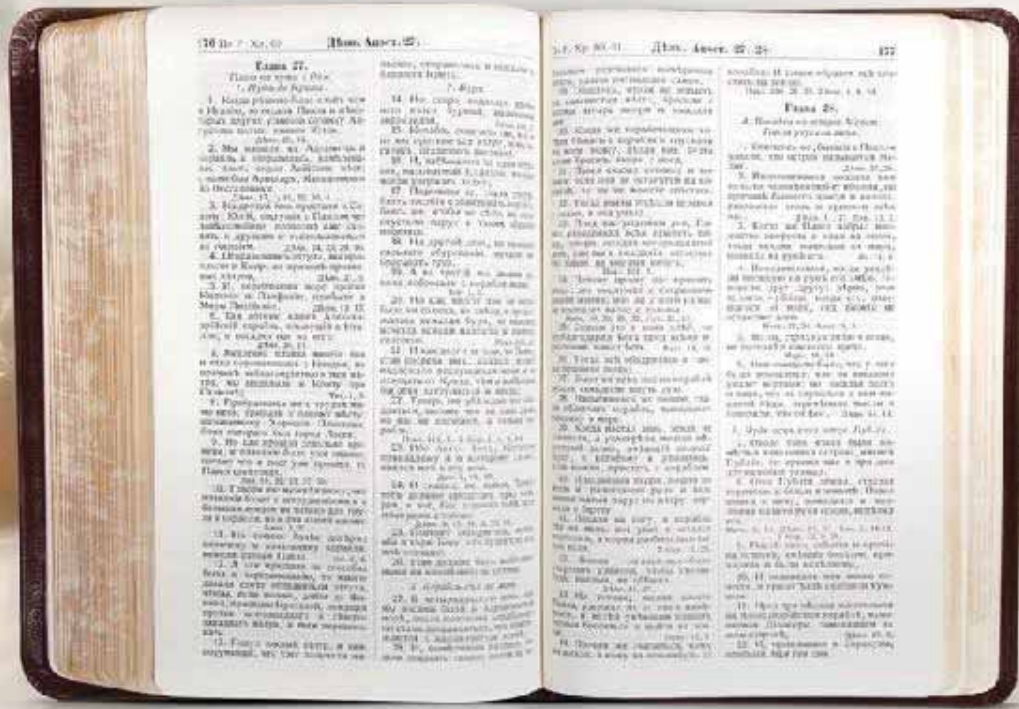


Church Magazine

FREE

THE PSALMS



JULY 2023

Steyning and Ashurst

Steyning Parish Church

1 Vicarage Lane,
Steyning BN44 3YL

Vicar: The Revd Mark Heather LLB BA

879877

vicarofsteyning@gmail.com or rectorofashurst@gmail.com

Church Services

Sunday 2 July at 9:30am

Canon Nigel celebrates his 40th Anniversary Eucharist on this Sunday.

Sunday 23 July at 4pm

Patronal Festival Sung Evensong at St James's

St Andrew's & St Cuthman's

Every Sunday

8:00am 1662 Holy Communion Service

9:30am Sung Eucharist (Music Group Eucharist on 3rd Sunday)

6:00pm Evening Service (Reflections on 1st Sunday - see below)
(Choral Evensong on 3rd Sunday)

St James's

10:30am Second Sunday Family Service

Fourth Sunday Patronal Festival (see above)

Wednesdays at St Andrew's & St Cuthman's

11:30am Midweek Eucharist

Reflections is a quiet, evening service. This month it is held on Sunday, July 2, and is entitled "Caring for Creation".

Parish Office Address:

Penfold Hall, Church Street,

Steyning BN44 3YB

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Parish Administrator: Pat McMullan.



Pastoral Letter

Dear Friends,

Everyone is familiar with Psalm 23. Maybe this or another psalm, such as Psalm 121, is your personal favourite. The psalms provide the basis for many well-known English hymns, with 'All people that on earth do dwell', based on Psalm 100, as perhaps the best-known of these. 'Hail to the Lord's anointed' is another, based on Psalm 72.

Jesus knew the psalms by heart, as did all worshipping Jews of his time. The early Christians used psalms along with the Lord's Prayer in their daily worship. If you'd like to know the psalms better – or indeed if you'd like to add a new dimension to your prayer life and don't already do so, you might consider using a short psalm in your daily prayers. Below is a simple table you can use over a four-week period. If that's too complicated, just use the first column, which uses some of the most beautiful and moving psalms in the Bible. Feel free to adapt the table for your own use, especially if one of your own favourites is missing.

Don't be put off if you can't manage this every day. Over time as, like Jesus, you get to know some of the Psalms off by heart, they become a part of you, and a source of solace and inspiration.

Fr Mark

<i>Week</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
Sundays & Saints' Days	100	148	149	150
Monday	121	47	111	127
Tuesday	42	62	123	130
Wednesday	8	11	84	112
Thursday	139	67	96	98
Friday	51	25	31	95
Saturday	23	15	63	92

FROM THE EDITOR:

As we acknowledge the huge impact on everyone in Ukraine now that this war is in its second year, our thoughts and prayers continue to be with them all, and their leaders. We hold before God those families who have found refuge within Steyning and Ashurst including all those who worship with us.

A slightly new look to the magazine with the addition of a Contents column! All to keep me on my toes! But looking at the contents, I hope you will enjoy the news, views and reports, as well as the invitations to the two gardens open and the coffee morning.

Do please send in your contributions because what you do or think or see is of much interest to our readers.

As always, the address for your articles, pictures etc:

steyningchurchmag@gmail.com

Chris Fitton

Sunday Notices

The weekly Sunday news 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 Sunday news contact: office@steyningparishchurch.org or ring 01903 813276

To add any new prayer requests contact: prayers@steyningparishchurch.org or ring 01903 813276

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Prayer diary for July

Sunday 2 July The Fourth Sunday after Trinity

Monday 3 July Thomas the Apostle

Almighty and eternal God, who for the firmer foundation of our faith, allowed your holy apostle Thomas to doubt the resurrection of your Son till word and sight convinced him: grant to us, who have not seen, that we also may believe and so confess Christ as our Lord and our God; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Sunday 9 July The Fifth Sunday after Trinity

Sunday 16 July The Sixth Sunday after Trinity

Saturday 22 July Mary Magdalene

Almighty God, whose Son restored Mary Magdalene to health of mind and body and called her to be a witness to his resurrection: forgive our sins and heal us by your grace, that we may serve you in the power of his risen life; who is alive and reigns with you, in the unity of the Holy Spirit, one God now and for ever.

Sunday 23 July The Seventh Sunday after Trinity

Tuesday 25 July James the Apostle

Merciful God, whose holy apostle Saint James, leaving his father and all that he had, was obedient to the calling of your Son Jesus Christ and followed him even to death; help us, forsaking the false attraction of the world, to be ready at all times to answer your call without delay; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God now and for ever.

Sunday 30 July The Eighth Sunday after Trinity

JAMES THE GREAT - APOSTLE

Saint James is the patron saint for Ashurst Church. (Patronal Festival Sung Eucharist transferred to 23 June. See P2 for details). He was one of the first four of Jesus' 12 Apostles - Peter, Andrew, James and John - all of them fishermen by trade, and all of them heard Jesus say "Come and follow me" and they did so. James witnessed many of the very important events of Jesus' ministry. He is recorded as being beheaded by King Herod Agrippa 1 of Judea.



Parish Registers

Funeral

7 June Boyd Pendennis (d.18 May 2023)

Interment of Ashes

12 May Martin Scott Peskett
(d. 2 March 2023)

Memorial Service

1 June Sheila Christie-Murray
(née Watson) (d. 6 April 2023)

Holy Matrimony

27 May Robert George Liam Heygate &
Isabella Rose Foxwell

27 May Jim Adams & Julia Fischel
(Ashurst)

3 June Callum Peter Caws &
Hannah Claire Greenstreet

Holy Baptism

21 May Bluebelle Ivy Golds

The Psalms

This year is the diocesan year of the Old Testament. Some parishioners spent time studying the Diocesan Lent Course which looked at passages in the Old Testament that relate directly to Jesus - as a person, his nature or his incarnation. Other churches have done other things to mark this Old Testament Year.

July and August provide two months in the Church Calendar which are ideal to pick up the theme of the Old Testament...but how? I talked with David about different themes and we settled on The Psalms because they are poems/prayers that are so much about life - your life and mine in all its varying aspects. If you think back over your life, long or not so long, I hope you can think of times when you have been happy, or sad, or thankful, or in awe... just a few ideas as to emotions that you may have experienced, but I know you will find others as you ponder and read The Psalms.

The book of Psalms is a book about worshipping God, and the word Psalms means Praises, so this is a book of praise to and of God; worshipping God in the same way as Paul tells us in Colossians 3:1-3 " *Since then you have been raised with Christ, set your hearts on things above where Christ is, seated at the right hand of God.*



Set your minds on things above, not on earthly things. For you died and your life is now hidden with Christ in God"

In the Psalms we are given the words that allow us to worship God and to find strength and comfort when life is tough. There are also Psalms that are praises to God and those that enable us to give God our burdens and cares. Often such a Psalm will begin with sadness, or lamentations, but end with praise to God for his goodness.

These 150 Psalms were written over a period of 900 years and their authors are varied, but the most prolific was David. Here are just three of the many, many beautiful verses that David wrote, with no apologies for taking them from The King James Bible, because that is how I learnt them and remember them:

Ps 27:1 "The Lord is my light and my salvation: whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?"

Ps 36:7 "How excellent is thy loving kindness, O God! Therefore the children of men put their trust under the shadow of thy wings".

Ps 23:4 "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me"

Just as the Psalms bring us to worship God, they also tell us much about Christ our High Priest, our Good Shepherd (Ps 23:1) our saviour and Lord. He is described as our Rock (Ps 28:1), our Refuge (Ps 62:7), our Redeemer (Ps 78:35).

I expect that as soon as I say the Good Shepherd, Psalm 23, you will have your own memories and versions, so I'm not going to write it out, but do go to your Bible and reread it. Utter tenderness comes through. This Psalm is often sung at funerals, but for me it is not a song about dying, but about a risen, living, reigning Shepherd, all written in the present tense so speaking of today. *"The Lord is my shepherd"*. At Easter we celebrate that Christ rose from the dead to be our Great Shepherd.

"Now the God of peace that brought again from the dead our Lord Jesus, that great Shepherd of the sheep, through the blood of the everlasting covenant"
(Hebrews 13:20)

More about the Psalms next month, but perhaps you can help me and tell me about a Psalm that means a lot to you, or is maybe a favourite?

Chris Fitton

Pause and Pray



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:

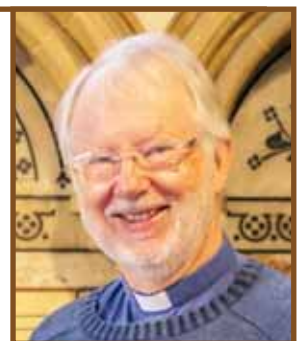
- That God will comfort Russian families who have lost their beloved ones

We pray for the ministry that Caroline will have in West Grinstead and Partridge Green after her ordination on 3 June, and the Eucharists she will celebrate.

**REVD CAROLINE
ARMITAGE**



We give thanks, and pray with Canon Nigel, Jill and family as they celebrate 40 years of ministry since his ordination in 1983. On his retirement he and Jill moved to join us in Steyning; his last post was in Suffolk as Vicar of Aldeburgh, home of the international music festival. Before ordination he worked for the BBC and Nigel served for many years as diocesan Radio Officer.





Hello from Fr Peter

Hello, I am Peter Attwood, a retired priest and a relatively new member of the congregation. I am looking forward to taking a more active role in services occasionally and Fr Mark has asked me to tell you a little about myself and family.

My wife Sue and I together with our two Labradors moved to Upper Beeding in February last year having, for the last 10 years, lived in Nether Stowey, Somerset where I helped out in the six church benefice. I had previously been Priest-in-Charge of four parishes on Exmoor.

We have three grown up children and moved to be nearer to them. Our daughter Emily and her family live in Withdean and younger son Robert with his family in Henfield. Our eldest son, David and family live in Barcelona.

I am a 'sports nut' following Cricket and Rugby in particular and still play golf. I enjoy all types of music and am a member of Shoreham Oratorio Choir. Music, for me, is a most important part of worship and I am really pleased that we have such a good organist and choir here in Steyning.

As a 'cradle Christian' I am fortunate that I have always been involved in one way or another with church, as server, PCC roles and Churchwarden in different dioceses (we moved around a lot). I have also been on Deanery and Diocesan Synods.

I am a late ordinand having worked for 34 years in Lloyds Bank retiring in 1996. I worked freelance before devoting my time to study and training for ordination. A few years before I retired from the bank we were worshipping at All Saints, Langton Green, Tunbridge Wells and we had a new vicar. He had a great influence on me and was the catalyst that made me to think more deeply about my faith and where it was leading. He encouraged me to train as a Reader, which I did, and I was Licensed but by then I had already started on the selection process for ordination with the Diocesan Director of Ordinands.

I trained part time with SEITE (South East Institute for Theological Education). Following this I was ordained in Rochester and served my curacy in Langton Green before moving to the four parishes on Exmoor.

I am most grateful to you for the welcome you have given me at St Andrew and St Cuthman since I started coming regularly last October. I have met and talked to a few of you already and I look forward to meeting and getting to know many more. You have already made me feel welcome and at home for which many thanks.

TWO GARDENS OPEN FOR CHILDREN'S CHARITIES

SATURDAY 15 JULY

COME AND SEE WHAT WE HAVE GROWING
HELP RAISE MONEY FOR CHESTNUT TREE HOUSE
AND THE CHILDREN'S SOCIETY

Tea and Cakes Garden

2:00 – 4:00

33 ROMAN ROAD - HOME OF JILL AND ROGER

Sit with friends in this beautiful garden and enjoy
tea, coffee and delicious homemade cake.

Wine and Cheese Garden

5:00 - 7:00

7 GORING ROAD - HOME OF CHRIS & DAVID

Enjoy a pre supper drink and nibbles whilst you chat
with friends new and old
and wander round the garden

YOU ARE VERY WELCOME, JUST COME IN

Do come and join us on a Wednesday morning any time between 10am and 11.30am.

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.

Community Coffee



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**

St Andrew's Men's Society

is a meeting of a group of male members of Steyning Parish Church and guests. We meet in the Penfold Hall, beginning with a glass or two of wine and nibbles. Then we enjoy a talk. Do come and join us.



SAMS

Our next meeting:

**Don Harry will talk about
"My African Adventures"**

Date: Wednesday 26 July

Doors open at 3:45 for 4:00 start

**Any enquiries please to Leonard Warner
(01903 812752)**



Now that summer has arrived try and find some time to relax in your garden, no matter how small, or sit on one of the benches by the church or around the town where there may well be someone else to share a chat with.

Tip of the Month



Prayer Points for July



- For all the summer events, especially those in Steyning and surrounding area.
- For Children's Charities and volunteers in Sussex and across Britain, as they prepare for their summer season of children's activities.
- For Steyning Primary School and Steyning Grammar School as they end the Summer Term and celebrate with those who are leaving.
- For the developing church connections with the Grammar School boarders and for a safe Summer for all the boarders as they return home.
- For the Community Fridge held in the Cottage.
- For all farmers at this busy time of year.
- For all who live and work in Jarvis Lane.

In John and Pat Edwards' garden there is a prayerful reminder of Ukraine. The beautiful two colours make the flag.



**Deanery Study Day on
the Old Testament
To be held at the Palace, Canon Lane
Chichester PO19 1PY
Saturday 15 July from 10:15am until 3pm**

An opportunity to reflect with the Revd Canon Kathryn Windslow on the Hebrew Scriptures, with time to explore the adjacent Bishop's Palace Gardens, or for those who wish there will also be an opportunity to attend Saturdays' Choral Eucharist taking place within the Three Choirs Festival. There is no charge for the day but please bring a picnic lunch. Tea and coffee and soft drinks will be provided.

If you would like to attend please send an email to office@steyningparishchurch.org (or leave a message on 01903 813276), and indicate whether you would be willing to give a lift to others.

PCC May Meeting Report

The Parochial Church Council met on 17 May in the Penfold Hall. After Fr Mark's prayers and introduction, and review of the minutes of the meetings on 22 March and 16 April (the latter being a very short meeting following the APCM) we welcomed those re-elected, as well as Liz Trundle, who had been elected for the first time (and was unable to attend this meeting), and willing to act as PCC secretary. The committees were re-appointed, with no significant changes.

The first item for discussion concerned admission of children to Holy Communion pre-confirmation. It seems this was approved by the PCC over a decade ago, although it was unclear how many children had then been admitted. Admission before Confirmation was in line with our desire to be inclusive and attract a younger congregation, and further discussion of this and the purpose and significance of Confirmation would be needed.

The finance report showed that, as expected, we were in deficit, though still with healthy assets. As most of the assets are in property the money is not readily available, the treasurer noted that we still need to be very careful with planned expenditure. John hopes to include the energy contracts for church, Penfold Hall and cottage in the Parish Buying energy basket, which will help keep costs under control. The PCC decided that the troublesome GWD donation station should be removed and we will use SumUp for all card donations.

The fabric report was mainly concerned with the tower roof timbers, where the recent Quinquennial Inspection had found decay. Our architect is arranging a survey, for which we have obtained the required interim faculty. The Diocesan Advisory Committee was due to visit on 25 May, mainly to discuss the improvement plans and possible solutions to the uneven and slippery flagstone path from the lychgate. Five-Year Vision updates included M&D (Mission and Discipleship), the PFR (Projects and Fundraising) groups, and EcoChurch. Under M&D we have been extending our welcome to visitors, developing children's worship and the Pilgrim Course, and linking to the community through Wednesday Coffee, Home Holy Communion (including visits to Croft Meadow) and the Community Fridge. The PFR has been working on providing information needed by the funding consultants, while we are now in a position to apply for an EcoChurch award.

Our continuing work in Church Schools, Pastoral Care training and Safeguarding

were reported upon. The Communications group is nearly ready to implement the ChurchSuite database to improve sending out weekly notices and other communications as well as providing an address book potentially available to all church members who sign up. We are developing other ideas to enhance our welcome and inform the community about church events.

Bill Thomson

Rogation Sunday

Back having the Rogation Service on Ashurst Field on a sunny Sunday in May. Afterwards refreshments were enjoyed by all and the young people played.



FSW Invitation

**FSW Coffee Morning
at The Penfold Hall,**

Saturday 29 July, 10.30am – Noon

Entrance £3.00 to include Fresh Coffee and Home Made Cake

Alyson Heath, the Diocesan Chairman for FSW, will be telling us about the current work of FSW and, in particular, our Deanery Practitioner, Sara Fulker. Alyson is also our treasured colleague as she is the Chair of the Deanery Committee.

We will be serving Coffee, Tea and Home Made Cake from 10.30 am. We will have Elaine and Simon's hand crafted cards, a cake stall and, of course, a fine raffle.

**Come and have a very happy morning with us
and hear the latest FSW news from Alyson and Sara.**



Royal Memories

from one of our Choristers



My lasting memory of the Coronation of Her Majesty Queen Elizabeth II was watching my Aunt, Superintendent Nursing Sister DA Stoy, leading the QUARNNS contingent in the pouring rain. I was allowed on board my father's ship, HMS SUPERB, which took part in Her Majesty's Review of the Fleet at Spithead but sent below because of the noise of the guns firing a salute. A

plate of jelly and ice cream annulled the disappointment!

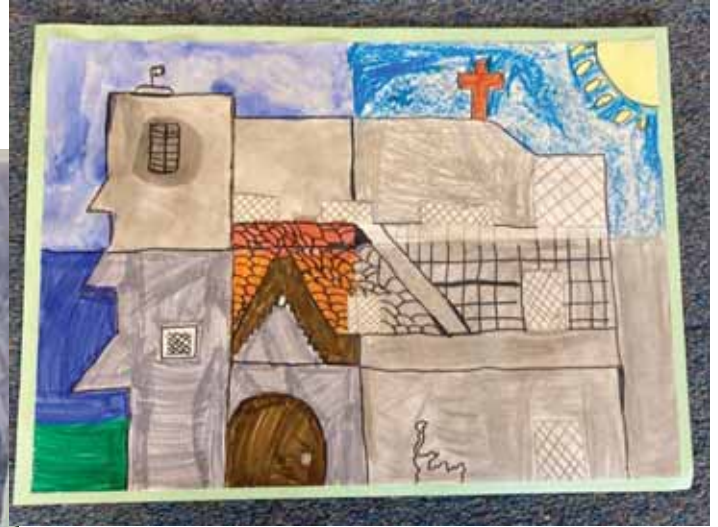
I was commissioned into the RNR in 1968 and was selected as a platoon commander for the Investiture of The Prince of Wales at Caernarvon Castle in 1969. In early 1976, I was selected for a sea command and studied on the same MCMG (Cos desig.) course as The Prince of Wales (photo above) before we took command of our ships. He commanded HMS BRONNINGTON, and I commanded HMS FITTLETON.

In 1977 I commanded the minehunter, HMS KELLINGTON at The Silver Jubilee Review of The Fleet and dined with Her Majesty. Together with HMS UPTON, we formed the Royal Flotilla to escort the Royal Yacht for her return to Portsmouth. In 1979, I was The Royal Barge Officer when Her Majesty opened Brighton Marina. During the following years there were several times when I met members of the Royal family both in my Civilian and Naval careers.

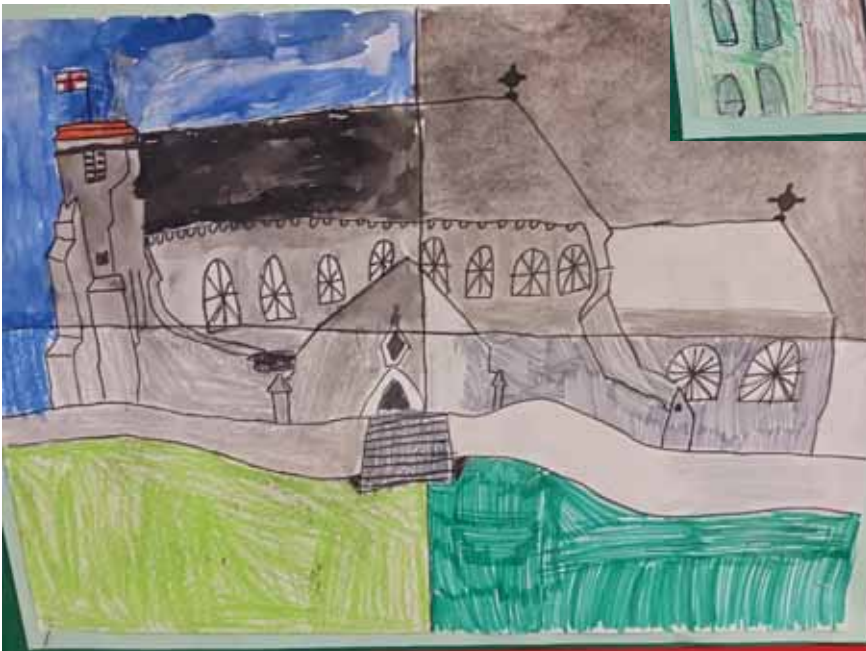
In 1999, I was appointed as the CEO of one of Prince Philip's charities, and took over in 2000.

John Stoy

Steyping Primary School



The Church Primary School has had a theme week based on aspects of Steyping.



Year 3 researched why certain roads were named as they are and sketched the church. They used different media to finish the picture.

And now to hockey...

In April, our school attended the annual Sussex Finals for Quick Sticks Hockey at the superb East Grinstead all weather pitch. Our team played six games in a group stage, scoring sixteen goals and conceding three.

This meant that we were in the semi finals against Rose Green,

which was a tough game, but in the last minute we scored taking us through to the final. There we faced the team from Our Lady Queen of Heaven. We dominated the game winning it with a superb goal from Noah.

This meant that we became Champions of Sussex for the second time in our sporting history.



Thank you
Mr Knowles



A quite superb performance from **Mabel, Eva, Noah, Kaiden, Herbie and Jude.**

A lovely way to finish my career at the school.

Simon Knowles

Simon, there are so many families in and around Steyning who will be saying "thank you" to you for all you have done for their children, physically, educationally, emotionally, socially and spiritually, and rightly so. All within the church family would also like to thank you for your enormous contribution to this special Church Primary School, and the links you have made between the school and the church. We all wish you a very happy retirement.

Saying goodbye to a man who loved Steyning

On 4 May the funeral of Martin Toomey took place in Steyning Parish Church, at which Fr Paul Rampton reminded us that he had conducted the funeral for Martin's first wife Avril in 1998.

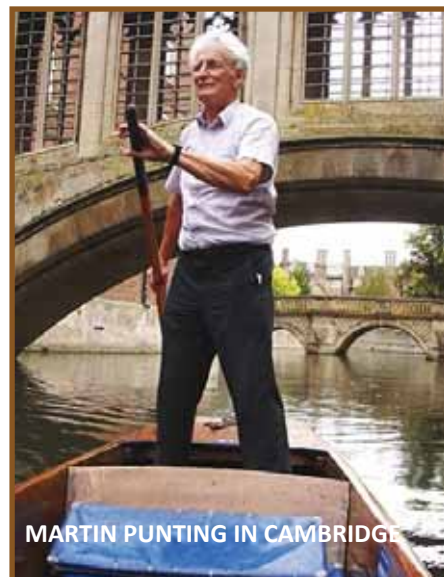
We sang *God is Working his Purpose out* and then Jenny Toomey talked about her husband and thanked everyone for the marvellous tributes she had received, which she really appreciated.

Martin had been the love of her life for 24 years and despite the occasional tiff it had been a wonderful time together. Martin was there for the marriage of her sons and the birth of all the grandchildren. As Martin had had no children of his own it had been a fast learning curve! He was always picking up the toys before they had gone, a useless task! In retrospect, she would like to have added that she first met Martin in the early '60s, singing in the chorus of the Chelsea Opera Group where she also met Avril, Martin's first wife, and Richard, who was to become her first husband. So, when she married Martin they had known each other for 36 years.

Jenny's grand-daughter Becca read a poem she had chosen, 'He is Gone' by David Harkins followed by a Trio; Jenny's son Dom Nunns, French horn and his children Ruby, trumpet and Lars, keyboard playing a Pavone (si par souffrir) by Tielman Susato. After that Mark Nunns read a poem written by Martin himself, *Thanks (Dust to Dust and In Between, so Good to have Been)*.

Martin's niece, Eve Toomey, read her father Patrick's tribute to his younger brother. (Patrick lives in Canada). He recalled Martin as a small child and then his National Service in the navy which convinced him he wanted a career ashore which involved him in many construction projects, including the Channel Tunnel. Throughout their lives he and Martin managed to miss each other, including his wedding when Martin was at sea. However, after his retirement, he and his wife made many visits to Jarvis and were able to make up for lost time and get to know Martin and Jenny as well as they would have done, had they remained in the UK. Eve also shared her memories of Martin whom she remembered as quintessential Englishness itself, living in a funny house with creaky floors and low beams, a huge garden and a croquet lawn, a classic English eccentric! He had boundless energy and was a great host, always interested in her and her siblings, giving them time, and introducing them to new ideas and new people. He was generous, resourceful, optimistic and witty relishing things that made him think and, more importantly, rethink. He was always pathologically late, driving like a mad man down country lanes. Above all, he was generous, giving his time, resources, and his energy to the service of others. She wanted to thank him for being an infuriating, generous and admirable uncle. Later, when she grew up, she appreciated his interest in politics. Above all he was a wonderful host at Jarvis.

Hector Nunns, Jenny's eldest son, recalled first meeting Martin when very young, as Martin was a close friend of Jenny and Richard. As a boarder at Steyning Grammar School, he was made very



welcome by Martin and Avril with tea and luscious cake. Later, when Martin married Jenny, Martin knew he was acquiring three stepsons and their wives, but the arrival of six grandchildren over the next few years might have been slightly more of a shock! But he became an excellent adopted grandfather, with reserves of patience and tolerance he probably hadn't realised he had. "We and our children have enjoyed so much time spent with Martin and mum at Jarvis and so many days out. We always managed to get together at Christmas with up to 16 in number in the music room. He enjoyed sampling the various traditions of each of our households and tucked into the cooked ham, stilton and port on offer. He enjoyed all the parties both at Jarvis and in our homes and shared our love of sport - he loved Rugby and the Four Nations but was always up to speed on the doings of the Seagulls at Brighton as well as supporting the family's music interests. He and mum treated the children to so many lovely days out, the Ropetackle Arts Centre pantomime, then as they got older, trips to the Chichester Theatre which they thoroughly enjoyed. Jenny and Martin had a very full life together, with many trips abroad." Hector would always remember him striding out purposefully on walks and as a passionate supporter of music and the arts. He never lost his thirst for knowledge. Hector also thanked the caring staff at St Barnabas Hospice and all the others who cared for Martin in his final weeks and made it possible to be where he wanted to be, at home in Jarvis. He will be very much missed by all the family.

We heard a recorded excerpt from Martin's favourite composer Hector Berlioz' opera *Les Troyens* sung by Toby Spence and conducted by Sir Colin Davis. Three people then spoke about Martin's work for the community in Steyning.

Phil Bowell, a fellow member of the Steyning Parish Council, said Martin was supportive, always knowing his own mind, and achieved project after project for the benefit of Steyning residents, and particularly its young people. Martin developed and brought to fruition, the Steyning Showcase, which every two years has brought together all the voluntary organisations to show their work. He was the real deal, the true "Mr Steyning". His energy in making life better for families and young children is something we will never forget.

Sarah Leigh recalled how he had worked for about 45 years as Chairman or Secretary of Steyning Workers Education Association, which had been an enormous cultural resource. Martin had managed this for the first 23 years while commuting to London, but it was right up his street due to his huge interest in almost everything. We remember with great affection the music courses taught in the music room at Jarvis, together with cake from Jenny. A convinced European, he had been Secretary of the Sussex European Movement for many years, attending conferences and meetings all over the country. He had supported Avril as one of the initiators of Steyning Good Neighbours, which still takes Steyning residents who need transport. Without him, our lives in Steyning would be much poorer.

For Tom Aubrey, Martin was an old friend, and they would walk together almost every morning during the two years since his diagnosis, sitting with him on the bench overlooking the Rifle Range where he could identify almost every feature of the landscape and know its history. In the Memorial Field he would always be greeted by a large number of people. "You would not have known Martin was ill, there was no self pity. Martin was unstoppable, driving to London for

Berlioz concerts, attending Cambridge conferences, and going to all six operas at Glyndebourne. Martin was sharp to the end, and great company; he gave us such pleasure and wonderful memories."

The choir sang *I will lift mine eyes unto the hills*. Fr Paul Rampton said the committal prayer and the choir sang *God be in my head* by Henry Walford Davies.

Andrew Sherwood, violin, played the Gavotte en Rondeau from Partita no 3 by J S Bach and the funeral service ended with a hymn, *Abide with Me*, and a closing prayer.

With thanks to Jenny Toomey

Saint of the month

ST BRIDGET OF SWEDEN (1303-1373)

Bridget was the daughter of Berger, a rich governor of Upland in Sweden. She married Ulf Gudmarrson at the age of fourteen and bore him eight children. In 1335 she was summoned to Court to be principal lady-in-waiting to the Queen, wife of King Magnus II. About this time Bridget began experiencing visions which were ridiculed by those at Court.



As a result Bridget and her husband went on pilgrimage, first to St Olaf's shrine at Trondheim in Norway and then to the shrine of St James at Compostella. On that pilgrimage her husband died at the Cistercian monastery of Alvastra in Eastern Sweden and, in her grief, Bridget stayed there for two years living as a penitent.

In 1346 she was guided to found a monastery for sixty nuns and twenty five monks who lived separately but worshipped together at the same church. All excess income was given to the poor and any hint of luxurious living was forbidden.

In 1349 Bridget braved a plague-stricken Europe to make a pilgrimage to Rome to gain approval for her new Order. She never returned to Sweden but spent the rest of her life apart in Italy except one pilgrimage to the Holy Land. People marvelled at her austerity of life, her devotion to serving the poor and pilgrims. Her visions did not endear her to the Church because they challenged its spiritual decay.

Her Order was approved by the Holy See and it flourished, numbering some seventy houses by the time of her death in 1373. Her feast day is celebrated on the date of her death, 23 July.

A Call for Change?

Somewhere not too far from here there is a church with a kindly member who buys, and no doubt reads, the Church Times every week on Friday. He/she then passes it on to the previous, now retired vicar; he reads it and then puts it in a plastic carrier bag; when he has two bags full he drops them round to my doorstep when he is passing and I take them in. When I have a spare moment I pick one out of the bag and browse through it at leisure. They are in no particular order, so I may find myself reading about happenings three or even eight months past. This is the ideal way to know what is happening in the C of E; however much it annoys or depresses me, I know it's all over and there is nothing I can do about it now; I can just despair quietly and helplessly and reach for the next one in the bag.

I'm quite choosy about what I read and I know what I'm not interested in or bothered with. I always look for ...

Obituaries, though most of my school mates seem to have been and gone now

Book reviews, if the subject or the writer interests me; I tend to wait until the book has reached the second-hand paperback stage to see if I still want it!

The cartoons, which are always sharp and relevant.

The consistory courts, where I marvel uneasily that so much responsibility and authority is given to one person; does the judge never get out of bed the wrong side?

The letters, whatever the subject, nothing deters the correspondents from saddling their own personal red herrings and riding them to death. Apologies for the mixed metaphor, but you know what I mean.

All this because the nine month old paper I have just read is going on about the demotion of the local parish and the promotion of the manager, specialist ministry, adviser and leader with some fancy outlandish title or job description; e.g. "Growing Younger and More Diverse Leader Priest". (How do you do either, let alone both?) This is coupled with a vast increase in posts advertised as "house for duty" and/or half time and half pay; this means on the cheap, but probably entails what used to be a full time priest's workload.

Years ago I remember someone, can't remember who – saying, " *The purpose of the*

C of E is to provide every community in the land, however small, with a resident Christian person to be a guide and focus for everyone". Am I wrong in thinking that nowadays the purpose seems to be to change "resident" to "absent" and to be sad as a result?

All this needs careful thought, of course, but I only write it because I picked up one old paper which featured a stable full of my personal hobby horses nine months ago; parish ministry, chancellor's weird judgements, decision making and democracy in the church, flexible patterns of ministry and training and the general elephantine processes of synodical government. It seems I could go on for ever and annoy everyone!

If you read this it will be because my editor and/or the Vicar have exercised admirable and charitable restraint in giving "Imprimatur".

We may call for change, but in the end

Jesus Christ is the same, yesterday , today and for ever.

Just as well.

Senex

USPG News

Fighting Climate Change Appeal

Climate change looms across the globe. In India, where 268 million people live in poverty, the crisis is hitting the communities the hardest. Walking to school each morning, Hermani passes her neighbours' vegetable plots waiting in the harsh sun. She spots animals who have died because there is no water for them to drink. For Hermani the future feels frightening and uncertain. It's a heavy burden for her to carry. The church of South India runs an eco-learning programme teaching school classes about what they can do to tackle climate change.

USPG is launching Fighting Climate Change appeal and with our compassion and support they can help India's young climate warriors today.

Find out more at: www.climateappeal.uspg



Ring for the King

This was the snappy title developed for what turned out to be international publicity covering ringing for the Coronation. It was picked up in the media and enquiries were received from around the world; much was made of a possible lack of those able to ring all the bells across the country to celebrate the event.

For my part I was involved with the arrangements for BBC Breakfast News to broadcast this initiative, and this included, at very short notice, finding a tower that was willing to ring for an outside broadcast being transmitted live. When I spoke to the producer one question I asked was, 'What time is this to be broadcast?' Answer, '6.00am or, if you are lucky, possibly seven!'. Fortunately this challenge was taken up by the ringers at St Paul's church in Birmingham who had an extremely early alarm call. They actually had to be ready in the tower well before 6.00am when filming was due to commence.

Closer to home in Steyning we rang to mark the Coronation during the afternoon of Saturday 6 May. This included one of our new recruits who has been learning over the past few weeks. For some of us, we then went on to ring at Upper Beeding, where, unfortunately, at the present time, there is no band of ringers. With a few other halves in tow, we then had a celebratory drink before heading home.

Luckily, at Steyning, in the last few months we have three keen new recruits wishing to learn, all of whom are making good progress. Everyone, when they start, is slightly taken aback by what is involved, as when watching experienced ringers they think that it is going to be easier than they find it. Perhaps that is one of the attractions - attempting to master the process of ringing.

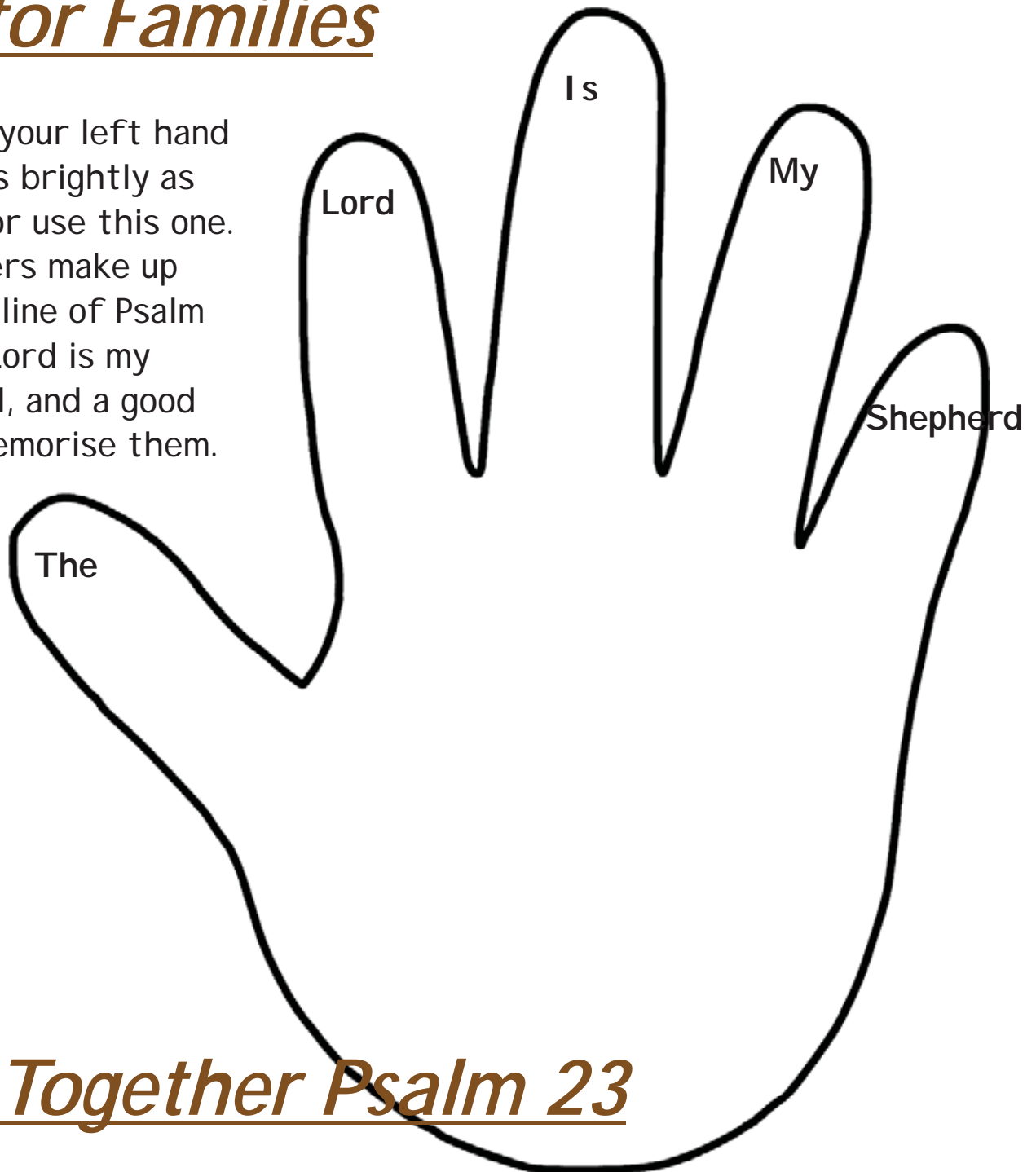
David Kirkcaldy



Just for Families

Colour in your left hand shape - as brightly as you can, or use this one.

The fingers make up the first line of Psalm 23, The Lord is my Shepherd, and a good way to memorise them.



Talk Together Psalm 23

THE - an emphatic beginning on a strong thumb

LORD - the God of the universe knows our name and cares for us

IS - alive, present right now

MY - personal

SHEPHERD - there to love and care for us all the time

Talk together about each of the words. DO you agree with what I have written? What does each word mean to you? What does a shepherd in the fields do today? Do they love and care for their sheep all the time? What do you think about when we call God our Shepherd?

Lots of possible questions and each allows everyone to have a say and their answer be valued.

Good Shepherd Sunday

Good Shepherd Sunday was April 30 this year, and Canon Tony Thompson used this memorable and beautiful illustration at the 8:00am service:

"The 'hand illustration' that I used related to these Bible verses: John 10.27-30 *My sheep hear my voice. I know them, and they follow me. I give them eternal life, and they will never perish. **No one will snatch them out of my hand.** What my Father has given me is greater than all else, and no one can snatch it out of the Father's hand. The Father and I are one.'*

The illustration went something like this:-

Imagine that my left hand represents me and my faith and my right hand represents the Lord.

When I trust in the Lord it's as though my left hand clasps my right hand (*grasp the right hand with the left!*)

But, at the same time, the Lord grasps me (*close the fingers of the right hand around the left so that both hands are grasping each other*)

At times, my grasp on the Lord may weaken or waver (*loosen the grip of the left hand over the right*)

But these verses emphasize that the Lord's hold on us remains firm. (*maintain the grip of the right hand upon the left*)

That illustration was shared with me when I was a new Christian in my late teens. It's stuck with me ever since and, whenever John 10 is read, I am reminded of it."

*Sent in by Rosie Harrison
Thank you Canon Tony Thompson*

Anagram for July

The anagram for July is a little more difficult:

SHEPHERD

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

Plants of the Garden

from the Bible



Anise, or Dill - *Anethum graveolens*

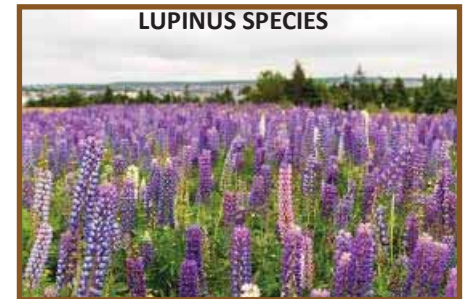
Dill is the plant called Anise in the New Testament that the Pharisees chose to tithe, rather than to attend to the more important matters of judgement and the love of God.

Dog Chamomile - *Anethum nobilis*

Dog Chamomile is one of the flowers of the field growing in the steppes and deserts of Israel and referred to as the fleeting nature of the flowers of the field, as opposed to God's eternal love.

Lupin - *Lupinus species*

Lupins are wild flowers in Israel. The passing flowers remind us of our mortality, and the passing nature of all power and wealth.



Garden Tips for July

1. Give Dahlias a liquid feed, keep them well watered and tie in the shoots of tall varieties to sturdy stakes as they grow.
2. Keep watch for pests such as Lily beetles, snails, aphids and vine weevils, and remove before they do too much harm.
3. Apply liquid feed to perennial plants to encourage a fresh flush of growth.
4. Give your houseplants an airing, bringing them outside for a few weeks. This will do them good and add a new layer to the garden.
5. Take softwood cuttings from shrubs such as Pyracantha, Cotinus, Hydrangea, Spirea, Philadelphus.
6. Sow biennials such as Foxgloves, Honesty, Forget-me-nots, Wallflower, Sweet William, for blooms next year.

Hope the garden continues to give you solace, peace and joy.

Robert Hill Snook

Flowers in Church

Steyping Church Flowers in July

July 1 and 8

Julia Elliott

July 29

Margaret Tully

July 15 and 22

Christine Aubrey

Carol McKechnie

The Arts Society

Monday 10 July 2023 at 10am

**The English Country Church - How to Read
the Architectural & Liturgical Features**

A talk by by Nicholas Henderson

The Steyping Centre, Fletchers Croft, Steyping BN44 3XZ

It is possible to 'read' the passage of time, of movements, cultures and peoples in the architecture and art forms evident in many of our older country churches. This lecture takes us from the pre-Christian era through the arrival of the Romans and onwards to the sixteenth century and the Tudors. Nicholas illustrates through his extensive research the great social changes that took place over the centuries and gives simple indicators to identify churches with Roman and Saxon origins.

A graduate of Selwyn College, Cambridge, Nicholas trained for the Anglican ministry at Ripon Hall, Oxford. Inspired by a period working on the staff of Coventry Cathedral he has gained a wide experience of international matters. He lectures regularly and currently works as a parish priest in West London.

Free to members; visitors £10 donation



Psalm 100. A psalm for giving grateful praise

Shout for joy to the Lord, all the earth.

Worship the Lord with gladness; come before him with joyful songs.

Know that the Lord is God.

It is he who made us, and we are his; we are his people, the sheep of his pasture.

Enter his gates with thanksgiving and his courts with praise;

give thanks to him and praise his name.

For the Lord is good and his love endures forever;

his faithfulness continues through all generations.

Recipe for July

Malteser cheesecake

Becky says:

"I usually halve the ingredients as this makes for around 12 servings. It's a no bake cheesecake so perfect for making in advance for BBQs or gatherings."

Ingredients

175g (9oz) dark chocolate digestive biscuits. I usually use normal ones.

75g (2½oz) butter, melted

400g (14oz) cream cheese

100g (2½oz) icing sugar, sifted

5ml (1 tsp) vanilla essence

300ml (10fl oz) double cream

150g (5oz) Maltesers, crushed



Method

1. Crush the biscuits in a sealable plastic bag with a rolling pin, until everything turns into crumbs. Mix the butter with the crumbs.
2. Line the tin with cling film. Spoon the mixture into the base of a 23cm (9in) springform cake tin and level with the back of a spoon. Pop in the fridge while you make the filling.
3. Combine the cheese, sugar and vanilla in a bowl and beat until well combined.
4. Pour the cream in another bowl and whisk until peaks form.
5. Gently fold the cream into the cheese mixture, then add the crushed Maltesers and incorporate.
6. Spoon the cheesecake filling on top of the biscuit base and spread evenly.
7. Place in the fridge for at least 6 hours, but preferably overnight, to set.
8. Once set, release the side of the cake tin and place on a serving plate.
9. Decorate with whole Maltesers

Stinging Nettle

In the shadows under the Oak trees my enemy awaits. There are hundreds of them, huddled together in a silent, ferocious mob. With their drab green leaves and insignificant flowers, the Stinging Nettle is a joyless plant infamous only for its ability to inflict pain. I can almost hear these nettles straining at their roots, desperately trying to reach me because I am in possession of something they crave: a pair of bare legs. When I started writing this article, I realised that I hadn't been stung by a Stinging Nettle for so long that I had forgotten what it felt like. So, dear reader, just for you I am wading into a nettle patch in a pair of shorts.

As my legs brush the underside of the nettles' leaves, I break the fragile tips off hundreds of hollow hairs, and I'm injected with histamine, serotonin and acetylcholine, with a splash of formic acid. This volatile cocktail acts like napalm on my knees – my skin itches and blisters and that familiar fiery, tingling, pulsing pain sears up my spinal cord. The plant does not inflict this agony as some sadistic vendetta against schoolchildren and writers. The nettle's hairy, hurtful suit of armour is a defence mechanism against hungry herbivores.

Despite our hatred for the Stinging Nettle, we have found many uses for it over the centuries as cloth, medicine, and food. Seventeenth century Sussex herbalist Nicholas Culpeper claimed nettles - which "can be found by feeling in the darkest night" - cured everything from nosebleeds to leprosy. Celebrity chefs extol the virtues of vitamin-packed nettle soups, risottos and spanakopita. And the caterpillars of our most impressive butterflies enjoy munching on nettles too. Red Admirals, Peacocks, Commas and Small Tortoiseshells all depend on them.

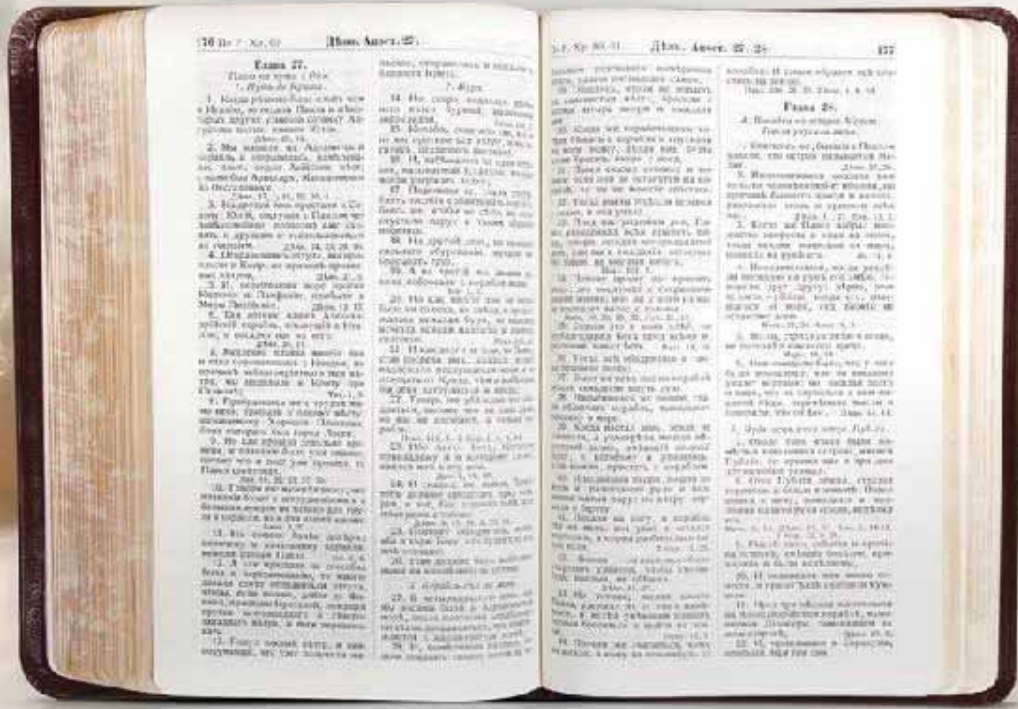


Halfway through the nettle patch all this is offering me little comfort. If I focus my mind, I can rise above it and the waves of pain can start to feel strangely invigorating. But not for long and I soon start frantically searching for a cure. Rubbing mashed dock leaves on my legs has soothed my stings since I was a schoolboy, so I was surprised to read that it's all a ruse. Scientists claim dock leaves are simply a placebo – and the searching and rubbing is just a distraction that numbs the pain.

Beyond the nettle patch I stumbled across an amazing glade of orchids, vibrant and stunning in the sunshine. In an instant the stinging stopped. Maybe it was all in my mind after all. Even when we are in our darkest night we need to keep pushing through the painful patches. There's something surprising and soothing awaiting us on the other side.

Michael Blencowe

THE PSALMS



PSALM 23 NIV

The LORD is my shepherd, I lack nothing.
He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.
He guides me along the right paths for his name's sake.
Even though I walk through the darkest valley,
I will fear no evil, for you are with me;
your rod and your staff they comfort me.
You prepare a table before me in the presence of my enemies.
You anoint my head with oil; my cup overflows.
Surely your goodness and love will follow me all the days of my life,
and I will dwell in the house of the Lord forever.