

Parish and Community

The Link

St Mildreds Road



Westgate Bay Avenue

Westgate Bay Avenue



St Mildreds Road

**December
2025**

The Magazine of
St Saviour's Parish Church

THE PARISH CHURCH OF ST SAVIOUR WESTGATE ON SEA

Website www.stsaviourswestgate.org.uk

Email office@stsaviourswestgate.org.uk



Priest In Charge The Revd Jeffrey Foulger

Honorary Assistant Priests

The Revd Susan Wing

The Revd Barbara Way



Churchwardens

Mrs Christine Attwood Tel 833314 email cattwood2002@yahoo.co.uk

Christine Bolger cbolger01@googlemail.com

Verger Mr Stephen Short email office@stsaviourswestgate.org.uk

Enquiries for Baptism, Calling of Banns, Weddings & funerals
please phone 01843 833314 & leave a message or email
office@stsaviourswestgate.org.uk

PCC Secretary St Saviour's Church Mrs Christine Attwood

St Saviour's Church of England Junior School

Elm Grove, Westgate

Telephone 01843 831707

Headteacher Mr N Bonell

Editor "The Link" valdaneve@hotmail.co.uk

St Saviour's Church, Westgate

FAMILY SERVICE

SUNDAY 7th DECEMBER

At 10.30am

With donations of new toys or gift
vouchers for

OASIS DOMESTIC ABUSE SERVICE
& BLESSING of the TRAVELLING CRIBS
for ST SAVIOUR'S SCHOOL



Every year I hear people say

‘Christmas seems to get earlier and each year.’

In my family we feel that Advent Sunday marks the start of the ‘Christmas season’. Although strictly speaking Advent, which lasts four weeks, is an opportunity for space to anticipate the expected return of Jesus. He will come again at a time of God’s choosing in the future, but we have to be prepared.

I love Christmas as it is a holy time, so I personally do not mind being reminded of this great Christian festival, even before Advent Sunday.

One other thing that people often say at this time of year is something like ‘have you seen they have Easter eggs on the shelves in the supermarket?’

As Christians we know that Christmas and Easter operate together for without the birth of Christ there could have been no crucifixion and resurrection. Read the Bible stories and there are hints of future pain and loss in the nativity as the Wise Men offer gifts including Myrrh, a balm for anointing the dead. In the account of his death Jesus’s mother is present, as if she is sadly confirming it is her first born son on the cross. This season provides us with a future hope, whilst looking back at the historical events of Jesus’s birth, death and rising again.

You may have heard talk of a ‘Quiet Revival’ which is a social phenomenon where young people’s curiosity and inquisitiveness compel them to find out what Christianity is all about. I have seen this for myself in some of our churches and I have studied the accounts of young people coming to a new-found Christian faith. In some cases, people have spoken how they have had direct experience of God in dreams, in what they have read, or through people they have met.

I don’t find this at all surprising because at this time of year we celebrate the birth of Jesus whose teenage mother had an extraordinary encounter with an Angel called Gabriel and whose father saw an angel who spoke to him in a dream. These incredible facts are recounted at this time of year in our songs and readings and referred to in Christmas cards on postage stamps and in conversations.

I wonder could it be that you know someone who has developed a new interest in Jesus? Maybe this year as the trees are decorated, festive songs are played and the Christmas sales start earlier, you will see a face reflected in a bauble, or hear a deeper meaning the seasonal lyrics, or the sales signs will

be less appealing, pause and think...is that a God-moment?

At St Saviours this Christmas, we will meet to talk and sing about these mysterious things that happened over two thousand years ago and yet still resonate today, you will see elsewhere a list of services. I invite you to find out more about God who loves us so much that He sent His Son.

May God who still speaks to us today provide you and those you love comfort during this Holy Season.

Happy Christmas!

Jef

Rev Jef Foulger

Priest in Charge of the Wantsum Churches and St Saviour's Westgate

Thank yous

The Revd Barbara Way wishes to thank all who gave donations and/or went to the afternoon tea held on 21st November in Ash by the family of the late Revd Andrew Way, resulting in £360 for the Motor Neurone Association.

A big "thank you" to our Fundraising Committee (Chris, Martin, Brian, Heather, Alan and Sue) for all their hard work arranging the Church Christmas Fair and clearing everything away afterwards, to everyone who ran a stall or supported the event in any way and to Dave from Thanet Heating and Steve our Verger for getting the boiler problems sorted out in time for us to enjoy the luxury of a heated church. Proceeds on the day came to £1474.50 for church funds and £134.20 for The Friends of St Saviour's Church. It was a happy occasion with many comment-
ing on the friendly atmosphere and the beauty of the church.



I'm delighted to tell everyone who donated or bought jewellery at my Stall at November Church Fair that a total of £134.20p was raised for The Friends, just a wonderful outcome and thank you all so much. Joy Palmer.

Christmas Services

Family Service with gifts for Oasis Domestic Abuse Service and blessing the travelling cribs from St Saviour's School Sunday 7th December at 10.30am. Please remember that gifts are to be new and unwrapped. Some gift ideas are:

- Books – baby books, picture books, interactive and children's reference books, and general fiction for teens and young adults
- Creative kits - craft sets, art supplies, science kits and DIY activities
- Toys – age-appropriate toys such as puzzles, playsets, soft toys, vehicles and figurines
- Games – family-friendly games such as Uno, Dobble, Top Trumps and similar
- Teenage gifts – LEGO Technics, construction sets, manicure kits, colouring/doodle books, stationery
- Clothing – hats, scarves, gloves, pyjamas, socks (for all ages and sizes)
- Gift cards from Argos, Sainsbury's or Tesco

Carols with readings for Christmas Sunday 21st December at 10.30am

Crib Service with Christingles and return of St Saviour's School travelling Cribs Wednesday 24th December (Christmas Eve) at 4.00pm. The service will include a collection for the Children's Society

First Communion of Christmas Wednesday 24th December at 11.30pm

Family Communion with Carols Christmas Day 10.30am

Porchlight

We are hoping to have a guest speaker from Porchlight, the local charity helping the homeless, at our Sung Eucharist on Sunday 11th January at 10.30am. The service will include a retiring collection for Porchlight. To find out more about the work of Porchlight, please go to www.porchlight.org.uk

Week of Prayer for Christian Unity (18th – 25th January)

Services for January 2026 are being arranged by Christians Together in Westgate, Westbrook and Garlinge as follows:

Tuesday 20th – St Saviour's Church

Wednesday 21st - Christ Church United Reformed Church in Westgate Bay Avenue

Thursday 22nd – led by the Parish of the Holy Family in St Saviour's Church (to be confirmed)

Friday 23rd – Garlinge Methodist Church

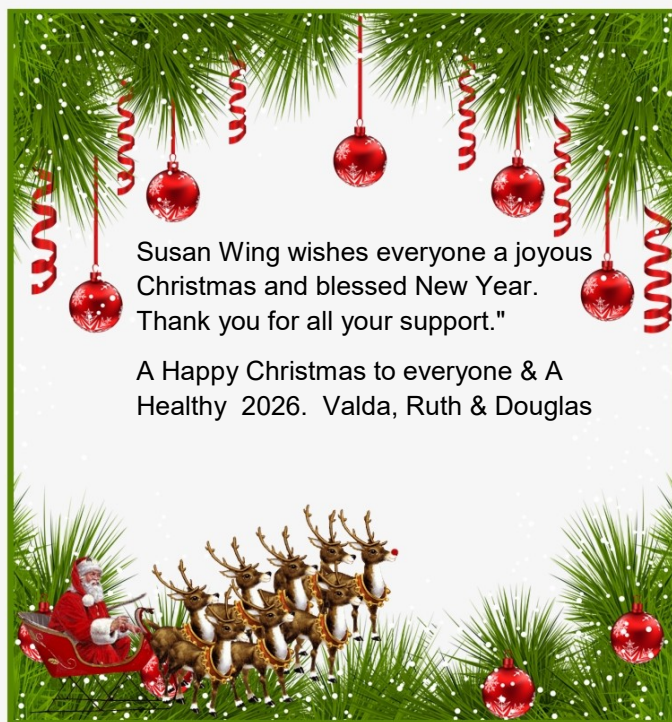
All are welcome to attend one or more of these services, which start at 10.30am and end with tea/coffee

Report on a meeting of the Parochial Church Council (PCC)

The meeting on 9th September 2025 was attended by the Revd Jef Foulger (Priest in Charge), Christine Attwood (Churchwarden and PCC Secretary), Christine Bolger (Lay Chair, Churchwarden, Parish Safeguarding Officer (Adults) and lay representative to Deanery Synod), Chris Joiner, Ron Hodges, Steve Short (Verger), Kathleen Staziker and Alan and Sue Turner. Apologies for absence were received from Debbie Smith (PCC Treasurer, Gift Aid Secretary, Parish Safeguarding Officer (Children) and lay representative to Deanery Synod). By invitation, the Revd Susan Wing was present for the opening worship and discussions about the introduction of healing and café church services.

After Susan left, the meeting received various reports including those on safeguarding, upcoming events, church roof repairs and church finance. Balances as at 31st August 2025 were given as £20,151.32 in the current account, £8,940.59 in the Bell Fund deposit account, £16,717.45 in the Fabric deposit account, £83,471.34 in the New Church Hall deposit account, £2,252.25 in the Utilities deposit account, £210.27 in the Sunday School deposit account and £12,799.70 in the Legacies deposit account. Attention was drawn to £86.80 raised by a member of the congregation from selling plants and to payments of £34.80 for a card reader, £608 to the Diocese for wedding and funeral fees and an initial payment of £8,520.00 to the roofing contractor. There was unanimous agreement to continuing with collection purses during the service rather than having a plate at point of entry and Ron's offer to join the team of sidesmen was gratefully accepted. The meeting also discussed installing WIFI, and agreed to return the bench, which had been donated by the Town Council for the church grounds.

The PCC has since met on 3rd November (report to follow in the February issue of this magazine) and the next meeting is scheduled for 15th January 2026.



St Saviour's Church, Westgate

CAROLS WITH READINGS

FOR CHRISTMAS

SUNDAY 21st DECEMBER

At 10.30am

Followed by

refreshments



St Saviour's Church, Westgate

**CRIB SERVICE with
CHRISTINGLES**

WEDNESDAY 24th DECEMBER

AT 4pm

With St Saviour's School

Returning their CRIBS

Collection for the Children's Society



ST SAVIOUR'S CHURCH, WESTGATE

WEDNESDAY 24th

DECEMBER

CHRISTMAS EVE

**FIRST COMMUNION OF
CHRISTMAS** **AT 11.30pm**



THURSDAY 25th DECEMBER

CHRISTMAS DAY

**FAMILY COMMUNION
with CAROLS at 10.30am**

FROM THE REGISTERS

For those Baptised

“Shine as a light in the world, to the Glory of God the Father”

For those joined in Holy Matrimony

“God our Father, pour out your blessing on all joined in Holy Matrimony; that they may be joined in mutual love and companionship, in holiness and commitment to each other”

Saturday 1st November Ambre and Matthew

The Sick

“Lord, grant your healing presence to all who suffer in body, mind or spirit”

Marjorie M, Richard T, Genevieve O, Charlie, Harry, Tina, Eddie Boyle, Dario Vaccaro, Eugenius, Nojus, Robert, Sheila M, baby Finlay, Sue T, Hilary, Linda W , Joseph, Reena, Tony, Michelle, Eileen Varrall

The Departed

“Lord now lettest thou thy servant depart in peace, according to thy word”

We give thanks for the life of those who now rest in eternal peace, and pray for their families and friends

Dawn

For those whose anniversary of death falls at this time.

“Dear God, we thank you for the rest in Christ they now enjoy, and thank you for giving them to us”

Father Stanley, Sheila Brace, Mr & Mrs Hoadley

World War 2 Roll of Honour for this month

Frederick Clark 1st December 1943 Edwin Tyrie 11th December 1941

Bernard Setterfield 23rd December 1944 Benjamin Jefcoate 9th January 1943

Wilfred Smith 28th January 1942

News from St Saviour's Church of England School

As we prepare for Advent it is worth reflecting on the stunning progress our new Year 3 cohort have made since they joined St. Saviour's in September. The leap from infant to junior school is considerable, pupils have to adjust to new teachers and routines. Getting to know the new children is one of the most enjoyable parts of my role and this cohort are a delight. Children showed a few nerves in the first week but some lovely characters are starting to emerge.

We always tell new Year 3 parents that their children will come home exhausted in the first term. We work our children hard and there are lots of after school clubs. Some children join us for breakfast club at 7.45am and stay until the end of after school club at 5.45pm. Despite the hard work, this cohort show a boundless enthusiasm and energy for learning and therefore have made excellent progress. Hand-writing, letter formation and basic reading skills have all improved drastically. The skill of the Year 3 team in settling our new pupils and zeroing in on their learning gaps, means that there are no wasted lessons – we have four years to get these children ready for secondary school so every lesson counts.

At the other end of the school, with just seven months of school (if you subtract holidays) left until secondary school, Year 6 are on course to realising their full potential. Despite relatively low attendance as an average in the year group, children are making good progress. I also love how this cohort work hard as play leaders at lunch time, being responsible for giving out and collecting play equipment. The Year 6 play leaders have been very proactive in showing our younger children how to play with our new games and equipment, showing real patience and care.

Children are currently making Christmas decorations and, after school on Friday, our teachers will put up the Christmas tree and decorate the hall – and Christmas will be upon us! We have Christmas jumper day, Christmas dinner, Christmas parties, a carol service and an end of term service. In amongst this, we will conclude pupil progress meetings and collate our assessment data. December will be busy!

Nick Bonell, Headteacher



**THE FRIENDS OF
ST SAVIOUR'S CHURCH**
INVITE YOU to their
Subscription
COFFEE MORNING
SATURDAY 13th December
10.30 am to 12 noon



On Saturday 22nd November 2025 we held our church Christmas Fayre between 11:00 – 14:00.

The event was extremely well attended, and feedback suggests that it was a very successful and happy event, raising the brilliant sum of £1,478.40, in addition to the sum of £134.20 raised on behalf of the Friends of St Saviour's on the jewellery stall – with thanks to Joy Palmer for this sum of money.

We want to take this opportunity to thank everyone of you that helped to make this a memorable event. Special thanks go to all the stallholders, to everyone that baked cakes/sausage rolls/bread etc. to our external stallholders who displayed so beautifully their arts/crafts making such wonderful gifts for Christmas. Also, to Pam and her team of helpers, who as always, run a brilliant refreshment stall.

Thank you also to Valerie, Sue Bennett and Kathleen for running the home produce stall.

Thank you to Heather's granddaughter for producing the poster and also to Chris Joiner's family who ran the children's activity corner.

The raffle was a huge success with lots of donated prizes. Thank you to everyone in the congregation who donated a prize, to **ASDA** for their generous donation, to **Prentis** for the lovely fruit hamper so beautifully presented, and to **Regency Tandoori** and **Ace Attire Printers** for their donations and support. Also, thank you to everyone that purchased tickets to help raise such a brilliant amount.

A very big special thank you to the lovely Graham Cooper (St. Nicholas) who kindly agreed to donate his time and sit in a very cold bell tower in order to make the children's time with us so magical. What a star!

Once again, thank you to everyone that helped to raise much needed funds for St. Saviours church and for all those unsung heroes who helped behind the scenes.

With best wishes for Christmas and a very happy and peaceful New Year.

St Saviour's Fundraising Team

(Sue & Alan Turner, Chris Joiner, Heather French, Brian Lamb and Martin Dixon-Sandwell)





St Saviour's Church, Westgate

FRIDAY "POP IN"

Pop in for a cup of tea/coffee & a
biscuit or two & a chat

In St Saviour's Church between
10.30am & 12noon every Friday.

Meet friends & make new ones, you
will be very WELCOME.



Coffee & Chat

Big Gospel Sing-Along

On the 26th of October we held our first The Big Gospel Sing.

I'd like to thank everyone involved; the musicians, choir, our church volunteers with the refreshments and finally to everyone who attended – especially as we had no heating available! We had a very high attendance, having promoted this event for several months.

I know quite a few of our congregation, having booked their free tickets well in advance, were unable to attend – coughs and colds being rife.

Here is a list of the songs we sang and danced to (audience participation was very much encouraged).

O Happy Day
Down To the River
He's Got the Whole World
Great Day
Michael Row the Boat
Lean on Me
Joshua Fought the Battle
That's The Way God Planned It
You Raise Me Up
(Half Time)
This Little Light
Still Haven't Found
We Shall Overcome
Gonna' Lay Down My Sword
Swing Lo Sweet Chariot
Days Of Elijah/Prepare Ye
Amazing Grace
O When the Saints
And the final song.... we revisited... O Happy Day

We are already considering inviting The Big Gospel Sing-Along again next summer. The performers do not charge any fee and Christine collected donations from everyone who attended the afternoon, which will help support our wonderful church.

Kind regards & God bless

Steve

Whilst you are welcome to take and enjoy a copy of “The Link”, donations towards the cost of printing would be appreciated,. THANK YOU

The deadline for JANUARY/FEBRUARY 2026 “The Link” is

SUNDAY 25th JANUARY 2026

Hi Kent Hearing Aid Clinic

Westgate Council Office (Opposite the Cinema)

Every **SECOND THURSDAY OF EACH MONTH 10.30am to 11.30am.** Batteries, tubes and advice



If you would like a flower arrangement in Church in memory of a loved one, we can supply this at any time. Donations from £10.

K T G S Y O T C E E C V B N G
 S R F U S T V C P T S X E F X
 V I F U K N A O M I A N G E L
 I T S P G E H T A E R W J U R
 O E K A P V M A R Y G A O G E
 J K J B O D C T F K I I Y X B
 H D S O Q A X W E R P H Z S M
 F Z T I S A M T S I R H C H E
 S T N E S E R P R A T S O E C
 R G Q W D P P X F Q S E Q P E
 A B I I X B N H B M X E G H D
 D E C O R A T I O N S R U E A
 C L O V E L D N A C S T X R A
 E M R A C A R O L Q D C I D F
 R Q S X J J K M E L B A T S K

Advent
 Angel
 Candle
 Carol
 Christmas
 December
 Decorations
 Hope



Jesus
 Joseph
 Joy
 Love
 Mary
 Oasis
 Peace
 Presents



Shepherd
 Stable
 Star
 Toys
 Tree
 Wreath

					7			
		8	4					
	1			2	6	3		
	5			8		2		3
2	8	3			1	9		
							6	
9				7			5	
3	6			4	2	1		
	2	5		1				

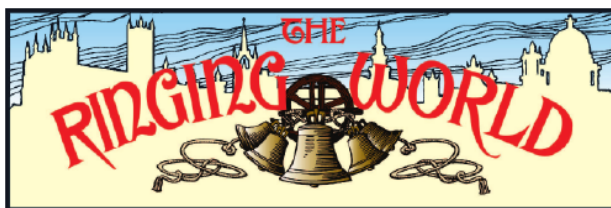


st james church
westgate and garlinge

On 7th December 2025
at 6.00 p.m.
With the Cantate Chamber Choir

At St James Church,
Westgate and Garlinge,
Canterbury Road,
Margate – CT9 5JU

Everyone Welcome
(There's a free carpark available)



Kent County Association

On Wednesday, 19 November 2025 in 2h 50

Westgate on Sea, Kent

St Saviour

Tenor: 9-3-16 in A^b

5040 Spliced Surprise Minor (41m)

J S Warboys (SU0308, SU0403)

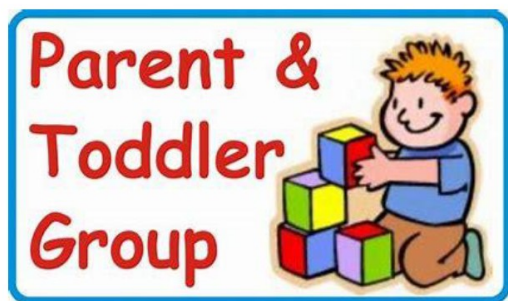
(1-3) Carlisle, Northumberland, Whitley, Sandiacre, Wooler, Newcastle, Morpeth, Alnwick, Canterbury, Chester, Munden, London, Kelso, Lincoln, Coldstream, Cunecastre, Wells; (4-7) Cambridge, Primrose, Ipswich, Norfolk, Bourne, Hull, York, Durham, Beverley, Berwick, Surfleet, Hexham, Norwich, Warkworth, Netherseale, Annable's London, Lightfoot, Rossendale, Wearmouth, Stamford, Westminster, Allendale, Bam-borough, Bacup.

- 1 John B Keeler
- 2 Anne L Rueff
- 3 Stephen A Coaker
- 4 Phillip R J Barnes
- 5 Peter G C Ellis (C)
- 6 Robert J Crocker

We had a visiting band of bell ringers lead by John B Keeler. They rang non-stop for 2 hours and 50 minutes achieving a complete Peal. This is the first Peal I have heard at St Saviour's and I would like to thank all of the ringers for choosing St Saviour's - some of whom knew Revd Stanley, who was also a passionate bell ringer.

St Saviour's Church, Westgate

TODDLER TIME



Meets

MONDAY MORNINGS

(Term time only)

9.15am to 11.30am

**For pre-school children
and carers**



Crinkle Cookies

Ingredients

60g sieved cocoa powder
60ml vegetable oil
180g plain flour
200g caster sugar
2 large eggs
1tsp baking powder
Approx 70g icing sugar

Method

1. Mix together cocoa powder, sugar and oil until combined, add eggs one at a time and mix well.
2. Stir flour and baking powder in a separate bowl. Mix well.
3. Add to the cocoa mixture and mix to a soft dough. At this stage chocolate chips or chopped nuts could be added to the dough. Place the dough in the fridge for an hour to form up.
4. Tip the icing sugar into a shallow bowl, form a heaped teaspoon of the dough into a ball, roll in the icing sugar and put on a baking tray. Bake for 10 minutes, they will firm up as they cool.

This recipe makes approximately 25 small cookies. I made larger cookies using a dessert spoon. These also freeze well.

Pam
X





Girlguiding



1st Westgate Rainbows

For Girls aged 5 to 7 years

Meet Fridays in term time

4.15 to 5.15pm

Westgate Community Centre

**STARTING A NEW PROGRAMME THIS YEAR WITH LOTS OF
EXCITING OPPORTUNITIES**

**APPLY HERE : [https://www.girlguiding.org.uk/information-
for-parents/register-your-daughter/](https://www.girlguiding.org.uk/information-for-parents/register-your-daughter/)**

Any queries: westgaterainbows@outlook.com



A DRAWING PIN, A HORSE AND FISH FLAKES

How long does a Jousting Tournament last? – Until Knightfall –
What do you call a Knight who jousts all the time? Sir Lancelot !

Well that is enough of the Christmas cracker jokes! Yes folks it's getting to that December time of year.

Thoughts of the past conjure up sights & smells – like a fresh Christmas tree with its fragrant pine needles, but have a care, stepping on them with bare feet can cause you to go “ouch”!

Tree decorations in my childhood were often hand made, cutting up paper or card into shapes & colouring them with crayons. Even the paper chains we would loop and stick together until long enough to reach from one side of the room to the other. My Dad would complain about drawing pins in the ceiling while Mum told him not to be such a misery. On one occasion I was trying to help & I pushed as hard as I could on a drawing pin then sudden pain no doubt followed by a scream as the pin went backwards & into my thumb. Mum was soon on the case & pulled out the pin whilst I felt dizzy at the sight of blood pouring out of my thumb. Eventually she got the blood to stop or at least slow down & wrapped my wound in a bandage. From that day to this I have never trusted drawing pins.

Back then the warmest rooms would be the living room & kitchen. Sometimes Dad would use a sheet of newspaper held in front of the fire to draw up the flames for a lovely roaring fire to which he added coal or logs. I liked the crackling noise the logs made. On the odd occasion the newspaper would catch fire which would cause a short panic from Mum!

Another smell from Christmas time was cigars, not the huge chair leg type that Winston Churchill favoured but small ones, more like cigarettes. They came in tins rather than a packet, I think they were called “Tom Thumb”. So Dad & Grandad would puff away while the rest of us coughed! Little did we know at the time but things would get much worse smoke wise when Father Xmas bought Dad a pipe! For some reason the so called experts used to say that smoking a pipe was better for your health than cigarettes. During that time it seemed as if we were living with an indoor bonfire, as he gave them up we changed to several bowls of pipe tobacco. Eventually he gave up all forms of smoking which was a blessing for the rest of us! Incidentally in the 1760's some British farmers tried growing pipe tobacco, they were very successful but the authorities took a dim view of this & crops were destroyed. Some farmers were sent to prison while 3 were executed for their over zealous actions in defending their crops – it wasn't the smoke that got up the authorities noses but the loss of tobacco import tax, this money more a less paid for the running cost of the Navy.

Meanwhile we moved from a council house as my parents bought themselves a mortgage in the form of a bungalow in a semi rural area where I spent 4 happy years at a Convent school. mode of transport!

But at the age of 11 I had to move up to a Secondary school where I spent 4 mostly unhappy years! But one highlight occurred during my woodwork lessons as I made a horse – a rocking horse. Obviously I had some instruction from the teacher, it wasn't adult size it was for a child namely my niece. She liked it & rode it to win a few Grand Nationals. The only thing I didn't like was the fact I wasn't allowed to paint it black, it had to be varnished. But I did manage to paint eyes, a nose & a mouth with a smile! So it was a happy horse & rocked like a thoroughbred. Today my niece Debbie remembers it but not what became of the stallion, hopefully it didn't end up as star attraction on November 5th!

So many Christmas's have passed since those times but for me Christmas lost its sparkle after my Mum passed away 1990. She somehow put the magic & joy into the festive time through my childhood & into adult life.

I will end on a silly sentimental note, I still have an unopened gift from her last Christmas, inside the Xmas paper is a jar of fish flake food, the label reads "To the fishes, love from Mum". Whom else would think of buying their sons fish a present?! After 35 years no doubt the fish flakes are unfit for fishes consumption so I will never unwrap it. So whether you fancy some fresh fish flakes or a full on turkey roast enjoy your Christmas.

Your Scribe, Stephen the Bruce (Steve 3). The image is of Santa on his favourite mode of transport!



Changes to Canterbury Cathedral's Precincts Pass

Some members of our congregation recently found out that the Precincts Pass enabling free access to the Cathedral and grounds has been discontinued so many of us need to purchase its replacement, known as the Cathedral Pass. This costs £6 and is valid for five years. No discounts are available but children under 17 are not required to hold a ☐ pass and can visit free of charge with a Cathedral Pass-holding adult.

Please note no Pass or Visitor Ticket is necessary to attend services of worship in the Cathedral.

The new Pass can be held by anyone who;

Works in the old city of Canterbury ☐

Lives within 4 miles of Bell Harry tower, including ☐ within The Precincts ☐

Is a member of the Cathedral Congregation ☐

Is immediate family of a Cathedral staff member ☐

Is a Cathedral Volunteer ☐

Is a member of any church in the diocese (on the ☐ parish electoral roll or equivalent) ☐

If you are a Friend of Canterbury Cathedral, please see the last paragraph of this article. Otherwise please apply for a Pass online at www.canterbury-cathedral.org or call 01227 762862.

By signing up to the Cathedral's Pass holder mailing list, you will also be kept up to date with all the latest information on services, events and activities at the Cathedral, often before general release.

If you would prefer not to purchase a Cathedral Pass, a ticket can be purchased on the day of your visit at the Cathedral's Visitor Centre. The standard visitor ticket is valid for 12 months, meaning you can re-visit the Cathedral as often as you want during that time at no extra cost.

Canterbury Cathedral can also be supported via Friends of Canterbury Cathedral membership. This is available to anyone, regardless of location, and offers free visitor entry, a range of free or discounted events, and discounts in the Cathedral Shop and Lodge for an annual membership fee. To become a Friend, please visit <https://www.canterbury-cathedral.org/get-involved/become-a-friend/>

Diocese of Canterbury

Guidance on the Distribution of Holy Communion

March 2025

The normal practice for the distribution of the bread and wine of Holy Communion in the Church of England has, since the reformation, been for both bread and wine to be consumed by each communicant and for wine to be distributed from a common cup.

From time to time there have been situations in which advice or instruction has been given to suspend the use of the common cup in a health emergency and following public health advice. Two examples of this this century have been the outbreak of “Swine ‘Flu” in the 2000s and, more significantly, the COVID-19 pandemic in the early 2020s. Many churches across the Diocese of Canterbury have not resumed the normal practice of distributing Holy Communion after the pandemic.

Since 2022 there have been no restrictions on the use of the common cup and on communion in both kinds. The House of Bishops’ COVID-19 Recovery Group’s advice states that

*Holy Communion should be administered in both kinds unless there is a clear and objective reason why there would be a significant risk in doing so, such as local public health warnings relating to coronavirus levels in your area. It is important that no pressure is placed on members of the congregation to receive the sacrament if they feel unable to do so. **Because of ongoing potential risks to health, an individual communicant may choose to receive only in the form of bread even if consecrated wine is being distributed.***

Therefore, normal practice should now be considered to be for Holy Communion to be distributed in both kinds (bread and wine) and that the common cup be used. Incumbents and Parochial Church Councils of churches where the common cup has not been reintroduced are encouraged to consider its reintroduction and that the normative practice of the Church of England be resumed across the Diocese. The use of individual glasses or cups for individual communicants remains unlawful.

Public health and good hygiene remain important. Therefore

- Those who feel unable to receive the common cup may receive Holy Communion in one kind (bread) only.
- Individual communicants may not dip the bread into the wine (intinction) themselves.
- Care should continue to be taken by those presiding at Holy Communion to maintain high levels of hygiene, including hand washing.
- Those who show symptoms of illness should take steps to minimise their contact with others, including at Holy Communion.
- In cases of particular need, individual communicants may request the minister to dip the bread in the wine (intinction) before giving it to the communicant. **However, this is the exception rather than the norm.**
- PCCs may continue to make local arrangements for how any greeting is organised at the Peace in services of Holy Communion.

+Rose Dover

CHURCH ACTIVITIES

Toddler Time Group meets Monday mornings 9.15am to 11.30am. **TERM TIME ONLY.**

Bellringers Practice every Thursday 7.30 to 9pm.

Bible Study Group meet Thursday at 7pm, details & inquiries ring

Susan 836430 .

The Westgate Heritage Centre MEETS 1st SATURDAY of each month at Christchurch URC 10am to 12noon . Refreshments available. See website for further details.

The Friends of St Saviour's Church - Annual Membership Fee only £5

New members welcome. Join the Friends of St Saviour's church Subscription only £5 per year . All monies raised go towards the upkeep of the church and grounds. Membership forms at the back of the church or ring

Debbie Tel: 01843 446584 / 07896508399 email: drdebbie08@gmail.com

Church Cleaning As announced.

Friday Pop In 10.30am to 12 noon

DATES FOR YOUR DIARY

St Saviour's Church has a Hearing Loop System

Large print Hymn Books and Pew Sheets are available.

Gluten Free wafers are also available please see

Sidespersons or Churchwardens



CHURCH SERVICES

Sunday Services

9am Holy Communion Prayer Book on the 2nd and 4th Sunday of each month .

10.30am Sung Eucharist

Service of the Word once a month when advertised.

Family Service for all ages the 1st Sunday of each month at 10.30am.

SEE NOTICES FOR SERVICES

COMMUNITY ACTIVITIES

1st Westgate Rainbows Fridays 4.15 to 5.15pm

8th Westgate Brownies & Guides Fridays 5.30 to 7pm

Brownies for ages 7 to 10 years Guides for 10 to 16 years

Both held at the Community Centre, Westgate.

JOIN THE **ADVENTURE....**

Come along and try 1st Westgate-On-Sea
Scout Group for Boys and Girls

Where: The Billabong,
St. Crispins Road
Westgate-On-Sea CT8 8EB

When: Beavers: Tuesday 5:15pm—6:30pm
Cubs: Tuesday 6:45pm—8:15pm
Scouts: Thursday 7:00pm—9:00pm

Ages: Beavers: 5 3/4—8 years
Cubs: 8—10 1/2 years
Scouts: 10 1/2— 14 years

Contact: 1st Westgate-On-Sea Scout Group
Email: 1stwestgatescoutgroup@gmail.com