

Steyning and Ashurst

Church Magazine AUGUST 2020



**ISSUED
FREE**

**Steyning Parish Church,
1 Vicarage Lane, Steyning BN44 3YL**

Vicar: The Revd Mark Heather LLB BA 879877
vicarofsteyning@gmail.com or rectorofashurst@gmail.com

Assistant Curate: The Revd Stephen Mills M.Th 950155
revstephenmills@hotmail.com

Our services at **St Andrew's & St Cuthman's** resumed on Sunday, 12 July and we will continue to have a said Eucharist with organ music at 9:30am every Sunday in July and August.

At **St James's** we will be resuming the 10:30am Book of Common Prayer Holy Communion Service on the fourth Sunday of the month, on 26 July and 23 August.

In both churches careful hygiene precautions will be observed and arrangements for receiving Holy Communion (in one kind) will be explained during each service.

We will continue to provide worship resources on our website (and by post for congregation members without email) over the summer to meet the needs of those who need to stay at home for the protection of their health.

Fr Mark, Vicar of Steyning and Rector of Ashurst

Parish Office Address:

Penfold Hall, Church Street,

Steyning BN44 3YB

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steyningparishchurch@gmail.com

www.steyningparishchurch.org

THE OFFICE REMAINS CLOSED BUT IS STAFFED REMOTELY

Post is being picked up and the telephone diverted to the

Parish Administrator: Pat McMullan.

FR MARK WRITES



Dear Friends,

The suspension of religious worship across most of the world in the spring of this year ought to be judged as one of the most remarkable things that has happened during this unusual period of human history. There is no legal right (some may be surprised to hear!) to go to a pub, cinema or restaurant but the right to worship is one of the first to be protected, in democratic countries at least. Cooperation from most religious groups, however, meant that precautions designed to stop the spread of this deadly disease never became a matter of law.

I am writing this pastoral letter before we resume public worship in either Steyning or Ashurst and so can no more than imagine how it will feel when we resume worship under strict 'Covid-safe' restrictions. It may feel even stranger than not being able to come to church at all. The inability to sing, to receive Communion in both kinds, or to share a sign of Peace will no doubt be sorely missed. But if these seem to feel like infringements on our religious liberties we should remind ourselves: first, how persecuted religious minorities in totalitarian regimes really suffer, sometimes to the point of death; second, that these restraints are self-imposed by our church leaders (arising as they do from guidance based on scientific research rather than regulation); and finally that, as it happens, these particular three restrictions – not singing, the laity receiving in one kind, the omission of the Peace – were normative at specific points in Christian history, practised as they were, by different denominations, within our own lifetime and in our own nation.

In his pastoral letter to clergy, issued at the start of July just before we resumed worship, Bishop Martin wrote how the celebration of the Eucharist 'is the defining activity of the Christian Church' and how it should therefore rejoice our hearts that we can, once again, 'gather to offer the sacrifice of praise and thanksgiving, for ourselves, those among whom we live, and for the whole creation.'

How was it for you? Whatever your answer to that question, let us remember how we worship not for ourselves but for others and what lies at the heart of the sacrament. We come not just to sing or even to be joyful, but to take Christ's broken body into the world he comes to redeem. If our attenuated worship helps us to stop and think a little more about what we do in church and why we do it, we may come to this time of passing restrictions as a blessing in disguise.

Fr Mark

WE'RE BACK.....PRAISE GOD



It was wonderful to be back at church on Sunday. Everyone was very respectful of social distancing and stuck to "the rules". It was also lovely to have people at the service who do not normally attend St Andrew's and St Cuthman's and take part in worship, and even help clear away at the end of the service.



Obviously the giving of communion was very different with Fr Mark and Fr Stephen in face masks, but it didn't intrude on the beauty of receiving. A one-way system helped keep everything running smoothly. A special mention should go out to the welcome team who had to navigate their visors when receiving!



There were plenty of people on hand to help things go without a hitch, from the welcome team, to the array of volunteers helping to wipe down and clean the church at the end of the service. It really reminded me of the great sense of community there is at St Andrew's and St Cuthman's.

David Stevens

FROM THE EDITOR:

Welcome to the August edition of this Church magazine.

The PCC Communications Team have said they are pleased with the way the magazine has developed during the last few months, and that we need to continue to have interesting articles as the main focus. So, thank you for continuing to send articles in to me, and please keep them coming.

When community events start up again we would like to resume our part in advertising/communicating your activities.

Please send in something for the next edition of the magazine-
steyningchurchmag@gmail.com

OUR SERVICES - WHAT HAPPENS?

- * The content of the service is about 30 minutes, to which needs to be added the time it will take to administer Holy Communion and the organ voluntary at the end of the service.
- * The wearing of face coverings by congregation members is voluntary. Volunteer stewards will wear face coverings as will the priest administering communion.
- * There will not be singing as we are told that singing, or any loud voice, increases the risk of virus transmission through aerosol droplets. Spoken responses will be in a soft voice.
- * Each Sunday the priest will explain clearly how we will receive communion.
- * Anyone who feels that they should not receive the host is assured that they are partakers by faith of the body and blood of Christ and of the benefits that he conveys to us by them. (The presiding priest will consume the consecrated wine on our behalf.)
- * Sadly, we cannot stay after the service to greet our friends, but current government guidance makes clear that anyone attending any venue, including a place of worship, does so either as an individual or household rather than to meet other people
- * No one should feel under any pressure to return to church until they feel ready.

**WE LOOK FORWARD TO WELCOMING YOU TO A CHURCH SERVICE
WHENEVER YOU ARE ABLE TO COME**

DEATHS

27 June Margaret Greenwood
 Funeral 12 July

Rest eternal grant unto her O Lord, and may light perpetual shine upon her.

Our love and prayers for Margaret and for Fred and the family during this difficult time.

PAUSE AND PRAY

Blessed be the name of the Lord from
this time forth and forevermore!

From the rising of the sun to its setting,
the name of the Lord is to be praised!

Ps 113 v 2, 3

Many church weddings have had to
be postponed this year. Please
pray for those couples who face
disappointment and reorganisation.
This August there are two wed-
dings at Steyning Parish Church.
Please pray for:

David and Josephine
Andrew and Alexandra



Prayer for Many Gifts

Give me, O Lord,
a calm soul and a clear head,
a broad mind and a generous spirit.

Give me,
a warm heart and a listening ear,
my true voice and a gentle touch.

Give me,
a hunger for justice and a thirst for
peace,
a passion for truth, and a love of
mercy.

Give me,
a painter's eye and a poet's tongue,
a saint's patience and a prophet's
hope.

Give me,
a sage's wisdom and a fool's delight,
a pilgrim's purpose and an angel's
content.

*Stephen Cherry (Dean of
King's College, Cambridge)*

A simple prayer for children:

Dear God

*I know that I am nowhere near perfect, and I know I
don't pray every night. I know I lose my temper
sometimes, but thank you for loving me in every way and
letting me see another beautiful day. Amen*

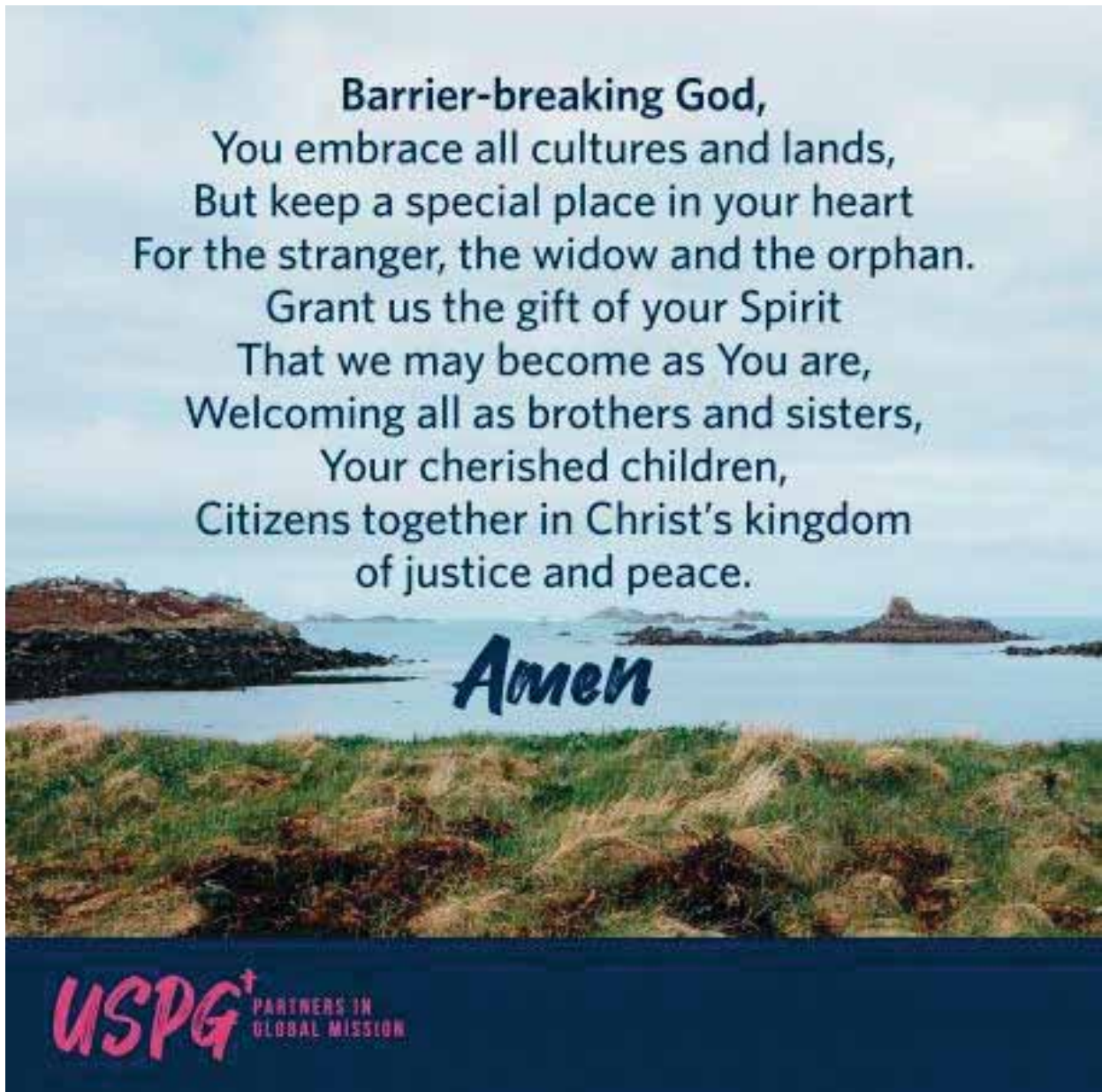
PRAYING FOR YOU

The weekly Sunday bulletin sent from the Parish Office gives all the information about what is happening with services, local support etc, and how to access these. There is also the list of those needing our prayers. Any new prayer requests should be sent to:
office@steyningparishchurch.org

THE LONG WAIT

They that wait upon the Lord shall renew their strength.

Lord, be with all who wait - whether for exam results or for some other important news. Amen



INGA NORÉN 1925 - 2020

My mother Inga was born in Stockholm, Sweden in 1925, the only child of Ingegerd and Harry. She grew up in the city and had a happy childhood. From an early age she developed a love of ballet. She had a degree of success in performing ballet, but after marriage went into teaching, and especially loved teaching children.

In 1950 she married my father Rolf Erik Norén, a marine engineer and naval reservist, and I was born in 1952, and my sister in 1954.

My father's occupation involved working abroad, and in 1960 we moved to the UK, initially for a period of three years. My sister and I arrived unable to speak English, but settled into schools, and in 1963, the decision was taken to stay in the UK. Initially we lived in Hemel Hempstead, but later moved to a small village called Bourne End, just outside Berkhamsted.

When we grew up and went to higher education, my mother went to work in a ladies' fashion shop in Berkhamsted. It was notable that she rarely came home with any salary, only clothes. Mum and Dad had a wide circle of friends and loved entertaining and throwing parties.

Sadly, in 2003, my father died after a long and difficult illness. Mum formed a close friendship with another gentleman after Rolf died, but he passed away soon after, leaving her on her own.

In 2011, after some apprehension, she took the decision to move to Steyning to be near me. She settled in very quickly and loved her flat. She made a wide circle of friends, mostly through Church, but also through the theatre club and music lectures at the Steyning Centre. She was very popular, and I felt that she had a better social life than I did.

Sadly, time waits for nobody, and the ravages of ageing took their toll. She needed more and more help with her care. She was very keen to stay at home in her flat as long as possible, but eventually she needed to go into a care home. She was well looked after by the lovely nursing staff at Red Oaks in Henfield, but unfortunately succumbed to the Covid virus. She died peacefully on the 1st of May.



Eric Norén

ALAN STENNING 1943-2020

Steyning Parish Church and St James's Church Ashurst were both part of Alan's life from a young age, with his parents, Sunday School, the youth group and the local schools he attended. Many family events have been celebrated during his lifetime - baptisms, confirmations, weddings and funerals. Sadly Alan's parents died in their forties, and are buried in Steyning Parish Church churchyard along with grandparents, aunts, uncles and cousins. As the churchyard is now closed Alan's wishes were that he be buried at Botolph's. Fr Mark conducted the graveside service, which all the family were able to attend.



Alan first became a sidesman at Steyning Parish Church, then he was asked to be a Deputy Churchwarden, and then a Churchwarden. He always felt that the church was open to all who lived in Steyning, and outreach was important - especially if it involved a glass of wine, and social events! The many cards and letters the family have received remember and reflect what fun and happy occasions they were.

Sadly, after he retired as Churchwarden he needed many major operations, and was not well enough to enjoy life as fully as he would have liked, and that included attending church. His Bible, Lectionary and prayer cards continued to be important in his daily life. Two years ago Alan developed even more health issues and on 23 May this all came to a peaceful end.

Di Stenning and family

MAGAZINE DEADLINE for SEPTEMBER 2020

FRIDAY 7 AUGUST

Email address: steyningchurchmag@gmail.com

SAINT OF THE MONTH



CLARE OF ASSISI (1194-1253)

Clare, born in Assisi and, at the age of eighteen, was so moved by the preaching of Francis of Assisi that she joined his community, renouncing all her possessions and taking the habit of a nun. She was sent to the convent of Bastia where she was taught the Benedictine rule.

Francis and his followers restored a small house next to the church of San Damiano which he offered to Clare and her companions. They settled there and others were moved to come and join them including Clare's mother and two of her sisters. Their way of life was one of extreme poverty and austerity, thought to be harder than that of any other nuns at the time.

Like the Franciscan friars, Clare's nuns soon spread to other parts of Europe, including England where four convents were founded in the 13th and 14th centuries. Clare never left the convent in Assisi and was renowned as one of the great contemplatives of her time. She was devoted to serving the local community and practising the Franciscan ideals of love of the world of nature.

Stories grew up about her, including the tale that twice she saved the City of Assisi from attack by praying in front of the attacking army which then fled. On many occasions she also undertook penance for the City in times of crisis.

For the last twenty seven years of her life she suffered from various illnesses, sometimes being bedridden, but as abbess of the community she was devoted to her nuns. Her nuns became known as the Poor Clares and Clare, as foundress, was canonised only two years after her death in 1253. Her feast day is 11 August.



Fresco of Saint Clare and sisters of her order, church of San Damiano, Assisi

NEW FORMAT GARDEN PARTY

Because of the current Covid19 virus, we will be unable to hold our annual Garden Party this August. But we have already sold veg plants from a stall on our drive and made a fantastic £230 for Chestnut Tree House Children's Hospice. Thank you to all of you who came to buy!

Then on the **August Bank Holiday weekend Sat 29th-Mon 31st Aug**, 10am to 4pm each day, we will have another stall on our drive (at 33 Roman Rd) selling fruit and veg, flowers and cards specially made for us by Simon Knowles, using photos he has taken of the flowers in our garden. This time we will donate the takings to the **Children's Society**.

Please do come and support our 'alternative' Garden Party.

Jill and Roger Brown.



10am - 4pm
33 Roman Rd
Come and Buy
Table top:
Plants
Flowers
Veg
Cards



THE NEW GARDEN PARTY
29, 30, 31 AUGUST

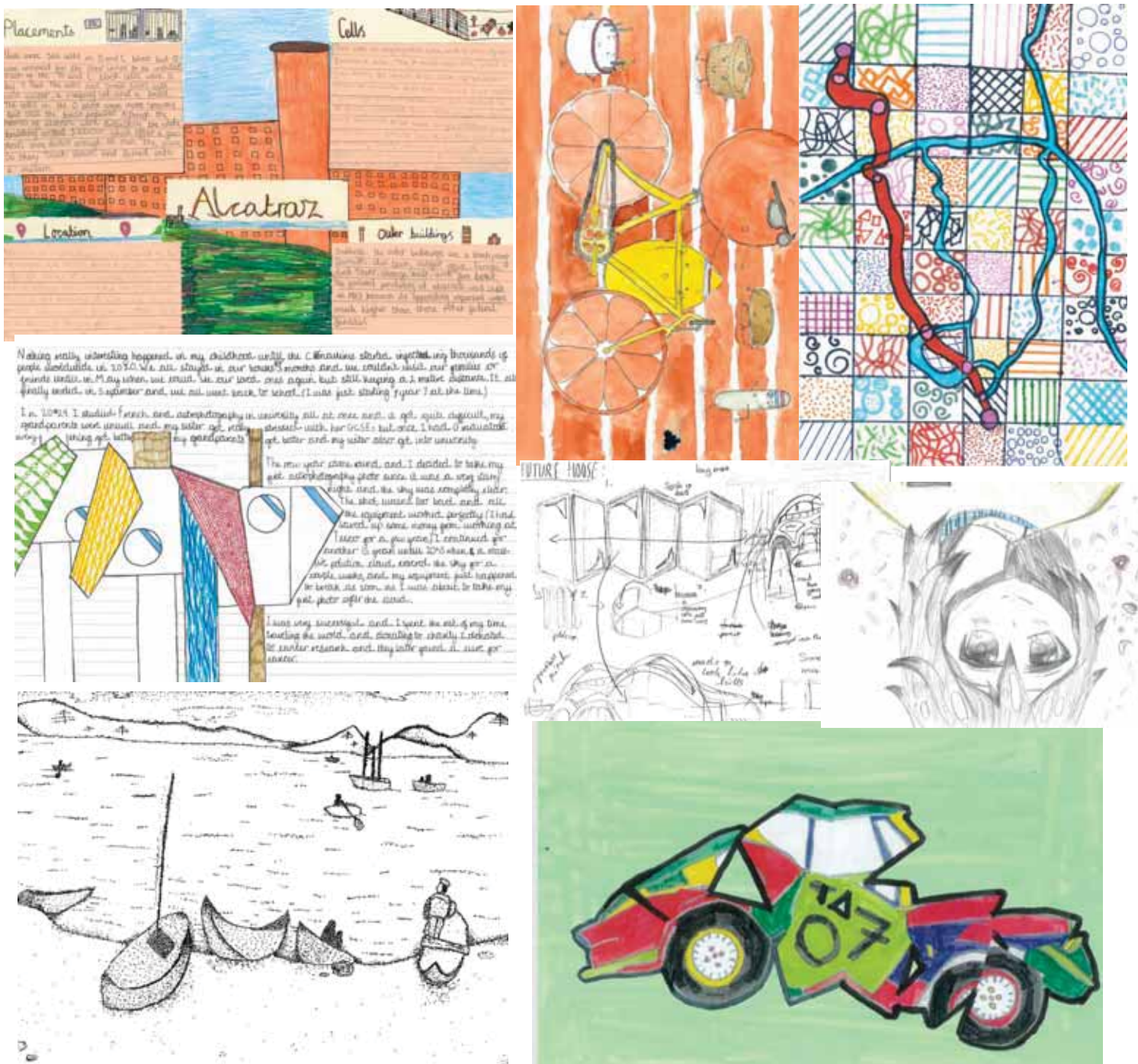
Editor: Thank you for the various writings and articles that have been sent in. I have enjoyed reading each one - **keep sending in to me, please.**

STEYNING PRIMARY SCHOOL

We have welcomed 52 of our cohort back into Year 6 bubbles. We have been focusing on two week projects which have been 'Gallery Rebels', 'Identity - All About Me' and as I write we are about to start 'Around the World'. The children have been amazing! Their behaviour, understanding and maturity towards the current situation has really stood out. We would like to thank all of the parents and carers for their dedication towards their children's education during this difficult time. We hope everyone has a restful summer and we look forward to welcoming back all the children in September. We would also like to take this opportunity to send our best wishes to all of the Year 6 pupils who will be moving onto their new schools in September.

Lizzy Reeve

EIGHT PIECES OF WORK COMPLETED BY THE CURRENT Y6 CHILDREN



GOOD AND EVIL

“The evil that men do lives after them, the good is oft interred with their bones.” So goes the quote from Shakespeare’s *Julius Caesar*. It may have been true in the Roman era, or in Shakespearean times. But at some time, between the reigns of the two Elizabeths, the quote has been turned about face. Statues were erected in honour of notable people, but as we have seen recently, such memorials only celebrate the ‘good’ things. Often there is a hidden, previously overlooked ‘evil’ side. I’m thinking in particular of the Bristol slave trader whose statue was tipped into the harbour as part of the ‘Black Lives Matter’ movement.

The statue, and various institutions in the city that bear the man’s name, were supposedly celebrating his philanthropy. His riches came from trading in human lives, something which today is abhorrent – but in past times was part of normal life. It has surprised me how many references there are in the Bible to slavery. It seems, from the contemporary accounts, that even Jesus didn’t decry the practice, though he urged slaves to work hard for their masters and masters to be fair to their slaves. Indeed, Biblical passages could be quoted as support for slavery, just as other verses are taken out of context to justify homophobia and misogyny.

But our Bristol worthy doesn’t seem to be a reformed character who saw the light and gave away his wealth for the public good – at least one biography notes that he stipulated only those who shared his political and religious beliefs should benefit from his largesse. So perhaps the fate of his statue was justified.

There have always been people whose lives don’t seem to matter. Those of colour are an obvious and recognisable example, but throughout history minorities have been

persecuted.

We can’t gloss over history, but we can put things in context so those studying that history can decide who is good and who is evil – for we all have both good and evil in us to varying degrees.

In our house there is what can only be described as an anti-Semitic tract displayed on the wall. The site of our house was previously a shop, kept by a devout Catholic who had a mortal hatred of the Jews. The tract says, in effect, that Jews believe it is not only morally acceptable, but to be positively encouraged, for Jews to cheat and rob Gentiles. The words are, apparently, taken from a book of Jewish law, but it is a dubious translation and is, again, taken out of context. The publisher asks for his tract to be hung in the WC – a request with which I happily complied. But alongside the reproduction of the tract is an obituary from the *Catholic Herald*, stating that the man responsible for bombarding its readers with such material was known for his “semi-Fascist, semi-pious and always anti-Semitic” views. Despite causing annoyance to many Catholics, he was dismissed as a “harmless eccentric” who “loved his Lord with wholehearted zeal”. That might have been so in 1949, but he would have been thought of rather differently today.

It is not for me to apologise for this tract published by a previous occupant, and, I don’t want this small piece of our local history to be swept away. Most importantly, it serves as a reminder, not only of the dangers of taking passages out of context, but that however virtuous we consider ourselves, loving God is only part of being a Christian.

Bill Thomson

AMAZING GRACE

1. *Amazing grace (how sweet the sound)
that saved a wretch like me!
I once was lost, but now am found,
was blind, but now I see.*

2. *'Twas grace that taught my heart to fear,
and grace my fears relieved;
how precious did that grace appear
the hour I first believed!*

3. *Through many dangers, toils and snares
I have already come:
'tis grace has brought me safe thus far,
and grace will lead me home.*

4. *The Lord has promised good to me,
his word my hope secures;
he will my shield and portion be
as long as life endures.*

5. *Yes, when this flesh and heart shall fail,
and mortal life shall cease:
I shall possess, within the veil,
a life of joy and peace.*

6. *The earth shall soon dissolve like snow,
the sun forbear to shine;
but God, who called me here
below,
will be forever mine.*

Written by John Newton after 1754 when he gave up the slave trade.



"In the film *Amazing Grace*, when Wilberforce asks Newton to tell him about his experiences on the slave ships, Newton refuses, admitting that he wasn't strong enough to hear his own confession: "I'm the last person you should come to for advice. I can't even say the name of any of my ships without being back on board them in my head! All I know is 20,000 slaves live with me in this little church, there is still blood on my hands."

Blind but now I see...?

Later in the film, after going blind, Newton eventually writes his confession, giving names, ships records, ports, people and everything else he could remember for Wilberforce to use in Parliament:

"Although my memory is fading, there are two things I remember very clearly. I'm a great sinner and Christ is a great saviour. You must publish it, blow a hole in their boats with it! Damn them with it! I wish I could remember all their names... my 20,000 ghosts... they all had names, beautiful African names. We called them with just grunts, noises... I am weeping... I once was blind but now I see, didn't I write that?"

Well now at last it's true!"

Revd Timothy Keller, in one of his special evening talks, speaks of how dedicating one's life to social justice is an integral part of the Christian faith and that if you don't, your faith is meaningless and dead to God.

He reminds us that despite this call to fight injustice, most Christians ignore the resources and responsibilities that come with their faith and so are often slow to respond to these issues.

Bring the resources of faith

Later at that same session, Bryan Stevenson talks in more detail about how, if you want to do justly and love mercy as God commanded, then you have to get close to the places where injustice is happening, change narratives, stay hopeful and be willing to do uncomfortable things.

When we talk about the subject of race, not just when it's in the spotlight but as we go into the future, let's not shy away from it but let's remember the amazing grace that God gives us despite our many faults – and do what is right and just with it"

Article entitled, Confronting the Reality of Racism. CMS

MY NEIGHBOURS

But a Samaritan..... came near him Luke 10 25 – 37

Daily reading 8 June

This story of The Good Samaritan is so well known, and then these words came out to me as being so apt for today's living in so many ways.

It is a story of one person meeting another and showing unconditional mercy, but the actions were so special because they cut across all the rules and norms that were expected in those days.

It is also a story about love because the love shown cut across the barriers that humans had set up for one another. "Black Lives Matter" or the heading in the Church Times "All White is not Alright" are phrases that we have all probably heard, and here in this story we read about love that matters, because it was love that was offered for one who would **not** normally have been thought of as a neighbour.

This story invites ME to love like that.

It also makes me realise that the one who might be "the other one" is the one doing the loving. My neighbours have shown amazing mercy and love to me.

Archdeacon John Keeble wrote in Reflections:

"Who is my neighbour? The one who shows me mercy. For love is not only action that crosses barriers with mercy, practical and consistent, it is also the gift we receive from those who reach out to us. Love, both given and received, is merciful attentiveness that recognises a neighbour and a friend in one who comes to us as an outsider or stranger"

Chris Fitton

PRAYER FROM PSALM 73

Holy God, may we find wisdom in your presence and set our hope not on uncertain riches, but on the love that holds us to the end;
In Jesus Christ our Lord.

THE WINDRUSH

Wind rush. The sound of breath. The sound of the Spirit, like a mighty rushing wind. How long can you live without breath? With someone kneeling on your neck? 'I can't breathe.'

Minneapolis is surely a long way from this sometimes united queendom. As far away as the Caribbean maybe? Surely a long way away.

And the people from the far flung lands responded to the call to 'Come, help us rebuild. You helped with the war effort, now help us breathe new life into our transport systems, our health care. Come.'

And they came and they worked and they contributed. And when it was felt that they were surplus to requirements, the heavy knee of the 'hostile environment' was pressed upon their necks.

There have been the words, the promises of recompense, of doing better, but precious little action.

They still can't breathe. And we, the people of God, who inhale the breath of God, what are we doing to bring justice? Words are no longer enough.

The Revd Dr Evie Vernon, former Deputy Director of Global Relations, United Society Partners in the Gospel.

CHURCH DOORS ARE OPEN

Perhaps, during Lockdown, the importance of our churches has been clearly highlighted to us all as we have definitely felt bereft that our church doors have been closed. We have been so grateful to the media and all that they have given to us in terms of services, prayers, reflections and music, and these have nourished us as we have tried to manage our changed lives.

Our beautiful and magnificent churches of Steyning and Ashurst offer something that is deep and profound and comforting that is hard to define unless you enter the building and allow yourself the time to sit and absorb the stillness and let the past and the present meet together, and then begin to feel the songs of heaven and the praises and prayers to our Lord that together create these holy spaces.

Our churches offer something very precious to our communities, and we truly thank God that the doors are open and worship - however simple - can resume again.

A grateful parishioner

FROM A FRIEND

Dear Friend,

How are you? I just had to send a note to tell you how much I care about you.

I saw you yesterday as you were talking with your friends. I waited all day hoping you would want to talk with me too. I gave you a sunset to close your day and a cool breeze to rest you – and I waited. You never came. It hurt me – but I still love you because I am your friend.

I saw you sleeping last night and longed to touch your brow so I spilled moonlight upon your face. Again I waited, wanting to rush down so we could talk. I have so many gifts for you! You awoke and rushed off to work. My tears were in the rain.

If you would only listen to me! I love you! I try to tell you in blue skies and in the quiet green grass. I whisper it in leaves on the trees and breathe it in colours of flowers, shout it to you in mountain streams, give the birds love songs to sing. I clothe you with warm sunshine and perfume the air with nature's scents. My love for you is deeper than the ocean, and bigger than the biggest need in your heart!

Ask me! Talk with me! Please don't forget me. I have so much to share with you!

I won't hassle you any further. It is YOUR decision. I have chosen you and I still wait – because I love you.

Your friend.

JESUS

WELCOME WAGON

"But for you who fear his name" is a track from the Gospel/Indie group Welcome Wagon, and is based on the words of the prophet Micah.

But for you who fear my name

The Son of righteousness will rise

With healing in his wings,

And you shall go forth again

And skip around like calves

Coming from their stalls at last.

TIME FOR REFLECTION

This poem/prayer is based on the idea that Jesus was fully human and therefore knows what it is like to be one of us. It draws from Hebrews 4:14-16. You could use it as a response to a sermon or Bible reading, or as a reflection.

Extract from the poem:

UNDERSTANDING

Thank you, Lord, that you understand,
that you have lived this life,
known sweat, tears, frustration and sadness,
known wonder, laughter, satisfaction and joy.

You are not a God who has remained distant,
but one who has walked in this dust,
felt the heat and cold of the world,
warming and chilling your bones.

Thank you, Lord, that you understand,

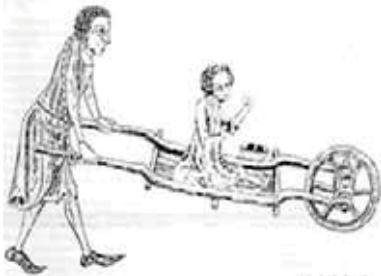
you are a God who knows what it is to be
human,
having lived through childhood and teenage
years,
having worked and lived in oppressive times,
having been misunderstood and celebrated,
knowing what it is to have enough and to be
empty,
knowing love and loss, hate and rejection.

Thank you, Lord, that you understand,
that you are one who can help us,
having drawn close, and known the ways of life,
knowing us better than we know ourselves,
understanding when we trip up yet again,
saying and doing the wrong things,
the harmful things, the ridiculous things...

David Hopwood

Taken from Chichester Diocesan Website

THE STEYNING SOCIETY



Steyning for Trees & WSCC "Donate a tree scheme"

Steyning for Trees (SFT) is now affiliated to the Steyning Society. You may have read about Steyning for Trees, formed last year to help fight climate change by planting trees. Trees will also benefit your street by providing shade and coolness (via transpiration from the leaves) - and of course their beauty.

SFT are now working in partnership with West Sussex County Council and their "Donate a Tree" scheme. You can work with SFT to donate a tree and choose the species for the grass verge outside your property. And SFT will share the cost of the donation with you. Please click on the Steyning Society website for more information. steyningsociety.org.uk

Steyning Grammar School

In March this year a decision was made to make the Grammar School part of the Bohunt Educational Multi-Academy Trust (BET).

There are still many issues to be discussed and debated by the community. The Steyning Society would want to be fully involved with these discussions. Steyning Grammar School has influenced the lives of many pupils in its long history and is an invaluable part of Steyning's heritage which must be sustained and built upon.

Extract from The Newsletter July 2020

PRAYER WALKS GO VIRTUAL!

One of my roles as a trustee of Steyning Downland Scheme is to organise monthly prayer walks on the second Thursday of each month. They start at 8.00 am and we spend about an hour together walking the land and stopping at various points for a reading, a thought, and a prayer. It's a stimulating and often moving experience.

Every month I send out an email to the 15 or so people who like to know about our prayer walks. Not everyone is able or available to walk with us but others on the list are there because they wish to pray with us and for the Scheme. We have a faithful band of walkers and pray-ers but it's open to anyone who would like to join us. Just ask me if you would like your name to be added to the list.

The onset of the global pandemic and the subsequent restrictions meant that we had to reimagine how to do it, and the solution we came up with was to do a Virtual Prayer Walk. The monthly leader sends material to stimulate prayer to me and I then circulate it, asking people to pray at some point on that second Thursday. Mary Travers, one of our regular prayer walkers, suggested that you might like to see Richard Goring's contribution from May. You can see that below. He is the Chairman of the trustees who look after the charity. Matthew Thomas, to whom he refers, is the Scheme Manager.

We hope, in a carefully social distanced way, to start walking again – and by the time you read this we may have done so!

On another occasion I'll tell you more about the Scheme.

If you would like to know more about SDS, the Steyning Downland Scheme, or to volun-

teer to help look after this unique piece of chalk downland covering 165 acres, or to support the work of the charity by becoming a Friend, have a look at the website:

www.steyningdownland.org

Canon Nigel

Here is Richard Goring's piece:

Following on from what Matthew said last time about spending time with God, during these times, I am half way through John Mark Comer's book, "The Ruthless Elimination of Hurry" in which he

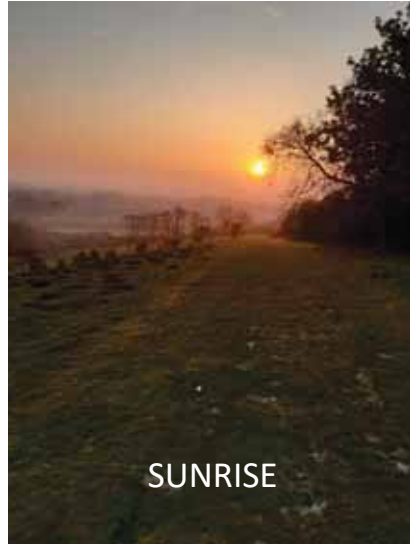
talks a lot about proactively carving out time to rest and be alone with God.

For some this has been a season where that may well have been easier than 'normal'. For others, it will feel as though there has been more to do than ever before. Wherever we find ourselves, Jesus is with us in the midst of it and He is not afraid. Take some time to be silent with him now...

The very prominent and current verse for me is 2 Chronicles 7:14:

"if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."

The verse is found in the middle of a passage about the consecration of the Temple and this key moment of Yahweh choosing to be present in this place on the earth. It is also clear that it is He that holds the rains back or commands the locusts. These preceding verses are challenging for us to get our heads round (and perhaps unsurprisingly don't make the cut for the worldwide call to prayer of v14!).



SUNRISE

(Cont. on Page 20)

Without heading into too deep theological waters, God is complicit in His Creation and how that affects us AND we are complicit in our actions and how that affects God's creation. The call is to humble ourselves.

So, bearing in mind the realities of Creation and all that we have left undone or overdone, where we have abdicated the 'dirty work' to others and failed to take responsibility for being co-creators with Christ, we take a moment to humble ourselves. Pray, seek his face and turn from our wicked ways...

In walking through the SDS recently, I was so delighted to see how happy those that were walking in the land were, taking their daily exercise and glad to be out. It brings joy to see how much good is happening in so many moments on the SDS.

In thankfulness we praise the Lord for the joy that His Creation brings to so many. In the words of the Psalmist (Psalm 96):

*Let the heavens rejoice, let the earth be glad;
let the sea resound, and all that is in it.
Let the fields be jubilant, and everything in them;
let all the trees of the forest sing for joy.
Let all creation rejoice before the Lord, for he comes,
he comes to judge the earth.
He will judge the world in righteousness
and the peoples in his faithfulness.*



We also pray for continued safety and wisdom on the ash-die-back situation.

We ask for new hope, energy and vision every morning for Matthew as he encourages others and continues to love the land and the people on it.

We pray for the people of Steyning and for a renewed desire to love those around them, to seek truth and reconciliation.

We pray for all those that are struggling with fear and anxiety and that the SDS would be a place of respite and restoration of a clear mind and sound heart for them.

We ask Lord that you would meet those who walk these ancient paths, just as you met those disciples on the road to Emmaus.

We ask for your Spirit to fill us and renew us that we might be more like you.

In the words of Mother Theresa:
"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."

You will, I am sure, have seen this but be blessed this day:

<https://www.youtube.com/watch?v=PUtlI3mNj5U>

Richard Goring



RECIPE FOR AUGUST

CELERIAC HASH WITH HAM AND EGGS.

Ingredients:

Small knob of butter

2tsp rapeseed oil

1 small onion, halved and sliced

1 Garlic clove crushed (or 1 tsp garlic puree)

350g celeriac (or 1 large tin of new potatoes or potato equivalent) roughly chopped

2-3 large leaves of cavolo or spring greens, stalks removed and shredded. You can easily substitute for any leafy green vegetable, and adjust your timing accordingly

90g shredded ham hock (I usually use left over gammon)

1 tsp whole grain mustard

2 duck eggs or 1 large hen egg

25g Gruyere cut into small chunks (optional)

Method

1. Heat the butter and oil in a wide frying pan. Add the onion and cook slowly for 15 minutes, or until turning golden. I then put the onions in a mini chopper with a splash of water to make an onion paste.
2. Stir in the garlic and thyme for 30 secs. Then add the celeriac (or potato) and some seasoning. Stir to make sure the mixture is well coated in the buttery onions, then add a splash of water and cover the pan with a lid or piece of foil.
3. Cook for 8—10 mins until the celeriac (or potato) has softened and is caramelising in places. This might take a bit longer depending on whether you use potatoes or not.
4. Add the cavolo nero and ham and stir well. Increase the heat to wilt the cavolo nero and crisp the ham in places. Add a splash of water if anything starts to stick to the pan.
5. Dot around spoonfuls of mustard (if using) then create two spaces to cook the eggs.
6. Add a drizzle more oil to the gaps if the bottom of the pan looks dry, then crack in the eggs.
7. Dot the cheese around the pan and cover with a lid or foil for 2-3 mins. By this time the egg whites should be cooked and the yolks still runny.
8. Season the eggs with a little black pepper and serve from the pan.



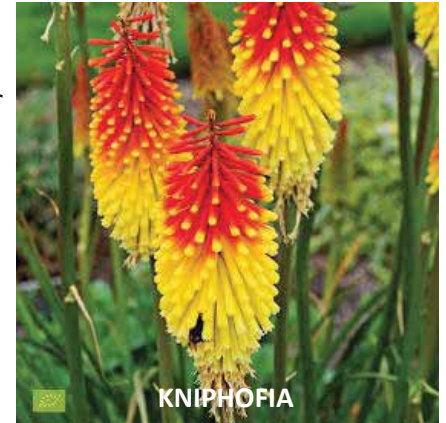
Rebecca Walker

THINKING ABOUT YOUR GARDEN IN AUGUST

August is the last true month of summer. Dead heading and watering are essential.

August is also the peak time for flowering plants from South Africa with their vibrant colours and they are very suited to our increasingly hotter and drier summers - try them out or plant a lovely island bed.

Plants include: Watsonia; Kniphofia; Gazania; Agapanthus; Tritonia; Echinacea; Gladiolus and many ornamental grasses.



Here are some tips for August:

1. Summer prune wisteria. Cut off the long whippy growth and all lateral at the base. You may get a second, but less, flowering.
2. Cut back tired looking perennial foliage eg. Alchemilla Mollis; Gervis; Cranesbill Geranium
3. Collect seeds as they ripen from plants eg. Sweet William; Aquilegia; Love - in - the - mist; Hesperis; Poppies. Store in a dry place.
4. Trim lavender once flowers are over to neaten them up. Avoid cutting into old wood.
5. Take softwood cuttings of woody herbs - including Lavender; Rosemary; Hyssop; Santolina; Helichrysum.
6. Prune rambling roses. Remove up to 1/3 of stems that have flowered and tie the rest to their supports etc.
7. Plant autumn bulbs in pots, borders or grass. Eg. Colchicums; Sternbergia and Nerines.
8. Prune all summer flowering shrubs once blooms are finished.



NERINES

I hope you continue to appreciate your gardens and green spaces, experience solace and closeness to God.

Be joyous.

Robert Hill - Snook

JUST FOR FUN

MULTIPLE CHOICE QUESTIONS

1. How many books are there in the Old Testament?
37, 39, 41
2. Who was the first Christian Martyr?
Peter, Stephen, Abel
3. Which is believed to be the oldest written book in the Bible
Genesis, Job, Isaiah
4. Which is the shortest book in the Bible , measured by the number of verses?
2 John, Titus, Philemon
5. The New Testament was originally written in which language?
Greek, Latin, Hebrew
6. What is the last word in the Bible?
Christ, Amen, Jesus
7. Who cut Samson's hair?
Samson Delilah, A servant
8. Manassah was king of the kingdom of Judah. How long did he reign?
40years 45years 55years
9. God gave Manna to the Isrealites when they were in the desert. What does the word "Manna" mean?
What is it? Angel Bread, God Provides
10. Which of these was a son of Noah?
Shem, Seth, Reuben

ANSWERS

1. 39
2. Stephen
3. Job
4. 2 John
5. Greek
6. Amen
7. a servant
8. 55
9. What is it?
10. Shem

ANAGRAM FOR AUGUST

Do hope you have fun with these anagrams. How did you get on in July? I need to report that Len Warner made 80 words! Well done Len.

This month I am going to change the theme, and so we have a flower. There are two birth flowers for August. Gladiolus and Poppy.

REMEMBER:

No plurals (very easy in this one to slip in a plural)

All words to have 3 or more letters, but only use each letter once

No capitalised words

GLADIOLUS

**I am sure we all can find GOD within this beautiful flower.
My longest words are only five letters - hope you can do better.**



COMMUNITY VILLAGE MINIBUS



Our Community Village Minibus is a regular door-to-door service for everyone. Two years ago we were proud to be presented with the Queen's Award for Voluntary Service to mark our 40th anniversary of serving the community.

The aim is to provide friendly assistance to those needing help with their shopping or just a convenient means of transport in the local area. We operate this service five days a week and can pick you up from your home. We help you from your house to the various destination including Steyning village, Storrington, Pulborough, Worthing and Horsham, plus some Garden Centres.

Our members find our service invaluable, both socially and for getting out and about. There is no need to struggle on your own – we are here to help in a friendly way.

For further information please ring Sherie Knight on 01903 815433 or Fiona Wright on 01903 812141. www.westsussexminibus.org.uk



The sound of silence

I'm a huge fan of sci-fi B-movies and they don't come any better (or worse) than 1957's *Beginning of the End*. It's the usual story; overeager government scientists intent on increasing crop yield inadvertently create giant irradiated grasshoppers the size of double decker buses, which set about destroying Chicago. There are some similar creatures lurking around Sussex. OK, they're not going to come stomping around Sompting any day soon but they're still mighty impressive.

The Great Green Bush Cricket can claim to be Britain's biggest insect. Yet this Godzilla of the undergrowth is surprisingly hard to see. Its long, leaf-like body blends in amongst the brambles rendering it almost invisible. Bug eyes, impressive jaws and twirling antennae give it some monster movie credentials but there's nothing to fear from this harmless native.



There are about 35 species of crickets and grasshoppers (Orthoptera) in Britain. Crickets differ from grasshoppers by having much longer, thread-like antennae and they 'sing' by rubbing their wings together (while grasshoppers rub their legs against their wings). This song, or stridulation, is the male's way of romancing a female – who, if interested, will reply. The best chance of finding the Great Green Bush Cricket is to head out on a warm August evening and listen for their downland duets – a loud, incessant rattle. Imagine an enthusiastic maraca player.



I recently went for a walk through the flower-rich meadows of Sussex Wildlife Trust's Southerham reserve. I was blown away by the wall of sound created by hundreds of crickets and grasshoppers but it became apparent that not everyone could hear this orthopteran orchestra. The sad truth is that as we get older our ears can't tune in to the higher frequencies produced by these insects and species by species they fall silent. I have a compilation CD of the chirps and buzzes of Britain's crickets and grasshoppers – a sort of 'Now That's What I Call Stridulation'. I played it this morning and track 24 had gone. It was there a few years ago but now... silence. I've started to lose my crickets. The beginning of the end.

It isn't just me who will be hearing less wildlife in the future. Our countryside is becoming quieter as crickets, bees and birds vanish. Wildflower meadows, the home to crickets and grasshoppers, have been lost and the wildlife that depends on them have silently disappeared. The 'Silent Spring' predicted by Rachel Carson in 1962 has seeped across every season. This August, get out and listen to the sounds of summer before they fade.

THE GOOD SAMARITAN

²⁵ On one occasion an expert in the law stood up to test Jesus. "Teacher," he asked, "what must I do to inherit eternal life?"

²⁶ "What is written in the Law?" he replied. "How do you read it?"

²⁷ He answered, "'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbour as yourself.'"

²⁸ "You have answered correctly," Jesus replied. "Do this and you will live."

²⁹ But he wanted to justify himself, so he asked Jesus, "And who is my neighbour?"

³⁰ In reply Jesus said: "A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. ³¹ A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. ³² So too, a Levite, when he came to the place and saw him, passed by on the other side. ³³ But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. ³⁴ He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. ³⁵ The next day he took out two denarii and gave them to the innkeeper. 'Look after him,' he said, 'and when I return, I will reimburse you for any extra expense you may have.'

³⁶ "Which of these three do you think was a neighbour to the man who fell into the hands of robbers?"

³⁷ The expert in the law replied, "The one who had mercy on him." Jesus told him, "Go and do likewise."

Luke 10 verses 25-37

If anybody needs to use The Hub please call 0800 955 4359 and talk to one of the helpers there.