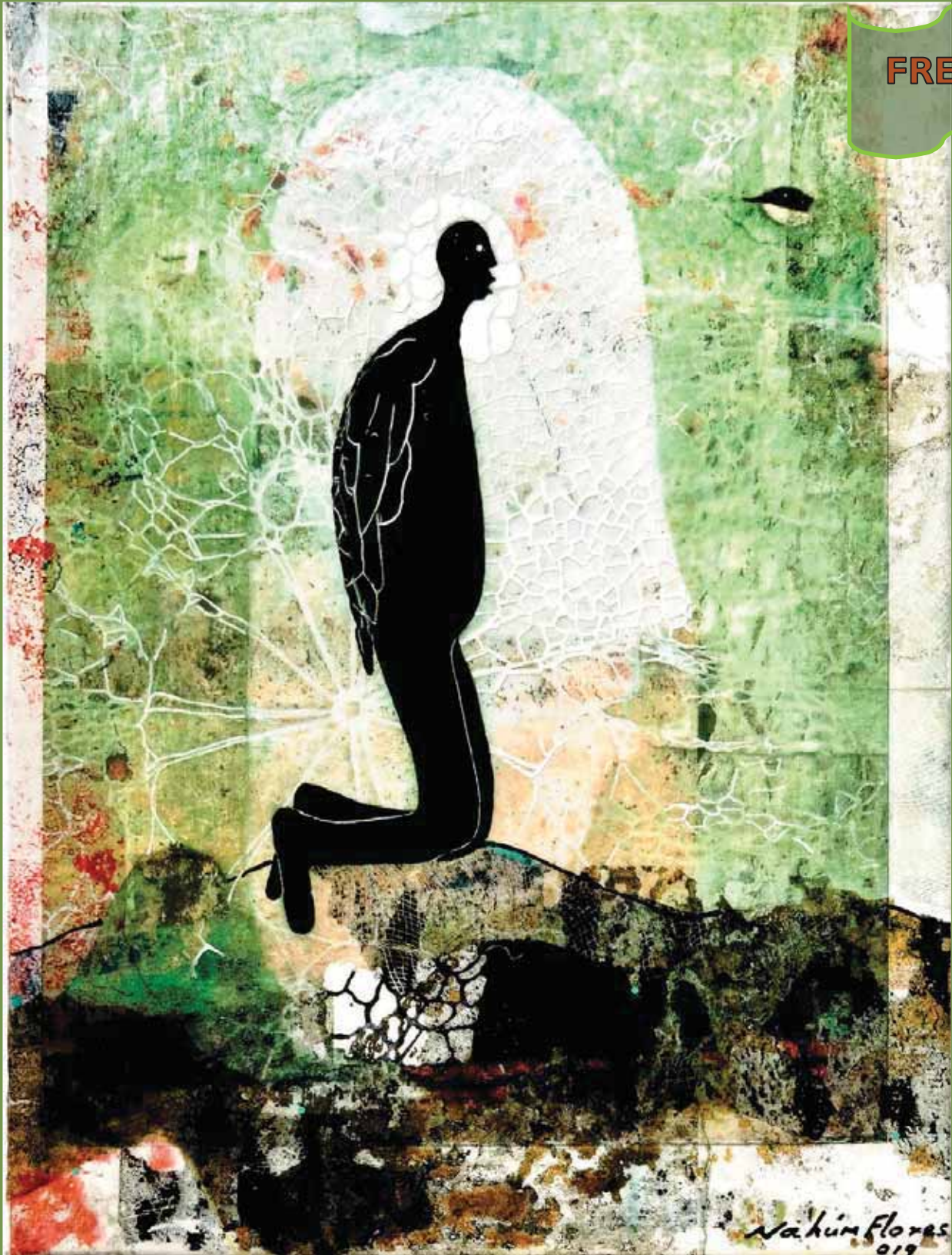


Church Magazine

FREE



Steyning and Ashurst
JULY 2021

Steyning Parish Church,

1 Vicarage Lane, Steyning BN44 3YL

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

879877

Ordinand in Training: Caroline Armitage MA (Cantab.) 07789 915988
caroline@steyningparishchurch.org

CHURCH SERVICES

Both of our churches will continue to be open seven days a week, and we continue with a reduced pattern of services as follows:

St Andrew's & St Cuthman's

Every Sunday

9:30am Parish Eucharist

6:00pm Evening Service

St James's

10:30am Second Sunday Family Service

Fourth Sunday 1662 Holy Communion

Wednesdays at St Andrew's & St Cuthman's

11:30am Midweek Eucharist

Fr Mark, Vicar of Steyning and Rector of Ashurst

Parish Office Address:

Penfold Hall, Church Street,

Steyning BN44 3YB

Tel: 813276

office@steyningparishchurch.org

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.

PASTORAL LETTER

Dear Friends,

One of my abiding recollections of 2020 will be saying morning prayer every day in the garden. With all the negative things that were going on, including being locked out of church, being outside and praying relatively early in the morning – in what of course turned out to be a gorgeous spring and summer – was an unexpected blessing, given the inevitable disruption to the well-established routine of unlocking the church and ringing the bell which has been my routine for years. With the electrical work being carried out in church for the opening months of this year, it was only at Easter that I was able to recommence morning prayer in church and (to that extent anyway) resume a 'normal' way of doing things.



There's been lots of discussion of what a 'new normal' might be like after the pandemic but far less discussion about what the word 'normal' (and 'norm' and 'normality') actually means. In English it is quite modern, deriving apparently from a Latin word ('norma') for a carpenters' set square.



Carpenter's set square

Earlier generations would have been more familiar with the idea of a 'rule of life' – the idea (also mentioned on page 16 in Steve's article this month), that a Christian life depended on a simple discipline of prayer, which ideally included some time of quiet every day of our lives. A 'rule', of course, was something one measured oneself against. One of the earliest Christian documents recommended that every member of the church should say the Lord's Prayer three times every day, and grace before every meal.

As we begin to re-establish some helpful routines as (we pray) further lockdown restrictions are eased, let's be grateful for the simple disciplines that give structure and stability to our lives. Whilst these can be no guarantee against unexpected and sometimes unwelcome events, they can be the sure foundation of our heavenly temple (see Ephesians 2:19-22).

Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. In him the whole building is joined together and rises to become a holy temple in the Lord. And in him you too are being built together to become a dwelling in which God lives by his Spirit.

Ephesians 2:19 –22

Fr Mark

FROM THE EDITOR:

In July there are fewer saints days for us to celebrate, so my theme for this month's magazine is The Lord's Prayer. I always find it helpful to have a fresh look at some of the familiar words we say within worship or in our Bible readings. The picture on the cover is The Prayer by Nahum Flores, and takes me back to when my parents taught me to pray kneeling by my bedside, but it is also the attitude we adopt (if physically able) in church when invited to pray.

I do hope we all can get out into the sunshine this month and enjoy an English Summer.

Thank you again for all that you so kindly send in to me. Here is a reminder of where to send your thoughts or pictures for this monthly magazine:

steyningchurchmag@gmail.com

PAUSE AND PRAY

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.

Come, creator Spirit, source of life; sustain us when our hearts are heavy and our wells have run dry, for you are our living water.



**Teach us, Good Lord
To serve you as you deserve.
To give and not count the cost.
To fight and not heed the wounds.
To toil and not to seek for rest.
To labour and not to ask for any
reward
Except that of knowing that we do
Your Will.
Through Jesus Christ our Lord,
Amen.**

SUNDAY BULLETIN

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. If you would like to receive the bulletin please contact:

office@steyningparishchurch.org or ring 01903 813276

or to add any new prayer requests please contact:

prayers@steyningparishchurch.org or ring 01903 813276

PARISH REGISTERS

No Parish Registers for this month

VICARAGE GARDEN PARTY

FR MARK AND KATHERINE
INVITE EVERYONE TO JOIN THEM FOR
DRINKS IN THE VICARAGE GARDEN
AFTER CHURCH
ON SUNDAY MORNING, 25 JULY.
(WEATHER AND ANY RESTRICTIONS PERMITTING)



TWO THANKSGIVING SERVICES

SAVE THE DATES (PROVIDING RESTRICTIONS ALLOW)

For Denise Bedford

The family invite you to a service of celebration

of the life of Denise

on 8 August 2021

at 2:30pm

in Steyning Parish Church

and afterwards for refreshments in the Steyning Centre

For Anna Norman

The family invite you to

a service of thanksgiving for the life of Anna

on 14 August 2021

at 3pm

in Steyning Parish Church

and afterwards in The Penfold Hall for refreshments

PRAYER DIARY FOR JULY

Saturday 3 July Thomas the Apostle

Almighty and eternal God who, for the firmer foundation of our faith, allowed your holy apostle Thomas to doubt the resurrection of your Son till word and sight convinced him: grant to us, who have not seen, that we also may believe and so confess Christ as our Lord and our God; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Sunday 4 July The Fifth Sunday after Trinity

Sunday 11 July The Sixth Sunday after Trinity

Sunday 18 July The Seventh Sunday after Trinity

Thursday 22 July Mary Magdalene

Almighty God, whose Son restored Mary Magdalene to health of mind and body and called her to be witness to his resurrection: forgive our sins and heal us by your grace, that we may serve you in the power of his risen life; who is alive and reigns with you in the unity of the Holy Spirit, one God, now and for ever.

Sunday 25 July The Eighth Sunday after Trinity

Monday 26 James the Apostle

Merciful God, whose holy apostle Saint James, leaving his father and all that he had, was obedient to the calling of your Son Jesus Christ and followed him even to death: help us, forsaking the false attractions of the world, to be ready at all times to answer your call without delay; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

As the sun rises, Lord, Let your light shine on me.
The warmth of your Presence,
The brightness of your love,
The radiance of your joy,
The shining of your hope. Let your light shine on me.
As the sun rises, Lord, Let your light shine on me.

CELEBRATING OVER 40 YEARS OF "THE HOLY DUSTERS"

The Guild of Church Cleaners (known affectionately in our church as The Holy Dusters) have lovingly tended the pews, pillars, shelves, kneelers, carpets and stone floors of Steyning Parish Church for all these years. The team came together in the 1970's, and every Saturday morning they could be found with their dusters, vacuum cleaners and lavender polish in the church.

It is not all work and no play with this group who, as well as caring for the church, have fun and friendship with outings to Garden Centres, Theatres and Tearooms.

Ruth Norris and Di Stenning joined in 1981 and, 40 years on, they are still faithfully looking after the pews. Anna Norman became the Leader in the 1980's. During her leadership very often Dr Paul Rampton would appear with a tray of sherry and, on one of these merry occasions, he renamed the group "The Holy Dusters". Anna retired in 2012 and then Ruth, assisted by Felicity Downe, became the Leader. Although Ruth is standing down as Leader, she is going to remain as a Holy Duster with Yvonne Lang, Pat Marshall, Di Stenning, Gillian Woodrow and Mary Travers with occasional back up from Gill Muncey and Felicity Downe.

Gill Muncey (29 years a Duster) had the imaginative idea to put cushions on all the wooden pew seats and create a joyous feeling of warmth in the church. She researched the supplier and put together an exciting Crowd Funding appeal reaching the wider Steyning Community and beyond. Within a few weeks the target was achieved. The church has been enhanced with the cherry red cushions and we thank you, Gill.

THANKYOU We are **so** thankful for all the years of loving and diligent service given by The Holy Dusters. Recently these Dusters have retired:



Lesley Coyne	Elaine Hyde
Marie Marchant	Eileen Buckley
Terry Clarke	Sue Howley
Debbie Reed	



EXTRA HOLY DUSTERS

With the recent retirements, you can see we need some more " Holy Dusters ". At the moment they meet for an hour on Saturday mornings. All the Dusters do as much or as little as they can manage. Terry Clarke has been making the brass gleam for 10 years. Is there someone else who could follow Terry tending the brass?

If you would like to know more, please call Sarah (814582) or Wendy (813306). The Holy Dusters would welcome your company, ladies and gentlemen. Perhaps a nice job for couples.

As soon as we can, we are going to have a little celebration gathering. In the meantime :

"Thank you so much Holy Dusters".

Sarah, Bill, Judie and Wendy

TWO GARDENS OPEN FOR CHARITY



**SATURDAY
JULY 10
ENTRY FREE
DONATIONS BOWL**
ALL MONEY (cash or
cheques) TO BE DIVIDED
BETWEEN



THE CHILDREN'S SOCIETY AND CHESTNUT TREE HOUSE

(We will open providing government restrictions allow)

GARDEN ONE: 10:30 – 12:30
**CHRIS AND DAVID WELCOME YOU TO
7 GORING ROAD**

Wander around the newly laid out garden that Alex Bell has designed to make it easy for David to have a walk, and for Chris and Jill to try to keep the flowerbeds, rockery and pond in order!

SIT AND CHAT WITH A COFFEE AND TEA AND BISCUITS.
**TO BUY: CARDS MADE BY SIMON KNOWLES
& VARIOUS CRAFT ITEMS**

GARDEN TWO: 2:30 – 4:30
**JILL AND ROGER WELCOME YOU TO
33 ROMAN ROAD**

Come and look around the flower borders, especially flowering perennials, roses, wildflower areas, pond and fruit and vegetable gardens.

**SIT AND CHAT WITH YOUR REFRESHMENTS AND CAKE
WITH A VIEW OF THE SOUTH DOWNS.**

N.B. NO TOILETS AT EITHER GARDEN

DIARY DATE

Also for your diary, on 28 and 29 August, Jill and Roger will be holding their on-the-drive sale of plants and vegetables for those same charities.

33 Roman Road

THE LORD'S PRAYER

If somebody said, give me a summary of Christian faith on the back of an envelope, the best thing to do would be to write Our Lord's Prayer.

Archbishop Rowan Williams

In this magazine it is written out on the back page as it is found in the Gospel according to Matthew, and again on page 4 as Christians will say it today. It is not written in the modern version because the language is so beautiful and rhythmic in this version and not beyond our ability to learn it, just as we might learn beautiful poetry or Shakespeare.

In Church services the Lord's Prayer is often introduced with the words "*As our Saviour Christ has taught us we are confident to say*", and then we all join in together. I learnt it kneeling with my parents, and I suspect many of you did too, and I hope you have taught it to your children, or will do so in the years to come. It is meant to be passed on. It is not an easy prayer, but it has a rhythm about it that enables it to be learnt and weave its way into our souls and our deepest memories. It is then there for us to use when life is at its toughest and we do indeed cry out for help.

The opening two words - Our Father- place us standing right next to God, and that whatever may happen to us we are there with God, our God right beside us. We are immediately members of His family in the most intimate way possible. He is our Father, and that relationship cannot be broken and He will keep us steady in this uncertain world. This opening also tells us that Christian prayer is to be addressed to the Father, and prayed standing alongside Jesus, because it was Jesus who taught it to the disciples. Jesus referred to his father after His resurrection when he said to Mary Magdalene "I am ascending to my father and your father", so it is a picture He is painting for His followers that is of real and foundational importance as it becomes a picture of not two separate beings but one, of "Us" and "We together".

Who art in Heaven, tells us where God's home is, and because He is our Father, then Heaven is also our home. Hallowed be Thy name is a beautiful way of saying Holy is Thy name, and invites us to regard God with awe and reverence, just as the Jewish text tells us "Not to take the name of God in vain" in the Ten Commandments.

Thy Kingdom come, Thy will be done, is quite simply wishing that the whole world be open to the height and depth and breadth of God's love, because that really is the root of everything. This Kingdom will come in unexpected ways as it grows through all the small, extraordinary and unexpected things that people do. It feels so difficult sometimes to know whether we are doing God's will, or following our own wills, but the more we pray and try to listen to and walk in God's love, then we will be doing His will.

Give us this day our daily bread. I have heard this to mean to feed us through the Eucharist as this is feeding us spiritually and sending us out to live and work to God's glory. I have also heard it to mean that we ask just what is necessary for us to manage to live each day - enough food and water and shelter to survive. We have realised recently that these essentials are important, but actually what we all need is hope - hope for tomorrow.

Cont'd on page 10

The Lord's Prayer cont'd



Forgive us our trespasses as we forgive those who trespass against us. There are two things going on here: we are asking God to forgive us, and we are saying we forgive others. I have often found that to forgive others can be very hard, and also it can be very difficult to ask God to forgive me, but both need to be done. I think it is through God's forgiveness of me that I learn to forgive; so for us all, if we show forgiveness, then we show that we have been forgiven. It isn't a vicious circle - if I don't let forgiveness change me then I cannot be free to forgive others - but it is more like God as Father showing us the way and then letting us get on with the job.

Lead us not into temptation, but deliver us from evil. Jesus taught the disciples this prayer at a time when He knew He and they would be facing a real time of crisis, and so in today's world we are asking God to give us the resources we need to face trials, temptations and crises. The second part is asking God to enable us to be set free from fear or from selfishness or any things that make it difficult for us to face a crisis.

This whole prayer is acknowledging our frailty and the ways that our lives are at risk, and places us within the love and strength of God who will enable us to change a situation in a small but important way. Say this prayer and teach this prayer, and then we will see change.

Chris Fitton

STUDY GROUP

We have recently started to explore the **Book of Revelation** together and we welcome any new members. If you are interested in joining our friendly, diverse and talkative group please do contact either **Steve McGrath** at sjm78@talktalk.net or **Mary Penley** on **01903 417385**.

Meetings start at 19:30 and last for 60mins. We are currently hosting via Zoom with the option to meet physically when it is safe to do so.

Wednesday 21 July	Chapter 3
Break for August	
Wednesday 15 September	Chapter 4
Wednesday 20 October	Chapter 5
Wednesday 17 November	Chapter 6
Wednesday 15 December	Christmas Festivities

Steve McGrath

SAINT OF THE MONTH

JOHN FISHER, BISHOP AND MARTYR (1469-1535)



Born in Beverley, Yorkshire, John Fisher was the son of a merchant and was educated at Cambridge University. He was a distinguished scholar, became a Fellow of Michaelhouse (now Trinity College) and was ordained priest in 1491. He later became a Doctor of Divinity, was Master of the College and, in 1501, became Vice-Chancellor of the University.

Fisher was appointed chaplain to Henry VII's mother, Lady Margaret Beaufort and, together they reformed and re-endowed the University; he, guiding her to make good use of her fortune; she, respecting his scholarship and sanctity.

In 1504 he was appointed Chancellor of the University and also Bishop of Rochester. He did not have personal ambition and refused wealthier sees in later years. He wrote tracts against the teachings of Martin Luther which prompted Henry VIII to describe him as "a distinguished prelate" and appoint him as confessor to his Queen, Catherine of Aragon. Consequently when Henry VIII started proceedings to divorce Catherine, Fisher argued that the marriage was valid and could not be dissolved.

In addition, in Convocation Fisher objected to Henry's new title of "Head of the Church in England" urging the addition of the words "so far as the law of Christ allows". As a result, this spirited opposition lost him the King's favour and he was condemned to imprisonment and loss of all revenues of his bishopric. He refused to take the Oath of Succession in 1534 (which gave Anne Boleyn's children precedence over the offspring of Catherine of Aragon) and was sent to the Tower of London.

In 1535 the Pope made him a cardinal in the hope that this would bring him comfort in prison; however, in England this was seen as an unwarranted interference in the internal affairs of the country. A month later the new cardinal was brought to trial accused of high treason. John Fisher was found guilty and beheaded on 22nd June 1535.

Fisher was prepared to pay the ultimate price for his beliefs rather than submit to an authority - however high - which, in his view, contradicted divine authority. He was canonised in 1935 and is recognised in both the Anglican and Roman Catholic Churches as a martyr of the Reformation. His feast day is 6th July.

CHURCHYARD



How many different wild flowers grow

in an English Churchyard garden?



As those of you who walk through the churchyard will know, the path borders have a very natural look because we leave the wild flowers to mix with cultivated ones. Whilst I have been tending the church garden I have become increasingly aware of how many different native wild flowers there are there. I decided to make a list of those in the borders and across the rest of the churchyard. This is not a definitive list, as obviously I will have missed some and new ones will come with the changing seasons. The more diversity of flowers we have the more biodiversity there will be. **So..... next time you go through the churchyard, please let me know if you spot anything to add to the list.**

Jill Brown 07795 810928

Bluebell,
Primrose,
Milk Maid,
Lords and Ladies,
White Deadnettle,
Forget-me-not,
Dandelion,
Ground Ivy,
Ox-Eye Daisy,
Cleavers,

Red Clover,
Lesser Celandine,
Cow Parsley,
Germander
Speedwell,
Ribwort Plantain,
Cowslip,
Bindweed,
Thistle,
Wood Avens,

Bulbous Buttercup,
Field Buttercup,
Ragwort,
Herb Robert,
Hedge Woundwort,
Green Alkanet,
Creeping Cinquefoil,
Common Nettle,
Red Campion



Ground Ivy



Bluebell



Herb Robert



Milk Maid

Jill Brown

STEYNING CHURCH SWIFTS



I am sure there will be people who will remember back in the early nineteen eighties, the thrilling sound of swifts screaming over the High Street during the months of May, June and July. A true sound that summer has arrived.



Unfortunately, their numbers have declined by 50% nationally and they are in trouble. We have a small group of swifts centred around the church. Two pairs nested there last year and about six have returned this year and hopefully they will breed successfully. Swifts don't breed until their third year and only produce two or three young, so any failure can have a big impact on their population. That coupled with their migration to and from central Africa (about 7,000 miles each way), which some don't survive, means they need all our help.

They are a remarkable bird as they eat and sleep on the wing and their feet don't touch the ground from the time they leave the nest as a fledgling, until three years later when they enter a nest to lay eggs and breed.

The church PCC are very keen to do all that they can to help the swifts and ensure that their nesting habitat is not disturbed and is protected and that any external work is not done during the breeding season. A small Steyning Swifts group is monitoring the birds and recording their numbers and breeding success and will endeavour to provide information and advice to the PCC.

We are very hopeful that we can give the swifts a safe place to breed and ensure that the Steyning swift population survives and grows for future generations to enjoy their iconic summer sound and dramatic flying displays. A truly awesome bird that deserves all our help.

Peter Chase

"True hope is swift, and flies with swallow's wings."

Richard 111

William Shakespeare

WHY REPAIR?



How often have you purchased something only to be disappointed about what a short time it lasted? Toasters and Kettles are often derided but many electronic items, clothes, furniture, toys, bicycles, phones etc fail to live up to our expectations. A recent radio 4 programme called Dare to Repair, available on catch-up, discusses these problems which are sometimes intended by the manufacturer. Government is putting in new legislation to require manufactures to discourage this by requiring them to hold spare parts for up to 10 years, but what can we do about our broken "thing" now?

Well, there is something. You can contact **Greening Steyning's new Repair Café** and they'll put you in touch with somebody who'll have a go at fixing your broken "thing".

Repair Cafés are a rapidly growing worldwide movement and are popping up everywhere. They use volunteers with a wide range of skills to offer you the chance to extend the life of an item that is no longer working or needs fixing. It is free to use although you will be expected to pay for any materials or spare parts that are needed. Satisfied users are encouraged to make a donation to help cover costs but that is not mandatory and shouldn't stop you using this service.

We are not trying to compete with businesses who repair things. We may make repairs which are not financially viable for a business, like the hedge trimmer that was condemned by a local business but resurrected by one of our volunteers who took many hours re-building the gearbox and fixing the carburettor. But mainly, we will make very simple small repairs that a business might not be bothered with, like the DAB radio that stopped working and it turned out there was a small switch on the back that had been knocked to the wrong setting, or the food processor that just needed a thorough internal clean to allow the switches to operate correctly. We also hope to work with local businesses. Local businesses might offer time to help us to undertake simple repairs but advise owners where more complex repairs are required about what their business can offer – a local bicycle repair company wants to do this and we hope others will see how we can work together.

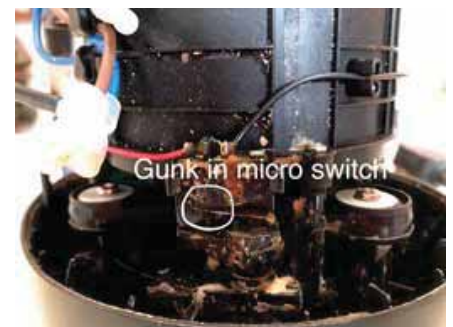
The Repair Café is already up and running. During lockdown we are operating using email. You just email us about your problem at repaircafe@greeningsteyning.org and we'll do our best to find a repairer. We'll put you in contact, you drop the item off at their home, and they contact you when they have either fixed it or decided it can't be fixed.



We have repaired a few implements that needed new handles, and for this kind of repair Peter Legge is our man. Find him at the Farmers Market.



This lawn scarifier needed a new drum because the old one was worn out, our repairers helped by fitting it.



This food processor stopped working due to food that had got into an internal switch. Easily fixed if you know how.

Why Repair cont'd

Once we are able to meet face-to-face safely, we will operate a monthly café where you can bring along your broken items and a team of repairers will help you to fix them. You'll be able to get a drink and a snack, chat to our repairers and even help them make the repair. We can't be absolutely sure at the time of writing where this will happen, when it will start and what time, although we are pretty sure it will be on a Saturday. We will put up information about this on parish noticeboards, in shops and on social media. We hope it will start this summer.

In the meantime, if you have a broken item drop us an email with details and find out if we can help you - repaircafe@greeningsteyning.org. And do get in touch if you'd like to join our enthusiastic band of volunteer repairers.

We look forward to hearing from you!

TANKER TALES

I sit writing this on the day of Pentecost not knowing where we will be on the government's roadmap out of lockdown when you finally get to read this. However, we can only reflect on where we currently are and not where we might be. With restrictions looking likely to be lifted fully in June, now is a good time to take stock of the journey we have been on during the pandemic and where we find ourselves.

Like a boat having been buffeted by a storm at sea, tossed and turned on raging waves, as the storm eases what condition is the boat in? Has the mast fallen? Has the sail torn or ripped? Perhaps the rudder is broken? What is our next course of action, should we attempt repairs at sea or can we make it safely to the shelter of the nearest port? With the storm passing, the boat begins to level to an even keel, gently settling with reassuring creaks of timber, we catch a breath and look around into the eyes of the crew around us – what now?

We have all been scarred by the pandemic, perhaps through the loss of a loved one, exhaustion through work, loneliness and isolation or maybe the lasting effects of living in a perpetual state of fear and anxiety. As we go forward from this point we first need to look inwards in order to enable us be outward looking to give of ourselves to a hurting world.

I can recognise in myself the many times that I have had outbursts of anger, where is this anger coming from? It is certainly not a fruit of the Holy Spirit, which promises us self-control and peace. In order to grow I need to understand myself better by appreciating my strengths but more importantly to recognise my weaknesses. As part of my discernment process (currently on hold) I had to be interviewed by a psychologist in London and despite my initial apprehension it turned out to be a rewarding experience and felt very much as though I was having a chat with a favourite Auntie. It did help to identify areas in my life that require attention.

The past year or so has been incredibly unsettling and I have an inner feeling of disjointedness and have needed to journey into myself in order pray for the grace of God to bring healing and to seek forgiveness where I have done wrong.

I have found joy in the simple things in life. When I was a young boy I used to be filled with excitement at going into town to visit the local model shop to purchase a new Airfix kit, if I close my eyes I can still smell the heady mixture of glue and plastic. Now I get the same sense of joy when I visit a bookshop, I could lose myself for hours in the newly refurbished St Olaves in Chichester. I recently had to buy a new journal for my reflections, at the same time I treated myself to a fountain pen, something I have not used since school days. The romantic in me anticipates eagerly this journey of discovery, using just my tools of a journal and fountain pen.

In addition, I have finally caught up with tidying my book shelves and re-engaging with areas of spirituality that first caught my interest a decade ago, in particular books on the Rule of St Benedict. Stability of life was the foundation of the Rule and this has been missing from my life during the pandemic. Benedictines live out their vocation dedicated to prayer and work. The two are inseparable. In his book *The Benedict Option*, Rod Dreher uses the example of the cloisters as an illustration of prayer being the life blood that holds work together; all the rooms of the monastery where activity is undertaken are attached to the cloisters, a central place of prayerful journeying.

The word liturgy may mean to many 'smells & bells' but Rod Dreher writes that it comes from the Greek word of leitourgia meaning the 'work of the people'. I did not know that and it has made me see church liturgy in a new light, it is something we participate in and offer and is not necessarily something we just do in church services but it can be applied equally in daily life.

Through recommitting myself to personal disciplines of prayer, reading and journal keeping I can begin to become more whole in order to be a witness where I am in the world.

Where I find myself most is in the workplace where I am the only Christian among perhaps 25 colleagues. They know I am a Christian, but in me will they see anything that is distinctive, different and attractive? You would need to ask them that question. Life at work is returning to normal, the staggered start times have stopped as well as mask wearing. The irony was not lost on me recently at a drivers meeting when our boss was saying we all need to be careful of the Indian variant of Covid, whilst he himself was mask-less and as I scanned the room there were a dozen of us in the kitchen also mask-less and standing shoulder to shoulder!

So what lessons have I learnt? I need to better recognise my weaknesses, practise self-discipline and at all times to go forth into the world from a position of stability, anchored and rooted in the promises given to us by Jesus Christ, which will sustain me in the future as and when times of trial and suffering present themselves. A story yet to be written.

Steve McGrath

GREENING, LOCALLY AND GLOBALLY



As we hope many of our congregation have done, we signed up to the Creation Care scheme, which has featured in the magazine over the past few months. Creation Care aims to encourage households to make changes to care for God's earth, and so aligns perfectly with the aims of Eco Church and Greening Steyning (although the pedants will point out we live outside Steyning – but we still support the principles).

We were amazed to find that our household qualified for a Silver certificate. Although we try to do the right things where possible we know we could be a lot greener. Take car travel for example – electric vehicles wouldn't really work for us with the present limitations of range and charging facilities; we have one car fuelled by diesel, but CO2 emissions are in the lowest band, qualifying for zero road tax, and when we changed it recently we made sure the replacement was similar, while the other car, coming up to 25 years old, surely ticks the 'recycle don't replace' box.

But one of the Creation Care categories concerns Global Engagement. There are so many ways that we can make a significant difference at little cost to ourselves. For instance, for the past ten years or more we have sponsored a child's education. This came from a visit to the church I was attending at the time by a representative of the charity International Needs, where we saw what was being achieved throughout Africa and elsewhere, and felt inspired to help.

We were paired with a Ugandan boy, and have followed his journey, from starting in school to the present day, where he is attending college learning how to be an engineer, hoping to work in areas like water and sanitation, really helping his country and community to be sustainable. For about £20 a month we have helped him, his family, and his community.

You can find out more about International Needs at <https://ineeds.org.uk/>



Bill Thomson

TIP OF THE MONTH

We can all do little things to help alleviate climate change, so here is an idea from Creation Care Households which everyone can do easily and that is: 'Turn electrical devices (TV, computers, appliances etc) off rather than leave them on standby when not in use.'

Next month there will be another thing you can try!

SUMMARY OF THE MAY MEETING OF THE PCC

A meeting of the Parochial Church Council was held on Wednesday 12 May by videoconference.

It had been lovely to see so many people lining the streets on the day of Denise's funeral and the service had been limited to a maximum of 30 mourners in line with government Covid guidelines. The family hope to hold a celebration of Denise's life in mid-August. The PCC expressed their support for presenting a photobook containing memories of Denise to the family at the planned celebration.

Fr Mark and the Parish Recovery Group are keen to recommence an offering of Sunday evening services as the government roadmap out of lockdown continues to ease restrictions.

The planned giving had been going very well with extra people registering for the Parish Giving Scheme resulting in £19,000 being donated by the end of April compared with a sum of £17,500 for the same period in 2020. Whilst it was not enough to fill the deficit it was nonetheless encouraging.

Discussion was held relating to the primary school broadcasts and how the PCC can support this going forward. The PCC would like to thank Malcolm Donaldson for his generosity in initiating and enabling the broadcasts during lockdown. It is an agreed policy of the PCC to support local mission, particularly relating to children and families.

Further discussion was held over the installation of security cameras in church and Jim Lang gave a brief update on the completed lighting project. The PCC gave their thanks to Jim for all his hard work and commitment in co-ordinating the project.

Christine Aubrey gave an update on Eco-Church and raised awareness of The Time is Now declaration which is a platform for making views known to the government ahead of the UN Climate Change Conference to be held in Glasgow during November.

The Penfold Hall is affected by serious subsidence. We have installed a safety cordon at the back of the main hall and underpinning work is planned for next year.

An away day for the PCC is planned for later in the year and to be led once again by the Revd Rob Dillingham, deputy head of the Department of Apostolic Life.

Future meetings: 30 May (APCM), 14 July, 8 September, 24 November 2021, 26 January 2022.

Steve McGrath
PCC Secretary

The text 'Thank you' is written in a large, elegant, black cursive font. The 'T' is particularly large and decorative, with a long tail that loops under the 'h'. The 'y' also has a long, decorative tail that loops under the 'o'. The overall style is classic and heartfelt.

CHRISTIAN AID

Thank you to everyone who contributed to the Red Bucket appeal held in church for Christian Aid week. This raised almost £210, which was topped-up from the PCC Mission Fund to make a total gift of £250

SUMMARY OF THE APCM 30 MAY 2021

Our annual meetings were held in church on Sunday 30 May 2021 with 32 parishioners present. The minutes of the last APCM were approved and Sarah Lavery and Bill Thomson were re-elected as Churchwardens.

Mission giving will be a topic for discussion at the PCC Away Day to take place later in the year. Steve McGrath, Catherine Berry, Christine Aubrey and Len Warner were elected to the PCC. The Annual Finance Report had been circulated and the Treasurer highlighted key points and answered questions relating to the expenditure on the Cottage during 2020 and the safety of the Penfold Hall.

The Vicar thanked all those who were closely involved with the lighting project – Mike Campbell, Gavin Flowers-Leek and Jim Lang. In his capacity as project manager Jim had displayed much patience in challenging circumstances.

Jim was also thanked for his service to the PCC, as was Fiona Aiton, both of whom had reached the end of their term of office.

The Vicar issued his thanks to all the parish groups that had been able to carry on as well as possible during 2020 despite the pandemic restrictions.

Catherine Berry was welcomed to the PCC as a newly elected member to serve a casual two-year term.

Current PCC members:

<i>Revd Mark Heather (Vicar & Chair)</i>	<i>Elizabeth Brown</i>
<i>Brian Hanson (Vice Chair & Electoral Roll Officer)</i>	<i>John Downe</i>
<i>Steve McGrath (Hon Secretary)</i>	<i>Jackie Flowers-Leek</i>
<i>John Edwards (Hon Treasurer)</i>	<i>Penny Hill</i>
<i>Len Warner (Stewardship Recorder)</i>	<i>Judie Thomson</i>
<i>Christine Aubrey (Safeguarding Representative)</i>	<i>Derek Vine</i>
<i>Sarah Lavery (Churchwarden)</i>	<i>Penny Warner</i>
<i>Bill Thomson (Churchwarden)</i>	<i>Caroline Armitage (Ordinand, observing)</i>
<i>Catherine Berry</i>	

As your elected parish representatives we are here to serve. Please do contact one of us if you have anything you would like to discuss.

Steve Mc Grath

Which parts of the world are battling Covid-19 at this moment?

What is happening in India?

What are the challenges women face in Asia?

Is there more stability and peace in Sudan?

***IMPORTANT
QUESTIONS***

SOUND BITES FOR JULY

Last summer, in the first lockdown, we suggested that God was saying:

“We are not in control. Our way of life has to change if we are to live. This is a sign of things to come”

That still holds. Chaos and uncertainty are the new normal for the 21st Century, whether through more pandemics, abrupt climatic change, rapidly rising species extinctions, food insecurity, economic turmoil or the resulting political and social fallout.

Dave Bookless CMS

I recently tracked down a black-and-white photograph of my great-grandfather, Canon Emmanuel Ene, who was ordained in the Church of England in Nigeria in 1940. He is dressed in priestly garb, and his smile reaches across the generations. “Papa Nnukwu” as he was affectionately known by the family, presided over churches in Igbo-land, in the rural areas of the south-east of Nigeria.

In writing my new book *God is Not a White Man: And other Revelations*, I have taken a fresh look at the stories that have shaped my Christian identity - even those from before I was born. One story about Papa Nnukwu stands out. Before getting married, brides-to-be would often come to stay with his wife, my great-grandmother to learn how to be good Christian wives. It was only in recent years that I realised that what was meant was teaching Nigerian women how to bake cakes and serve tea in china cups.

It is no wonder that even my own Christian faith has been difficult to extricate from the notion of Englishness.

Chine McDonald

Head of public engagement at Christian Aid

We desperately need the conviction of religious belief to guide us in the way we live on, and use the planet. We have got to learn to balance the economic and scientific realities against the religious demands for responsibility and consideration for the created world. It is not going to be easy, but I am sure that belief and conviction are very powerful motives to care for our planet with all its diversity.

The Duke of Edinburgh, on the Alliance of Religion and Conservation, 2002

There will come a time when God will dwell fully with us, in a transformed heaven and earth (Revelation 21 and 22). Then there will be no more suffering, sickness and death. We can let this future hope motivate how we live our lives today, as we hold on to God our rock and pray for an end to Covid-19.

Footsteps

RECIPE FOR JULY

FLAPJACK

Ingredients

350g butter/margarine
350g caster sugar
2 tbsp maple syrup or golden syrup
400g oats
100g plain flour



Method

STEP 1

Melt the butter, sugar & syrup together on the hob in a large pan.

STEP 2

Meanwhile pre-heat a fan oven to 150c & line a 25cm tin with baking paper.

STEP 3

When the butter mixture has completely melted turn off the heat and add flour & oats. Mix to combine and turn into the baking tin.

STEP 4

Bake in the oven for approximately 40mins for a chewy flapjack. (longer for a slightly crunchier bake) Remove from the oven and let stand for a while in the tin before marking into 16 squares and leaving to cool.

WHAT IS STRESS?

Stress is acknowledged to have increased for young and elderly during these past 15 months, and the Diocesan magazine, Together in Sussex has provided articles to help us recognize stress in others and ourselves. Here is what the NHS says:

"Stress is the body's reaction to feeling threatened or under pressure. It's very common, can be motivating to help us achieve things in our daily life, and can help us meet the demands of home, work and family life.

But too much stress can affect our mood, our body and our relationships – especially when it feels out of our control. It can make us feel anxious and irritable, and affect our self-esteem.

Experiencing a lot of stress over a long period of time can also lead to a feeling of physical, mental and emotional exhaustion, often called burnout".

Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling

Split up big tasks

If a task seems overwhelming and difficult to start, try breaking it down into small chunks, and give yourself a tick for completing each one.

HOW WELL DO YOU KNOW THE BOOKS OF THE BIBLE?

1. How many books are in the Bible?
2. Which is the last of the Gospels?
3. Which of these books is NOT in the New Testament? Jude, Amos, James, Titus.
4. Which of these is a book of prophecy? Joshua, Nehemiah, Ezra, Nahum.
5. In which book can we read about David and Goliath?
6. Who wrote the Book of Acts?
7. Which book comes after Job?
8. How many Psalms are there in the Bible?
9. Which prophet tried to escape from preaching God's word in Nineveh?
10. Which of these books is part of the Pentateuch? Exodus, Joshua, Daniel, Judges
11. Who did Paul write a letter to concerning his slave Onesimus?
12. Which Gospel was written by a Tax Collector?
13. What is the last book of the Old Testament?
14. Which is the longest book in the New Testament (chapter and verse)

Answers

- | | | | |
|--------------|-------------|-------------|----------|
| 11. Philemon | 12. Matthew | 13. Malachi | 14. Acts |
| 6. Luke | 7. Psalms | 8. 150 | 9. Jonah |
| 1. 66 | 2. John | 3. Amos | 4. Nahum |
| 5. 1 Samuel | 10. Exodus | | |

FRUITS OF THE SPIRIT

Unscramble the following words:

- | | |
|------------------|---------------|
| 1. Ovle | 5. Neetglness |
| 2. Oyj | 6. Doneossg |
| 3. Cpeae | 7. Athfi |
| 4. Nsjulreofnggf | 8. Skneesem |
| | 9. Pmceatner |

For help Gal 5:22, 23

ANAGRAM FOR JULY

The anagram for July is: **SUMMERTIME**

REMEMBER:

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

NO capitalised words, and NO plurals.

*I have just made 100 words, but none of 9 or 10 letters. I do like these two:
EMERITUS AND RUMMIEST John is a churchwarden emeritus.*

DRIVE CAREFULLY



May the road rise up to meet you May the wind be always at your back
May the sun shine warm upon your face And the rains fall soft upon your tracks
And until, until we meet again May God hold you safely in the palm of His hand

Traveller's prayer Slim Dusty

INTO THE GARDEN IN JULY

1. Deadhead bedding plants and repeat flowering perennials to ensure continuous flowering.
2. Cut lavender for drying choosing open flowers for fragrance, then hang in a cool dry place.
3. Prune summer flowering shrubs such as Philadelphus, Ribes (flowering currant), and Weigelia after they have flowered so they can put on new growth this year. That will then produce the flowers next summer.
4. It is important not to deadhead any plant that you want to display berries or hips later in the year. Eg. Rosa Rugosa or Honeysuckle.
5. Check your Roses for suckers and remove them at the base. This is the time they appear and can deplete your Roses of energy.
6. Now is the time to take clematis cuttings – give it a try! Nodal or internodal. Do not use very soft material. Dip them in rooting powder, then into potting compost. Do not overwater as they will rot off.
7. Also, at this time sowings of biennials such as Foxgloves, Sweet William, Canterbury Bells and Forget-me-not can be made now for planting out in the Autumn.
8. Pinching out main shoots on Chrysanthemums in early July will encourage shoots to branch out and carry more blooms.



July is a brilliant time in the garden. It is full of colour and scent. Take loads of photographs to show your friends and share advice. Who doesn't like talking plants and gardens – it is God's creation.

Robert Hill-Snook

As part of our Wilder Horsham District project, I recently visited the children at Lower Beeding school. I had received some lovely handwritten letters from two of the pupils Nyah (aged 9) and Charlie (aged 10). Nyah's letter told me that her classmates had really learnt to appreciate wildlife during the pandemic. Charlie informed me that "biodiversity means a lot to our school because we really do need to pay attention to our wildlife and look after it" and they invited me to come and talk to their class.

The children were keen to show me their plans to create a wildlife friendly garden with a pond, hedge, log pile and wildflower area and the Sussex Wildlife Trust team agreed to help them out. But first we decided to investigate what wildlife was already using the school grounds. We set up a trail camera (a night-vision camera which is triggered by movement) and, a week later, we came back and the children viewed the results. The camera footage showed a crow, a cat, a fox and then anybody living within a 20-mile radius of Lower Beeding would have heard the children let out a very excited cheer as something very prickly snuffled in front of the camera...

I can't help but smile when I see a hedgehog. Maybe I'm fondly recalling my own childhood hedgehog encounters in my garden. Or maybe I still have fond memories of cheese and pineapple hedgehogs at parties. Either way they are amazing little animals. Sadly, I just don't see many hedgehogs around anymore. Upper Beeding schoolteacher Jackie Jameson told me "I haven't seen a live hedgehog since I was a child, so I was thrilled to see one too!!!" You can view the video on our Wilder Horsham District Facebook page.

There were an estimated 30 million hedgehogs snuffling about in the 1950s. By the 1990s a survey estimated that only 2 million were left. A more recent study suggests that we can now halve this number again. There are many reasons for this prickly Armageddon. Pesticide use has left them with less slugs, snails, beetles and other bugs to eat and changes in farming practice means that there are simply less hedges to hog.

Our own urges to tidy up and fence off our gardens don't help our spiky friends either. But we can all do our bit by leaving a small corner of our gardens to grow a bit wilder to provide hedgehogs with food and a home.

The children of Lower Beeding are showing us the way. They are making their school grounds wilder and ensuring there are gaps in the fence to let the hedgehogs roam through. They've

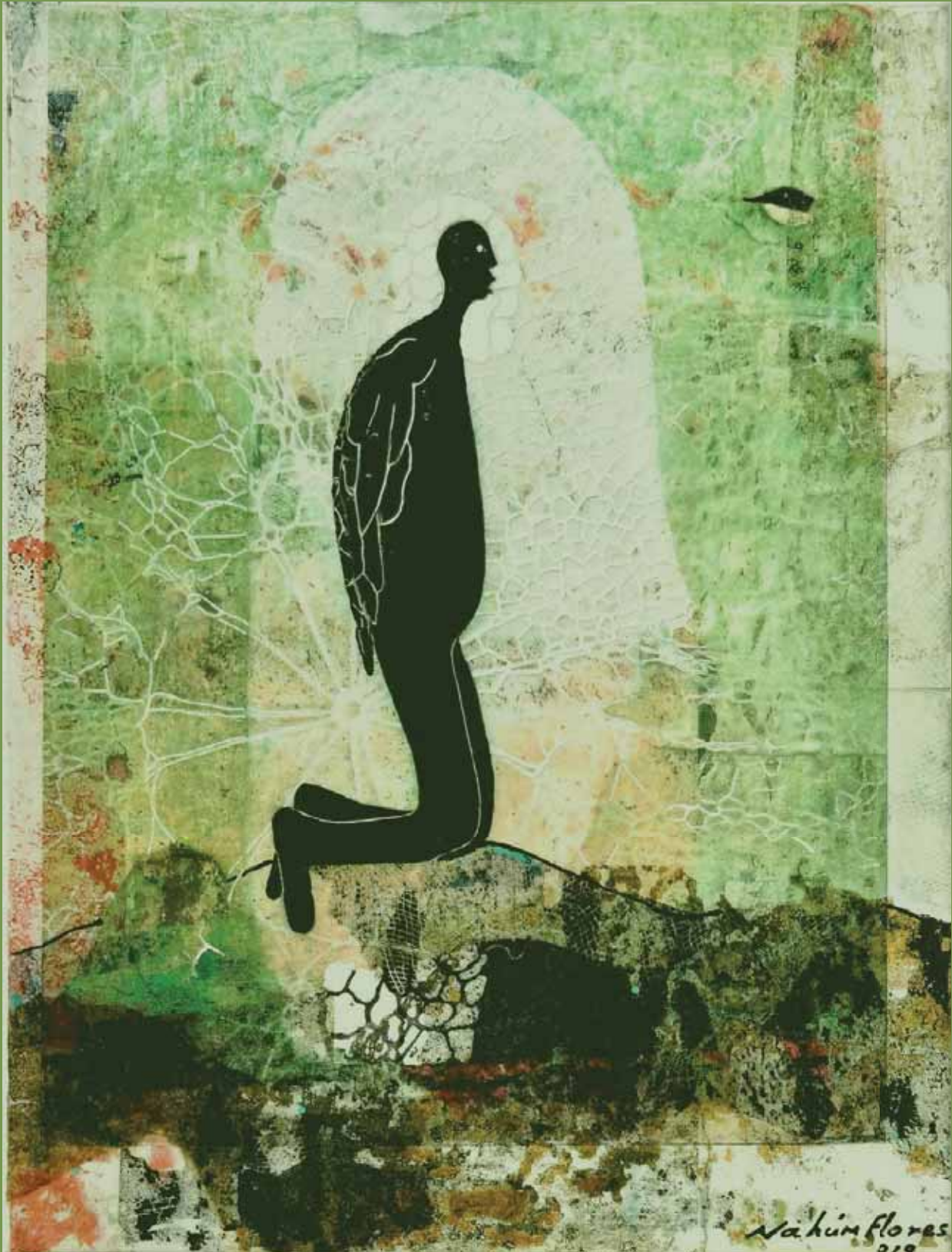
also had a full woodworking day, making nesting boxes, bug hotels and a hedgehog home. Like young Charlie said, "we really do need to pay attention to our wildlife and look after it".



THE LORD'S PRAYER

Matthew 6:9-13 NIV

This, then, is how you should pray: " 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.' "



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