

Parish and Community

The Link

St Mildreds Road



Westgate Bay Avenue

Westgate Bay Avenue



St Mildreds Road

**March
2026**

**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

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Elm Grove, Westgate

Telephone 01843 831707

Headteacher Mr N Bonell

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

I started out wondering just why the days in February and March have the same dates this year. For example, Sunday 1st February reflects Sunday 1st March. Then, when the answer was explained to me it became obvious. February has 28 days, which is exactly four weeks ($28 \div 7 = 4$) thus allowing the calendar structure to repeat for the two months.

In Leap Years when February has an extra day this sequence does not happen. Leap years invented by Julius Ceasar, as advised by the astronomer Sosigenes, changed the calendar then in use and brought the months back in line with the seasons. Therefore, amazingly, the year 46 AD ended up being 445 days long!

This year of course, has 365 days, but March has 5 Sundays and the last one is Palm Sunday, when we mark the triumphal entry of Christ into Jerusalem. This is always the Sunday before Easter Sunday and so it is not always the same date every year. According to the day on which Easter falls, Palm Sunday could be any date between March 15th and April 18th.

Each of the three main Religions that believe in the one God, have major festivals at this time of year and all determine the dates based on a calendar related to the cycles of the moon.

For Christians the date of Easter occurs on the first Sunday after the Full Moon, that falls on or after March 21, unless the Full Moon is on a Sunday, in which case Easter is celebrated on the following Sunday.

The date of the fast of Ramadan is determined through the special lunar calendar which is different to the Western months and so there is great variability over the date when the month-long period begins and ends. This year Ramadan started on 18th February- coincidentally when the 40 days of Lent also started.

I guess we are familiar with the way that the Jewish festival of the Passover impacted on the trial and execution of Jesus as recounted in the Gospels. Passover starts on the 15th day of the Hebrew month of Nisan. The actual date according to our calendar is not only based on the solar calendar, but also the Rabbinical Jewish calendar so that Passover begins on the day that the sun sets either Saturday, Monday, Wednesday, or Friday. This year it

starts at sundown on Wednesday, April 1, 2026.

If this explanation of religious dates and astronomical cycles has left your head spinning, well done for reading to this point!

Christians Jews and Muslims have in common the belief that the one God created the Cosmos and the Earth within. The power of His creation to shape lives through the alignment of the Sun Moon and the Earth figures in the way that God is worshipped in special ways at different times of the year.

In the book of Isaiah in the Old Testament, it says: "The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom." God is outside of our perception of time and yet uniquely our Christian faith, is based on a moment when God himself, in the shape of His Son, punctured our time frame, entered into our world and delivered grace by which we can be counted as free children of God, with eternal life for eternity as ours by right.

Jef Foulger



Services in March 2026

Please note there will be services at 9.00am on the 2nd, 4th and 5th Sundays of March

Sunday 1st Family Service at 10.30am followed by refreshments from 11.15am

Friday 6th World Day of Prayer. Services 10.30am at Garlinge Methodist Church and 7.00pm at New Life Church. Margate

Sunday 8th Holy Communion (Book of Common Prayer)
at 9.00am

Sung Eucharist at 10.30am followed by refreshments

Sunday 15th Mothering Sunday Family Service with distribution of posies at 10.30am followed by refreshments

Sunday 22nd Holy Communion (Book of Common Prayer) at 9.00am

Healing Service with Sung Eucharist at 10.30am followed by refreshments

Sunday 29th Holy Communion (Book of Common Prayer) at 9.00am with distribution of palms

Sung Eucharist at 10.30am with Palm Procession and Reading of the Passion followed by refreshments



St Saviour's Church, Westgate

FAMILY SERVICE

MOTHERING SUNDAY

SUNDAY 15th MARCH

at 10.30am to 11.15am

with distribution of posies

Led by The Revd Barbara Way

All are welcome



Services for Holy Week and Easter

Maundy Thursday (2 nd April)	Holy Communion at 7.30pm with foot washing and stripping the altar followed by a short vigil and ending, by 9.00pm with Compline
Good Friday (3 rd April)	All age interactive service at 9.30am Walk of Witness leaving outside Christ Church United Reformed Church at 11.00am (coffee available in the church from 10.45am) and ending in St Saviour's followed by refreshments Music and Meditation for the Last Hour on the Cross at 2.00pm
Easter Sunday (5 th April)	Festal Eucharist at 10.30am followed by refreshments



Cleaning Products

A few cleaning products have recently found their way into the cupboard next to the sink in the middle “kitchen” vestry. Whilst we are grateful for these donations, it would be appreciated if folk could check with Steve, our verger, in future. This is because the Parochial Church Council (PCC) is trying to become more eco friendly and qualify for an award from A Rocha UK (a Christian charity working to protect and restore the natural world and committed to equipping Christians and churches in the UK to care for the environment). Also, we must comply with The Control of Substances Hazardous to Health Regulations 2002 (COSHH) for controlling exposure to hazardous substances and Martin needs to keep our records up to date. Thank you for your understanding.

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”

The Sick

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

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

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”

World War 2 Roll of Honour for this month

Michael Savage 19th March 1945

Stuart Smith 21st March 1945

Percy Price 27th March 1943



LENT BIBLE STUDY

How does God treat His Friends?

18th February – 27th March 2026

5 week course for Lent

Monday 23rd 2nd, 9th, 16th, 23rd **Christ Church URC**
2.30-4.30pm **CT8 8SN**

Wednesday 25th, 4th, 11th, 18th 25th **St James Church**
7.30 – 9pm **01843 446832** **CT9 5JU**

Thursday 19th, 26th, 5th, 12th 19th **At Susan's**
7-9pm **01843 836430**

Friday 20th, 27th, 6th, 13th 20th **Garlinge Methodist**
2.30 – 4.30pm **CT9 5JD**

For more details contact St Saviours Church
Office@stsaviourswestgate.org.uk

Email received from Porchlight following our retiring collection in January

We confirm receipt of your payment of **£206.95** this week. Thank you so much for your wonderful generosity. This truly makes a difference, not least in the knowledge that people care. It is always a great pleasure in telling our clients of the kindness there is in communities (and churches especially!)

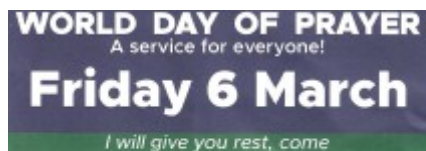
£206.95 can provide 8 hours of support work, helping a homeless person recover from the trauma of living on the streets. It can buy a new bed when we can finally house them. Or a move-in pack of essentials like towels, bed-linen, toaster, kettle, crockery, cutlery, and a mini oven with hot plates. It could pay for 4 slow cookers – a popular item with our newly-housed clients who attend drop-in sessions that teach them how to cook with them economically. And so much more.

Most importantly this amount represents **hope**. Thank you for this, and for your continued prayers. We may not be a Christian charity but we certainly recognise the value of prayer. Sometimes we have to trust what we can't see to enable us to recover. Your interceding is a significant part of this.

Thank you again. Please pass on our heartfelt thanks to the congregation.

With kindest regards,

Mim Oliver Community and Corporate Fundraising Officer Porchlight



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

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 APRIL 2026 “The Link” is
SUNDAY 29th MARCH 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.

St Saviour's Church, Westgate



SUNDAY 29th MARCH

9am Holy Communion (BCP)

With distribution of Palms

10.30am

**SUNG EUCHARIST with Palm
procession & dramatized
reading of The Passion**

Savoury Flapjacks Recipe

Ingredients

80g butter
225g oats
100g grated cheese
1 carrot, grated
Bunch of spring onions
100g sundried tomatoes
2tsp mustard
4tbs seeds
2 eggs

Method

1. Set oven to 170C. Melt the butter, then add chopped spring onions.
2. Put the oats in a large bowl, add the cheese, seeds, carrot and mustard, stir through. Add the eggs and tomatoes then stir through the butter and onions.
Scrape into a square 20cm tin lined with baking paper.
3. Bake for 25 minutes. Slice while hot, into slices or squares.

Pam
X



News from St Saviour's Church of England School We are two days into Term 4 and the countdown to Year 6 transition feels like it has begun. Children will soon receive their offer letters from secondary schools and SATs preparation is upon us. As I think back to my own children's experiences in Year 6 and then the early stages of secondary school, I am reminded that this period feels momentous for families and can often be a little nerve-wracking for children.

I like to think that primary and junior schools, such as St. Saviour's, offer a small, relatively cosy environment for children until they are eleven. This all changes when they reach secondary school. Children transition, generally, to much larger schools; this has pros and cons. Having a much larger pool of potential friends to choose from means that most children truly find their 'tribe' in Year 7 and 8. The potential downside is that children have to manage a large social landscape and are expected to be much more independent learners just as they are entering puberty! Parents feel the change too; there is no more waiting at the school gate with other parents at 9.00am and 3.15pm, no more sports days to watch and it may take you months to meet your child's new friends.

This can sound disheartening but in the long run, secondary school is where children slowly turn into young adults; the metamorphosis is sometimes challenging but it always happens. I am constantly delighted by the number of times I have met ex-St. Saviour's pupils five to ten years after they have left us and been amazed at what lovely people they have grown into. To have played a small part in that journey is a huge privilege for school staff – I doubt traffic wardens experience the same joy with their old 'customers'. Working in education for over twenty-five years gives me the benefit of seeing primary school as the start of a long period of personal development for children. The time has taught me that primary and junior schools help children in many ways and they are not all about test scores. The Christian values and the broad skills we help children build, hopefully give them the foundations to become happy, productive citizens. Therefore, some of the less-measured processes of schools are often as important as test scores. When I meet ex-pupils, they seldom talk about their SATs or Kent Test results, they are far more likely to reminisce about a favourite teacher or a memorable trip, sports fixture, DT lesson, collective worship, music concert or Year 6 production. I think most people have relatively happy memories of primary school and I sincerely hope St. Saviour's makes some of those memories for children.

I am writing this to remind myself that, important as reading, writing and maths scores are (and they *are* very important), St. Saviour's staff do so much more than this for the children in our care. *Nick Bonell, Headteacher*

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

British
 Clocks
 Daffodil
 David
 Day
 Forward
 Healing
 Hour



Leek
 Lent
 March
 Mothering
 Palm
 Passiontide
 Patrick
 Prayer



Saint
 Shamrock
 Summer
 Sunday
 Time
 World

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

Dates for your Diary

Lent Studies

Please see elsewhere in this magazine for dates, times and venues on Mondays, Wednesdays, Thursdays and Fridays this month

Saturday 14th March

Making posies for Mothering Sunday. Please join us in church at 10.00am, if you would like to help.

Thursday 19th March

Church cleaning 10.00am to 12noon.
New volunteers welcomed

Friday 20th March

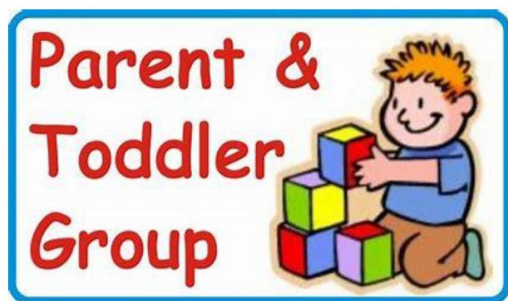
No Friday Pop In due to our new electricity meter being fitted

Sunday 26th **April**

Our Annual Parochial Church Meeting at 11am. Services that day will be Holy Communion (Book of Common Prayer) at 9.00am and a shortened Holy Communion at 10.30am

St Saviour's Church, Westgate

TODDLER TIME



Meets

MONDAY MORNINGS

(Term time only)

9.15am to 11.30am

**For pre-school children
and carers**



Churches Together in Minster

Lent 2026

Come and join us to watch

Season 5 of The Chosen

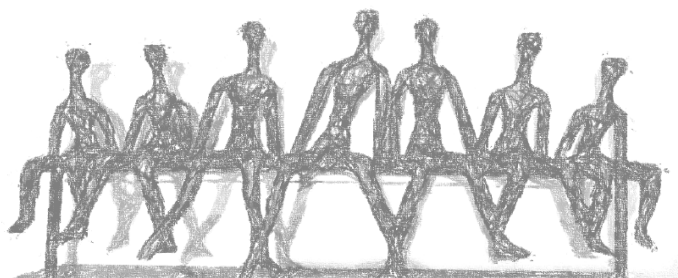
Each Tuesday 24th February – 24th March

6.30 -8.00pm Salvation Army, Tothill Street

And repeated at St Nicholas Church

Each Thursday 26th February 1.30-2.30

Refreshments available



**The
CHOSEN**



St Saviour's Church, Westgate



THURSDAY 2nd April

**7.30pm Holy Communion
with foot washing,
stripping the altar followed
by a short vigil & Compline**

St Saviour's Church, Westgate



FRIDAY 3rd APRIL

9.30am All Age Interactive Service
Everyone welcome. Hot cross buns
served afterwards.

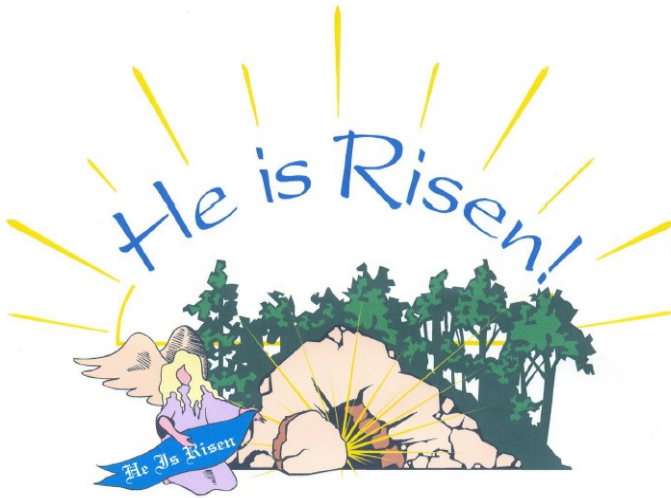
11am Walk of Witness from Christ
Church URC to St Saviour's

2pm MUSIC & MEDITATION for the
last hour at the Cross at St Saviour's.

St Saviour's Church, Westgate

EASTER SUNDAY

5th APRIL



10.30am Festal Eucharist

Followed by refreshments



SAUSAGES, PLUGS, POINTS AND A BULLET

Such the summer holidays to enjoy before my first proper workday. I had no qualifications but I was taken on at a garage (owned by the Co-op) & I was in charge of the broom & kettle. The foreman of the workshop could be a bit grumpy but most of the other men were nice enough. I would be told to go & help one of the 3 mechanics. This would involve fetching spanners, cleaning engine parts or sometimes being told to hit something with a hammer. I was going to learn by observation. It was a whole new world to me & yes I fell prey to some pranks such as being sent to the stores to get a skyhook or a left handed screwdriver or even a silent hammer!

One of my other main tasks was to be sent off with a list & some money once a week to the nearby greasy spoon café where a lot of lorry drivers used to eat. The strong cooking smells you could almost cut with a knife – I used to love it but today I would hate it! The most popular request on the list was for a sausage sandwich, there might have been the odd bacon or egg roll but sausages was the number 1. Once back at the garage & I'd brewed up the tea we all sat & enjoyed our tasty treats. One day the foreman brought in a Morris Minor into the workshop & he told me to change the oil & fit new spark plugs & points, my first solo job so to speak. While I was familiar with spark plugs I'd only ever watched the fitting & adjusting of a set of ignition points, but I set about the task with enthusiasm & once completed I went to tell the foreman. He came over & told me to start the engine, I turned the ignition key with one hand & crossed the fingers of my other hand. The engine burst into life & ticked over as smooth as a ribbon of silk. "Well done" he said, by today's standards it was only a simple job but I felt proud of myself & couldn't wait to tell my parents – Graham Hill would soon be calling me to work on his Grand Prix car I dreamed!

The cars that I learned to work on were much more basic than today's Hi-tec machines. The garage sold new cars like the Austin Mini or Triumph Herald etc. In the first few years I enjoyed working on cars of that time. Then the foreman left & the mechanic I was almost friendly with (who rode a small motorbike to work) was promoted to foreman, so with a non grumpy foreman the workplace was even better as I continued to learn my trade. There was also a man who worked part time as a car cleaner, he was a nice old chap & would sometimes talk about his time as a soldier in the trenches of the First World War. He was wounded a few times but once recovered he would be sent back to the frontline. He said he managed to survive the carnage by a large dose of Good Luck while many of his comrades did not. Another thing that interested me was that he was a lorry driver & he used to deliver loads to Brands Hatch when the circuit was under construction. He used to live near my family home & sometimes would give me a lift to work in his Ford Cortina. Sometimes he would smack his hand down on a table top which would make quite a loud cracking sound, there was a lump in the palm of his hand – a bullet from a wound in the war which apparently the Army surgeons said was too risky to

remove. He used to joke that he could bang nails in with his right hand!
So time marched on at the garage & the workshop was extended & a new showroom etc. then the man who worked in the service bay retired & I was offered his job doing basic servicing of cars. Perhaps it became a bit boring over time but it was a regular job & wage. But as cars became more reliant on electronics that I could never really understand I no longer enjoyed the job but I ended up working there for 20 years before I handed in my spanners & moved to Thanet!
I still keep in touch with one mechanic who used to refer to me as Steve CDM. Even now a Christmas card envelope with CDM will arrive – it stands for Cadburys Dairy Milk! Due to my love of chocolate!
And so what a better way to end this scribble with that classic Cadbury advertisement – everyone's a fruit & nut case!
Your scribe, Stephen (the Bruce)

The image is of an Austin Mini – a car I could understand! At Brands Hatch late 1960's





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/>

Any queries: westgaterainbows@outlook.com



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

St Saviour's Church has a Hearing Loop System

Large print Hymn Books 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