

OCTOBER 2022

FREE



Church Magazine

Steyning and Ashurst

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

Vicar: The Revd Mark Heather LLB BA

879877

vicarofsteyning@gmail.com or rectorofashurst@gmail.com

CHURCH SERVICES

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

St Andrew's & St Cuthman's

Every Sunday

8:00am 1662 Holy Communion Service

9:30am Sung Eucharist (16 October Music Group Eucharist. See above)

6:00pm Evening Service (2 October Reflections Service. See page 4)
(16 October Choral Evensong)

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 2 October. Silence, readings and music.

QUEEN ELIZABETH II 1926–2022

This magazine was compiled before the announcement of the unexpected death of Queen Elizabeth II. Our November magazine will provide space for reflection on her long reign. Prayers for our late Queen and new King, Charles III may be found on the front page of our website.

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Steyning BN44 3YB

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Parish Administrator: Pat McMullan.

PASTORAL LETTER



Dear Friends,

I am old enough to remember when the only 'fast food' was fish and chips. Fast food isn't necessarily bad for you, if part of a balanced diet, and I'll admit to consuming my fare share over the years. But however quickly a burger or whatever can be assembled, the contents still have to come from somewhere, and nowadays retailers are doing all they can to emphasise good quality of their food. A typical hamburger for example contains salad, eggs and oil, as well as all the ingredients of mayonnaise and tomato sauce, not to mention the wheat flour and all the ingredients of the bread roll that holds it all together. Even fast food does not appear by magic. The ingredients come from innumerable sources - whether animal or vegetable, farmed on land or fished at sea. Peoples' livelihoods and sometimes lives are put at risk for the sake of producing them.

Fast food is one thing: fast eating is another. It is so easy to find ourselves eating or drinking in too much of a rush, so eating becomes more like re-fuelling. Often, we don't even stop. Public places are full of people stuffing food into their mouths 'on the go'. I remember the good advice that if you don't want to put on too much weight you should put your knife and fork down between every mouthful. That is also a great way to stop and savour a meal. There is a lot to be said for sitting down at a table and eating properly.

There's much to be said too for pausing and saying grace before we eat. It's a chance not only to say thank you that we have anything to eat at all (and to remember that so many people don't have enough), but also to call to mind all the effort that goes into getting food to our tables, especially as we prepare for our Harvest Festivals at Steyning and Ashurst.

Fr Mark

*In a world where so many are hungry, May we eat this food with humble hearts;
In a world where so many are lonely, May we share this friendship with joyful hearts.*

Amen.

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 all 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.

It is Harvest time. At the church services we will all continue to think of those in need and who are hungry. This magazine has taken the theme of the harvest of the four elements, earth, air, fire and water, and our use of power today.

Please continue to send your contributions, each one is much appreciated:

steyningchurchmag@gmail.com

PARISH REGISTERS

INTERMENT OF ASHES (St James's)

8 September William Edward Jones
(died 15 August 2020)

COMMITTAL SERVICE (Worthing Crematorium)

18 August Vivienne Powell (died 13 July 2022)

FUNERAL (St Andrew's & St Cuthman's)

25 August Marcus Conrad ('Marc') Burgess
(died 6 Aug 2022)

HOLY BAPTISM (St James's)

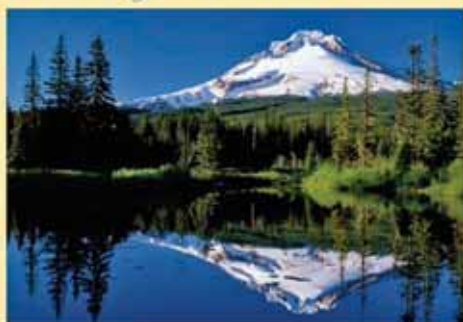
7 August Aubree Helayna Lilyanne Norman
7 August Sophie Marie Norman
7 August Fawn Helayna Bowers

(St Andrew's & St Cuthman's)

21 August George Geoffrey Harrison

4 September Finley Paul Power

Reflections



Sunday 2 October, 6pm

All are welcome to attend this
short, informal time of
watching and listening to our Lord.

The Parish Church of St Andrew
& St Cuthman, Steyning

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 or ring 01903 813276

To add any new prayer requests please contact:

prayers@steyningparishchurch.org or ring 01903 813276

PRAYER DIARY FOR OCTOBER

Saturday 1 October

Ember Day

Sunday 2 October

The Sixteenth Sunday after Trinity

Sunday 9 October

The Seventeenth Sunday after Trinity

Sunday 16 October

The Eighteenth Sunday after Trinity

Tuesday 18 October

Luke the Evangelist

Almighty God, you called Luke the physician, whose praise is in the gospel, to be a physician and evangelist of the soul: by the grace of the Spirit and through the wholesome medicine of the gospel, give your Church the same love and power to heal; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God now and for ever.

Sunday 23 October

The Last Sunday after Trinity

Friday 28 October

Simon and Jude, Apostles

Almighty God, who built your Church upon the foundation of the apostles and prophets, with Jesus Christ himself as chief cornerstone: so join us together in unity of spirit by their doctrine, that we may be made a holy temple acceptable to you; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God now and for ever.

Sunday 30 October

The Fourth Sunday before Advent



Interesting to Remember:

Monday 3 October Commemoration of:

George Bell, Bishop of Chichester,

Ecumenist, Peacemaker, 1958

EARTH, FIRE, AIR, WATER

When we say the word Harvest our minds tend to spring to all the work our farmers do for us, and we must celebrate this. We need to give thanks for our food and how it reaches our tables, but there are other forms of harvesting that go on around the world. Today we harvest power from the elements, the land, air, sea and sun: some of the harvesting can be seen to benefit both people and our world, but I fear that this is not always the case. I think more ethical and moral judgements need to be made as our ability to think we are in control over the power we are seeking, becomes ever greater and often dangerous.

Power can be both good and destructive. We have seen so clearly over the last few months the power of water, both the lack and the deluges; we have seen the power of the sun - to cause devastating fire and heat; the power of the earth to dry up and scorch the crops and our gardens, or to give an abundance; the power of the wind to bring down trees, or gently to give the breath of life. In years gone by we have mined extensively for coal - but not now; but now we have the technology to drill into the earth and frack because we think we want what is there. Do we really need to do this?

Much of Christ's ministry can be found around elemental places: feasting on the gifts of the earth at the table; his appearance on the mountain as the place of transfiguration; his encounter at the well, and his own baptism in the Jordan River. The psalms use the language of wind, fire, water, and earth to describe the nature of the divine. They give us insight into the multiple qualities of God and help us to celebrate a God who can be found within creation.

In the Bible the four elements are represented in many ways. The Spirit is shown coming as both wind and fire. The living water of baptism is a central symbol for us as members of this Christian community. And we rejoice to read of the five baptisms named on Page 4 of this magazine. The Eucharist, or Holy Communion, are the gifts of bread and wine grown and nourished by the earth.

By sometimes rooting our prayers in the elements, we can begin to become more aware of how much we are a part of the whole of the natural world, part of God's creation. Maybe we can discover the God who sustains and transforms creation moment by moment, season by season, year by year, and is ever faithful to us.

Chris Fitton

PRAISE FOR THE FOUR ELEMENTS

FIRE

"God, we thank you and give you praise for brother Fire.

We walk by Fire's light.

Even through darkened times and places,

Fire illuminates each step along the path,

Even when the distant view is unclear and in shadow.

Fire purifies us, burning away the cluttered underbrush

And making way for new growth to sprout forth from the ashes.

Fire warms and comforts us,

Dances for us and energizes us.

God, we thank you and give you praise for brother Fire. "



WATER

"God, we thank you and give you praise for sister Water.

We witness Water's power to shape earth's canyons and coastlines.

Water surrounds us with warmth and safety in our mother's womb.

Water blesses the earth with rain and sustains our life.

She cleanses and refreshes us, washing over us in gentle streams.

Water awes us with her beauty

As waves crash against rocks or gently roll onto the shore,

As she cascades down a waterfall

Or blankets a mountain with a soft white cloak,

As she reflects the beauty of the sky and trees in her clear lakes

Or shrouds a valley in an early morning mist.

God, we thank you and give you praise for sister Water. "



AIR

"God, we thank you and give you praise for father Air.
We are in awe of Air's power to create change —
In the roar of a tornado or in a whisper heard only
within our hearts.
Air serenades us as it blows through the trees and
canyons
Or simply rustles through the fallen autumn leaves.
Air cools us on a hot summer night,
Brings bitter chill in winter
And carries the sweet scents of summer.
Air stirs us to action in song and symphony.
God, we thank you and give you praise for father Air."



EARTH

"God, we thank you and give you praise for mother
Earth.
Our feet tread an almost imperceptible path
Across Earth's valleys, mountains, pastures, deserts
and woodlands.
Earth sustains our life with the abundance of her
harvests.
She shapes us and forms us from the very elements of herself.
Earth knows her great power,
From deep within her molten core,
Reshaping, reforming and renewing herself.
Earth cradles us on our journey
And enfolds us when the journey is complete.
God, we thank you and give you praise for mother Earth."



From:
OUR FAITH
CHRISTINE VALTERS PAINTNER
Published July 16, 2019

BEER AND BELLS

In the last couple of years there has been a renewed interest in the three bells hung for chiming at St James' Ashurst. Local ringers have been in attendance to chime for a number of weddings and a close working relationship has been developed. To this end I was asked to go over to St James on the afternoon of Sunday 24 July to explain about the bells and demonstrate chiming. This was on the patronal festival - Beer and Bells! Who could refuse?



To start I spoke about the history of the three bells, the oldest dating from 1606; the newest dates from 1772, so very historic. The middle bell was cast by John Waylett in 1719; the local residents must have been pleased with this bell as five years later John was employed to cast a new ring of six bells for Steyning Parish Church.

The oldest bell is perhaps not the finest in the county, cast by one Roger Tapsel at his foundry in West Tarring, being his first effort following him taking over the business from his father. Tapsel's work has been described in the following manner: "not the neatest workman, and from the proportions of his bells, one must conclude that his knowledge of bell design was practically nil". It has, however, continued in use for over 400 years; still being used for the purpose for which it was originally made.



A short demonstration of how to chime followed, those who wanted a go were slower at first to come forward. I think it may have been down to the refreshments on offer outside, along with the beer. A steady

flow did have a go, including someone who I used to sit next to at junior school in Hurstpierpoint, and another who was a lapsed ringer who had learnt at Thakeham. The weather was perfect and an enjoyable afternoon at a peaceful spot.





PAUSE AND PRAY FOR PEACE

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

On This Day...

Mend a quarrel
Search out a forgotten friend
Dismiss suspicion and replace it with trust
Write a love letter
Share some treasures
Give a soft answer
Encourage youth
Manifest your loyalty in a word or deed
Keep a promise
Find the time
Forego a grudge
Forgive an enemy
Listen
Apologize if you were wrong
Try to understand
Flout envy

Examine your demands on others
Think first of someone else
Appreciate, be kind, be gentle
Laugh a little more.
Deserve confidence
Take up arms against malice
Decry complacency
Express your gratitude
Worship God
Gladden the heart of a child
Take pleasure in the beauty and wonder of the earth
Speak your love
Speak it again
Speak it still again
Speak it still once again....

Author Unknown

WHAT'S IN A NAME?

If you look in church magazines for the services you will find the name Eucharist appears regularly as the service title. This is an everyday Greek word for Thank You; a friend of mine paid off his taxi-driver in Athens and was quite astonished when the man said "eucharist" for his tip; and you may find the word cropped up if you happened to watch the Durrells on TV and listened carefully to what they said.

Thanking God is the essential part of the service we share in; the Consecration prayer is a great Thanksgiving over the bread and wine. When we Christians want to bless something we tend to say "O Lord please bless this thing"; but Jewish habit would be to say "O Lord we thank you for this thing". The name reminds us of our need to thank God for his grace and blessings to us – not least when we so often fail to leave space for saying Thank You as well as Please in our praying.

We talk about Holy Communion. Latin this time, means sharing, and we need to remind ourselves that we share in the grace of God and that we share with each other no matter who else is there and no matter whether we like them or not!

Or people call it the Holy Sacrifice to remember that it all hangs on the things that Jesus did and that happened to him. We latch on to his Sacrifice (Latin again, means making something holy, not just giving something up) and try to make our lives holy with His.

The Breaking of Bread and the Lord's Supper are other names which focus on one particular aspect of what we are about.

But oddly enough the most commonly used name for the service in Christian history means nothing at all – the Mass. This is just a nick name with the immense advantage of being easy to spell! The last words of the old Latin service were *Missa Est*, roughly "it's over and done" and that's all. *Missa* became *Mass* in English, *Messe* in French and so on. It either means nothing at all or everything as you wish. The nearest parallel I can think of is the word of the cricket umpire when the bowling changes ends; he says (change) "over" and that simple word has become a name for that period of six balls bowled; but really it means nothing, it's just what he says. *Mass* has become a name in the same way and gets stuck on the end of festival names; *Michaelmas*, *Christmas*, *Martinmas*, *Lammas*, *Candlemas* etc.

It either means nothing; or everything. As you choose.

WHAT DO WE KNOW ABOUT SAINT LUKE?

On page 5 there is a diary of the main commemorations the Church holds during the month of October. Each year they will be the same, and on page 16 the article, Saint of the Month tells us more about one of the Lesser Saints, Paulinus.



Here is a short article about Saint Luke who is commemorated on 18 October.

Luke was a physician and possibly a Gentile by birth. He was not one of the original 12 Apostles but may have been one of the 70 disciples appointed by Jesus (Luke 10). He also is thought to have accompanied St. Paul on his missionary journeys.

Today Saint Luke is the patron saint of Artists, Physicians, Batchelors, Surgeons, Students and Butchers. What a fascinating mixture of people.

Saint Luke is traditionally accepted to be the author of the beautiful Gospel of St Luke as well as of the Acts of the Apostles, both found in the New Testament.

He was probably born in Antioch, in Syria to a prosperous Greek family who had the resources to allow him to be trained as a physician. I think his Gospel of Luke is one of the most interesting to read because we think he did not know Jesus personally and he only became a believer when Paul took him under his wing and taught him about Jesus's life and death. Luke never stopped being a physician at heart, but he gave up daily practicing to travel with Paul.

Colossians 4:14 is the only passage that mentions Luke's role as a physician.

"Our dear friend Luke, the doctor, and Demas send greetings."

Luke is given the title Luke the Evangelist because he is one of the four writers of the Gospels – Matthew, Mark, Luke and John, and these all proclaim the Good News of Jesus Christ.

Chris Fitton

CELEBRATE 500 YEARS OF HISTORY



The 500th anniversary of the carved Tudor screen in Steyning Parish Church is being marked by a series of community events, including a world premiere performed by the local harp quartet, *Glissando*.

The intricately carved Tudor oak screen in Steyning Parish Church is the inspiration for a series of special events for children and adults this October. This finely carved screen, which comprises 47 separate panels, measures 8 feet high by 14 feet long. It bears the date 1522 and was created to

commemorate the marriage of Henry VIII and Catherine of Aragon.

Despite its fine, regal origins, the screen has had a tumultuous and tortuous past. It appears to have been made originally for a room in the Tudor palace of the then Bishop of London in Fulham. After the Reformation in the 16th century, when the screen's connection with a Roman Catholic marriage became a liability, it was removed from the Palace and made its way to Sussex.

The screen remained in obscurity for several hundred years, tucked away in the Vicarage in Steyning, with its true splendour only recognised when it was taken to its present home in Steyning's Parish Church in 1983.

To celebrate the beauty and rich, 500-year history of the screen, The Friends of Steyning Parish Church are arranging **four special events**.

Tuesday 4 October, 7.00pm with drinks available from 6.30pm

Talk: What Lies Behind the Screen: Royalty, Religion and Scandal

Venue: Steyning Parish Church

Talk by Alexis Haslam, Community Archaeologist, Fulham Palace. London
No need to book. No charge (but with retiring collection).

NB there will be a brief Annual General Meeting of The Friends of Steyning Parish Church at 6pm, preceding this talk.

See p14 for more events

Tuesday 11 October

Trip to Fulham Palace, London, with Guided Tour. Full day.

Discover the secrets and beauty of 15th century Fulham Palace and its 13 acres of listed historic botanical gardens. This is being organised by the Steyning Society in partnership with The Friends by the Steyning Parish Church

Booking details: contact Jane Oxley on mike.jane@btinternet.com

Cost £20. Pick up 9:15 am at the Steyning Centre. Lunch available at the Palace café, return pick up 4:15 pm.

Sunday 23 October, 2:30pm – 4:30pm

Harp quartet, *Glissando*, presents a 'Concert for Catalina'

Venue: Steyning Parish Church

An afternoon of music with a Latin flavour from the sultry dance pieces of Albeniz and Salzedo to the delicate antiquity of De Cabezon, together with a world premiere "*Catalina Suite*", an exciting new work inspired by the Tudor screen, by Alex Rider of *Glissando*.

Prosecco and soft drinks available in the interval.

Booking details: Tickets available from the Steyning Bookshop.

£14 for adults and £17 for an adult with up to 2 children under 18.

(Charge excludes drinks.)

Thursday 27 October. 2pm – 5pm

Fun with the Tudors,

Children's Half Term event, free of charge. Ages 5 -12, accompanied by an adult.

Venue: Steyning Parish Church,

Art, dance, stories and dressing up in costume, all with a Tudor theme to celebrate the 500th anniversary of the screen.

Booking: Essential at Steyning Bookshop

Booking is essential for the concert, the trip to Fulham Palace and the children's afternoon, *Fun with the Tudors*.

COMMUNITY



COFFEE NEWS

On most Wednesday mornings we have customers arriving as soon as we open the doors of the Penfold Hall at 10am. We ask for donations towards the cost of providing the drinks and biscuits and are fortunate to have very few expenses. I am pleased to report that we recently donated a total of £100 to First Responders, Sussex Air Ambulance and Family Social Work.

Please come and join the Wednesday Coffee team for friendly conversation and a mug of fresh coffee or tea and a biscuit. Many of our visitors leave us before 11:30am to attend the Midweek Eucharist. However, there is always someone to chat to until you have finished your coffee and are ready to leave us.

Elizabeth Brown and the Coffee Team

THE PENFOLD HALL.

The doors are open from **10am until 11:30am**
every **Wednesday morning**.

COMMUNITY COFFEE

THE ARTS SOCIETY

The Field of Cloth of Gold: 6,000 Days - How Did They Do It?

by Joanna Mabbutt

Monday 10 October 2022

In June 1520 Henry VIII and Francis 1 met to ratify an Anglo-French alliance and celebrate the betrothal of Henry's daughter Mary to the Dauphin. Each brings an entourage of 6,000 to a field south of Calais for events and entertainments staged to display the skill and splendour of each King and country. The logistics of organising this spectacular event is staggering and the supply chain fascinating.

The Steyning Centre, Fletchers Croft, BN44 3XZ Members free; £10 donation visitors.

SAINT OF THE MONTH

PAULINUS OF YORK, MISSIONARY (c570-644)

Paulinus was a monk sent by Pope Gregory the Great to Kent as part of the second wave of missionaries supporting Augustine in his mission to the Anglo-Saxons. He was probably an Italian by birth.

Paulinus preached the Gospel to the people of Kent to the satisfaction of the King, Edbald, who asked him to accompany his daughter, Ethelburga, due to be married to Edwin, King of Northumbria. There was a problem in that Edwin was a pagan and the marriage was only agreed when he promised to give complete freedom of conscience to Ethelburga and her household and promised to consider becoming a Christian himself.

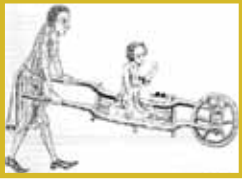
Paulinus was consecrated first bishop of York with the task of acting as Ethelburga's chaplain and with a mission to convert the people of Northumbria. After some years of preaching and ministering to the people, Edwin and his infant daughter were baptised at Easter 627. Many people followed the King's example and were baptised by Paulinus in the river Swale near Catterick.

However, the mission of Paulinus was cut short when Edwin was killed by the pagan Penda of Mercia at the battle of Hatfield Chase in 633. Ethelburga was forced to flee to Kent with Paulinus and the rest of her household. Paulinus was now aged about sixty and acted as Bishop of Rochester for the rest of his life.

Bede describes Paulinus as a "tall man with a slight stoop who had black hair, a thin face and a narrow aquiline nose; his presence being venerable and awe-inspiring." The Church in the north suffered under the rule of the pagan king but, when five years later Aidan was sent there to preach the Gospel, Bede says that he found many Christians keeping the Faith, so the work of Paulinus had not been in vain.

Paulinus died on 10 October 644 which is kept as his feast day. His relics were transferred to Rochester Cathedral where a shrine in his honour had been erected; there was also a shrine to him in Canterbury Cathedral. He is venerated as an important missionary bishop to the Anglo-Saxons.





THE STEYNING SOCIETY

Friday 21 October 7pm until 9pm
at The Steyning Centre, Fletchers Croft, Steyning

'A Sussex Naval Battle Beachy Head 1690'
by Brian Lavery

Brian is the former Curator of Chatham Historic Dockyard and of the Royal Maritime Museum. He has written over forty books mainly on maritime history and advised on the film Master and Commander.

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

THANK YOU FROM MAUREEN

On 9 August I fell straight onto my rear in a flower bed onto rock hard soil and fractured the T12 Vertebra in my spine. Since then I have learned so many things. Above all is the abundance of kindness, empathy and thoughtfulness of our special friends and family.

This is primarily to thank, with such enormous gratitude, everyone for the love and prayers Ray and I have been shown in so very many kind ways—meals, beautiful cards and lifts for Ray to visit me each day.

At the moment I can't be out of bed without a rigid heavy brace on, but by the time you read this I will be home, albeit in the dreaded brace, slowly improving mobility and ability each day. Like the tortoise!!

You are a special, caring people.

Thank you.

Maureen Jones

PRAYER POINTS FOR SEPTEMBER

The Harvest Services, and the Reflections Service.

The church choir and Director of Music.

All farmers and seafarers.

The work of all Family Support Workers and the Deanery teams who organise monetary and food collections for the families. For the families who will be concerned about finances.

For all who are expecting babies this month, and all who work within maternity wards in hospital.

For Horsham District Council and all Councillors who serve Steyning and district.

This month keep Croft Meadow and all the residents and workers there in your thoughts and prayers.



TIP OF THE MONTH

Here are some easy ideas for saving energy in your home especially as the bills in this area are rising so significantly:

1. Turn your heating thermostat down.
2. Reduce the frequency and length of your showers and avoid filling the bath.
3. Use energy efficient (LED) light bulbs.
4. Install a smart meter for electricity so you can easily see how much you are using on a daily basis.

*All praise be Yours, my God, through Brothers Wind and Air,
And fair and stormy, all the weather's moods,
By which You cherish all that You have made.*

St. Francis of Assisi, Canticle of the Sun

HARVEST FESTIVAL GIFTS FOR FAMILY SUPPORT WORK

Sunday 2 October

At St Andrew's and St Cuthman's, Steyning, 9:30 Service

Sunday 9 October

At St James, Ashurst, 10:30 Service

Thank you for your generous food and monetary gifts this last year.

At Harvest Time FSW fill their coffers with your food gifts which sustain the families throughout the winter months.

This year your monetary gifts will be a great help too with the enormous heating bills all the families are facing.

These are the ways in which you can help:-

- ⇒ Bring your harvest gifts to Church at a Harvest Festival Service
- ⇒ Donating directly by cheque:
Family Support Work, Garton House, 22 Stanford Avenue, Brighton BN16AA
- ⇒ Cash, or cheque made out to Steyning PCC (with Family Support Work written on the back), and posted through the Penfold Hall letterbox.



We appreciate all you do for FSW.

With our thanks,

Sue and Wendy





PACT AUTUMN LECTURE

Friday 14 October at 7.30pm



Supporting Refugees and Asylum Seekers

Roger Pask

We are delighted to welcome the founder and trustee of Sanctuary in Chichester - part of the wider City of Sanctuary movement – to discuss how, as Christians, we can respond to the crises and challenges of the present times. People from Ukraine, Afghanistan and elsewhere are arriving in our area in great need, having lost everything and suffered devastating trauma. Sanctuary in Chichester is committed to welcoming them and helping them to survive before supporting them to integrate, heal and thrive.

**Do join us on Friday 14 October at 7.30pm
St. Mary's Parish Church, Petworth, GU28 0AD**

Free Entry. Wine and Canapés.

Free Parking in Town Centre (6 minute walk)

www.petworthareachurchestogether.com

ANAGRAM FOR OCTOBER

The anagram for October is:

EUCCHARIST

REMEMBER:

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

NO capitalised words and NO plurals.

JUST FOR FAMILY FUN

HARVEST WORD SEARCH

Can you find these words?

APPLES AUTUMN BASKET CORN CRAFTS CROP
FARMER FESTIVAL FIELDS FLOWERS FOOD
FRUIT GRAINS MOOR OUTSIDE PAINTING
PUMPKIN SCARECROW SEASON

S W B A S K E T S N I A R G
Y H K F L O M E R S E M L T
G L A V I T S E F D O S T S
F N M U T U A E I O C O O E
F N I H A N Z S N A U Y A A
Z I B T J T T N R R V S I S
S K M E N U R E R S Q D P O
N P O U O I C E T O T L O N
O M F A S R A F M A C E C H
O U F L O I A P P R F I U A
L P O M E R C P E J A F N Y
L O O E C A L S D C R F R R
A R D T Z E V O E U A P O I
B C U X S A O E I M L F C D
S E D I R F M T S P I C K E

JUST FOR FAMILY MAKING

1. Going out for a walk all together? Have a focus for the walk which will be fun. You will need a bag to help children collect some large and smaller leaves of various shapes so you can talk about the collection and see the trees they come from. Look at the tree trunk and feel it; look at the colour of the leaves and feel both sides talking about the bumps and notches and the stem too. Where the ground is safe walk through the leaves kicking them around your legs. Just have fun among trees.
2. At home cover a children's table with lots of paper or a paint cloth and then let them enjoy painting the leaves. The next day, when they are dry string them up in a line of three or four plus a bead to give a little weight, and let them hang as a wind catcher or mobile, either at a window or from a tree you can see from the window.
3. Also, if you want, have fun making paper prints from your leaves, then these can be cut out and made into a mobile too.



SATURDAY 8 OCTOBER

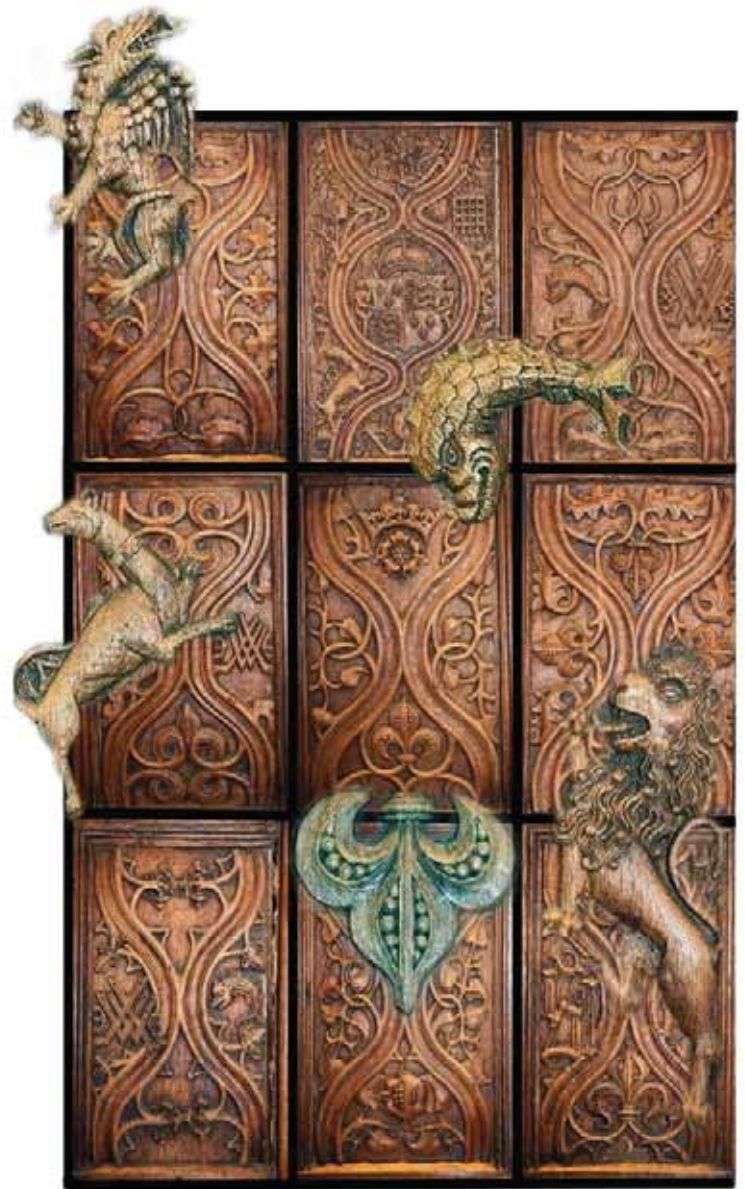
A celebration and recognition event on Saturday 8 October, to mark Black History Month, will be held within a Eucharist service in Chichester Cathedral with the Bishop as celebrant. With guest speaker The Revd Les Isaac OBE, and contributions from students at Steyning Grammar school and The Zinafe Choir.

The event is intended to encourage participants to focus on a common theme that will explore a range of different views on what it means to belong especially to groups representing ethnic minorities.

Harp quartet *Glissando*

presents

'A Concert for Catalina'



**Sunday 23rd October
2022 at 2.30pm**

**Steyning Parish
Church**

**Includes world premiere of
the 'Catalina Suite' inspired by
the Tudor Screen and com-
posed by *Glissando*
Harpist, Alex Rider**

With readings from John Tolputt & Wendy Francis

Tickets from Steyning Bookshop: 01903 812062

Adults: £14 One adult with up to 2 children (U18): £17



The Friends of
Steyning Parish Church

See steyningparishchurch.org/friends
for details of the Friends' events (booking etc)
as well as self-guided tours of our magnificent
Norman Church and churchyard.

Steyning Parish Church of St Andrew & St Cuthman,
Vicarage Lane, Steyning BN44 3YQ

RECIPE FOR OCTOBER

SUPER QUICK CHOCOLATE CAKE! BAKE WITH CHILDREN

Ingredients

1x packet of chocolate cake mix. I use Tesco own, it's £1.10 at the moment. You could of course use the plain mix but my little girl loves chocolate cake and so do I!

You'll need 2 eggs and water to complete the mix plus butter for greasing the tin and grease proof paper to line your 20cm cake tins.

For the Butter Icing:

300g icing sugar sieved

150g butter, salted or unsalted

Optional 1/2tsp vanilla bean paste or any other flavourings e.g. chocolate, orange zest

1tbsp icing sugar to decorate the top

Method

1. Make the cake as per packet instructions
2. Once cooled, make the butter icing
3. Mix the sieved icing sugar into softened butter until smooth using a wooden spoon
4. Put one cake half with the flat edge facing upwards onto a serving dish, smother the flat edge with butter cream. Leave a border of around 0.5cm.
5. Put the remaining cake half on top.
6. Sieve the remaining icing sugar on top to decorate.
7. Serve with a cup of tea or some strawberries for a nice dessert



WASPS



Legendary protest singer Woody Guthrie had the slogan 'This Machine Kills Fascists' emblazoned across his guitar. The lead singer of John Peel's beloved Half Man Half Biscuit had 'This Machine Kills Wasps' across his. Fascists and wasps. Equally hated and despised. But while one are a bunch of loathsome invertebrates that should be slapped every time they start to agitate us, I have to confess I have some empathy towards the wasps.

The wasps' world was created way back in April. A single pregnant queen emerged from her winter-long hibernation, flew, fed and founded a new colony. She single-handedly constructed 30 hexagonal homes from chewed-up wood, laid an egg in each and lovingly tended to her new babies which, when grown, became her workers. Through sheer determination, spit and sawdust they enlarged the colony, constructing an impressive suspended structure. Other workers collected food – caterpillars, flies, spiders – to feed the now-flightless Queen as she produced more eggs.

June was the golden age of the Empire. The colony swelled to almost 6000 wasps. There was a real buzz about the place. An entire self-contained Utopian society in matching yellow and black uniforms working together to serve their illustrious leader. Inside the dome, the temperature was maintained at 32 degrees. When the temperature rose on hot days, the workers united and the whole colony whirred their wings creating a community-powered air-conditioning unit.

The Queen was becoming crazy for power. Workers' eggs were destroyed to ensure only the Queen's offspring were raised. She started to create other Queens in her image. With no more workers being born, work levels in the colony increased. The wasps were slaves to a tyrant. Then came the news. The Queen is dead. Her mesmeric hold over every wasp was



lost. Revolution! The virgin Queens fled to mate, hibernate and start a new colony next year. Meanwhile the colony falls into anarchy. Paper walls are torn down, the temperature plummets. Rome burns. There is fighting and cannibalism. Those that stay face death from cold and starvation. One wasp manages to escape. Alone, betrayed by his leader,

without family, without purpose he is confused and lost in an unfamiliar world. Like so many he turns to alcohol to quieten his pain and the fermented fallen fruits of Autumn provide temporary relief. Intoxicated and hungry he stumbles around searching for sugar.

And now in his dying days he bumps into us: giant creatures with sweet drinks and snacks. Our reaction to this 15mm political refugee? To swat him away with rolled up copies of The Daily Mail. So this Autumn, have some sympathy for the lowly wasp.

Michael Blencowe

HARVESTING THE FOUR ELEMENTS

Water

Let anyone who is thirsty come to me, and let the one who believes in me drink.

As the scripture has said: "Out of the believer's heart shall flow rivers of living water."

John 7:37 - 38

WATER:

Wind

You ride on the wings of the wind,
You make the winds your messengers.

Psalm 104:3 - 4

AIR:

Earth

I am the Vine, you are the branches.

John 15:5

EARTH:

Fire

I am the light of the world.
Whoever follows me will never walk in darkness, but will have the light of life.

John 8:12

FIRE: