



HERSTMONCEUX AND WARTLING PARISH NEWS

August 2020

50p



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This Month

Reverend Richard writes the letter from the Rectory; Rev Peter's Green Page; Melinda's Famous Hymns column covers " All Hail the Power of Jesus' Name ", plus the regular columns and news from around the parishes



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From the Rectory

Dear Parishioners,

I think August is my favourite month.

There are many reasons for this. There is the good weather, the relaxed atmosphere with more people on holiday than any other month, I especially enjoy the fact that the main harvest season is now upon us.

The original reason for the Summer Holidays, I believe, was so that as many people as possible could help with the harvest, as such it was not really a holiday from work. We seem to have lost that understanding today. I love the smells of harvested grain and freshly cut straw. When I was growing up on a farm we would take a harvest tea out to the people working in the fields and join them with our own tea and chat and laugh. When I was a boy, my brother and I would make straw houses with the small bales, great fun, and in the grain store 'Whiteways Cider' was provided for the those working in the dust and heat. I have always loved cider ever since that time, much preferring it to beer! Harvest is hard work but a joyful time in many ways.

In my view harvest is the high point in the rhythm of our world, it is the culmination of the year. Once harvest has happened, after a brief rest, things can start all over again. This idea also appears to be God's view on things, not just with the yearly cycle but also regarding human history beginning to end. The crops are our harvest, but we are God's harvest. This truth gives us all responsibilities to follow and live up to, but primarily it gives us a wonderful hope of joy, just like a good earthly harvest does.

Often with very good reasons we can get very worried about what is going to happen next to us, to our loved ones, to our nation, and to our world. There is much going on on earth to be concerned about and things that needs to change. But we need to remember that just as world wide harvests will never fail because God is the one who "crowns the year with goodness" (Psalm 65v11) and who he has promised that they will never fail (Genesis 8v22). Human history also from beginning to end is ultimately in God's control. Over 300 ancient biblical predictions were fulfilled when Jesus came in the middle of human history and lived to achieve God's purposes for him on earth. Nothing could stop this happening, not even the murderous King Herod (see Matthew 2v16 and following verses). Likewise the Bible gives us a similar number of predictions about Jesus' return to wind up human history when the right time has come. God's plans cannot be messed up by bad leaders or out of control events. They were not messed up the first time around, and they won't be messed up the next time round. The Christian God is 'the God of hope', the hope that by being with him all will be well, St Paul prayed for us all with these words "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirits" (Romans 15v13). Jesus future return will usher in the harvest of mankind, and this will be the most joyful harvest ever. The thing we need to be most concerned about is making sure that we are part of this good harvest.

May you all be able to enjoy the good things that, a sure hope, and August can bring us.

God Bless
Richard Steven

Main Services at All Saints Herstmonceux and St Mary Magdalene Wartling in August

Services planned:

Aug 2nd All Saints Church - Informal Family Service 10am

Aug 9th St Mary Magdalene Church - Family Communion Service 10am.

Aug 16th All Saints Church - Family Communion Service 10am.

Aug 23rd St Mary Magdalene Church - Family Communion or Morning Prayer 10am

Aug 30th All Saints Church - Family Morning Prayer 10am

It is possible that one or more of these services will be held outside, please consult our website regarding this nearer the time, and also regarding other service information:
www.herstmonceuxandwartlingchurches.com

or phone Rev. Richard Steven 01323 833124

Groups update

Due to the current restrictions, Knit and Stitch, Kidz Club and other groups will not be meeting yet but watch this space as soon as it is safe to do so - we will.

A Summer Walk

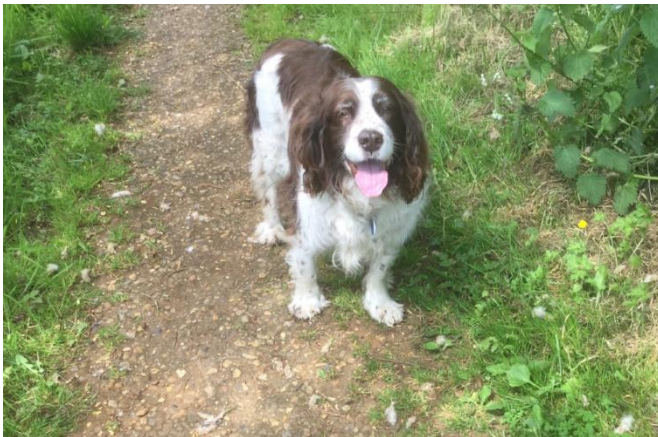
High summer and once again I set off down the narrow footpath across the road. No companion this time. The walk is tinged with sadness as my longtime companion, Millie, is no longer with us. The nettles and brambles are thick high walls either side of the footpath and the small wood is quiet and shady under its crown of leaves. The little oak trees seemed to have gained in height since I walked this way last. They are self-sown and are already forming their own woodland space in the small field. Big thistles, higher than me are swaying in the breeze.

Millie would know this path better than me and every inch of the route. Dogs carry their own detailed map of the landscape in their heads; a map of sniffs and smells, of puddles, mud and grasses.

Millie was a well-travelled dog. She had her own passport and had visited France and Germany, crossing the Rhine and eating in French restaurants (only dog biscuits!) She had been to Scotland to the beautiful island of Iona and to Wales' wonderful cathedral of St.Davids. Sitting outside of course! She has seen the outside of many cathedrals and even been invited into one. Salisbury cathedral is dog friendly we found out when one of us was sitting outside waiting our turn to look around.

Millie has come on many church walks and has enjoyed a refreshing drink at the water bowl by the porch at the end of them.

The fields are very quiet in high summer. The birdsong is disappearing. I reflect on our many times walking together up the lane, in summer, in winter, in blistering heat ,in thunderstorms, in the fresh scents of spring and golden autumns. Bernice.



Rev Peter's Green Page

For Three Days No Homeless Person Died In Our Local Area...

I am privileged to be a Covid19 remote member of a group called 'Warming Up The Homeless.' This is a group that feeds and helps the ever-increasing number of homeless in the area of Hastings, St Leonards, Bexhill and Eastbourne. Recently, Trudy, the leader and a Christian, put out a message saying that in three days no homeless person in these areas had died, this was a cause for celebration. Just think of this, that in the prosperous South East the fact that no homeless individual has died in three days is an occasion to be marked.

My family are from East London, the area of Beckton known as Cyprus. I well remember my uncle telling me, with tears in his eyes, that my Maternal Grandmother was known as the 'Angel of Cyprus,' because she was always there to help any in that area that had problems and needed help.

When, many years ago I had my Ministerial Selection Conference, one of the selectors was Margaret Sentamu. We chatted about the East End, because when she and the then Reverend (later Bishop) John arrived as Idi Amin refugees from Uganda they were housed in the Isle of Dogs. The Isle was then a poor area, just as the East End was. She spoke about their time there warmly, saying, "You would never go hungry on the Isle of Dogs."

The Beckton of the 1920s and 30's, like the Isle of Dogs of the 1970s have totally changed. A home in the area of deprivation that my Grandmother knew will cost up to £750,000. A home in the Isle of Dogs, the down-at-heel place that Margaret Sentamu spoke so warmly about, can cost well over a million pounds.

In many ways, the world has changed in the 90 years since the 30's, and the 50 years since the 70's. Yet despite the differences, what has remained through the times of plenty and extravagance are the poor, the destitute, and the hungry. And so, in total contrast to the wealth of today's society, just as the fact that no homeless person died in a three-day period is such an achievement for those involved in any way in 'Warming Up The Homeless,' it is also surely an indictment and condemnation on today's society in general that this is not the usual situation.

Rev Peter

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Horticultural Society

As a subscriber to the 'Every cloud has a silver lining' school of thought, I have applied this to every aspect of plants and gardening over the last few months. There are many talks and tours available online, although too much of that shines a light on the state of my own garden. In spite of spending much more time there, the weeds seem to have taken on a power of their own.

We may not have been able to go to Ocklynge Manor, Hole Park Gardens or The Old Rose Nursery as planned, but they are in the diary for 2021.

Our website is undergoing a major refresh, and as part of this we plan to run a virtual Show, in place of the real one that would have been held on Saturday 1st August. So please take photographs of anything you might have put in the Show, and we will be in touch with you all soon.
Happy gardening!

Penny Vasey

Some things to make you smile

Keep your distance!

I never thought the comment, "I wouldn't touch you with a six-foot pole" would become national policy, but here we are!

Body parts

A doctor in our village surgery often plays a game with his younger patients to put them at ease, and to test their knowledge of body parts. And so it was that one day, while pointing to my young son's ear, the doctor asked him solemnly, "Is this your nose?"

Alarmed, my son glanced over to me and said softly: "Mum, I think we'd better find a new doctor!"

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Famous Hymns

All Hail the Power of Jesus' Name, Edward Perronet (1726 – 92) *with thanks to www.ucmdiscipleship.org and Christianity.com*

Edward Perronet's grandfather was a French Huguenot who fled to England to escape religious persecution. His father became a Church of England clergyman and a close friend and associate of John & Charles Wesley. Edward was ordained a priest, but was increasingly influenced by the Wesleys. They encouraged him to preach, but he preferred not to. John Wesley persisted, however, announcing to a large crowd, "Brother Perronet will now speak." Perronet stood, saying, "I will now deliver the greatest sermon ever preached on earth." He read out the Sermon on the Mount and promptly sat down. He later became a capable travelling evangelical Methodist preacher.

However, Edward Perronet apparently had an "irascible temper, an impatience of authority". In opposition to John Wesley, he promoted the idea that Methodist preachers should be able to administer the sacrament of the Lord's Supper. He also published a satire on the Church of England, *The Mitre*, angering the Countess of Huntingdon in whose chapel he was serving. As a result, he left the Methodists to become a minister in an independent dissenting chapel in Canterbury.

This hymn's original 8 verses, written in 1779, were published in full in April 1780, with an acrostic poem that spelled out 'Edward Perronet'. It's been modified since: the version sung today makes it clear the entire earth—from the "chosen seed of Israel's race" and "sinners" and "martyrs" to "every tribe on this terrestrial ball"—will sing the "everlasting song" at Jesus' feet. That'll be a song to hear!

Amos Wells tells a story of the missionary Rev. E. P. Scott in India. Scott saw a strange-looking man and later learned he came from a barbaric mountain tribe. His friends strongly advised him to avoid them, but he still felt called to them and travelled to their area, trusting in God's protection. The fierce tribe captured Scott the moment he arrived, pointing their spears at his heart. He immediately grabbed his violin and started playing and singing this hymn in their native language. He closed his eyes, expecting to be killed any moment. Nothing happened until he'd nearly finished when, slowly opening his eyes, he was stunned to see they'd dropped their spears and had big tears in their eyes. They invited Scott to stay with them and he remained for 2½ years, leading many of them to Christ.

Reflect on this hymn's opening line: Acts 4:12, recounting Peter's declaration to the Sanhedrin, says "Salvation is found in no-one else, for there is no other name under heaven given to men by which we must be saved." There is power in the name of Jesus to save: in fact the only way to be saved, is to call upon his name. The Greek word for 'name' here is *onoma*, [ὄνομα] used to denote the person himself – it's the equivalent of us saying "there is no one who can save but Jesus Christ."

Melinda Stone



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Recipes to Try

Taken from the Herstmonceux and Wartling Churches Book.

(I think this one has been in the Parish News before but it seems just the right time of the year to repeat it)

Chutney

3lbs marrow (or courgettes) peeled and diced

4lbs tomatoes, skinned and chopped

3lbs apples, peeled, cored and sliced.

3 large onions

1lb sultanas

1 pint spiced vinegar

2-3 or tablespoons mixed spice

1 teaspoon of salt

8 oz sugar (can be brown or granulated)

Liquidise raw marrow, tomato and onion. Place into very large saucepan and simmer with spice and salt for 1 ½ hours. Add apple, sultanas, vinegar and sugar and boil until dark brown. Put into heated jars and seal.

Blackcurrant Cordial.

500g blackcurrants

275g sugar

250ml water

½ teaspoon citric acid.

Simmer blackcurrants, sugar and water for 5 minutes. Mash with potato masher to extract juice. Add citric acid, simmer for a further 2 minutes. Strain through muslin – may take several hours. Fill sterilised bottle and keep in the fridge. Dilute to taste. If liked, the remaining pulp can be used for pie or crumble.

New Recipe Book

I am compiling another recipe book “ Coffee Morning Cakes” if you have a favourite recipe you would like included please can you let me have this. Either leave in church, send to 3 school house, windmill hill or email pamwartling@gmail.com It does take a lot of time to get a collection together but I am hoping to have something to be able to sell for church funds at Christmas- hopefully at either of the church fairs (depending on the restrictions) Thank you Pam.

For the Children

When I walk around the village and see all the lovely rainbows people have put in their windows and especially all those lovely ones on the door of the Fire Station to thank all the NHS for the work they are doing to look after us. It reminds me of this story in the Bible about a man called Noah who built the ark:-

Noah was in the ark with his family and all the animals for a very long time. It rained every day for all and the earth was covered in water. At last it stopped raining but they all still stayed on the boat until all the earth had dried up. One day, Noah, his family and all the animals were able to leave the boat, they were so glad to be on land again.



Noah was worried, would it rain so hard again? Would there be another flood? He looked up at the sky and wondered if it would be full of dark clouds again, but instead, he saw something wonderful! A rainbow arching across the sky! "I will never flood the earth again like that again," God said, "whenever you see a rainbow in the sky, remember my promise to you."

A rainbow can appear after a daytime storm. I know that some children and also, some adults are very afraid of storms, the noise of the thunder and the flash of the lightening can be frightening. My mum was really afraid of storms, she used to hide in a dark room so she didn't hear or see anything but my dad wasn't afraid. He used to take us up to the top veranda on our flat and make up games with the shape of the lightening and, he told us that the thunder was God moving his furniture so I am not afraid of thunderstorms, but, think about it – how can I be afraid with God, he looks after me. I do need to trust him more – he helps and only wants what is good for me and for you!

The craft this month is a poster:

You need a sheet of white A4 paper or card. Some brown finger paint, blue coloured paper, felt tip pens or crayons, scissors and glue.

Copy this poem onto the centre of the a4 sheet.

“When the lightning strikes
and the thunder roars,
Don't be afraid,
but go quickly indoors.
For it is God's plan, you see,
Not to scare or frighten me
The plants need water Just like me.”

Use the brown finger paint to paint muddy fingerprints on the bottom of the paper (not too many) While these are drying, cut out large blue raindrops and glue them around

the poem. Then use the felt tip pens or crayons to draw flowers among the finger prints. If you like why not head the paper with a drawing of a rainbow.

Prayer:

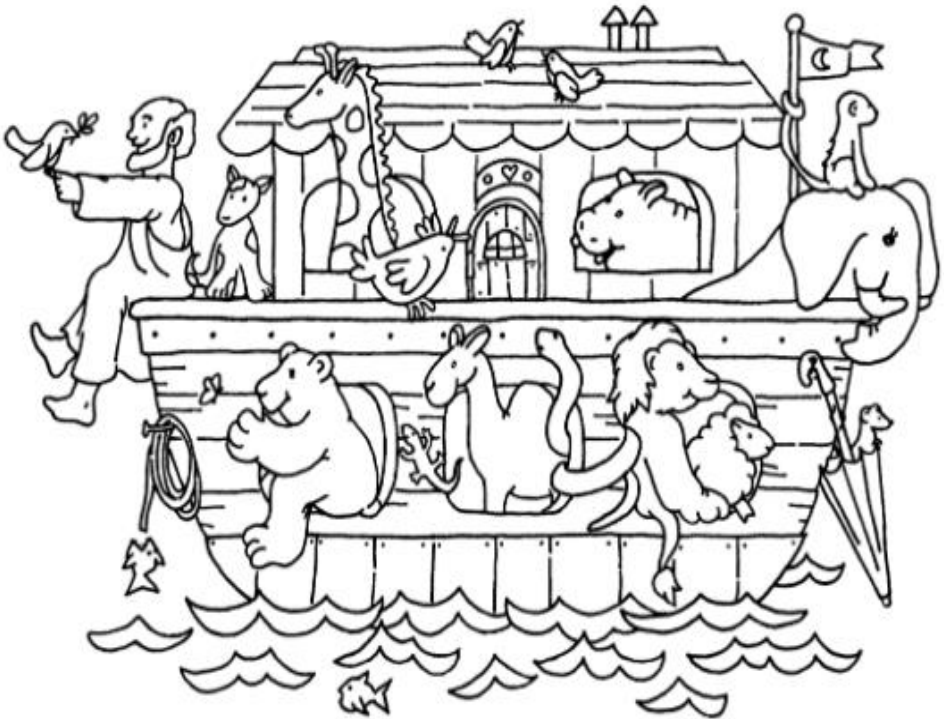
Thank you Jesus for the storms and the rain it brings.

Help me to trust you and not be afraid.

When I look at the rainbow I will think of you and know you are with me.

Amen.

Colour me in



Prayer Walk with Stations

A family circular walk from All Saints Church Herstmonceux BN27 1QJ

Have some fun and exercise and reflect on the meaning of life at the same time. (Approx 1 mile walk, easy going, suitable for all ages)



Station one - The Church (always open from 9am -5pm, each day)

A Church building has stood here for a thousand years, possibly much longer as the Kingdom of Sussex was converted to Christianity at the end of the seventh century. This building is dedicated to the worship of the Christian God. It represents him in its design and by many things inside. It is a primarily a place where people can meet with God in a personal way. When this happens we are meeting the one who is the source of all creation.

God says “Seek me and live” (Amos 5:4)

Prayer: Dear Lord, I would like to know more about this special kind of life that you offer. Amen.

Station two - The Altar, at the east end, on your left after you enter.

This is the heart of the church building where we have the Lord’s table with a cross. On this table Holy Communion with bread and wine is shared. When Jesus came to earth his main purpose was to do what was necessary out of his great love for us to save us

from all our sins. In this part of the church every week we normally remember the fact that this was achieved at the cost of his life for us all, the bread and wine represent this to us as a sacrament.

“But because of our sins he was wounded, beaten because of the evil we did. We are healed by the punishment he suffered, made whole by the blows he received. He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was upon Him, and by His stripes we are healed.” (Isaiah 53v5)

“God proves His love for us in this: While we were still sinners, Christ died for us”.(Romans 5v8)

The Prayer of St Richard of Chichester:

Thanks be to Thee, my Lord Jesus Christ
For all the benefits you have given me,
For all the pains and insults you have borne for me.
O most merciful Redeemer, friend and brother,
May I know You more clearly,
Love You more dearly, Follow You more nearly.
Amen

Station three - The Font. A stone bath on the North side

The Font in this church has been used to baptise or wash in water thousands of people as repentance and faith are expressed over hundreds of years. Baptism speaks to us of new spiritual life being offered to us by Jesus Christ. This font has been used to Baptise many very young people and also many older people a well. If you are young or old and have received Jesus Christ as your Saviour and Lord you are born again and Baptism signifies and promises the new spiritual birth. It is a sacrament² from God.

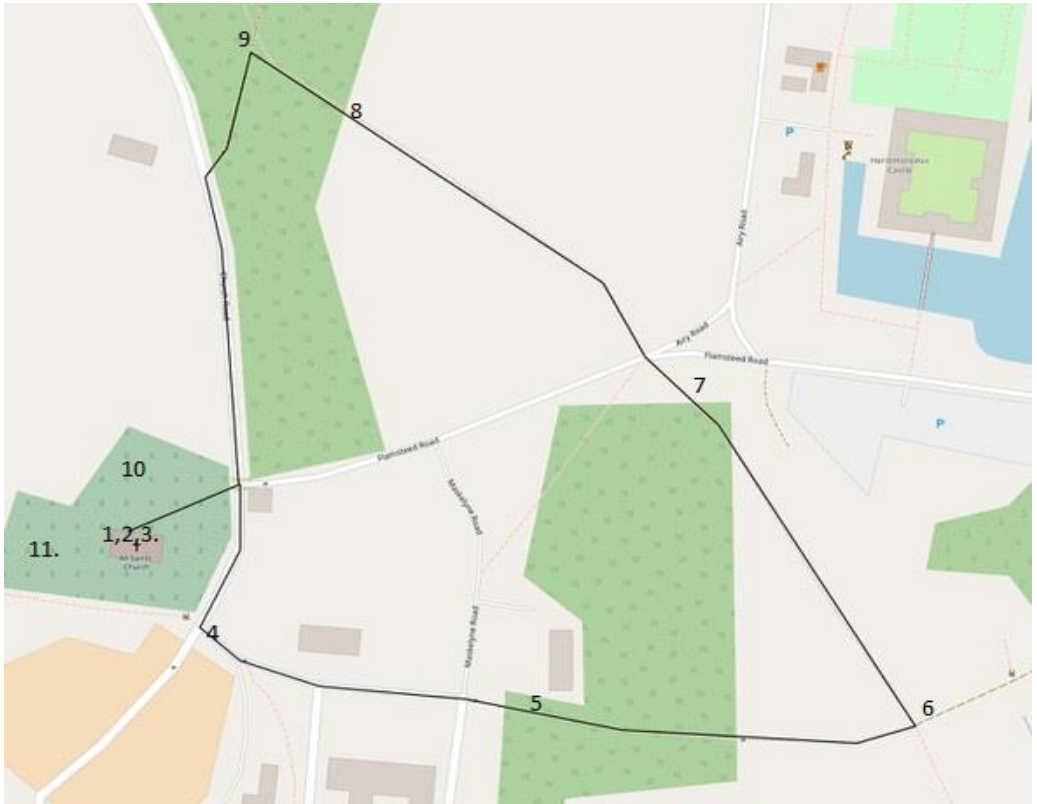
“If any one is a Christian he is a new creation.” (2 Cor 5v17)

Reflect on the fact that we all have the chance to start again in life through Jesus Christ.

Now the walk really begins.

See the map overleaf for the entire walk.

When you leave the Churchyard turn right and walk to the end of the public road, then keep walking keeping to the left on the private road until you come to a foot path on your left.



Station four - The footpath into and across the Castle Campus.

As we grow older we learn. This campus is a place of education. The people who work and study here will be leaders in their fields because of their advanced knowledge and honed skills.

If we study the Bible with a view to following God we will not only be educated in finding out the type of people we were made to become and what we are here for on earth. We will also discover who God is and what he is like. We will then be being equipped for living the right way in every situation.

“All scripture, inspired of God, is profitable to teach, to reprove, to correct, to instruct in justice, that the man of God may be complete, fully fitted to every good work.” (2 Timothy 3v16-17)

Reflect on the need to read the Bible.

Prayer: Lord, your word is a light to my path, please help me read it and find you in its pages. Amen

Station five- On your left, The Ministry of Defence Satellite Tracking Observatories

We live in a world where evil exists in many forms. We need to protect ourselves, our friends and our communities the best we can from those who would seek to do us harm. "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour." (1 Peter 5v8)

Reflect on making the right choices in life. A manuscript of the middle ages compared life to a game of chess. The anonymous author wrote:

"Wherefore play the game of life warily, for your opponent is full of subtlety, and take abundant thought over your moves, for the sake of your soul"

Prayer: Help me Lord to be led by you when I make decisions. Guide me into the best way ahead and save me from evil in all its guises. Amen.

Station six - The Old Oak Tree.

God wants the very best for all of us. Including a good long life. If people will make him their God, things will turn out much better for them than otherwise. This old tree has been around for hundreds of years, and if you are nimble and fairly small you may discover on climbing it that it is hollow and you can hide inside it!!

"I have come that you might have life in all it's fullness" Jesus (Jn 10v10). "Unlike the past, invaders will not take their houses and confiscate their vineyards. For my people will live as long as trees, and my chosen ones will have time to enjoy their hard-won gains.' (Isaiah 65v22)

Reflect on the fact that practical blessings follow those who seek God and goodness.

Station seven - Herstmonceux Castle

This lovely Castle represents, among many other things, strength and security. Those who trust in God discover his protection from all harm.

"God is bedrock under my feet, the castle in which I live, my rescuing knight. My God the high crag where I run for dear life, hiding behind the boulders, safe in the granite hideout." (Psalm 18v2)

Reflect on where your security is found in times of trouble. Is it a totally reliable and safe?

Station eight - The Woods.

We are told that once upon a time our whole country was woodland. In the woods and forests we find great resources, such as timber, fresh breathable air, and much wildlife. God has great resources that are available to us all and more to those who seek Him.

"For every beast of the forest is mine, and the cattle on a thousand hills. I know every

bird of the mountains, and everything that moves in the field is Mine. If I were hungry I would not tell you for the whole earth and everything in it is mine". Psalm 5v10-12

Reflect on the fact that we all have needs and that all we have to do is ask God to meet them whenever we lack something important. We can use the Lords prayer to address such needs, do you use this prayer? You could say it now.

Station nine - The Christmas Tree in the wood!!

This tree has been mysteriously decorated each Christmas for many years by an anonymous person. The Christmas tree reminds us that every year we celebrate the most amazing birth in human history. So amazing that it has cut history in half, BC and AD.

BC stands for before Christ and AD comes for the latin 'anno domini' meaning 'in the year of our Lord'. The calendar year and the dates of all our births are all in reference to the birth of Jesus, such is his impact on our world. This is quite rightly so, because he is the Lord God himself coming among us as a man.

"For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace." (Isaiah 9v6)

Reflect on whether this Jesus has made an impact on you yet?

Station ten - The Churchyard

Tens of thousands of people have been buried in this Churchyard. They are all buried with their feet facing to the east. This is the practice of all Churchyards. The understanding behind this is that all people will rise from their graves with resurrection bodies to greet Jesus when he returns to Israel (in the East) at his second coming.

"The Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first: Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord." (1 Thess 24v16-17)

Reflect on the fact that all human history is progressing according to a plan, and most importantly that this plan is in the hands of a loving and good God who will return at the right time.

Station eleven - Visit a Single Grave, and enjoy the view.

We will all die, this life is given to us in order for us to become the people we should be, for we are human beings not human doings. To be the person we should be the most important thing in this life is that we learn to walk with and enjoy our creator and redeemer. We will then be made ready for his heaven.

"He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?" (Micah 6v8)

“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.” (Psalm 23v6)

A prayer for those who are unsure but would like to know more about the Christian God:

God if you exist (and I don't know if you do), and if you can hear this prayer (and I don't know if you can), I want to tell you that I am an honest seeker after the truth. Show me if Jesus is your Son and the Saviour of the world. And if you bring conviction to my mind, I will trust him as my Saviour and follow him as my Lord” Amen (from John Stott)

A prayer for anyone who would like to follow the Christian God:

Lord Jesus Christ, thank you that you are the Lord who came to die on the cross for us all so that we could be forgiven and set free.

I am sorry for all the things I have done wrong in my life.

Please forgive me.

And please come into my life by your Holy Spirit to be with me forever.

Thank You, Lord Jesus. Amen.

If you have said either of these prayers sincerely, God will be helping you.

We do hope that you have all enjoyed this fun and reflective circular walk.

To contact us please phone The Rectory on: 01323 833124.

For more information about us see our website:

www.herstmonceuxandwartlingchurches.com

An update from Herstmonceux Castle

Herstmonceux Castle Gardens and Grounds have now reopened!

We are following current guidelines to make sure that your visit is both enjoyable and safe as the wellbeing of both visitors and staff is our main priority.

Although we are accepting contactless payment on the day, we do recommend online booking in advance. This helps control numbers and enables us to ensure our visitors can have a safe, relaxed and enjoyable time. Where applicable 2m social distancing is in place. At present we are unable to offer castle tours and our tearoom is closed. Toilets operate on a one-in, one-out system.



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The way I see it: What have you missed most during lockdown

It's a good question, because it is about the things that make us tick. When I examined my list, I found obvious things – going to church, live sport on TV, meeting up with friends for a coffee or a beer.

But as I thought more deeply about it, I realised that what I missed most was TOUCH. For nearly four months I have not touched another human being!

That is an astonishing deprivation. When a baby is born, its first experiences are all of touch. The strong hands of the midwife, mother's excited and loving embrace, tiny hands reaching out to feel mummy's face. We touch our way into life.

And then it goes on. Holding hands with friends, being hugged by grandma, your first serious kiss, and perhaps a last tearful one at the end of a much-loved life.

We greet each other with a holy kiss, the Bible says. And why not?

Sight, smell, hearing and touch. Four senses. And I think lockdown has taught me that the greatest of these is touch!

Your 'Corona Bubble'

So, you've been teaming up with others outside your immediate household. How it is going with them? As bubbles hopefully get bigger soon, here are some 'types' of people whom you might consider adding....

The kind neighbours: They are the one whom you instinctively think of when you hit a domestic crisis, like running out of milk or needing a lift to the station. Such people are treasures, and well worth befriending.

The cheerful friend: They are wonderful beacons of light just now. They face the coronavirus threat with calm and optimism, helping you deal with your fear that nothing will never be 'right' again.

The VERY clean friend: She's been making face masks for months now and is generous in offering them to one and all. She has stockpiled sanitiser and can measure social distance to the centimetre at a glance. In these uncertain times, she is the one person you KNOW will never give you the virus.

The long-time friend: You've been through so much together already, from college to pre-marriage days to that disastrous holiday in Spain. You can't not go through coronavirus together now! Your old friends will help you keep the current crisis in perspective, as they can be relied on for a 'remember the good old days' session.

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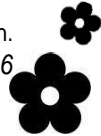
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Herstmonceux Free Church News

We are very pleased to let you know that the Chapel is once again open on Sunday mornings. We have a service at 10.45am and for those that cannot attend in person we are also continuing with our Zoom service at the same time so that you can be part of the service

For further information contact our Families and Community Worker, Sylvia Catt 07909 644762.

For further information see our website: www.herstmonceuxfreechurch.org.uk or contact our Family and Community Worker, Sylvia Catt 07909 644762, or John and Helen Ford 01323 832266.

**RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)
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We meet at 10.45 on the first and third Sunday of every month. Join us for a quiet hour of worship and reflection at the Friends' Meeting House, West End, Herstmonceux BN27 4NR or call 01323 844269 for more details.
www.quaker.org.uk

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PARISH NEWS

Please send text copy email (together with your name and phone number) to Miss Katherine Blake, theparishnews@hotmail.com (c/o Parish News). Deadline is midday on the 15th of the month prior to publication.

N.B. due to new arrangements no copy can be accepted later.

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