

APRIL 2023

**Church
Magazine**

FREE



**Steyning and
Ashurst**

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

Vicar: The Revd Mark Heather LLB BA

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vicarofsteyning@gmail.com or rectorofashurst@gmail.com

Fr Mark and the churchwardens wish
you all a blessed and happy Easter.

CHURCH SERVICES

Please see opposite page for all Holy Week and Easter Day services

St Andrew's & St Cuthman's

Every Sunday

8:00am 1662 Holy Communion Service

9:30am Sung Eucharist (16 April Music Group Eucharist.)

6:00pm Evening Service (2 April Reflections see page 5 for details)

St James's

11am 9 April Easter Day Holy Communion (Second Sunday)

10:30am 23 April Holy Communion (Fourth Sunday, traditional language)

Wednesdays at St Andrew's & St Cuthman's

11:30am Midweek Eucharist

Please note: There is no Choral Evensong this month because of the choir holiday after Easter.

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Parish Administrator: Pat McMullan.

HOLY WEEK AND EASTER SERVICES

PALM SUNDAY 2 April

9.30 a.m. Palm Procession & Sung Eucharist at Steyning.

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

Monday 3 April, Tuesday 4 April and Wednesday 5 April

11:30a.m. Holy Communion with Meditation.

Simple contemplative services at Steyning.

MAUNDY THURSDAY 6 April

7 p.m. Liturgy of the Day at Steyning.

Jesus shares the last supper with his disciples.

We keep watch in the Garden of Gethsemane.

GOOD FRIDAY 7 April

Midday. Liturgy of the Cross with Holy Communion, at Steyning.

2 p.m. Stations of the Cross at Ashurst.

7:30 p.m. Sacred Concert at Steyning. Fauré's Requiem

We worship at the foot of the cross.

Easter Eve 8 April

8 p.m. Vigil and blessing the Easter Garden at Steyning.

Rejoice heavenly powers! Sing choirs of angels!

EASTER DAY 9 April

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

11:00 a.m. Parish Communion of Easter Morning, Ashurst.

Jesus Christ is risen today! Alleluia!

We celebrate the resurrection of Jesus with an Easter Egg Hunt for the children at both Steyning and Ashurst.

There will be an 8 a.m. Eucharist every Sunday in April as usual.



PASTORAL LETTER



Everything changed on Easter Day. None of the disciples knew what to expect, and it took them some time to understand what was really going on, from the time that the women discovered the empty tomb, with the stone rolled away, to those mysterious but unforgettable appearances of the risen Jesus, somehow the same, but different.

Christmas has the manger and the stable, Good Friday has the cross of the crucifixion, but the traditional image of Easter is much less well-known to us. It has continued to be used on icons in the Eastern Church. It shows – as you will see on the cover of this magazine – Jesus with his feet on a pair of doors, the gates of Hell, often crossed in likeness to the cross, and reaching down into the depths of the earth.

These icons of the resurrection vary slightly but they always show Jesus, dressed in his grave clothes and grasping the wrist of Adam, the first man. Eve is depicted too, and others, including the kings and prophets, are waiting to be released from the underworld where they have been imprisoned and waiting for their release. As Christians proclaim in the Apostles' Creed, before Jesus ascended into heaven, it was necessary for him to 'descend' into Hell and proclaim the Gospel to the dead (1 Peter 4:6). Jesus has conquered Satan and the powers of sin and death, and invites us to live that new life in his kingdom:

Vain the stone, the watch, the seal;

Christ has burst the gates of hell;

death in vain forbids his rise;

Christ has opened paradise! (Charles Wesley 1707-1788)

We wish you a victorious as well as a happy Easter, and hope you may be able to join us for one or more of our services.

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. There are always prayers for Ukraine you can use in this magazine, but this month it is joyous to be able to include an article beautifully and interestingly written by Sofiia and her family about Ukrainian Easter customs (p 13). Thank you to them. Who else could write something?

Sofiia also became a full member of the church choir, and there is a report and picture of this event. (p 25)

The picture on the cover this month is an icon from the church in Teplodar, near Odessa, Ukraine. Teplodar is a Russian speaking town. The icon is entitled Resurrection of Jesus Christ. The cross that Jesus carries is the cross of forgiveness and love for the whole world.

Page 21. Please do follow Sarah's lovely lead and send in some Good News, (yes, it does counteract the bad news we hear) this little section needs your input. Could you send in a small paragraph about an act of kindness that we can share together? The address: steyningchurchmag@gmail.com

Wishing you a very happy and blessed Easter

SUNDAY BULLETIN

The weekly Sunday bulletin gives all the information about services, news, events and those in our prayers.

It is also on the website

steyningparishchurch.org/notices/

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



Reflections
Picture by Christine Aubrey

'Passiontide'
Your will be done
"For even the Son of Man came not to be served but to serve,
and to give his life as a ransom for many." (Mark 10:45)

Sunday 2 April, 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

PRAYER DIARY FOR APRIL

Sunday 2 April **Palm Sunday**

Monday 3, Tuesday 4, Wednesday 5 April **Days of Holy Week** and

Thursday 6 April **Maundy Thursday**

Almighty and everlasting God, who in your tender love towards the human race sent your Son, our Saviour Jesus Christ to take upon him our flesh and to suffer death upon the cross: grant that we may follow the example of his patience and humility, and also be made partakers of his resurrection.

Friday 7 April **Good Friday**

Almighty Father, look with mercy on this your family for which our Lord Jesus Christ was content to be betrayed and given up into the hands of sinners and to suffer death upon the cross; who is alive and glorified with you and the Holy Spirit, one God, now and for ever.

Saturday 8 April **Easter Eve**

Grant, Lord, that we who are baptised into the death of your Son our Saviour Jesus Christ may continually put to death our evil desires and be buried with him; and that through the grave and gate of death we may pass to our joyful resurrection; through his merits, who died and was buried and rose again for us, your Son Jesus Christ our Lord.

Sunday 9 April **Easter Day**

Sunday 16 April **The Second Sunday of Easter**

Sunday 23 April **The Third Sunday of Easter**

Monday 24 April **George (transferred), Martyr, Patron of England**

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

Tuesday 25 April **Mark the Evangelist**

Almighty God, who enlightened your holy Church through the inspired witness of your Evangelist Saint Mark: grant that we, being firmly grounded in the truth of the gospel may be faithful to its teaching both in word and deed.

Sunday 30 April **The Fourth Sunday of Easter**

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, power 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

Our Lord Jesus Christ, your Resurrection we especially celebrate at this time. The sadness and despair of his death has given way to the bright promise of immortality. For the Resurrection is our guarantee that justice will triumph over treason. Light will overcome darkness, and love will conquer death.

Pray that the church in Ukraine, Russia and the wider region will be a voice for peace and that they will have the resources to help all the vulnerable. That the world church will have the courage to speak out against aggression and injustice. That God's power will bring the message of Easter love and hope.

God, whom we meet in bread and wine, in body broken and blood outpoured, fill us with your compassion, that we may hear the cries of the hungry and reach out to those in need. Engender in us a thirst for justice, that the hungry will be satisfied and the rich sent empty away. Roll away our apathy that, with arms outstretched, we may offer life in place of death and hope in the face of despair.

Annabel Shilson-Thomas/CAFOD

SHORT THOUGHTS FOR HOLY WEEK AND EASTER

PALM SUNDAY

Luke 19 v 37 - 40

When he came near the place where the road goes down the Mount of Olives, the whole crowd of disciples began joyfully to praise God in loud voices for all the miracles they had seen:

"Blessed is the king who comes in the name of the Lord!"

"Peace in heaven and glory in the highest!"

Some of the Pharisees in the crowd said to Jesus, "Teacher, rebuke your disciples!"

"I tell you," he replied, "if they keep quiet, the stones will cry out."

God is seen here to be absolutely worthy of praise and worship - and by everybody - not just the disciples. Jesus would not tell them off, but encouraged the praise of His wonderful works. God is praised and worshipped through Jesus. What do you think Jesus meant by the stones crying out? I think there could be several interpretations.

Monday

Luke 19 v 45, 46

When Jesus entered the temple courts, he began to drive out those who were selling. "It is written," he said to them, "'My house will be a house of prayer; but you have made it a den of robbers.'" Every day he was teaching at the temple. But the chief priests, the teachers of the law and the leaders among the people were trying to kill him. Yet they could not find any way to do it, because all the people hung on his words.

Jesus has been treated as a King, but the next day he is back doing God's work. His primary calling was to do the will of God. What have you got going on in your life at the moment? Are you able to be a mouthpiece for God?

Tuesday

Luke 20 1 - 8

...The chief priests and the teachers of the law, together with the elders, came up to him. "Tell us by what authority you are doing these things," they said. "Who gave you this authority?" He replied, "I will also ask you a question. Tell me: John's baptism, was it from heaven, or of human origin?" They discussed it among themselves and said, "If we say, 'From heaven,' he will ask, 'Why didn't you believe him?' But if we say, 'Of human origin,' all the people will stone us, because they are persuaded that John was a prophet." So they answered, "We don't know where it was from." Jesus said, "Neither will I tell you by what authority I am doing these things."

Jesus met with aggressive questioning often, but each time he showed himself as absolutely unique, speaking with authority from God so he showed a power that exceeded the respected scholars of the time. Recall a time when you had to deal with aggression or threats about what right do you have to do such a thing. Take all those conversations and give them to God, knowing that God will then give you the words to say in the future.

Wednesday

Luke 20 20 – 26

Keeping a close watch on him, they sent spies, who pretended to be sincere. They hoped to catch Jesus in something he said, so that they might hand him over to the power and authority of the governor. So the spies questioned him: "Teacher, we know that you speak and teach what is right, and that you do not show partiality but teach the way of God in accordance with the truth. Is it right for us to pay taxes to Caesar or not?" He saw through their duplicity and said to them, "Show me a denarius. Whose image and inscription are on it?" "Caesar's," they replied. He said to them, "Then give back to Caesar what is Caesar's, and to God what is God's." They were unable to trap him in what he had said there in public. And astonished by his answer, they became silent.

Give back to God what is God's ... what does that mean to you? Spend a few moments in silence thinking about that question just for your own situation, perhaps remembering that all we have is God's.

Thursday

Matthew 26: 26 - 30

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body." Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father's kingdom."

When they had sung a hymn, they went out to the Mount of Olives.

On Maundy Thursday we remember many aspects of the last hours of Jesus' life, but it is special that he chose to spend time with his friends...yes, and Judas. No matter what you have done or may do, Jesus chooses to be with you, always, to the end. He also gives us, in this passage the promise of love and our eternal future.

Good Friday

Mark 15 v22 – 26, 33, 34

They brought Jesus to the place called Golgotha (which means "the place of the skull"). Then they offered him wine mixed with myrrh, but he did not take it. And they crucified him. Dividing up his clothes, they cast lots to see what each would get. It was nine in the morning when they crucified him. The written notice of the charge against him read: THE KING OF THE JEWS. At noon darkness came over the whole land until three in the afternoon. And at three in the afternoon Jesus cried with a loud voice, "Eloi, Eloi, lama Sabachthani?" (which means "My God, my God, why have you forsaken me?")

Take your mind to the scene at Golgotha, and move yourself in there too. There is great darkness over all the land, and that would have been seen as a foretelling of God's judgment, and just when all thought Jesus was about to take his last breath, he quotes from

the Old Testament; from Psalm 22 v 1 when David cries out "My God, my God, why have you forsaken me?" Time and again Jesus quotes scripture because nothing else will do, when suffering of the heart is unbearable, and this suffering was the love of Jesus enveloping all our sin for the sake of our souls. Sin separates us from God, and we will feel the confusion and anguish that we can only imagine happened to Jesus 2000 years ago for our sakes.

Prayer taken from March Reflections Service focussing on Forgiveness, and reprinted here so you can pray it each day in Holy Week:

Heavenly Father, search my heart. I ask you for the power to forgive.

Lord Jesus, heal my heart and bind up my wounds. Restore my crushed spirit.

Help me to rejoice because the Spirit and the glory of God rests on me, as His child.

Help me to understand and give me the strength not to forgive seven times, but up to seventy times seven.

Help me to cleanse my heart and mind from resentment or bitterness.

I approach your throne of grace with confidence, so that I may receive mercy and find grace to help me forgive someone who has hurt me.

Pour out Your grace on me, my God. Restore me and make me strong, firm, and steadfast.

Let me dwell in Your house and seek Your face all the days of my life.

Easter Day

Acts 10. 39 - 43

They killed him by hanging him on a cross, but God raised him from the dead on the third day and caused him to be seen. He was not seen by all the people, but by witnesses whom God had already chosen - by us who ate and drank with him after he rose from the dead. He commanded us to preach to the people and to testify that he is the one whom God appointed as judge of the living and the dead. All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name.

Paul told everyone about the life, work, death and resurrection of Jesus, but most importantly why he wanted everyone to know. Today we celebrate Jesus power over death and our hope in eternal life through the forgiveness of our sins.

Christ is Risen

He is Risen indeed

Hallelujah

PAROCHIAL CHURCH COUNCIL (PCC)

As a charity every parish church in the Church of England is required to hold an annual meeting, known as an 'Annual Parochial Church Meeting' for elections to the Parochial Church Council and the presentation of the annual report and accounts. This meeting is preceded by a separate meeting for the election of churchwardens. This year we will be holding these meetings after church on **Sunday, 16 April** when we will also be able to update members of the congregation on progress the PCC has made implementing the exciting plans for mission and for proposed improvements to our church building.

Please save this date in your diary and add your name to the list of electors if you are not already on our electoral roll. Please contact Brian Hanson (812214), or via office@steyningparishchurch.org



Have you seen the new notice board for Steyning Parish Church? It is very welcoming as you enter by the lychgate.

CHURCH GROWTH AT STEYNING

RECRUITING A FAMILIES & CHILDREN'S WORKER

One of the key ambitions of our church Five-Year Plan is to grow our congregation, particularly with younger worshippers, and we launched a fundraising appeal for this initiative on 20 November last year.

We are planning to recruit a Families & Children's worker for a 3-year contract, starting January 2024 or earlier if funds and recruitment allows.

The congregation has responded enthusiastically and generously such that we are now in a position to have exploratory meetings with the Diocese to seek their advice and to apply for a Diocesan grant to contribute towards the cost. Further fundraising will be required to achieve our goal of a fully funded 3-year post.

A small team has been established to progress the fundraising, develop the job specification, and manage the recruitment process.

Should you have any comments or questions about this, please contact the churchwardens on wardens@steyningparishchurch.org

QUIZ NIGHT



SATURDAY 22 APRIL @ 7pm

PENFOLD HALL

Come and join in an evening of fun and laughter and maybe a little brain power to raise money for Water Aid and Family Support Work

BYO Drinks, nibbles provided

Raffle

Doors open at 6:45pm

Tickets £5 each (after Sunday 9:30 Eucharist and Pat Edwards 01903 812544)

A group from the catering team aim to get the wooden spoons....could you perhaps come along and change that? Do get your ticket and join a table or bring your friends.

Editor

UKRAINIAN EASTER TRADITIONS

In our family, preparation for Easter begins in the last days of Lent.

On Thursday we clean our house and take bath. We call it Clean Thursday. Also my mum bake special Easter bread with is called Paska. It is sweet with raisins and decorated with white glaze. I like it a lot as I and my brother are in charge of decorations.



Friday is supposed to be without food and hard work is not allowed. But it's difficult to follow nowadays.

Saturday is a day for cooking food and colouring eggs. Then we prepare our Easter basket. There should be Easter bread, homemade sausage, coloured eggs, butter, cheese, salt, garlic and horseradish.



On Sunday early in the morning before sunrise we go to the church for blessing. After the service all people stand around the church with their Easter baskets and candles and priest consecrates them and say greetings

"Christ is risen" and people say "Truly risen".

After returning home we have Easter meal which is started Easter bread and coloured eggs from the Easter basket. My favourite part is the game called "egg battles" when two people rap their eggs together and whose eggshell breaks that person lose.

Usually we spend this day with family and relatives, having picnics outdoors if the weather is good.

Also you can learn more about Ukrainian Easter using the link below

<https://www.kievcheckin.com/celebrating-easter-in-ukraine>



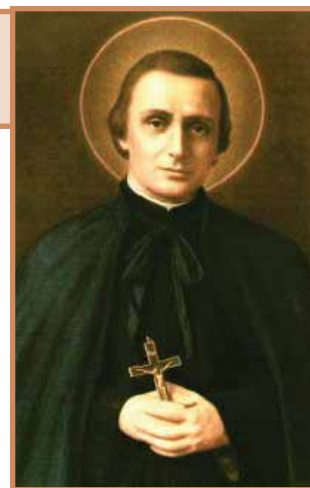
SOFIA IN THE CHURCH
CHOIR

Sofia Nikolaienko, aged 11

SAINT OF THE MONTH

PETER CHANEL, MISSIONARY AND MARTYR (1803-1841)

Peter Chanel was born in 1803 in La Potiere, France, the son of a poor farmer. From the age of seven he worked as a shepherd until, when he was twelve, the local parish priest persuaded his parents to let him attend the local school. Chanel's piety and intelligence was noticed by the local abbot who took over his education which led to his entering the seminary and eventual ordination in 1827.



Chanel always had the idea of serving in the mission field and, following his curacy, he applied to the bishop for permission to become a missionary. The bishop refused and sent him to be parish priest of the impoverished town of Crozet where his devotion to the people was greatly appreciated.

Whilst in Crozet, Chanel heard of a group of priests who were proposing to start a religious order dedicated to Mary, the Mother of Jesus. In 1831 Chanel joined the new Order known as the Society of Mary (the Marists) and was appointed spiritual director to the seminary where he stayed for five years. In 1836 the Marists were asked to send missionaries to the south west Pacific and Chanel was appointed superior of the band of seven priests who eventually arrived in Tahiti. From there they sailed to Tonga and Chanel finally arrived at Fatuna (now Vanuatu) accompanied by a French lay brother in November 1837.

Initially, they were well received by Fatuna's king, Niuliki. Chanel learned the local language with some difficulty and did not appear to be achieving much success in making converts. A cyclone in 1839 destroyed almost all the houses on the island and Chanel laboured faithfully among the community becoming known among the islanders as "the man with the kind heart".

After the baptism of the first converts Niuliki concluded that Chanel and Christianity were undermining his authority as high priest and king. When his son even sought to be baptised the king sent a warrior "to do what was necessary" to resolve the problem. The warrior went to Chanel feigning his need of medical attention and, while he was tending him, the warrior's accomplices clubbed Chanel to death. This happened on 28 April 1841 which is kept as his feast day. He was beatified in 1889 and is seen as the proto-martyr of Oceania.

SUSTAINING OURSELVES

It was a great privilege to be invited by the Chaplain of St Catharine's College, Cambridge, Rev Ally Barrett, to give the Evensong Address in Chapel on 12 February 2023. The chosen readings were, I Kings 19: 11-14 and, I Corinthians 2: 6-16. The opening hymn was NEH 353, *Dear Lord and Father of Mankind*. Here is the text of the sermon:

To sustain oneself implies, naturally, maintaining both physical and mental welfare, also the fostering of healthy relationships... but there is more. Like all living things, people need feeding in order to grow and develop. We need nurturing, enabling us to evolve... To sustain a fully meaningful life, to avoid stagnation and prosper, I suggest, we can help ourselves by actively seeking spiritual maturity and wisdom.

In *The Tibetan Book of Living and Dying* (1992), the monk and teacher, Sogyal Rinpoche wrote, "*Learning how to meditate is the greatest gift you can give yourself in this life*".

Meditation, like mindfulness practice, silent prayer, or what the 20th century Cistercian monk and spiritual writer, Thomas Merton referred to as 'contemplation', involves acquiring a skill: the ability to remain still and silent for a period, maintaining conscious awareness. A common aim for some mindfulness practitioners is to improve general well-being and reduce anxiety; but this is only a beginning.

Meditation, together with other spiritual practices, leads to improved awareness of life's spiritual dimension, making this increasingly an aspect of a person's day-to-day life experience. This 'spiritual' dimension is seamlessly engaged; as a creative, linking and shaping principle; with four others... Thus we have a scheme or set of five dimensions, best thought of (to avoid conflict with those who oppose the idea) not as dimensions of 'objective reality', but dimensions '*of human experience and understanding*'. The five are as follows:

The *Physical* dimension (of energy and matter) – representing the miracle and mystery of *existence*

The *Biological* dimension (of organs and organisms) – the miracle and mystery of *life*

The *Psychological* dimension (of mental activity) – the miracle and mystery of *consciousness*

The *Social* dimension (of relationships) – the miracle and mystery of *love*

And, both underpinning and overarching these:

The *Spiritual* dimension (of souls and the sacred) – the miracle and mystery of *unity*.

In 1982, recently returned to England after six years in Australia and New Zealand, I was at a crossroads. Uncertain about my future, I was considering some kind of

religious life when I went on a meditation retreat in Cumbria. Sitting afterwards in warm sunshine overlooking Morecambe Bay, I lost myself in a period of deep stillness. How long it lasted, I don't know; but when it was over and I re-opened my eyes, there was an insistent kind of voice filling my mind, saying, "*You are a psychiatrist, Larry. That is what you have trained to do... Go and do that!*"

On returning to London, looking in a medical journal, I immediately found the training post I needed to complete my studies in order to take the UK specialist qualifying exams. Success in getting appointed, and in the exams, eventually led to an NHS consultant post and more. For example, in the late 1990s, I helped found the 'Spirituality and Psychiatry' Special Interest Group within the Royal College of Psychiatrists. Also responding to inner prompting, I began publishing books and articles about wisdom and spirituality, initially focused on answering the question, 'What is mental health?' Somehow, I knew intuitively that this amounts to more than the absence of mental illness. Biological, psychological, social, and spiritual health are all obviously linked.

This episode, in Cumbria, I should add, was not by any means the only occasion I have felt guided, and my path made (at least relatively) smooth, by the Holy Spirit... Importantly also, when the going got tougher, I have often felt securely sustained, through faith and the gift of hope.

To sustain ourselves, in order to grow and develop, I am suggesting we do well to acquire the skill of spending regular time each day in stillness, engaged with the 'sheer silence' beyond noises and distractions of earthquake, wind, fire... the busy world, social media and the rest; persevering patiently, attentive to both outer and inner experience, and maintaining the practice over time.

It is true that, for the most part, nothing seems to happen; but, *firstly*, subtle change will be going on; change that persists increasingly between the sessions, I assure you. *Secondly*, when something does happen - a breakthrough, an epiphany, small or large - it will be meaningful, vital... transformative. "*Receiving the gifts of God's Spirit*" (as St Paul has it; I Corinthians 2: 12), we may feel encouraged, in this way, regularly to "*Put on the mind of Christ*" (I Corinthians 2: 16).

Spiritual exercises include religious practices such as ritual, worship, singing and chanting, praying, reading and listening 'mindfully' to scripture; also simply coming together as a group of mutually-devoted, wisdom-seeking, spiritual friends. It is encouraging, too, that, despite the prevailing secular, consumerist culture, non-religious people also naturally seek out places, activities and occasions to inspire feelings of awe, wonder and delight; also opportunities to experience feelings

of fellowship with others, and kinship with the natural world. Wittingly or otherwise, they are seeking *spiritual* experiences, and often find themselves wanting to give something back through volunteering, acts of service, and random acts of kindness, and that *everyone* is in need of our generosity... Everyone we encounter will benefit from our kindness, compassion, respect, tolerance, forgiveness and gratitude. Where we have it in our power to share with others our time and presence, and wisely (that is, without exhausting ourselves) share these gifts of the Spirit with them, I can think of no reason to hesitate or hold back. Can you?

As a scientist I have noticed people of science increasingly confidently reporting that the basic stuff of the universe is not material at all. Sub-atomic particles have no independent existence, emerging from an ocean of energy and returning to it, depending on conditions. If I have understood the situation correctly, the universe consists ultimately of a dynamic field of pure energy... waves and vibrations, light and sound; a cosmic breath, a sacred wind... a holy spirit.

Numerous scientists now insist that the universe itself is conscious; is the source of consciousness; our brains being receivers, processors and transmitters of consciousness, rather than originators of it as we have long believed. Moreover, the left and right hemispheres of our brains have different, complementary agendas, and engage differently with the world. In a predominantly secular culture, the deeply silent, poetic, intuitive, emotional, *holistic*, therefore 'spiritual', right brain is routinely devalued and neglected, while the relatively superficial, verbal, mechanical, intellectual, utilitarian, *binary*, essentially worldly, left brain tends to dominate. The unvarying duality the left brain espouses; habitually distinguishing *us* from *them*, *right* from *wrong*, *good* from *bad*, and so on; renders its nature judgemental.

Spiritual practices and secular wisdom exercises, especially meditation, serve to correct this Left/Right imbalance, according to a process that is also furthered by breaking down false barriers between people; for example through observing the practices, visiting the holy places, and engaging purposefully with the scriptures of other world religions; treasure-chests of wisdom for the asking.

Several valuable texts have influenced me; and, I would say, helped me understand more fully the love teachings of Christ: about loving self, as well as loving neighbour, about loving God and His Creation; about feeling loved, cherished, blessed. Among such precious scriptures, worthy of study, I would include the *Bhagavad Gita*, *The Upanishads*, the *Tao Te Ching*, also the love poetry of the Sufi mystic, Rumi, who wrote: *Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.*

In attending to these different traditions, Thomas Merton has often been my friendly guide and mentor. Here's what he says about what he calls 'contemplation', a deep form of reflection that relies on attending perceptively in stillness and silence, from the beginning sentences of his masterly book, *'New Seeds of Contemplation'*:
"Contemplation is the highest expression of man's intellectual and spiritual life. It is that life itself, fully awake, fully active, fully aware that it is alive. It is spiritual wonder. It is spontaneous awe at the sacredness of life, of being. It is a vivid realization of the fact that life and being in us proceed from an invisible, transcendent and infinitely abundant Source. Contemplation is, above all, awareness of the reality of that Source."

For those who are not familiar with him, Merton was a writer who, in the 1960s, expressed eloquent opposition to the Vietnam War and the development of thermo-nuclear weapons. He supported Martin Luther King and the civil rights movement; also championed what we might call 'eco-wisdom'.

In the interests of *spiritual* rather than economic sustainability, the task for each of us is the re-sacralisation of our lives, of our cultural world-view. The words 'healing', 'wholeness', and 'holy' have a common root. The practice - and art - of both medicine and psychiatry, involves the healing of people; making them whole. Restoration of social and cultural health similarly necessitates wholeness, requiring harmony with the natural world, plus fellowship, compassion and love between people, despite any differences of gender, age, race, religion, politics, wealth, or anything else. We are all one.

If we are to sustain ourselves, wider humanity *and* the planet, we must use both sides of our brains so as to unify *worldly* knowledge with *sacred* wisdom. Assuredly we have the means, through the gifts of the Spirit.

To sustain ourselves - body, mind and soul - we are wise to prioritise rediscovering, and regularly reinforcing, a vital sense of sacred unity; through spiritual practice, wisdom exercises; through contemplation, meditation, mindfulness, and silent prayer; establishing thus direct communication and communion with the life force of the universe, the Almighty Cosmic Source and Sustainer of all, the Holy Spirit of God.

*Dear Lord and Father of mankind
Forgive our foolish ways!
Re-clothe us in our rightful minds,
In purer lives thy service find,
In deeper reverence praise.*

Amen.

GOOD NEWS

From Sarah Burns:

"Wanted to send you some good news as I think your new column is a brilliant idea:

Thanks to my incredible neighbours (on both sides of me and who are both 80years plus) for bringing in our bin on bin days.

For my neighbour who answered a SOS and drove to Shoreham, very late at night to jump start our car - thank you

For a dear friend, who saw I was a bit down and presented me with an armful of beautiful daffs - what a lovely surprise

Thanks to Hassan for fixing my back brake light...

I could go on & on ...

Thanks to everyone in Steyning & beyond who by these little acts of kindness make me feel seen & loved

And thanks to you Chris for a brilliant magazine!

It is people like you, Sarah, who make this magazine brilliant.

Thank you Sarah.

CREATING PYSANKY

Egg decorating (Pysanky) goes back centuries within Ukraine and the art is kept alive by Ukrainian immigrants, refugees, and those still living in their own country. We read in this magazine how Sofiia is going to keep her Easter traditions alive.



From "Pysanka. A Symbol Of Hope". At the Ukrainian Institute of America in New York

Patterns are applied with beeswax whilst the egg is dipped in coloured dye as the design becomes more intricate. It is a fragile and beautiful work of art.

Although started in pre-Christian times when the yolk reminded people of the sun returning after a long winter, these eggs now represent the resurrection of Christ from the dead.

PRAYER POINTS FOR APRIL

- For all who live and work in Church Street and Vicarage Lane
- For those in Turkey and Syria who have lost loved ones, homes and especially the children.
- For Aid Agencies and Charities who help where things are so very difficult.
- For our own families and those we love, especially where relationships are difficult. For love and forgiveness.
- For all who are providing care for others.
- Rest and relaxation for those where a break from work can be had over Easter.
- For a blessed Eastertime.



May the glory
and the promise
of this joyous time of year
bring peace
and happiness to you
and those you hold most dear.

And may Christ,
Our Risen Saviour,
always be there by your side
to bless you
most abundantly
and be your loving guide.

- Author Unknown

COMMUNITY

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Do come and join us on a Wednesday morning any time between 10 and 11.30. Although several of our visitors go across to the Church in time for the Wednesday service, there are always plenty of people wishing to chat until the coffee mugs are empty.

Elizabeth Brown and the Coffee Team



**COME IN ... PLEASE
JOIN THE TEAM FOR A COFFEE OR TEA AND A CHAT ON
WEDNESDAY MORNING
10-11:30 IN THE PENFOLD HALL**

AFTER EASTER

Some few years ago an unknown person, singularly lacking in common sense and imagination, decreed that The First Sunday after Easter should be designated as Easter 2. I find it difficult to embrace this abandoning of the laws of basic arithmetic, so I am grateful that older (and wiser?) tradition has provided two “nick-names” for this particular Sunday.

The first is commonly in use in Church circles, and the Sunday is referred to as Low Sunday. This is not, as a neighbouring vicar once suggested to me, because the attendance at services on that day is particularly low in numbers! but simply to emphasise the contrast between the great High Festival of the Lord’s Resurrection and the return to ordinary living in the everyday world of the week after.

So, first thought, we should not expect or hope to live permanently with our heads in the clouds of spiritual euphoria. We must be prepared to come down to earth and continue on our ordinary way of “normal” living.

But in case that sounds, or is, too discouraging, let me remind you of the second of the traditional nick-names for this Sunday after Easter. The fact that this is in Latin simply shows that it goes way back to the time when service books were in that language; it’s not some modern fad, but a real old tradition which calls this Sunday *Dominica in albis*; *Dominica* is the Latin for the Lord’s Day, Sunday, and “in albis” means in white.

Easter was the ancient day of the year for making new Christians by baptism; they were plunged in water by the deacons and then as they came out dripping wet they were given new clean shining white robes to symbolise their new life in Christ ... and ... they were expected to wear those white clothes the following Sunday.

So, second thought, if the prospect of the meaning of Low Sunday is dispiriting, fear not; we carry with us the new Life and power of the Risen Christ to take us into Eastertide. Easter is not over, it’s only just begun and we must never leave the fruits of Easter behind.

After thought:- if you missed out on the Easter baptism, you were able to catch up by joining at Pentecost in 50 days’ time, which is why it’s also called Whit(e) Sunday.

Irrelevant even later thought:- I seem to remember my gran telling me that in her youth if you were invited to a posh dinner party for the first time after your wedding the new bride was expected to wear her wedding dress. Same principle, but I may have got that wrong!

EARTHQUAKE EMERGENCY RELIEF

Thank you to everybody for the overwhelmingly generous response to our Red Bucket appeal towards relief for the earthquakes in Turkey and Syria. £1,665 was raised in total. The donations have been divided equally and sent to the Christian Aid Earthquake Appeal and Samara's Aid Syria Earthquake Emergency Appeal.

"Thank you so much for the wonderful donation of £832.85 given by Steyning Parish Church to Samara's Aid Appeal following the two terrible earthquakes in Syria on 6 February. We can't thank you enough. Your gift will be such a help in supporting people who have lost so much and are suffering in so many ways. It is a big and difficult task ahead, and we are taking it step by step. There is a great deal to do. Please pass on our warmest thanks to everyone who has contributed to this wonderful gift. We are so grateful for your kindness, compassion and generosity, and also for your prayers."

Very best wishes Sue Laker Accounts team Samara's Aid Appeal

"Thank you for your generous donation of £832.85 to the Turkey and Syria Earthquake Appeal! Your donation will have a real impact on our global neighbours and we're extremely grateful for your support. We are already working with partners to provide winter kits to people seeking shelter. These kits include plastic sheeting, mattresses, blankets, and heating materials.

Every prayer, every gift, and every action brings hope to people hit by disaster. By joining, you are helping people in need rebuild their lives."

Michael Mosselmans Head of Humanitarian Christian Aid

SIGNS OF SPRING



Taken by Vanessa Knowles as she walked on the downs. Look at the dew drops still on the catkins because the sun had not got round to that corner.

MUSIC REPORT



I am delighted to begin this choir report by announcing that Sofiia Nikolaienko has been admitted to the choir as a full member. After her period of training as a probationer Sofiia was presented with her surplice, light blue ribbon and Certificate of



Admittance during the 9.30 am Sung Eucharist service on 5 March. Sofiia is a member of the Ukrainian community and on arrival in Steyning soon became a member of our church family and joined the choir. She was made very welcome by everybody and we wish her a long and happy time in the choir. *(Sofiia has written a lovely article for this magazine, p13, all about Ukrainian Easter Customs. Many Congratulations, Sofiia. Editor)*

The choir, together with our friends from the Chanctonbury Chorus, will be singing Gabriel Fauré's beautiful Requiem on Good Friday, 7 April at 7.30 pm. This sacred concert will also include shorter choral works by Brahms, Mozart and John Ireland and a short organ solo by J. S. Bach. The soloists are Helena van der Werff, soprano, Kit Holliday, bass and Neil Aiton, organ. Admission to the concert is free and there will be a retiring collection.

I wrote in some detail about Fauré's Requiem in last month's magazine so will only quote his own words now regarding this most popular piece in the choral repertoire: "Everything I have managed to entertain by way of religious illusion I put in my Requiem, which moreover is dominated from beginning to end by a very human feeling of faith in eternal rest." The Requiem, with its full orchestral version, was performed at Fauré's own funeral in 1924.

I know that the Good Friday Sacred Concert is always well supported and I am sure that you will enjoy hearing this gentle, exquisite masterpiece again.

Brian Sawyer Organist and Director of Music

TIP OF THE MONTH



Rather than buying large chocolate Easter eggs with lots of packaging buy a collection of loose smaller eggs wrapped in recyclable foil and have fun running an Easter egg hunt in your garden or in your home. **HAPPY EASTER**

PLANTS OF THE GARDEN FROM THE BIBLE

Almond (Prunus Dulcis)

The Almond tree is native to Syria and Israel. Its blossoms are very pale pink and appear before its leaves. Its Hebrew name, "Shaked" signifies "wasteful hastening" because it blossoms so early, generally in February. In the Bible its reference illustrates the haste with which old age comes.



Almonds are used in candies, baked goods and confections as well as the oil processed from the nut.

Fig (Ficus)

The fig is first mentioned in Genesis 3:7 and then many more times in the Bible. It is one of the valuable products of Israel. It was a sign of peace and prosperity. Figs were sometimes used medicinally and also pressed together and formed into cakes for use as portable storage food.



Garden Tips for April

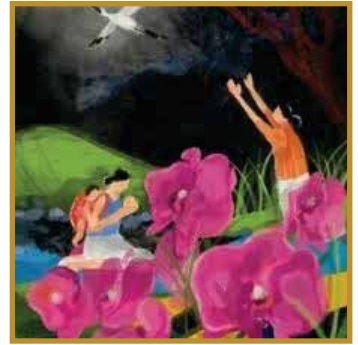
1. In milder areas plant Dahlia Tubers outside towards the end of the month and stagger plant Gladioli Corms to prolong the flowering period.
2. Prune Penstemons now. Cut back all the old shoots to the base provided there is new growth at the bottom of the plant. If no new shoots at the base, just cut above the lowest set of leaves.
3. Feed trees, shrubs and hedges with a balanced slow - release fertiliser by lightly forking it into the soil surface, especially Roses.
4. Divide Primroses, Polyanthus once they have finished flowering.
5. Plant perennial herbs. Thyme, Lavender, Oregano, Chives, Mint and Sage can be planted in April. They require a sunny spot and well drained soil.
6. Sow hardy annuals direct into the ground. Eg. Marigold, Nigella, Stock, Poppies, Nasturtiums. Make sure the soil is well cultivated and a fine tilth produced.

Peaceful and Joyous gardening.

Robert Hill-Snook

MEDITATION FROM WORLD DAY OF PRAYER

Paul's letter to the Christians in Ephesus was written to them as a source of encouragement at a time of great adversity. Yet, throughout all that they faced, they still lived out their love and faith in their daily lives. Paul gave thanks for this and prayed that they would receive a spirit of wisdom and revelation and would come to know God through the light and inspiration of the Holy Spirit.



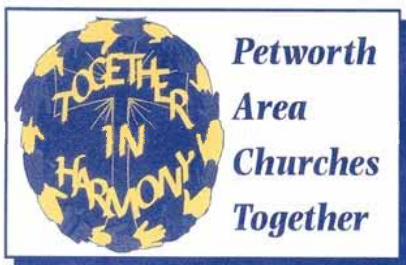
In everyday life we are often frustrated by difficulties, obstacles and challenging situations. Many people are bowed down under heavy emotional loads and are weary of life's struggles. At times we may even lose our hope and faith, relying on our weak human nature. However, we are called to keep our hope and faith in God's kingdom and promises.

Today, as Christians in many parts of the world continue to face adverse circumstances, suffering from hardship and persecution, they still need to be surrounded in prayer and encouraged to hold steadfast to their faith, just like Paul encouraged the Ephesians. As sisters in Christ wherever in the world we live we need to keep each other in prayer and be encouraged to keep on whatever our personal circumstances. So, be encouraged, keep on even if progress is slow. Keep each other in prayer and, through prayer, demonstrate the love of God. Have conversations. Encounter God-appointed moments.

It is so important to have encouragers in our lives, people who are there for us when the going is tough. This is even more noteworthy when the Lord brings other Christians into our lives; people who strengthen us in our journeys of faith. Strategic, person-centred Gospel ministry - everyone has a part to play and everyone must play their part.

Even in the face of adversity we need to remain focused and faithful and align our will to the will of God. For Christians, opposition and difficulty are never far away. Spiritual advancement will always face opposition but if we, like Paul, encourage each other, the people of God, we in turn will be encouraged.

In the eyes of God we are not pieces of confetti that go with the wind without specific direction, we are irreplaceable pieces of a puzzle who uphold each other in prayer. May all of us live out and share our Christian love and faith in our daily lives.



PACT SPRING LECTURE

Friday 28 April at 7.30pm
How to reach those impacted by
sexual exploitation in Sussex

Helena Croft

Helena Croft, former Cabinet Member and Deputy Leader of Horsham District Council, is the Founding Trustee and Chief Executive of Streetlight UK. Streetlight UK is a frontline specialist support service, focused on providing women in London, Sussex and Surrey with tangible and material pathways out of a lifestyle of prostitution and violence.



Do join us at **St. Mary's Parish Church,
Petworth, GU28 0AD**

Free Entry. Wine and Canapés.

Free Parking in Town Centre (6 minute walk)

DEC REPORT FROM TURKEY AND SYRIA

The earthquake took just minutes to devastate, but the aftermath will take years to restore. Your donation has helped the work that is happening now:

Shelter: Christian Aid have helped set up collective shelters in some of the worst hit areas of Syria, distributing blankets, mattresses and heating kits

Food: The Turkish Red Crescent and the Red Cross together have handed out over 58 million hot meals and over 64 million loaves of bread.

Water: In Syria Oxfam is focused on safe water, having already trucked 182,000 litres of water to 17 collective centres.

Protection: In Turkey Save the Children are helping children cope with trauma.

Medical Assistance: In Syria Age International are working through local partners to give hospital treatment to the injured.

These are a few examples, but the needs continue to be huge. DAC say "Thank you for your life saving donations. They all make a huge difference."

More help is always needed and the charities are experts at making your money go a long way.

THE ARTS SOCIETY

Pop Art and the Rise of Consumer Culture by Colin Pink

Monday 17th April 2023 10:00am - 12:00.

In this talk we'll examine the emergence of Pop Art in Britain and the USA as a reaction to the dominance of Abstract Expressionism and the rise of consumer culture in the post-war period. We'll look at both the celebratory and critical aspects of Pop Art. Here was a new art inspired by the popular artefacts generated by a new consumer culture of: cars, home appliances, comic books, the celebrity glamour of pop stars and film stars, science fiction, the junk we throw away, and the junk we eat: hamburgers and American pie.

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

FLOWERS IN CHURCH

Steyning Church Flowers in APRIL

Volunteers wanted on 8 April
for decorating the Church for Easter.
Please contact Carol 812258.

22 & 29 April
Kate Williams



Carol McKechnie 01903812258

THE STEYNING SOCIETY

Friday 21st April at 19:00 for 19:30

The Steyning Centre Fletchers Croft, Steyning

Our **Annual General Meeting** will be followed with the presentation of **new awards** by the Lord Lieutenant of West Sussex, Lady Emma Barnard, to celebrate our Diamond Jubilee.

The overall winner will be presented with a beautiful wooden bowl, designed by local craftsman, Peter Legge.

Afterwards, there will be refreshments of cheese and nibbles and wine or sparkling elderflower.

There will also be a raffle.

Free to members and £3 for guests.
Donations gratefully received.



www.steyningsociety.org.uk
Registered Charity Number 269859

WATER AID

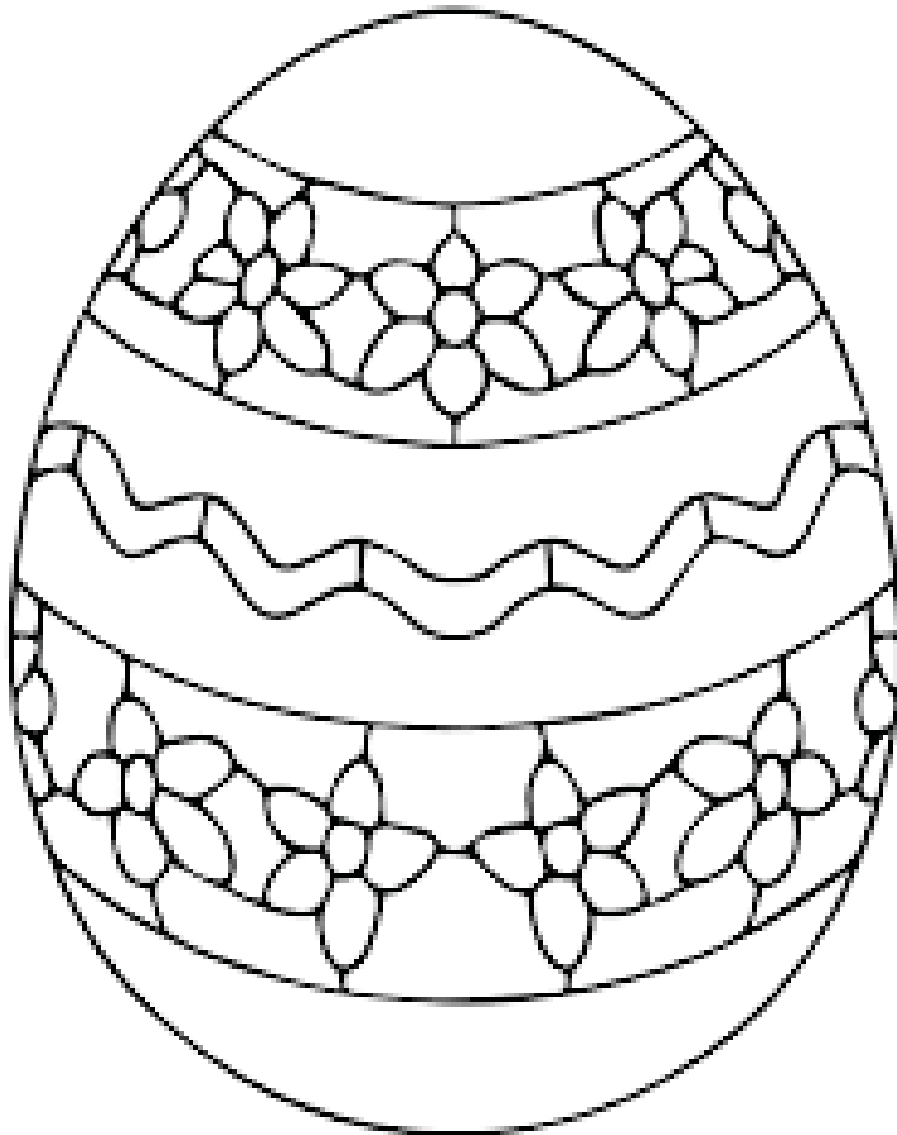
"What do we do?

We work with our supporters, partners and local communities to make clean water, decent toilets and good hygiene normal for everyone everywhere."

Come and join the quiz night to raise money for this cause as well as Family Support Work.

Saturday 22 April
(See p 12 for all details)

UKRAINIAN EASTER EGG



Colour in this simple Egg design based on Ukrainian Easter Egg colouring.

HAPPY
EASTER
EVERYONE

ANAGRAM FOR APRIL

The anagram for April is:
EASTER DAY

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

This YEAR it's EASY.

READY, STEADY...go...

JUST FOR FAMILIES

On this map of the world:

Talk together about any of the different countries.

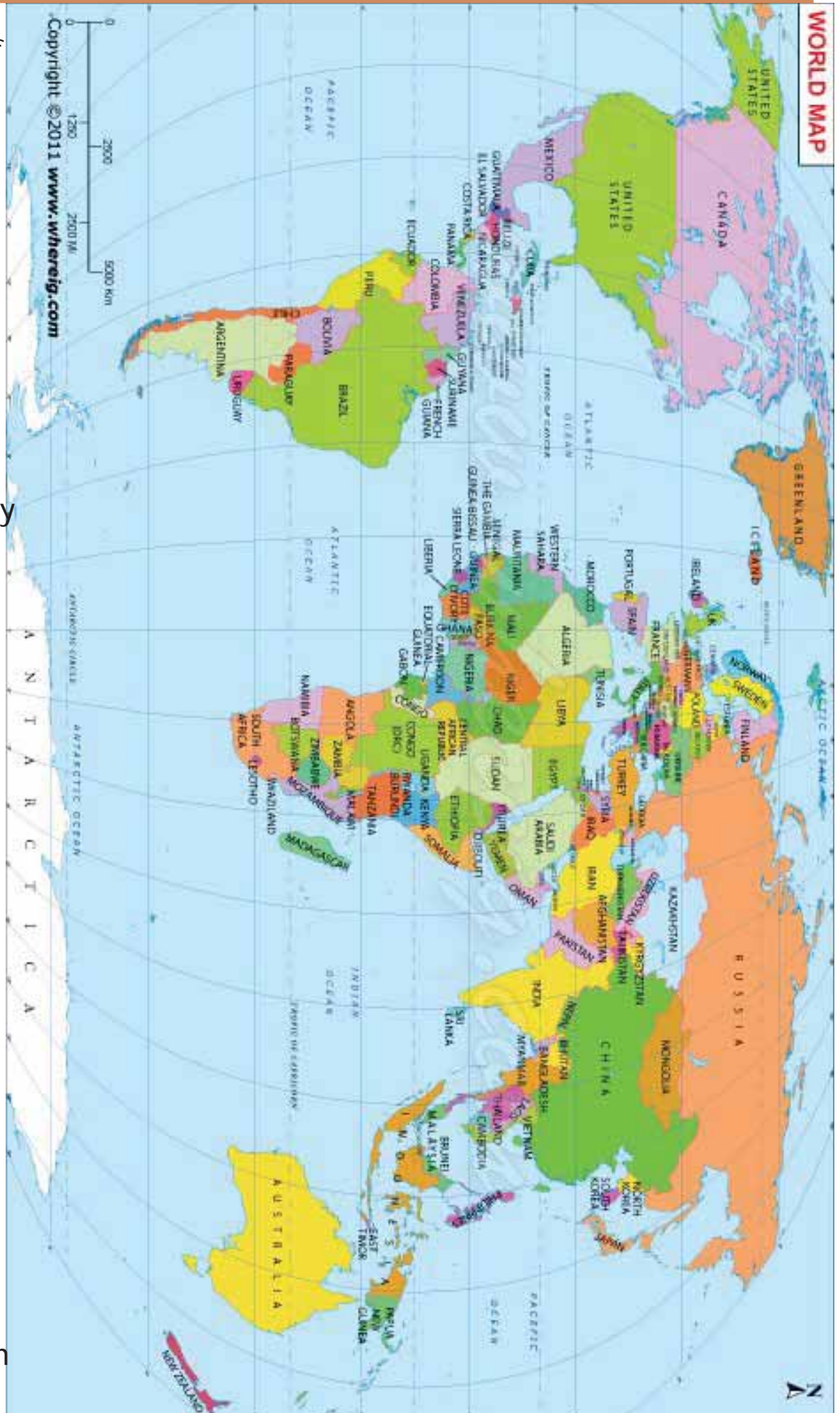
Who do you know who lives in another country?

Point to the country and say a prayer.

Which countries have you heard about in the news?

Can you find them? Hold your finger over them and say a prayer for the people there.

Can you find Israel and Jerusalem where the Easter story takes place? Say a prayer for everyone in Jerusalem



HOT CROSS BREAD AND BUTTER PUDDING

Ingredients

- 6 hot cross buns
- 25g butter
- 75g dark chocolate chips
- 2 large eggs
- 250ml milk
- 1tbsp caster sugar



Method

1. Heat the oven to gas 3, 170°C, fan 150°C.
2. Cut the hot cross buns in half and butter the cut sides, sprinkle with half of the chocolate chips, sandwich together again and place in a baking dish.
3. Beat the egg, milk and sugar together and pour over. Scatter with the remaining chocolate chips and bake for 30-35 mins until just set.

Becky says:

"I thought this one might be useful at Easter with all the hot cross buns. I would usually serve with cream although ice cream is yummy too. With the hot cross buns, there's so many flavours to choose from it would be up to the maker as to which one to use."

Hot Cross buns should only be eaten on Good Friday, and for many years that was the case in this household!

Hot cross buns!

Hot cross buns!

One a penny, two a penny,

Hot cross buns!

If you have no daughters,

Give them to your sons.

One a penny, two a penny,

Hot cross buns!

This is the nursery rhyme known today, but in the London Chronicle for 2 June 1767 this was the recorded street cry:

*One a penny, two a penny, hot cross-buns;
If you've no daughters, give them to your
sons;*

*And if you've no kind of pretty little elves,
Why then good faith, e'en eat them all
yourselves.*

Editor

I'm crouching behind my sofa, hiding from a squirrel. While I'm here, peering angrily out of the patio window, it has given me time to reflect on the emotional journey that led me to this place.



There was a time I was nuts about squirrels. As soon as I could walk, I was out shrieking through the autumn leaves, trying to grab a squirrel's bushy tail as it nimbly skedaddled up the nearest Sycamore. Looking back now, I'm not sure what I planned to do with a squirrel, had I ever caught one. It's actually illegal to release a Grey Squirrel once caught because, despite their cute appearance, they can be extremely destructive.

The main problem is that they shouldn't really be in Britain. The Grey Squirrel is a North American

species and we can blame Herbrand Russell, 11th Duke of Bedford, for inviting them. Herbrand's hare-brained plan was to import Grey Squirrels to embellish his estate at the start of the last century. Distributing squirrels as gifts, he and his landowner chums assisted their spread across England. Our wildlife and landscape just weren't designed to accommodate this brash new American and the native Red Squirrel, already in decline, was hit particularly hard. Attempts have been made over the years to control Britain's Grey Squirrel population and protect the remaining Reds, and the battle continues, but across most of England it seems the Greys are here to stay.

In the last few weeks the battle has arrived in my back garden. I recently purchased a bird feeding station, an elaborate chandelier draped in peanut feeders, fat balls and coconut shells. Yet the Nuthatches, tits and finches are being usurped by a Grey Squirrel. I'm paying pounds and getting peanuts and it's the squirrel who is packing his cheeks. It feels like I have laid on a buffet for my friends, only to find some American bloke (who I don't particularly like) has turned up to scoff the whole lot. For weeks, we have been locked in an ongoing arms race. I don't want to hurt him – I just want him off my new bird feeder. I've deployed Vaseline, peppers and counterbalances but each time I've been outwitted. He is agile, acrobatic and very clever. Today I cracked. I purchased a squirrel proof baffle: a large Perspex dome, 100% guaranteed to make my peanut feeder impregnable. I installed it as the squirrel watched curiously and, with a confident laugh, I returned to my front room...to find the squirrel was already back on the peanut feeder. I have no idea how he's doing it and he's too smart to climb there if he's being watched. So here I am, behind the sofa, trying to find out his secret. Whether trying to beat them nationally or just in our own back gardens, it really isn't reassuring to know we're being outsmarted by a rodent.



Michael Blencowe

EASTER TIME



ACTS 10, 39 - 43 NIV

They killed him by hanging him on a cross, but God raised him from the dead on the third day and caused him to be seen. He was not seen by all the people, but by witnesses whom God had already chosen - by us who ate and drank with him after he rose from the dead. He commanded us to preach to the people and to testify that he is the one whom God appointed as judge of the living and the dead. All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name.