed in a Russian air strike in June whilst meeting Isil commanders in the city of Raqqa, Syria, the symbolic capital of Isil.

**Ferring** Hearing Centre  **INDEPENDENT HEARING AID AUDIOLOGISTS**  
Personal Hearing Care at our Clinic or in your Home

**FREE HEARING HEALTH CHECK**

**Call for an Appointment**  
**01903 500636**

- ★ 14 Day Trials of latest Hearing Aids
- ★ Competitively priced Hearing Aids with Lifetime Aftercare
- ★ 60 DAY Money-Back Guarantee if not completely satisfied

 **MICROSUCTION EARWAXREMOVAL CLINIC OR HOME VISITS FROM £40**

**32 Ferring Street, Ferring, Nr Worthing, BN12 5HJ**  
**OPPOSITE THE LIBRARY – FREE PARKING IN FRONT**  
**OPEN SATURDAY MORNINGS – FULL DISABLED ACCESS**

 Email: [info@ferringhearingcentre.co.uk](mailto:info@ferringhearingcentre.co.uk)  
[www.ferringhearingcentre.co.uk](http://www.ferringhearingcentre.co.uk)

 **hpc** hearing practice council  
registered  
[www.hpcuk.org](http://www.hpcuk.org)

Near 0% bank interest rate

# FED UP WITH YOUR CASH ISA RETURNS?

Let us show you  
low risk alternatives

**BOOK YOUR INITIAL CONSULTATION  
AT OUR EXPENSE**

Contact Hilary Peyman

**01903 882007**

or visit

[www.themellorpractice.co.uk](http://www.themellorpractice.co.uk)

— THE —  
**MELLOR PRACTICE**

Independent Financial Advice

The Mellor Practice Ltd is an appointed representative of Lighthouse Advisory Services Limited which is authorised and regulated by the Financial Conduct Authority.

The Mellor Practice Ltd, Registered in England, No. 10567558

Registered Office: 41b Beach Road, Littlehampton, West Sussex, BN17 5JA

The value of your investments can go down as well as up  
so you could get less back than you invested.

# Paradors and pilgrimage

## Part 2: Leon to Santiago de Compostela

*In our August Botolph Bell we journeyed from Bilbao to Leon with Charles and Pauline James, who are keen travellers and regular members of our congregation. Now we join them again - as they leave Leon and the celebrations of the Festival of St. Peter and St. John - on the final part of their Parador-based adventure and pilgrimage.*

The following morning we are in Astorga on the Via de la Plata. Soaring above the ramparts of the town are the two principal monuments - the Cathedral and the Bishop's Palace.



The Cathedral was built between the 15th and 18th centuries in varying architectural styles. Among the many exhibits in its museum are the jewelled Reliquary of the

True Cross and a lavish silver monstrance studded with emeralds.

Opposite the Cathedral is a fairy-tale building of multiple turrets and quasi-Gothic windows, designed at the end of the 19th century by Gaudi, after a fire had destroyed the previous Palace of the Bishop. The cost of the new Bishop's Palace was so phenomenal that no Bishop has actually lived in it! Today it is a museum.



Travelling west, we stopped at Ponferrada for lunch and admired the majestic castle constructed between the 12th and 14th centuries by the Knights Templar to protect the pilgrims. It was one of the largest fortresses in North West Spain.

By the next morning, we were in Lugo, which has the finest surviving Roman

**Compassionately  
caring for you**



**in the comfort of your  
own home**

## **Personal Care in the Comfort of your Own Home**

- Personal Care
- Live In Care
- Dementia Care
- Respite Care
- Palliative Care
- Medication Assistance
- Night care
- Domestic Help
- Companionship
- Driving
- Shopping
- Meal Preparation

For a friendly chat, call:

**01903 389098**

Email: [worthing@gacarers.co.uk](mailto:worthing@gacarers.co.uk)

Guardian Angel  
**carers**

[www.gacarers.co.uk](http://www.gacarers.co.uk)

(continued from page 19)

wall in Spain. The large Romanesque Cathedral is modelled on that in Santiago, and features a chapel containing the alabaster statue of Nuestra Senora de los Ojos Grandes (the Virgin of the Big Eyes).



Our night was spent in a Parador at Vilalba before we finally arrived at our pilgrimage destination - Santiago de Compostela. We stayed at the grand and imposing Parador of St. Mark (pictured on previous page), which was built by the Catholic monarchs as an inn and hospital for sick pilgrims. It has an elaborate Plateresque doorway. The Parador forms one

side of the Plaza do Obradoiro, the others being formed by the Cathedral of St. James, the late 18th century Town Hall and the Colegio de San Jermono.

Our morning was spent exploring the old town where we came across a church dedicated to Mary Salome, the mother of St. James. After lunch we continued our tour, this time inside the cathedral, starting with the museum. Then on to the body of this great church which, apart from the High Altar (pictured above), is quite simple, when one considers that this is the end of the Camino which, for hundreds of years, has brought many thousands of pilgrims to the Shrine of St. James.

One is able to pass under the high altar, where there is a silver reliquary chest containing the bones of St. James the Apostle. One is also able to go behind the high altar and up some steps to embrace the silver mantle of the 13th century statue of St. James, in gratitude for your safe arrival in Santiago.



In the evening we attended mass and were fortunate to witness the Botafumerio, a giant censer, swung high above the congregation by eight men at the end of mass, filling the great church with the heady aroma of incense. An inspiring and glorious way to complete our personal camino to Santiago de Compostela.

**Charles J.E. James**



Heene Road Vets  
passionate about pet care

When it comes to veterinary care, you want only the best for your pet. We understand that your pet is an important member of your family and we understand the special bond you share.

At Heene Road Vets, we are committed to providing your pet with leading veterinary services in a caring and compassionate environment and we look forward to working with you to keep your pet healthy and happy, now and for years to come.

Please look us up on  
[www.heeneroadvets.co.uk](http://www.heeneroadvets.co.uk)  
or **telephone 01903 200187**  
for an appointment.  
Or you can find us on Facebook  
[www.facebook.com/heeneroad.vets](http://www.facebook.com/heeneroad.vets)

**Please remember to mention  
The Botolph Bell if you use  
our advertisers.**

**Are you - or is someone you  
know - going into  
Worthing Hospital?**

If you would like spiritual support, please ring Deacon Rachel Bennett of the Hospital Chaplaincy Team on 07826 891305 to arrange a visit or to have a chat.  
Or email  
[Chaplaincy@wsht.nhs.uk](mailto:Chaplaincy@wsht.nhs.uk)



## Parish Community Lunch

Beechwood Hall Hotel,  
Wykeham Road, Worthing  
**Sunday, September 17th**

**12.30pm for 12.45pm**

**Two courses for just £12**

*To book, please call*

*Christine Roberts*

*01903 527176*

# CTP

## Brickwork & Groundwork

**Re-pointing  
specialists  
Extensions**



**Garden Walls  
Lintel Replacements  
Paving**

**Tel: Craig 01903 411129**

**Mob: 07445 622565**

**Email: [ctp.ces@gmail.com](mailto:ctp.ces@gmail.com)**

# Who to contact

Churchwardens	Paul Wadey Diane Le Mare	01903 506855 01903 241673 churchwardens@virginmedia.com
Choir	Martin Didymus (choir librarian)	01903 202036 martin.didymus@virginmedia.com
Music at Heene Box Office	Nick Le Mare	01903 241673
Bell ringers	Liz Lane, Tower Captain	01903 501422 liz.13lane@gmail.com
Publicity Botolph Bell Magazine	Jackie Didymus, Co-ordinator	01903 202036 jackie.didymus@virginmedia.com
Botolph Bell Distribution	Rik Clay	01903 693587 rv.clay@ntlworld.com
Botolph Bell Advertising	Nick Le Mare	01903 241673
Friday Coffee	Sue Wadey	01903 506855
Parish Lunch Bookings	Christine Roberts	01903 527176
Prayer Group	Cleo Roberts	01903 823811
U3A Inspired Instrumentalists	Tony Tournoff	01903 208588 fairwaysmusic@btinternet.com
Tai Chi/Kick Boxing/ Gentle Exercise	Shafi	07432 597647 shaf@whitecranemartialarts.co.uk
Spring into Soul Community Choir	Mike, Carol & Vanessa	01903 533402 or 07906 831291 info@springintosoul.co.uk

[www.stbotolphsheene2015.com](http://www.stbotolphsheene2015.com)



@botolphworthing

Email: [botolphbelleditors@gmail.com](mailto:botolphbelleditors@gmail.com)



Matthew Anthony

E S T A T E A G E N C Y

01903 608080 | [www.matthew-anthony.co.uk](http://www.matthew-anthony.co.uk)

How does your agent market your property?



(approx 70 million views per month)



(approx 40 million views per month)

How about the 1 billion **YouTube** views per month?

Bring your property to the market with Matthew Anthony and not only get your home on the UK's two biggest property websites mentioned above, but have your very own professional HD video on YouTube

Instruct us now and mention 'botolphs bell' to get your property video for Free!

