

APRIL 2022

FREE



Church Magazine
Steyning and Ashurst
HAPPY EASTER

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

Vicar: The Revd Mark Heather LLB BA

879877

vicarofsteyning@gmail.com or rectorofashurst@gmail.com

Ordinand in Training: Caroline Armitage MA (Cantab.)

07789 915988

caroline@steyningparishchurch.org

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
No Choral Evensong in April)

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

Sunday 3 April

6:00pm Reflections Service (see poster page 4)

Passiontide. Reflecting on Jesus' passion and suffering and what it means to us.

See Page 6 for full details of **Holy Week and Easter services**



Parish Office Address:

Penfold Hall, Church Street,

Steyning BN44 3YB

Tel: 813276

office@steyningparishchurch.org

www.steyningparishchurch.org

Parish Administrator: Pat McMullan.

PASTORAL LETTER



Dear Friends,

There is no doubt we live in an uncertain world at the moment. It seems particularly cruel in some ways that just as we seem to be emerging from the fear and uncertainty of the pandemic we are confronted by the fear and uncertainty of war on Europe's borders. Our prayers and generosity focus on the horrors in Ukraine and the suffering of the Ukrainians.

The reality of course is that life is and always has been fragile, we sometimes forget that, living as we do in a part of the world that is rich and privileged. We have access to medical care that was unimaginable only 100 years ago. Life expectancy has lengthened. And death is often a hidden thing in hospitals and care homes.

It would be easy to focus only on the negative and feel despondent as we look at our world. But there is another story, a different perspective. As we look around us there are the unmistakable signs of Spring. The daffodils, the blossom, the birds singing, days lengthening and leaf buds breaking.

That contrast reflects Passiontide and Easter. As we end Lent and walk through Holy Week we focus on Jesus' suffering and death. And that is right and proper. Reminding ourselves of the fragility of human life helps us have thankful hearts when we think of the amazing hope and promise of the Christian faith. Which is that this earthly life is not all there is. Precious yes, but not all there is. Because after Passiontide we reach Easter, and the glory of resurrection.

This year is the first time since the start of the pandemic that we have been able to have a full series of services for Holy Week and Easter. Let's take the opportunity to fully participate in that, and in the joy of the Easter season. Yes, to remember our fragility and all that Jesus has done for us. But most importantly to remember that we live in a post-resurrection world where Jesus is alive. And that we can put our hope and trust in him.

Caroline Armitage

FROM THE EDITOR:

Hooray, Spring is here. The virus, might possibly, if we are lucky and careful, be under control, so, just look around - flowers and butterflies abound. Butterflies remind me of the huge importance of the little things we can do and the dynamic effect that will have on a global situation. Our thoughts are with Ukraine and their wish that the Christians around the world come together to pray for them. Our prayers will have a real effect on their mental and spiritual health.

This month I write about Holy Week and Easter with a special emphasis on watching and waiting bearing in mind our worldwide family and their needs. There are many other interesting articles for you too.

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

Thank you .



PARISH REGISTERS

FUNERAL

Monday 21 March Wendy Rowland (at Steyning).

She died on 22 February.

Rest eternal grant unto her O Lord, and may light perpetual shine upon her.

Our love and prayers for all the family at this time.

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

PRAYER DIARY FOR APRIL

Sunday 3 **The Fifth Sunday of Lent** **Passiontide begins**

Sunday 10 **Palm Sunday**

Holy Week Details Page 6

Sunday 17 **Easter Day**

Sunday 24 **The Second Sunday of Easter**

Monday 25 **Mark the Evangelist**

Almighty God, who enlightened your holy Church through the inspired witness of your evangelist, Saint Mark: grant that we being firmly grounded in the truth of the gospel, may be faithful to its teaching both in word and deed; 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 26 **George, Martyr, Patron of England** (Transferred from 23)

God of hosts, who so kindled the flame of love in the heart of your servant George that he bore witness to the risen Lord by his life and his death: give us the same faith and power of love that we who rejoice in his triumphs may come to share with him in the fullness of the 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.

GOOD FRIDAY SACRED CONCERT

In March 2020 the church choir was preparing to sing Fauré's Requiem in the Good Friday Sacred Concert. Then the first Covid-19 lockdown was announced and the concert had to be cancelled, and there has not been one since. However when the Covid restrictions were lifted recently, members of the choir began to discuss the possibility for this year. I am pleased to write that the choir will be singing a Sacred Concert on: **Good Friday, 15 April at 7.30pm in Steyning Parish Church.**

As always, **entry will be free and there will be a retiring collection**, part of which it is hoped to donate to the people of Ukraine after expenses have been met.

Please watch for further details on posters and in the Sunday notices.

Brian Sawyer, Organist and Choirmaster

HOLY WEEK AND EASTER SERVICES

Palm Sunday 10 April

9.30 a.m. Palm Procession & Sung Eucharist at Steyning St Andrew & St Cuthman.

10:30 a.m. Palm Procession and Holy Communion at Ashurst St James.

Ride on! Ride on in Majesty! The crowds welcome Jesus to Jerusalem.

Monday 11

7 p.m. Meditation and Holy Communion. A simple contemplative service at Steyning.

Tuesday 12

7 p.m. Meditation and Holy Communion, at Ashurst .

Wednesday 13

7 p.m. Meditation and Holy Communion, at Steyning.

Maundy Thursday 14

7 p.m. Liturgy of the Day at Steyning. Jesus shares the last supper with his disciples.

We keep watch in the Garden of Gethsemane.

'Unless I wash you, you have no part with me.'

Good Friday 15

Midday. Liturgy of the Cross at Steyning. 2 p.m. Stations of the Cross at Ashurst.

7:30 p.m. Sacred Concert at Steyning.

We worship at the foot of the cross.

Easter Eve 16

8 p.m. Vigil and first Eucharist of Easter at Steyning. We light the Easter Candle and greet our risen Saviour.

Rejoice heavenly powers! Sing choirs of angels!

Easter Day 17

9.30 a.m. Choral Eucharist of Easter Morning, Steyning.

10:30 a.m. Parish Communion of Easter Morning, Ashurst.

Jesus Christ is risen today! Alleluia!

We celebrate the resurrection of Jesus.



WATCHING AND WAITING

The world is shifting; the world is watching and waiting; we all watch and wait with Ukraine and all the countries around the world. There is no way I can predict what will be happening as April comes to us all, and that cairn standing on the shifting sand as seen in the March magazine is so apposite as we all rely on God through our prayers.

April brings a very full week of events with the main ones being Palm Sunday, then Holy Week with Maundy Thursday (see page 8), Good Friday, Easter Saturday and the glorious resurrection on Easter Day.

Palm Sunday begins on a high note with cheering and Hosannas for Jesus, but Holy Week does not end on a high note. It seems to end with betrayal, loneliness and sadness leading to death, but actually that is not where it all ends. That is not where it all ends for us either, on this day, or any other day.

There are several events in Holy week that invite us to pause and to ponder, to wait and watch. I hold my breath as I read again the stories of Jesus' time in Jerusalem. Of his turning of the tables in the Temple - where am I, watching and waiting to see what will happen? Of his betrayal and time of prayer in the Garden of Gethsemane - where in the Garden am I watching and waiting? Then his arrest. Did I cover my face with fear at the fierceness of the arrest of such a gentle and peaceful man? Peter and I could only watch and wait at a distance as we deny knowing Jesus - not just once, but three times..

And so to Good Friday. All the events of Holy Week invite us to pause by the Cross of Christ. Watch and wait with me as we pause together by the cross endured by all Ukrainians, or maybe by a cross we endure, or a mixture. Take time to ponder on what it means that God chose death on a cross to enable fulfilment of His word and the power of resurrection.

Easter Day brings hope, and our prayers of hope for all who suffer. Our prayers of hope for ourselves and all that we carry, for there is certainly hope for you and for me within the love of Christ. Watch, wait and pray, and know the truth of the resurrection to life eternal with our Lord.

May you know God's love, blessing and deep peace as you watch and wait this Holy Week, and in the weeks to come.

Chris Fitton

THOUGHTS FOR MAUNDY THURSDAY

With all the present uncertainties it may not happen of course, but normally on Maundy Thursday the Queen picks a Cathedral and goes there with a posy of flowers and a bag full of money. She meets a group of usually elderly men and women and gives each of them a little box containing four silver coins. It's all very symbolic and meaningful as you probably know.



The number of people is the same – men and women – as her age, so there ought to be quite a crowd this year. They are chosen as examples of good and caring charitable workers, and I well remember one year being asked to help sending in suitable names, and in fact two of our nominees were actually chosen for the day.

For some reason, unknown to me, we have one of those little boxes of coins at home, dated 1873. I have no idea how they come to be in our possession or who was the original recipient. They are marked with their value, 1, 2, 3 and 4 pence, but no checkout would know what to do with them nowadays, and specialist collectors would, I imagine, pay quite a lot for a set.

They are worth far more than the face value, and so of course are the Acts of Kindness and Caring that they represent, especially in these troubled times.

As you know Maundy Thursday is largely remembered as Last Supper Day; but the name itself refers to the New Commandment that we “love one another”, and who can put a value on that? Love is priceless.

The posy of flowers dates back to the time when the recipients, being elderly, would be expected to smell. Nowadays they wash!but they still have the flowers, just in case!

Archdeacon Hugh Glaisyer

Lord of All,
You defeated death so that we could live,
Guide us as we witness the power and
Glory of the Risen Christ

PAUSE AND PRAY FOR UKRAINE AND PEACE



Those who receive the Sunday Bulletin will have the prayer for Ukraine from the Archbishops. Please use this, and here are some other thoughts that may help.

Lord we ask for peace for those who need peace, reconciliation for those who need reconciliation and comfort for all who don't know what tomorrow will bring. Lord may your Kingdom come, and Your will be done.

Lord God,
We ask you to hold the people of
Ukraine deep in your heart.
Protect them, we pray;
From violence,
From political gamesmanship,
from being used and abused.
Give, we pray,
the nations of the world the courage
and the wisdom
to stand up for justice
and the courage too,
to dare to care - generously.

We pray that people still in Ukraine will be protected from the violence; that there will be provision of essential food and clean water; for vulnerable people who cannot flee. That refugees will find safe places to stay. For healing for people who are wounded or have experienced trauma; and comfort for those who are grieving. We pray that international leaders will know wisdom and understanding, strength, courage and compassion.

MAGAZINE DISTRIBUTION

A very big thank you to all who help to distribute our parish magazine; whether you deliver one or thirty, it is very much appreciated by the organizers, and we also have messages of appreciation from those who receive the magazine.

Thank you.

We hope we now have an up-to-date list of all those who need the magazine delivered, but please notify the parish office with details of additions or changes:

- If you know of anyone who no longer needs a delivery or has moved
- If you are unable to continue to deliver
- If you know of anyone who might like a magazine, and needs a delivery

Churchwardens

LEARNING TO RING

“If you can ride a bicycle, you can ring!”

Or so it says in a brochure I picked up when I started church bellringing in June 2018.

I think I was only 7 years old when I first came across church bellringing at St Budeaux in Plymouth when, as a young boy, I



was taken to church by my parents with my brother and sister. It was almost always a Matins service and psalms entitled ‘Venite’ and ‘Te Deum Laudamus’ were repeated weekly along with hymns and prayers. My parents were regular churchgoers and I am sure for them it gave them much comfort and peace, but for me as the youngest sibling, I found the proceedings a bit dull and something of a mystery. I was sometimes given a tube of Fruit Gums to keep me quiet!

However, St Budeaux had a Ring of Bells and the bellringers, unlike at St Andrews, could be seen from the Nave. It all looked very exciting to me with multi coloured ropes being pulled by a group of ringers in a seemingly random fashion, which created the wonderful sound of church bells. Even at that age, I loved the sound of the bells and the different musical patterns they made. Later in life, as an A Level student living in Sidmouth, I clearly recall sitting at a desk in my bedroom revising for exams and, every Tuesday evening, hearing the church bells ring out across the valley. I think these memories stayed with me until much later in life when, after retiring from work, I decided to give it a go myself. After all, how hard could it be?!

The opportunity to start ringing came about after a chance conversation in the pub with a good friend where we were discussing what I was planning to do in retirement. I said I had always been interested in bellringing. I had stopped playing and coaching rugby many years ago, but still played golf and was looking for a new activity. The Steyning Festival 2018 was about to begin and my friend told me that the tower at Steyning was having an Open Day called ‘Heavy Metal’. This was an opportunity for potential new ringers to visit the tower and experience what it is like to ring and how it works. Although I couldn’t make it to the Open Day, I arranged to meet the Tower Captain (David Kirkcaldy) just before one of their weekly practice sessions. He showed me around the tower and up into the belfry itself to see the bells and how they work, which is quite a sight with huge heavy bells hung on a substantial wooden framework.

The learning process began with several short 20 minute one to one sessions before the weekly Thursday practice so I could try to get the feel of the bells. I must admit to feeling a little apprehensive at the outset and wasn't sure what to expect. After all, there is a fairly heavy lump of metal on the other end of the ropes and the last thing I wanted to do was any damage to the tower or any injury to myself! After several sessions, I felt confident enough to ring a single bell alone and then join the weekly practice. Over the next few months, I gradually built up the ability to ring most of the 8 bells in the tower, which vary in weight up to 12 cwt for the largest (tenor) bell. By November 2018 I was sufficiently competent to participate in 'Ringing Remembers' which was a project to recruit 1400 new ringers to mark the centenary of the end of WW1 during which an equivalent number of bellringers were lost.

Since then, I have realised how much more there is to it than simply ringing the bells in the order 1,2,3,4,5,6 (called 'Rounds') which is pretty much the simplest sound you can make. The first step for me was moving on to 'Call Changes' where the conductor calls for two adjacent bells to swap places which obviously makes a different tune. The conductor makes several of these calls to create different music, some of which have names such as 'Queens' or 'Whittingtons' until eventually the bells are called back into the familiar sound of 'Rounds'.

Recently I have moved on to ringing simple 'Methods' where the bells are moved up and down the ringing order in a defined sequence of changes. This takes a lot more skill in remembering where your individual bell needs to be in the sequence and using physical skills to control and move the bell into the right place when necessary. There are hundreds of different 'Methods' from the simplest which might involve just 12 changes to others which could have several hundred, but the great thing about ringing is that you can find a level which suits you; it really can be a lifetime of learning.

Many people might think that you need a lot of physical strength to ring, but apart perhaps from the heaviest tenor bells, this is not the case. It is really much more about timing and control and it is a good but gentle exercise. Nor do you need to have any musical knowledge or attend church, although some do. It is also a great mental workout and for the more complex Methods, does require lots of concentration. Furthermore, it is a great team activity as each ringer has a key part to play in ringing successfully.

The origins of bellringing date back to the 16th Century and I feel privileged to take part in maintaining a traditional skill. After joining the band at St Andrew's and St Cuthman's, I began to read more widely about my new hobby to understand a bit more about it. There are about 30,000 ringers in the UK and over 5,500 towers, so there are lots of opportunities to visit others, which is welcomed by all ringers. This is all part of the social aspect of ringing and our local District organisation arranges many outings and social events which are listed on their website. Also, a national body called The Central Council of Church Bellringers (CCCBR) oversees bellringing activities and organisation and there is plenty of information to be found on their website, including a page on learning to ring



I am really enjoying my new found hobby and we would welcome new recruits, so, anyone who is interested in joining us, please feel free to contact me to find out more.

Geoff Goodman
Secretary and Steeplekeeper
steyningbells@gmail.com
07789 929 537

CHURCH FLOWERS IN APRIL

There are no altar flowers during Lent but of course we will be doing flowers - many - for Easter. I would like to remind anyone who is interested that, if they wish, they can donate one or maybe several lilies in memory of a loved one at Easter time.



Carol McKechnie

THE SALVATION ARMY

Last year 92p in every £1 donated went towards their work for people in need:

- They distributed food and presents to more than 118,000 struggling families at Christmas.
- They worked with over 7,500 people and assisted many into employment with training and coaching.
- They supported 2,662 victims of modern slavery and human trafficking.

All this plus providing beds for homeless, residential care in care homes and volunteer work through church local outreach.



LET THERE BE LIGHT

Church Interior Lighting

In last month's church magazine I wrote a brief paragraph about a 360-degree virtual photographic presentation, showing the total church interior lighting system all in a single picture.

This unique and beautiful presentation can be viewed on the church website, under the sub-heading Let there be Light, and I do encourage you to have a look. The presentation is made up by editing multi photographs into a single picture showing the total church interior, and offers many options i.e. zoom / pan, scan / pause, various light settings and a finger touch scan on phone and tablet devices.

Church website

The file opens showing the main picture of the west windows and almost immediately the camera moves slowly around the church. Sitting back you can take in the effect the full light mode creates as it removes all the shadows and brings each area to life. When the first scan finishes its 360-degree circuit and the second scan begins, press the light bulb icon in the main picture switching over to the low light mode, and enjoy watching a total change to the interior ambiance, as it highlights those areas of special interest.

As you try out all the different options you will see how versatile and simple this file is to use. It answers most of the questions you may have about the interior lighting.

With this standard of information and illustration on the church website, we hope to entice more visitors.

Jim Lang. Coordinator Lighting Project

IN MEMORY OF DENISE BEDFORD

Please note the new date for the Memorial Service for Denise.

Sunday 11 September at 3pm in Church and afterwards at the Steyning Centre.

This is a picture of Laurence Bedford as he finished his run on 6 March raising £500 for St Barnabas Hospice and in memory of his wonderful Mum and our dear friend, Denise.



Finished The Grizzly in 3hr 16 min

ANNUAL CHURCH MEETINGS

As a charity every parish church in the Church of England is required to hold an annual meeting, known as an 'Annual Parochial Church Meeting' for elections to the Parochial Church Council and the presentation of the annual report and accounts. This meeting is preceded by a separate meeting for the election of churchwardens. This year we will be holding these meetings after church on **Sunday, 24 April** when we will also be able to update members of the congregation on the PCC's exciting plans for mission over the next five years and for proposed improvements to our church building. Please save this date in your diary and see below for how to add your name to the list of electors if you are not already on our electoral roll.

The Church Electoral Roll is being revised and new names are being added. If you wish to participate in the Church's annual meeting your name must be on the Roll and you should complete an application form which you will find at the back of the church or speak to one of the Welcome group. When completed, it can be taken to the Church Office, given to a churchwarden or posted to the Electoral Roll Officer. Applications must be received by 6pm on Friday 8 April.

If your name is already on the Electoral Roll you don't have to do anything.

Brian Hanson Church Electoral Roll Officer

Garden Cottage, Wappingthorn Farm Lane, Steyning BN44 3AG

01903 812214

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

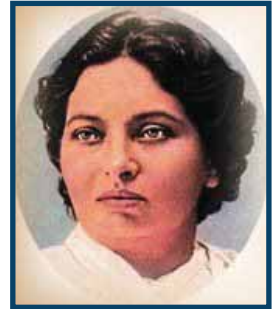
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SAINT OF THE MONTH

PANDITA MARY RAMABAI (1858-1922)

CHRISTIAN CONVERT AND TRANSLATOR OF THE SCRIPTURES

Mary Ramabai was born into a high-caste Indian family in 1858. She was taught Sanskrit by her father, an expert of the language, but lost both her parents during the Great Famine of 1876-78. As a result, she and her younger brother had to fend for themselves travelling to sacred Hindu shrines where she recited Sanskrit poetry to the crowds.



Her fame spread as a woman adept in Sanskrit and in 1878 Calcutta University awarded her the title of Pandita (Mistress of Learning), at that time an unusual honour to be given to a woman in Indian culture. She spoke eloquently about female emancipation and broke convention by marrying a man of a lower caste. Her marriage was short lived and she was left a widow with no status and with a small daughter to care for. This gave her an insight into the plight of Hindu women less privileged than her.

She founded a Society to promote women's education and to highlight the scandal of child marriage. Ramabai also spoke out about the need for women to be permitted to enter medical colleges; this brought her into contact with Christian organisations involved with women's education and medical missionary work. In particular she worked with a community of Anglican nuns, the Wantage sisters of St Mary the Virgin (CSMV). In 1883 they suggested to her that she go to the United Kingdom to start medical training.

Whilst in England she converted to Christianity taking the name of Mary. She had become disillusioned by orthodox Hinduism and what she considered was its disregard of women. On returning to India she continued with her work extending it to unmarried mothers and young girls. She was criticised by Hindus for denying her origins and by Christians for not seeing the conversion of the women as being the major priority.

Mary had no time for denominational in-fighting, basing her faith on the Jesus of the Bible and expressing worship in an authentic Indian way. She founded a school

which developed into a large institution where lower-caste women, widows and orphans were able to find care and support. As a result many converted to Christianity. In addition Mary felt called to translate the Bible into her mother tongue, Marathi, from the original Hebrew and Greek.

She died in April 1922 from septic bronchitis at the age of 63 and is commemorated in the Anglican Calendar. The Mission she founded is still active to-day providing housing, education and vocational training for many needy groups including widows, orphans and the blind.

CSMV was founded in 1848 by the 29 year old Vicar of Wantage, William John Butler. It still gives a warm welcome to many today.

THE STEYNING SOCIETY

**Wednesday April 20th at
7.00pm for 7.30pm
at The Steyning Centre**

A short AGM followed by 'The Story of Palmeira Mansions in Hove'

an illustrated talk by Jackie Marsh-Hobbs

Jackie is a well known Brighton Guide and authority on the Town. She has researched many sites in Brighton and has a happy knack of being entertaining with her knowledge. Jackie is a colourful character and so we always have to book her up early.

Free to members and £3 for guests, payable on entry. Wine or soft drinks are available (donations gratefully received)

www.steyningsociety.org.uk

Registered Charity No.
269859



THE ARTS SOCIETY

**Lucian Freud: The Art and the Man
by John Iddon
Monday 11th April 2022**

Possibly the greatest figure painter of the second half of the 20th century, Lucian Freud also led an extraordinary life. The lecture will look at his unforgettable paintings, many of which have a penetrative scrutiny that is almost the visual equivalent of his grandfather Sigmund's analysis of patients, as well as his relations with his models and fellow artists.

The Steyning Centre, Fletchers Croft,
BN44 3XZ

10:00am - 12:00noon

Free to members, £10 donation for visitors.

steyning@theartssociety.org

www.theartssocietysteyning.org.uk

SAMARA'S APPEAL – AID FOR SYRIA



In an era where new headlines assail us every day it's all too easy to concentrate on the immediate story and to let what went before slip into the background. But the situation in Syria is still critical. Behind every headline is a human story.

Thank you so much for your generosity in supporting this appeal to help orphans and vulnerable children. With the dignity bags you assembled and the money you donated to the red bucket appeal we were able to provide ten complete bags. All of them contained the toiletries, underwear and socks required. We were able to provide a warm winter coat with each bag, which was an important optional extra. The majority of bags contained shoes for the children. The money that was given through the buckets and other donations given to me directly raised just over £600. *Thank you again.*

Samara's Aid Appeal plan to deliver the bags collected across the country to Syria from its Brighton base shortly. Samara Levy, who lives in Brighton, is founder and CEO of the Appeal, which provides medical and humanitarian aid in Syria and the Middle East. Samara started helping in this way in 2014. As the cover of one of her books says, "She has empowered the Church and other community groups across the UK to respond to the crisis in the Middle East and has helped hundreds of thousands of displaced people who have fled war and terrorism."

This winter in Syria has been very harsh. Samara says, "The aid we are sending in these dignity bags for orphans and vulnerable children is absolutely essential. Every child needs a coat and a pair of shoes when it is snowing or when temperatures are so low. Every child. This isn't a luxury, it is a necessity. What concerns me most is that many of the poorest cannot heat their homes adequately as they don't have the fuel, they don't have the electricity, and they don't have the firewood. So if they don't have a coat or proper shoes or socks, and they don't have heating, life is a bitter fight for survival. In these temperatures it is miserable. People in Syria are exhausted by the cold, which wears away at their resilience and ability to keep fighting for survival."

There has been a very serious wheat shortage in Syria and a steep rise in fuel prices, meaning that people struggle to afford the fuel they need to cook and keep warm. "Syrian people depend far more on wheat products as part of their daily food than we do here in the west." Bread is one of the few carbohydrates that can be eaten without being cooked.

Syria has suffered both in and out of the headlines and is suffering now. "In the early years of the war, there were a shocking number of kidnappings, disappearances and killings. So many fathers were kidnapped in those early years from 2011, and it was very rare that any of those men were ever seen alive again. A large number of the children we serve are those whose fathers disappeared or were killed in those early years of the war, and many of them are teenagers now. I am so keen that we don't neglect them in favour of the younger orphans that we also serve."

If you would like to read more, there is a website: www.samarasaidappeal.org

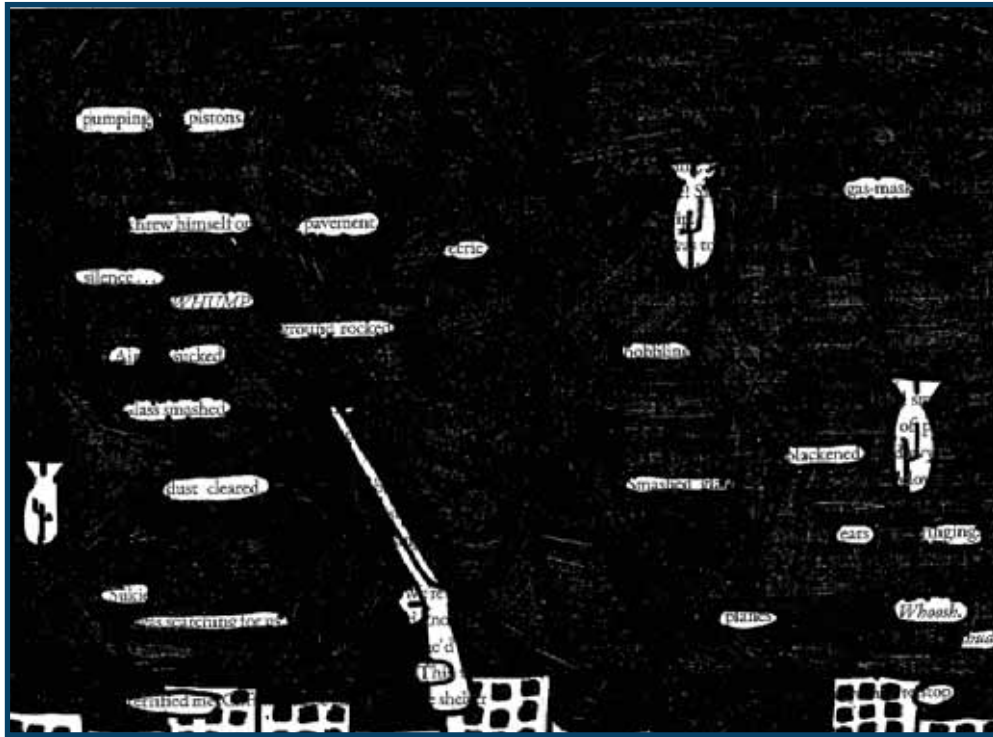
Samara has also written two books, *Rebuilding the Ruins* about how her Aid Appeal began, and *Up from the Ashes*, the story of a Syrian doctor who stayed to serve his people through one of the worst humanitarian crises of our generation.

Jill Hartley

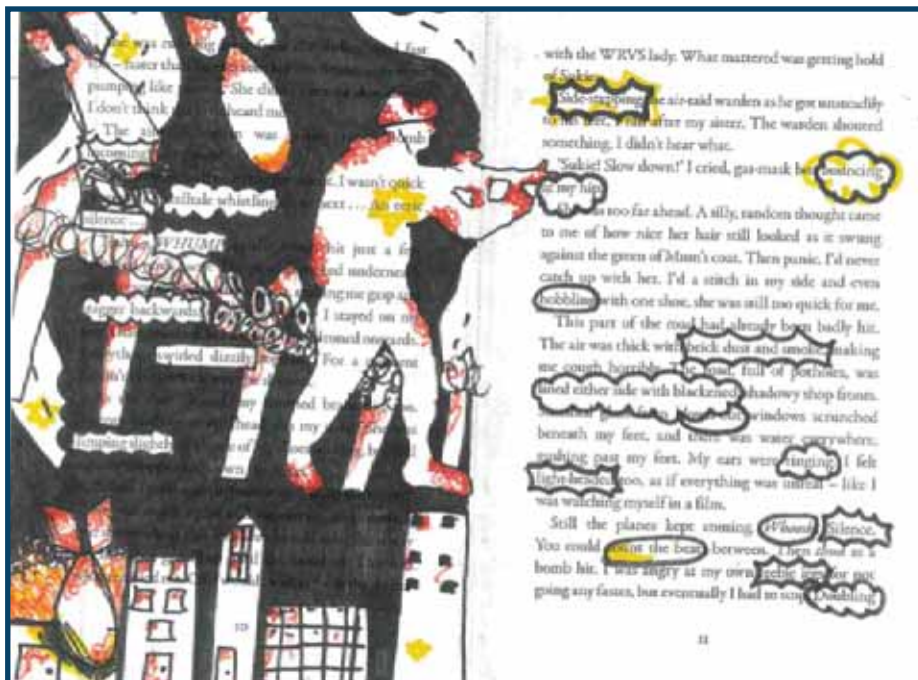
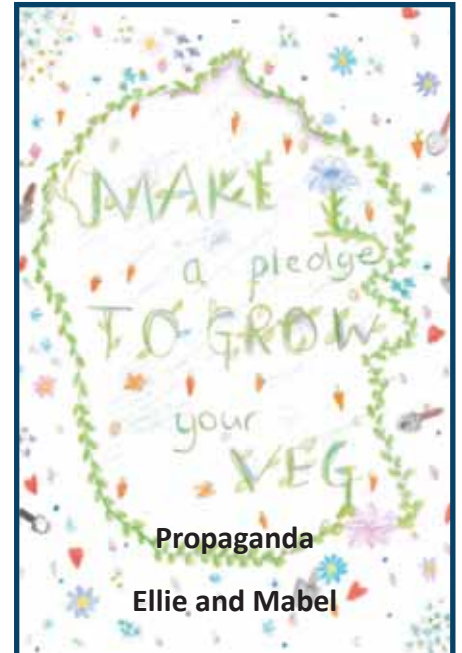
Lord, we lift to You our brothers and sisters in Christ living in Syria. Strengthen them with power through the Spirit (Ephesians 3:16). And help them to endure and remain faithful, knowing that nothing can separate them from Your love.

STEYNING PRIMARY SCHOOL

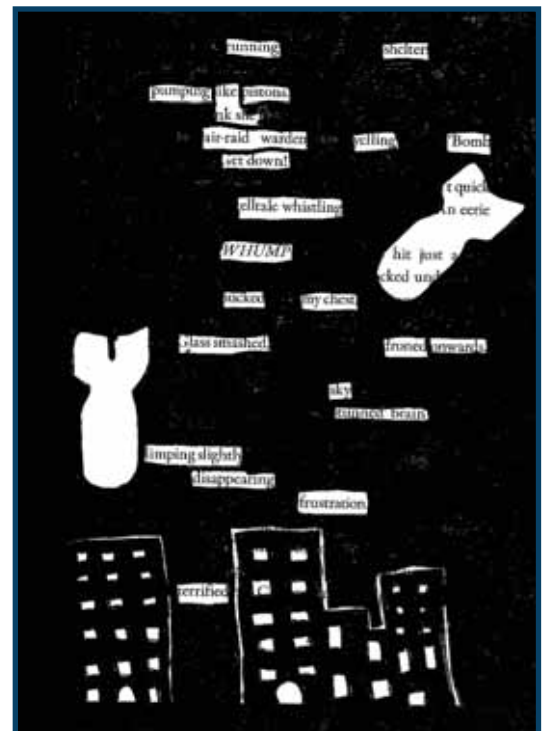
Year 6 at Steyning Primary School have done some thought provoking work this term about WW2, and would like to share some with us all. We hope to have more next month. Thank you to everyone.



Blackout poetry by Alex and Ellie



Blackout poetry by Ellie



Blackout poetry by Mia

World War 2

No smiling around here,
 Trying so hard not to cry my tear,
 Miss my family with all my heart,
 Missed them from the very start.
 Forced to fight during the night,
 As the gun shoots, I feel a fright,
 Remember when I left and I sipped up my bag,
 Now I'm out here fighting for my flag,
 Remember training in the air force camp,
 Now I'm running through the mud getting my socks damp.

Explosions so loud it wakes the dead,
 My best mate got shot right in the head.
 Not only my outside that's feeling pain,
 There's so much wrong in my brain,
 Fingers throbbing, I can see a bruise,
 Didn't wanna fight but I didn't get to choose,
 Don't feel safe have to be aware,
 I need love. my heart's about to tear.
 Can't believe I took husbands away from their wives,
 Shot the souls out of innocent lives,
 Ears ringing from my friends' cries,
 Tears roll down my face as he slowly dies.
 I feel so alone.
 I need to come home.

By Mikey



Finley



Yasmin



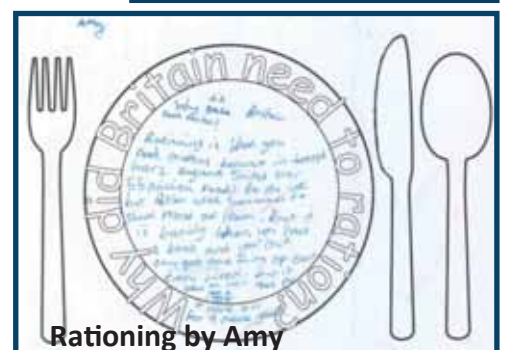
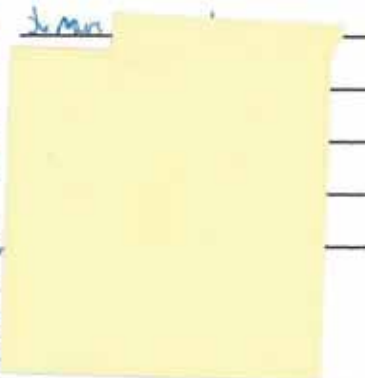
Nate

Postcard from Seth to Mum

Dear Mum

I have to make this snappy as I'm only writing this under torch light; we are hiding in the cellar, because we have spotted the Luftwaffe.

Other than hiding in the cellar, this week has been amazing, the food is lovely and the grassland is lush and green. I hope that we can explore it tomorrow. Oh and the train ride was a jolly good time. I made lots of new friends; one of them gave me a nice book (his name was Billy Jones). The torch is running out so I'll have to go now. Love from Seth.

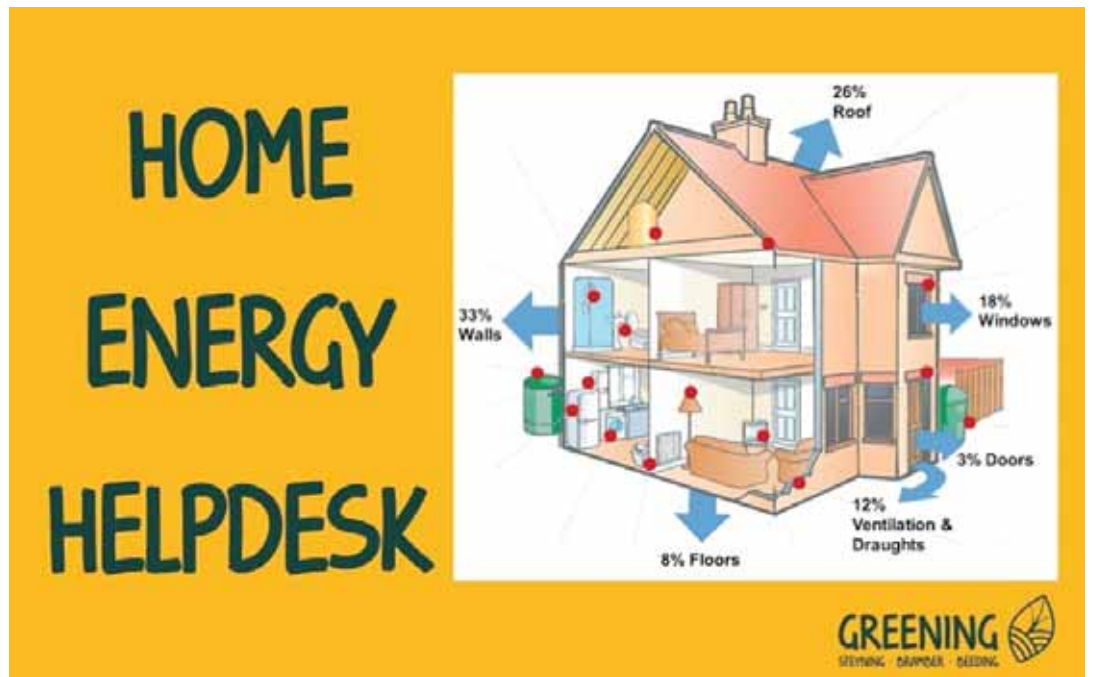


Rationing by Amy



HOME ENERGY HELPDESK LAUNCHED

With prices going through the roof, energy bills are a real cause for concern for many. But some help is on hand. Greening Steyning's new **Home Energy Helpdesk** offers practical assistance



on how you can save energy costs and cut your carbon footprint at the same time.

The Helpdesk will be happening once a month at the same time and place as the Repair Café. We've booked a meeting room at the back of Beeding Village Hall and we'll have a team of volunteers on hand to talk over your own situation, and what energy saving steps might be practical for you.

Perhaps you're looking for suggestions on cheap and simple measures like draught-proofing or LED lighting. Or maybe you'd like to talk through more ambitious steps like fitting solar panels or installing a heat pump. Either way, our Helpdesk team are there to talk over the options, and provide useful pointers on where to go next.

The service is entirely free, though you might like to drop a small donation in Repair Café bucket as you leave.

The next two Repair Cafés will be on

**Sat 9 April and Sat 14 May, both from 2-4pm
at Beeding & Bramber Village Hall.**

You can book a 15 minute slot in advance via the website:

www.greeningsteyning.org/helpdesk.

Or just show up on the day and ask one of our volunteers if there's a free slot coming up. If we're busy, you can have a cup of tea and a cake while you wait!

MARTIN LUTHER KING, 1929-1968



There are two dangers with a figure like Martin Luther King – one is to treat him as long ago and far away. Had he not been martyred by an assassin's bullet he could still have been alive as an old man today. The opposite danger is to remember but engage in making his message harmless - what theologian Cornel West calls "the Santa Claus-ification" of Martin Luther King. It is to forget how he was spied on by the FBI, how hated he was especially in the American South, how unpopular he was with the US establishment when he came out publicly against the Vietnam War. He could have been a comfortable academic, but he chose to protest alongside the black workers in bus boycotts and bin collectors' strikes.

It is a tragic irony that the author of "Why We Can't Wait", which includes his letter from Birmingham Jail in 1963, did not live to see the era of Black Lives Matter. His message is still of relevance.

It took the Hindu Gandhi to unleash the power of the Sermon on the Mount as practical politics. It is amazing that King was able to adapt the non-violent mass peaceful action of Gandhi's civil disobedience to the African American cause. As Desmond Tutu said: "Our God would be too small if he is not also the God of Gandhi" (God is not a Christian p.7). On the cover of King's autobiography is a picture of King, with a picture of Gandhi behind him.

There is so much to remember – his "I have a dream" speech at the huge rally in Washington 1963; his final sermon about how God had allowed him to go to the top of the mountain, to look over and see the promised land; the Nobel Peace Prize – and the brutal murder.

I would encourage you to look again at King. The Bible shows us that reaching the Promised Land comes early in the story – so much can still go wrong. But King's dream of equality for people of colour is still not realized. We must not turn King into a friendly figure dispensing platitudes and presents, but see him as a challenge to work for peace and justice today. His is not a comfortable voice: "we still have a choice today; nonviolent coexistence or violent co-annihilation." As King said – this is the choice between "chaos and community". The choice is deeply biblical –

“choose life” (Deuteronomy 30:19). “Life in all its fulness” (John 10:10) was what King dreamed of, for black and white, rich and poor – it was a hard road that led to his death on April 4th 1968, before the age of 40.

Suggested reading

The Autobiography of Martin Luther King, Jr. (ed. Clayborne Carson), Little, Brown: London 1999

The Words of Martin Luther King, Fount London 1985

<https://www.westminster-abbey.org/abbey-commemorations/commemorations/martin-luther-king-jr>

Roger Williamson

SAVE A LIFE - FIRST AID TRAINING



The Red Cross are offering to run a first aid course for Steyning Parish Church this April/May. Would you like to learn simple techniques that can 'quite literally save a life'?

The certificates for all current holders expire in April 2022 **can I invite you to renew? Or learn these skills for the first time?** The training takes place in the Penfold Hall, over one morning, in a relaxed and friendly environ-

ment. It includes saving a life for a baby, child and adult and the Red Cross provide a full range of dummies on which to practice.

I am so glad I updated my skills three years ago. Just two weeks after having taken the course, my brother had a full cardiac arrest in the front passenger seat of my car in Brighton at a busy junction. Because of my training I knew exactly what to do, there was no panic, and using just my hands I was able to get him out of the car onto the road and apply chest compressions, having first phoned 999 and been told the ambulance was on it's way. I continued with chest compressions unabated while two ambulances and the police parked up on three sides of us to give protection

and privacy and divert the traffic around us. As the defibrillator was prepared, I continued with chest compressions, feeling the resistance under my hands as my brother's heart restarted. I only stopped chest compressions when the paramedic was alongside and ready to take over.

My brother, although admitted to intensive care, made a full recovery with all his faculties intact. Because the oxygen in his blood was continually pumped round his body via my compressions, he suffered no brain damage. I met up with the paramedics afterwards to give them the full update and it was lovely to provide them with good news. Also a bystander who held an umbrella over us, was inspired to train as a paramedic.

This is just one example to show that the money was well spent by the PCC in funding our training, for which we are very grateful.

Judie Thomson is kindly co-ordinating enquiries, so if this is of interest, please let Judie have your name and contact details. Judie can be contacted on 810392, or in church.

We can then confirm with the Red Cross how many will be taking the course. I for one am certainly going to refresh! You too can save a life.

Mary Penley

CHRISTIAN AID COFFEE MORNING

Save the date: Christian Aid Coffee Morning Saturday 14 May at the Penfold Hall

Times have changed and giving to charity has also changed with the times. The envelopes that were delivered to your door during Christian Aid Week in May used to raise significant funds. However, over time the sum achieved has diminished significantly especially when weighed against the considerable amount of time and effort it took to organise.

We all enjoy the opportunity to go out, meet friends and make new acquaintances over cups of coffee while tucking into delicious cakes. Consequently I am appealing to all of the cake bakers in our congregation to consider baking a cake for our Christian Aid Coffee Morning.

If you'd like to know more or wish to bake a cake, please contact Elizabeth Brown 01903 817144



PLANTS FROM A MONASTERY GARDEN

Monastery gardens have always been important for giving us the methods of crop growing and preservation, healing, bee keeping, wine making and much more in the Middle Ages.

The gardens surrounding Monasteries, Cathedrals and Abbeys were needed to provide food, medicine and shelter for the pioneering monks. Salves, potions and healing remedies for the infirmary were grown, as well as flowers and foliage to decorate religious buildings.



Borage

BORAGE is a sturdy plant which grows to a height of 90cm. The stem is hollow, and the whole plant is covered with hairs that are rough to the touch. The light blue flowers appear in clusters of five pointed stars.

Borage is an annual, vigorous grower and easy to grow. Does well in a sunny position and well drained soil.

Borage leaves contain calcium, potassium and other mineral salts. A useful herb for ensuring peaceful sleep and good for mental health.



Angelica

ANGELICA The large papery leaves can be picked in the summer and dried. A soothing drink can be produced for bronchial disorders and it also aids digestion.

LEMON BALM The leaves are used to make a soothing and relaxing drink.

CHAMOMILE This can be made into a soothing tea for a peaceful night. Can also relieve mild indigestion.

MARIGOLD This can be made into a soothing balm for cuts, grazes and insect bites.

VIOLET Used as a remedy for Cardiac disorders, constipation and gout.



Violet

Other Monastic plants include Agrimony, Cornflower, Foxglove, Garlic, Lavender, Rosemary, Rue, Sage and Thyme.

GARDEN TIPS FOR THE MONTH OF APRIL

Sow new lawns or repair bare patches.

Keep weeds under control especially bindweed.

Feed shrubs and Roses.

Prune Fig trees.

Give your greenhouse a thorough scrub with soapy water.

Tie in climbing Roses.

Get out into the garden and enjoy.

Robert Hill - Snook



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>

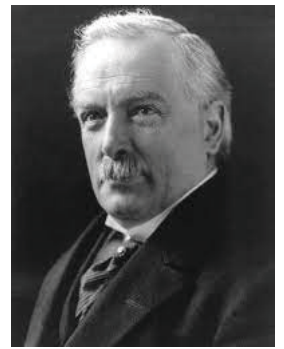


HERBERT HENRY ASQUITH (1852-1928) AND DAVID LLOYD GEORGE (1863-1945)

The "Old Age" Pension Act 1908



As history reveals, both Asquith and Lloyd George, equally must take the accolade for the political introduction of the case for providing a State financial provision, in what eventually emerged as the British "Old Age" pension. Earlier, in his 1791 book, *The Rights of Man*, Thomas Paine did, however,



refer to this idea, and separately the old German state of Prussia did actually take this concept on board, in a small way.

In the historically important 1906 General Election, won handsomely by the Liberal Party, both Asquith and Lloyd George wanted to place this benefit onto the Statute Book. As it transpired during their separate political lifetimes both Asquith and Lloyd George held the offices of Chancellor of the Exchequer and Prime Minister, each having some input into this aspect. The issue of having some state payment to elderly citizens was seriously discussed during the late Victorian period, but nothing further progressed until the 20th Century. Such concerns about the subject took on an increasing level of parliamentary interest, which cut across a whole stratum of liberal and cross-party debate. However, after 1906, Liberal worries about the matter emerged as an increasing and ongoing problem. This particular Administration had a number of other issues to consider, but the fight to reduce poverty at a national level had become a national priority. The big questions were how this could be afforded amongst the whole welter of other government important matters including, of course, female suffrage. For example, the cost of increased naval battleship procurement would inevitably (and did) cost the Exchequer a huge amount, and, similarly, if the new concept of a non-contributory payment for old age came into play, then how too, could that money be found?

How did the Welsh cottage bred politician, Lloyd George, reach agreement with the intellectual and thoughtful Asquith to move forward with this proposal? This was a

great challenge. The level of poverty in those who managed to live to 70 years of age and beyond was enormous and this aspect was, in fact, their common shared objective. The answer to affordability was simply to increase taxation. The entire Old Age Pension legislation was subsequently passed by Parliament in the 1908 Budget, after much serious argument.

By today's standards, the amounts involved were pitiful. Thus, five shillings a week would be granted from the age of 70 to individuals, and for couples over 70, the figure was seven shillings five pence per week; such pension was invariably referred to at the time as "the Lloyd George". Naturally, for those who qualified it was a much-needed help to simply exist.

The State benefit system continues to evolve, and now embraces a hugely greater level of social benefits than when the first pension benefit was introduced in 1908. There is now a contributory factor to the modern "Old Age" pension, and the equivalent rate of basic retirement pension payable when an individual reaches the State Retirement Age, subject to the payment or credit of the relevant amount of national insurance contributions, is currently £137.60 per week.

The actions of Asquith and Lloyd George can be viewed as the embryonic idea of the state providing benefits for the population, and was a major step towards the fight against poverty in old age.

*Ian and Mary Ivatt,
Steyping History Society.*

STEYNING HISTORY SOCIETY

Wednesday, 13 April 2022 7.30 p.m. for 7.45 p.m.

Shorehan Fort - Past, Present and Future

Presented by Gary Baines

Visitors welcome £4:00

Steyping Centre, Coombe Court



RECIPE FOR APRIL

LEMON POSSET

This will serve 6 people, so I usually halve the recipe to make 3-4 servings.

Ingredients

- 600ml/21fl oz double cream
- 150g/5oz caster sugar
- 2 large lemons, zest and juice only



Method

1. Place the double cream and the sugar into a medium sized, heavy based pan over a low heat and bring to the boil slowly. Keep stirring.
2. Boil for three minutes, then remove from the heat and allow to cool.
3. Add the lemon juice and zest and whisk well.
4. Pour the lemon cream mixture into six large serving glasses and refrigerate for three hours or longer.
5. Serve with shortbread biscuits.

This is delicious.

A perfect end to a meal, and I love that it can be made so well in advance.

Enjoy!!

TIP OF THE MONTH

Bananas!!



No, this tip is not silly, but it is about bananas. Bananas were much missed during WW2, and became very precious when they returned to a daily diet. Now they are one of our most wasted food products. UK households throw away 920,000 every day. You can freeze bananas. Freeze a chunk of overripe banana for an instant ice cream, or blend the frozen chunk with a little peanut butter.

THE HAPPIEST DAYS OF YOUR LIFE!!

In late December 2021 the Letters to the Editor section of *The Daily Telegraph* published a number of letters on the topic of "The art of the pithy school report put-down."

So far as is known none of the recipients of these barbs lives in Steyning.

"Started abysmally and rose to a very low standard" Art report

"Does well to find her way home" Geography report

"Original" Spelling

"Nigel is the best of the non-swimmers" PE report

"Sings well but not in tune" Music report

"The recent improvement in his handwriting has only revealed his complete inability to spell" English report

And from three general reports

"During last year Susan has grown older" and added when returned by the Head Teacher as too harsh "and has learnt nothing"

"Richard sets himself lower and lower standards every term which he consistently fails to meet"

Report after first term at secondary school " It doesn't look like Iain will be getting a new bike for Christmas"

David Fitton



"After this, when Jesus knew that all was now finished, he said (to fulfil the scripture), 'I am thirsty.' A jar full of sour wine was standing there. So, they put a sponge full of the wine on a branch of hyssop and held it to his mouth."

Take a glass of water and hold it firmly in both hands. What are you thirsty for today?
Ask Jesus to quench your thirst.

JUST FOR FAMILIES

At Easter the church is decorated extra specially by the flower team. The church is open every day from 9:30am so people can go in to see the decorations; to be quiet; to think; to pray.

We invite you, at any time, to come in with your child to have a wander round. Please talk to your child about what you can see, smell or hear. Is there silence? Maybe bring some pencils and paper with you and you all can sit and draw something you see and especially like.

There will be many different flowers including lilies and spring flowers, and an Easter Garden. The Easter Garden shows the empty tomb with the stone door rolled away, and inside will be a linen cloth to show that Jesus is no longer in the tomb, but risen. On a mound will be the three empty crosses to help us remember that Jesus died for us. The planted flowers help us recall that Mary talked with Jesus in the garden just outside the tomb on Easter Day.



There are lots of other interesting things inside the church that you can talk about with your child. You do not have to be completely silent in the church, but simply respectful, and let your child be curious. If they are not too keen on the flowers then see how many angels you all can find. Choose one to draw. Together you could write a prayer to God and leave it near the special angel.



“Love is patient, love is kind, love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful. BUT rejoices in the truth, bears all things, believes all things, hopes all things, endures all things.”

Love prayer

ANAGRAM FOR APRIL

The anagram for April is: **EASTER DAY**

REMEMBER:

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

NO capitalised words, and NO plurals.

Dearest friends, **READY, STEADY, GO!!**

Wishing you a very Happy and Blessed Easter.

EASTER TRIVIA

1. Which flower symbolises Jesus' resurrection?
2. What type of crown did the Romans give Jesus?
3. What is another name for Holy Thursday?
4. Easter is the same date each year? True or false.
5. What colour were the very first Easter Eggs?

Answers

1. Lily
2. Thorns
3. Maundy Thursday
4. False
5. Red, to symbolise Jesus' death on the cross.

STEYNING MUSEUM

SPRING COFFEE MORNING

Saturday 2 April

10:30 – 12:00

Penfold Hall, Church Street, Steyning

Homemade Cake Stall and Raffle

Entrance £2 (includes fresh coffee and biscuits)

EASTER WEEKEND FAMILY QUIZ

Friday 15 – Monday 18 April

Steyning Museum

10:00 – 16:00

Church Street, Steyning

With a special treat for kids who have a go

FUN AND FREE



I spend way too much time in graveyards (especially considering that I'm going to spend an awful lot of time in one in the future). But they are great places to look for Pipistrelle bats. At this time of year, adult Pipistrelles are emerging from their winter hibernation and taking flight.



Above Sussex, the night sky is a battlefield of deafening cries as Pipistrelles swoop and swirl, plummet and pounce at their insect prey.

The acrobatic anarchy overhead goes unnoticed by us humans. Our hearing is limited and when it comes to night vision we're as blind as, well, something with really bad eyesight...in fact anything but a bat. Bats have excellent vision. But it certainly isn't their best sense.

Echolocation is one of the animal world's most incredible superpowers. A Pipistrelle shouts, the shout hits something and bounces back. This echo is instantly analysed in an amazing brain and tells the bat how far away the object is and whether it's a mosquito, a moth or a mansion. To get the maximum information from their echo, Pipistrelles yell at high frequencies (45 kHz, we can only hear up to 20 kHz). And these shouts are loud; pneumatic drill or jet fighter loud. Up to 110 decibels in some species. A bat would deafen itself if it heard its own shout. So Pipistrelles have to disengage their ears, then shout, then turn their hearing back on, listen for the echo, analyse, then start all over again. All at the rate of 10-15 times a second. This gives bats an amazing, multi-layered awareness of their surroundings. But it's tricky (and impolite) to shout when you're eating, so once a moth is in the mouth the bat has to chew-shout-listen-chew-shout-listen to avoid a collision.

There are 17 different species of bat in Sussex. Our smallest – the Common Pipistrelle – is also the one you're most likely to see around your gardens. Back in the 80's there were just four TV channels, two types of videocassette and one species of Pipistrelle in Britain. But in the 90's, scientists discovered that some Pipistrelles were echolocating at higher frequencies (55 kHz). These are the Soprano Pipistrelles. There's now a third: Nathusius' Pipistrelle. By affixing lightweight metal rings to this species' wings, researchers have discovered that these bats are migrating to Sussex from as far away as Latvia. An amazing journey for an amazing animal.



But on the first day of the week, at early dawn, they came to the tomb, taking the spices that they had prepared.

They found the stone rolled away from the tomb, but when they went in, they did not find the body.

While they were perplexed about this, suddenly two men in dazzling clothes stood beside them.

The women were terrified and bowed their faces to the ground, but the men said to them, "Why do you look for the living among the dead? He is not here, but has risen.

Remember how he told you, while he was still in Galilee, that the Son of Man must be handed over to sinners, and be crucified, and on the third day rise again."

Then they remembered his words, and returning from the tomb, they told all this to the eleven and to all the rest.