



Church Magazine

FREE

Steyning and Ashurst
NOVEMBER 2021

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

Vicar: The Revd Mark Heather LLB BA 879877
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CHURCH SERVICES

St Andrew's & St Cuthman's

Every Sunday

8:00am 1662 Holy Communion Service

9:30am Choral Parish Eucharist

6:00pm Evening Service

St James's

10:30am Second Sunday Family Service

Fourth Sunday 1662 Holy Communion

Wednesdays at St Andrew's & St Cuthman's

11:30am Midweek Eucharist

All Souls-tide Please see page 4 for details of the service

Remembrance Sunday Please see page 6 for details of the services

Choral Evensong usually takes place on the evening of the third Sunday of the month.

Our ecumenical **Darkness to Light Service**
begins at **6pm** on **Sunday, 28 November**.

Fr Mark, Vicar of Steyning and Rector of Ashurst

Parish Office Address:

Penfold Hall, Church Street,

Steyning BN44 3YB

Tel: 813276

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www.steyningparishchurch.org

Parish Administrator: Pat McMullan.

PASTORAL LETTER

Dear Friends,

As a boy I wrote something for my English teacher about the pleasure I took in kicking my way through fallen autumn leaves, in breathing in the seasonal autumn smells and noticing, each year, that particular day when the scent of autumn is first in the air; not to mention, as the autumn went on, the unique smell of smoke and fireworks. It is a sign of my becoming an adult that nowadays fallen leaves stand for hard work, and fireworks cause me irritation as they disturb my peace and quiet.



But 'the Child is the Father of the man', as William Wordsworth put it. I still love the autumn, even though it is not entirely a happy time, carrying as it does a sense of wistfulness for the summer gone, an awareness of the dark nights growing and therefore of time running away from us. So perhaps it's inevitable that, each autumn, the church's year reminds us of heaven; beginning in late September with the feast of St Michael and all Angels (accompanied by his seasonal daisies); going on in early November to celebrate All Hallows and its eve, and praying in All Souls-tide for the repose of the faithful departed; and, in December, remembering that 'Advent' was never intended to be a count-down to Christmas but rather an anticipation for the end of all things – recalling how our Lord told us to prepare ourselves for his second coming, to judge the living and the dead.

Of course, he also told us that to enter the Kingdom of Heaven we must live as little children; given that, I'm pleased this reflection has inspired me to look up Wordsworth's poem, to find that this is exactly what the great poet was writing about: how we are lost if we forget the sense of wonder at his creation of a world he wanted to share with us, to make us ready for all the joys of heaven.

My heart leaps up when I behold
A rainbow in the sky;
So was it when my life began;
So is it now I am a man;
So be it when I shall grow old,
Or let me die!
The Child is father of the Man;
I could wish my days to be
Bound each to each by natural piety.

William Wordsworth (1770 -1850)

Fr Mark

FROM THE EDITOR:

This is a month of reflection as we think about those we have loved and who have died; those who have given their lives during any time of conflict so that we all can live with the freedom we enjoy today; and also this year as we reflect on the adjustments we all must make because of climate change and the pandemic.

Time to reflect and time to be a part of this worshipping and vibrant community are all themes of this month's magazine.

Do you feel inspired to write or send in a picture or two? Thank you, Simon and Fiona for your reflection pictures. Here is a reminder of where to send your contributions:

steyningchurchmag@gmail.com

Thank you .

ALL SOULS-TIDE SERVICE

In loving memory

**Annual Service of Memorial and Thanksgiving
The Parish Church of St Andrew & St Cuthman, Steyning
Sunday 7 November at 4 p.m.**

You are warmly invited to join us

The service will last for about 40 minutes

Candles will be lit in memory of loved ones

Bring as many family and friends as you wish

At the service we will pray by name for those who have died in the past year, and for other loved ones. If you would like to add to the list of those prayed for, please contact the Parish Office (01903 813276)

Please ring 01903 879877 with any enquiries.

Blessed are those who mourn, for they will be comforted. Matthew 5:4

SUNDAY BULLETIN

The weekly Sunday bulletin sent from the Parish Office gives all the information about services, news and local support etc, and how to access these.

There is also the list of those needing our prayers.

If you would like to receive the bulletin please contact:

office@steyningparishchurch.org or ring 01903 813276

To add any new prayer requests please contact:

prayers@steyningparishchurch.org or ring 01903 813276

PARISH REGISTERS

FUNERAL

4 October 2021 Andrew Iain ("Andy") Cox (Died 7 September 2021)

INTERMENT OF ASHES AT ST JAMES' ASHURST

11 October 2021 Joyce Coleman (Died 6 January 2021)

Rest eternal grant unto them O Lord, and may light perpetual shine upon them.
Our love and prayers for all their families during this time.



10 October 2021

10 October 2021

HOLY BAPTISMS

Elliot William Murdo Bailey

Sophie Edith Speed Orr

PAUSE AND PRAY

May the Lord our God bless you and keep you; The Lord make his face shine upon you and be gracious to you; the Lord turn his face towards you and give you peace.

Lord, you go before us at every moment of the day. You are in every person we meet and in every experience we have. We are always catching up with you in our lives, always finding you had been there, not realising it at the time. Expand and enrich our awareness, our capacity for attending to your presence and our ability to recognise your grace. *Donal Harrington*

As believers in You we place ourselves and our lives into your hands, Father. We ask that through us, in everything we do and to all we encounter, your light, hope, love, comfort and the reassurance of your presence may shine through us. Strengthen each one of us in our faith and commitment to You. Help us to clearly point out to others your love and saving grace which they too can encounter as all are welcome as your children.

Lord God, protector of all who trust in you, without you nothing is strong, nothing is holy; support us always by your love. Guide us so to use the things of this world, that even now, we may hold fast to what endures for ever.

The Benedictine Handbook

PRAYER DIARY FOR NOVEMBER

Monday 1 November All Saints Day

Almighty God, you have knit together your elect in one communion and fellowship in the mystical body of your Son Christ our Lord: grant us grace so to follow your blessed saints in all virtuous and godly living that we may come to those inexpressible joys that you have prepared for those who truly love you; 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.

Tuesday 2 November All Souls' Day. Commemoration of the Faithful Departed

Eternal God, our maker and redeemer, grant us, with all the faithful departed, the sure benefits of your Son's saving passion and glorious resurrection that, in the last day, when you gather up all things in Christ, we may with them enjoy the fulness of your promises; 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.

Sunday 7 November The Third Sunday before Advent

Sunday 14 November Remembrance Sunday

Sunday 21 November Christ the King

Sunday 28 November Advent Sunday

Tuesday 30 November Andrew the Apostle. Joint Patron

Almighty God, who gave such grace to your apostle Saint Andrew that he readily obeyed the call of your Son Jesus Christ and brought his brother with him; call us by your holy word, and give us grace to follow you without delay and to tell the good news of your kingdom; 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.

REMEMBRANCE SUNDAY

This year Remembrance Sunday will be held on **Sunday 14 November**, and booking will be essential for the 10:45am service.

Morning services at Steyning Parish Church will be:

8am 1662 Holy Communion

10:45am Remembrance Sunday Service

Help us to lift our eyes above the torment of this broken world and grant us the grace to pray for those who wish us harm. As we honour the past, may we put faith in your future; for you are the source of life and hope. Amen.

THINK ON THESE THINGS

To think or meditate means to consider, reflect, reason and ponder. Today we say all these words if we need time before we have an opinion or move on to do something else. We need time to focus on our thoughts and then these thoughts will shape our behaviour.

What we think is who we are; what we say is what we think.

The text on the back page is from Paul's letter to the Philippians, and for him it was an important letter as he thought it would be his last one to them.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things.
Philippians 4

Paul is asking the Philippians to think about God, about Jesus, about themselves and about others.

November is the time to think of others and especially those who have influenced our lives. All Souls Day and the Memorial service, Remembrance Day and the services held in town and the church and The Reflections Evening Service held on the third Sunday of each month are all gifts to us offering safe spaces, time, music and words to reflect on what is true and what is just. Steve has written an article entitled What is Truth? (Page 17) which he sent into the magazine as a gift for this Bible passage.

How can you make time for reflection and thinking about the truth of God and Jesus and creation, and how will that then influence our behaviour? We should consider the health of our minds to be important, and Paul, as seen in his letter to the Philippians, certainly does; he talks about our hearts and minds being open to God - being focused on scripture, then let us learn from Paul.

What is it that is before us each day in the media for us to focus our minds on? Shocking news, scandals, problems..... Paul encourages us to focus our minds instead on the things of God. Things that are true and worthy of praise, and that will ultimately lead us to the best news that can be reported. Having said that, we must not bury our heads in the sand either. We must "think on", and consider local and world events, but we do not have to participate in the juicy bits of scandal. "Think on" here means to have a continual and watchful regard for.

Paul wants us to pray, to rejoice and to be thankful. Why? Then we will experience God's peace, and know that however much we reflect on our own lives all we have and all we are is in His hands.

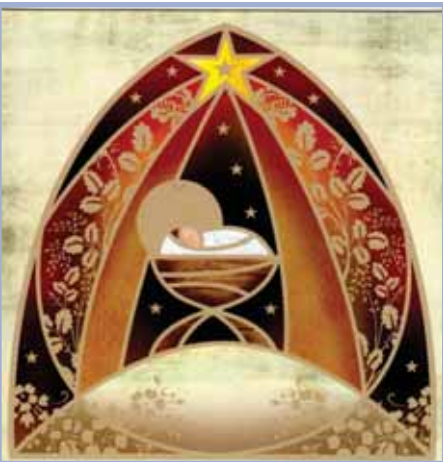
Chris Fitton

We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how trees, flowers and grass grow in silence: see the stars, moon and sun, how they move in silence....the more we receive in silent prayer, the more we can give in our active life. We need silence to be able to touch souls.
Mother Teresa

CHILDREN'S SOCIETY CHRISTMAS CARDS



The Children's Society was founded in 1881 (as The Church of England Children's Society) and ever since has been caring for deprived, neglected and abused children. Initially care took the form of homes for orphans and in sponsoring adoption and fostering, but as social attitudes have changed so has the Society's approach. Nowadays its work is still with deprived, neglected and abused children but the emphasis has switched from very young children to supporting older children living in the community with the effects of poverty, drugs, abuse and prostitution. This costs money (£30.6m in 2020) which largely comes from legacies, donations and trading activities, with limited government and local authority support.



Your support for the Open Gardens in July resulted in a generous donation of £365 to the Society but there is an opportunity to make a further contribution to their work by buying their Christmas cards. **20 cards** are available this year and a small selection is shown. As in previous years all the cards are printed in the UK using FSC certified materials and are fully recyclable. They come in packs of 10 cards, each pack costing between £3.25 and £4.25. About 50% of the pack price directly benefits the Society.



If you would like to make a purchase, the full selection is available to view at:

7 Goring Road – 01903 816946.

To ensure delivery of the cards in good time for Christmas I would like to send an order to the Children's Society by November 17.

David Fitton



SUMMARY OF STEYNING PCC MEETING

HELD AT THE CHURCH COTTAGE ON WEDNESDAY 8 SEPTEMBER

The Vicar opened the meeting by reflecting on how to distinguish between things earthly and things temporal; we do not build God's kingdom but rather seek to participate in God's work and to be mindful of the heavenly perspective.

Judie Thomson led a discussion on how we could provide support to local charitable projects supporting refugees from Afghanistan. The PCC indicated their full support

The Covid-19 Pastoral Response Group had been helpful in providing the Vicar with ongoing support and the latest easing of precautions included the singing of hymns and relaxing the restriction on face coverings to allow for individual discretion. The side aisles were to remain mask-only zones to allow extra peace of mind. The prayer tree was to be reinstated when a replacement tree (or net) had been acquired. Caution was to be exercised regarding communion which was to continue to be distributed from the chancel step in one kind only and until such time as people were ready to share the common cup. The words of administration had been removed in line with diocesan advice.

Refreshments after the service were unlikely to restart in the medium term as this encourages congregating within the building and the Catering Team were particularly vulnerable for reasons of age and health. It was felt that the way forward was to enlarge the Catering Team with new volunteers or to use the space more creatively within the church when local Covid cases fall.

The PCC reviewed current financial polices in advance of the PCC Away Day on 16 October which was to focus on parish mission. The *General Fund* had performed a little better than predicted with increased planned giving which was encouraging and was expected to clear the deficit by year end. The *Local Mission Fund* was going down fast. Funding for the school broadcasts had been covered by donations and gift aid. The *Building Fund* was predicted to reduce significantly by 2026 without any increased expenditure to the parish share. Money spent on building improvements would require significant fundraising as no PCC funds would likely be available. The weekly planned giving between 2015 and 2021 had increased slightly. It would need to increase by 23% to cover the deficits in the General and Local Mission Funds if the parish share increased as proposed by the Diocese to maintain clergy numbers.

Sarah Lavery provided an update on progress in improving the churchyard. Lois Quartz from Steyning Museum had created an electronic guide which was able to link with the history of each grave. Lois had been able to log 1,300 graves and the history of the deceased which was now available as a community resource.

Christine Aubrey had circulated a report on potential improvement options to provide better WC facilities, improved wheelchair access, and increasing the circulation space at the back of church by a new servery. The church architect had been asked to draw up revised proposals.

Date of next meeting – 24 November 7:30pm

Steve McGrath PCC Secretary

CHRISTIAN AID UPDATE

ADDRESSING EXTREME HUNGER IN CONFLICT SITUATIONS

Last year, at about this time, this church helped to raise money for an excellent project of Christian Aid, partnered by the World Food Programme (WFP) to combat hunger in conflict-affected communities in Nigeria and the Democratic Republic of Congo (DRC). Last year, the World Food Programme had just won the Nobel Peace Prize. I want to report back on how the project is going.

The project has been such a success that it is being continued and expanded to include Rohingya refugees from Myanmar in Bangladesh, as well as continuing the work in Nigeria and the DRC. It is a big project by Christian Aid's standards – but the needs are great. About a million Rohingya refugees are living in Bangladesh in camps where only their basic necessities are provided for.

I am pleased that there has been a further "Red Bucket" appeal for the project this year. I just want to highlight three aspects.

- 1) **The scale:** this year, the project aims to reach over two million people in the three countries. The World Food Programme will multiply up the value of any donations by **50 times** to help reach this figure.
- 2) **The partnership aspect:** the WFP can provide the resources and expertise of really large-scale operations and Christian Aid has roots in the communities affected and experience in local service provision.
- 3) **The immediate and long-term dimensions of the project:** as well as food aid, the project has longer-term elements such as employing and paying refugees to work improving the infrastructure in the camps in Bangladesh (roads and sanitation).

If you have already contributed to the project, thank you very much. If not, there is still time. The easiest way is on-line. Go to the Christian Aid web site, then find "appeals", click on "philanthropy" and you will find "World Food Programme partnership" with a donate button.



Roger Williamson

Over £270 was collected towards the above appeal through the Red Bucket Harvest appeal in October. This will be topped up to £330 from the PCC Mission allocation and, after applying the 1:50 multiplier, through the World Food Programme, this means that £16,500 will be donated.

Christian Aid exists to create a world where everyone can live a full life, free from poverty.

A MODERN PARABLE OF THE GOOD SAMARITAN

A man named Abdul fell victim to the Taliban takeover in Afghanistan. Eventually, in fear for his life and having to leave behind his home, his family and his possessions he fled his homeland and became a refugee.

During a long, arduous and winding journey at the mercy of the countries he crossed and the people traffickers he either dodged or had to engage with, Abdul found himself at Dover in a place he might learn to call home. Or, where, at the least, he might stay in safety until his home became safe for people like him again, and he could return.

As he waited, the vicar of the local church passed by his way. Recognizing his refugee status, the local church leader wished he was gone, whipped out his phone, placed a call to the local Police and Crime Commissioner, and implored her to speak to the Home Office to not allow any more refugees from Afghanistan into his county of Kent or England.

Similarly, another Christian came by, and, upon seeing the refugee, crossed to the other side of the road. Holding her children close, she whispered, "Be careful! He's from Afghanistan, and is most likely an ISIS terrorist in disguise."

After some time, a couple who lived locally came by. They weren't involved with any churches or charities, but they saw how sad Abdul looked and how lost. They stopped, introduced themselves, and asked the refugee what kind of help he needed. They gave assistance. Gave him a bed that first night, helped him register with a local doctor, took him to the local homeless charity and helped him find somewhere to live. They helped him shop – using food vouchers at a supermarket was very different from his local market at home. And when those food vouchers weren't enough, they helped him contact the local Food Bank, and even invited him around for supper at their house regularly. After a while they became close friends, and, even after Abdul was able to return to Afghanistan, they maintained contact. A number of years later Abdul died peacefully in his sleep.

And because Christians had treated Abdul like an enemy, he found little "good news" in their message.

Abdul heard from Christians, "You are a Muslim. You hate us and want us killed."

Abdul heard from Christians, "How can we be sure you won't be radicalized?"

Abdul heard from Christians, "If we let you in it will cost us more in tax and you will take our jobs."

Abdul heard from Christians, "All Muslims will be like ISIS if given the chance."

Abdul heard from Christians, "We need to be kept safe."

He did not see Christ in those Christians he encountered, so Abdul died without receiving an experience of the gospel of love from Christians.

Written by Caroline Armitage for the October Reflections Evening Service

HARVEST FESTIVAL GIFTS AT STEYNING AND ASHURST

Thank you for all your thoughtful food and money donations. Once again your gifts filled the Vicarage garage whilst waiting for collection by FSW's Robert to take to Head Office. They will fill the shelves along with your most generous weekly donations.

WINE TASTING WITH "OUR SARAH" AT SMOCK ALLEY VINEYARD

This was a perfect occasion in the warm September sunshine. There was Sarah's highly informative talk about the grape varieties that make the Smock Alley Sparkling Wine, the local soil, the wine maker's skilful role and the pros and cons of the weather. The Co-operative friends who look after their rows of vines were on hand to give us a tour of the Vineyard, and helped us to taste three delicious vintages they have helped to grow. As you will see from the photographs, the tables were full of luxurious and plentiful canapes.

An afternoon of joy raised £1,100 for FSW. A truly amazing result.

Thank you, Sarah, and all your team.



THE STEYNING SOCIETY



Friday 19th November at 7:00pm for 7:30pm at The Steyning Centre.

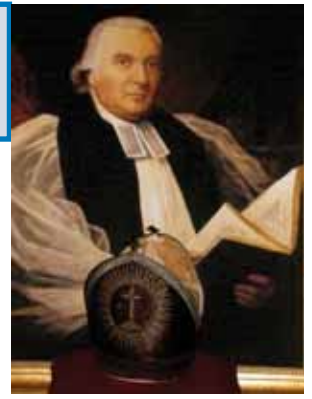
"Thomas Ellis. Shipbuilder of Steyning and Shoreham"
an illustrated talk by Brian Lavery.

Brian is a former Curator of the Chatham Historic Dockyard and of the Royal Maritime Museum. He has written over forty books mainly on maritime history and was an adviser on the film 'Master and Commander'. He and his wife moved to Steyning in 2018.

Tickets are available in advance from The Steyning Bookshop and are free to members and £3 to guests.

In the interests of safety, we continue to limit tickets to 70. There may be tickets available on the door. *We respectfully ask that masks be worn on arrival.*

SAINT OF THE MONTH



SAMUEL SEABURY, BISHOP (1729-1796)

Samuel Seabury was born in Connecticut in 1729, the son of an Anglican priest who had formerly been a Congregationalist minister. Samuel studied theology at Yale University and then travelled to Britain where he studied medicine at Edinburgh. However, he felt called to the priesthood and was ordained deacon by the Bishop of Lincoln and priest by the Bishop of Carlisle in 1753 and then returned to America as a missionary for the Society for the Propagation of the Gospel.

This was a time of great tension between the American colonies and the British Government but Seabury urged that the colonists should remain loyal to the British Crown. He was arrested in November 1775 and imprisoned by the local patriots. On release from prison Seabury was prevented from ministering as a priest in Connecticut having spoken against the Declaration of Independence in 1776. He fled to New York City where he was appointed chaplain to the King's American Regiment in 1778.

At the end of the War of Independence he stayed in the United States and was loyal to the new Government. The Anglican Church in America also claimed itself independent of the Church of England and, in 1783, at a meeting of Episcopal clergy, Seabury was elected to be Bishop of Connecticut. He had to sail to England to seek consecration but, because of the Declaration of Independence, he could not take the Oath of Allegiance to the King which was - and is - required by law before consecration.

The solution was for Seabury to go to Scotland and be consecrated by bishops of the Anglican Scottish Episcopal Church which had been disestablished following the Glorious Revolution of 1688. In Aberdeen on 14 November 1784 Samuel Seabury was consecrated bishop by the Bishop of Aberdeen. As a result an Act of Parliament was passed in 1786 empowering the Archbishops of Canterbury and York to consecrate bishops for territories outside British jurisdiction.

On his consecration, Seabury was asked by the Scottish bishops to persuade the American Church to adopt the Scottish eucharistic prayer which derives from the liturgy of the second century referring to the Church's sacrifice. This was duly adopted by the American Church with Seabury also arguing for a weekly celebration of Holy Communion on Sundays rather than the infrequent observance which at that time was customary in most Anglican churches. In 1789 he wrote "When I consider its importance, both on account of the positive command of Christ and of the many and great benefits we receive from it, I cannot but regret that it does not make a part of every Sunday's solemnity."

Seabury died in 1796 having made a significant contribution to the liturgy of the American Church and to the development of the world-wide Anglican Communion. The date of his consecration (14th November) is kept as his commemoration.

QUIET REFLECTIONS BY THE WATER



At Stourhead
By Simon Knowles

At Powderham
Castle
By Simon Knowles



At Bicton Botanical Gardens
By Simon Knowles

Be still, my soul! for God is on your side;
bear patiently the cross of grief or pain;
leave to your God to order and provide,
who through all changes faithful will remain.
Be still, my soul! your best, your heav'nly Friend
through thorny ways leads to a joyful end.

Be still, my soul! for God will undertake
to guide the future surely as the past.
Your hope, your confidence, let nothing shake;
all now mysterious shall be clear at last.
Be still, my soul! the waves and winds still know
the voice that calmed their fury long ago.

Be still, my soul! the hour is hastening on
when we shall be forever in God's peace;
when disappointment, grief, and fear are gone,
love's joys restored, our strivings all shall cease.
Be still my soul! when change and tears are
past,
all safe and blessed we shall meet at last.

Source: Voices Together #664

COP 26



UN CLIMATE
CHANGE
CONFERENCE
UK 2021

IN PARTNERSHIP WITH ITALY

An outline of the two weeks for your prayers.

Dates: November 1 - 12

Venue: Glasgow

Main focus Week 1:

Welcome and Summit

Finance

Energy

Youth and Public Empowerment

Nature

Main focus week 2:

Adaptation, Loss and Damage

Gender

Science and Innovation

Transport

Cities, Regions and Built Environment

Closure

Saturday, 6 November will be a 'Global Day of Action' to demonstrate strong public support for urgent action to combat the climate emergency. As well as in hundreds of towns and cities across the world, a march will set off at **2pm** from two locations, from the **Cuthman Field** and **Beeding Playing Field**. These two routes will converge at Bramber Castle for a rally, and a group photo taken from a drone. It is hoped that as many people as possible, from local churches, schools, businesses and other groups will unite in support of tackling this most important challenge facing our planet.



TIP OF THE MONTH

When buying things made out of wood, for example, paper or furniture, try to choose options that are recycled or FSC certified (or equivalent).



REPAIR CAFÉ

20 November 2- 4pm

Beeding and Bramber Village Hall

Volunteer repairers will help you try to fix your broken item - from small electricals and computers, to zips and bikes.

Tea and cake and an opportunity to chat about all things green.

Can you help? email repaircafe@greeningsteyning.org

or find them on Facebook for further details



COMMUNITY COFFEE



News flash!

There is a new time and a change of location for Wednesday Coffee. It has been great fun moving forward post pandemic, however we have out-grown the cottage.

Please join us for a delicious cup of real coffee, or a cup of tea, and a chat at **the Penfold Hall**. The doors are open from **9am until 11.30am** every Wednesday morning.

Elizabeth Brown and the Wednesday Coffee team

ROYAL BRITISH LEGION



Every day, our Armed Forces community make sacrifices on our behalf.

For the past 100 years, and for the next, we will always ensure our veterans get the support they deserve when they leave the Armed Forces.

Close your eyes and reflect on the selfless work of the Armed Forces.

As the country's largest Armed Forces charity, RBL is at the heart of a network that is there to support members of the Armed Forces, veterans and their families.

From peacekeeping missions to supporting the UK's response to Covid-19, our Armed Forces perform incredible tasks every day.

We're here through thick and thin to ensure their selfless contribution is never forgotten.

Physical and mental wellbeing

We have a range of programmes to support people with physical and mental wellbeing. Over 8,000 people have attended the Battle Back Centre since 2009, which provides sports and adventure activities to promote self-confidence and improve motivation to aid recovery. And at the Defence Medical Rehabilitation Centre (DMRC Stanford Hall) we have helped fund the Royal British Legion Complex Trauma Gym where patients with complex injuries are able to focus on regaining mobility, fitness and independence.

Mobility aids and equipment grants

From small home adaptations to funding for new equipment, we help the Armed Forces community maintain their independence.

Financial and employment support

Choosing to leave or join the Armed Forces can be a life-changing decision which is why we offer financial and employment support before, during and after time in the Armed Forces. For those who are homeless or face becoming homeless we provide expert advice and support, including help to challenge statutory decisions on grant funding, housing allocation and eligibility.

Our support starts after one day of service and continues through life, long after service is over.

WHAT IS TRUTH?

After the past week of panic at the pumps it seems fitting for me to use this column to provide an insight into what I believe has been taking place within my industry.

The panic seemed to have been started by an article published in a national newspaper which mentioned that 20 BP forecourts (out of numerous nationwide) had experienced delays in getting fuel, which in the scheme of things is not uncommon due to driver sickness or vehicle serviceability. But the next day it had become the main headline across all media and the inevitable result was people rushing out to top up their fuel tanks before they normally would.

The truth is that there never was a shortage of fuel and we have had no problem before now in maintaining supplies at all of our forecourts. Even the talk of a HGV driver shortage is somewhat exaggerated. My employer has steadily expanded the business over the past five years and we are fully staffed. Brexit has also been given as a reason, but in reality EU nationals remain a valued part of our team. I agree the average age of a trucker is higher now with far fewer younger drivers coming through the system. Potential drivers are put off by the long working hours, manual labour, and the lack of respect on our highways. I admire and respect employers who seem to have actively recruited an increasing number of female drivers, which is a joy to see; there is absolutely no reason why a female cannot be an HGV driver in what has, for too long, been a male dominated environment.

This panic at the pumps has been completely whipped up by the media resulting in public hysteria and they should be held to account for their unbalanced reporting. The outcome will be real fuel shortages, increased prices at the pumps, higher prices at the supermarket and a bumper bonus for shareholders of fuel companies. It has also been a time for the best and the worst of humanity. Tensions have been high which has led to the verbal abuse of our drivers and shop staff, and incredibly there have been two incidents of physical assault on my own colleagues. No member of staff should experience such hate for simply doing their job. For a time my own company was obliged to employ security guards to accompany some deliveries. I have been rather fortunate and not had to face much abuse, but I have had to persuade some motorists that I was not earning anywhere near the amount that has been reported. One positive has been the motorist in Storrington who, when paying for his fuel, bought me a Cadburys Twirl to say thank you for working on Sunday and getting fuel to the garage. That small gesture was such a boost to me during what was a stressful day.

There seems to be no sign of the panic slowing down for as soon as we deliver the fuel it is drained straight out by motorists queuing to get in. One morning I delivered 21,000L of diesel and by the time I left 4,000L had already gone.

Hopefully by the time of reading this the situation would have improved. It has been an example of just how much influence the media has over our behaviour.

I had heard of the term 'click bait' before but had never really appreciated what it meant until a discussion I had with a customer who was a former journalist. He asked me if I had heard of "search engine optimisation", which I had not, and he explained that the wages of a journalist was now directly linked to the number of views their article generates online and how frequently the article is shared on social media. The reality is therefore that journalism is now far more concerned with a sensationalist headline rather than fact. This poses all sorts of questions regarding conflict of interest and the amount of power in the hands of editors and anyone who funds the media outlet, to manipulate public opinion and to control a narrative. There have been reports of shortages of many things from test tubes to clowns and some people are starting to question whether there is a concerted effort to bring about a future against our wishes.

Hugh Rayment-Pickard writes about the temptation of humankind to try to control our own destiny:

"Once there is a plan, this must be implemented, and resources for this plan must be controlled and managed. Those who do not agree with the plan or do not co-operate with it must also be 'managed'. The whole project of bringing about a planned future requires the imposition of what Adorno and Horheimer call 'instrumental reason': a controlling rationality, which presses all of nature in service to its chosen goals."

The Roman Catholic Dominican writer, Timothy Radcliffe cites Rayment-Pickard and points to twentieth-century examples of the suffering caused by those driven by a clear ideological vision for the future of humanity – whether that it communism, Nazi genocide or the more recent empire building of some United States presidents, Radcliffe observes that:

"the goal of the plan may often have been human freedom, but in the last century we saw that it often destroys it...this is not to say that we must passively await the future. But we must beware of those who have the total plot and force everything into conformity with it".

Whilst Radcliffe's concern is to remind his readers of the Christian hope for eternity, he also brings to our thinking how political leaders can be tempted to try to control our human destiny. Any time of crisis demands much from our leaders but they should first remain accountable as servants of the public – and in a future article I will reflect on Christian leadership.

- *Hugh Rayment-Pickard, The Myths of Time p119, quoted by Timothy Radcliffe on p14, What is the Point of Being a Christian*

Steve McGrath

WARTIME MEMORIES

Some of you might remember that in 2018/2019 I asked, through this magazine, if we could make a collection of your wartime memories and publish them. You responded wonderfully. In January 2020 we were able to think about a public launch of a book. Sadly world events took over. Now things are looking brighter, and we very much hope there could be a launch of the book before Christmas, but we are not at a stage yet to be definite about that.we will do our very best. Watch the church bulletin.....

Chris Fitton

THE SAMARITANS

A volunteer with Worthing Samaritans writes about her own experience.

I used to associate Samaritans with train stations. They were the only places I would see a sign or poster about them when I was growing up. That was until I needed a listening ear and a warm voice at the end of the phone who told me that 'It's ok to talk about what scares you'.

Having a safe space to talk about how we are feeling is so important. Struggling with mental health can make you feel like a burden on people or feel alone, with nowhere to turn.

Samaritans offers that free, non-judgemental space where we won't offer advice or tell you what to do, we simply listen. Listening is such a powerful tool and can be lifesaving at times. Loved ones can want to try and "fix" us or give their opinions, which may not always be helpful.

As Samaritans we are trained to offer support and listen, giving people the time that they need to explore how they are feeling. Being a 24/7 service means we can be there around the clock. Mental health doesn't switch off or disappear overnight, if anything, night can be a time where worries and concerns come to the surface, so knowing that a volunteer will be there whatever time of day or night can be reassuring. It takes a lot of courage to reach out and ask for help. I remember my hands shaking when I first dialled **116 123**, but to be warmly greeted with a 'Samaritans, can I help you' was a comfort, and enough to calm the nerves.

Samaritans also offer an email service. Picking up the phone can seem scary at times, and it can be beneficial to write down how we are feeling. You don't have to be suicidal to write to us - many are from people who are just going through a tough time, and we're here to support them. Over the last 18 months the pandemic has meant a rise in loneliness in all ages. It's shown us the importance of talking and communicating with the people around us. Life can have its ups and downs; it can feel overwhelming at times and it's ok not to be ok. We are here to listen 24/7. **Call us free on 116 123 or email jo@samaritans.org**

THE ARTS SOCIETY IN NOVEMBER.....

MASTER WORKS OF 20TH CENTURY PHOTOGRAPHY

by Barry Venning

Monday 8 November 2021

10:00am - 12:00 noon

In the 19th Century photography struggled for recognition as an artistic medium on a par with painting but it became the dominant visual medium of the early 20th century. This lecture considers a range of great images from the likes of Cartier-Bresson, Weegee and Robert Capa produced since 1900 showing us the world in novel and unexpected ways.

The Steyning Centre, Fletchers Croft, BN44 3XZ

Free to members, £10 donation for visitors.

steyning@theartsociety.org

www.theartsocietysteyning.org.uk

AUTUMN IN PICTURES.....



Harvest porch arrangement at Steyning Parish Church

Gourds ripening in the Autumn sun



Autumn flowers

Seed heads left for the birds



RECIPE FOR NOVEMBER

SAUSAGE ROLLS

Ingredients

- ½ small garlic clove
- handful of parsley, chopped (dried or fresh will work)
- 400g sausage meat or your favourite sausages
- 375g pack ready-rolled puff pastry
- 1 beaten egg, to glaze

Method

1. Heat the oven to 200C/180C fan/gas 6. Crush the garlic and a little salt to a paste using a pestle and mortar, or use the flat of a knife on a chopping board. Mix together with the parsley and stir in 50ml cold water.
2. If using sausages of choice, soak them in cold water and then remove the skins. Blend the sausage meat in a food processor on a high speed, pour the garlic water into the mixture, then season with pepper. Blend until combined.
3. Unroll the pastry onto a board and cut in half lengthways.
4. Divide the sausage mixture in two and spread along the length of each pastry strip in a cylinder shape, leaving a 1cm edge.
5. Tightly roll the pastry around the sausage meat and brush the ends with the beaten egg to secure. I use a pastry fork.
6. Cut each roll into 10 pieces with a sharp knife, each about 2.5cm long, and arrange on a baking sheet.
7. Brush more beaten egg all over the pastry. Cook for 25-35 mins until the pastry is puffed and crisp and the meat has cooked through. The cold water evaporates causing the pastry to puff up really well.

Eat warm or leave to cool completely.



Food, in the end, in our own tradition, is something holy. It's not about nutrients and calories. It's about sharing. It's about honesty. It's about identity.

Louise Fresco

SOME BIBLE TRIVIA

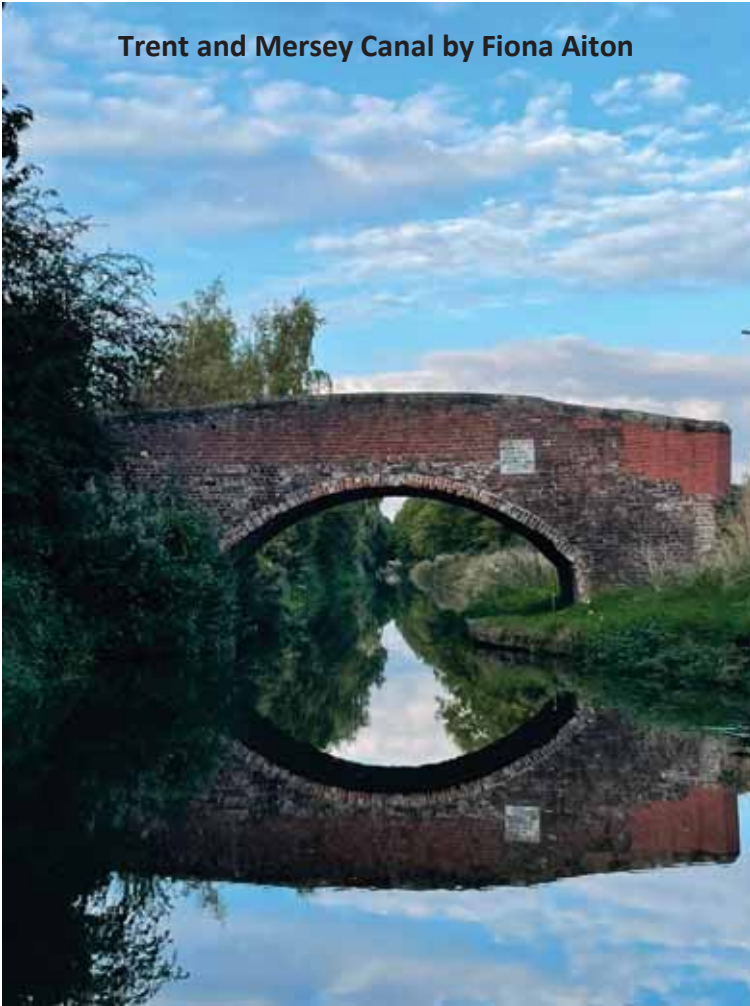
1. Jesus said, "Ye must be born again" to ...
 - A. Gamaliel
 - B. Nicodemus
 - C. Joseph of Arimathea
2. According to Micah, ... was the "transgression of Jacob".
 - A. Bethlehem
 - B. Damascus
 - C. Samaria
3. Who was the first Gentile to be baptised?
 - A. Cornelius
 - B. Marcus
 - C. Dorcas
4. At the Feast of First Fruits, the priest waved ...
 - A. Olive
 - B. Oat
 - C. Barley
5. Methuselah, the oldest man on record, died at the age of ...
 - A. 825
 - B. 910
 - C. 969
6. While the Israelites were in the desert, God gave them Manna, which means ...
 - A. Angel Bread
 - B. What is it?
 - C. God Provides
7. Who lived on wild honey and locusts?
 - A. Joshua
 - B. Elijah
 - C. John the Baptist

ANSWERS

1. Nicodemus
2. Samaria
3. Cornelius
4. Barley
5. 969
6. What is it?
7. John the Baptist

REFLECTIONS

Trent and Mersey Canal by Fiona Aiton



Beatitudes for today

Blessed are those who can laugh at themselves; they will have no end of fun.

Blessed are those who can tell a mountain from a molehill; they will be saved a lot of trouble.

Blessed are those who know how to relax without looking for excuses; they are on the way to becoming wise.

Blessed are those who know when to be quiet and listen; they will learn a lot of new things.

Blessed are those who are sane enough not to take themselves too seriously; they will be valued by those around them.

Happy are those who can take small things seriously, and take serious things calmly; they will go far in life.

Happy are those who can be kind in understanding the attitudes of others; they may be taken for fools, but that is the price of charity.

Happy are those that can appreciate a smile, and forget a frown; they will walk in the sunshine.

Blessed are they who think before acting, and pray before thinking; they will avoid many blunders.

Blessed are they who recognise the Spirit in all whom they meet; the light of truth will shine in their lives.

MATTHEW 6 VERSES 7, 8

The world is full of so-called prayer warriors who are prayer-ignorant. They're full of formulas and programs and advice, peddling techniques for getting what you want from God. Don't fall for that nonsense. This is your Father you are dealing with, and he knows better than you what you need.

The Message

ANAGRAM FOR NOVEMBER

The anagram for November is: REFLECTION

REMEMBER:

REFLECTION

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

NO capitalised words, and NO plurals.

*It is time to **reflect** and **not** to frolic. Loiter awhile on this anagram.*

STEYNING HISTORY SOCIETY

Wednesday, 10 November 2021

**STEYNING CENTRE,
COOMBE COURT**

7.30 for 7.45 start

**“The Way we were
1939 – 1954”.**
By “Timespan”,
(Lizzie and Tony Gilks)

Visitors welcome - £4.00



Once upon a time we were terrified of Tawny Owls. They were a portent of evil in fairytales, folklore and just about every scary story, film or poem that needed a creepy cliché. But in today's crowded marketplace of global pandemics, climate change and toilet roll shortages the owl's powers to scare us are fading. Recently it appears this spokesman of the supernatural has got itself a new publicist. Its modern image is one of a cuddly pin-up, more Harry Potter than Hammer Horror.

But stand in the woods on a moonlit November night and listen for an unseen owl's ethereal call. It's an ancient, unnerving sound that still speaks to something buried deep within us and ignites a primeval fear.

The Tawny Owl is the largest and commonest of our island's five owl species typically nesting in holes in old trees in our remaining woodlands. But what is it about this bird that has given us the willies throughout history? Let's start with those huge, lifeless black eyes that seem to stare into your very soul. An owl's eyes are not spherical but tubular like two telescopes and give amazing vision at low light levels. However, the eye's stretched shape and position on the owl's face presents a narrow field of vision. To compensate a Tawny Owl has special bones and blood vessels in its neck so it can perform that freaky, Exorcist-like head twist. This gives the bird the ability to scan all around without having to move their bodies and arouse detection by prey.

And in the world of a nocturnal hunter silence and stealth are everything. Special serrated feathers slice the air allowing it to fly as silently as a phantom and aerially ambush its victims. Incredible hearing achieved by asymmetrical ears allows them to accurately pinpoint the rustle of a nervous vole below. They can hear fear.

And then there's that disembodied voice arising from the darkness. The male's far-carrying baritone 'hooo-huhuhuhooo' and the female's squawky 'kerr-wik' response are like a mis-matched duet between Johnny Cash and Janet Street-Porter. These calls help establish, maintain and defend a breeding territory and in November the birds are at their most vocal. Of course Tawny Owls really couldn't give two hoots about scaring us but throughout history these spectral calls have provided a soundtrack to our deepest fears. In a society which is becoming increasingly detached from nature it's time to get out into the woods this Halloween and allow ourselves to be unsettled once again by these mystical birds.



Michael Blencowe Head of Community Action for Wildlife

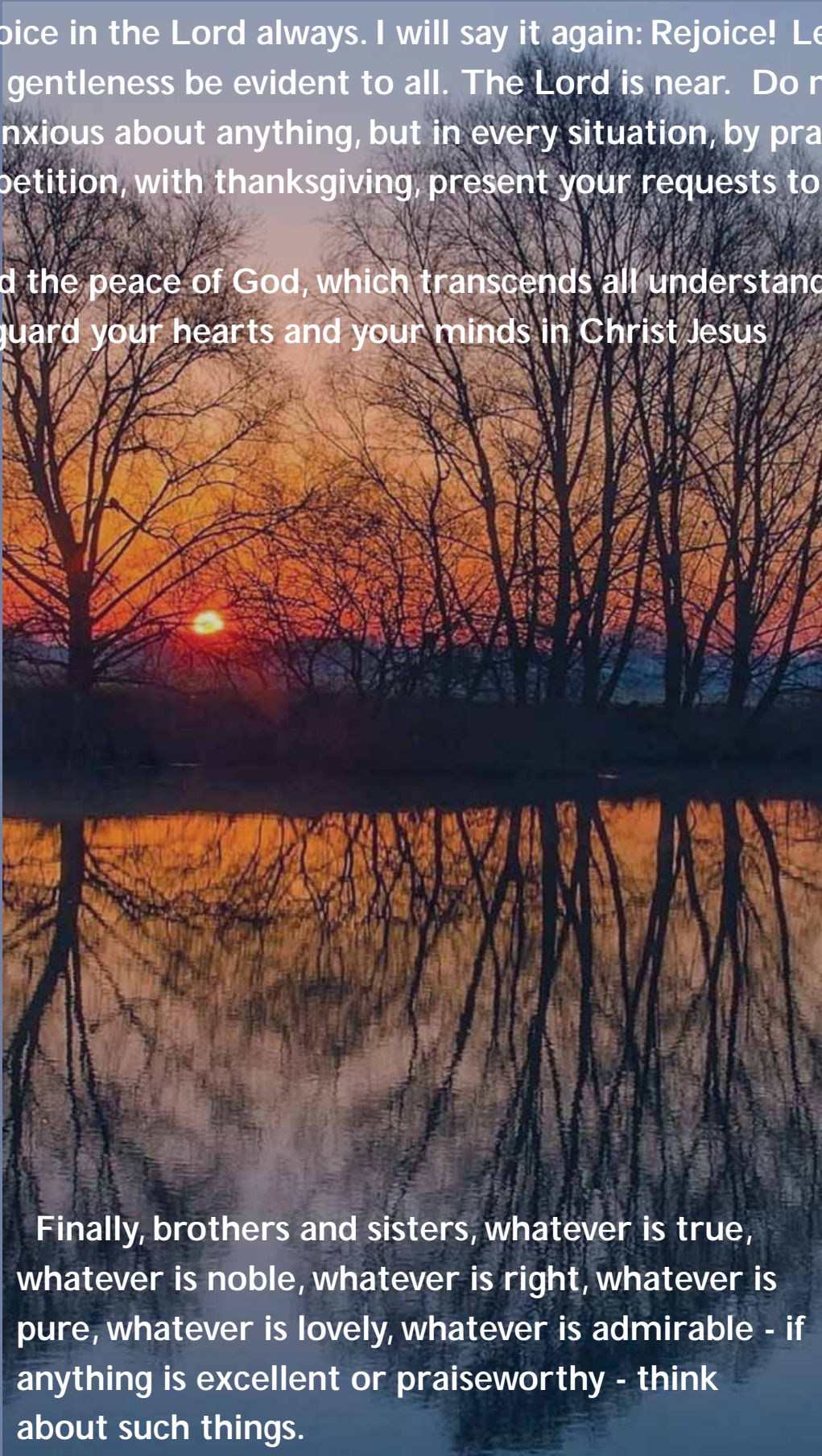
THINK ON THESE THINGS

Philippians 4

NIV

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

And the peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus



Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things.