

MARCH 2022

FREE



**Church Magazine
Steyning and Ashurst**

Steyning Parish Church,

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CHURCH SERVICES

St Andrew's & St Cuthman's

Every Sunday

8:00am 1662 Holy Communion Service

9:30am Sung Eucharist

6:00pm Evening Service (Reflections Service on First Sunday
Choral Evensong on Third Sunday)

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

Wednesday 2 March Ash Wednesday

11:30am and 7:00pm Eucharist and Imposition of Ashes (all details page 5)

Sunday 6 March

6:00pm Reflections Service

Casting Off - Letting Go, Letting God. (see poster page 4)

Parish Office Address:

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Steyning BN44 3YB

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Parish Administrator: Pat McMullan.

PASTORAL LETTER



Dear Friends,

Be Still for the Presence of the Lord

What – if anything – will you give up this Lent? For most of Christian history, fasting and self-denial were part of everyday life, not just in Lent and Advent, but on every Wednesday and Friday outside the Easter and Christmas seasons. Even nowadays, many Roman Catholics abstain from meat on Fridays. In the Orthodox church in most parts of the world it is still the practice for everyone to give up not only meat, but also fish, dairy products and oil for the whole of Lent except for major feast days.

In the Church of England, the weekdays of Lent are still officially classed as ‘days of discipline and self-denial’, although I suspect that this is increasingly honoured more in the breach than the observance. I have even heard sermons suggesting that it can be more helpful to ‘take something up’ than give something up between Ash Wednesday and Holy Saturday. It is easy to miss the point of the tradition, which is that it is easy to take all that God gives us for granted unless we make time to stop, and pause, and think – which is what Lent is all about. That, and the chance to pray, and to see if we need to make a new start.

And giving things up can make space for God. Think of the familiar story of Jesus making his way into the wilderness to pray before he began his ministry (Luke 4:1-14 and parallels). The story of the three temptations can be understood as him ruling out wrong understandings what it was that God wanted him to do.

Our lives are so full of daily distractions that we can find it difficult to pause and to rediscover what it means to be a child of God, made in God’s image. Self-denial – giving up something important for a season – allows us space for God’s grace to help us to know what’s important, things we might stop doing in order to begin something new; or perhaps to rediscover old and good practices that we’ve forgotten. In that way, Lent can indeed be a chance for God the Holy Spirit to prompt us to ‘take something up’ – but please don’t make the mistake of deciding what that is before Ash Wednesday. Our prayers during Lent can point us to that, and we’ve each got 40 days for God to help us to work it out.

Fr Mark

FROM THE EDITOR:

This month begins with Ash Wednesday, and Lent continues throughout with the brightness of Mothering Sunday at the end of the month.

In Lent many people try to take something out or give up something from their lives, but also some people try to add in something that will enrich their spiritual life - some people may do both exercises! If you give up something, remember Sundays are feast days!

In this issue there is a general theme of finding stillness with God. I do hope it will give you some food for thought and some encouragement on your Lenten journey.

Please continue to send your contributions: steyningchurchmag@gmail.com

Thank you .



PARISH REGISTERS

HOLY BAPTISM

We welcome into the Church family:



16 January

Freddie Ryder Tierney
Born 31 August 2021

5 February

Hector George Poggio Howells
Born 12 May 2021

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

ASH WEDNESDAY

Times of the Ash Wednesday Services at Steyning Parish Church

11:30am

and

7:00pm

Lent begins on Ash Wednesday when, as usual, we will hold two penitential Eucharists with the imposition of ashes for everyone who wishes to come forward.



The Imposition of Ashes

In preparation for the Ash Wednesday services Fr Mark will prepare the ashes by prayerfully burning the palm crosses returned to church from those given out at the Palm Sunday service last year.

During the Eucharistic service everyone is invited to have the sign of the cross placed on their forehead, and these words are said:

“Remember that you are dust, and to dust you shall return. Turn away from sin and be faithful to Christ.”

Collect for Ash Wednesday:

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.

PRAYER DIARY FOR MARCH

Wed 2 March Ash Wednesday

(See page 5 for full details and Collect)

Sunday 6 March The First Sunday of Lent

Wednesday 9, Friday 11, Saturday 12 March Ember Days

Sunday 13 March The Second Sunday of Lent

Saturday 19 March Joseph of Nazareth

Almighty God, whose most dear Son went not up to joy, but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking the way of the cross, may find it none other than the way of life and peace; 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 20 March The Third Sunday of Lent

Friday 25 March The Annunciation of Our Lord to the Blessed Virgin Mary

We beseech you, O Lord, pour your grace into our hearts, that as we have known the incarnation of your Son Jesus Christ by the message of an angel, so by his cross and passion we may be brought to the glory of his resurrection; 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 27 March The Fourth Sunday of Lent (Mothering Sunday)

God of compassion, whose Son Jesus Christ, the child of Mary, shared the life of a home in Nazareth, and on the cross drew the whole human family to himself: strengthen us in our daily living that in joy and in sorrow we may know the power of your presence to bind together and to heal; through Jesus Christ our Lord.

PASSIONTIDE BEGINS

SUNDAY 3 APRIL

PAUSE AND PRAY

God of our pilgrimage, bring us with joy to the eternal city founded on the rock, and give to our earthly cities the peace that comes from above; through Jesus Christ our Lord.

Most Holy God, when we come to you fearing that truth condemns us, show us that truth is one with love in your Word made flesh, our Saviour Jesus Christ.

O blessed Jesus, give me stillness of soul in You. Let your mighty calmness reign in me. Rule me, O King of Gentleness, King of Peace. God, teach us what it means to have faith in silence.

Be still and know... that God is near.

God is our refuge and strength, a help always near in times of great trouble.

Be still and know... that God is reliable.

The Lord of heavenly forces is with us! The God of Jacob is our place of safety.

Be still and know... that God is in control.

Come, see the Lord's deeds,

Be still and know... that God is to be worshipped.

The God of Jacob is our place of safety.

Be still and know... that God is.

ARCHBISHOP WILL VISIT OUR DIOCESE

**The Archbishop of Canterbury, Justin Welby, will visit our Diocese from
4-6 March 2022.**

"Within the privileges of this strange role as Archbishop of Canterbury, the greatest of all is the chance to bear witness to the love of God in Christ Jesus. The good news of Jesus is that those of us in the church need to hear continually and to respond to every day, as Pope Francis reminds us in his stunning encyclical, *Evangelii Gaudium*. And it's good news, which we are compelled to proclaim to all people in all places, that they themselves might become witnesses to their experience of God's transforming love. I am so looking forward to joining you in Chichester Diocese and do all I can to encourage you in your vocation to be more open, more converted to Jesus Christ, more generous and more engaged and to think about that myself. I think all these things are indispensable when we think what is involved in sharing the good news of Jesus."

BE STILL IN LENT

The picture is of a cairn built on sand. The sand particles shift around it a little, but this cairn, this small pile of rocks, keeps still.



Stacks of stones can be found in many places and can be symbols of faith. "You are balancing the deep time of

geology with the human time in a cairn. That's a profound connection to make"

David B Williams

Last year in Holy Week there was a programme on television about the Camino de Santiago showing how the many travellers undertaking that long journey feel, and that they know they are treading the same steps as medieval pilgrims. The cairns along the way are about faith, religion and human journeys.

A visit to a labyrinth is taking a journey, a little pilgrimage to the central point to find calm.

Building a cairn is a balancing act requiring calmness, stillness, thoughtfulness and it can also bring prayer and peace.

Build a Cairn of Hope

Pick up a stone. Feel its texture and weight and look at the colour.

Think of someone you know who is carrying a heavy burden or a situation where people are struggling to cope.

Place your stone on the cairn asking that the person or situation it represents may be upheld and carried by the One who knows all our burdens – Jesus Christ, Saviour of the World.

This was the sign in Exeter Cathedral, when we visited a few years ago, inviting me to build a cairn or add a stone to an evolving one with the stones they provided.

Yes, I did. Here I was given space and time to still myself before God.

In Judaism it is customary to leave a rock on a tombstone to honour a person.

All the verses from the Bible on the back page invite us to find time to be still and let go for a while all the hustle and bustle, the worries and concerns (the shifting sands beneath us) and centre ourselves, still ourselves and be with God.

I watch the world around me returning to the fast-paced life that I thought was

going to change after the pandemic. The mental health issues are all around because of the pandemic, but also because of exhaustion from the stresses of everyday life.

My quiet time can be eroded - can yours? I relate to Malcolm Guite when he says that so often he is there for worship in body only, his mind is elsewhere. The comfort is that God will use that too, and He will surely understand.

Learning to be quiet before the Lord is one of the greatest challenges we face today in our quest to enter in and experience true intimacy with Him.

James Goll

This Lent try to find the time to be still and quiet....to quieten the clatter around and enter His stillness. Maybe a candle will help; maybe the verses on the back page will help a meditation; maybe a stone or cross in your hand will help. Seek stillness and rest in God's presence.

Chris Fitton

WILD GEESE



By
Mary Oliver

You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert repenting.
You only have to let the soft animal of your body
love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting -
over and over announcing your place
in the family of things.



LET THERE BE LIGHT

Over the last few months many of the congregation, friends of the church and Steyning residents have had the opportunity to see what our new LED lighting system linked to sophisticated computer software can create at the touch of a button. We have taken away the areas of the church that were in shadow and



brought them alive, like the reredos which is now a main altar feature. With services and events, we have the flexibility to programme the lighting intensity to give the right ambiance throughout the church for each occasion.

Provision was made during the electrics installation to add two separate power circuits to handle the recent acquisition of the theatrical lighting using tungsten lamps. This lighting is controlled from a laptop console at the rear of the church. Great for concerts and events bringing colour lighting into effect, seeing it for the first time is quite a dramatic visual experience.

The churchyard lighting is once again beginning to progress. Initially several issues resulted in a series of delays, including the lockdowns imposed by Covid. Horsham District Council has now granted planning consent and the Vicar and Wardens can



submit a faculty to install four victorian style lamp-posts, together with a new lantern over the main door and one on the SE corner of the church. This consent will also allow the completion of the backlighting for the chancel window, and the Cuthman and millennium windows. All this lighting, apart from the east window backlighting, will be controlled from a single light sensor and timer, lighting the path from the cottage to the lychgate, from dusk to midnight.



Now we have HDC planning consent, the final step is the preparation and submission of the faculty to the Diocesan Advisory Committee (DAC). Once this is agreed, installation can quickly follow. A comforting note is that the finance for this work is already in place.

On another note. CES our contractor, has requested our agreement to enter our church lighting system for a *[d]arc Award 2022*. This is a prestige award for

lighting designers, interior designers, architects and the like, to showcase some of their most prestigious projects from around the world. CES feel confident that our system will be well placed.

Early in February a professional photographer visited us to take a range of pictures including a 360-degree panoramic virtual reality view showing the lighting and the impact of the lighting. We hope to make this available on the web site for all to view.

Jim Lang. Co-ordinator Lighting Project.

IN MEMORY OF DENISE BEDFORD

I am sure many of you will have your own memories of our beloved friend and former churchwarden, Denise, and it is hard to realise that it is nearly a year ago since she sadly died. Her son, Laurence, is to undertake a very challenging run in Devon, called 'The Grizzly', in her memory and is raising money for St Barnabas Hospice where she was beautifully cared for during her last weeks. Laurence writes:

"The Grizzly is a running race like no other. With more than 3,000 feet of ascent in its 20 miles, runners have to face two energy-sapping bogs, two gruelling beach sprints, the infamous "Stairway to Heaven", not to mention the steep, slippery descents. The Grizzly is not for the faint hearted! I hope my small effort raises some funds so all at St Barnabas can continue to help others like they did my Mum.

Thank you so much."

Laurence is training hard and the run takes place on 6 March.

**To support Laurence as he runs The Grizzly
and raise money for St Barnabas visit:**

Justgiving.com and write in the search box "*Laurence Bedford for St Barnabas*."

Denise's family have a provisional date to hold her Memorial.

7 August this year. Details will follow.

Faithful and present God, you are not blind to the storms that rage in this world, the illness that threatens. Some are visible to the eye, but others are hidden in our heart. Lord, bring your refuge and healing strength. Make me still in your safety.

'COMFORT YE MY PEOPLE' LENT 2022



This Diocesan Lent resource entitled "Comfort ye my people" includes a weekly programme for each of the five weeks of Lent featuring a verse of scripture, a reflection, a prayer and a work of art which Lent groups and individuals will be encouraged to reflect on.

We are offering two opportunities to participate in this course in Steyning throughout Lent, on Tuesday mornings in the Penfold Hall, and on a weekday evening (usually Wednesday) with an online Zoom session. Please see the Sunday notice sheet or contact the Parish Office for exact times and other details. The course consists of five sessions.

The course is also available for private study from the Chichester Diocesan web site.

PRAYER FOR STILLNESS

God of stillness and creative action,
help us to find space for quietness
today, that we may live creatively,
discover the inner meaning of silence,
and learn the wisdom that heals the
world.

Send peace and joy to each quiet place,
to all who are waiting and listening.
May your still small voice be heard
through Christ, in the love of the Spirit.
Amen.

Marion Stenning sent in this prayer

THE ARTS SOCIETY

Discovering MacDonald Gill: Architect, Artist and Mapmaker by Caroline Walker

Monday 14th March 2022 10:00am - 12:00.

Macdonald Gill, brother of the sculptor and typographer Eric Gill, was an architect, graphic designer and letterer, best known for his pictorial maps, painted maps for Arts and Crafts houses, murals for Cunard liners and eye-catching publicity posters. This illustrated lecture by his great-niece presents a colourful overview of his personal life and artistic achievements.

Free to members, £10 donation for visitors.
The Steyning Centre, Fletchers Croft, BN44 3XZ

SAMS



St Andrews Men's Society is a meeting of a group of male members of Steyning Parish Church and guests.

We meet bi-monthly, beginning with a glass or two of wine and nibbles. Then we enjoy a talk given by one of our members or perhaps an outside speaker.

Our next meeting, entitled "**Reminiscences**" is given by the Revd Ray Jones.

Date: **Tuesday 22nd March from 3.45-5.45 pm**

Where: **Penfold Hall**

Please note the change of time to late afternoon in the hope that more men are free to come along then and be among friends and be inspired by our speakers

Any enquiries please to Leonard Warner (01903 812752)

CHURCH FLOWERS IN MARCH

As always, there will be no altar flowers during Lent. However looking ahead to next month, and Easter, I would like to remind people of a tradition established

some years ago. We invite you to give a donation to help towards a Lily, or Lilies at this time, in remembrance of a special person, which would then be used in the decorating of the Church for the Easter Celebrations.

This might be of special interest to anyone new to Steyning.

Any donations would be gratefully received and can be left at the

Pariish Office: **Penfold Hall, Church Street, Steyning BN44 3YB**

In anticipation, thank you.

Carol McKechnie



COMMUNITY



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 **10am until 11.30am**

every **Wednesday morning.**

Elizabeth Brown and the Coffee Team

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SAINT OF THE MONTH

ARCHBISHOP THOMAS CRANMER (1489-1556)

REFORMATION MARTYR

Thomas Cranmer was born in Nottinghamshire in 1489 and, after attending the local Grammar school, was sent to Jesus College, Cambridge to read classical literature and philosophy. After he received his Master's degree in 1515 he was elected to a fellowship at Jesus College. He married and, as a result, was obliged to give up his fellowship. However, when his wife died in childbirth his fellowship was reinstated and he was ordained. In 1526 he was awarded the degree of Doctor of Divinity.



In 1529 Cranmer was one of the Cambridge dons advising Cardinal Wolsey into ways of achieving a divorce for Henry VIII from his Queen. He became Archdeacon of Taunton and was made a royal chaplain. In 1532 he was appointed as Ambassador to the Holy Roman Empire with a view to persuading Charles V to support the divorce.

Cranmer saw for himself the religious reforms happening in Nuremberg and met Andreas Osiander, a leader of the reforms. In July 1532 Cranmer took the surprising step of marrying Osiander's niece even though, being a priest, he was required to remain celibate. This has been seen as Cranmer identifying with certain Lutheran beliefs. Notwithstanding this, he received a letter in October 1532 informing him that he had been appointed Archbishop of Canterbury on the death of William Warham and was ordered to return to England.

Even while he was awaiting consecration as archbishop, Cranmer was working on annulment procedures for the King's marriage now required with great urgency as Anne Boleyn was pregnant. The ecclesiastical court was convened in May 1533 which Catherine of Aragon refused to attend or appoint a proxy. On 23 May Archbishop Cranmer pronounced the judgment of the court that Henry's marriage to Catherine was against the Law of God as she had previously been the wife of Henry's elder brother.

On the death of Henry and the accession of his son Edward, Cranmer had the opportunity to put into practice the reforms of the English Church. He compiled the two Prayer Books of 1549 and 1552 but the premature death of Edward brought the English reformation to an abrupt end with the succession of Mary.

He was imprisoned in the Tower and, under torture and mental pressure recanted of his deviations from Roman doctrine. However, he recovered his courage and repudiated his recantations and was burned at the stake on 21 March 1556.

Later, under Elizabeth, the English Church's independence from Rome was restored and Cranmer's Prayer Book became the liturgy of the Church. The up-dating of the Prayer Book in 1662 (the version now used in the Church of England) changed little of Cranmer's language and is seen as a defining element of the Anglican Church.

THE STEYNING SOCIETY

I REMEMBER

**Friday 18th March 7.00pm for
7.30pm at The Steyning Centre**

**'Source to the Sea: The River Adur'
an illustrated talk by Geoff Mead**

Geoff is a lecturer in Geography at Sussex University and is well known for the numerous courses he has run in the County.

He leads walks and has wonderful local knowledge which he imparts in an entertaining fashion.

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.**

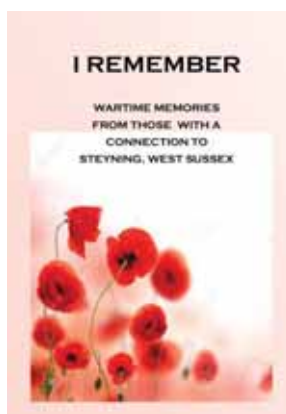
There may be tickets available on the door. **We respectfully ask that
masks be worn on
arrival.**

www.steyningsociety.org.uk
Registered Charity No 269859



I REMEMBER

WARTIME MEMORIES
FROM THOSE WITH A
CONNECTION TO
STEYNING, WEST SUSSEX



Read wartime memoirs of residents of Steyning and surrounding areas.

A few copies can still be purchased price £4 and all

monies to go to The Friends of Steyning Parish Church. **Contact:**

Chris Fitton 01903 816946

fittonchris13@gmail.com or

Ian Ivatt 01273 491374

ianivatt.tax@btinternet.com

Give us wisdom to make the best choices. Give us grace to trust in You even when we don't see immediate answers. Give us hope to carry on in spite of the circumstances around us.



FAIRTRADE

Following on from last month's "Tip of the Month" about Fairtrade, you may like to follow this up by looking at their Website: www.fairtrade.org.uk and/or www.fair-trade.org.

"Fairtrade is a global movement with a strong and active presence in the UK, represented by the Fairtrade Foundation.

The international Fairtrade system (which the Fairtrade Foundation is a part of) represents the world's largest and most recognised fair trade system."



On their website, there are all the products sold under their logo and the variety is staggering. Forget about just chocolate (although that is scrumptious!), you will find there are over 6,000 Fairtrade products in 14 categories, from coffee and tea to flowers and clothes, so when you shop, look for the FAIRTRADE Mark, or better still – look at their website BEFORE you shop!

Here in Steyning you will find on your doorstep many of our shops and charity shops selling Fairtrade products.

Penny Hill – Member of St Andrews Eco-Church Group



TIP OF THE MONTH

When shopping for fruit and vegetables avoid out of season produce which must be transported long

distances from overseas.

Avoid any plastic packaging by buying loose, local and organic (more flavour) and there's nothing wrong with 'wonky' shaped items. We are consuming them not displaying them.

Eat and enjoy!!



THOMAS MERTON AND THE SIGNIFICANCE OF THE BHAGAVAD GITA

Thomas Merton (1915 - 1968) was a Cistercian (Trappist) monk, born in France and raised there and in England before moving to the USA, converting to Roman Catholicism and entering the Abbey of Gethsemani, a monastery in rural Kentucky at the age of 26. A prolific spiritual writer, author of more than 70 books, he built many bridges between his strong Christian faith and the teachings and practices of other major world religions. "I will be a better Catholic," he once wrote, "Not if I can *refute* every shade of Protestantism, but if I can affirm the truth in it and still go further. So, too, with the Muslims, the Hindus, the Buddhists, etc... If I affirm myself as a Catholic merely by denying all that is Muslim, Jewish, Protestant, Hindu, Buddhist etc., in the end I will find that there is not much left for me to affirm as a Catholic; and certainly no breath of the Spirit with which to affirm it".

Merton wrote a short commentary on the Hindu holy book, *The Bhagavad Gita*, which is meaningful for people of all faiths if we accept that the "Player" to whom he refers is a manifestation of God. Here is an extract:

'The word *gita* means "song". Just as in the Bible the *Song of Solomon* has traditionally been known as "The Song of Songs" because it was interpreted to symbolize the ultimate union of Israel with God, so the *Bhagavad Gita* is, for Hinduism, the great unsurpassed song that finds the secret of human life in the unquestioning surrender to and awareness of Krishna.

The *Gita* deals with brahman under the conditioned form and name of Krishna... Conditioned brahman is the "Maker" and "doer", or rather the "Player" and "Dancer", in the realm of created forms, of time, of history, of nature, of life.

Conditioned brahman, then, appears in the world of nature and time under personal forms (various incarnations for Hinduism, one incarnation only for Christianity). Realization of the Supreme "Player" whose "play" (*lila*) is manifested in the million-formed inexhaustible richness of beings and events is what gives us the key to the meaning of life. Once we live in awareness of the cosmic dance and move in time with the Dancer, our life attains its true dimensions. It is at once more serious and less serious than the life of one who does not sense this inner cosmic dynamism. To live without this illuminated consciousness is to live as a beast of burden, carrying

one's life with tragic seriousness as a huge incomprehensible weight (cf. the myth of Sisyphus). The weight of the burden is the seriousness with which one takes one's own individual and separate self. To live with the true consciousness of life centered on Another is to lose one's self-important seriousness and thus live life as "play" in union with a Cosmic Player. It is He alone that one takes seriously. But to take Him seriously is to find joy and spontaneity in everything, for everything is gift and grace. In other words, to live selfishly is to bear life as an intolerable burden. To live selflessly is to live in joy, realizing by experience that life itself is love and gift. To be a lover and a giver is to be a channel through which the Supreme Giver manifests His love in the world.'

(from 'The Asian Journal of Thomas Merton'; New York, New Directions, 1973. Appendix IX, pp 348 - 353)

Larry Culliford

DESMOND TUTU'S LEGACY

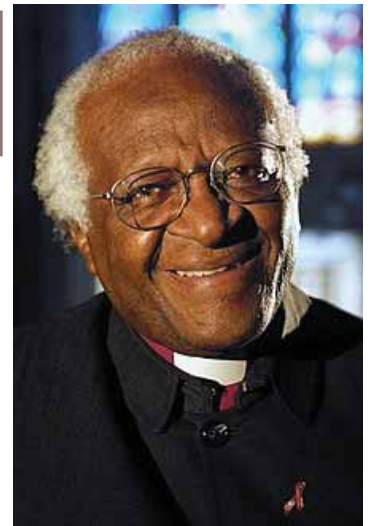
The following extract written by Desmond Tutu was found on Facebook in January 2022:

"I have prepared for my death and have made it clear that I do not wish to be kept alive at all costs. I hope I am treated with compassion and allowed to pass on to the next phase of life's journey in the manner of my choice.

Do a little bit of good where you are, it's those little bits of good put together that overwhelm the world.

Cultivate your forgiveness with your friends and with your family, with strangers and with yourself. Remind yourself that every person you encounter carries a sorrow and a struggle. Recognise that we all share a fundamental humanity. We are made to exist in a delicate network of independence. We are brothers and sisters whether we like it or not. To treat anyone as if they were less than human, less than a brother or sister, no matter what they have done, is to contravene the very laws of our humanity, and those who shred the web of interconnectedness cannot escape the consequences of their actions.

We are not responsible for what breaks us, but we are responsible for what puts



us back together again. Naming the hurt is how we begin to repair our broken parts. Forgiving is not forgetting, it's actually remembering – remembering and not using your right to hit back. It is a second chance for a new beginning. And the remembering part is particularly important, especially if you don't want to repeat what happened.

In our own ways we are all broken. Out of that brokenness we hurt each other. Forgiveness is the journey we take towards healing the broken parts, it is how we become whole again. Giving the emotion a name is the way we come to understand how what happened affected us.

After we've been told the facts of what happened, we must face our feelings. We are each hurt in our own unique ways, and when we give voice to this pain we begin to heal it. Forgiveness is nothing less than the way we heal the world. We heal the world by healing each and every one of our hearts. The process is simple, but it is not easy.

Transformation begins in you, wherever you are, whatever has happened, however you are suffering. Transformation is always possible, we do not heal in isolation. When we reach out and connect with one another – when we tell the story, name the hurt, grant forgiveness and renew or release the relationship – our suffering begins to transform.

We are made for loving, if we don't love we are like plants without water. Much depends on your attitude. If you are filled with negative judgement and anger, then you will feel separate from other people. You will feel lonely. But if you have an open heart and are filled with trust and friendship, even if you are physically alone, even if living like a hermit, you will never feel lonely. There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they are falling in.

We are fragile creatures and it is from this weakness, not despite it, that we discover the possibility of joy.

Be nice to whites, they need you to rediscover their humanity. For goodness sake, will they hear, will white people hear what we are trying to say? Please all we are asking you to do is to recognize that we are humans too. When you scratch us, we bleed, When you tickle us, we laugh.

I would not worship a God who is homophobic, and this is how deeply I feel about

this. I would refuse to go to a homophobic heaven. No, I would say sorry, I mean I would rather go to the other place. I am so passionate about this, as I ever have been about apartheid.

I give thanks to God that he created a Dalai Lama. Do you really think, as some have argued, that God would be saying "You know that guy, the Dalai Lama, is not bad, what a pity he's not a Christian?" I don't think that is the case because, you see, God Is Not A Christian.

At home in South Africa I sometimes say to a big meeting where you have black and whites together "Raise Your Hand" then I've said, "Move Your Hands" and I've said, "Look At Your Hands" – different colours representing different people. You are the rainbow people of God."

Sent in by Pam Finnigan

STEYNING MUSEUM

CELEBRATING STEYNING'S SCOTTISH CONNECTIONS



To celebrate his 88th birthday, Colin Gray, a long-time resident of Steyning, has presented the George Gray Rose Bowl to Steyning Museum. Muriel Wright, Chairman, was delighted to accept it on behalf of the museum.

This beautiful trophy was named after Colin's father who lived in Dacre Gardens, Upper Beeding

and was the founder of the Steyning Reel Club which met weekly at the Steyning Railway Hotel. In the 1950's Scottish dancing became so popular that members often put on outdoor demonstrations in Brighton and other local venues.

The George Gray Rose Bowl will be a focal point in Steyning Museum's new display on Upper Beeding which will be open to visitors until the end of May 2022.

I SAID TO MY SOUL, BE STILL

I said to my soul, be still, and let the dark come upon you
Which shall be the darkness of God. As, in a theatre,
The lights are extinguished, for the scene to be changed
With a hollow rumble of wings, with a movement of darkness on darkness,
And we know that the hills and the trees, the distant panorama
And the bold imposing facade are all being rolled away--
Or as, when an underground train, in the tube, stops too long between stations
And the conversation rises and slowly fades into silence
And you see behind every face the mental emptiness deepen
Leaving only the growing terror of nothing to think about;
Or when, under ether, the mind is conscious but conscious of nothing--
I said to my soul, be still, and wait without hope
For hope would be hope for the wrong thing; wait without love,
For love would be love of the wrong thing; there is yet faith
But the faith and the love and the hope are all in the waiting.
Wait without thought, for you are not ready for thought:
So the darkness shall be the light, and the stillness the dancing.

By T S Eliot

From East Coker from Four Quartets



FAMILY SUPPORT WORK

Christmas Donations for Gifts for the Children

Sara, our Deanery Practitioner, was very thankful for the amazing £510 you donated. This meant she could buy a personal gift for each child she supports. Sue and I are most grateful for the generosity of your response.

The FSW Food Bank and Winter Heating Bills

Thank you everyone for all your most thoughtful food donations. These have helped fill the Food Bank which now has sufficient food for the next few months. We know the Food Bank will need replenishing in the near future, however currently the greatest need is to support our families with their rapidly rising **Heating Bills**. Perhaps, any money you might have spent on food you could put in an envelope marked FSW and put through the Penfold Hall letterbox. If more convenient, cheques can be made out to Steyning PCC with FSW written on the back. Your monetary donations will be so welcome.

Thank you very much,

Wendy

FRANZ JOSEPH HAYDN 1732-1809



Joseph was born on 31 March in the village of Rohrau in Lower Austria, 40km east of Vienna. His father was a wheelwright and his mother a cook. There were 12 children, six of whom survived to adulthood. He had a good voice and in 1740 became one of the six trebles in Vienna's elite choir school, singing in St Stephen's Cathedral and at court. He was joined in 1745 by his brother Michael. His voice broke in 1749. He then worked in Vienna teaching and playing the organ and violin.

His first salaried post was in 1757 as music director to Count Morzin. In 1761, he was appointed by Prince Paul Esterhazy, who died the next year, succeeded by his brother Nicholas. Haydn was promoted by Prince Nicholas to Kapellmeister in 1766 and would remain in service at the splendid palace of the Esterhazys for most of the rest of his life.



Examples of his work from 1769 are his **Symphony 48 'Maria Theresa'** and **String Quartets Op 9**, which he followed by **Quartets Op 17 (1770-1)** and **Op 20 (1772)**. The leader of the Esterhazy Orchestra, Luigi Tomasini, was renowned for his sweet tone and virtuoso panache, shown off in the Op 9 Quartets. Haydn would have played second violin. **Op 9 No 4 in D minor** is his first minor key quartet. In **Op 17** try **No 4 in C minor** or **No 6 in D**.

The **Op 20 quartets** left a profound impression on both Mozart and Beethoven. Try **No 5 in F minor** or **No 6 in A**. Mozart imitated them in his six quartets K168-173 composed in Vienna in the autumn of 1773 when he was 17.

Examples of **Symphonies** in this period are **No 43 in E flat** called, for some reason, 'Mercury' and **No 65 in A**. On YouTube, Il Giardino Armonico is an orchestra with traditional instruments working through all the Haydn Symphonies and give lively performances of these two. **No 67 in F** and **No 68 in B flat** are examples of the five he composed in 1775/6. **No 70 in D** is one of the five composed in 1778/9.

Between 1776 and 1790, Haydn had to follow Prince Nicholas's obsession for opera

and supervised 88 different opera productions, including six works of his own. In 1777, he composed the **Little Organ Mass** which is very popular with amateur choirs.

In 1781, he composed the Opus 33 String Quartets. One of the new features is the ease with which the instruments change roles, moving between background and foreground, theme and accompaniment. **Opus 33 No 2 in E flat**, *The Joke*, fools the listener as to whether the work has ended or not. Haydn had placed a bet that the ladies would start talking before the piece had finished! **No 3 in C** is called *The Bird*. These quartets circulated rapidly throughout Europe and were a prime influence in the six quartets Mozart dedicated to Haydn in 1785. **Mozart** found composition of these hard work and "hardly any other manuscript of his shows so many erasures, improvements and discarded beginnings". **K 387 in G** has a great fugue in the final movement. **K 421 in D** minor was written as Mozart's wife gave birth to their first child in the next room. **K428 is in E flat**. The last three, **K458 in B flat**, **K 464 in A** and **K465 in C**, '*The Dissonance*', were played for Haydn in February 1785. K465 is regarded as the best of the set. Haydn heard intense chromatic lines that he could learn from. Some people think that the opening of this quartet lies behind the *Representation of Chaos* at the beginning of Haydn's *Creation* although this was not composed until 1797.

Alfred Einstein in his book *Mozart, His Character, His work*, contrasts the characters and music of the two composer friends. "Haydn commands all seven colours of the rainbow but not the iridescent palette of Mozart. Haydn is a lover of nature; he draws inspiration from moving about in the open air; he eavesdrops on peasants and their festivities. Mozart was an 'indoor' composer whose music was stimulated only by the music itself."

In 1785 Mozart was 29 and lived for only six more years. Haydn was 52 in 1785 and wrote 34 string quartets and 23 symphonies between 1785 and his death in 1809 and these may be the subject of a further article.

John Edwards

HAYDN AGNUS DEI (ENGLISH TRANSLATION)

Lamb of God who takes away the sins of the world, have mercy on us.

Lamb of God who takes away the sins of the world, grant us peace.



STEYNING FESTIVAL IS BACK!

May 27 to 5 June 2022

A full festival will return this year with the Big Top in its usual place on the Cuthman Field. An eclectic programme of events is being planned for a jam-packed ten days.

A taster of things to come:

- ◆ **Green Day**, get involved with helping to save the planet. Enter a giant inflatable whale and learn about the ocean and its inhabitants or watch Parkour for over 60s.
- ◆ **Art in the Park**, find your inner Picasso, Kandinsky, or Kahlo
- ◆ **Jubilee Lunch** on the High Street or picnic at the Big Top
- ◆ **Big music event**, plus other live music, comedy night, children's activities, theatre trail, author events, walks and talks, all the fun of the fair, the list is endless.

Join the Jubilee Fun!

Sunday 5 June

The festival will culminate with a **Festival Street Party** to celebrate the Platinum Jubilee of Her Majesty the Queen.

The High Street will be closed to traffic and filled with tables and chairs. This is a wonderful opportunity to celebrate a moment in history and enjoy time together with friends and family. Each table seats six. Tables can be grouped together for larger parties.

Become a **Festival Friend** for priority booking, regular information and an invitation to the **Festival Launch** evening at Wiston House on Friday 8 April.

<https://www.steyningfestival.co.uk>

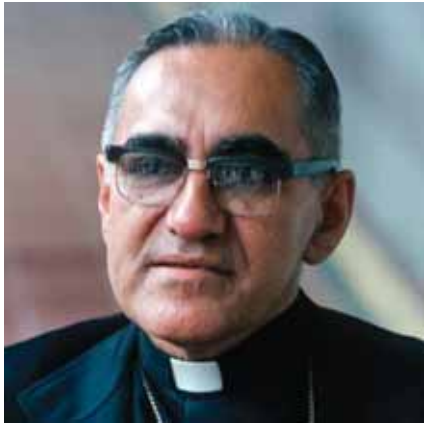
COMMONWEALTH DAY MONDAY 14 MARCH

Let us especially remember today our brothers and sisters in Christ across the Commonwealth, a political association of 54 free and equal states across the world.

Let us find strength and courage in our faith and communities of faith.

ARCHBISHOP OSCAR ROMERO OF EL SALVADOR

If you had the chance to ask the Pope one question, what would it be? A friend of mine, Julian Filochowski, who used to run the official Catholic development agency CAFOD had exactly that chance. Julian's question to the Polish Pope, John Paul II, was when was the Pope going to make Archbishop Romero a saint.



Romero was born into a poor family in 1917 and martyred by the military of the repressive Salvadorean government in 1980. When he was appointed Archbishop of San Salvador in 1977, he was regarded as a conservative figure who would not “rock the boat”. That changed when a priest whom he loved and respected, Fr. Rutilio Grande, was murdered the same year. Having consulted widely including with the other bishops, Romero cancelled mass in all parishes of the

Archdiocese and only a single memorial mass for Fr Grande was held. 100,000 people attended. I caught up with Julian just recently when he was mid-air on a flight to a ceremony to mark the beatification of Rutilio Grande by the Roman Catholic Church. The people knew he was a martyr at the time of his death – sometimes it takes the institutional church longer to catch up.

The books listed on the next page give a wonderfully moving account of how Romero developed in a remarkable way from being a conservative Bishop to being in tune with the suffering, ordinary people of El Salvador, how his broadcast sermons were listened to by huge audiences as he denounced human rights violations and repression, with tens of thousands of murders by the military, including priests and lay workers. He was shot while celebrating Mass on 24 March 1980.

As I said, the official church is often slow in reading “the signs of the times”. Ordinary people in El Salvador and beyond had recognized Oscar Romero as a saint from the time of his martyrdom. 250,000 people attended the funeral. Under Pope Francis, in 2018, the Roman Catholic Church canonized him officially. Bishop Casaldaliga of Sao Felix, Brazil had spoken for the people in a poem from 1980.

*“San Romero of America, our shepherd and martyr
Nobody will silence your last homily.”*

As a true disciple of Christ, his life and witness bring to mind the passage from the Gospel of John: The good shepherd lays down his life for his flock. (John 10:1-13).

Resources

There is a sculpture commemorating Archbishop Romero at Westminster Abbey
<https://www.westminster-abbey.org/abbey-commemorations/commemorations/st-oscar-romero>

You can download a book of his sermons and find many other resources at this website: The Archbishop Romero Trust <http://www.romerotrust.org.uk/>

I also recommend Maria Lopez Vigil (ed), Oscar Romero: Memories in Mosaic, EPICA, CAFOD and Darton, Longman and Todd, 1993 and James R. Brockman, The Word Remains: A life of Oscar Romero, Orbis, Maryknoll 1983

Roger Williamson

BE STILL FOR THE PRESENCE OF THE LORD

Be still, for the presence of the Lord, the Holy One, is here;
Come bow before him now with reverence and fear:
In him no sin is found - we stand on holy ground.

Be still, for the presence of the Lord, the Holy One, is here.
Be still, for the glory of the Lord is shining all around;
He burns with holy fire, with splendour he is crowned:
How awesome is the sight - our radiant King of light!

Be still, for the glory of the Lord is shining all around.
Be still, for the power of the Lord is moving in this place;
He comes to cleanse and heal, to minister his grace -
No work too hard for him. In faith receive from him.

Be still, for the power of the Lord is moving in this place.

For me and, I believe, many Christians, "Be still for the presence of the Lord", ranks high among the worship hymns and songs that we sing. It is beautiful, with a clear and simple message.

It is a call for us to tune out everything and focus on the Lord. The Holy One is here and nothing else matters.

The author is David J Evans (Born 1957) and he wrote this song in 1986.

HUMAN ACHIEVEMENTS

Ian and Mary would like to write a series of articles for this magazine, and this is number 1.

THOMAS JOHN BARNARDO (1845-1905)

Thomas Barnardo was born in Dublin, Ireland, and initially trained as a doctor in London. Once he was there he was shocked to find out that one in five children died before their fifth birthday – especially after seeing the effect of a cholera epidemic in the East End of London. In this epidemic 3,000 folk died, and this left a huge number of orphaned children. This very fact stirred Barnardo to find some way to remedy the situation for such youngsters. After being shown where orphaned children "lived" he was horrified to learn that they actually lived and slept in "properties" where leaking roofs and gutters were commonplace, or there were no gutters at all. Barnardo felt his life's endeavours must be channelled into helping (particularly) those children who lived in abject poverty. He was quite determined to ensure that every child, especially from a "poor" background, should have the best possible start in life. Most Victorians wrongly believed poverty to be a sin, but Barnardo refused to take this view and wanted a much better role for all youngsters, regardless of colour, race or creed. By 1870 Barnardo had acquired his first house for impoverished boys – even providing training in trades such as shoemaking, woodwork, and metalwork. In some instances he even managed to obtain apprenticeships for some lads. Simply, he felt that no child should be turned away.



In 1873 Barnardo married Syrie Louise Elmslie, a young lady with identical values and aspirations to his own. Syrie played a significant part in establishing the charity and as a wedding gift, the couple were given a lease on a sixty-acre site in East London where the couple immediately started a home for impoverished and abandoned, girls. Both John and Syrie's caring natures included unwanted children with learning and physical difficulties. The Barnardo's experience of caring for girls embraced their own daughter, Marjorie, who had Downs Syndrome. The couple believed that children would be better brought up by living in small family style groups, and looked after by a "house mother". Syrie was especially concerned about girls who had been driven to prostitution, and she wished to protect all children from sexual exploitation. This is still a fundamental principle of the

current Barnardo charity, along with the concept that every child deserves the best possible start in life regardless of their background.

Barnardo went on to found many more children's homes and by the turn of the century 4000 children had been "boarded out", an early form of fostering, which paved the way to the foster care and adoption ethic of the modern Barnardo's charity. In 1905 the charity had 96 homes, caring for up to 9,000 youngsters, including disabled children. Barnardo himself died in that year – his life's work being his charity work, and this, in itself, is a fitting memorial.

The Barnardo's charity, along with other children's charities, sent some children to start a new life in the colonies from the late nineteenth century up to the 1960s. The last Barnardo's child to be migrated was in 1967. This policy was supported by the British Government at the time, and Australia and Canada were the most popular destinations. The idea was that children could benefit from better opportunities in those countries.

After the Second World War the disruption caused by the conflict itself meant that the Barnardo's charity began working more closely with families. Indeed, by the end of the 1950s almost a quarter of Barnardo's work was to help families stay together, offering financial aid to families when the breadwinner couldn't work because of illness or accident. In the 1960s single parenthood became more acceptable, and the welfare state was better at providing social care for children, and Barnardo's original concept continued in a different way.

One of the biggest supporters of Barnardo's was the late Diana, Princess of Wales, who was the President of Barnardo's from 1984 to 1996.

The earlier policy of migrating children to the colonies, whilst seen to be well intentioned at the time, consequently, in hindsight, was misguided, and in 2010 the British Government apologised for their acquiescence in sending more than 130,000 child migrants in total, to former colonies.

Thomas Barnardo's original idea that no child should be turned away has never altered during the Charity's long history, and their philosophy remains "with the right help, all children, irrespective of their race, gender, disability or behaviour can change their lives and achieve their potential".



*Ian and Mary Ivatt,
Steyning History Society.*

Wednesday, 9 March 2022



**STEYNING CENTRE,
COOMBE COURT**

7.30 p.m. for a 7.45 p.m. start

Belloc: Sussex's Laureate

Presented by: Kevin Newman

Visitors welcome (£4.00)

SILENCE

Truly my soul silently waits for God

Psalm 62 v 1

We keep silences within worship.
We keep silences within conversations.
We keep silence as a mark of respect.
We keep different silences in our lives, but
maybe not enough.



Psalm 62 refers to a silence of the soul. Think of the young boy who in the hush of the dying lamps became aware of a voice and thought it was the priest calling him, but no. Eventually he was able to hush his own preconceptions of who might be wanting him and say "Speak, Lord, for Thy servant heareth". Let us not anticipate or drown out that still small voice in which God speaks.

Such a silence is the silence of a strong will.

May you find silence of the heart and mind too.

RECIPE FOR MARCH

TOAD AND FRIENDS IN THE HOLE

140g plain flour
1 tsp English mustard powder or 1 tsp mustard from a jar.
3 large eggs
300ml milk
4 tbsp sunflower oil
2 large onions , sliced
85g pack breadcrumb stuffing mix
1 pack of sausages. I use chipolatas.
Smoked bacon either streaky or back. One rasher for 2 chipolatas but depends on the size of sausages.



For the gravy: 2 tbsp plain flour
2 tbsp caramelised onion chutney
2 tsp Marmite
500ml beef stock

STEP 1: Whisk together the flour, mustard powder, eggs and milk with a good pinch of salt until smooth. Leave to rest for at least 30 mins. I usually make the batter in the afternoon, pop in the fridge and then remove 30 mins before continuing to Step 2. All depends on how much time you have.

STEP 2: Heat 1 tbsp of the oil in a small pan. Add the onions with a pinch of salt and cook for 10-15 mins until really soft. Meanwhile, make up the stuffing following pack instructions, adding the sage. If you wish, scoop out a quarter of the onions and add these to the stuffing mixture, too – leave the rest in the pan for the gravy. Heat oven to 230C/210C fan/gas 8.

STEP 3: Shape the stuffing into 8 walnut-sized balls. Cut the bacon in half lengthwise. Then cut each strip in half. If your sausage is larger you may not need to cut in half again. Wrap around the sausage. Pour the remaining oil into a large roasting tin or dish and brush it all over the bottom and sides. Add the sausages wrapped in bacon and stuffing balls, and cook for 15 mins.

STEP 4: Remove the tin from the oven, loosen the sausages and stuffing from the bottom of the tin if they are sticking, then pour over the rested batter. Return the tin to the oven on a middle-high shelf, but give it space to rise. Bake for 35-40 mins until puffed and golden – don't be tempted to open the oven door any earlier or the batter might sink.

STEP 5: While the toad and friends-in-the-hole is cooking, make the gravy. Add the flour, onion chutney and Marmite to the onion pan and mix to a paste. Cook for 2 mins until bubbling, then pour in the stock, bit by bit, stirring continuously so it doesn't go lumpy. Bubble for 5 mins and season if needed. Keep warm until ready to serve. Serve with garden peas.

JUST FOR CHILDREN

There are never enough ideas around for you to celebrate **Mothering Sunday (27 March)** and say Thank You.

It is good to explain that sometimes gifts do not have to cost any money, so here is an idea for any age.

Explain that sometimes we can give a gift that does not cost money – we can give our time. Ask what things he or she could promise to do for their mum or carer – for example, brush the garden path, tidy their room after school, wash the dishes on Sunday. Ask them to write or draw their chosen activity and put the picture in the envelope as a gift. Decorate the envelope and write '**A gift from with love.**'



Dear God

Thank you for everyone who cares for me and loves me. Please help me keep my promise to.....

Amen

A THANK YOU CARD



On the front of the card draw a bag, and ask them to draw in a picture of a family member and decorate it with things they like.

Inside:

Thank you for

I love you.

ANAGRAM FOR MARCH

The anagram for March is: **ASH WEDNESDAY**

REMEMBER:

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

NO capitalised words, and NO plurals.

I can find lots of 4 or 5 letter words, and a couple with 7. No larger words without cheating and adding that s making plurals. Hope you can do better. Good luck!!

LENTEN WORD SEARCH

G	Y	P	R	E	P	A	R	E	F	E	S	V	E
R	K	S	F	E	C	I	F	I	R	C	A	S	F
I	D	C	S	I	H	O	L	Y	W	E	E	K	G
C	Y	N	N	E	P	U	R	P	L	E	S	T	O
C	P	P	S	I	N	T	E	S	N	N	S	N	O
P	E	N	A	N	C	E	E	O	O	F	F	R	D
N	R	L	P	O	I	H	V	I	N	I	E	R	F
O	F	L	G	R	S	I	T	I	I	S	G	I	R
E	O	F	S	A	A	A	R	G	G	H	I	O	I
R	U	C	H	I	T	Y	E	Y	I	R	R	G	D
E	G	T	I	S	S	I	E	R	R	V	O	N	A
C	R	O	S	S	D	S	G	R	I	A	I	F	Y
A	H	S	E	A	S	O	N	R	R	E	C	N	S
G	N	I	T	S	A	F	F	O	R	T	Y	S	G

ASHES
 PENANCE
 GOOD FRIDAY
 GIVING
 CROSS
 FORTY
 PREPARE
 HOLY WEEK
 FORGIVENESS
 FISH
 PRAYER
 PURPLE
 SACRIFICE
 SEASON
 FASTING
 STATIONS

I once had a girlfriend in the big city and found myself attending swanky dinner parties around East London. During one such soiree a guest, desperate to impress, boasted that for next week's meal he would be cooking a hare. Outraged, I asked if anyone at the table had actually seen a hare in the wild. My question was met with blank stares. I'd like to think that I then launched into an impassioned rant about the untamed magnificence of the hare and society's disconnection with nature before heroically storming out. In reality I knew there was going to be cheesecake for dessert so I sighed and carried on eating. But I knew two things; hares don't belong at Shoreditch dinner parties and neither did I; I never returned. I still maintain that if you've witnessed the reckless energy of a hare cavorting in a Sussex sunrise then the very idea of eating one is, well, madness.

While the fields are still bare March is the best time to observe hares around Sussex. On paper a hare could easily be dismissed as a big rabbit but they're different beasts altogether; it's all in the way they move. A hare possesses powerful hind legs; a pair of pistons that can send them rocketing towards the horizon at over 40 mph.



Hares are mostly nocturnal. They don't burrow underground but instead spend their days hidden in a shallow scrape (a form). Young hares (leverets) are born in separate forms and attentive mother hares return to secretly suckle them undercover of dusk. In spring amorous male hares approach females in the hope of finding a mate but chatting up a hare is a risky

business. Potential sexual partners can suddenly transform into sparring partners. Uninterested female hares rise up and strike a blow for equality by punching the males in the face. The frenzied 'boxing matches' that ensue have given us the phrase 'as mad as a March hare'.

Hares have been closely associated with Pagan springtime fertility rituals and the goddess Eostre. and they still play a role in our Easter celebrations (albeit watered down, chocolate covered and transformed into the Easter Bunny). Their prominence in the English countryside has also diminished. Numbers have declined due to changes in farming practices, especially the removal of hedgerows.

It's been a long winter and, as spring returns, the Sussex countryside will be exploding in a crazy celebration of life. Get out there, find yourself a hare and experience the madness.

Michael Blencowe Head of Community Action for Wildlife

BE STILL

Truly my soul silently waits for God; my salvation comes from him. *Psalms 62:1*

After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. *1 Kings 19:12*

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth. *Psalms 46:10*

Yes, my soul, find rest in God; my hope comes from him. *Psalms 62:5*

The LORD will fight for you; you need only to be still. *Exodus 14:14*

And he said to them, "Come away by yourselves to a desolate place and rest a while." *Mark 6:31*

Listen to this, Job; stop and consider God's wonders. *Job 37:14*

I wait for the Lord, my whole being waits, and in his word I put my hope. *Psalms 130:5*

Wait for the Lord; be strong and take heart and wait for the Lord. *Psalms 27:14*

...but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. *Isaiah 40:31*

The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing. *Zephaniah 3:17*

Be still before the Lord and wait patiently for him; fret not yourself. *Psalms 37:37*