

Steyning and Ashurst Church Magazine

MAY 2020



ISSUED FREE



Registered Charity Number: 1132913

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

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Assistant Curate: The Revd Stephen Mills M.Th 950155
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**THERE ARE NO SUNDAY SERVICES
AS THE CHURCH IS CLOSED**

Although the church door is closed because of national endeavours to combat the spread of Covid-19 our parish church continues to pray. If you would like to hold someone in our prayers please send an email to: office@steypningparishchurch.org or ring **01903 813276**.

We are continuing to updating our worship information, for those with access to the internet, with homilies and suggestions about ways to pray. Our website address is at the foot of this page.

Our clergy continue to pray for us morning and evening and are recording morning prayer on most weekdays. You can listen at: <https://steypningparishchurch.org/services/#MP>

Ascension Day this year falls on Thursday, 21 May. Whilst it is too early to say, at the time of this magazine going to press, whether we will be able to worship in church (at the scheduled time of 7pm). If not, we will provide another virtual service on the website.

Parish Office Address:

**Penfold Hall, Church Street,
Steypning BN44 3YB**

Tel: 813276

steypningparishchurch@gmail.com

www.steypningparishchurch.org

THE OFFICE REMAINS CLOSED BUT IS STAFFED REMOTELY

Post is being picked up and the telephone diverted to our new

Parish Administrator: Pat McMullan.

Dear Friends,

Anyone should take a deep breath before suggesting that we are living in 'historic times'. We can be sure however that the next few generations will look back on the Covid-19 pandemic and its aftermath in the way that we look back on other significant international catastrophes. What history will make of how the world coped is another question. As I write this pastoral letter, just before Easter, the UK death toll is still rising although we are told that, as for Italy and Spain, the loss of life at this stage of the pandemic will level out. We have no idea how long the 'lock down' will last, weeks or months – nor in how many waves the pandemic might spread, or which part of the world will be most devastated. I fear most for the nations that lack our infrastructure and medical expertise, where people are already suffering unimaginably because of famine and conflict.



In these first weeks of impact here in the UK I will not be alone in being thankful for the remarkable way in which society has responded to the attack. It would be easy to focus on blame or to give in to fear but, instead, people have come together and offered to help each other, and with a remarkable show of support to those on the medical front line. Although a few have sought to take advantage of the crisis and some have tried to spread lies and panic, they are but a tiny minority. Most of us have reached out to people we did not know; key workers, some of them poorly paid, have continued to keep vital services going. The government has done its best to help businesses at risk of failure and those who have no work. By these actions we are reminded that Jesus taught us that charity begins, not at home, but with our neighbour (Luke 10. 25-29). So long as this positive spirit continues it may be that, as was the case in the decades following the two world wars, this crisis will prove to be a springboard for much needed social reform.

Whilst it may seem strange for the church to be celebrating the 50 days of Easter as we are reminded of humankind's mortality, the truth is that this deathly disease brings us closer to Christians of every century in history where life was always a struggle against death, and therefore held more precious. We are drawn closer to God, too. Not because the times are newly dark but because they always were. If they were not, the world would not have needed a saviour:

For mine eyes have seen : thy salvation;
Which thou hast prepared : before the face of all people;
To be a light to lighten the Gentiles :
and to be the glory of thy people Israel. *Luke 2.30-32 BCP*

Fr Mark

FROM THE ED:

Welcome to the May edition of this Church magazine. It is a very different edition, and reflects our need for connection to God and each other at this time of the Coronavirus. Hopefully it also gives you some inspiring and interesting articles to read, and I do thank those who have sent them in to me.

Please consider writing something yourself for next month - I would love to receive it. steyningchurchmag@gmail.com.

Take care and stay safe

PRAYER FOR HEALING

For those who are unaware of the prayer for healing group:

A small group meets together at 7.00pm on the second Wednesday of the month to pray for healing and well being. The prayer requests are taken from the prayer tree, and each name and request offered up to God lovingly, slowly and prayerfully, together with names from the pews news. Parishioners known to be in need are also brought to our prayers and we have the opportunity to pray for personal friends and family as well as each other.

The service is gentle, devout and sincere and often moving and powerful.

As we cannot meet during these difficult times, the group will come together in spirit and prayer in the privacy of our own homes at the same time, leaving the names on the prayer tree in church, but offering them as a whole to our gracious God who knows us all.

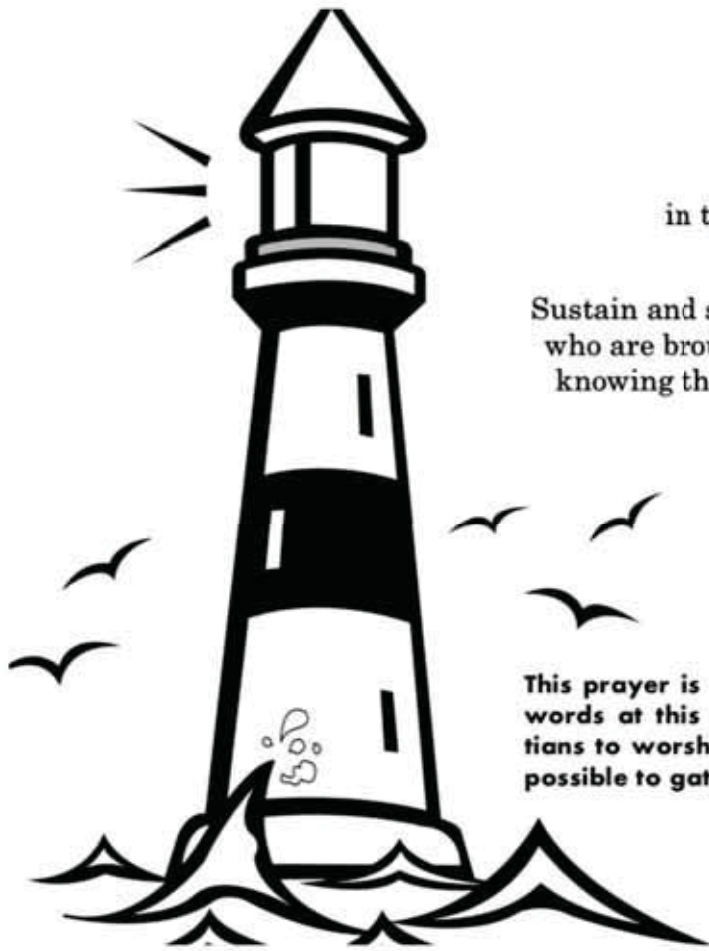
For those who wish to join their own prayers at a focused time, we will be praying weekly during the current crisis: every Wednesday at 7pm

DEATHS

Tuesday 1 April	Anna Norman
Friday 10 April	Ann Mynard
	Donald Perrin

Our love and prayers for Anna, Ann and Donald and all their families during this difficult time.

May they rest in peace and rise in glory.



Coronavirus Prayer

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.

Sustain and support the anxious and fearful, and lift up all
who are brought low; that we may rejoice in your comfort
knowing that nothing can separate us from your love in
Christ Jesus our Lord.
Amen.

This prayer is offered to help those who are struggling to find words at this difficult and stressful time, and to enable Christians to worship in solidarity with one another even if it is not possible to gather in church.

Coronavirus

Prayer about the outbreak



God of compassion,
be close to those who are ill, afraid or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord.
Amen.

This prayer is offered to help those who are struggling to find words at this difficult and stressful time, and to enable Christians to worship in solidarity with one another even if it is not possible to gather in church.

HEARING YOU

Hearing You is a new phone help line launched by the Diocese of Chichester in partnership with Together in Sussex in response to the impact that Covid 19 has had on Just about the whole community. It aims to provide pastoral support and a listening ear to the recently bereaved and people directly affected by the COVID-19 outbreak. Hearing You will be staffed by volunteers trained in pastoral care and listening skills, including clergy and licensed lay ministers. All volunteer listeners will have completed safeguarding training with the Diocese of Chichester. They will be able to point callers to other organisations offering specialist support if appropriate and also to parish clergy. Listeners will offer to pray for the caller or for their concerns. The service will initially run until the end of May, from Monday to Friday, 9.00am to 7.00pm. **The number is: 01273 425047**

FAMILY SUPPORT WORK

This is to thank you for your generous donations both of food and of money. Because of the restrictions, the food we had ready to take to FSW head office in Brighton, we could not deliver. Instead, on our deanery committee advice, we gave it to our local food bank supported by all the churches.

It has been much appreciated.

Our FSW families still need feeding and, with monetary donations, the help is being delivered in two ways. Firstly, the support practitioner, Becca in our case in Storrington deanery, is keeping in touch with each family, finding out their needs and buying whatever is required. Secondly, she will give them a supermarket voucher.

I know that Becca is a great support to the families in these very stressful times. Elaine at FSW told me that they are picking up more families where the main bread winner has been furloughed and, suddenly, they have nothing until the government money comes through.

You can see how much your donations are helping.

With our love and thanks,

Wendy and Sue

MAGAZINE DEADLINE for JUNE 2020

MONDAY 4 MAY

Email address: steyningchurchmag@gmail.com

CHRISTIAN AID 2020

Unfortunately due to the Coronavirus the House to House collection will not take place this year. This is not just Steyning, it is a nationwide decision. I would like to thank everyone who kindly said that they would help with the collection and also thank those kind people who agreed to help count the money.

Hopefully, when things get back to normal we will be able to have a Red Bucket Appeal for Christian Aid

Thank you again, Felicity Downe.

THANK YOU FOR HELPING TO KEEP THE CHURCH RUNNING.

Although the church building is closed, Fr Mark, Fr Stephen and others are working very hard to provide spiritual support to the congregation and the community at this difficult time. The PCC needs to meet their costs, insurance and other bills. Even with a six-month shutdown, total expenditure this year from the General Fund is likely to be £95,000.

We are very grateful to those who give by direct debit through the Parish Giving Scheme or by standing order to Lloyds Bank. Many others usually give regularly in a weekly envelope or by putting cash in the collection basket. Between April and September 2019, the income collected at services (envelopes and other cash) totalled £9,000.

People have asked how they can continue to contribute during the shutdown. There are three options:

1. Save up your weekly amounts and write a cheque to Steyning PCC. Please write your envelope number on the back. You can deliver or post it to Church Treasurer, Penfold Hall, Church Street, Steyning, BN44 3YB. You may prefer to wait until we can safely move around again.
2. Pay direct into the Steyning PCC bank account. Sort Code 30-99-93 Account Number 03220862. Please use your envelope number as a reference, e.g. Env 26.
3. Set up a direct debit to make regular payments through the Parish Giving Scheme. Please telephone Len Warner (01903 812752) to request details and an application form.

Thank you for your support. If you have any questions, suggestions or comments please get in touch at treasurer@steyningparishchurch.org

John Edwards

SAINT OF THE MONTH

CHARLES WESLEY, EVANGELIST AND HYMN WRITER (1707-1788)

Charles Wesley, with his elder brother John, was founder of the Methodist movement within the Church of England and wrote over six thousand hymns. The Common Worship Calendar remembers both John and Charles on 24th May.



Charles was educated at Westminster School and Oxford and followed his brother into the Church of England priesthood being ordained in 1735. The brothers sailed to America to minister to Anglican congregations in Georgia but ill health forced Charles to return to England a year later. He then ministered in Bristol and married Sarah Gwynne, the daughter of a Welsh magistrate. When the brothers started their evangelistic journeys throughout Britain, Sarah often accompanied them until Charles ceased to travel in 1765 because of his deteriorating health. Sarah and Charles moved to London where he continued his preaching and the composing of hymns.

Charles Wesley's greatest work was his poetry and hymn writing. Many of his hymns are regularly sung to-day including *Love divine, all loves excelling*, *Hark the herald angels sing*, *Come thou long expected Jesus*, and *Lo! He comes with clouds descending*. It was thanks to Charles that Methodism became noted for its congregational singing and it is generally acknowledged that he will be remembered as one of the greatest Christian poets and certainly the greatest hymn writer of all time.

The two brothers differed on doctrinal matters, Charles being the more conservative of the two. Charles strongly opposed steps which could lead to separation from the Church of England and disapproved of John's unilateral ordination of Methodist ministers. On his deathbed he told the Rector of St Marylebone (where he was living) "Sir, whatever the world may say of me, I have lived and die a member of the Church of England. I pray you to bury me in your churchyard." On his death, his body was carried to the church by six clergy of the Church of England.

The Challenge of Corona

We were flying to the Moon
We were finding life on Mars
We were dropping bombs with drones
We were getting bigger cars.

We were building finer homes
Flying out to warmer lands
We were busy buying clothes
We were brushing up our tans.

We were throwing out good food
While we watched the starving poor
We kept burning fossil fuels
And our air became less pure.

We were warned by our Pope
Need to mind our Common Home
Need to watch our Carbon Footprint
Try to save our world from doom.

But we didn't want to listen
And we didn't want to hear
We just watched TV and Tablets
Drank our wine and quaffed our beer

Then Corona chose to visit
We were all caught unprepared
This wee microscopic VIRUS
Has our whole world running scared.

So our hands we keep on washing
And we're careful when we cough
We stand six feet from our neighbour
Cause this virus might jump off.

Now we live in isolation
While our hearts are full of fear
And we fill our fridge and cupboards
Just in case it lasts a year.

Pubs and cafés are forbidden
And we dare not go to Mass
Nursing homes we must not visit
Hospitals we have to pass.

But this enforced isolation
Gives us lots of time to think
Time to clean the kitchen cupboards
Time to make our wardrobes shrink.

Could it be that this Corona
Is a blessing in disguise
Makes us think about our lifestyle
Makes us open wide our eyes.

We thought we were all important
Greatest beings on this earth
So we used it and abused it
As if it were ours from birth.

But Corona is a challenge
Makes us take a different view
Helps us see what really matters
What it is we need to do.

We must watch out for our neighbour
Doing everything we can
We are all in this together
Let us love our fellow man.

God is with us every moment
Minding us with loving care
Now we know how much we need Him,
Let us talk to Him in prayer.

So Corona, thanks for coming
Truth to tell, we needed you
But don't overstay your welcome
That, alas, would never do!

*- Sr. Maud Murphy, SSL,
Knock, Ireland*

THIS IS THE YEAR OF THE LORD

Every family has a legend that has been passed down through the generations. I was told from a young age that we are descended from Edward of Woodstock, Prince of Wales, more commonly known as the 'Black Prince'. How true that is I will never know with certainty and it would be through an illegitimate line, but it whetted my appetite for learning history.

The author Michael Jones in his book *The Black Prince* paints a dramatic scene of the Battle of Poitiers on 19th September 1356 where the Prince's forces found themselves outnumbered by the French by at least three to one. The initial skirmish went in favour of the joint Anglo-Gascon force but a gasp of horror went up when the French army reformed and made for one final full strength assault against the much smaller Anglo-Gascons. It was normal at the time that soldiers would dismount and wait to defend a cavalry attack on foot but rather than wait for certain defeat the Black Prince seized the initiative and used a tactic the French had tried and failed to use at a battle several years prior. He instructed as many men as possible to mount their horses and prepare to attack. He divided his force with one section advancing straight towards the French king, John II, and the second section was to be seen to be retreating but would actually make a sweeping flanking manoeuvre and strike the French from the rear. The key was in the timing with both sections to attack the French at exactly the same time. The result was an overwhelming victory and the capture of the French king.

And so we find ourselves adjusting to a new way of life with much uncertainty. We have got used to new terminology such as 'self-isolating' or 'social distancing' and we have to deal with new priorities demanding equal amounts of time, energy and much anxiety.

At work I have been bamboozled by what used to be the simplest of tasks – How do I open the double set of doors, one opening out and the other opening in, while juggling my folder and bags? How can I safely make my morning cup of coffee? Just the simple act of choosing a mug feels more akin to Russian roulette!

We have got used to the regular press briefings by the Prime Minister, flanked on each side by Professor Chris Whitty, Chief Medical Officer and Sir Patrick

Vallance, Chief Scientific Advisor. There comes a time when every premiership is defined by an event during their tenure. Margaret Thatcher was defined by her response in defending the Falkland Islands or Theresa May by Brexit. Only history will judge whether our current government's response to Covid-19 was effective or not. But for me I have come to value the comforting, science based reaction based on evidence with each intervention having an anticipated effect. I have found the tones of the three men to be reassuring and as citizens we must submit to their leadership and trust in their considerable expertise. It was interesting to note that Chris Whitty was educated close by at Windlesham House School.

With news channels providing a constant drip-feed of updates we can end up living our lives in a spirit of fear which is a poison, rather than the Spirit of hope that is in us as children of God. Where is God in all this, why does He allow suffering? This virus is not God given but the response to it is a God reaction if we look closer.

Should we simply sit on our hands and wait or do we seize the initiative and take the fight to the enemy on our terms?

Our last act of worship at Steyning was on Sunday 15th March and I can still recall the sombre atmosphere, but I also play over and over the wonderful songs by Simon Knowles and the Music Group. Two songs in particular I had not heard before but they continue to sustain me through this difficult time. Holy Words Long Preserved included the line – 'give us strength, help us cope', and Take Us to the River – 'The Spirit of the sovereign Lord is upon us'. We do not need to feel anxious or afraid, God is with us in the midst of our suffering and the victory is ours already.

How often have we complained that we have no time or that we never see our family? Now we have that time to focus on what should have been our priority all along. It is a reminder that **we are the church** and not the building where we happen to gather, we are the body of Christ and though we are apart physically we are still united spiritually. I write this on Palm Sunday at the start of Holy Week when we journey towards the cross and how relevant that is right now when each of us has been affected in some way by the pandemic. But after the Passion of Christ we have the joy of the resurrection and the promise of the Holy Spirit at Pentecost.

We now have a mission, not for fear or self-pity but a call to arms, each of us individually is able to bring the light of Christ into where we are right now, and we can live out our Christian vocation by a life of love and compassion for others, self-giving service and a strengthened faithfulness in prayer.

Life is different, but life still continues. Observing God's creation whilst I work, I can see no sign of concern from the spring flowers, the blue tits or the bees.

I look forward in hope to when we can all meet together and worship the Lord our God with songs of praise, rejoicing in His triumph over evil on the cross and we can share our tales of grief but also of new found joy and being able to hug each other once more.

Steve McGrath

STEVE IS OUT AND ABOUT MAKING DAILY DELIVERIES

We can tell it is you behind your mask....no hiding from us.



“The flower was from an elderly customer's garden, I had commented on the lovely aroma and she told me to take a cutting with me, my Aunt tells me it is a daphne odora aureomarginate.”



PANDEMIC

What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?

Cease from travel.

Cease from buying and selling.

Give up, just for now,
on trying to make the world
different than it is.

Sing. Pray. Touch only those
to whom you commit your life.

Centre down.

And when your body has become
still,

reach out with your heart.

Know that we are connected
in ways that are terrifying and
beautiful.

(You could hardly deny it now.)

Know that our lives
are in one another's hands.

(Surely, that has come clear.)

Do not reach out your hands.

Reach out your heart.

Reach out your words.

Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love--
for better or for worse,
in sickness and in health,
so long as we all shall live.

Lynn Ungar | 11 March 2020

lynnungar.com.

'In repentance and rest is your salvation, in quietness and trust is your strength.' (Isaiah 30:15)

Our salvation is in repentance and rest; our strength is in quietness and trust, for these are the qualities we need to draw close to God. God meets us most powerfully in the stillness of our hearts, in the very centre of our being, for there we are most truly ourselves.

*Dr Elaine Storkey
ForTear Fund Lent reflection*

LOCKDOWN

Yes, there is fear.
Yes, there is isolation.
Yes, there is panic buying.
Yes, there is sickness.
Yes, there is even death.

But,
They say that in Wuhan after so many years of noise
You can hear the birds again.
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.
They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them.
They say that a hotel in the West of Ireland
Is offering free meals and delivery to the
housebound.

Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood
So that the elders may have someone to call
on.

Today Churches, Synagogues, Mosques and
Temples
are preparing to welcome
and shelter the homeless, the sick, the weary.

All over the world people are slowing down
and reflecting.
All over the world people are looking at their
neighbours in a new way.
All over the world people are waking up to a
new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.

So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.
But there does not have to be loneliness.
Yes there is panic buying.
But there does not have to be meanness.
Yes there is sickness.
But there does not have to be disease of the
soul
Yes there is even death.
But there can always be a rebirth of love.

Wake to the choices you make as to how to
live now.
Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again,
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.

Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing.



Fr Richard Hendrick, Ireland

March 13 2020

A PANDEMIC OF POSSIBILITIES

There is a gloomy side to the coronavirus, no doubt about it, but it does no harm to look for a bright side as well. For example, many people, unaccustomed to it, will have time on their hands, time for re-evaluation of goals and ambitions (some growing beyond reach as the situation worsens), time for reflection on existing priorities and preoccupations, and for the discovery of healthier alternatives. For this virus offers proof of seamless human inter-connectivity, that what one does affects others, that we humans are all deeply similar (chemically, biologically, emotionally and socially). Despite all differences and diversity, we are kin; so the world-wide threat of infection brings a precious opportunity to recognise the destructive absurdity of conflict, and the universal wisdom of kindness and co-operation, offering a corrective uplift to the hitherto spiralling-down trajectories of intolerance and mercenary values resulting in the dispiriting shambles the world now seems to be in, as we learn better to defend and protect each other from harm, not only from sickness but from global warming and everything else. Accepting and grieving our shared losses together, as we eventually must, people will undoubtedly move forward and usher in a saner, more hopeful future. Because *'Every silver lining has a cloud*, a pandemic of possibilities, this could certainly be.

Larry's new title, *The Big Book of Wisdom (What is it? Why do we need it? And how to get it)*, was published on 19th March 2020 by Hero Press of London.

by Larry Culliford

LOVE

The ground that hatred has gained will be retaken by love;
the losses that we've sustained will be remembered by love;
the tears that we've cried will be wiped away by love;
the pain and grief inside will be healed by love;
a world that seems divided will be remade by love;

this fight is one-sided –
the universe was built by love
and it was made to bring us together;
love is patient, kind, formidable, invincible
and it's the only thing that will last forever.
Not even death can defeat love.
So all of the sorrow and the loneliness,
all of the anger and bitterness
and confusion and brokenness
will be outflanked, outdone,
outmatched and overcome
by love. *Gideon Heugh*

SPRING FLOWERS



Photographs taken by Jill Brown. Thank you Jill - you have enabled us all to enjoy the lovely daffodils planted by the Messy Church children last year.

Thank you for the joy you have given us.



These anemones are from Maggie's garden

A THOUGHT FOR THE DAY FROM A PARISHIONER.

On January 1st I started reading the psalms. To be honest, apart from the odd well-known favourite, I have been finding them repetitive and dare I say, even boring. (I've only got to number 57 and I know there are some good ones to come) They are lovely set to music as part of our regular worship, and certain tracts make meaningful prayers. Being isolated has given me time to think and mull over things, especially when doing a repetitive task.

The most usual content seems to be a cry for help and a description of the problems which are much the same as present problems: unkind friends and neighbours; someone out to get the writer, war, enemies, terror, natural disaster and pestilence, anxiety, illness, loneliness or other misfortune. Then remembering what God has done for the psalmist and his people in the past; a reminder that God is listening, and trust He will act again for him; praise and worship. All this seems to be how the content of our current prayers can unfold. However, a part of many psalms involves asking God to wreak vengeance on the psalmist's enemies, sometimes in a vicious description which probably mirrors the depth of the psalmist's despair and unhappiness.

I wonder what we would write if asked to pen a psalm. We are individuals, with our own unique personal problems and cares and infinitely variable coping mechanisms. Some of us are stronger than others. However, we might all follow much the same format as the original psalmists, except for one major difference, a difference of some 2500 to 3000 years. In that time God sent us our Saviour, and He taught us to be understanding and peace-loving and to pray for our enemies as well as our friends.

I am not going to attempt to write a psalm, with all that is going on I have even needed to try to find fresh prayers to say, and they help for a while. At the time of writing I have run out of prayer words. I just find myself repeating simple phrases, thinking of the many who need our prayers and knowing that God understands my feeling of inadequacy, bewilderment and fear for all I know and love, and that He welcomes all forms of communication with Himself, however simple. God be praised.

A shy Parishioner

Ed: I have been sent some poems that people would like to share with you, and they hope you will enjoy them. I certainly have - keep sending in to me.

I OPENED A BOOK

I opened a book and in I strode.

Now nobody can find me.

I've left my chair, my house, my road,

My town and my world behind me.

I'm wearing the cloak, I've slipped on the ring,

I've swallowed the magic potion.

I've fought with a dragon, dined with a king

And dived in a bottomless ocean.

I opened a book and made some friends.

I shared their tears and laughter

And followed their road with its bumps and bends

To the happily ever after.

I finished my book and out I came.

The cloak can no longer hide me.

My chair and my house are just the same,

But I have a book inside me.

Julia Donaldson

from a collection called *Crazy Mayonnaisy Mum* (pub. by Macmillan)

Sent in by Julia

Dear God,

Help me to see that what I have – and who I am – is enough. Thank you that you declare me worthy, and that you love me unconditionally; help me Lord to do the same for myself and for others.

Amen.

OUR DEEPEST FEAR

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness
That most frightens us.
We ask ourselves
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you *not* to be?
You are a child of God.
Your playing small
Does not serve the world.
There's nothing enlightened about shrinking
So that other people won't feel insecure around you.
We are all meant to shine,
As children do.
We were born to make manifest
The glory of God that is within us.
It's not just in some of us;
It's in everyone.
And as we let our own light shine,
We unconsciously give other people permission to do the same.
As we're liberated from our own fear,
Our presence automatically liberates others.

*By Marianne Williamson
Sent in by Tom Welch*

Note: This inspiring poem is taken from Marianne Williamson's book *A Return to Love*. Though often quoted as part of Nelson Mandela's moving inaugural speech, "Our Deepest Fear" does not appear in the speech. Marianne Williamson herself has commented on this mistaken attribution.

A LIMERICK

*A household went into confinement.
They said "This is worse than retirement!
I need things to do
Or my head will unscrew
and my brains will be out of alignment"*

*Anon
Sent in by Tom Welch*

SO BEAUTIFUL FROM POPE FRANCIS:

“Tonight before falling asleep
think about when we will return to the street.
When we hug again,
when all the shopping together will seem like a party.
Let’s think about when the coffees will return to the bar, the small talk, the
photos close to each other.
We think about when it will be all a memory but normalcy will seem an
unexpected and beautiful gift.
We will love everything that has so far seemed futile to us. Every second will
be precious.
Swims at the sea, the sun until late, sunsets, toasts, laughter.
We will go back to laughing together.
Strength and courage.
See you soon! “

#Papafrancesco
#restateacasa #pope #popefrancis ♡ 🙏



A PRAYER REMEMBERED

Dear Lord,

So far today I am doing alright.

I have not gossiped, lost my temper, been greedy, grumpy, nasty, selfish, or self-indulgent. I have not whined, complained, cursed or eaten any chocolate. I have charged nothing to my credit card...

But I will be getting out of bed in a minute, and I think that I will really need your help then... Please Lord? Amen.

THINKING ABOUT YOUR GARDEN IN MAY

During these difficult times our gardens, courtyards and window boxes come into their own. It is good to commune with nature and God's creation. We sometimes take them for granted and rush to the next thing just giving them a perfunctory glance. But now is the time to TAKE TIME and to really appreciate them and use all our senses.



Spend time every day really studying the flowers and wildlife; absorb all around you; look ahead to the treasures to come throughout the year.

Here are some gardening tips for May:

1. Lift and divide larger clumps of daffodils and other spring flowering bulbs
2. Watch out for Viburnum beetle and lily beetle grubs
3. Check for nesting birds before clipping hedges
4. Watch for late frosts—protect tender plants
5. Plant out summer bedding, pots and hanging baskets. If you cannot obtain plants sow seeds. Older packets stay viable for years.
6. Keep the weeds down!!
7. Continue dividing your herbaceous perennials to improve strength and create new plants. Prune Penstemon—cut old shoots to base. Divide Hostas.
8. Water mornings or evenings.

Be joyous in your gardening.....

Robert Hill - Snook

STEYNING C OF E PRIMARY SCHOOL



At Steyning Primary we have been using the new Religious Education Curriculum for the last few years, which asks many questions and makes children of all ages think about how the bible is relevant to them.

Year 2 were learning about “salvation” and how God sent Jesus to earth, to save all people from sin. They made stained glass windows, with different layers of coloured tissue, as a reminder that Jesus was sent to save us all. As you can see in the pictures, the light shines through illuminating the wonderful rainbow colours.

Steyning Primary helping the Food Bank

As we know, over the last few weeks the whole of the United Kingdom has been placed in lockdown. Due to this a Foodbank has been set up in The Hub at the Baptist Church to help and serve our community.

Due to the fact that the school had to stay open, to receive and teach Key Worker children, food was still being delivered for lunches. Initially the food came in great quantities and could have been thrown away. Thankfully we were able to take what wasn't required to The Hub to distribute to whoever needed help. This included families and Care Homes.



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

JUST FOR FUN

How many words can you make from:

ASCENSION

Words must be 2 or more letters long.

Only use each letter once.

No proper names or plurals or words with capital letters

Ed got 43 at the time of going to press.

Can you beat me?

Let me know how you get on - use the magazine email.

QUIZ

- 1 Who Am I? : I was a prophet of Israel. I have the cloak which belonged to my predecessor, who left me quite suddenly. At Bethel some small boys came and made fun of me.
- 2 Who Am I? : My husband and I lied to the apostles about the proceeds on a piece of land we sold. Unfortunately I did not live to tell the tale.
- 3 Who Am I? : I was the first Gentile to be baptised. The apostle Peter came and preached the gospel to me.

Answers: 1. Elisha (2 Kings 2) 2. Sapphira (Acts 5) 3. Cornelius (Acts 10)



**A REMINDER ABOUT
THE CO-OP COMMUNITY FUND
WHICH IS SUPPORTING US
TO INSTALL NEW LIGHTING
FOR THE CHURCHYARD FOOTPATH**

The Co-op Community Fund is a wonderfully easy way for us to raise money to help pay for new lighting for the church footpath.

All you need to do is:

- become a member of the Co-op either by signing up at the local Co-op or going online at <https://www.coop.co.uk/membership>
- register your card on the same website
- click on **Choose Your Local Cause** and choose **Steyning Parish Church**

Then, every time you purchase selected Co-op branded products and services, 1% of what you spend will go to our fund. Not only that, but 5% of what you spend will go into your Co-op reward account for you to spend with the Co-op whenever you want.

For all details of the scheme see <https://www.coop.co.uk/membership/member-benefits>

By the end of February this scheme had raised £488.28 for us. Previous local causes have been able to raise over £6,000 by the end of the round (in October 2020) so if we can all support the scheme it will be a huge contribution to our fund-raising target.

It doesn't matter where you live – anyone can choose Steyning Parish Church from Lands End to John O'Groats so *do ask family and friends to support us as well.*

The Co-op have been wonderful in supporting our community in so many ways and this way we can support them too so it is a brilliant win-win opportunity.

For more information please speak to Christine Aubrey (01903 879986)

DO JOIN UP NOW

HELP TO INCREASE THE DONATION THE CO OP WILL GIVE

PEREGRINE FALCON

You say you want a revolution

Circling high in the blue skies above Sussex is one of the world's deadliest predators. Peregrines are hunting above us. Scanning the avian traffic in the Sussex airspace, their incredible vision locks on to an unsuspecting bird passing below and the Peregrine instantly negotiates one of the most sophisticated aerial manoeuvres possible. They stop flying. With wings and feet tucked in tightly, peregrines drop from the sky at an unbelievable speed – hurtling earthwards at up to 200 mph - the fastest creature on our planet. Everything, even the eyelids and nostrils on this bird are built for speed. Like a bomb made out of muscle and feathers, it'll decimate any victim in its path.



We're fortunate to still have these amazing birds here in Sussex. During WW2 their taste for pigeons (including those carrying wartime messages) saw Peregrines treated as if they were on the payroll of Mr Hitler himself. The Secretary of State for Air declared war on these falcons and issued the 'Destruction of Peregrine Falcons Order'. The birds were slaughtered, their nests destroyed. After we gave Adolf the old heave-ho, Peregrines were left alone and numbers began to recover. But they were

to face an even more deadly threat than the British Government; Dichlorodiphenyltrichloroethane (or DDT to its friends).

Farmers worldwide had started spraying a variety of wonderful new chemical insecticides all over the countryside to improve yields. These invisible poisons hit the bird at the top of the food chain the hardest. In 1958 there were 650 pairs of Peregrines in Britain. Six years later there were 68. Concerns over their decline sparked an investigation that led back to the source of the Peregrine poisoning and the world's eyes were opened to the reality of the damage that these chemicals could cause to our environment and to us. Rachel Carson wrote 'Silent Spring', the environmental movement was born and green was upgraded from a sort of yellowy-blue colour to an entire way of life.

Today, perched on our cliffs and cathedrals, high above the organic food-filled shelves in kitchens across Sussex, the killer that kick-started the environmental uprising stands defiantly overlooking us all like a beaked Che Guevara. A feathered testament to revolution, strength and tofu veggie burgers.

Michael Blencowe Sussex Wildlife Trust

DELIVERING BEAUTIFUL FLOWERS AND A CHURCH MAGAZINE TO STEYNING PARISH CHURCH MEMBERS ON MOTHERING SUNDAY

