

**SEPTEMBER**

**2022**

**FREE**



**Church  
Magazine**

**Steyning and Ashurst**

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

**Vicar:** The Revd Mark Heather LLB BA

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**CHURCH SERVICES**

**St Andrew's & St Cuthman's**

Every Sunday

8:00am 1662 Holy Communion Service

9:30am Sung Eucharist (18 September Music Group Eucharist with Holy Baptism)

6:00pm Evening Service (4 September Reflections Service. See pages 4 & 8)  
(18 September Choral Evensong for Battle of Britain. See page 8)

**St James's**

10:30am Second Sunday Family Service

Fourth Sunday Holy Communion

**Wednesdays at St Andrew's & St Cuthman's**

11:30am Midweek Eucharist

**Reflections Service** 6:00pm Sunday 4 September. Silence, readings and music on the theme Changes.

**Battle of Britain Choral Evensong** 6:00pm Sunday 18 September (See p 8)

Our **HARVEST FESTIVALS** will take place as usual in October:

Sunday 2 October 9:30am at St Andrew's & St Cuthman's

Sunday 9 October 10:30am at St James's

**Parish Office Address:**

**Penfold Hall, Church Street,**

**Steyning BN44 3YB**

**Tel: 813276**

[office@steyningparishchurch.org](mailto:office@steyningparishchurch.org)

[www.steyningparishchurch.org](http://www.steyningparishchurch.org)

Parish Administrator: Pat McMullan.

## PASTORAL LETTER



Dear Friends,  
Recently a former member of the Archbishop's Council, reacting to some of the press coverage of the recent Lambeth Conference, made the mistake of referring to the church as no more than a human institution. True, any church suffers from human failings and has, over the years, proven more-than-capable of making serious mistakes. Inevitably she is guided in her actions by human leaders, all of them fallible, but to describe the church as merely, or mainly, human is a direct contradiction of one of the most poetic passages in scripture, the opening chapter of the Epistle to the Colossians, which includes the following description of Christ:

*He is before all things, and in him all things hold together. He is the head of the body, the church. He is the beginning, the firstborn from the dead, so that he might come to have first place in everything. For in him all the fullness of God was pleased to dwell and, through him, God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross. (Colossians 1:17-20)*

The central belief that the Church was not only founded by Jesus but is also animated or made alive by him is what gives us hope. Exactly where human sin fits into the equation has long been the subject of argument, not least during the acrimonious years of the Reformation, but the phrase 'We are the body of Christ' has always been much more than a metaphor.

A poem long attributed (with some uncertainty) to St Teresa of Ávila (1515-1582) gives us the title of this month's workshops about pastoral care:

*Christ has no body but yours,  
no hands, no feet on earth but yours,  
yours are the eyes with which he looks  
compassion on this world,  
yours are the feet with which he walks to do good,  
yours are the hands, with which he blesses all the world.*

This does not make Christ powerless of course. Instead, through his Spirit, when we are reconciled to him through the cross, he is able to operate through ordinary human beings so long as they are doing his will in the way that he would wish. Almost unbelievably, we his church are the way the invisible power and wisdom of God (Colossians 1:15) is made real in a world that cries out for healing, love and peace.

*fr Mark*



## FROM THE EDITOR:

Our thoughts and prayers continue to be with Ukraine and all its people and leaders, and especially families who have found refuge within Steyning and Ashurst including those who worship with us.

Please also remember all who are caught up in the war and especially those who have lost their loved ones and those who do not wish for war.

The lovely photo of a dry stone wall on the front is there to help us think about the building blocks we have in our lives, but also because it reminds me of this special town we live in because Steyning should be "associated with the OE word *stæne*, 'stony place' ." (*Survey of English Place Names*). Stones are important.

Also we have two obituaries - from the families of Alastair McKechnie and Al Turner who are very pleased to be able to share them with you all.

Please continue to send your contributions: [steyningchurchmag@gmail.com](mailto:steyningchurchmag@gmail.com)

*Thank you .*



## PARISH REGISTERS

**Holy Baptism** St Andrew's & St Cuthman's  
24 July Hudson David Baker  
Evie Lebrec Ascoli

**Holy Matrimony** St Andrew's & St Cuthman's  
23 July Patrick Henry Kendal & Ruby Nainan

**Funeral** St Andrew's & St Cuthman's  
26 July Finley Shephard (Died 3 July)

**Interment of Ashes** St James  
31 July James Ralph ('Jim') Hanson  
(Died 13 September 2018)

## SUNDAY BULLETIN

The weekly Sunday bulletin sent from the Parish Office gives all the information about services, news and events.

There is also the list of those needing our prayers.

If you would like to receive the bulletin please contact:  
[office@steyningparishchurch.org](mailto:office@steyningparishchurch.org) or ring 01903 813276

To add any new prayer requests please contact:  
[prayers@steyningparishchurch.org](mailto:prayers@steyningparishchurch.org) or ring 01903 813276

## PRAYER DIARY FOR SEPTEMBER

**Sunday 4 September**

**The Twelfth Sunday after Trinity**

**Thursday 8 September**

**The Birth of the Blessed Virgin Mary**

Almighty and everlasting God, who stooped to raise fallen humanity through the child-bearing of blessed Mary: grant that we, who have seen your glory revealed in our human nature and your love made perfect in our weakness, may daily be renewed in your image and conformed to the pattern of your Son, Jesus Christ our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

**Sunday 11 September**

**The Thirteenth Sunday after Trinity**

**Wednesday 14 September**

**Holy Cross Day**

Almighty God, who in the passion of your blessed Son made an instrument of painful death to be for us the means of life and peace: grant us so to glory in the cross of Christ that we may gladly suffer for his sake; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

**Sunday 18 September**

**The Fourteenth Sunday after Trinity**

**Wednesday 21 September**

**Matthew, Apostle and Evangelist**

O Almighty God, whose blessed Son called Matthew the tax collector to be an apostle and evangelist: give us grace to forsake pursuit of gain and the possessive love of riches that we may follow your Son Jesus Christ who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

**Sunday 25 September**

**The Fifteenth Sunday after Trinity**

**Thursday 29 September**

**Michael and All Angels**

Everlasting God, you have ordained and constituted the ministries of angels and mortals in a wonderful order: grant that as your holy angels always serve you in heaven, so, at your command, they may help and defend us on earth; 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.

## NEWS OF OUR FRIEND EILEEN BUCKLEY

*Unfortunately Eileen is now unable to continue to live alone in her home in Tanyard Lane. She has had many happy years in the house and her previous home in De Braose Way. I have moved her to a small rural care home near me in Suffolk and I will be able to see her daily. I felt very sad for her when we left the home and town she has known and loved for 62 years!*

*It is such a good memory of her at the occasion of the christening of Hudson - a happy time to be together as a family and in the church she loves. It is so important to take these opportunities as we never know what lies ahead.*

*Best Wishes, Barbara Buckley*

## THE NICENE CREED

In the August magazine there was an article from our Bishop as we approach two important anniversaries in three years' time. That of the 950<sup>th</sup> year of the founding of mission in this diocese, and 1700<sup>th</sup> year of the Council of Nicaea. Not often do we get to remember and celebrate two areas that impact on the life and worship of the Church of England, and Bishop Martin is going to offer us ways of building up to these events during the next two years.

I think I can grasp something of what it meant to found mission in this diocese, but I only knew that, from the Council of Nicaea, came something we say at each communion service, The Nicene Creed. You will find it written on the back cover of this magazine.

The Council that met in Nicaea was a landmark in history as it was the first major ecumenical council involving Bishops from many different regions within the Roman Empire. It sought to answer one of the most important foundational questions within Christianity – the nature of Christ – because there was much open discussion and dissent around within the Roman Empire. From their discussions came a creed, now known as The Nicene Creed.

The word creed comes from the Latin word *credo*, which literally means “I believe”, and so it is a statement of what I believe. I remember when the creed began with the words “I believe”, but today we say together as a congregation “We believe” as that acknowledges the universality of what we are saying, across the whole Christian church. The Nicene Creed has been invaluable to the church across these 17 centuries as a clear testimony to the world of our faith and belief in the uniqueness and deity of Jesus, who is the Son of the living God and who died to save us from our sins. The words were chosen with great care so they summarise the teachings found within passages from the Bible.

The way we live our lives depends on what we believe, and this creed provides us with the building blocks for how we make decisions, how we act, how we speak....everything we do or say. This is the connection to my picture on the cover – the building blocks of life – what words do you choose to put in each block? As you fill in a block try to think what it fully means within the Christian faith. What



does it mean to me to be fully truthful...to be completely honest...to fully love...etc? Each block needs the others to keep it in place.

There have been times in my life when to stand up in Church and say aloud, to God, that I believe all that is written in the Nicene

Creed, has been difficult. Maybe you have found that too. To say "We believe" at the start helps because it is saying that together, as a whole community of loving and caring Christians, we believe these statements, but some individuals may at that time have trouble with some statements of faith. And that is absolutely fine. Give yourself time, give yourself space, think about your sticking point; talk to others; talk to God because this can only strengthen your relationship with Jesus. I know two very special young people who have considerable physical and learning needs, and cannot understand properly, or certainly cannot recite the Creed, but they both know Jesus is their friend, and shine with His love. Both have been confirmed.

A long time ago I did the Alpha Course, and there was one story that I remember, about a soldier during the American Civil War. He goes to the White House, desperate to see the President, to beg leave so he can go to see his sick elderly mother. But, of course, he can't get past the security guards. Exhausted, he collapses on a bench outside and begins to cry. "What's the matter?" asks a little boy. The soldier explains. The little boy says "come with me" and takes him by the hand. The boy takes him through all the security guards and right into the Oval Office.

"Daddy," says the little boy to the President "this man needs your help".

Like the soldier, we have access to the Father through the Son.

### ***Colossians 1:15***

*"Christ is exactly like God, who cannot be seen. He is the first-born Son, superior to all creation. Everything was created by him, everything in heaven and on earth, everything seen and unseen, including all the forces and powers, and all rulers and authorities. All things were created by God's Son and everything was made for him."*



## REFLECTIONS SERVICE

Reflections is a quiet contemplative time, led by members of the congregation. It grew out of the pre-lockdown Prayer Vigil service, and is a non-liturgical space for private prayer.

Some people find it easy to pray alone. Others feel we need a bit of help in order to fully engage with God and this is one purpose behind Reflections. Generally, after an introduction we listen to readings which can be taken from the Bible or from other sources. There is music too; sometimes live or maybe recorded, chosen to set the scene.

Each Reflections is different, but all share a quiet time with low lighting allowing us to listen to the Holy Spirit and God as individuals. This usually lasts 10-12 minutes. We then have more readings and music to help re-establish our earthly connection and end with a prayer of blessing from Fr Mark or another of our clergy.

Attendance slowly grows, some finding Reflections gives something that they don't find in a more formal service and we would love to see more come along. We would also welcome other readers or musicians who might like to help the team in deciding topics and finding readings and music.

*The next Reflections, on 4 September, centres on 'change'.*



## THE BATTLE OF BRITAIN

The Battle of Britain was one of the first battles of the Second World War in 1940, taking place between 10 July and 31 October. At the time Germany, under Hitler, was

planning to invade Britain. The German Luftwaffe were ordered to destroy Britain's Fighter capabilities before they could launch an invasion of Great Britain. The Battle was fought in the skies between the Allies and the Germans. 2,937 airmen are officially recorded as having fought in the Battle, and 544 airmen lost their lives.

Airmen from 15 countries flew in the Battle. Goodwood and Tangmere in Sussex were two of the many airfields used.

The Battle of Britain Monument in London is a superb monument to The Few.

The 2022 Battle of Britain Thanksgiving Service will be held on 18 September both in Westminster Abbey and here in Steyning with a special Choral Evensong.





## PAUSE AND PRAY FOR PEACE AND FOR UKRAINE



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.

**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.

### **Ukrainian citizens ask that we pray:**

- That God would intervene in the situation and stop the violence
- For God's wisdom for the presidents and authorities of both countries
- That God will care for those who are in danger, especially for Ukrainian people who have lost their loved ones, for His comfort and protection over them and the church

### **Please also pray for Russia:**

- That God will comfort Russian families who have lost their beloved ones

*This simple prayer for world peace comes from the Vancouver Assembly of the World Council of Churches. It is prayed daily across the world at twelve noon by people from many different religions and beliefs:-*

Lead me from despair to hope,

From fear to trust;

Lead me from hate to love, from war to peace;

Let peace fill our heart, our world our universe.

## SUSSEX HISTORIC CHURCHES TRUST RIDE AND STRIDE

Once again it is time for the Ride and Stride Challenge which is on

**Saturday 10 September**

**from 10am to 5pm**

This year there are more opportunities for people to take part as well as *walking, cycling (electric bikes included) and riding a horse.*

*You can also use an electric buggy or drive a car*

so there are plenty of ways to visit churches and chapels far or near.

**Also** this year if you wish to set up a

*static bike in the church* you can be sponsored for the time spent cycling.

**Also** if anyone would like to meet and greet the church visitors you can be sponsored for your time spent in church.

There will be sponsor forms and other information in the church or available from John Downe, Tel: 01903 814007 or alternatively there is a website

[www.sussexhistoricchurchestrust.org.uk](http://www.sussexhistoricchurchestrust.org.uk)

As many of you will be aware 50% of funds raised will be returned to the nominated Parish Church.

Hopefully it will be a fine day and you will join together in groups or take part, have fun, collect stars and raise money for our own Church and other churches

in Sussex Ride and Stride.



# Good luck.

## CONCERT FOR PEACE IN UKRAINE

On the evening of **17 September** there will be a concert of Russian and Ukrainian music at St Nicolas Church, Old Shoreham by the **Brighton and Hove Russian choir** who in addition to a varied programme of other music have learnt some Ukrainian songs in solidarity with Ukraine.

Booking for the concert is online at <https://www.wegottickets.com/event/552204>

## "NO HANDS BUT YOURS"



**How do we** show people that we care?

**What should we** say when....?

**How can we** respond in the face of suffering?

**How should we** pray with others?

**What might we** need to be aware of when we spend time with others?

**How do we** look after ourselves as we support others?

***An introductory half - day workshop to explore the Church's understanding of pastoral care and what role you might play within it.***

The workshop will provide a safe environment to understand better the importance of empathy, listening, silence, prayer and engaging in sensitive situations.

**Led by:** Revd Steve Gurr

*(currently Chaplain HMP Ford, formerly Chaplain St Barnabas and Chestnut Tree Hospices)*

***Thursday 1 September and Tuesday 13 September  
in the Penfold Hall from 2:00 - 5:30***

Refreshments available from 1:30 and throughout the afternoon

*Both sessions will be the same as numbers are limited  
and we do hope many will be interested.*

For more details and to book a place please email [judie.thomson@outlook.com](mailto:judie.thomson@outlook.com) or phone 01903 810392

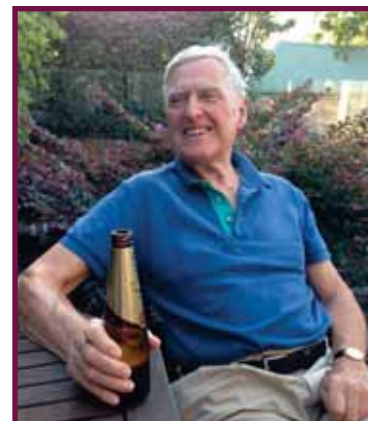


## ALASTAIR GRAHAM McKECHNIE 1931– 2022

Tributes from his children – James, Claire and Nick

### James

Dad was 90 years old when he peacefully passed away. That's a fantastic accomplishment and we are thankful for all the years he has been a wonderful father and grandfather and of course husband to Mum. Dad was in pretty good health right up to the end, his last crossword was one week before his passing, showering himself a fortnight ago and he was driving only a month back. Amazingly he sent out the year-end tax accounts only four weeks' ago.



Dad was born on Christmas Eve 1931 in Hove to Douglas and Nancy, he was an only child. At nine years old, with the Luftwaffe circling, Dad and many others were evacuated to the West country. He stayed there for almost 10 years by attending West Buckland boarding school on Exmoor, Devon. Boarding school in those days was a tough learning experience - parents and teachers of today only dream of the power they had then. I don't think Dad totally enjoyed the whole experience, such as:

Receiving three swipes of the cane for eating a sausage in chapel!

A steel ruler over the knuckles for every one incorrect answer during Latin tests.

Only 'decem e decem' would avoid punishment!

Scrape – a delicacy only dished out on Sundays, this consisted of a piece of bread with a thin scrape of margarine.

However, some happier aspects he carried on with for years, such as his love of rugby (Brighton) and cricket (Brighton) and good food. Dad was an out and out lover of good food, he definitely made up for his West Buckland education!

Dad became a lawyer almost by accident. After winning a general knowledge test at school he was presented with a prize by the local judge. At the prize giving the judge asked him what he's going to do after leaving school. Dad said he hadn't decided, the judge asked, "Have you considered the law?" The rest is history.

Mum was the single biggest person in Dad's life. He loved and cherished Mum above all things. That love sustained him for 57 years and he died a happy man. Mum, I know Dad would have liked me to thank you for everything. You have been an unbelievable partner and role model to us, your children.

My memories of Dad are fond and many; if I had to break it down to a few items it would be:

Understated love. He was always there for you, no matter the issue, be it the law, money or advice. Never late on his own accord, and he must have waited and picked me up at Shoreham train station hundreds of times.

Cool intellect. I don't think I ever beat him at cards or any game that involved memory. That keen intellect I know has been passed on to your grandchildren.

Dad rest in peace.

## **Claire**

My earliest memories of Dad were of Dad reading to me in the evenings. I think he had got bored of bedtime fairy stories and it became a nightly chapter of *Wind in the Willows* and then *Swallows and Amazons*. Dad loved reading and was never without a book, particularly on holidays. Holidays were the time Dad read the most, taking along a pile of books. In fact probably more books were packed than clothes – he was a firm believer in travelling light: toothbrush, passport and a few essential clothes. We know Mum didn't agree and supplemented, but the books always stayed.

Dad enjoyed travel. I think our best family holidays were the ones to France and Greece. Mum and Dad made good friends with the Butlers and Frys on summer holidays to Devon and as a trio of families we spent five or so summers travelling to different places in Europe. We had a lot of fun - memories of deck chair competitions, camel riding, beignets, thunderstorms, bad food, good food, French campsites - they all bring back the best of times. When Mum and Dad finally got rid of us, their holidays became more sophisticated and further afield. Dad loved a challenge and a new place to explore.

Dad came from a very small family with only a couple of cousins on his side, so life changed dramatically when he married Mum. The Maundrell clan supplemented by Devizes rugby club embraced Dad and I know he loved being a part of a big family and all the joyous get togethers and family occasions. Dad valued family and home. With Mum they gave us an incredible foundation for our own lives, truly making us know the meaning of feeling safe and loved.

## **Nick**

Alastair, my dad, was a kind and loving man, and a wonderful father. As children we can ask for no more than to be brought up in a loving and happy household, and my childhood is filled with fabulous memories of growing up here, in Steyning.

Throughout our childhood we were lucky enough to travel widely across Britain and Europe with so many memorable holidays...It was this spirit of adventure with Mum and Dad being so supportive of whatever we wanted to try in life that has resulted in Claire, James and myself getting around most parts of the globe and creating a very international family. Mum and Dad have always been so welcoming in bringing Scott, Sophia and Hayley into our family and their loving relationship over 57 years of marriage has been a true inspiration to me.

Dad had a fierce intellect that enabled him to be very successful as a solicitor over some 50 years of practice - but it was also underpinned by a strong moral compass which he has passed on to us all. Letters from Dad were an infrequent occurrence but to this day I remember the letter I received from Dad upon completion of my professional exams - congratulating me on acquiring a qualification that would be with me for the rest of my life - and reminding me of the responsibility that came with it to always do the right thing and to uphold the profession.

On the domestic front, Dad's intellect came to the fore at Christmas, notably when the Trivial Pursuit board game was pulled out. Playing Trivial Pursuit mostly involved Dad progressing serenely around the board answering questions on the widest variety of topics whilst everyone else looked on. His Achilles heel was restricted to the entertainment category where the latest goings on in Eastenders or some new pop starlet were the only things that would have him stumped. Needless to say, after a couple of Christmases of the family being battered at Trivial Pursuit, Santa duly delivered Pictionary to level the playing field by stretching Dad's admittedly modest artistic capabilities considerably more.

Dad's sense of adventure extended into the realm of food and drink, with gourmet tastes that were fulfilled for decades at home by Mum. When Hayley joined the family she could not believe that not only was cake served every teatime but that a two course dinner with dessert was a seven-day-a-week event...He definitely proved that you can have your cake and eat it – all as part of a very balanced diet overseen by Mum that ensured he lived a very long and healthy life, enjoying the very best that life has to offer right up until the last few weeks.

I will miss Dad very much, but the memories will last forever. He gave us all so much joy and happiness and created the strongest family unit with Mum that has guided me all my life and has underpinned the way I want to be as a father to my own children. Thank you Dad, for everything.



## THANK YOU

*Thank you to all who sent me their messages, cards and prayers over the past few weeks. Your support and love is really helping me over this time. I am very appreciative to all of you who were able to come to the service of celebration and thanksgiving for his life. He was blessed with a wonderful life and died peacefully at home with his family around him.*

*With best wishes*

*Carol McKechnie*

## THE ARTS SOCIETY

Creating An Imaginary World - Theatre Design From Temple to Playhouse, Into The Picture Frame And Out Again by Bertie Pearce  
Monday 12th September 2022 10:00am - 12:00.

Theatre design is one of the world's most beautiful, varied and lively art forms. This lecture looks at the relationship between actor and audience and how this transformed the space and architecture of theatre throughout the ages - from the Greeks to court theatre, the Globe to the Theatre Royal Drury Lane, looking at great architects, practitioners and designers. This lecture aims to bring to life the magical world of theatre.

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

## COMMUNITY

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Do come and join us between 10 and 11.30am in the Penfold Hall on a Wednesday morning.

We make real coffee, brew tasty mugs of tea, offer delicious biscuits and of course conversation. All for a donation if you wish to contribute.



## THE PENFOLD HALL.

The doors are open from **10am until 11.30am**  
every **Wednesday morning**.

*Elizabeth Brown and the Coffee Team*

## STORRINGTON DEANERY SYNOD

Billy-Jo O'Leary spoke with passion about her role as the regional leader for the South East and London for **"Home For Good"**.



Billy-Jo told us that when she was growing up in care she experienced many of the downfalls in the care system. Every 15 minutes a child in the UK enters the care system. Many, like Billy-Jo and her siblings, have suffered neglect. The Covid pandemic has exacerbated the strains on the system with 891 children being taken into care in West Sussex last year, an increase of 10% more children.

**The role of Home For Good** is to work alongside the care system – West Sussex is the corporate parent. To quote from their booklet 'Together we can find a home for every child who needs one'. Too many children are waiting far too long for the stability, care and love they need.

Of course some children are harder to place. There is a shortage of options for teenagers who may be placed in unsuitable accommodation instead of being offered the chance to thrive within a home setting. But the name is the giveaway, the teenagers need good quality and consistent support.

Members of our churches, large and small, within the Church of England can make a difference. We can be accepting of children who may be different or difficult. We can have Messy Church. We can set up prayer groups who pray for the children and their birth parents as they learn to parent their children. We can pray for Home For Good working with West Sussex, committed to finding and recruiting foster carers. We can pray for people on their journey as they consider if they could foster children. West Sussex needs 80 new families a year; only 18 came forward last year. And we can learn more about the work of Home For Good.

I have leaflets published by Home For Good which are full of information about their vision, their work and ways that we can help. But the one thing that can make a difference would be if one or a few people in Steyning and Ashurst were prepared to work together to find out more about Home For Good and to do some of the things suggested above. I would happily pass on the literature I obtained at our Deanery Synod meeting.

*Elizabeth Brown*

## SAMS



**St Andrew's 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:** Paul Hannam will give a talk entitled,  
"How a Movie Changed my Life, and other stories".

**Date:** Tuesday 27 September. **Doors open at 3:45** for 4:00 start

**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)



## TIP OF THE MONTH

Not quite stone building blocks, but do you have a log pile in your garden? This will quickly enable many different insects, small mammals and wild plants to all share this valuable space and become a flourishing wildlife community.



## TWO OPEN GARDENS IN JULY

### THANK YOU ALL SO MUCH

Both gardens were so well supported and we were able to raise the wonderful sum of £725.

The PCC have added £95, and £410 has been sent to Chestnut Tree House, and £410 to the Children's Society.







## SAINT OF THE MONTH

### **CHARLES LOWDER, PRIEST (1820-1880)**

Charles Lowder was born at Bath in 1820, the son of a banker. He was educated at King's College School, London before going to Exeter College, Oxford. Whilst at Oxford he worshipped at the University Church of St Mary the Virgin and heard John Henry Newman preach; this influenced him to such an extent that he was drawn into the Oxford Movement and offered himself for the priesthood.

He was ordained deacon in 1843 and priest in 1844 to a parish in Gloucester Diocese. He then moved to St Barnabas, Pimlico as an assistant curate at a time when there were riots at the church because of its advanced ceremonial practices. The church lay at the heart of an area of slums having been built to serve the poor, and Lowder threw himself into the work of ministering to these parishioners. He saw the need for a Society "to defend and strengthen the spiritual life of the clergy, to defend the faith of the Church, and to carry on and aid Mission work both at home and abroad". This became known as the Society of the Holy Cross.

In 1856 Lowder moved across London to become curate at St George-in-the-East, another church which was subject to anti-ritualist rioting. Lowder's task was to run the St George's Mission in Wapping, one of the worst slum areas in the East End. He saw the mission, not as a short-lived campaign, but as a permanent Christian presence where the Church had no base but would have to earn the confidence and respect of the local people. The mission started in a single room with Lowder living in the midst of the slums. In 1857 he was joined by Elizabeth Neale (the sister of the Revd John Mason Neale) who founded the Community of the Holy Cross to assist in the work of the mission. The presence of the sisters of the Community enabled Lowder to expand the mission's work providing schools, a refuge for prostitutes, a hostel for homeless girls and general relief for the poor.

In 1860 Lowder acquired land for the building of a church. It took six years to raise the money and St Peter's, London Docks was consecrated in 1866. The day after consecration cholera was discovered in the parish. The unstinting work of Lowder and the sisters endeared them to the parishioners and from then on he was known

as "Father of Wapping" or simply "Father".

In later years Lowder suffered from overwork and a peptic ulcer. The last service he attended at St Peter's was in August 1880 when he was presented with a silver badge of the Church of England Working Men's Society in recognition of his many acts of kindness. Three weeks later he died of a perforated ulcer and a requiem mass was held at St Peter's with hundreds of priests and thousands of parishioners attending.

## THE STEYNING SOCIETY

Friday 16 September at 7pm until 9pm

### **Shops and Shopping. The Small Shop through the ages an illustrated talk by Dr. Janet Pennington**

Janet is very well known in Steyning for her entertaining and informative talks as well as her books and themed walks. She was archivist at Lancing College and historian of Wiston Estate.

Free to members and £3 guests.

Wine or sparkling elderflower juice will be available on arrival (monetary donations gratefully received) and our talk will begin at 7:30pm.

Registered Charity No. 269859 [www.steyningsociety.org.uk](http://www.steyningsociety.org.uk)

## AUGUST CHURCHYARD



## PRAYER POINTS FOR SEPTEMBER

September is back to school month, and for some families it will mean a new school. Ashurst Church of England Primary School, Steyning Church of England Primary School and Steyning Grammar School will all be starting a new school year.

Also, at the end of the month it will be freshers week at university.

Food banks are in much demand all along the south coast and they require many volunteers.

The Ukrainian families in Steyning and Ashurst are settling in very well and trying so hard to learn English and join in this community.

The Music Group Eucharist is developing to meet the needs of the congregation. The PCC will be developing their new groups to consider all the areas in the 5 year plan.

The new course for helping people to think about how we care for each other and listen to each other will take place this month.

This month keep Penlands Vale in your thoughts and prayers.



## UPDATE ON THE CHURCH LIGHTING

### **Floodlights.**

The new LED floodlights are now installed, lighting the south, west and east sides of the church. This was the last stage for our main lighting contractors, who have now completed their commitment to the lighting project.

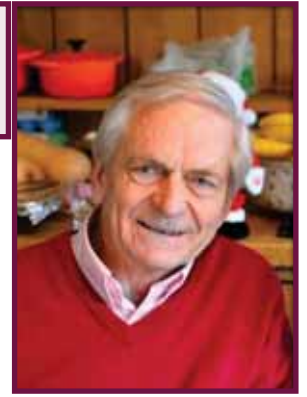
### **Churchyard path.**

The final stage of the external lighting has been allocated to a local company 1 Neutral; the work should be started during September. Full permission has been granted for the installation of Victorian style lampposts, three at the top of the path and one by the steps creating a well lit pathway in time for the dark winter evenings. This should greatly improve the access and safety for the members of the congregation and all of the community.



*Jim Lang*

## ALASTAIR (AL) TURNER 1938 - 2022



Tributes from Al's family:

Unfortunately, Bradley's family had a case of Covid and so Brad was unable to read this himself.

### **Brad**

My Dad's story begins when his parents began their travels from Scotland to Africa as Methodist Missionaries. After a short stint in Nigeria and another period in Sudan, they headed south and settled in Zululand, South Africa. Here they set up a Mission Hospital that still serves the local community.

Dad was born in 1938, his parents' third child after his two elder sisters. He grew up in and around the hospital and learnt to speak Zulu even before he could speak English. I remember one anecdote, when in his teenage years, he was asked to collect a patient using the hospital ambulance. Access to primary healthcare was in so much demand that when he returned, he had 10 patients in the back.

Later, Dad was sent off to live with an aunt and uncle in Cape Town so he could complete his schooling. During this time, he became friendly with some of the tug-boat skippers and helped them out after school in Cape Town harbour.

He met Mom in 1966 and they were happily married in 1968 – but alas, their honeymoon plans were thwarted as she had food poisoning straight after the wedding. They then made plans for a second honeymoon in Lorenzo Marques (which is now known as Maputo) but alas my mother fell sick again. Only this time it was morning-sickness...with me. Mom and Dad moved from South Africa to Brentwood in Essex on secondment where Dad worked in the Ford factory in Dagenham for two years and it was during this time I was born. My parents also developed their love for the UK and made some of their most treasured and long-standing friends, some of whom are here with us today.

Moving back to South Africa, Mom and Dad settled in Port Elizabeth where his sister Sheila still lives. Although she is unable to be here today, my cousin Grant took her down to the beach with a bag of sawdust to scatter in Dad's memory.

My enduring memory of Dad will be him coming home from the office, rolling up his sleeves and getting his hands dirty with anything DIY. He was incredibly skilled at applying himself to whatever needed to be built or fixed. In Port Elizabeth, he built a seven-foot high brick wall around the garden and had a "wall-completion



party" with the neighbours, giving my mother the honour of laying the last brick.

Later they moved to Durban where Dad helped our aunt and uncle, Le and Garth, with their thatching business. They turned our garage into a thatched-umbrella-production-line with Dad building massive umbrella frames in metal, and Garth doing all the thatching and installations. He also designed and built a metal spiral staircase for Le and Garth's home. Dad had the amazing ability to turn his hand to anything - plumbing, electrics, roofing, tiling. Even here in Steyning one of my parents' neighbours, Christine, recalled seeing Dad from her bathroom window, perched precariously high on a ladder, repairing their roof. But Dad's real passion was wood-work, making everything from Dining Room chairs to a four-poster bed as my mother's wedding gift. I have a precious memory of my father building me my first Optimist boat from purchased paper plans from the UK. He spent hours steaming the wood to bend it to the right shape, gluing and screwing parts together then painting, varnishing and sanding the boat over and over until it was perfect.

I cherish all the wonderful memories I have of my Dad. I remember seeing James Bond movies with him (this was our special father-son activity). I remember him driving late at night to collect me from the airport when I returned from university on cheap "midnight flights". I remember him driving us all over South Africa to sailing regattas... but most of all I associate him with the smell of sawdust and remember him working away in the garage repairing things...

## **Ryan**

Dad's career spanned almost entirely the automotive business, working with Ford in Port Elizabeth on the shop floor winding window winders on; Toyota in Durban, and then for about 20 years in the motor transport business which used to deliver cars by rail or sea up and down the coast to the main dealerships. Every six weeks or so Dad had to do a weekly trip ensuring he visited the key depots along the coast. I have a very fond memory of him taking me along on one of these when I was very young, and leaving me with my aunt in Port Elizabeth and later riding the Cape Town Gondola up Table Mountain. It was my first plane ride and a very vivid memory of a personal experience with my dad. This is something my wife and I now do with our own children.

He really did love his work and threw himself into it. Whilst in Port Elizabeth, he won a little blue car from the company for my mother, coming up with an ingenious idea to stop sun damage in new cars parked in the hot African sun by painting the exterior windows in a soluble whitewash that could be washed down later.

He had a love for cars and motorbikes and all things mechanical. At one stage he had a TR3 sports car and rotated through a number of company cars over the years, having a particular fondness for BMWs and keeping his cars far cleaner than any of his sons have managed since. In his youth he also had a love for Motorbikes and regaled us with stories of driving a Triumph motorbike with a school friend from Cape town to Zululand!

Ours was a family growing up in interesting times (mainly the 1980s and 90s) in the surrounding areas of Durban on the East Coast of South Africa, places like Westville, Kloof and Hillcrest. A happy time with family dogs and cats, and parents that led an active social life with wine tasting groups and regular Durban Philharmonic Orchestra attendance. Through our eyes we saw parents that I am sure had their ups and downs, but truly loved each other, cared for their three boys and were very happy. Dad was very supportive of Mom through her teaching career, helping with school trips away, building sets for School plays and even turning the windmill in a St Mary's school play! I'm not sure what my mom's parents thought of this rogue suitor on his motorbike, but he was very fond of Daphne and George, and we used to have our Grandparents over almost every Sunday for lunch for at least 15 years. He also developed a stronger relationship with his own mother in her latter retirement years making sure he visited her regularly whilst on business trips in Cape town. To sum up a great family man and father!

But it wasn't just his own family he was devoted to. He was very charitable and throughout his life provided selfless service to others. In South Africa he belonged to Rotary for many years (and picked up a Rotarian of the year award and Paul Harris award and was a counsellor for a number of years). Interestingly, the Rotary Club held their weekly meetings at the vintage car club down the road! Later in the UK, his service continued with his contributions to the Good Neighbours, and more recently Probus where he served as Treasurer for a time.

Dad was a wonderful role model. He has made us the men we have become, and we will miss him dearly.

## **Miles**

Something that always struck me about Dad when we were growing up, was how much of an effort he made to support the various pursuits that we had - whether it was sailing, sports matches, school plays or other events. His parents ran a busy mission hospital and he was sent away to school in Cape Town, they were never able to support him like this. I have a vivid memory of preparing to play a violin solo at a

music eisteddfod. Dad had said he would attend but he wasn't there. As I stood up to play, I spotted him at the back of the hall - he had slipped out of work to see me. When I finished playing, I went to meet Mom and Dad, but he had already left again - but I knew that he had been there for the crucial time when I was on stage.

In his entire childhood he only remembered ever going on one family holiday. Well, we had the privilege of so many wonderful family holidays that revolved around sailing, visiting the Drakensberg mountains and the seaside, and occasionally we even had the opportunity to travel abroad - a narrowboat and motor home holiday to the UK, and the opportunity to visit Le and Garth in Fort Lauderdale. His interest in travel continued right through his later years. One particular holiday stands out, and I think it was one of Dad's favourites. We went with two other families on an epic trip around Southwest Africa, now Namibia as a road trip over four weeks, covering more than 4,000 miles across one of the most sparsely populated countries on earth.

His last years were spent here in Steyning. In 2001 Mom and Dad had retired and decided they wanted to come back to England, and they immediately fell in love with Steyning. The people of Steyning - "You" - welcomed them and they have had the most wonderful, retired life here enjoying their time at High Knoll. I have often felt they had a more active social life than me! To see all of the cards, flowers, phone calls, visits and support over the past couple of weeks has been quite incredible. This is truly a very special place.



Dad's later years here were filled with family - surrounded by his sons, our wives and six children between us. Looking back on old photographs, there are so many moments capturing him interacting with the grandchildren. And that brings us to Mom. 53 years of marriage. Your relationship and marriage is really a textbook example to the rest of us. The perfect pair. Dad was a rock foundation on which you built so much together. You were soul mates, truly lived life and made the most of it. As you said in your Facebook tribute - "no regrets" .

So, in conclusion, thank you all for being a part of his life, and thank you for supporting us and coming to celebrate a remarkable, generous and loving Husband, Father, Brother, Uncle, Grandfather and Friend.

Dad, your life was our blessing, and you shall never be forgotten.

### THE JULY COFFEE MORNING

The amount raised is now £545 with a little more to come from the PCC Mission Fund.

For this magazine, Elaine Waite, the Director of Services for FSW, has written an account of her talk to us that morning (below) for all those friends who could not attend. It will also be a lovely reminder for all of us who were there. (We all remember Elaine when she was our Deanery Family Practitioner.) She was joined by Sara Fulker, our Storrington Deanery Senior Family Practitioner. Sara will send us an account of her work for a later magazine.

We send our many thanks to Elaine and Sara for looking after our families with their sensitive care and love. They gave up their Saturday mornings to be with us.

**Next month we will give you FSW Harvest Giving details.**

“Following the success of the FSW coffee morning on 2 July, Elaine Waight, Director of Services for FSW would like to thank everyone involved in the event. Family Support Work is a longstanding independent Sussex charity and the origins lie in the Diocese of Chichester. In the last few years we have grown from having eleven practitioners to 20, which means we now have a presence in 19 of the 21 Deaneries; a huge achievement considering we do not receive any statutory funding. All our funds come from local fund raising, individual donations and grants from other charitable bodies.

FSW supports families experiencing challenging and difficult situations. We work with them to help them overcome these difficulties and aim to achieve lasting changes that are positive for the family. We provide free, flexible support tailored to each family's individual circumstances for as long as they need us. We accept referrals from anyone who identifies a family in need; this can be schools, health and social care, churches, voluntary agencies and self referrals.

As well as the one to one support, we offer a range of activities for the families we are supporting; these can be group support sessions, drop ins, parenting support,



after school activities, days out, occasional weekends away at places like Dalesdown, or access to Mothers Union caravan holidays. Our aim is to give opportunities to families who otherwise wouldn't be able to do these things.

In the Storrington deanery, Sara Fulker is our local lead FSW Senior Practitioner. Sara runs open access/stay & play Drop-In on a Tuesday at Storrington Village Hall. The group is now becoming busier. It started from very humble beginnings and is now a fully- fledged super group with a fantastic array of resources, toys etc. We are also providing food through the drop-in.

There is a fantastic team of volunteers who work alongside Sara. Their combined experience, knowledge and enthusiasm (and humour) supports Sara greatly.

Across the South Downs area, Sara leads three Family Support Practitioners; Stephanie (Hurst/Burgess Hill), Kirsty (Midhurst/Petworth) and Jacqui (Arundel/Bognor). They are a great team and have great creativity and skills. During the summer, they hope to be able to start taking families to Lodge Hill and possibly Aldingbourne Country Centre for camping. Stephanie was welcomed to the team in May, (Hurst Deanery, Burgess Hill area) and she has been helping with the Storrington Tuesday Drop In during Sara's Annual Leave absence. At the beginning of June, Sara with Kirsty facilitated a six week parenting course in Midhurst, but will be moving to the Storrington area in the near future.

FSW in the Storrington area currently have a large caseload and referrals are coming through every month. They are bracing themselves for what may be a very tricky few years as the consequences of the pandemic become clearer, in regards to the psychological impact to individuals, alongside the ever increasing cost of living. This is something which is unprecedented, and, as FSW practitioners they stand together and will do their best to support as many as they can. The work they are doing every day is so very vital to so many. Sara would like to thank all the sponsors, donors, particularly all at St Andrew's and St Cuthman's Church, and those who have and continue to give up their money, time and / or energy to support us. Without you, we all wouldn't be able to do the work which we do every day. Thank you!"

*Elaine Waight*

# PICTURES OF THE FSW COFFEE MORNING



From the left: Wendy, Sara, Elaine and Sue.  
All thanked for this coffee morning



A room full of supporters gathered together to hear Elaine talk about the developments of FSW and our much needed continued help with food and finances.

Everyone enjoyed the cakes and coffee and of course the chat.



## LIVE AND LEARN

One of the side effects of this Lock-Down business is that many of us found ourselves at home for some of the time with nothing to do except think. I have no idea what you found yourself thinking about, but I have to say that I found myself with two sorts of thought prevailing. I think back and remember first the (many) occasions in my life when I got things wrong and wish I had acted or spoken differently. Nothing can be done about it now of course, except to be thankful for other people's patience and forbearance then and to hope that they can, or did, find it in their heart to forgive my mistakes.

The second sort of thoughts is not quite so uncomfortable when I realise over the years how much my opinions, beliefs and understanding have altered. *I have changed my mind!*

For politicians this is considered to be a sign of weakness as they are mocked for yet another U-turn, but for the rest of us in the real world, change of mind can well be a sign of growth in understanding and knowledge. We are in the Green season of the Sundays after Trinity, when the colour green tells us this is the time for growth as we take to heart all we (should) have learned in the great procession of Festivals in the first part of the year.

Learning is not always easy; change of mind or heart can well need courage; so just remember the first Christians had a lot to learn and assimilate about their beliefs, ... for instance, about Jesus and who he is.

For a start, none of his followers seems to have had any idea about who he is till after the Resurrection. The earliest NT writings are the letters, and St. Paul's attention to his importance seems to begin at the Last Supper, ignoring the miracles, the parables and his entire public ministry.

These days you and I rest secure in the beliefs summarised in the Nicene Creed (the Sunday morning one). The Christ is the eternal second person of the Trinity, Son of God and Word of creation. But it took 300 years to work that out and "they" are still arguing about it!

But if you work back from the early letters you can see that belief about the nature of Christ develops as we go from there back to the first Gospel (Mark) which seems to tell us that His work began with his Baptism and his secret purposes which

followed. Then the later Gospels tell us that his saving nature began at the Annunciation, as Matthew and Luke point out his divine nature from the message of the angel at his conception; then the last Gospel takes his importance further back to the Beginning so that the Christian comes to see the Christ as being from all eternity and we are well on the way towards the Nicene Creed.

All this of course is a bit like skimming the surface, but I come back to the Lock-Down and remind myself that changing my mind is much easier for me when I am faced with multiple choices of opinions; the earliest Christians must have faced *mind-blowing changes*.

*If you never change your mind, you never learn.*

*Senex.*

## HUMAN ACHIEVEMENTS

*(No.5 in a series of articles)*      **Florence Nightingale (1820-1910)**

*“Lo! In that house of misery  
A lady with the lamp I see  
Pass through the glimmering gloom  
And flit from room to room”*

*Henry Wadsworth Longfellow 1857 “Santa Filomena”*

Florence was born in Tuscany, Italy, on 12 May 1820, and had a sister named Frances. Their parents were wealthy and returned to England in 1821, firstly to Embley in Hampshire and later to Lea Hurst in Derbyshire. Equally, the two girls benefited from their father's advanced ideas for the time, concerning the education and occupations of women. Florence's father personally taught her Italian, Latin, Greek, philosophy, history and most unusually mathematics. Travelling in Europe was part of the family's lifestyle and Florence, in particular, being the more academic of the two girls, had an extraordinary ability for collecting and analysing facts and figures, which continued throughout her life. Moreover, Florence, especially, had the view that what a man can achieve so can a woman. Richard Monckton Milnes was her most persistent suitor (over nine years) and she rejected marriage, as she felt this could well interfere with



her new calling of nursing.



*Florence Nightingale*

*by Augustus Egg 1840*

Europe beckoned – to Greece and Egypt. Whilst there, Nightingale rescued a small owl that ragged children had been tormenting (showing her caring and nurturing nature) she then safely carried the animal (named Athena) in her own pocket, until she later set off for the Crimea, to help with nursing in the war, there.

Nightingale is mostly remembered for her nursing skills, although her introduction of basic hygiene procedures was really her most successful endeavour. Sewers needed to be flushed out and fresh ventilation had to be undertaken.

Death rates in the army were sharply reduced during her first year there in 1854. Just in that year 4077 soldiers died from Typhoid, Cholera and Dysentery, more than were lost in battle.

As a young woman, Nightingale was described as an “attractive slender and graceful person possessing a radiant smile”. The artist, Augustus Egg captured this in earlier times, as the painting shown above portrays.

On her return to Britain from the Crimea her report shocked the British Government, such death rates being attributable to poor nutrition, lack of medical supplies, stale air, and overworking of soldiers. By 1857 she badgered the government to improve medical conditions for the armed services in general, and this included her theories about the transmission of germs, diseases and passing by touch. In 1860 she laid the foundation of professional nursing, establishing her nursing school at St. Thomas' Hospital London (now part of King's College, London). Her social reforms included improving health care for all sections of British society, advocating better hunger relief in India, and helping to abolish prostitution laws that were harsh for women, and expanding the acceptable forms of female workplace participation. Some medical practitioners of the day were unconvinced of her theories of germs and diseases at the time, yet not so in America, as her work inspired nurses in the American Civil War of 1861–1865, and the Union Government approached her to organise field medicine facilities. In turn her concepts inspired the United States Sanitary Commission to seek out her ideas of medicine in the battlefield, especially on the subject of dealing with germs.

Nightingale was a versatile writer of medical knowledge, which she wrote in plain English, illustrated by diagrams and “infographics”, being a pioneer in statistics, and in 1880 she wrote an article for a medical textbook dedicated to the explanation of her germ theories and precautions leading to the killing of germs.

In 1882, “Nightingale Nurses” became matrons in hospitals in London, Netley, Edinburgh, Cumberland, Liverpool and in the Sydney Hospital in New South Wales, Australia.

Further recognition of her benefit to mankind came in the shape of the Royal Red Cross, 1883, Lady of Grace of the Order of St. John, and she was the first woman to be awarded the Order of Merit in 1907 and again in 1908. An International Nurses Day was established and celebrated on her birthday.

As far as her own health was concerned, after her return from the Crimea, she became intermittently bedridden and suffered from depression – and in later years blindness.

Florence died peacefully in her sleep in Mayfair, London, on 13 August 1910 at the age of 90. Her relatives declined the offer of a burial in Westminster Abbey and she was eventually buried in the churchyard of St. Margaret’s in East Wellow, Hampshire, with a memorial showing just her initials and dates of birth and death. There is also a marble memorial monument dedicated to her placed in the cloister of the Basilica of Santa Croce, in Florence, Italy.

*Ian and Mary Ivatt, Steyning History Society.*

## STEYNING HISTORY SOCIETY

*WEDNESDAY, 14 September 2022*

*STEYNING CENTRE, SAXON ROOM*

*7:30 pm. for a 7:45 pm. start*

*“An Archaeological Childhood in Sussex”*

*by Dr. Janet Pennington*

*Visitors are welcome - £4.00*

## HERITAGE OPEN DAYS COME TO STEYNING

Bring the family, have fun, and explore the town's unique history on **Saturday and Sunday, 17 and 18 September 2022**

**Free events: Heritage tours, exhibitions, talks and organ concerts**

Steyning will be taking part in the national Heritage Open Days scheme, England's largest festival of history and culture, on Saturday and Sunday, 17 and 18 September 2022. This is the first time that the town is taking part in this national scheme, and events will also feature as part of the celebrated Steyning Food & Drink Festival.

Events are open to all ages and are free of charge (donations will be welcome).



The Friends of  
Steyning  
Parish Church

### **Steyning Parish Church**

To coincide with the Heritage Open Days, a whole new self-guided audio tour is being launched by the Friends of Steyning Parish Church to reveal the hidden secrets and history of its special interior.

There is no need to book for the tour, just turn up with your smartphone. **The church will be open 11.00 - 4:00 Saturday 17 and 12:00 - 4:00 Sunday 18 September**, however visitors should note the times of the talks and concerts for which there is no need to book:

**Organ concerts** on Saturday and Sunday at 3:00pm, given by Brian Sawyer.

**Talks** on Saturday 17 September at 12:00 and Sunday 18 September at 2:00pm, given by Sarah Leigh, the church historian:

*"Built against the odds; how French abbots created Steyning Parish Church and made their peace with the Kings of England".*

### **Rifle Range**

Take a walking tour of the historic Rifle Range in the heart of the South Downs. WWII style refreshments available.

Booking for these hour-long tours is essential, see <https://guestli.st/719733>

Available 11:00-3:00, Sunday 18 September only.

### **Steyning Museum, Church Street**

A brand new exhibition will be on display giving the story of Steyning's breweries, and Charlton Street.

### **Homemade refreshments**

Tea, coffee and homemade cakes will be available on

**Saturday and Sunday afternoon from 3pm to 5pm**

**In the Penfold Hall .**

## BLACK HISTORY MONTH



Black History Month is this October and the Cathedral will be hosting a celebration service on the morning of **Saturday 8 October**.

During black History Month in October Bishop Will wants to explore what it means to belong:

“What it means to belong to our families or our friends; what does it mean to belong to our country or our world, knowing that we are all linked to one another.

In our Christian faith we understand that we belong to God. God created each of us and knows us and loves us. We are also told that we belong to one another, to each other human being made in God’s image. We belong to one another, but what does that means to each of us?

Another way we find it described in the Bible is that we are all part of the same body. Now in a healthy body all those parts need to work in unison to make the whole operate. What’s more, it reflects the need for there to be diversity. It would be hopeless if all the parts of the body were just hands or feet or eyes. We all have a different part to play.

So during this month of October we are going to reflect with some sadness on the times, the many times, we have failed to keep this view of our world and of each of us who are made in Gods’ image within it. The times when we have failed to respect and honour that diversity. Let us look again at how we can break down old barriers and realise more deeply the love that God sees for each of us,

I do hope you will join us in reflecting and deepening our knowledge of how we belong to God and to one another.”

*Bishop Will*



## MORE PLANTS FROM A MONASTERY GARDEN

### HERBAL REMEDIES USED FROM A MONASTERY GARDEN

The monks relieved acid stomachs with an infusion of Lavender, Mint and a pinch of dried Chamomile.

Anxiety was helped with a mixture of Garlic, Hawthorn, Poppy, Balm, Sage, Thyme and Violet. For burns the monks made poultices of Borage, milk, Thistle and Nettle.



The Infirmary recommended Garlic for bad circulation; Thyme for colds; Rosemary for a stiff neck; Meadowsweet for diarrhoea; Mullein for fits and Dandelion for the "Itch"!

Migraine required a compress of Fennel or Parsley; a nose-bleed required a cloth soaked in the water of Ladies Mantle and for toothache he advised sufferers to chew Cress.

#### Here are the tips for September.

1. Deadhead to prolong flowering. It is still worthwhile deadheading perennials and annuals, especially the late flowering ones.
2. Late summer/early autumn is a good time to collect seed for next year. Collect seed heads, carefully shaking or scraping out the small seeds and store in a packet in a dry place.
3. Plant Wallflowers, Pansies, Forget-me-nots and other spring bedding in pots and borders.
4. Bring any houseplants that you moved outside over summer, back indoors, before temperatures start to drop.
5. Take cuttings from Fuchsias, Salvias and Pelargoniums.
6. Leave Sunflower seedheads in place for birds to feed on.



Hope you enjoy the late summer sun and soak up the joy.

*Robert Hill-Snook*

## JUST FOR SLIGHTLY OLDER FAMILIES

Children and adults face many stresses and this simple game and discussion may help everyone to name and understand certain stresses more. All you need is a blown-up round balloon for each person.

Sitting in a circle - or as near as you can so you can all see each other. Taking turns round the circle call out something that may, or does cause stress - for example:

A school test; friends fighting; adults shouting; a pet dying; a favourite toy breaking; feeling sick.....etc

With each stress expressed press gently on the balloon if that causes you little stress, but a bit harder if you stress more about it, and so on.

Continue going round (or passing if you cannot think of anything) until all the balloons are broken.

Partner off, and each ask these three questions.

Which thought made you put the most pressure on the balloon?

How did you feel when you pressed your balloon?

How do you feel when you are stressed in real life?

If we talk to Jesus - if we pray - that can help with our own stresses and that of our friends too.

## ANAGRAM FOR SEPTEMBER

The anagram for September is:

**HERITAGE DAY**

REMEMBER:

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

NO capitalised words and NO plurals.

Hey, I loved this one as I could make well over eighty words once I got my eye in.

Can it be your best this year?

## RECIPE FOR SEPTEMBER

### PASTA SAUCE.

*This is a find from Stuart and a recipe he likes and is a firm favourite.*

#### Ingredients

15-20 cherry tomatoes

1 whole medium brown onion

50g butter, I use salted

Salt and ground black pepper to taste. We usually have a TSP of each.

2 tablespoons of pasta water, you may need more depends how thick you like your sauce



#### Method

1. Finely dice the onion
  2. Finely dice the cherry tomatoes
  3. Using a medium saucepan, melt the butter on a medium heat
  4. Once melted, add the onion and tomatoes
  5. Simmer until thick and cooked, around 40 mins stirring occasionally. It will catch every so often, just keep stirring. The onion and tomatoes will dissolve to a thick paste.
  6. When your pasta is ready, add the seasoning to taste to your sauce
  7. Add the pasta water to the sauce to deglaze the pan
  8. Add the drained pasta, stir, add fresh basil leaves if desired and some grated parmesan. We usually have meatballs, equally delicious with the pasta.
- Serve immediately.

#### Children's Grace

Thank you God for yummy meals,  
for fruit and bread and cheese.  
Thank you God for this great world  
For trees and fields and bees.

Thank you Lord for families,  
for laughter and for fun.  
Thank you now for this fine food,  
Please bless it to our tum!  
Amen

## GREAT TIT



Just for the record; I've never trusted them. Unlike all the other familiar, friendly faces on my back garden bird table there's just something about the Great Tit that's always made me suspicious. Perhaps it's my mistrust of uniforms.

The Great Tit's smart plumage with a collar, black tie and a glossy black cap makes them look too official, too authoritative. And that bright yellow chest? Far too garish for the garden.

Their behaviour isn't exactly endearing either. Great Tits are the bullies on the bird table. They'll aggressively assert their authority and violently peck at other birds as they plunder the peanuts. When a house-hunting Great Tit can't find a suitable hole to nest in, it'll simply evict a Blue Tit and move in.

Their dominance is also heard in spring when their two-note song, "Tea-cher! Tea-cher! Tea-cher!" rings out through our woodlands. It was this "Tea-cher!" that taught me my first lesson in bird song identification; an easily recognisable two-note war cry used to proclaim the tit's territory. But I was soon to learn that not everything was how it seemed. Each male actually has an average of four different songs, which can be sung at three different tempos. This varied repertoire is a sly Beau Geste trick employed to trick other Great Tits into thinking that a woodland is more crowded than it really is. The birds who know the most tunes secure larger territories and breed more successfully. And it's a trick that fools me each year too; if I don't recognise a bird call in the woods it's always a Great Tit.



Through aggression and deceit, these birds have successfully established an empire that spreads from England to China. And it's from the far-flung corners of this empire that we've recently received reports of some worrying behaviour. From Finland came news of a group of Great Tits changing their vegan diet of seeds and nuts to something much more meaty: other birds. In Hungary, scientists made the chilling discovery of a population of Great Tits which have developed a taste for the brains of hibernating bats. Sure, these are isolated incidents at the moment but with human society plunging rapidly towards the abyss and an army of Great Tits acquiring a taste for blood and brains, is it unreasonable to hypothesise a post-apocalyptic future where humans are at the mercy of plagues of zombie Great Tits? Close your windows people – they're coming for us!

*Michael Blencowe*



## THE NICENE CREED

We believe in one God, the Father Almighty, maker of heaven and earth, of all that is seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made.

For our salvation he came down from heaven, was incarnate from the Holy Spirit and the Virgin Mary and was made man.

For our sake he was crucified under Pontius Pilate; he suffered death and was buried.

On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified, who has spoken through the prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead, and the life of the world to come.