

NOVEMBER 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

Sunday 6 November at 4pm All Souls' Candle Service, followed by refreshments, at Steyning Parish Church

Sunday 13 November at 10:45am Remembrance Services at both Steyning and Ashurst

Sunday 27 November at 6pm "Darkness to Light" Ecumenical Advent Carol Service at Steyning Parish Church

St Andrew's & St Cuthman's

Every Sunday

8:00am 1662 Holy Communion Service

9:30am Sung Eucharist (20 November Music Group Eucharist.)

6:00pm Evening Service (6 November All Souls' Service 4pm. See page 4)
(20 November 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

Sunday 20 November The Music Group Eucharist is for Christ the King
Choral Evensong is the Patronal Festival of St Andrew

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PASTORAL LETTER



Dear Friends,

The Prayer Book Holy Communion service always ends with a form of blessing that has become as familiar to us as breathing. As we ask God to bless us, we pray that he will grant us the kind of Peace *which passeth all understanding* and that will *keep our hearts and minds in the knowledge and love of God and his Son, Jesus Christ our Lord*.

Like much of the Book of Common Prayer, the blessing is an almost direct quotation from Scripture, in this case from Paul's letter to the young church in Philippi: *And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus*. (Philippians 4:7). St Paul's words recall those put from the mouth of our Lord Jesus in the Fourth Gospel: *Peace I leave with you; my peace I give to you. I do not give to you as the world gives ...* (John 14:27a)

Many of our services in November focus on our need for God's Peace. As we keep the great feast of All Saints', and before we 'exchange the sign of Peace', we will be reminded of our citizenship with the saints through Christ our Lord *who came to preach Peace to those who were far off and those who were near* (see Ephesians 2:19,17). At our All Souls-tide commemorations, we will pray that the souls of the faithful departed will rest in Peace. As we keep Remembrance Sunday for the first time since the start of the war being waged against Ukraine, we will pray for Peace for all afflicted by war as we remember the courage of those who fought for freedom and peace. And at the end of the month, as Advent begins, we will long for the coming of the Prince of Peace.

In all this (as Chris reminds us in her reflection on Colossians 3:13-16; see pages 14-15 and the back page), as nights become longer and the shadows lengthen, it is good to remember Christ's promise that his Peace – so much bigger than us, indeed so much bigger that the whole universe – will fill the hearts and lives of all who trust in him.

His Peace be with you

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 all those who worship with us.

At November-time we remember all who are caught up in war now and in the past, and the families who have lost their loved ones and those who do not wish for war. As promised by Fr Mark there are interesting recollections about our late Queen, and other subjects that are associated with All Saints and Remembrance Sunday. We ask God to help us strive for justice, reconciliation and an end to all enmity.

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

steyningchurchmag@gmail.com

Steyning Parish Church

All Souls' Service

6 November @ 4pm

followed by refreshments

(More details page 21)



PARISH REGISTERS

HOLY BAPTISM (St Andrew's & St Cuthman's)

18 September

Rupert Temitope Albertson-Olofinmoyin

FUNERAL AND MEMORIAL SERVICE

(Botolphs Cemetery, St Andrew's & St Cuthman's)

6 October

Trevor **David** Humphreys

(died 12 September 2022)

INTERMENT OF ASHES

(St Andrew's & St Cuthman's)

12 October

Ronald John ('Ron') Collyer

(died 2 April 2022)

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 NOVEMBER

Tuesday 1 November

All Saints' Day (Transferred to 6 November)

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

Wednesday 2 November

All Souls' Day

Eternal God, our maker and redeemer, grant us, with all the faithful departed, the sure benefits of your Son's saving passion and glorious resurrection that, in the last day, when you gather up all things in Christ, we may with them enjoy the fullness of your promises; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Sunday 6 November

The Third Sunday before Advent

Sunday 13 November

Remembrance Sunday

Sunday 20 November

Christ The King

Eternal Father, whose Son Jesus Christ ascended to the throne of heaven that he might rule over all things as Lord and King; keep the Church in the unity of the Spirit and in the bond of peace, and bring the whole created order to worship at his feet, who is alive and reigns with you in the unity of the Holy Spirit, one God, now and for ever.

Sunday 27 November

Advent Sunday

Almighty God, give us grace to cast away the works of darkness and to put on the armour of light, now in the time of this mortal life, in which your Son Jesus Christ came to us in great humility; that on the last day, when he shall come again in his glorious majesty to judge the living and the dead, we may rise to the life immortal; through him who is alive and reigns with you, in the unity of the Holy Spirit, one God now and for ever.

Tuesday 29 November

Day of Intercession and Thanksgiving for the Missionary Work of the Church.

Wednesday 30 November

Andrew the Apostle

Almighty God, who gave such grace to your apostle Saint Andrew that he readily obeyed the call of your Son Jesus Christ and brought his brother with him: call us by your holy word, and give us grace to follow you without delay and to tell the good news of your kingdom; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

A PERSONAL REFLECTION

Last night I woke from a vivid dream. Two coffins were being carried side by side with some ceremony and emerging from what looked like an underpass. The pall bearers, some of whom I recognized, paused to rest before tackling an upward slope. I could see their faces. And then I woke.

Some of the pall bearers I glimpsed were familiar. In commentary, Sir Sebastian Roberts, himself a former Guards' officer, talked of 'the powerful tenderness one saw in the faces of those young soldiers carrying the Queen's coffin in Edinburgh'. It was equally true in England. Sometimes reality is replayed in dreams.

Dreams can be powerful, frightening, comforting. They help us process recent events, make sense of what our conscious minds have not yet dealt with, confront our fears, indulge our fantasies, and so much more.

When, as part of the grieving process for Her Late Majesty Queen Elizabeth II, the new King Charles visited Northern Ireland, I listened to an excellent sermon by the Most Revd John McDowell, the Church of Ireland Archbishop of Armagh and Primate of All Ireland. What he said as he began struck me forcibly.

'For many of us in the United Kingdom there were two people whose deaths we could never imagine – our own and the Queen's.'

The outpouring of grief and the astonishing act of remembrance that saw a quarter of a million people queue for hours to file past the coffin and spend just a moment in that space spoke redolently of the need to grieve and to learn again how to express it. In Victorian times and up to perhaps at least the 1950s it was common for the body to lie at home in the front parlour and for members of the family, neighbours and friends to come and pay their respects.

In Victorian and other ages it was common too for rates of mortality, especially child mortality, to be so high that death was simply a fact of life to be accepted. Perhaps in our modern world virtual media obscures reality and holds it at arms' length. We do not easily confront death but gloss it over with euphemisms such as, 'passed away'. To be fair, in the first World War that phrase was also used but not usually in a way that unlinked it from death and dying, more as an expression of destination – passed from earth to heaven. Now it seems more like a polite avoidance technique. If we don't mention 'death' it may not happen, at least not to us. By contrast, the

ancient prayer book tells us, 'In the midst of life, we are in death'.

You might expect that having spent the best part of my working life and all my Christian ministry being alongside people at their happiest moments and their saddest I would by now have worked out what it's all about. It's one thing to think of and deal with the death of others but it becomes very personal when it's your own. When I took my father's funeral I managed to maintain my professional mask up to the final line of my sermon when tears broke through my defences, just as they should have done.

The Queen's death has certainly put death and how we approach it back on the public agenda. The coverage was very moving and time and time again the role of faith was stressed. Perhaps for me it was all the more poignant because of my own recent slight brush with mortality. Without boring you with all the details, on the back of Covid I found myself in A&E and, after a blood test to find out why I was feeling so unwell, the doctor spoke openly and honestly, 'people don't usually survive with levels this low'. It emerged later that some medication I had been prescribed had probably leached much of the sodium out of my body over a period of months. The remedy was to top it up and I was home in time to see the Euro Cup Final.

But in the days immediately after hearing those words I reflected on my reaction and asked myself why I reacted as I did. Admittedly I was very unwell and what little energy I had left was concentrated simply on the present moment, but the words the doctor said registered. I remember feeling very calm as he said them. I remember thinking how refreshing it was to be told plainly. I remember thinking that the logic of the situation was simple - I clearly hadn't died and so the next step must be to help me get better. I am grateful to the doctor and to all the staff for what they did. I'm especially grateful to Jill for taking the right steps when I was incapable of doing so, for the generous and kind advice received from members of our congregation with medical knowledge, and for the care and concern of so many in the days and weeks since. One kind person lent me a book called, 'Recovery: the Lost Art of Convalescence' by Dr Gavin Francis, which I found very helpful. Although it applies to medical recovery primarily it applies equally to bereavement. I wish I'd had it long ago. It would have helped with ministry.

Lying in my hospital bed gave me time to put aside any professional role I might have had and to depend solely on what I knew of God's goodness and love. And it sustained and strengthened me. Faith, and a good grounding in faith over time, helps

us deal with life as a whole and especially perhaps the fact of our own mortality. It's never too late to turn to God. Stories abound of pilots in the Second World War who found themselves praying whilst in action. There is a thin veil between this world and the next. For the moment a day trip and return is quite enough. None of us wants to die whilst life is still something we enjoy but at the same time death itself is nothing to fear. Knowing all that God has done for us in Christ makes the words that Jesus spoke so long ago (John 14.1-6) real in the present.

We are in the season of remembrance. Remembrance is about giving thanks. The death of the Queen causes us to think of all those dear to us who have died. As we continue to give thanks for the Queen's life, let us give thanks too that at the very heart of her life was her deep Christian faith. May we have the same.

Canon Nigel

MY PILGRIMAGE TO WESTMINSTER HALL

Queen Elizabeth II

At 9.30pm on Thursday 15 September, I entered Westminster Hall to see her Majesty lying in state, and pay my final respects. It had taken eight hours of queuing and walking, but every step was worth it. For all of us who had made that pilgrimage, for that is how it felt, it was an unforgettable



and moving experience. As we came down the steps into the Great Hall, we witnessed the changing of the guard, which happens every twenty minutes. The peace, serenity and pageantry was so poignant. We are allowed so close to Her Majesty. After all the crowds, you feel very much on your own. Each of us took time to say our farewells as we passed the coffin with the State Crown, Royal Sceptre and Orb resting on top. As we left the Hall, each lost in our own thoughts, fellow pilgrims we had journeyed with, who had entered the hall before us, whom we had never met before this journey, were waiting for us. We all started together, and ended together. Few could speak, but we all knew we had shared a special

moment in history. We said our goodbyes and left, still mostly in silence.

My day had begun by visiting Buckingham Palace, which holds many important memories for me, then to Green Park and St James Park. The floral tributes laid out in a ribbon of flowers were quite beautiful. I met a person who had flown in from Hong Kong who wanted to say thank you for their independence. A man who had flown in from Vancouver.

At the start of the flowers there is a stand where all the plastic wrapping and elastic bands have to be removed from each bouquet before they can be laid. This was busy constantly, and is there because no plastic can go into the compost they will eventually make to be used on the Royal Parks flower beds.

Picnic lunch overlooking the lake in St James Park, then 'let's do this...' where do I join the queue? " Best to catch the tube to Tower Bridge," a policeman answers me," the back of the queue is currently there."

Now at Tower Bridge, where is the back of the queue? "Getting on for a mile back, follow these people going there," says another policeman. We are now all walking very quickly to find the back of the queue, which seems to be moving backwards at an ever increasing rate!

"Look for the Marshalls in blue, they are the back markers." We eventually find them, now two miles back, in Bermondsey and they indicate for us to join the queue. We join at 1.30pm. Chatting and introducing ourselves to those we have just joined with, we proceed at a leisurely pace back towards Tower Bridge. We pass through Butlers Wharf, Shad Thames, Queen Elizabeth Street. At Tower Bridge we make our way down to the embankment and at last meet up with 'the man' with the wrist bands!! My number 098456.

Blessed with a dry day and sunshine, we walk the walk, or rather a mixture of shuffling, walking, then standing still, but we move onwards. At the South Bank we pass large screens showing her Majesty on tour in various countries from the 1960s and 70s. We share stories, chocolate bars, and where some good loos are. Having said that there were plenty of portaloos, and stands giving out free water - if we keep showing our wrist bands! Stewards finding people queue jumping with no band, remove them and ask them to go to the back of the queue!!....

A number of clergy and chaplains all in 'high-vis' vests wish us well as we pass by.

As we view the Houses of Parliament from across the river we walk alongside the

'Covid Tribute Wall'. Thousands of red hearts drawn on the wall each commemorating a person who lost their life to Covid.

We cross Westminster Bridge and enter the 'zigzag section', right outside the Palace of Westminster, the most trying part. So close, yet this section alone takes nearly two hours. Airport style, we criss-cross the lawns, keeping to our queue lanes. Dusk turns to night. The floodlights for the television cameras go on. Television crews from across the world edge this field with satellite dishes of every size beaming our every move, as we have now entered 'live streaming'.

We continue our zigzag. By now we have eaten all our food, drunk all our water, and if not we throw it away as we have entered security. A 'sea' of police. They are here from all over the country to help out. Devon and Cornwall Police, Cumbria and Northumberland Police. The policeman searching me has come from Manchester. All mobiles switched off, full bag checks begin. Just like airport security, coats are removed etc and all put into trays before we walk through the scanners.

Now as we walk towards the entrance of Westminster Hall, all is quiet. No traffic, it is all cordoned off with road closures right around the Palace. The subdued lighting of chandeliers welcome us through the entrance.

We are greeted by ushers as we stand at the top of the stairs looking down into the Hall. Our breath is taken away.

Her Majesty Queen Elizabeth II, lying in State seems to bid us welcome, and invites each one of us to enter her presence.

As we walk down those stairs to her, we do so and are indeed made welcome.

Thank you, Your Majesty for your life of devoted and dedicated service.

For your seventy years of loyalty and service to us, the very least I can give you is eight hours.

A huge thanks must also be given to the layers of meticulous planning that went into making everything happen. The armies of volunteers, service personnel, police, the list too is endless!

If you thought of going – I hope you did. If you were unable, I hope this may provide some further insight into this momentous time in our lives.

Mary Penley

SUDDENLY A WALL BECOMES A GATE

Death is a part of a much greater and much deeper event, the fullness of which we cannot comprehend, but of which we know that it is a life-bringing event. . . . What seemed to be the end proved to be the beginning; what seemed to be a cause for fear proved to be a cause for courage; what seemed to be defeat proved to be victory; and what seemed to be the basis for despair proved to be the basis for hope. Suddenly a wall becomes a gate, and although we are not able to say with much clarity or precision what lies beyond the gate, the tone of all that we do and say on our way to the gate changes drastically.

*A Letter of Consolation
Henri J.M Nouwen*

This reading comes from a book of daily mediations by Henri J. M. Nouwen and was the reading for Monday September 19 2022, the day of the State Funeral of HRH Queen Elizabeth II.

It reminds us all that death is 'a part of life', and together they are two sides of the same coin.

Just as seeds have to die in order to bear fruit, the death of Her Majesty is already bearing fruit, by inviting us all to befriend death, to openly talk about it, at any age, as we do now about mental health. Also, to give ourselves 'permission' to mourn and grieve openly. Just as in her life Her Majesty provided continuity, so too in death she provides encouragement. Living through the trauma of Covid, there is still so much grief unprocessed, which in turn connects with other grief and trauma still held. Her Majesty in death 'opened the gate' for our collective and individual outpourings of past grief to be given 'the time' to be expressed, to be acknowledged and shared. To become a source of healing.

By 'opening the gate' we are invited to talk 'openly about death', at any stage in our lives. After all, life and death continue to journey alongside each one of us, towards the gate.

Mary Penley

The Corrymeela Community in Northern Ireland dedicated to reconciliation, has a prayer which reads:
*Show us, good Lord,
The peace we should seek,*

*The peace we must give,
The peace we can keep,
The peace we must forgo
And the peace you have given
In Jesus Christ our Lord.*



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

Prayer of St Francis

Lord, make me an instrument of Your peace;

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is discord, harmony;

Where there is error, truth;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

And where there is sadness, joy.

O Divine Master, Grant that I may not so much seek

To be consoled as to console;

To be understood as to understand;

To be loved as to love.

For it is in giving that we receive;

It is in pardoning that we are pardoned;

And it is in dying that we are born into eternal life.

St. Francis of Assisi



SAINT OF THE MONTH

LYDIA SELLON (1821-1876)

RESTORER OF ANGLICAN RELIGIOUS ORDERS

Lydia Sellon was brought up in Monmouthshire, the daughter of a Naval Commander. When she was 27, never having enjoyed good health, she decided to travel to Italy for the warmer climate. However, before going, Lydia read an appeal by the Bishop of Exeter in an Anglican newspaper asking for help to minister to the poor of Plymouth and Devonport. She felt called to answer the appeal.

Lydia had a flair for organisation and, within the year, she had gathered other women around her and adopted a conventual life calling themselves the Devenport Sisters of Mercy. In 1849 the Sisters were embroiled in a cholera epidemic and, to strengthen them in their work, they requested a daily Eucharist. The Vicar of St Peter, Plymouth responded positively and this was the first daily Eucharist in the Church of England since the Reformation.

In 1854 Florence Nightingale went to the Crimea with 38 nurses, 14 of whom were nuns from Lydia's Sisters of Mercy. In Devon the operation grew with an orphanage for the children of sailors, a school for the destitute and a night school for teenage boys.

As the work increased the Sisters of Mercy merged with another group, the Sisterhood of the Holy Cross, to form the Society of the Most Holy Trinity which was recognised as the first religious order in the Church of England since the Reformation. By 1860 they had their first purpose-built convent, Ascot Priory, said to have been built largely with money from Lydia's father. Lydia was elected by the Sisters to be head of the Order and she was styled abbess.

In the early 1860s Lydia's health deteriorated and she became paralysed but she continued to lead the new Order. She died at West Malvern on 20 November 1876 in her mid-fifties. Dr Pusey, then leader of the Oxford Movement within the Church of England, described Lydia as "the restorer after three centuries of the Religious Life in the English Church". The Church commemorates her life in the Common Worship Calendar on 20 November.

LET THE PEACE OF CHRIST.....

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace".

Throughout this magazine, from the articles you have sent in, run underlying themes of peace, remembering and death, or maybe it can be joined as remembering peacefully? Memory plays an important role in the grieving process and in peace building efforts and reconciliation processes throughout the world today. Much time is needed, and a chance to change any painful memories and remember them peacefully. Each person involved then becomes a small part of the word *Peace*. The Bible itself is a book of memories - memories of people who encountered God in many different life experiences and who were inspired to write them down to pass on to future generations.



The word "Remember" is often followed by an action ... *remember to do something*. Or it maybe it is that we are asked *to remember*, and the order *to remember* is a strong theme in the Old Testament especially. Israel is told to remember to live by the Torah obediently each day, and that community today act together to preserve those memories. The memory of Christianity is shaped by the death of Christ, and the Eucharist we celebrate each week gives hope to all in the humdrum ordinarinesses of our lives; we are never alone, but within community...*as members of one body*.

Interestingly in this quotation from Colossians, we are *called to peace* - to do peace. I am not sure what this looks like, and am wondering how I am shaped by peace. Or perhaps, what the dissonances are around me that need to be resolved? Or, how better can I listen to others to help bring them to a resolution of concerns? I could go on with this colourful quilt of questions that arise, but before I recount a story from history that is about peace, I will share with you a reflection that has been on my mind over these past weeks as I have thought about this quotation. Is it a paradox that I love fun and laughter and mischief, banter and games, and still wish to be a peacemaker? Answers on a postcard please!!

I don't think peace is the opposite of war because even after the end of hostilities there is much healing to be done before there is peace. Is it then peace and

non-peace; war and non-war? Martin Luther King wrote "Peace is not the absence of tension, but the presence of justice." But we do all pray for peace in our world and for all those working towards reconciliations and an end to wars, and we grieve for lives lost.

At the beginning of the twentieth century Argentina and Chile were coming very close to an armed conflict over the positioning of their border. Today a large statue named "Christ the Redeemer of the Andes" can be seen as a reminder of how near these two countries came to a terrible war. It is believed that the statue is made from the bronze of the cannons amassed for the war. A good reminder back to Isaiah that war will be no more when the weapons will be reshaped to tools for harvest.



"And they shall beat their swords into plowshares, and their spears into pruninghooks: nation shall not lift up sword against nation, neither shall they learn war any more".

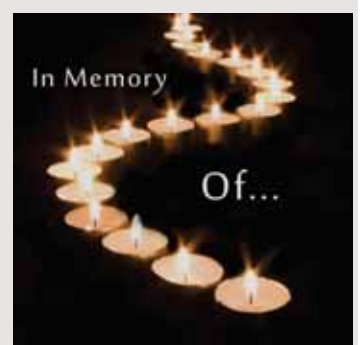
Isaiah 2v4

The peace that Jesus is talking about in Colossians is not like a statue. He is not saying to us "Have a nice day". His peace is the peace in our hearts and was his parting gift to us. On the day of the devastating twin towers plane crashes the Fire Department chaplain was seen calmly kneeling beside an injured person giving the last rites. In the horror that was going on all around that wonderful chaplain knew and gave God's peace.

Chris Fitton

MEMORIAL BOOK

To arrange for someone's name to be added to the memorial book in the north aisle of Steyning Parish Church please complete a form at the back of church. There is a suggested donation of at least £10, to include the cost of all the calligraphy.



BISHOP OF CHICHESTER SERMON GIVING THANKS FOR HER LATE MAJESTY THE QUEEN

Music has the power to connect us with each other and with our memories. It is what makes singing the National Anthem such a potent statement of our identity. And a key-change in its wording brings home to us the significance of these past days.

Death has intervened to take from us a beloved Sovereign, but the music tells us that we are still the same people, with the same inheritance of tolerance, ingenuity, and a sense of humour. And under God we shall still be served by an anointed Monarch who has been nurtured in this vocation.

I have to confess that in the past, when cycling down the Mall and seeing the Royal Standard above Buckingham Palace, the words of the National Anthem have gone through my mind, prompting thanks for our inheritance, and with the line, "may she defend our laws" ensuring that I took no liberties with the Highway Code and stopped at all the red traffic lights.

As we give thanks for the outstanding dedication of Queen Elizabeth II and see the qualities of her commitment emerging in King Charles, it is worth reflecting on what we mean when we sing of our Monarch as "gracious".

This word describes character and behaviour rather than physical appearance or regalia. The Psalms, which are the anthems of the Old Testament in the Bible, describe God as being gracious in dealing with us, for "he knows of what we are made: he remembers that we are but dust" (Ps 103:8, 14).

Being gracious is about what we would call courtesy and good manners. It is the foundation of our defence of human dignity and respect for one another.

The example of graciousness that Queen Elizabeth set us was not a symptom of royal privilege: it was a commitment to the quality of life each of us can embrace in building a just and harmonious society.

In her Christmas message of 1975, the Queen spoke about how she drew from the teaching of Jesus in the gracious work of loving our neighbour, whoever that might be. She said,

"It does matter therefore what each individual does each day. Kindness, sympathy, resolution, and courteous behaviour are infectious... And the combined effect can be enormous... We may feel powerless alone but the joint efforts of individuals can defeat the evil of our time. Together they can create a stable, free and considerate society".

These words are important, both for what they say and because of the person who said them. As Queen, she was also the constitutional head of the judiciary, responsible for our laws and the exercise of justice. Her message was inviting us to honour the gracious rule of Jesus Christ, born as the Prince of Peace, as it outlined what the rule of law should feel like. It should feel fair and decent, as it commits us to stand against evil, with and for one another.

Singing a second verse of the National Anthem adds to the solemnity of an occasion. God's choicest gifts are indeed distributed, but quite unevenly. Some people appear to have them all: intelligence, good looks, wealth, and genuine moral goodness which is disarming. This is all very frustrating! But the true enjoyment of our gifts lies in their use for the common good and the glory of God, their giver.

Queen Elizabeth was certainly graced with many of God's choicest gifts and, with selfless generosity, she used them well in the service of the crown. She gave us the years of her youth and beauty; she inspired artistry in fashion, theatre and the entertainment industry; she was a global icon of women exercising power in a rapidly changing world; she spoke to us about being a wife, a mother and a grandmother; she loved sport and had a sense of humour.

Although field sports, and horse-riding in particular, were where she excelled in her own right, Queen Elizabeth supported all sports, including football. Indeed a Government minister once met her at a gala football match, and after the match asked whether she thought had anybody played particularly well. She said, "The band of the Scots Guards were rather good".

We do ourselves no favours if we allow envy to infect our ability to enjoy the gifts that God has given to others. Envy blinds us to our own gifts but more importantly, it also distorts our vision of God, who loves with equal intensity each and every person made in his image.

So may God continue to pour the choicest gifts on the person called to serve as our anointed Sovereign, gifts that will ultimately direct our minds to God as the giver of life, for which we are accountable, and the one who will restore in the glory of resurrection life what is lost in death.

Of course, we cannot know what that life in its glory and perfection will be like but we can understand some of its contours and they do feature in the little known final verse of our National Anthem which asks for God's help to "form one family the wide world o'er". When those words were written they probably interpreted this family as the British

Empire. Queen Elizabeth has been instrumental in re-forming that empire as something else: an association of nations that has chosen to come together under the emblem of the Crown in the form of the Commonwealth, serving the common good.

Her vision of the capacity to resist the cycle of greed and conflict drew from faith in Jesus Christ and it remains fundamental to our global future. We need saving from ourselves, in terms of our damage of the earth, and our misuse of political and economic power. In 2011 the Queen put it like this: "God sent into the world a unique person – neither a philosopher nor a general (important though they are) – but a Saviour with the power to forgive".

Queen Elizabeth has been a fearless ambassador of peace and reconciliation, evident in being the first British monarch to meet the Pope since the Reformation; in the courage of her post-war visit to Dresden, and her visit to the Republic of Ireland and the remarkable moment when in 2012 she shook hands with the Republican campaigner, Martin McGuinness.

Love is what drives this quest for peace, justice and truth, and love is what has inspired the life and work of Her Late Majesty, Queen Elizabeth. And now in death, having served her Lord and Saviour so generously on earth, may these words of faith in God betoken her reward of life in heaven, reunited with her beloved husband, Prince Philip, and all that she loved on earth:

*So long thy power hath blest me, sure it still will lead me on,
O'er moor and fen, o'er crag and torrent till the night is gone,
And with the morn those angel faces smile
Which I have loved long since, and lost awhile.*

May she rest in peace.

God save the King.

Amen.

"There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace."

RINGING IN JOY AND SORROW



Steypning ringers have had a busy time recently. On Saturday 6 August we enjoyed a day of ringing at towers in East Sussex; this was ably arranged by Geoff Goodman, and with support from a few extra ringing friends a very enjoyable time was had. It was our first outing since before

Covid and the day was rounded off by some of us having supper together.

As I was getting ready for our usual practice on Thursday 8 September the announcement was made that HM Queen Elizabeth had died. What should we do? A quick call to Father Mark, and it was agreed our practice should go ahead but with the bells muffled. This wasn't all that needed to be done, flag etiquette was also very precise. The St George's flag needed to be replaced by the Union flag and it had to be flown at half-mast. Again, it was Geoff Goodman who carried out this task, in fact he seemed to spend much time up in the tower over the next few days.

There was a call for bells to be rung muffled, or fully muffled, across the United Kingdom on the following day for an hour before midday. We managed to get a band together to ring and this was followed by tolling of the tenor, our largest bell, for 96 times. Sometimes it is hard to know whether many react to our ringing; on this occasion we know that a choir practising in the Steypning Centre came out to listen with some of the staff and appreciated our efforts in marking the occasion.

Saturday was the official proclamation of the new King, therefore the flag had to be hoisted to fly at full mast, and for the next twenty four hours the bells had to be rung 'open' (no muffles) in celebration. So it was back up the tower for Geoff and myself; flag sorted and bell muffles removed. This included our ringing on Sunday morning, before it was time for the flag to be once again lowered and the muffles put back on. The last thing for the ringers to mark the passing of the Queen was tolling a bell in the lead up to the start time of her funeral service, and change the Union flag back to St George's flag.

Muffles are now removed from the bells and packed away until Remembrance Sunday on 13 November.

David Kirkaldy, Tower Captain

PRAYER POINTS FOR NOVEMBER

- For all the thousands of schools on half term at the end of October and especially single parent families as they juggle work and child care
- For all who are feeling the bite of the temperature drop that happens at this time of year and particularly as the clock changes. For all who are struggling with energy bills.
- For the community fridge and freezer in the church cottage.
- For chaplains and all who minister to those with mental health.
- Thanks for all British Legion members and their lives of service, and for all at present in the Armed Forces.
- For all who work and volunteer at the Library



The
Children's
Society

YOU ARE INVITED

to

7 Goring Road Steyning

on

Saturday 5 November

From 11.30am till 1.00pm

This year's selection of Christmas cards from the Children's Society will be available to view and buy and Elaine is donating her sale of cards too.

Sherry, soft drinks, coffee, nibbles

01903 816946



ALL SOULS-TIDE SERVICE



In loving memory

You are warmly invited to the
Annual Service of Memorial and Thanksgiving
Sunday 6 November @ 4pm

- The service will last about 40 minutes and candles will be lit in memory of loved ones. Bring as many family members as you wish,
- At the service we will pray by name for those who have died in the past year, and for other loved ones. If you would like to add a name to the list please contact the Parish Office (01903 813276)

Please ring 01903 879877 with any enquiries.

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



SATURDAY 19 NOVEMBER

@ 7pm

PENFOLD HALL

**Come and join in an evening of fun and laughter
and maybe a little brain power
to raise money for**

The Salvation Army Christmas Appeal.

BYO Drinks, nibbles provided

Doors open at 6:45pm

Raffle

Tickets £4 each (after Sunday 9:30 Eucharist and Pat Edwards 01903 812544)

The sunny weekend of 17 and 18 of September saw the town of Steyning take part for the first time in the national Heritage Open Days scheme. As part of this, The Friends organised several events including talks and concerts, with homemade afternoon teas in Penfold Hall. Additionally, the audio tour of the interior of the church was officially launched.



There was an enthusiastic reception by the local community, with some people travelling from other parts of the county. A few further visitors came from outside Sussex to visit our magnificent church and enjoy the events. There was warm praise and great appreciation to everyone involved.



Sarah Leigh gave two talks explaining the history of how the church was built. Entitled 'How French abbots created Steyning Parish Church and made their peace with the Kings of England', she highlighted how and why the French came to Steyning, the importance of the site and how they navigated the many tortuous issues with English royalty.

Brian Sawyer devised and played two rousing concerts with a great reception on both Saturday and Sunday. Opening with Bach's Prelude and Fugue in G 'The

Great', and continuing with Sursum Corda by John Ireland, and then the first movement of Mendelssohn's Organ Sonata No 3, followed by Rhosymedre by R.V. Williams, and finishing with 'Nimrod' from Enigma Variations by Elgar.

Although the events took place just before the Queen's funeral, there was a combined audience of over 120 for the talks on the church history and concerts. Additionally, there were almost 20 visitors to the church at other times over the weekend, many of whom took the audio tour to learn about the history and architecture of the church.

The Penfold Hall was resplendent in bunting and pretty tablecloths and opened its



doors to welcome approximately 80 people for afternoon tea on both days. A sumptuous array of homemade cakes had been created, mostly by members of The Friends.



The various events raised over £530 including the teas and donations; which will go towards improving facilities in the church to facilitate its use by the community.

Also featuring as part of the Heritage Open Days were guided tours of the Rifle Range which were managed and organised by the Steyning Downland Scheme. Over 80 people took part, hearing about the history and vital role played by the Range since the 1860s. Visitors learned how the Range was used, initially by the Volunteers and later by the Territorials, Home Guard, British Army, Cadets and local shooting clubs. It finally closed in 1989. There was also vintage equipment and some deactivated rifles on display. The WWII style refreshments were also enjoyed by many.

The Friends of Steyning Parish Church



HARVEST FESTIVAL GIFTS AT STEYNING

Barney, the charming young man from FSW Head Office, who collects and then, once sorted, delivers the food to our families, came today, 4 October, to take the Harvest Gifts. He said how lovely and generous are the people of St Andrew's and thanked everyone on behalf of FSW.

Sue and I think you are wonderful, too ... the back pew was full to bursting with your gifts.

All our thanks,
Sue and Wendy



A LITANY FOR THE ARMED FORCES

Holy God, the protector of all who trust in you:

Grant to the Armed Forces of the Crown,
and all who seek you,
the assurance of your presence,
the knowledge of your love,
and the guidance of your spirit

Lord, hear us.

Lord, graciously hear us.

Bring healing and wholeness to people and nations:

let your mercy rule all that we do.

Lord, hear us.

Lord, graciously hear us.

Be with all who defend your truth and your peace,

that they may vanquish injustice and wrong.

Lord, hear us.

Lord, graciously hear us.

Give wisdom to leaders and commanders,
that they may be a force for good on the earth.

Lord, hear us.

Lord, graciously hear us.

In your wisdom embrace our enemies,
and those who wish us harm:

turn the hearts of all to kindness and friendship.

Lord, hear us.

Lord, graciously hear us.

Be with all medics and chaplains,
and all who support the suffering:
give them wisdom and skill, sympathy and patience.

Lord, hear us.

Lord, graciously hear us.

Sustain the anxious and fearful,
and renew them with courage from on high.

Lord, hear us.

Lord, graciously hear us.

Comfort all worried families, whose loved ones are in danger:

surround them with your love, protect them from all harm.

Lord, hear us.

Lord, graciously hear us.

Be with the sick and wounded,
stand by all prisoners and captives:

let your mercy be shown to all, and your power to heal and save.

Lord, hear us.

Lord, graciously hear us.

Receive those fallen in battle, and all innocents who have died:

surround their loved ones with compassion, and give them a patient faith.

Lord, hear us.

Lord, graciously hear us.

Confirm what is founded on truth,
and establish your love in our hearts:

that justice may abound on the Earth,
and all peoples rejoice in your peace.

Lord, hear us.

Lord, graciously hear us.

This litany - this set of prayers - is written especially for the Armed Forces, and included in the November magazine as you may like to use them as part of your prayers on Remembrance Sunday. Maybe you would like to end with The Lord's Prayer.

REMEMBER , REMEMBER

It's probably true that each community has its own customs of traditional dates for setting a fresh start to the Calendar year. Nowadays we have our own New Year to make fresh resolutions; the Romans seem to have observed 1 March; there is a theory that some communities in Europe used to set a time for a fresh start at the beginning of November, though this idea is plausible rather than provable.

At any rate, farming communities would "change gear" with November; this was a time for culling livestock that would not be likely to survive the winter; to stockpile foodstuffs for the cold dark times ahead; to reflect on the harvest gathered; to stop outside work; to call a halt to war campaigns; to remember those who have gone before us. All with various forms of ritual observance.

Church habit has been to take over pagan festivals and give them a pious make-over, so it seems likely that they tried to replace the ghosts and spirits of this time with the festival of All Saints (November 1). Folk memory and customs were not so easily beaten, so the church tried again with All Souls (November 2) But the remnant of all these rituals is still with us in the (commercial) version of Hallowe'en and its pumpkins and ghouls. People need to remember in their own way.

November is still the month for remembering, whether it be the remnants of years past, or Guy Fawkes with its extravagant rituals masking the heart-rending historical reality. (I used to live in Lewes and remember the pang of seeing the 18 burning crosses, and realising the Protestant Martyrs they represented were my ancestors!). Or, the double Remembrance of wartime slaughter and heroism on November 11.

Of course we Christians have our own regular Remembrance as we follow the Lord's instruction to "do this".

The General Synod of the C of E has the laudable habit of giving members papers of explanatory notes about things to come. I well remember a paper about the prayer options to be used at the Communion service which explained that the Lord's Supper was not just a "mere calling to mind" of something that happened long ago; and my astonishment when the options for the Eucharistic prayer included one which said we were doing just that!

I looked up the Greek word for Remembrance ; it only occurs a few times in the

bible, and each time it is **reminding God, or remembering in the presence of God**; no mere passing though like an item on the shopping list, but real heart-felt sharing with the Creator. The best example of what I mean is the widow and the Prophet in I Kings 17 v.18.

“And she said unto Elijah, What have I to do with thee, O thou man of God? art thou come unto me to call my sin to remembrance, and to slay my son?”

We all have days and times for our own personal memories. They can be a bit easier if we remind our Father God as well as ourselves. The past is real, and part of us now.

Senex

HELPING IN THE PRIMARY SCHOOL

I retired to Steyning with my wife, Caryl eight years ago.

Since 2017 I have been volunteering at Steyning Primary School every Thursday morning to help with reading in Year 6 .This sometimes includes helping with Maths and English in small groups, which I am happy to be a part of because I was a teacher, but this is not something everyone does.

Reading to an individual and helping them gives me immense satisfaction as you get to know the children and their personalities. We chat about hobbies, pets, family, holidays; anything to make the child feel relaxed and wanting to read to me.

This also helps the Year 6 teachers as they have so much on their plates and sometimes not enough time to hear each child read.

If you feel that you would like to help, be it with reading or other skills, have a go!

The children and staff will both benefit from your help, I can assure you.

If you contact me at church or email me: derekvine49@gmail.com or my wife Caryl: carylvine55@gmail.com we can give you more advice on who to contact at school.

Many thanks, Derek Vine.

Please Join Us To Celebrate The Life Of

Eileen Dorothy Buckley

August 1926–September 2022

Steyning Parish Church

12 November @ 11:30

***Followed by lunch with Eileen's
friends and family***

Penfold Hall

Please avoid wearing black,

Eileen always preferred colours

RSVP to Barbara: Barbara.buckley2@btinternet.com

07930876732



TIP OF THE MONTH

As the temperatures are dropping it is very tempting to turn up the heating. However, with a view to the rising cost of gas and electricity how about snuggling up with soft throws or blankets while watching TV, adding a hot water bottle, making extra hot drinks or putting on an extra jumper or two! At bedtime, a warmer tog-rated duvet is a good idea or use an extra throw or comforter on top of the bed/duvet.

How about sending in any other tips of things you may be doing to keep warm to the magazine editor? steyningchurchmag@gmail.com

COMMUNITY

C O F F E

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

COMMUNITY FRIDGE UPDATE



The new BN44 Community Fridge project is going great guns. It's attracting a growing clientele and in the first month alone saved over 200kg of food waste. A big thanks to St Andrew's and St Cuthman's Church for providing Church Cottage as a venue, which is working a treat.

The Community Fridge tackles both the environmental cost of food waste as well as offering support to families who are struggling to put food on the table.

We collect food that is past its sell by date, but hasn't yet reached its use by date, and give it away free to anyone that can use it. The food is donated by Co-op stores in Steyning, Shoreham and Sompting, as well as Truffles. What's available varies from day to day but we usually have meat and fish, plus lots of bread and some cakes, and generous allotment owners are donating their surplus vegetables.

It's open twice a week for an hour:

Monday evening from 7 - 8pm

Thursday morning from 10 -11am

It's all a team effort and we have a terrific band of volunteers who collect the food, store it carefully, and then distribute it to our visitors. If you'd like to help out please drop us an email at communityfridge@greeningsteyning.org



Worried about the impact of rising energy prices on your household budget? You're not alone. Some temporary relief is on the way with the new price cap. But this is just a sticking plaster solution, and still means a doubling of bills compared to last winter.

The only effective answer is to get smart and tackle the problem at source by making your home more efficient. Greening Steyning has some ideas on how to approach it and a Helpdesk to provide practical support.

It makes sense to start with the basics and work up from there. Here's a checklist of the most obvious steps to think about:

- Simple energy saving measures that don't cost much – like lagging your hot water tank, replacing light bulbs, or draught-proofing your doors and windows. The payback time on these can be a matter of a few months.
- Topping up your loft insulation and checking if your cavity walls have been insulated. Yes, it's a bit of a hassle. But you'll feel the benefits in lower heating bills straight away.
- Installing solar panels on your roof, so you can generate your own clean, zero carbon energy. Anyone with PV panels had a smile on their face last summer. Why not join them?
- Swapping your gas or oil boiler for a super-efficient heat pump. There's a £5000 grant available to take the sting out of the up front costs.

With energy prices rocketing, investments in energy savings will pay back even faster than before. And they will keep on saving money, and carbon emissions, year after year.

You may be eligible for a grant

If you're on a tight income, investing in energy savings is easier said than done. The good news is that there's an attractive new grant scheme available that could bridge the gap.

It's called the Warmer Homes Scheme and is aimed at households with an annual income below £30,000, or on certain benefits. It is targeted at homes with EPC ratings of D or worse, in other words, those that need an energy upgrade the most. It offers grants of up to £10,000 and covers all kinds of insulation, solar PV, heat

pumps, and more. You get a detailed energy assessment of your home as part of the package, and the work is carried out by pre-vetted installers. So you should be in safe hands. The only catch is that it is only available for a limited period, ending in March 2023. So you'll need to get your skates on.

Need some help?

If you'd welcome some practical help on where to start, come along to our free monthly **Home Energy Helpdesk**. It's on the second Saturday of every month, at the same time and place as the Repair Café – 2-4pm at Beeding Village Hall.

Volunteers will be on hand

to talk through your particular situation and answer your questions.

Take a look at our website to find out more on all the options, and book a Helpdesk slot. Go to: www.greeningsteyning.org/energy

HOME ENERGY HELPDESK

26% Roof
18% Windows
3% Doors
12% Ventilation & Draughts
8% Floors
33% Walls

GREENING
STEYNING · BRAMBER · BEEDING

2-4 PM
EVERY 2ND SATURDAY

Geoff Barnard

THE ARTS SOCIETY

The Eastern Influence in European Jewellery

By Patricia Law

Monday 14 November 2022

The influence of the East on European jewellery pervades in all its aspects. This lecture looks at the gemstones that were traded and exported to Europe, such as pearls from the Indies in Roman times, and the gems in the Crown Jewels. There are rubies from Burma, sapphires from Kashmir and Ceylon and Imperial Jade from China. With these gemstones came influences on styles and the way that jewellery was worn. Some pieces were directly copied and at other times simple motifs were added to existing styles. Techniques too were learnt, such as the Japanese cloisonné enamelling used by the French jeweller Falize. This lecture aims to show the glamour of the East and how the West embraced and absorbed its myriad influences.

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



THE STEYNING SOCIETY

Friday 18th November 7pm until 9pm
at The Steyning Centre, Fletchers Croft, Steyning
Art and Illusion - the story of stage and scenery
from Sophocles to Spiderman
by Ian Gledhill

Ian is a stage designer and actor and is a most entertaining speaker. He has performed with Julian Clary in pantomime and is a regular presenter of our talks.

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

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.

Sadly the September meeting was cancelled due to illness.

Our next meeting: Paul Hannam will give a talk entitled,
"How a Movie Changed my Life, and other stories".

Date: Tuesday 29 November **Doors open at** 3:45 for 4:00 start

Where: Penfold Hall

Any enquiries please to Leonard Warner (01903 812752)

A REMEMBRANCE PRAYER FOR PEACE

May the memory of wars strengthen our efforts for peace;
May the memory of those who died inspire our service to the living;
May the memory of past destruction move us to build for the future.
O God of peace, O companion of our souls,
O builder of Love and Justice in the world,
Hear our prayer.

SCM Reading Fellowship

STEYNING HISTORY
SOCIETY

Wednesday,
9 NOVEMBER

STEYNING CENTRE

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

SUSSEX
VILLAGES FILM

*by Sussex Film Makers
(Roy Powell)*

Visitors welcome -
£4.00

STEYNING ART GROUP

ANNUAL EXHIBITION 2022

STEYNING CENTRE

SATURDAY 5 NOVEMBER 9:30 - 4:30

SUNDAY 6 NOVEMBER 11:00 - 3:30

Do come along and view our inspiring art-work, meet the artists who will be displaying oils, acrylics, watercolours, mixed media and pencil.

Greeting cards will be on sale.

DELICIOUS HOMEMADE REFRESHMENTS

FREE ENTRY



ANAGRAM FOR NOVEMBER

The anagram for November is:

RECOLLECT

REMEMBER:

All words to have three or more letters, but only use each letter once. NO capitalised words and NO plurals.

Abide with me, fast falls the eventide
The darkness deepens Lord, with me abide
When other helpers fail and comforts flee
Help of the helpless, oh, abide with me

Song by Audrey Assad

"THE MESSIAH"

The Hanover Band
with The Hanover
Band Chorus and
Soloists

Steyning Parish Church

Thursday 15 December, 7.00pm

We are thrilled and privileged to be able to welcome The Hanover Band, one of Britain's finest period instrument orchestras, along with the Hanover Band Chorus and soloists, to perform **The Messiah** in our beautiful church on Thursday 15 December at 7.00pm. This will be the first of three such performances of this seasonal masterpiece, the others being in Arundel and London – but you don't have to travel to either – you can see them here in Steyning!

What better way to begin your Christmas celebrations?

Tickets are available from www.thehanoverband.com

£35.00, £20.00 and £15.00. Under 25s are free

"Strings are gleaming and engaged, their woodwind sublime, their brass bright and flexible, their percussion alert...."

INDEPENDENT ON SUNDAY

JUST FOR FAMILIES

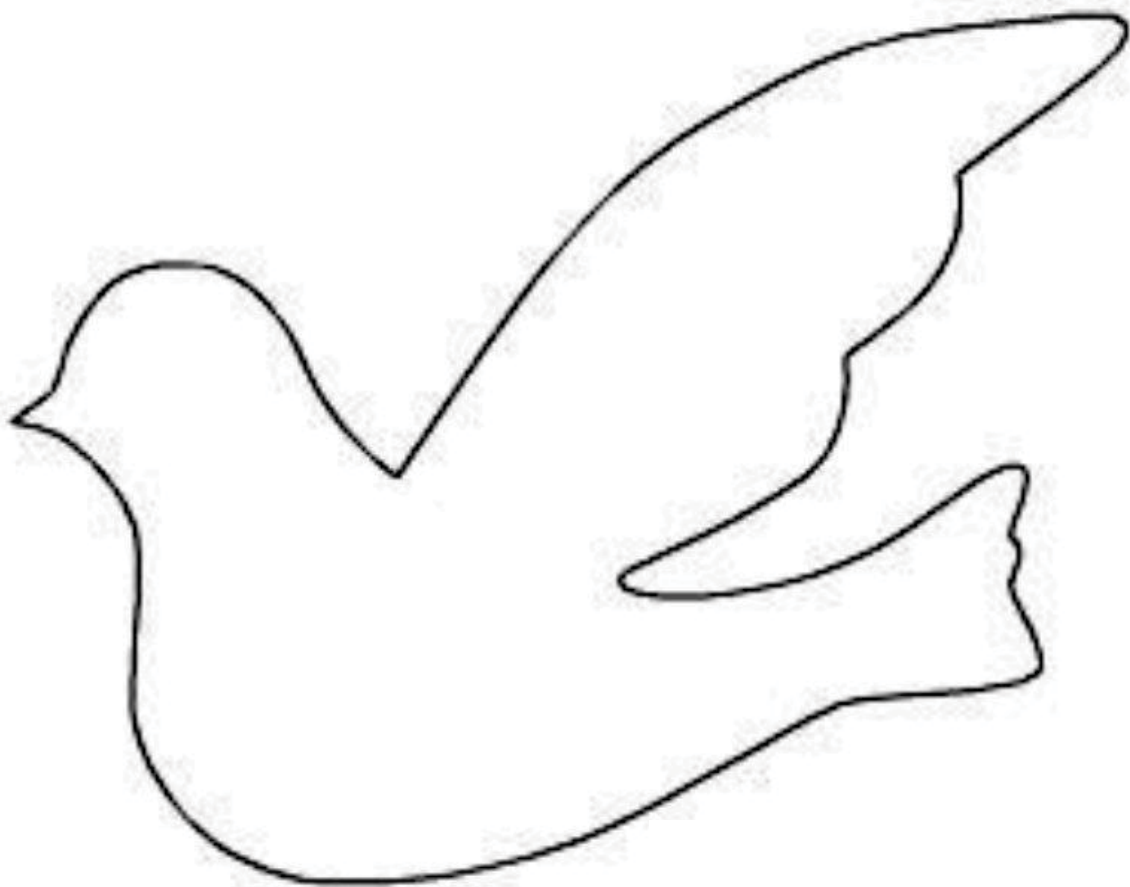
Let's talk about PEACE.

Perhaps sit on the floor together or in a circle, but be comfortable. Cushions can be good.

The following are some opening questions that could lead to your family having their own ideas and then a discussion with you.

1. How can we help people to be peaceful?
2. If you could tell the world one thing about peace - what would it be?
3. What does peacefulness feel like? Sound like? Look like?
4. Finish this phrase: PEACE is.....

Below is the outline of a dove because this is a symbol of PEACE. That is why the picture on the front cover is of a dove, and it is normally white, but today, how could you make this dove colourful? Make a PEACE symbol very beautiful.



TWIN YOUR FRIDGE

It is right so much of our news is taken up by the war in Ukraine, but there are also other emergencies going on in the world which we should not forget.

There are more than 7 million people currently facing severe hunger in Ethiopia.

And the number is rising.

Severe drought, conflict, economic collapse and the coronavirus pandemic have pushed Ethiopia to the limit.

Can you help please?

Can you twin your fridge for £30 and provide emergency flour, oil, salt and beans for a family in desperate need?

Our partners are distributing emergency food packages and resources in Ethiopia and they need our support to continue to reach millions more people. By twinning your fridge for £30, you could provide a family with emergency food and supplies.

It was many months ago that we encouraged you, through this magazine, to twin your toilet, and doing that also enabled you to increase your eco friendly life style.

Here is the web page that will enable you to twin your fridge today and help save some families in Ethiopia from starvation

<https://appeals.toilettwinning.org/>

TWIN YOUR FRIDGE £30

THANK YOU

RECIPE FOR NOVEMBER

I found and adapted this recipe in the summer holidays. It feeds 4-6 but with less sausages and a side salad fed the 2 of us for dinner and then lunch the following day as a picnic. Even with less sausages, keep the eggs the same, a single omelette is usually 3 eggs in our house so worked fine for us.

SAUSAGE FRITTATA.

- 300g new potatoes I use a tin of potatoes
- 1 tbsp olive oil
- 8 sausages often from left over roast dinner!
- 6 medium free-range eggs
- 100ml double cream
- 2 garlic cloves
- A handful each of chives and parsley
- 1 tbsp wholegrain mustard
- Grated parmesan



METHOD

1. Boil the new potatoes for 10 minutes until tender, then drain and thickly slice. Or thinly slice the tinned potatoes.
2. Preheat the grill to high. Meanwhile, heat the olive oil in a 25cm frying pan and fry the sausages for 5 minutes until brown and partly cooked. Slice your sausages as well.
3. Crack the eggs into a bowl and stir through the double cream, some seasoning, the garlic cloves crushed, a handful each of chives and parsley chopped, the wholegrain mustard and the sausages. Mix and return to the pan. Cook gently for 8-10 minutes without stirring, then top with grated parmesan. Grill until firm to touch and golden. Don't try to turn it out and heat the other side, it doesn't work as well. Trust me on this one!

Thank you Becky—I always do trust you and your tasty recipes. We like omelettes, so this will be perfect for a change. Ed.

POLECAT

For most of us, our only encounters with British mammals are spotting them on the roadside as we hurtle past at 55mph. I'm sure many people these days believe that lying motionless on a road verge with its feet in the air is natural behaviour for a Badger. Our road trips may be macabre safaris but roadkill can tell us a lot about the state of our



island's mammalian fauna. Hedgehogs, a squashed staple on the roadkill menu a few decades ago, are now hard to find flattened on the highway, reflecting their dramatic fall in numbers in the wider countryside. And recently an unfamiliar corpse has appeared on the tarmac: the Polecat.

Before being killed by cars, Polecats already had a long history of persecution in England – mainly for eating poultry and notoriously stinking to high heaven. To Shakespeare, and many others since, 'Polecat' was an insult. The species was exterminated from Sussex around 1890. Indeed, the entire English population was banished to the wilderness of Wales. Yet we were happy to welcome their watered-down, domesticated form – the Ferret – as cuddly pets and ruthless Rabbit hunters.

After a century in exile, purebred Polecats are making a comeback. This became the basis for a recent investigation by the Vincent Wildlife Trust who requested roadkill Polecat corpses for DNA testing to verify their pure Polecat lineage (as opposed to Polecat/Ferret hybrids). I was soon dodging traffic on the Steyning by-pass and excitedly picking up a dead Polecat. Being mustelids, Polecats naturally smell but, take my word for it, they smell a lot worse when they've been dead for a few days. Despite discharging a whole can of Glade, my wife smelt that something was up seconds after I set foot in the house. Putting a dead Polecat in your freezer will test even the strongest of marriages. Thankfully, after some smooth talking, my marriage is still intact. Next morning a package arrived from the Vincent Wildlife Trust containing heavy duty bags, some cool BIOHAZARD stickers and printed instructions for posting Polecats.

After an interesting exchange at the post office counter, my roadkill casualty was posted. A few days later, it was declared 100% Polecat; further evidence that Polecats have returned to Sussex. It's great to have them back and many farmers are welcoming them too, as they do a great job of dispatching Rats and Rabbits. Look out for them in your headlights.

Michael Blencowe

LET THE PEACE OF CHRIST.....



Colossians 3 13 - 16 **NIV**

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly and you teach and admonish one another with all wisdom, through psalms, hymns and songs from the Spirit, singing to God with gratitude in your hearts.