



HERSTMONCEUX AND WARTLING PARISH NEWS

August 2021

50p



This Month

Rev Richard writes the letter from the Rectory; Rev Peter's GreenPage; Melinda's Famous Hymns column covers "Onward Christian Soldiers", plus the regular columns and news from around the parishes



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From the Rectory

Dear Parishioners,

How is your soul doing? Soul, is not a word we use very much these days. But the soul is the vital part of us that we can neglect to our peril. Jesus said “What do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul?” (Matthew 16:26) We live in a very materialistic world where focusing on material things and ignoring our soul is a great danger to us all.

The word soul in the Greek language is Psuche and the modern use of it is all around us. The word psyche is used by those who are called Psychologists and Psychiatrists. That is trained people who help others in the way they think feel and decide things in their lives. And the age we live in is just fascinated by psychology and mental wellbeing. Dr James Fisher a well-known psychiatrist who carried out research into the positive qualities that make for good mental health said “I dreamt of writing a handbook that would be simple practical, and easy to follow, it would tell people how to live- what thoughts and attitudes and philosophies to cultivate and what pitfalls to avoid in seeking good mental health, and quite by accident I discovered that such a work had been completed – the Beatitudes.”

This was his conclusion after close to 50 years' experience working in the field of mental and emotional problems. These eight Beatitudes are to be found in St Matthews gospel chapter five beginning at verse three. These verses have also been called the Declarations of Blessedness or the Beautiful Attitudes. These attitudes if understood and adopted fully will lead us to have the best and most contented kind of life.

It is only by studying these verses carefully that I have grown to understand them over time little by little. They are easy to read and can be learnt off by heart quite easily, but their deep meaning and the living of them takes careful consideration and practice.

Let's take a look at the first one. “Blessed are the poor in spirit for theirs is the Kingdom of heaven”. What does it mean to be poor in spirit? The poor are people who are dependent on others, spiritual poverty here means recognising that in ourselves we are spiritually poor or bereft. We are all dependant on God for our needs, especially spiritual needs, and if you and I are receptive to Him, God will give us the riches of his eternal realm or Heavenly Kingdom.

So the first prescription from Jesus for inner happiness or blessedness and inner contentment is calling out to God and seeking to get his help. There is also a clearly implied warning here. Both the Bible verse at the start of this letter and this Beatitude indicate that unless we take the advice of Jesus regarding care for our souls we are in great danger of losing our souls and not inheriting Gods heaven.

I am sure that there are very many good Psychologists to give us great advise and who can sort out many problems of the soul, but God is the creator of our souls, good psychology should point us towards Him, the only one who can save and restore our souls, which is our greatest need.

Yet another Beatitude found elsewhere but very much in line with the one above is when Jesus said to his friend Thomas after his resurrection from the dead 'Blessed are those who have not seen me but still have believed.'

God Bless

Richard Steven

ra_steven@hotmail.com or by phone 01323 833124

Prayer for July

An SOS prayer:

Dear Lord Jesus. I acknowledge that I cannot find lasting salvation or full happiness through my own efforts, but only through you. I come to you for your saving help. Amen

Book Review

Planet Protectors – 52 Ways to Look after God's World
By Paul Kerensa and Ruth Valerio, SPCK, £6.91

This is a good book for summer reading. It is a fun, fact-filled book for 7-to-9-year-olds that offers 52 'empowering' ways to become Planet Protectors that look after God's world.

The book is a blend of interesting facts, Christian theology and practical tips on how to help the environment by living sustainably. The ideas for looking after the world include cycling more, choosing fair-trade, taking shorter showers, and recycling. Children will love taking up a different challenge each week.

Dorothy L Sayers: a Biography – Death, Dante and Lord Peter Wimsey
By Colin Duriez, Lion Hudson, £10.99

Dorothy L. Sayers was a woman of contrasts. A strong Christian, she had a baby – out of wedlock – by a man she did not love. Possessing a fierce intellect, she translated Dante and also created one of the most popular fictional detectives ever in Lord Peter Wimsey.

Drawing on material often difficult to access, particularly her collected letters, Colin Duriez reassesses Sayers' life, her writings, her studies, and her faith to present a rich and captivating portrait of this formidable character.

A very Brief History of Herstmonceux Place – Part 1

There are four Grade 1 listed buildings in our parishes: our churches, Herstmonceux Castle and Herstmonceux Place. As the latter is not open to the public, James McKenzie-Hall has kindly given permission for excerpts from his new leaflet about Herstmonceux Place (as picture on the front cover) to be used in the Parish News.

A house with outbuildings and about 20 acres of land, called Collins existed on the site of the present house from at least the early sixteenth century. The Sampton family lived there from about 1522 - 1590, and after it changed hands a few times, and its estate had increased to some 63 acres, the Rev William Jenkin bought it in about 1719.

He was Rector of Herstmonceux from 1714 - 43. He built the grand 1722 northwest-facing three-storey classical facade and extension onto the older house at a cost of £3000, turned it into a manor house and changed the name to Herstmonceux Place to reflect his status. Jenkin, a gentleman of some means, has been described as a 'Squarson' [Squire/Parson]. He certainly frequented the dining table of his neighbour Francis Hare, Bishop of Chichester, who owned Herstmonceux Castle from 1730 - 40. Jenkin's widow sold Herstmonceux Place in 1745 to the Bishop's son Francis Hare-Naylor (1713–1775), and the property was then occupied by a tenant, Rev Luke Trevigar until 1772.

Rev Robert Hare senior, a younger son of the Bishop, was Rector of Herstmonceux from 1772 – 1792. He inherited Herstmonceux Castle in 1775, but decided not to live there as it was too dilapidated, instead instructing architect Samuel Wyatt to carry out major improvements to Herstmonceux Place. Wyatt added two wings: first a new entrance facade of seven bays with large sash windows, a central Tuscan porch topped by a classical three bay pediment, facing northeast. Wyatt cleverly linked his two storey facade to the 1722 three-storey facade, using 'blind' windows on the ground and first floor levels at the north-eastern corner. Secondly, the 'Garden' wing (a main facade flanked by two domed bows facing southeast, designed to take in the panoramic views) is a tour de force. It can be admired from the bridleway running from Church Road (opposite Milland) via Comphurst to Posey Green.

People often say that when Samuel Wyatt added to Herstmonceux Place in 1777, the Castle was part-demolished and material from there used to build Herstmonceux Place. Various nineteenth century sources support or deny this, but what materials might have been re-used? Wyatt was a fashionable architect; his interiors were impeccable. The Georgian staircase within Herstmonceux Place is purpose built. The doors are Georgian. It is highly doubtful that old materials from a fifteenth century castle were re-used on a fashionable new build Georgian house. Some have said bricks from the castle were re-used but surely fifteenth century bricks were smaller and would have worn too badly over three hundred years to have been re-used on the new high status Georgian house? It is just possible that rubble infill and timber for the roof might have been re-used on the additions to the building. Other sources say part of the Chancel of All Saints' Church was rebuilt/repared using material from the Castle.

To be continued...

August Services in Herstmonceux and Wartling Parish Churches

1st August

9th Sunday after Trinity.

- 8am Wartling Holy Communion (BCP)
Ephesians 4:1-16. John 6:24-35.
10am Herstmonceux Family Service

8th August

10th Sunday after Trinity

- 8am Herstmonceux Holy Communion (BCP)
Ephesians 4:25-5.2. John 6:35. 41-51
10am Wartling Holy Communion (CW)
2 Samuel 18: 5-9, 15: 31-33. Ephesians 4: 25-52. John 6: 35, 41-51.
6pm Herstmonceux Evensong
Psalm 91:1-12. Hebrews 12:1-17. Luke 12:32-40

15th August

11th Sunday after Trinity.

- 8am Wartling Holy Communion (BCP)
Ephesians 5:15-20. John 6:51-58.
10am Herstmonceux Holy Communion (CW)
1 Kings 2:10-12, 3.3-14. Ephesians 5:15-20. John 6:51-58.

22nd August

12th Sunday after Trinity.

- 8am Herstmonceux Holy Communion (BCP)
Ephesians 6:10-20. John 6:50-69.
10am Wartling Morning Prayer (CW)
Psalm 16. 1-9. Ephesians 6:10-20. John 6:50-69.
6pm Herstmonceux Compline
Hebrews 13:16-21.

29th August

13th Sunday after Trinity

- 10am Wartling Celtic Healing Service
With Holy Communion
Deuteronomy 4:1-2, 6-9. Hebrews 13:1-6. Luke 10:23-37.

5th September 14th Sunday after Trinity.

- 8am Wartling Holy Communion (BCP)
James 2:1-17. Mark 7:24-end.
10am Herstmonceux Family Service.

Rev Peter's Green Page Focuses on Football and Racism

The recent years have been a significant period for the country. Many have served our communities, clapped for the carers and now have a new respect for the heroes in our midst. These, among others, being the medics, supermarket staff, postmen and women, bus drivers, refuse collectors, delivery drivers and teachers. But we've also become aware of the darkness prowling in our nation that was shown by the murder of George Floyd in the USA, when many, regrettably including those in public life, criticised and opposed those that 'took the knee.' 'Taking the knee' being a gesture that was started in 2016 by black American athletes who were protesting against police brutality and racism. George Floyd was, as we know, murdered by a white American policeman who had his knee pressing on the back of George Floyd's neck for over nine minutes while holding him face down on the road.

Whether one is interested in the Euro Football competition or not, we cannot ignore the fact that the England Men's Team has held up a mirror to our nation. Manager Gareth Southgate exemplified the type of leadership that is regrettably and so obviously, missing in many areas of public life over the last few years. The England Team comprised of young men who both before and during the tournament have stood up to racism, and in the case of Marcus Rashford, successfully led a campaign that changed government policy on providing meals for disadvantaged children in the school holidays. This campaign was due to his experience of seeing his mother working several jobs in order to feed the family and how she went hungry in the school holidays.

Yet, the day after the England defeat, the three young black men who didn't score in the penalty shoot-out received a torrent of abuse on social media, with abusive racially motivated graffiti painted on walls.

Here is our country then. We have seen the best of who we are in those that served us at the height of the Pandemic and are still serving us, and the worst of who we are in those responsible for the evil and vile racial abuse that those young men were subjected to. The situation is that the Coronavirus Pandemic is not over, our nation faces many challenges in the future, but the unavoidable fact is that there is much that needs to be done, on our nation and, perhaps, on ourselves.

Rev Peter

Knit and Stitch

It's lovely to be able to say that Knit and Stitch are now meeting again.

We meet in the Information Centre Herstmonceux, a small group getting together to either craft or just chat. All are welcome.

We meet on Monday August 16th at 2.30pm. Just come along or ring Pam 833079 for further details.

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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.

PARISH NEWS SUBSCRIPTIONS

If you would like a copy of the Parish News delivered to your door each month for the discounted rate of £5:50 for the year, then please contact Chris Edwards on 01323 833207 or email hwparishnews_subscriptions@hotmail.com

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Famous Hymns

Onward Christian Soldiers – Rev Sabine Baring-Gould *with thanks to Tim Challies and others*

Last month's article on Stand Up, Stand Up for Jesus mentioned Onward Christian Soldiers, so it seems opportune to explore it this month. It was written in 1865 with no intention of ever being published by Sabine Baring-Gould. He was at the time a curate in Yorkshire. He said "It was written in a very simple fashion ... Whit-Monday (the day after Pentecost) is a great day for school festivals in Yorkshire. One Whit-Monday, it was arranged that our school should join forces with that of a neighbouring village. I wanted the children to sing when marching from one village to another [from Horbury Bridge to Horbury St Peter's Church near Wakefield], but couldn't think of anything quite suitable; so I sat up at night, re-solved that I would write something myself. "Onward, Christian Soldiers" was the result. It was written in great haste, and I am afraid some of the rhymes are faulty. Certainly nothing has surprised me more than its popularity."

It was originally sung to a movement of Joseph Haydn's Symphony no 15 in D. It was soon published in The Church Times. It didn't gain wide recognition until Arthur Sullivan wrote a new tune for it in 1871, now its standard melody. Sullivan named the tune "St. Gertrude," after the wife of his friend Ernest Clay Ker Seymer, at whose country home he composed it.

When Churchill and Roosevelt met in August 1941 on the battleship *HMS Prince of Wales* to agree the Atlantic Charter, Churchill chose the hymns for a religious service. He later explained this choice in a radio broadcast: "We sang Onward, Christian Soldiers indeed, and I felt that this was no vain presumption, but that we had the right to feel that we were serving a cause for the sake of which a trumpet has sounded from on high. When I looked upon that densely packed congregation of fighting men of the same language, of the same faith, of the same fundamental laws, of the same ideals ... it swept across me that here was the only hope, but also the sure hope, of saving the world from measureless degradation."

It was also sung at the end of the 1942 Academy Award winning movie *Mrs. Miniver*, and in other films and television programmes, as well as at President Eisenhower's funeral in 1969.

The militaristic theme (perhaps especially in the light of Churchill's comments) and martial melody, has in recent years increasingly put people off this hymn. However, Paul commands Timothy to "share in suffering as a good soldier of Jesus Christ" (2 Timothy 2:3), and instructs the church to "put on the whole armour of God" because we wrestle against the spiritual forces of evil (Ephesians 6).

The hymn's words make clear its focus is on this spiritual battle – the foe is Satan, not men; our King and Commander in Chief is the eternal, omnipotent Christ.

Melinda Stone

Poor Weather

Few of us would disagree that most of the weather this year has been disappointing; a cold and dry late winter and spring, up to May which, instead, was cold and wet. The first five months were all colder than their counterparts last year. Various explanations were offered, Sudden Stratospheric Warming, the Madden-Julian Oscillation, La Nina and the position of the Jetstream; heady scientific stuff but of little comfort to farmers and growers and those trying to emerge from lockdown.

June has been slightly warmer than June 2020 but with much more rain. Early warmth and sunshine flattered to deceive. Warmest was the 2nd with a maximum temperature of 27C. The coldest day happened to be the longest day (the 21st) when the top temperature failed to hit 14C. There were a few warm and muggy nights and, generally, the wind stayed away. Rainfall amounted to a massive 4.6 inches (117 mm) with more than a third of this in a major deluge overnight on 16th/17th, the warmest night of the year so far.

What does July have in store for us? Let us hope for an improvement after an inauspicious start.

Open Garden With Musical Entertainment

In aid of local young man's hydro-wellness pool.
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Beatitudes for a Global Pandemic

BEATITUDES

FOR A GLOBAL PANDEMIC

BLESSED ARE THOSE
WHO STAY INDOORS



FOR THEY HAVE
PROTECTED OTHERS

BLESSED ARE THE
UNEMPLOYED AND THE
SELF-EMPLOYED



FOR THEIR NEED OF
GOD IS GREAT

BLESSED ARE THE
CORNER SHOPKEEPERS



FOR THEY ARE THE
PURVEYORS OF SCARCE
THINGS

BLESSED ARE THE DELIVERY
DRIVERS AND THE POSTAL
WORKERS



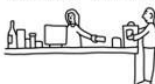
FOR THEY ARE THE
BRINGERS OF ESSENTIAL
THINGS

BLESSED ARE THE HOSPITAL
WORKERS, THE AMBULANCE CREWS,
THE DOCTORS, THE NURSES, THE CARE
ASSISTANTS, AND THE CLEANERS



FOR THEY STAND BETWEEN US AND
THE GRAVE, AND THE KINGDOM OF
HEAVEN IS SURELY THEIRS

BLESSED ARE THE
CHECKOUT WORKERS



FOR THEY HAVE PATIENCE AND
FORTITUDE IN THE FACE OF
OVERWORK AND FRUSTRATION

BLESSED ARE THE
REFUSE COLLECTORS



FOR THEY WILL SEE
GOD DESPITE THE
MOUNTAINS OF WASTE

BLESSED ARE THE
TEACHERS



FOR THEY REMAIN
STEADFAST AND
CONSTANT IN
DISTURBING TIMES

BLESSED ARE THE CHURCH
WORKERS: THE DEACONS,
PRIESTS AND BISHOPS



FOR THEY ARE A COMFORTING
PRESENCE IN A HURTING
WORLD AS THEY CONTINUE TO
SIGNPOST TOWARDS GOD

BLESSED ARE THE SINGLE
PARENTS.



FOR THEY ARE COPING
ALONE WITH THEIR
RESPONSIBILITIES AND
THERE IS NO RESPIRE

BLESSED ARE THOSE WHO
ARE ALONE.



FOR THEY ARE CHILDREN OF
GOD AND WITH HIM THEY
WILL NEVER BE LONELY

BLESSED ARE THE
BEREAVED.



FOR WHOM THE WORST HAS
ALREADY HAPPENED. THEY
SHALL BE COMFORTED

BLESSED ARE THOSE WHO
ARE ISOLATED WITH THEIR
ABUSERS



FOR ONE DAY - WE PRAY -
THEY WILL KNOW SAFETY

BLESSED ARE ALL DURING THIS TIME WHO HAVE PURE HEARTS:
ALL WHO STILL HUNGER AND THIRST FOR JUSTICE; ALL WHO
WORK FOR PEACE AND WHO MODEL MERCY



MAY YOU KNOW COMFORT. MAY YOU KNOW CALM. AND MAY THE
GRACE OF OUR LORD JESUS CHRIST, AND THE LOVE OF GOD, AND
THE FELLOWSHIP OF THE HOLY SPIRIT, BE WITH US ALL. AMEN

TEXT: JAYNE MANFREDI

CartoonChurch.com

Summer Fair

As most of you know we had to postpone the Fair due to be held at the end of June because of the rain.

14th August is the new date, there will be plenty of stalls, including books, bric brac, cakes, novelty items, wood items, tombola, raffle, games and it goes on.

Refreshments will be served, outside in a safe way.

Please come and support your local church.
Pam

Children's Page

This month I am going to tell you two stories. One is about Bertha the bunny and the other Zacchaeus. These stories are about different people but have the same meaning. Bertha bunny found some money lying on the floor at school near her desk, she picked it up and slipped it into her purse. She had seen something that she really wanted but didn't have enough money for it and now she had.

Later that day, her teacher announced that Benjamin bear had lost his trip money and as today was the last day to pay for it, he would be unable to go.

Bertha looked down and said nothing, she really wanted her new ribbon. Just then Olly owl said, "I have extra money, Benjie can have it", then Mimi mouse offered her snack money, Belinda bird offered her chocolate bar money, Felix the frog found some pennies in his pocket and many others, also gave what money they could spare. Soon Benjamin had enough money to pay for his trip because his friends all helped. Bertha was ashamed and couldn't keep quiet any longer. In a very small and shaky voice she said "I am ashamed, I found the money and kept it for myself, it was very wrong and I am very sorry. Please forgive me". The animal friends turned and looked in amazement because Benjamin put his paw around Bertha, "I forgive you, you are very brave to tell the truth, it is not easy to admit you have done something wrong." He said. Bertha has never forgotten the lesson she learnt that day and the kindness of Benjamin bear. She learnt that honesty is the best policy.



Question: Have you ever found something and kept it? Did you know who had lost it? If you find something, perhaps on the street, you could ask your parents if they know of some way they could find out who it belongs to and then you could give it back, if not then it is probably alright to keep, but if you know who it belongs to and still keep it then it is very wrong and you could be upsetting or hurting someone.

Jesus told a story about Zacchaeus, a tax collector who lived in Jericho, here it is:-

The streets were very busy with lots of people when Jesus went through Jericho. Zacchaeus was a cheat, nobody liked him because he took more taxes from everyone. Nobody would let him get through the crowds to see Jesus. So he climbed right to the top of a fig tree to see Jesus as he passed by, but Jesus stopped and looked up.

"Zacchaeus, come down I would like to visit your house today," Jesus said smiling at him through the branches. All the people around Jesus were shocked, how could Jesus take notice of a man who steals from them. Zacchaeus changed when he met Jesus, he said that he was going to give half his money to the poor and also give back all the money he had stolen from people, he promised not to cheat anyone ever again.

Jesus said that he came to help people like Zacchaeus who need God's help to be better people. Jesus wants us to be honest, not to take things that don't belong to us, as it will upset and hurt. Just think if someone took your favourite toy from you and didn't

give it back, you would be very upset. Jesus will help you to do the best you can at all times, you just have to ask. Isn't that a great friend to have?

A prayer for the children, but very appropriate for adults as well.

O God, give me in my life the fruit of peace.

Help me to take things calmly help me not to get into a panic, when things go wrong.

Help me not to worry but to take things as they come, a day at a time.

Help me not to be nervous but to keep cool when I have something important to do.

Help me never to lose my temper, no matter how annoying things or people may be.

Amen.

Colour Me In



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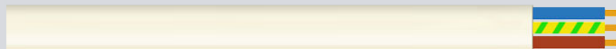
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Family Walk

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 sacrament¹.

"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

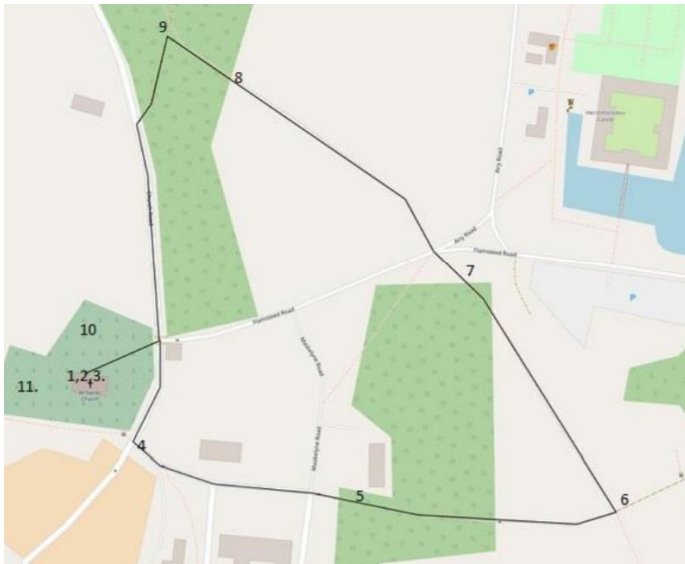
people and also many older people a well. If you are young or old and have received Jesus Christ as your Saviour and Lord you are born again and Baptism signifies and promises the new spiritual birth. It is a sacrament² from God.

“If anyone 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 below 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 its 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 Lord’s 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

Village Information Centre

Opening Hours

We are open five days a week - Monday to Friday - between 10.00 am and 12.00 noon.

Hearing Resources

I am pleased to inform you it has been agreed that I can now access tubing and equipment for maintenance for your hearing aids on your behalf, through the NHS if your aids were prescribed from the Conquest or Park Practice In order to do this I would need the details of your hearing aids which you can find in the instruction booklet supplied with your aids. If you can provide me with this along with your brown book I can request equipment for your and repair/replace tubing, elbows etc. as required. Alternatively, you can contact the NHS yourself and request they send you, free of charge, spares for your aids. If you are unable to fit these having received them I am happy to help you in a Friday session.

Sessions will be held on **Friday 6th and Friday 13th August between 10.00 am and 11.45 am** when we are able to offer maintenance of most types of hearing aids and replacement batteries. Please remember to bring your book

Celia Farrant

Children's Activity Afternoon

Come and join us for a fun afternoon for all ages. (Pre-schoolers please bring a parent or carer).

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Start 2.30pm family members join us at 4.30 with a bring your own picnic.

Come and see what your children have been doing. Ring Richard Steven 833124 or Pam Kendall 833079 for details or to let us know you are coming.

A Recital of Flute and Harp

We are lucky to be able to host a very exciting event in Herstmonceux Church on Friday 13th August at 7.30pm.

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Tickets £10 available from Jane 01323 831590, Pam 01323 833079 or on the evening.



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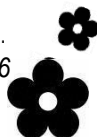
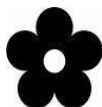
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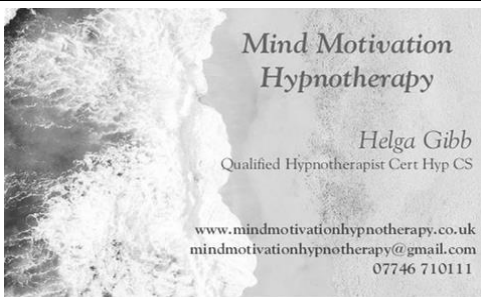
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Herstmonceux Free Church News

Services

Our Sunday service is at 10.45am at the Free Church in Chapel Row.
We are also continuing to provide a zoom link to this service so that
everyone can be involved in the way they choose.

If you would like details of our zoom link or would like to make a prayer
request, please contact Sylvia on 07909644762.

Many thanks to all who attended our barbecue outside the chapel in
early July, we hope you enjoyed it as much as we did.

For further information see our website: www.herstmonceuxfreechurch.org.uk or
contact our Family and Community Worker, Sylvia Catt 07909 644762, or John
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Sunday 9:00am, at St. George's Polegate

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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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	Mr. Paul Hurle	Tel: 832980

ASSISTANT CHURCHWARDENS

Herstmonceux	Mr. Mick Bridges	Tel: 833831
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PCC SECRETARIES

Herstmonceux	Mrs. Melinda Stone	Tel: 833976
Wartling	Mrs. Penny Vasey	Tel: 833603

PCC TREASURER for both Herstmonceux and Wartling

Mr. Andrew Phillips	Tel: 832619
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ORGANISTS

Herstmonceux	Mrs. Anne Kenward	Tel: 441244
Wartling	Mr. David Oakenfold	Tel: 724676

VERGERS

Herstmonceux	Mrs. Pam Kendall	Tel: 833079
Wartling	Mr. Paul Hurle	Tel: 832980

FRIENDS OF ALL SAINTS'

Treasurer	Mr. Tim Roberts	Tel: 832400
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GIFT AID SECRETARY for Herstmonceux and Wartling

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