

FEBRUARY 2021

Steynning and Ashurst Church Magazine



ISSUED

FREE



Steyning Parish Church,

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At the time this magazine went to press in mid-January public worship was suspended, at both St Andrew's & St Cuthman's and at St James's, and indeed across most of the churches in Storrington Deanery. Whilst congregational gatherings within places of worship are legally permitted in England we are unlikely to resume regular worship until there is a significant reduction in COVID infection rates across the south east of England. Further announcements will be made through the Sunday bulletin and on the Steyning Parish Church website. This will also apply to any special arrangements to mark the beginning of Lent on Ash Wednesday, 17 February. *(See page 6)*

Fr Mark, Vicar of Steyning and Rector of Ashurst

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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,

*Through all the changing scenes of life,
in trouble and in joy,
the praises of my God shall still
my heart and tongue employ.*

(1696 Tate & Brady Metrical Psalter, Psalm 34)



Whether you observe Pancake Day on Shrove Tuesday or not, I am sure it will conjure up happy memories. Other countries tend to make more of it – if not this year. ‘Carnival’ means ‘farewell to meat’ (Latin ‘carne vale’) and Mardi Gras is ‘Fat Tuesday’. The day before Lent was the last chance before the great fast to finish up lard and eggs and other ingredients (*see page 17*), just as street celebrations were the last chance for people to let their hair down before Easter. Since ‘shriving’ meant penitence, ‘shroving’ came to mean merry-making. Modern carnivals have their origins in flamboyant religious processions. In England, people have gathered for pancake races since medieval times and, in some villages and towns, there was an annual, sometimes riotous, game of old-fashioned football. The pubs would have been busy!

Whilst any Shrove Tuesday celebrations this year must be muted, we can pray nonetheless that our Lent will be a season in which we give thanks for all that makes us human. Any life is a balance of joy and sadness, highs and lows, gratitude and penitence. Another article in this magazine (*on page 11*) reminds us how Lent can be a time of ‘awareness’, the opportunity to rediscover what is most important. If Lent is a chance to peel away layers – as if of an onion – what do we find inside? Most importantly, in this time when we will inevitably feel weighed down with the cares of the world, what is it that gives us most cause for hope, and reason to be thankful?



Fr Mark

If you would like to return your palm crosses for burning this year, please put them through the Vicarage or Penfold Hall letter boxes when out for your regular exercise

FROM THE EDITOR:

I do hope that this Church magazine provides some articles, meditations or prayers that strike a chord with you. It is my hope that we can have a church magazine that will bring joy, information and fun as well as help spread the love of Jesus to all. As always, thank you to all who have contributed to this.

This month sees the start of Lent whilst we all will, more than likely, be in Lock-down still and so a particular challenge to everyone to make Lent special. It certainly should not be a time for long faces - we all need a friendly smile from behind that face mask!

Please do tell me if there is anything you would like to have included in this monthly magazine, and of course send me in anything that you think will interest others—especially those who are housebound.

Send to: steyningchurchmag@gmail.com

Thank you .

FOND WISHES TO FR STEPHEN AND DAVID



St. Wilfrid's Chichester



Bishop Luffa
logo

Fr Stephen and David will be moving to their new vicarage on Friday 12 February.

Fr Stephen will be Priest-in-Charge of the Parish of St Wilfrid's in Chichester and will also serve as the new Chaplain of Bishop Luffa Church of England School in the city. We wish them well in their new work.

As we say a fond farewell, we send them, Mabel and Edna our best wishes as they settle into their new home. The pandemic means that we cannot hold a farewell service and leaving party as we would like so we intend to invite Fr Stephen and David back to join both our parishes for a proper Farewell in the spring.

Editor: Thank you for the various writings and articles that have been sent in. I do enjoy reading each one and including them for all to read. - **keep sending them in.**

MAGAZINE DEADLINE for

March 2021

FRIDAY 5 FEBRUARY 2021

Email address: steyningchurchmag@gmail.com

PARISH REGISTERS

There are no records in the registers for this month.

PAUSE AND PRAY

Dear Jesus

Help me to spread Your fragrance everywhere I go.

Flood my soul with Your spirit and life.

Penetrate and possess my whole being so utterly, that my life may only be a radiance of Yours.

Amen

Almighty God, We bless you for our lives, we give you praise for your abundant mercy and grace we receive. We thank you for your faithfulness even though we are not that faithful to you. Lord Jesus, we ask you to give us all around peace in our mind, body, soul and spirit.

Lord, may nothing separate me from You today. Teach me how to choose only Your way today so each step will lead me closer to You. Help me walk by the Word and not my feelings. Help me to keep my heart pure and undivided. Help me to embrace what comes my way as an opportunity... rather than a personal inconvenience.

God has created me to do Him some definite service. He has committed some work to me which He has not committed to another. I have my mission. I may never know it in this life, but I shall be told it in the next. I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall do good; I shall do His work. I shall be an angel of peace, a preacher of truth in my own place, while not intending it, if I do but keep His commandments. Therefore, I will trust Him, whatever I am, I can never be thrown away. If I am in sickness, my sickness may serve Him, in perplexity, my perplexity may serve Him. If I am in sorrow, my sorrow may serve Him. He does nothing in vain. He knows what He is about. He may take away my friends. He may throw me among strangers. He may make me feel desolate, make my spirits sink, hide my future from me. Still, He knows what He is about.

John Henry Newman

If you would like to receive the church weekly bulletin, please contact the Church Office at: office@steyningparishchurch.org or to ring 01903 813276.

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. Any new prayer requests should be sent to:

prayers@steyningparishchurch.org or ring 813276

PRAYER DIARY FOR FEBRUARY

2 February Candlemas

Almighty and ever-living God, clothed in majesty, whose beloved Son was this day presented in the Temple, in substance of our flesh: grant that we may be presented to you with pure and clean hearts, by your Son Jesus Christ our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

14 February St Valentine's Day

The Lord bless you and keep you, The Lord make his face to shine upon you, and be gracious to you. The Lord lift up his face towards you and give you peace.

16 February Shrove Tuesday

Faithful and steadfast God, nourish your people in this wicked world, and, through prayer and the Scriptures, give us our daily bread; through Jesus Christ our Lord.

17 February Ash Wednesday

Almighty Lord and Saviour, behold with pity the wounds of your people; do not forsake us, sinful as we are, but for the sake of the passion of your Beloved One, Jesus, come quickly to our aid, for his mercy's sake.

18 February Lent

Almighty and everlasting God, you hate nothing that you have made and forgive the sins of all those who are penitent: create and make in us new and contrite hearts that we, worthily lamenting our sins and acknowledging our wretchedness, may receive from you, the God of all mercy, perfect remission and forgiveness; 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.

23 February Polycarp, Bishop of Smyrna, Martyr

In the darkness of unknowing, when your love seems absent, draw near to us, O God, in Christ forsaken, in Christ risen, our Redeemer and our Lord.

24 & 26 & 27 February Ember Days

Generous Lord, deliver us from all envious thoughts, and when we are tempted by the desire for wealth, let us see your face; for your abundance is enough to clothe our lack; through Jesus Christ our Lord.

LOVE

1 John 4:7-12. Dear friends: let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love.

We celebrate St Valentine's Day on February 14, but love is greater than one day. Love is who we all are, and we all should be living according to love. At many weddings one of the readings chosen is often this:

"So faith, hope, and love remain, but the greatest of these is love" (1 Corinthians 13:13)
God created us in his image, and of course God is Love, so we are to be Love in this world, and know that we are all very loveable too.

A VALENTINE PRAYER

I said a Valentine prayer for you
And asked the Lord above
To fill your heart and bless your soul
With the precious gift of love.

I prayed for love from family
And from every cherished friend
Then I asked the Lord to give you
His love that knows no end.

I asked Him for sincere love
The kind that's meant to stay
Just like the generous love
You give to those you touch each day.

Catholic on line prayers.

THE NOTEBOOK

"I am nothing special; just a common man with common thoughts, and I've led a common life. There are no monuments dedicated to me and my name will soon be forgotten. But in one respect I have succeeded as gloriously as anyone who's ever lived: I've loved another with all my heart and soul; and to me, this has always been enough."

by Nicholas Sparks

THANK YOU.....

Many thanks to our recently appointed Church Wardens, Sarah and Bill, along with Fr Mark, for all they have done over these past difficult weeks to make it possible for us all to have access for ongoing worship, even when the church is closed, to have it available on line and to those who don't have access to this having the Weekly Bulletin delivered as hard copies. Also thanks to the teams of volunteers who have kept the church safe. Very much appreciated.

With love and prayers

Denise

Church Warden Emeritus.

DIOCESAN LENT COURSE



In COVID times we are used to having things cut to a minimum. This course invites reflection on what minimum requirements need to be present for the local church to participate in the mission of God. In the light of that reflection it asks for prayer about how our unity with God and in the Body of Christ might grow and deepen that the world might believe (John 17:21)

The focus of the course is the Gospels for each of the Sundays in Lent and recorded and printed materials for personal prayer and study will be provided. These are to include a weekly video reflection from Bishop Martin and filmed conversations between Bishop Ruth and Bishop Will. Fr Mark and home group leaders are working together to provide a weekly 'Zoom' session. Further details will be provided through the Sunday bulletin.

Meanwhile anyone who is not in one of our home or study groups and who would like more details is invited to send an email to office@steyningparishchurch.org

40 DAYS

So what are we to make of 40 days? On Ash Wednesday, when Lent starts, we will be just 47 days into 2021, and what a strange coming we have had of this year so far. Ash Wednesday is on 17 February, (I must not forget this date as one of our grandsons will be 21) and I have been trying to think how, amid all this strangeness I should be thinking about Lent.

St Matthew's Gospel tells us not to wear long faces. You all are very good at that, and it is by all your kindnesses and phone calls and rings at the door that I know I, and many others, have found, and will continue to find, joy. There is a deep, deep ache, but no need for a long face. There is pain, and it is important to acknowledge this, but it is how we deal with the pain that is so important. Whatever is going on in the world we can't avoid pain, it's part of life, but pain is not something we wish to hand on down to our families, to our friends or to our communities. Let go of pain and let in survival, let in God, let in trust, and let in the teaching of Jesus about forgiveness.

On first reading Psalm 91 (on the back cover) seems to be a lot about warfare and imminent battles, and God is placed as the protecting parent as the one who saves us, then as the shield, the refuge, and later, the commander of all the angels.

I love the imagery of God being my protective parent, just as the eagle covers its young with its wing shading them from all the elements or prey that may attack them. This picture therefore acknowledges that there is fear and terror and dark nights, but at the height of the battle, or the depths of despair, there is protection under God's wing, and it is there that the fear and the terror evaporates. Under God's protection we can let go of pain.

*"For he will command his angels concerning you to guard you in all your ways;
They will lift you up in their hands so that you will not strike your foot against a stone.
You will tread on the lion and the cobra; you will trample the great lion and the serpent."*

These are the verses that Satan used to tempt Jesus when he spent 40 days in the wilderness and told Him to throw himself from the highest part of the temple because the angels would protect Him (Matt 4 : 5, 6).

This psalm tells us that God alone is the commander of the angels, and He has given them power to protect everyone - you and me too, as our ministering spirits. Angels are throughout the Bible as protectors and prophets, and there are many stories today telling how angels have been present at times of trouble and joy. I truly believe in angels.

The psalm ends by promising that wherever we are, whatever we may be facing, He will be there to protect us and to answer our calls. Then the wonderful punch line, because as if that wasn't enough, he promises us long life – a life of eternity with Him someday. So if God can promise us this, then let us get to spend time this Lent letting go and letting God in – deeply in, within our souls.

Chris Fitton

Thank you for the Christmas Donations.

We would like to thank you all for your incredible generosity in providing Christmas food and toys for all our families. We have been really moved by your support, such an outpouring of love, which has meant that we have been able to distribute really special hampers and presents to families.

Here is a special Thank You from one of the families:

"Thank you so much. I'm overwhelmed by the support I have had from your charity and the amazing presents that my children are going to wake up to on Christmas Day. Without your help things would have been so upsetting on Christmas morning. The food is very much appreciated. Thank you so much for making our Christmas - as a mother, Santa has come to me this year, and that is your charity."

Sue and Wendy



IMPROVING THE FACILITIES IN OUR CHURCH

As some of you will know, a small group have been exploring possible options for improving the facilities at St Andrew's & St Cuthman's in order to make the most of this beautiful building and to create a more flexible and usable space. So far, we have installed the sound system and the work to renew the electrics and install the new lighting system will be completed within the next few months.

We are now beginning to look ahead. The most pressing need is new toilets, and facilities for serving refreshments. We have consulted the Diocesan Advisory Committee ('DAC') and commissioned archaeological and ground surveys. Based on that advice we now have some ideas from our architect, Simon Dyson, about how we might go about this.

Before we go any further, we are very keen to obtain the views of members of the congregation and then of the wider community. To this end we are initially undertaking a series of consultations by video conference (using Zoom) with small groups from the congregation. These started in January and will continue through the next coming weeks. After that we plan to consult representatives of the wider community. The installation of such facilities would be subject to further fundraising in due course.

During these sessions we will briefly explain the options and you will be able to ask questions and give your views on the plans so far. The sessions should last no more than an hour.

If you have any questions or thoughts, or are interested in joining one of these consultation groups, please contact Christine Aubrey at c.aubrey@mac.com or telephone 01903 879986.

AWARENESS

One day, a traveller begged the Teacher for a word of wisdom that would guide the rest of the journey. The Teacher nodded affably and, though it was the day of silence, took a sheet of paper and wrote on it a single word, "Awareness."

"Awareness?" the traveller said, perplexed. "That's far too brief. Couldn't you expand on that a bit?"

So the Teacher took the paper back and wrote, "Awareness, awareness, awareness."

"But what do these words mean?" the traveller insisted.

Finally the Teacher reached for the paper and wrote, clearly and firmly, "Awareness, awareness, awareness means... Awareness!"

Awareness of the sacred in life is what holds our world together and the lack of awareness and sacred care is what is tearing it apart. We're a people who lack awareness. We're a world that has lost a sense of balance. We're a people for whom wholeness is a frayed and sorry notion. It's so hard to think that the herbicides I use in my garden contribute to the poisoning of the planet. Or that the emission from our car is one emission too many for our neighbourhood. Or that things, things, things are crowding out our senses and our souls.

Benedictine spirituality asks us to be mindful about things. Each of us has been given something to keep well: a garden, a room, an apartment, our bodies. That much, surely, we could take care of mindfully. Monastic mindfulness recognizes that small actions are global in their scope and meaning. People who would not litter in a church will litter on the pavement because they see no connection between the two. We, on the other hand, consider the two actions the same.

To the monastic mind, everything speaks of God. What I have and what I do not have. What I want and what I do not want. What I care for and what I do not care for. But the message is not easily extracted. It takes reflection and prayer and the wisdom of others. Life takes working through.

Sister Joan Chittister

BUILD ON A STRONG FOUNDATION

World Day of Prayer is an international, inter-church organisation which enables us to hear the thoughts of women from all parts of the world; their hopes, concerns and prayers.

On Friday 5th March 2021, at 2pm we plan to hold our service at the Methodist Church 'Build on a Strong Foundation'.



However things may change so please look out for any updated information before that date.

The Day of Prayer will be celebrated in over 170 countries. It will begin in Samoa, and prayer in native languages travels throughout the world - through Asia, Africa, the Middle East, Europe and the Americas before it finishes in American Samoa some 39 hours later.

For updates and further information phone Elizabeth Brown 01903 817144.



The Friends of Steyning Parish Church

are holding an
Online Quiz



On Saturday 13 February at 7.30 pm



The Friends of Steyning Parish Church

The Question master will be David Kirkcaldy, known to some as the bell captain at Steyning church, who has run many popular Penfold Hall quizzes. The Zoom session will be hosted by Christine Aubrey.

We hope everyone will have fun. You will just be asked to make a small donation - £5 minimum suggested - to replenish the funds available for church maintenance following our contribution to the successful 'Let there be Light' appeal.

If you would like to take part please email sarah.c.leigh@btopenworld.com marking your message 'Quiz', by 9 February please.

SAINT OF THE MONTH

ST POLYCARP, BISHOP AND MARTYR (c AD 65-155)

Tertullian records that Polycarp had been a disciple of St John the Evangelist and Jerome wrote that he had been consecrated Bishop of Smyrna by John. He is regarded as one of the chief Apostolic Fathers along with Clement of Rome and Ignatius of Antioch.



S. Polycarpus, engraving by Michael Burghers, ca 1685

Polycarp lived into his late eighties and Irenaeus writes how he remembers Polycarp relating his conversations with St John and many others who had seen Jesus. Polycarp lived in an age after the deaths of the Apostles when a variety of interpretations of the sayings of Jesus were being preached. His role was to authenticate orthodox teachings through his long-standing connection with the Apostle. A sole surviving work attributed to him is *The Epistle of Polycarp to the Phillipians*.

As Bishop of Smyrna he was one of the first bishops in that part of Asia-Minor within the Roman Empire (present-day Turkey). He tried to set a date for celebrating Easter with the Bishop of Rome but they failed to agree a compromise between their two traditions. The Church in Rome continued to celebrate Easter on a Sunday but, in Asia, it was celebrated according to the Hebrew calendar on whichever day of the week it fell. This continued to be a burning issue in the Early Church but, at the end of their discussions in Rome, the mark of esteem in which Polycarp was held can be seen in that he presided at the final Eucharist.

Soon after his return to Smyrna a persecution of Christians began. When his captors arrived to arrest Polycarp he invited them to eat a meal while he prayed alone for an hour. When interrogated, threats and promises did not shake his resolve and when ordered to deny Christ, he declared "For 86 years I have been his servant and he has never done me wrong; how can I blaspheme my King who saved me?" When the crowd at the games heard how he had reacted, they shouted for him to be thrown to the lions. In the event, he was bound at the stake; an officer killed him with a sword and then his body was burned. His followers collected his bones and buried them. They also wrote an account of his trial and martyrdom very soon after his death which is the earliest authentic example of its kind; this was the start of the Early Church venerating martyrs and saints.

His martyrdom is recorded as happening in either AD 155 or 156 on 23rd February which is now kept as his Feast Day.

GROWING VEGETABLES



MEET ONE OF THE LEADING BRITISH EXPERTS ON GROWING VEGETABLES

Greening Steyning are excited to announce *Green Books*, a monthly online discussion with leading environmental authors to engage, educate and inspire you. The 60 minute online event is free, giving you the chance to ask the experts questions and learn about a wide range of topics from gardening to renewable energy, and biodiversity to mental health. This is part of our mission to become one of the greenest, healthiest and most sustainable communities in the UK.

As we are in the middle of this new lockdown, this is the perfect time to learn new skills and our first talk will give you a whole new perspective on how to grow vegetables.

You can learn directly from author Charles Dowding, who will be talking about his latest book - **No Dig Gardening** - from weeds to vegetables on

Thursday 4th February 7.30-8.30pm online.

"Charles has become the guru of no dig gardening. He's a really good grower, organic, has fabulous produce and we went down to Somerset to see how he does it.... I'm a convert now, I want to dig as little as possible."

Monty Don

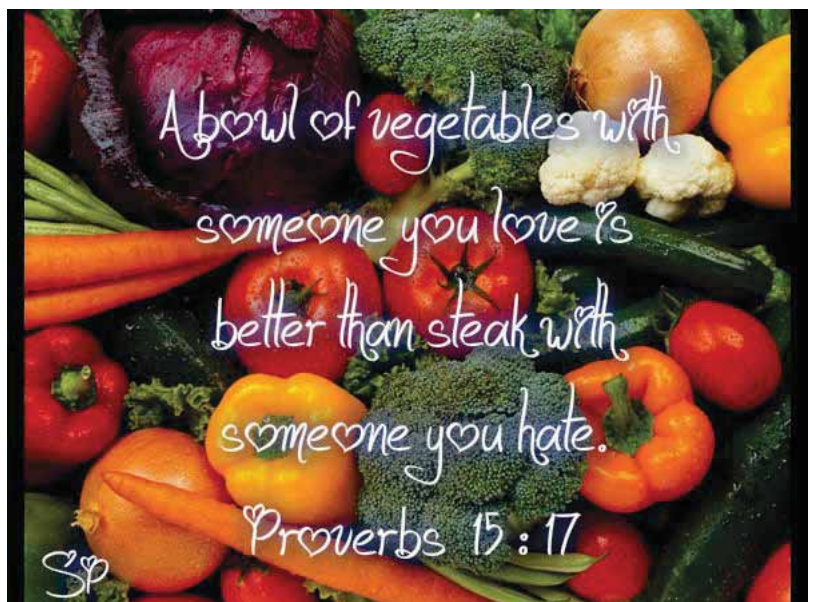
BBC Gardeners World

Steyning Book Shop is offering a 15% discount on this fantastic book, which is an in-depth course for experienced gardeners or those new to no dig gardening.

This book is for anyone wishing to learn the no dig method from the beginning, or to consolidate what they already know: it helps readers to see the simplicity of no dig, why it works so well, and how much time they can save.

Tickets are free and available at

<http://bit.ly/greenbooks4Feb>



CHRISTMAS MUSIC REPORT

Although these events happened some time ago now, I would like to begin this short Christmas Music report by thanking most sincerely all those who supported my two "Let There Be Light" fund raising organ concerts on 5th and 6th December 2020. They raised the staggering sum of £1,234.00 which exceeded all my expectations and, most importantly, covered the entire cost of the back lighting for the east windows in church. My thanks again to those who donated so generously and also for the donations that were received after the concerts from some people who were not able to attend.



It was also a delight to have the choir singing together again after its long break at two Simple Carol Services. Although not on the same scale as the usual Nine Lessons and Carols Service, they were nevertheless joyous occasions that were greatly appreciated by both the choir and congregations. I would also like to thank Sarah Lavery and the team of stewards for their contribution towards the smooth running of these services. Finally, special congratulations must go to Helena van der Werff for singing the first verse solo of Once in Royal David's City so beautifully at the Carol Services, and also

for passing Grade 8 Piano with merit and Grade 8 Flute with distinction earlier in 2020. It is always a great pleasure to recognise the achievements of the young members of our church, so well done Helena.

Brian Sawyer

LUDWIG VAN BEETHOVEN (1770-1827)

Born 250 years ago in Bonn, Beethoven grew up in the shadow of Haydn who was born 38 years before him and Mozart the child prodigy, born in 1756. Because of this, although Ludwig was a fantastic pianist, he did not send any compositions to be published until the three piano trios Opus 1, which he completed in 1795 after moving to Vienna in 1792 to study with Haydn. Composition was a struggle. John Suchet, in his biography, writes that Beethoven tore the music out of himself and paid the price physically and emotionally. He goes on, "Beethoven often starts a work with a motif of just three or four notes and then takes us on a miraculous journey from darkness to light - unique in music".



Over the past few months I have listened to almost all of Beethoven's music in chronological order, the 300 or so compositions up to Opus 138. They are all on YouTube where there is sometimes a score to follow. This is the first of two articles with suggestions highlighted in bold that you may enjoy.

Beethoven's chamber music was written for the aristocracy who usually paid him well to provide entertainment in their 'palaces'. The development and enlargement of the piano combined with his creativity and virtuosity enabled this music to move to public performances in large concert halls. His first **Piano Sonata in F minor Op. 2 No. 1** is a homage to Mozart, whom he only met once, and the 3 sonatas of Op. 2 were dedicated to Haydn.

In March 1795, Beethoven gave his first public performance in Vienna, **Piano Concerto No 1 in C, Opus 15**.

Beethoven was a violinist and a viola player as well as a pianist and wrote a lighter part for the piano in his violin sonatas so that the violin sound could come through. The three Opus 12 sonatas were completed in 1798. **Op. 12 No. 3 in E flat major** is a lively example.

In 1799 he began work on his six string quartets Op 18. YouTube has a wonderful series of **lectures by Michael Parloff** who explains the background and structure of the music. If you would prefer music only, I suggest starting with **Op 18 No. 4 in C minor**.

In April 1800, at his first benefit concert he premiered his Septet and his First Symphony. A year later he first mentions his deafness in a letter to a friend and in 1802 moved to Heiligenstadt for the summer. He was depressed, his amorous ambitions had been quashed and his deafness had become so bad that he had lost faith in doctors. He contemplated suicide and wrote a will, the *Heiligenstadt Testament*, which explained how he needed to keep his deafness as secret as possible and found it difficult to share the joys of other people's company. However, he recognised that he would need patience to live with his condition and resolved to accept it for the sake of all the compositions left in him. He put his *Testament* in a drawer and it was not discovered until after his death 25 years later.

In 1803 the oratorio, *Christ on the Mount of Olives*, published later as Op 85, reflected Beethoven's anxiety of the previous year. However, his soul searching seems to have paid dividends as he turned out a string of great works. In April he premiered his **Third Piano Concerto in C, Op 37**. In May he gave the first performance of the **Violin Sonata in A, Op 47 (Kreutzer)** with the English violinist George Bridgetower. George's father was a West Indian and he must have been a fantastic musician who had to play the andante movement from Beethoven's manuscript because of the short time between composition and the concert. Later that year came the **Symphony No 3 in E flat (Eroica)** and the **Piano Sonata in C (Waldstein)**.

Beethoven started his only opera in 1804. It was originally called *Leonore* and was a disaster when first performed shortly after Napoleon's French army had occupied Vienna on 13 November 1805. It needed to be revised several times before performance in its final form as *Fidelio* in front of the heads of state assembled for the Congress of Vienna in 1814.

In 1806 Beethoven was commissioned by Count Razumovsky to write three **String Quartets Op 59**. Try **No 2 in E**. He also wrote his **Symphony No 4 in B flat Op 60** and started work on probably his best-known work, *Symphony No 5 in C*.

(To be continued)

John Edwards

SHROVE TUESDAY



Butter your frying pans, and for me, I will get the lemon and sugar ready! Tuesday 16 February is Shrove Tuesday, but it is often called Pancake Day, and is always the day before Ash Wednesday.

Ash Wednesday marks the beginning of the 40 days of Lent, a period of abstinence, of giving things up, before Easter.

Throughout the centuries it has become the tradition for Christians to eat pancakes to mark the beginning of Lent to use up all the ingredients that they wouldn't be allowed to eat during the 40-day period, and wouldn't keep for that long. Pancakes became the ideal way to use up all the fats, eggs and milk. The feast before the fast.

Chris Fitton

TO PRAY....

To pray is to practice that posture of radical trust in God's grace - and to participate in perhaps the most radical movement of all, which is the movement of God's Love.



BROKEN

Tell me, what it is like in heaven?
I hope it is kinder than it is down here
With all the trials and tribulations
All the worry and living in fear
We are lost, we are scattered
We're balmy and we're battered
We might be bruised but we're not broken.

And my heart is still beating
I'm alive and I'm still breathing
I've got hope it's gonna be better
I might be bruised but I'm not broken.

The world moves in mysterious ways
And life happens day after day
We all struggle, feel so neglected
'Cause life is gonna hurt you
When you least expect it to.

What is it like in heaven?
I hope it's kinder than it is down here
With all the trials and tribulations
We might be bruised but we're not broken.

Ray Davies

WHAT PEOPLE WRITE

"No two bereavements are the same. If anybody comes along and says 'I know exactly what you are going through,' they don't. Because grief is very personal. When one has suffered a deep personal loss, it is with you for the rest of your life."

Rabbi Mirvis

He lost his daughter Liora to colon cancer in 2011.

Hope has two beautiful daughters; their names are Anger and Courage. Anger at the way things are, and Courage to see that they do not remain as they are.

St Augustine

Climate 2: Across cultures, the crisis in the environment hits women and girls the hardest. A few years ago I spent a short time with my cousin in Chennai, India, working with a charity that supported homeless women. These women were among the most disenfranchised and least visible in the city. A year later Chennai was hit by terrible floods and I saw images of my cousins wading through waist-high water. The following year Chennai was hit by a crippling drought, the ramifications of which are still ongoing. The implications for the poorest and least visible are catastrophic, especially for women.

Grace Thomas

The Bible tells us to cast our cares on the Lord and He will sustain us. How thankful we are to serve an amazing God who is with us when the darkness falls. On Ash Wednesday we will be blessed knowing that so many of you will join us for a special day of prayer. Together we will ask the Lord for His protection over the communities we serve in Asia and Africa.

Peter Waddup

National Director The Leprosy Mission

"Karuna means compassion in the ancient Indian languages of Sanskrit and Pali.The Karuna ambulance has brought medical care to people affected by leprosy and other marginalised groups for many years in Mumbai. While leprosy has always been in the slums of Mumbai it is COVID-19 that has provided the wake-up call to the health disparity between the rich and poor.The slums of Mumbai are home to around nine million people.Leprosy causes nerve damage which makes hands and feet numb. As a result cuts and burns go unnoticed and ulcers can develop. People affected by leprosy often have frequent hospital stays to cure severe ulcers. The average hospital stay for an ulcer patient is five to six weeks.

The Leprosy Mission

LAUGHTER LINES

Proof readers are essential - if only these church notices had used the wonderful ones used for this magazine - but then we do all need to have a good laugh!

- For those of you who have children and don't know it, we have a nursery downstairs
- Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands along.
- Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.
- The church will host an evening of fine dining, super entertainment and gracious hospitality.
- The 6th formers will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attend this tragedy.

Hope you have enjoyed these - more next month.....

Do you have any examples of some unwitting mistakes that will make us smile? Please send them in to me.

THOUGHTS FOR LENT

Study the path of others to make your way easier and more abundant.

Lean toward the whispers of your own heart, discover the universal truth, and follow its dictates. Know that the truth always leads to love and the perpetuation of peace. Its products are never bitterness and strife.

Clothe yourself in the work of love, in the revolutionary work of nonviolent resistance against evil. Anchor the eternity of love in your own soul and embed this planet with goodness.

Release the need to hate, to harbour division, and the enticement of revenge. Release all bitterness. Hold only love, only peace in your heart, knowing that the battle of good to overcome evil is already won.

Choose confrontation wisely, but when it is your time don't be afraid to stand up, speak up, and speak out against injustice. And if you follow your truth down the road to peace and the affirmation of love, if you shine like a beacon for all to see, then the poetry of all the great dreamers and philosophers is yours to manifest in a nation, a world community, and a Beloved Community that is finally at peace with itself.

John Lewis (1940-2020) A civil rights leader.

RECIPE FOR FEBRUARY

Quick stuffing mix

Makes enough to feed 4-6. If you need more just double the recipe.

1 brown onion
1- 1 1/2 slices of bread, depends how thick your bread is. Mixed seed works really well but any bread works well, even baguette. I would suggest it's not fresh, a day or two old works best.
Oil
Butter
Sugar
Salt/pepper
Sage dried or fresh
Oven proof dish- I usually use a small pie dish



1. Slice the onion.
2. Heat a small saucepan with a glug of oil
3. Once hot, add the onions and cook for a few minutes.
4. Stir and add a 1/2 tsp of salt and the same for sugar.
5. Turn the heat down and wait for the onion to cook through and begin to turn brown.
6. Take off the heat.
7. In the food processor, blitz the onion to desired texture. About 30 seconds.
8. Put into a bowl. Add either 2 tsp of dried sage or a handful of chopped fresh sage. Mix.
9. Add the bread to the food processor and blitz to desired texture. About 30 seconds.
10. Mix with the onions.
11. Add pepper to taste and any extra sage.
12. Put into a greased dish and top with a few knobs of butter.
13. Pop in the oven for 30-45 minutes depending on what you're having it with.

HAMOTZI: BLESSING ON BREAD

Bread is the staple food of humankind and so before eating it Jews make a special blessing of Hamotzi, thanking God for bringing forth bread from the ground.

בָּרוּךְ אַתָּה יי	Baruch ata Adonoy,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם	Eloheinu melech ha-olam,
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.	ha-motzi lechem min ha-aretz.

Blessed are you God, King of the Universe,
Who brings forth bread from the earth.

POST-WORLD WAR ONE AND THE 1920s

As is well known, on 11 November 1918 the First World War (originally called the Great War) at long last came to an end with virtually incalculable human losses. The resultant peace thrashed out at Versailles in 1919 with its wide range of terms, really failed in its prime objectives as the following years were to show. "Make Germany pay" or "Hang the Kaiser" were popular slogans. As the following years came and went, neither of these concepts actually happened as harsh economic reality took over.

Where did this leave Britain, financially not "Great" Britain, as hitherto effectively named as the Country was utterly impoverished? What jobs and lives could the war weary country and servicemen return to? What about those mentally scarred soldiers and severely wounded men? Were their jobs waiting and ready for them? No, not really – unemployment post-war was rampant – even the police went on strike a little earlier in 1919. Government spending was slashed in the decade of the Twenties. Returning servicemen felt baffled having heard seemingly patriotic words from bishops and priests, who usually had no real idea of what the soldiers had actually experienced in the trenches. In Britain Church attendance declined sharply, post war, although in the later 1920s there was a partial recovery in numbers. To some extent in its place, temporarily came a greater level of spiritualism, with fanciful concepts of life beyond death. This latter group included the novelist, Sir Arthur Conan-Doyle, the Duchess of York, and other prominent figures took every opportunity to peddle afterlife claims, despite Churches condemning the extreme spiritualism as dangerous. Nevertheless, the prospect of making contact with "a soldier" that never came back attracted many ordinary folks. The tomb of the Unknown Warrior in Westminster Abbey was there as a reminder of national loss and potential hope for the individual as a memorial of national remembrance.

By 1922 OBEs had been awarded to over 22,000 people. On top of this the pre-war parliamentary General Election vote previously just under 8 million, increased in the first post war election to over 21 million, including a near 9 million votes from females which represented 40% of the total of votes cast. The government sought an updated consultation from the people as regards the way ahead. The newly established Labour Party gained electoral encouragement, partly fuelled by the declining Liberal party fortunes, despite Lloyd George's social expansionist concepts.

Yet, the economy released now from wartime weapons manufacturing, did not immediately race ahead to better times, as was hoped – that took much longer. The role of women took on a new meaning. For those who were fortunate enough to get out to work, relinquished from their earlier factory-based munitions involvement, moved into office and clerical employment. For men, the pace of employment progress was much more complicated and slower as the decade crawled towards the 1930s and an inevitable economic slump. In 1920 the unemployment rate increased to 23.4% as compared to the 2.7% rate only one year earlier.

Recommended further reading:

Goodbye to all that, (1929), Robert Graves

The Strange Death of Liberal England, (1935), George Dangerfield

Ian Ivatt, Steyning History Society



ALED JONES

Aled Jones has been a voice and a person I have known for many years, and his remarkable voice has given so much joy since he was a boy. The following are extracts from an interview he gave to Terence Handley MacMath of *The Church Times* in November last year:

Everything I remember from my childhood singing is a pleasure. It was a whirlwind four years of singing all over the world and a terrific experience. One of the first successes was singing on a programme called *Voices from The Holy Land* with the BBC chorus. My parents weren't expecting anything to come of it....so they were amazed to learn that 250,000 copies were sold after the performance.

From singing at rock stars' weddings to singing for royalty - I wouldn't have missed a minute. I was an only child, my father was an engineer my mother a primary school teacher, and none of us really knew what we were doing, nor had any knowledge of the music business, but they were my best friends and we just went for it. They came with me all over the world, there was no pressure and we had fun.

There is nothing I would change or try to forget, although I wasn't too keen to go back to school on a Monday if I was singing in LA over the weekend.

I never performed for the publicity; I sing because I love to - that's my connection to a greater being..... My voice isn't suited to opera, and I get most pleasure from singing spiritual music. I remember being transported to Bangor Cathedral on rainy Tuesday nights, and standing up to sing, not many people being there, but that was our moment, and I really grasped it. Whether I'm singing on stage or in a church, I sense that connection.

Who knows what I would have done if I hadn't had a good adult singing voice?...As things turned out, I went to the Royal Academy of Music, and studied for three years - and then let time run its course. I believe my voice is better now than ever.

Terry Wogan was my radio Dad: a man I loved and admired, I learned so much from him. I was asked to go on his TV show when I was very young, and we always got on. Years later I met him and worked with him as a broadcaster. He was the the best broadcaster in the world, but he was also full of kindness, and he had such a nice family. I miss him massively.

I just try to be personable and to use my voice to communicate with my listeners directly, speaking personally to them, even though they know that I am broadcasting to lots of people.

All the broadcasting I was doing was done from home during lockdown. I'm a stickler for prep, but I'm very lucky that I have very good short-term memory. I can learn links quickly. I always do my homework so I know everything about my guest. I love to do research because then it makes me feel comfortable, which, in turn, makes the guest relax.

There are many greater singers than me, but I hope that when people listen to my music, it resonates deep in the soul. I love the music I sing and feel a presence when I perform it..

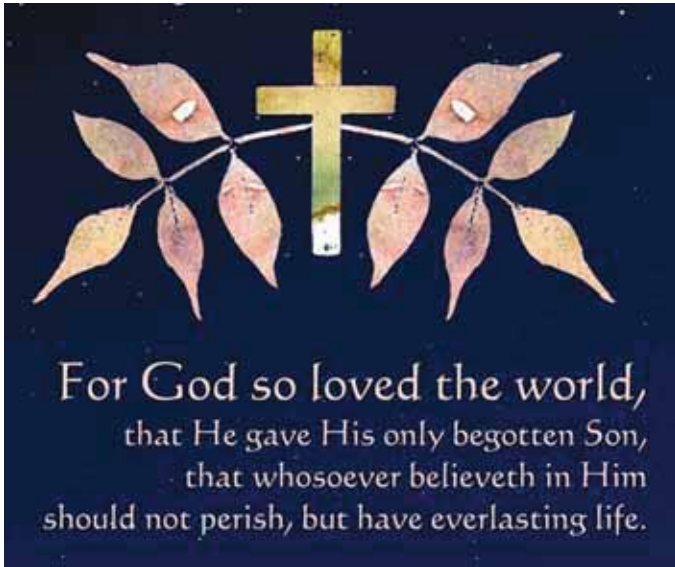
With two teenage kids I listen to all music, but from 7 to 10am on a Sunday it is always Classic FM, when I am presenting the *Breakfast Show*....My wife and children are my entire world. The sound of crashing waves always reminds me of my childhood home in North Wales, and my favourite holiday destination.

My experience of God is always through music. My soul becomes alive when I sing religious music. I want to carry on and sing and maybe take my music to other countries.

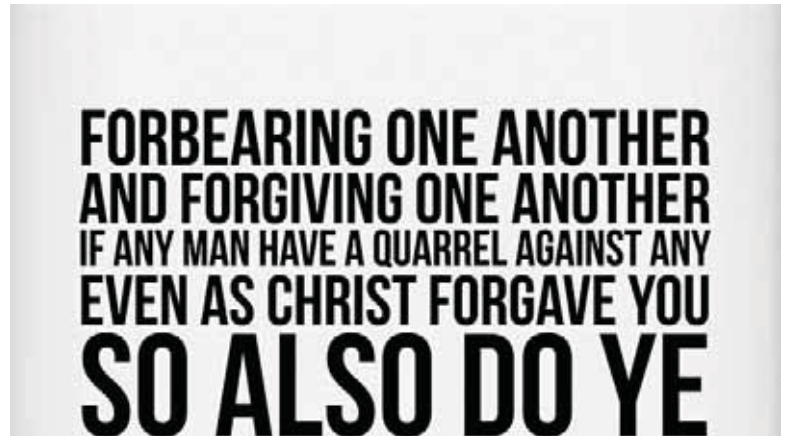
There is always hope even in these terrible times of COVID.

JUST FOR FUN

Where in the Bible do we find the following verses?



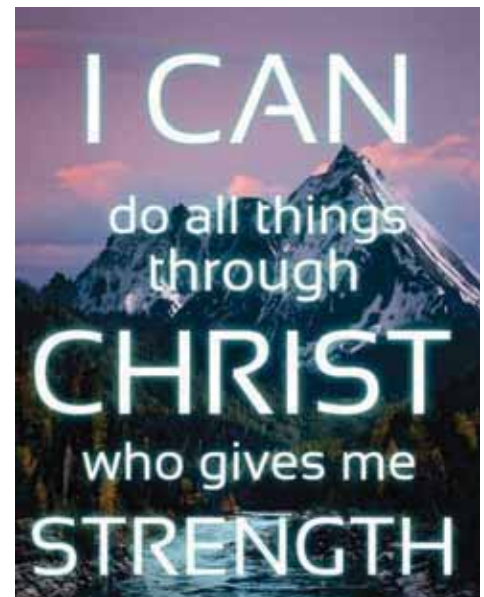
John 3:16



Colossians 3:13



Romans 8:28



Philippians 4:13

YOU FIND A VERSE

There are many verses in the Bible that have the following words - which one will you choose?

1. Peace
2. Famine
3. Heaven
4. Prison
5. Mother
6. Sandals
7. Grace
8. Moon

**YOUR
CHOICE IS
THE RIGHT
ANSWER**

ANAGRAM FOR FEBRUARY

The anagram for February is:

PANCAKE DAY

REMEMBER:

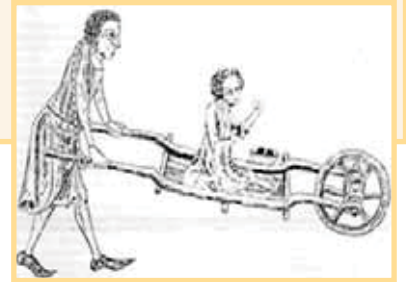
All words to have three or more letters, but only use each letter once

No capitalised words



As this is made up of 2 words you should be off to a flying start!! Is there such a word as PANCAKED? That is my longest word, if it does in fact exist.

THE STEYNING SOCIETY



Talks are available to all and can be viewed via You Tube. A link is available from our website: www.steyningsociety.org.uk/talks

2021 continues with two special **Talks**:

"Brighton before the Pavilion - a different aspect of the city's history"

by **Geoff Mead** (a well known University of Sussex lecturer)
from **Monday 11th January** until **Sunday 14th February**

"Why gardening matters"

by **Juliet Sargeant** Award winning garden designer and experienced plants woman
from **Monday 15th February** until **Sunday 14th March**

Juliet says "This will be a reflection on 30 years of work as a garden designer, outlining some projects that have been important to me in transforming people's lives and the way they relate to their gardens and the wider landscape. I will speak about the changes that I have witnessed in people's understanding of the importance of landscape to our health and well-being; the burgeoning body of scientific evidence and the slow, but important change in the attitudes of policy-makers. And, I will celebrate the work of other garden-makers, scientists and health professionals in this field.

I will outline the importance of the home gardener as steward of a large total area of land and illustrate how a greater connectedness to Nature is changing the way that we garden. How we are eschewing some traditional methods and learning to garden more in harmony with Nature and with a greater responsibility to the Planet and its future inhabitants".

This is a special talk to remind all gardeners about their responsibility towards the Planet, to combat **Climate Change** and to join **Greening Steyning**

Palm Sunday commemorates Jesus' famed donkey ride into Jerusalem. Recreating that palm-branch-strewn journey in Britain has been botanically challenging, since palm trees don't grow in our climate. Instead, churches gathered sprigs of native yew to provide the ceremonial décor and in some areas, the Sunday before Easter became known as Yew Sunday. And that's why every churchyard has a yew.



Well, actually the yew's churchyard connection is because yews are evergreen and can miraculously regrow from a dead stump. The trees were planted as a symbol of everlasting life and a reminder of the Easter resurrection. But, hold up; how come over 500 churchyard yews in England and Wales are older than their churches? It must mean that the yews themselves were pagan places of worship and the churches were built around them. Or they were planted on the graves of plague victims to purify the dead.

Or it could be something to do with long bows. Or keeping the waiting congregation sheltered and dry each Sunday.

No-one seems sure where this association started but, whatever the reason, yews look right at home in churchyards. Dark, dense and unmoving they solemnly preside over the sad ceremonies held underneath their boughs and have seen generations come and go (but mostly go). Yews themselves deliver death and every part of them is highly poisonous; their leaves, their bark, their seeds. Only the fleshy red arils around the toxic seeds are harmless, encouraging birds to feed on them and disperse the poisonous cargo within. Yet death itself does not seem to inconvenience the yew.



Two rival British yews are advertised as the oldest living thing in Europe, at



an alleged 5000 years old. Not many yews in Sussex can rival these great evergreen granddaddies. Most of our whippersnappers are probably just a couple of hundred years old. The problem is, it's hard to accurately age a yew. As they get older, their blood red heart-wood rots, leaving them hollow inside and without traditional growth rings. Its heart may no longer be in it but that won't stop the yew from growing. One of the oldest yews in Sussex can be found in Stedham churchyard near Midhurst. It's estimated to be a mind-

boggling 2,500 years old. Over in Wilmington, at the foot of the Long Man, a monstrous yew dominates the churchyard. At a reputed age of 1600 the tree is 600 years older than the church. Supported by wooden props and straining against rusting chains, it's as if a travelling circus is exhibiting an aging dinosaur. It's worth a visit to both these old timers. For me, standing in the shadow of a plant that is 40 times older than you is humbling and a reminder that for us mere humans, life is brief.

Michael Blencowe of the Sussex Wildlife Trust

PSALM 91

Whoever dwells in the shelter of the Most High

will rest in the shadow of the Almighty.
I will say of the Lord, "He is my refuge
and my fortress,
my God, in whom I trust."

Surely he will save you from the fowler's
snare and from the deadly pestilence.

He will cover you with his feathers, and
under his wings you will find refuge;

his faithfulness will be your shield and
rampart.

You will not fear the terror of night,
nor the arrow that flies by day,

Nor the pestilence that stalks in the
darkness,

nor the plague that destroys at midday.

A thousand may fall at your side, ten
thousand at your right hand,

but it will not come near you.

You will only observe with your eyes
and see the punishment of the wicked.

If you say, "The Lord is my refuge,"
and you make the Most High your
dwelling,

No harm will overtake you,
no disaster will come near your tent.

For he will command his an-
gels concerning you

to guard you in all your ways;

They will lift you up in their hands,
so that you will not strike your foot
against a stone.

You will tread on the lion and the cobra;
you will trample the great lion and the
serpent.

"Because he loves me," says the Lord, "I
will rescue him;

I will protect him, for he acknowledges
my name.

NIV

