

Parish and Community

The Link

St Mildreds Road



Westgate Bay Avenue

Westgate Bay Avenue



St Mildreds Road

**October
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



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St Saviour's Church, Westgate



HARVEST FAMILY SERVICE

SUNDAY 4th OCTOBER

AT 10.30am – 11.15am

All Welcome



It is very sad that the Link magazine has reached its final edition. We are incredibly grateful to Valda for her amazing patience and diligence in maintaining this publication and I am sure that our appreciation will be shown in a more tangible way in due course. Our leadership team have been considering ways that we can continue to keep everyone connected to St Saviours, so please keep an eye open for what comes next.

As this magazine is prepared using computer software, that from this month will be out of date, it will become impractical to continue on this basis. It can seem crazy that something that worked yesterday will not be useful tomorrow, but of course our computers are not isolated from the rest of the technological world and an improvement in the operating system, or a glitch in just one element of our own hardware can introduce unwanted malfunctions at best and dangerous viruses at worst. As with many things in our lives computers can be a useful tool or a real pain in the proverbial, especially when we have to learn new things because of change.

The recent dominance of Artificial Intelligence, known as AI, has prompted massive changes in the world of computers and beyond. You may have heard on the news that one computer expert recently said there is a chance AI could destroy the world. I went to a seminar last month and the speaker on this topic, who has advised our Government, said this was unnecessary scare-mongering. Taking a more realistic view AI is a helpful tool, but I concede for others, it can feel unsettling, as though something human is being handed over to machines.

AI provides us with a mixture of excitement and fear. Our Christian faith does not ask us to ignore such fears. The Bible often tells us, "Do not be afraid," not because there is nothing troubling in the world, but because God is present within it. New technology can raise real questions about truth, wisdom, dignity, and justice. These are not merely technical questions; they are spiritual ones too.

AI may be able to process information, but it cannot love, forgive, pray, show mercy, or bear the image of God. Those gifts belong to people. Our calling is not to panic, nor to place blind trust in technology, but to use every human invention with humility and care.

Perhaps the fear of AI reminds us of something important: we must keep asking what it means to be truly human. In Christ, we find our answer not in intelligence alone, but in love, compassion, community, and hope.

“Do not fear, for I am with you; do not be dismayed, for I am your God.” — Isaiah 41:10

Before I sign off you may wish to read this piece again because the words of this article in italics have been prepared by me but based on careful instructions I gave to an AI tool. Not only this but I have used the new Broadband wireless network in the Church to send this!

As the future might appear uncertain we should be encouraged to know that human beings have always shaped technology and will continue to do so. I pray that you will know that God is in command we should not fear.

Rev Jef Foulger

Goodbye to The Link Magazine

Some 15 years ago, our then priest-in-charge (the Revd Tom Barnfather) decided to re-instate/refresh the parish magazine. A monthly magazine reflecting both church and community was proposed together with a monthly article about St Saviour's School. Valda Neve has been the editor since the inception of the new format, which has involved gathering material for inclusion, setting out the magazine using the Publisher computer program and liaising with the CopyShop at St Peters so that copies are available in church for the first weekend of each month. As you can see, much work behind the scenes that most of us are unaware of and take for granted. Sadly, due to the discontinuation of the Publisher program, this is the last issue edited by Valda. We are very grateful to Valda for her work on the magazine for so many years, to Paul Carter, our webmaster, for making the magazine available on our website each month and to the CopyShop for the fantastic service we have enjoyed.



St Saviours Westgate-on-Sea is running

The Bible Course

NEW EDITION



**And you are
invited to
join...**



biblesociety.org.uk/thebiblecourse

**Watch the videos, discover the scope of
the Bible, put it into historical context
and discuss what it means today.**

Our sessions will be on Thursdays at 2.00 pm

1st, 8th 22nd, 29th October &

5th, 12th, 19th and 26th November

at The Bakehouse

Refreshments will be available.

Hope to see you there

Services in October and early November

Sunday 4th All Age Service for Harvest at 10.30am followed by refreshments and the monthly number draw for October. Donations of food in tins or jars gratefully received for The Storehouse Food Bank run from Birchington Baptist Church

Sunday 11th Holy Communion (Book of Common Prayer) at 9.00am

Sung Eucharist at 10.30am followed by refreshments

Sunday 18th Café Church at 10.30am

Sunday 25th Holy Communion (Book of Common Prayer) at 9.00am

Sung Eucharist with renewal of baptism vows and banns of marriage at 10.30am followed by refreshments

Sunday 1st November Family Communion for All Saints Day at 10.30am followed by refreshments and the monthly number draw for November.

All Souls Service (remembering our departed friends and family) at 3pm followed by light refreshments

Sunday 8th November Holy Communion (Book of Common Prayer) at 9.00am Remembrance Sunday Service 10.30am. No refreshments at St Saviour's

Act of Remembrance 12noon at the War Memorial in Sea Road followed by refreshments in Christ Church United Reformed Church

All Souls Service - a special service to remember our loved ones

Every year, the Church throughout the world commemorates the Faithful Departed on All Souls' Day (2nd November). At St Saviour's we hold a simple service on a Sunday near All Souls Day to

remember by name those who have died – whether recently or some time ago. This year our service will be led by Revd Susan Wing on Sunday 1st November at 3pm and light refreshments will be served at the back of the church afterwards.

A list will be placed at the back of the church during October to record the names of those to be remembered. We warmly invite you to come to the service regardless of whether you are a regular churchgoer or where the funeral was held.

Donations in memory of the late Ann Clark

We have received the following message: Médecins Sans Frontières (MSF) gratefully acknowledge the receipt of your donation.

Amount: £191.55

Received from: St Saviour's Parish Church

As donation made by: Bank Transfer

Received on: 21/09/2026

If you have any questions about the work of MSF, please do not hesitate to get in touch by calling 020 7404 6600 or by emailing us at uk.fundraising@london.msf.org.

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”

5th Grant and Kayleigh

12th Harry and Kayla

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

Donald Stewart 14th October 1939

Henry Hambidge 22nd October 1944

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

Friends of Kent Churches Ride and Stride 12th September 2026

We were all delighted to wake to sunshine on Saturday 12th, although rain was much needed we certainly didn't want a repeat of last year's downpour! Cyclists did comment on the headwind which made cycling hard work at times. St. Saviour's welcomed 13 riders and striders throughout the day, the first at 10.40 and the last at 15.31. Most were from Thanet, but we also welcomed a lady from Rainham and a man from Gillingham who came last year as well. I met someone from St. John's Margate who reported similar numbers. The event doesn't seem to attract the numbers it used to, but the money raised each year across the county is still considerable.

As before, my contribution to the day is to be in church for the whole eight hours and I'd like to thank Christine B for opening and closing the church as well as sitting with me, Alan for being with me for three hours, Jane for two hours and my husband Chris for the last hour. Your company is much appreciated. This year I had to decamp due to a wedding at 1pm and I sat on the public bench on the corner of St. Mildred's Road and Westgate Bay Avenue to eat my lunch and welcome cyclists. Several acquaintances seemed rather surprised to see me there surrounded by bags and paperwork!

Most importantly I'd like to thank Chris and Martin and Steve and Brian for getting on their bikes and peddling for the charity. 'Thank you' to all who sponsored them.

José Gibbs



Ride and Stride – A Day on Two Wheels

This year, my son **Martin** and I decided to take part in the Ride and Stride sponsored bike ride. We knew we would be covering a fair distance, but I don't think we quite appreciated what we had let ourselves in for!

We set off from **St Saviour's, Westgate**, and embarked on a circular route taking in an amazing **24 churches and over 30 miles** of cycling.

Our route took us through **Birchington, St Nicholas, Monkton, Minster, Cliffsend, Ramsgate, St Peter's, Broadstairs, Cliftonville, Margate, Garlinge and Westbrook**, before bringing us back to St Saviour's in Westgate.

It was quite an experience visiting so many different churches in one day. Each stop gave us a chance to pause, take in our surroundings and reflect on the purpose behind Ride and Stride. There was something particularly enjoyable about seeing familiar places from the saddle and discovering churches we might otherwise have simply cycled past.

Of course, cycling more than 30 miles isn't without its challenges! As the miles mounted up, our legs certainly knew that we had been on a bike. But having Martin with me made the whole experience much more enjoyable. We encouraged each other, shared the inevitable comments about how far we still had to go, and kept pedalling.

Eventually, after visiting our 24th church, we arrived back at **St Saviour's, Westgate**, tired but very pleased with what we had achieved. What had started as a sponsored bike ride had turned into a memorable day that Martin and I could share together.

A huge **thank you to everyone who sponsored us** and supported our efforts. Knowing that we were raising money for the churches made all those miles worthwhile.

We certainly won't forget our **30-plus-mile, 24-church adventure** in a hurry—and although our legs may have been tired when we finished, we were both very glad that we'd taken on the challenge!



Ride & Stride 2026

I've always wanted to participate in the Kent Churches Ride & Stride, but usually something else is in my diary for the same date. 2026 was no exception, as we had a wedding booked at St Saviour's for 1:30pm this year, so I wouldn't be able to Ride & Stride – or could I?

I spoke to Brian Lamb who had recently purchased a new bicycle and asked if he was willing to cycle with me in the morning. However, we would need to be back to St Saviour's by 12:30pm, to allow an hour before the wedding as guests usually begin to arrive. Brian was willing and so we began to map out possible churches to visit.

The event runs for one day only and participating churches open from 10am to 6pm. Initially we thought of visiting Birchington, Westgate and Margate, however Broadstairs has a large number of churches and so we decided to start at Broadstairs and work our way back to Westgate.

I met Brian at St Saviour's at 9am on Saturday morning and on our bicycles, we set off for Broadstairs. At this point I should point out that cycling isn't like it used to be. Back in the 70's I cycled to school each day in Cliftonville. Roads didn't appear to be too busy, and motorists gave cyclists plenty of space on the road. Sadly today, it's not uncommon to be cycling along the road and feel a car's wing mirror brush past your elbow! Therefore, whenever we saw a cycle path, especially those on pavements, we took it.

Broadstairs Churches We Visited

Holy Trinity, Nelson Place CT10 1HQ

Methodist, 25 York Street CT10 1PB

Baptist, 2 Queens Road, CT10 1NU

The Vale URC Church, The Vale CT10 1RB

Christ Church, Osbourne Road CT10 2AE

Quaker Meeting House, 9 St Peter's Park Road CT10 2BL

Our Lady Star of the Sea, Broadstairs Road CT10 2RH

St Peter's Baptist, Vicarage St CT10 2SG

St Peter in Thanet, Vicarage St CT10 2TR

St Andrew, Reading Street CT10 3AZ

Holy Trinity was the first church on our list and is located at the bottom of the high street. We were met with smiles and offers of drinks and biscuits AND as we were their first Ride & Stride visitors, we had our photo taken for their church magazine. Then back on our bikes and off to the next church.

By 11:15am we had found St Andrew's church in Reading Street and with time rapidly running out we headed towards Northdown Park. By chance we came upon

Holy Trinity Church, St Mary's Ave, Dane Valley CT9 3TN (located at the top of Northdown Park, I'm not sure I would describe their address as Dane Valley?) but couldn't find the door to get inside! It's a large church and we ended up cycling all the way around it, until a door was located. Again, we were greeted with smiles and a warm welcome.

With thoughts of the Bride and Groom arriving at St Saviour's before us(!), we made the decision to skip the remainder of churches in Margate and headed to St James at Westbrook. With a headwind on the return trip, cycling wasn't so easy. On arrival at St James, the church appeared locked and unmanned, however a table in the porch had the necessary paperwork for us to sign to confirm our Ride & Stride visit.

Then off we went, cycling over Bridge Road to the URC in Westgate and then onto St Saviour's to be met by José and Alan.

We had an amazing time exploring churches in Thanet – many of which, over the years we had driven past, but never ventured to look inside. Throughout the morning we were always met with a smile and drinks...and biscuits...and homemade cakes!

Next year, diary permitting, we hope to join the 2027 Ride & Stride at a more leisurely pace and visit some more wonderful local churches.

Best wishes & God bless

Steve - Verger & Brian - Bell Ringer

PS. Congratulations to Harry & Kayla on their marriage, and to Brian who helped ring our church bells for the happy couple.



THE FREE CHURCH OF ENGLAND

Christ Church
Osborne Road, Broadstairs CT10 2AR
www.christchurchbroadstairs.org

Minister: Revd Dr Jason Vinton
07522191291, jasonvinton@christchurchbroadstairs.org

Please join us for worship and fellowship

Jesus said, "Come unto me, all ye that labour and are heavy laden, and I will give you rest." (Matthew 11:28)

A Warm Welcome and New Beginnings

September always brings a sense of fresh start, and this term has been no exception. As I settle into my new role at St. Saviour's, I have been overwhelmed by the warmth, kindness, and support from the entire school and church community. Thank you to everyone who has offered a welcoming smile or a thoughtful word of encouragement—it has truly made this transition feel like coming home.

Watching our pupils return to school has been equally heartening. The children have settled into their new classes with remarkable ease, filling our classrooms and corridors with energy, curiosity, and joy. A special mention must go to our youngest learners and new starters, who have taken their first steps into school life with such courage and calm. It is a daily joy to see them growing in confidence and building friendships rooted in our shared values of consideration, courage, and community as we focus on working hard and caring for each other.

As the trees begin to turn and the season shifts, our thoughts naturally turn toward Harvest—a wonderful time to gather, give thanks, and reflect on the abundance in our lives. In school, we will be exploring the deeper meaning of the harvest season with the children: celebrating not only the food on our tables, but also the harvest of kindness, fellowship, and care that we nurture within our community.

We look forward to sharing our Harvest celebrations with you in the coming weeks as we continue to grow and flourish together.

Best wishes,

Mrs Toniann Braniff

Headteacher,

St. Saviour's Church of England Junior School



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

October “The Link” will be the last edition that I will be editing as Publisher is now finishing and I am not wanting to undertake learning new technology. Many thanks for all of your support over the many years. Valda (Editor)

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.

Frequently Asked Questions

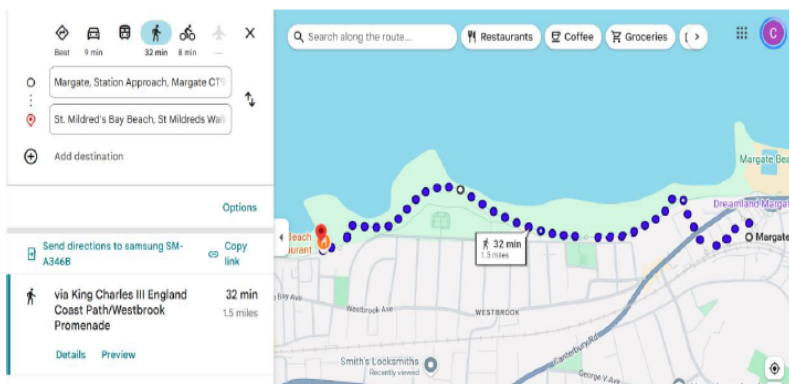
Please email canterbrysamsdawnwalk@gmail.com to register or for more information.



Do I need to register?	• Yes please – it will ensure we have enough volunteers to ensure the walk is safe • It will help the café to know how many people are coming
How long will it take?	• The whole walk will take about two hours, including the break in the middle
Can you be specific about times?	• 8.00 am - Welcome and safety briefing • 8.10 am – Start walking towards Westgate on Sea • 8.50 am approx. - Arrive at St Mildred's Bay for a break • 9.20 am – Start walking back towards Margate • 10.00 am – Arrive back at Margate Train Station
Where can I park my car?	• Free on-street parking is available in nearby streets off Canterbury Road including: ◦ Hatfield Road, ◦ Sea view terrace, ◦ Westbrook Road, Garfield Road and Crescent Road • Margate Station Car Park - Sunday Flat Rate: £4.80 for the full day (covers you until 04:00 the following) • Approximately 95 parking bays • Open 24 hours a day
Is there a shorter route?	• Yes – you can join us for the first half, then leave at Westgate-on-Sea. • Train - You can walk with us to Westgate on sea and take the train back to Margate. It is one stop and takes 4 minutes. • Bus – the number 8 bus, goes from Westgate to Margate.
I have mobility needs; can I still join?	• Yes – this is not a timed walk or a race. Please email us to discuss how we can support you canterbrysamsdawnwalk@gmail.com
Is the walk hilly?	• No, it is virtually flat. There is one ramp which can be avoided if necessary. There are no stairs • Contact us to discuss how we can support you canterbrysamsdawnwalk@gmail.com
Do I have to pay to join the walk?	• No • There is no entry fee and no requirement to fundraise.

Can I make a donation to Canterbury Samaritans?	• Yes https://dawnwalk.samaritans.org/branches/canterbury
Do I need a torch?	• Sun rise is at 07.13am on 11 October so it will be light when we are walking
Can I bring my dog?	• Yes – dogs on a lead are welcome
Are there toilets available?	• Yes – the café stop has toilets. • There are also public toilets on route, and at Margate train station, but they do not open until 9am.
What should I wear?	• Flat shoes suitable for walking. Layers as it will be cool when we start. A hat as its often windy by the sea
What is the route?	• Margate train station to Westgate on Sea and back • The walk will follow the sea path, on the promenade • The tide will be out for the duration of the walk • The distance is just under 5km / 3.2 miles in total

The route



DO NOT FORGET CLOCKS GO BACK ONE HOUR AT 2 am

25th OCTOBER



Pear and Ginger Loaf

Ingredients

200g unsalted butter
100g caster sugar
100g soft brown sugar
2 large eggs beaten
1 tsp vanilla extract
200g SR flour
1 tsp baking powder
2 balls stem ginger drained and chopped
2 pears peeled cored and chopped.

Topping

3 balls stem ginger chopped

Method

1. Heat oven 140C fan.
2. Grease and line a 2lb loaf tin.
3. Beat the butter and sugars together until pale, gradually stir in the eggs and vanilla extract. Fold in the flour, baking powder and a pinch of salt then stir through the stem ginger and chopped pears.
4. Pour the mixture into the loaf tin, smooth the surface. Bake for 1 hour / 1 hour 10 minutes.
5. Top the cake with chopped stem ginger.

This loaf can be served warm with cream, or cooled and sliced.

Pam x

(Thanks to the Good Food magazine for this recipe)



N F S A M A R I T A N S E D N
 X M S N I T L A P I L X O F R
 O O C V Z S U F E S T I V A L
 T U D A W N U B B A C K B Y E
 S S J P H Y S I C I A N T U K
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Animals
 Autumn
 Back
 Basic
 Christianity
 Clocks
 Course
 Crops



Dawn
 Fall
 Festival
 Foodbank
 Francis
 Harvest
 Jars
 Luke



October
 Physician
 Saint
 Samaritans
 Tins
 Walk

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

Monthly Number Draw

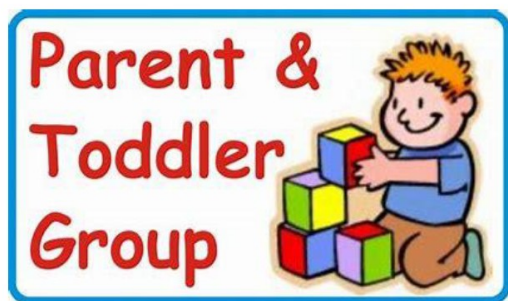
The winner of the draw after the 10.30am service on Sunday 6th September was Diana Carter. The next draw takes place on Sunday 4th October after the service that morning.

Christine Attwood is very grateful for the many offers of help, messages, cards and flowers following her fall at the end of August and hopes to be back in church soon.

Due to unforeseen circumstances, the Churchwardens have decided not to open the church building to the public on Saturdays for the remainder of 2026. Thank you to the volunteers who have enabled the church to be open to visitors on Saturdays between March and August. Our decision will not affect Saturday openings from the Spring of 2027.

St Saviour's Church, Westgate

TODDLER TIME



Meets

MONDAY MORNINGS

(Term time only)

9.15am to 11.30am

**For pre-school children
and carers**



A PRINCESS, A SACK & A PLATE

It's 29 years since the late Princess Diana lost her life in a car accident & most of the nation felt sad at hearing the news, including myself. Although I never met her or even saw her face to face I somehow felt I knew her. To me she came across as a kind & compassionate person & in the early years of her marriage to Prince Charles I thought come the day that Charles became King she would make the ideal Queen. Unfortunately due to the break up of their marriage she was no longer destined to become Queen.

I wanted to watch the funeral live on television but it just happened I was due to work that day. I couldn't ask the manager if I could change my shift as they were on vacation. But a work colleague said that they were happy to swap shifts so that's what we did. Neither of us gained or lost any hours & the work was done but when the manager returned you would have thought we had changed the date of D Day! I got a good telling off, I apologised & went through the motions of "Yes Sir, No Sir, I won't do it again Sir." Then after a few days I was summoned to the Managers office where I received another lecture & that my employment was now under review. I couldn't add anything to what I had already said & I couldn't turn the clock back so if giving me the sack would make them happy then so be it. After a few minutes silence I was told to return to my place of work while a decision would be made.

I carried on going to work over the following weeks. It was rather a frosty atmosphere & I considered looking for another job but then one morning I went into work & it was a change & back to the warm friendly atmosphere with light hearted banter between us (like it used to be). I guess being given the cold shoulder for a while was my punishment!

Of course, the dust had settled from the funeral there were companies that saw pounds, shillings & pence to be made, so commemorative items of Diana were now being produced such as plates! Yes I bought the first edition that was made. I was also keen enough (or gullible) to sign up for a series of plates that would be produced along with numbered certificates over the following months & I ended up with quite a collection! Some of them can be seen in the photo along with a rather large Coat of Arms. This was another one of my holiday finds & somehow it was strapped to my motorbike & carried home from Warwick about 40 years ago, it was made of thick card on a wooden backing support.

Other Diana related items include a cup, saucer, mug, coins, spoons & of course several books.

The only positive thing you can say is that she will never grow old. Her iconic image will remain the same & her legacy is Prince William & Harry. I think William & Kate will carry the Royal Family into the future.

And so we come to the end of my last article. When I started 4 years ago I never thought I would end up writing every month! My scribbles have been a collection of true memories along with some Historic facts & figures gleaned from books & a smattering of historic imagination! (for your enjoyment!), I would like to thank Valda for going through my handwritten scripts & getting them into print along with a few pictures. It is a shame that due to reasons beyond our control that the "Link" magazine will no longer be available. So what tasty treat shall I end with? Not the inevitable Eccles cake I hear you cry! Actually I often like to visit Barbara's Baps! This is the bakers in Garlinge where she makes a fair lump of Bread Pudding. It's yummy when cold or heated up in a microwave & can be washed down with tea, coffee or a cold fizzy drink. Yes I like any food that is bad for you! And so that is all folks, thank you for reading. Your Scribe, Stephen (the Bruce)





1st WESTGATE RAINBOWS

For Girls aged 4 to 7 years

Meets Fridays in term time

4.15 to 5.15pm

Westgate Community Centre

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 we meet on the 3rd Thursday of every month at 10am to 11:45am - all are welcome to join.

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