



HERSTMONCEUX AND WARTLING PARISH NEWS

May 2020

50p



This Month

Reverend Richard writes the letter from the Rectory; Rev Peter's Green Page; Melinda's Famous Hymns column covers " Alleluia, Alleluia, Give Thanks to the Risen Lord ", plus the regular columns and news from around the parishes



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From the Rectory

Dear Friends,

I am writing this on Easter Monday the headline in front of me says “The future of the virus unknowable” says the health secretary as over 10,000 related deaths have been recorded in our Hospitals. This sounds to me like we need some solid hope and I suspect that in May this will still be the case.

However the Queen’s message for Easter yesterday did give hope and also food for thought in the midst of this dark time, and just to remind you, Easter is not over yet, it covers a period of 40 days, and every Sunday throughout the Christian year is also a celebration of Easter day. Here is a section of her address: “This year, Easter will be different for many of us, but by keeping apart we keep others safe. But Easter isn’t cancelled; indeed, we need Easter as much as ever. The discovery of the risen Christ on the first Easter Day gave his followers new hope and fresh purpose, and we can all take heart from this. We know that Coronavirus will not overcome us. As dark as death can be — particularly for those suffering with grief — light and life are greater. May the living flame of the Easter hope be a steady guide as we face the future”.



The Queen here gave us some practical advice which if followed will get us through this present crises, however long it takes. She also points us to an eternal reality that can help us however much we have been harmed by the Coronavirus pandemic or any other current situation. Through the Resurrection of Christ we can have hope. How can this help? If we are losing any major hope we can find a new and lasting hope through the fact that the resurrection of Jesus clearly shows that there is a life after this life, death is not the end, and through him a better future life is offered where all suffering is removed and loved ones can be brought together once again. As Queen Elizabeth stated “As dark as death can be — particularly for those suffering with grief — light and life are greater”.

She also said “May the living flame of the Easter hope be a steady guide as we face the future”. Another result of the events of Easter is that Jesus offers us the chance to have a fresh start in our daily lives as well. Because of his death on the cross and resurrection at Easter, Jesus can take away all our sins and give us all a new love and power to face all the challenges of life. In this way he transformed the lives of his first disciples after the first Easter and millions more over the centuries since that time. Thus fulfilling what Jesus promised us for this life and the next. “I have come in order that you might have life—life in all its fullness” John 10v10 GNB. If there is any help we can offer please contact me at: ra_steven@hotmail.com or phone 01323 833124

God bless and take care,

Richard Steven

Prayer of the Month

A psalm from the Bible and a prayer using it to make it into a prayer for ourselves in this troubled time.

Psalm 23:

“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.”

Dear God,

Thank you that you are our good Shepherd and we can trust you with our lives. We’re so grateful for your leadership and Sovereignty, for your guidance and care in all our days. Thank you that you restore our souls, give us peace, and bring us hope in all our tomorrows. Your protection and strength surround us like a shield, and we never have to fear. Thank you for your goodness and love that follows after us, chases us, even when we’re unaware. In you alone is true rest and peace. We praise you for the assurance that we will dwell with you forever.

In Jesus’ Name,
Amen.

For many other prayers to help us in this time of Coronavirus see: www.crosswalk.com

May 2020 Services

Please contact Rev. Richard Steven if you would like to take part in our interactive church services on Sunday's. These will run while our Church buildings are closed due to restrictions because of the Corona Virus pandemic.

Telephone 01323 833124 or e mail ra_steven@hotmail.com

Many thanks

Richard

Be Kind To Yourself

Have you ever noticed how you talk to yourself in your head, not out loud when no one else is there, but the inner voice that we use to berate ourselves and run ourselves down? We all do it and we think so much faster than we can speak so we can get negative thoughts in even when we are holding a conversation with someone else. It is extraordinary how we talk to ourselves in a way we would never dream of talking to someone else!

As I write this we are in the 3rd week of Lock Down, and it doesn't seem as though we will be back to normal any time soon, so it is particularly relevant when we find ourselves in this strange situation, that we can take time to be kind to ourselves and notice the negative thinking so we can replace it with more positive thoughts.

In the New Testament the writer Paul sends a letter to the Philippians in which he says:

Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. (Phil 4:8)

If you catch yourself running yourself down, stop and think of a kinder alternative e.g. if you think 'I'm such a failure, I always get things wrong' maybe a kinder thought would be 'everyone gets things wrong and it's ok to make mistakes, it doesn't mean I'm a failure. God loves me as I am!'

If we learn to be kind to ourselves it's easier to pass kindness on.

Alison Steven

Validity Villages News

May 2020

The meetings of regular Validity Villages projects will be changing over the coming weeks in line with the advice from the Chief Medical Officer.

The Great Space at the Health Centre has been closed until further notice, and so coffee mornings and the meetings of the singers will resume when it reopens. We will keep members informed, but if in doubt please contact the relevant committee member for the latest information about the meetings:

Herstmonceux Men's Shed - Alan on 01323 833306 or 07946 60420

Validity Villages Singers - Laura on 07905 745384

Allotment - Janet on 07889 159824

Walking and associated activities - Steve on 01323 833473

Coffee Mornings - Sheila on 01323 833673

All Saints Kidz Club

Please note the Kidz club is cancelled until further notice.

Any details please ring 833124 or 833079.

Knit and Stitch Group

We have not set any dates for Knit and Stitch Group to meet due to not knowing what is happening but as soon as we can, we will start again.

See you soon.

Love Pam

A Plea for the NHS and Care Workers

Are you able to help with sewing masks for our NHS and Care workers?

Instructions and patterns can be found by going to www.youtube.com and searching for sewing a face mask.

Details of where to send them will be advised shortly.

Rev Peter's Green Page

Some unexpected results due to Coronavirus.

The email I received read thus, "A couple live opposite, one of whom is disabled. For the last 6 years, we've never talked. Last week we shared phone numbers, they're magical people, but it's taken a crisis for me to engage, and that's really poor. SO much to learn after this crisis."

I was told was of a very elderly man whose steep garden is beside a road. A couple of young men in a white van stopped and helped him his feet. The next morning his wife found a bag of groceries on the doorstep, with a phone number and a note that if they needed anything, to call it.

Another was of a dairy farmer who, having to dump his many litres of milk due to the tanker being cancelled, put some in churns and went out to the village and gave it away. My son's school made face protection equipment for the local hospital in the School CDT Department. There are many homeless in our area, and local firms and staff are continuing to donate food to the voluntary groups that look after them, and local supporters make facemasks for them.

My friend Karen, in West Suffolk, is raising funds for material for a local group to sew and make much-needed scrubs, (medical clothing) for the local NHS Foundation. The British Red Cross are delivering food and medicine and the staff in our local GP Surgery are delivering medicine to those that are isolating in their local community.

It is now clear that the essential people in society are the nurses and medics. The hospital cleaners, the delivery drivers, the postmen and women, the refuse collectors, the supermarket shelf fillers and checkout operators. In each case, those that I have listed are in no way highly paid people, but our world, as we now know for a fact, our world would come to a stop without them and without the volunteers that give so much. These people are the real key-workers, but for many, their commitment is both overlooked and undervalued. We have witnessed that commitment over the recent months as, among others, key-workers such as nurses, doctors and bus drivers, knowing the risks that they were taking, accepted them and did, indeed, lay down their lives for others.

Someone remarked to me that they wanted life to return to 'normal.' But can we ever return to what was considered as 'normal.' Can we ever go back to 'normal?' Do we want to, and should we want to? Are there important lessons that we have learnt from the crisis? It is now surely obvious that what was 'normal' was often inequality, under-appreciating, and the convenient overlooking of the most vulnerable in society.

Like those Karen is raising funds for, when this epidemic is over, we will all have the opportunity to stitch a new garment. Perhaps one that will fit a new humanity, a kinder humanity, and a humanity that appreciates and values the person, rather than judging them on their speech, job of work, outward show or where they go on holiday.

Rev Peter

Tips from “a while ago”

I was given a page taken from a women's magazine from a "while ago", here are just a few tips taken from it: I really wouldn't advise trying most of these as I am sure they did more harm than good. Hey ho.

Men's Socks: if men are subject to perspiring feet, the socks should be soaked for a few hours in cold rain water before washing with soap-flakes. this method greatly softens them and removes all stain and odour. (thank goodness we can just put them in the washing machine.)

Shabby pillows: First shake all the feathers to one end of the old pillow and run a tacking thread cross the ticking some inches above them. Unpick the other end of the pillow and join it to the open end of the new ticking with running stitches. Draw out the tacking across the old pillow and let the feathers run down into the new one. Again tack above them, separate the two tickings and stitch securely the open end of the new one. Withdraw the tackings, shake up the pillow and the job is finished. (Wow, we just go and buy a new pillow!!!!!!!)

A good tonic. It's a good olive oil cocktail: Beat up the yoke only of 1 egg. Add juice or 1/2 or whole orange, 1 dessertspoonful or more of olive oil and 1/2 teaspoonful of honey. Beat all together and to take the chill off in cold weather, stand glass in hot water. A good time to take this is about 11am.

Certain Cure for hiccups. Four drops of vinegar taken in a teaspoonful of sugar will relieve immediately.

(Please let me know if you have courage to use these and if they work)

To draw out a splinter: Mix some plain flour to a dough with castor oil. Mould it over the affected part and tie up for twelve hours, after this the splinter can usually be pressed out painlessly, even if it has gone under a finger nail.

These are just a few taken from the sheet. I thought it would be interesting if there are things that your parents/grandparents did or even still do which would seem strange to us nowadays. Why not let me have them and we can perhaps put them in the Parish News and if lots make a book out of them.

Either give them to me or send e mail pamwartling@gmail.com

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Recipes

Giant Bubble Recipe

Something to keep all ages entertained:

I am sure all of us like blowing bubbles so here is a Homemade giant bubble recipe:

6 cups of water (distilled is best, but tap works as well)

1/2 cup of washing up liquid.

1/2 cup cornflour

1 tablespoon baking powder

1 tablespoon of glycerine.

Dissolve the cornflour in water, stirring really well. Gently stir in remaining ingredients. Avoid creating a lot of froth.

Allow the mixture to sit for at least an hour before playing with it. Stir very gently if you see ingredients settling on the bottom of your container.

Recipe of the Month:

Hot Sausage Crisps.

250g or 8oz skinless pork sausages.

1 large egg.

2 teaspoons of milk

40g or 1 1/2 oz toasted breadcrumbs.

2 level teaspoons dry mustard

1/2 level teaspoon of salt

deep fat or oil for frying.

Cut each sausage in four. Beat egg and milk together. Combine breadcrumbs with mustard and salt.

Coat pieces of sausage with egg and milk. toss in breadcrumb mix.

Fry in hot fat or oil until crisp and golden. Remove from pan, drain on soft kitchen paper. Serve hot.

Both the above taken from the Herstmonceux and Wartling Recipe Book.

Pam

Prayer

During lock-down we have had plenty of time to think and one of the things I have been thinking about is prayer, whether it is a time set apart for prayer or an arrow prayer when doing something which you are exasperated with.

Then went on to thinking about children's prayer. Do children pray? yes they do I have come across several in books that stood out for me and would like to share them with you:

Times come, dear Jesus, when I find nobody here to play with me; They run away from me and I'm the last one left behind. Dear Jesus, you were once alone; You know my feelings to the bone. Then be my friend, make me your own, love, be here, be kind and always keep me in your mind.

I couldn't count the things that sometimes frighten me: An open window five floors up, the deep holes in the sea, the dogs who flash their teeth by day, the fears of the night, and death, and life and things to come. Things loud like dynamite. None of these can separate me Jesus, from your love, for you are with me here below while you're with God above.

And just a thought, I read once of a child that was told to close his eyes to pray and he answered, why I don't have to close my eyes to talk to my dad!!

Prayer is a plant, the seed of which is sown in the heart of every Christian. If it is well cultivated and nourished it will produce fruit but if it is neglected it will wither and die.

Ray and Sheldon Club

Due to the current situation there will be no Ray and Sheldon club this month.

Coffee Morning

Please note the coffee mornings are cancelled until further notice.

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Famous Hymns

Alleluia, Alleluia, Give Thanks to the Risen Lord, Donald Emry Fishel (b. 1950)

I decided to stay with the Alleluia theme this month. In spite of all the difficulties we may be facing individually, the period between Easter and Ascension is still a really special time for us to say Alleluia. Surrounded by "alleluias," this song's text presents the Easter good news, using St Paul's expressions to proclaim our new life in the risen Christ.

Donald Fishel's website says, "I started writing Christian songs in 1971, while I was in college [University of Michigan School of Music]. I wrote my first song, Alleluia No. 1, [this song, both words & tune] rather quickly, in about an hour. At first, there were only four verses. I added the third verse while I was preparing for baptism: "We have been crucified with Christ; now we shall live forever". It seems to me to be a central idea of baptism, and I wanted it to be the centre of the song (the third verse of five). The song is often published without all five verses, and I suppose I'm the only person who feels that it hurts the structure of the song. My method for writing songs during this time was that they 'just came to me'. I had to feel God's inspiration."

Mr Fishel had joined a charismatic Catholic community based in Michigan when he went to university, and became the group's music leader. After the Second Vatican Council (1962-1965), Catholic composers wrote many new songs for congregational use in a variety of musical styles. The folk song style of the 1960s - 70s became very popular because of its fresh sound at the time, the accessibility of the guitar and the 'singability' of the tunes.

Following good folk song practice, the refrain of this song's tune is easily learned and memorized after one hearing. Its accompaniment and key (E Major) were perfect for folk guitar.

The text includes a credal phrase from the early church, "Jesus is Lord" (e.g. Romans 10:9) in stanza one. Stanza two contains the spirit of Matthew 28 following the resurrection, "Spread the good news o'er all the earth." Stanza three uses a baptismal reference from Galatians 2:20: "I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me." (NIV). Stanza four might be inspired by Revelation 22.12, or by passages in Isaiah such as 40:10, or 62.11. The final stanza is an invitation to "praise the living Christ." While this song's theme is resurrection, it may be sung throughout the Christian calendar as each Sunday is historically a "little Easter."

My mother has a hand-made tile in her kitchen, made for her years ago, which says on it "Alleluia Anyway". Perhaps that's a thought for each of us to hang onto in these challenging times. Melinda Stone

Temperature and Rainfall for February 2020

The month was fairly near to normal for the time of year. The average maximum was 11 degrees, where it should, and the minimum was just over 4C when the norm is 5C, meaning we were slightly cooler than an average March. Rainfall was the same as last year with 63mm when the normal amount is around 55mm. As I write we have had no measurable rain for 30 days since 14th March. After all the rain for several months I have even started to do some watering. We had 4 days of maximum consecutive sunshine from 22nd, with just 6 days of no sun at all. In total there was 215 hours of sun out of a possible 362 or nearly 60%.

Life at the Moment

Hi, just a few words about life at the moment. All the people who know me, know it is hard for me to stay indoors but, as one of the vulnerable due to age, I am supposed to. I am so used to going down to the church and enjoy just being in the building and being at peace, but the church has been closed and although understandable it is hard. Richard has doing zoom services and meetings which I find difficult using my laptop to do but will still keep trying. I do like reading through services on line from other churches, I like the written word and it makes me think. To pass the time I have cleaned out cupboards, done jigsaws, gardened and knitted. Before locking down, we were looking forward to the Joint Summer Fair which now looks unlikely to happen, but we were working on the theme of Gnomeland and I was knitting gnomes for a 'gnome hunt' in the churchyard - just for your info I have now knitted 12 gnomes all different colours.

I wondered if anybody would like to take some time knitting squares which we could eventually put together and either, auction for charity or give to a charity. They don't need to be anything difficult, can be any colour or pattern, probably 6ins square would be good and quick to do. It will depend on the thickness of the wool as to how many stitches you need but just cast on and measure, can't go wrong. It could be a community inspired blanket or blankets. Just keep the squares and then we could have a grand sew up time.

Please keep in touch with other people and perhaps, it is now the right time to get in touch with people you haven't contacted for a while. We need each other. Thank you to those who phone me or talk to me, from a distance. when they walk past my house. I am lucky I have a husband and a daughter living in the same house but there are lots who are completely alone, think of them, pray for them.

We can count our blessings in the weather, the contacts and also knowing that God is with us in each of our situations.

Keep safe. Love Pam Kendall. (contact 07801374831)

Locked In

Last Christmas probably none of us could have imagined that our lives would be completely changed by Coronavirus. That our worlds would have shrunk to the size of our own homes.

Our everyday way of life and style of living is so different.

Our churches which remained open during the Second World War have succumbed to this virus and are closed.

I recently read an article that leaders of all faiths are encouraging their people to help their communities. What is clear from the media is that many people of faiths or no faith have been helping neighbours in what ever way they can.

Everyone has been encouraged by 'Captain Tom' who by the time this Parish News is on-line will have reached the age of 100. Who, by walking round his garden 100 times has raised the staggering sum of 28 million pounds for the N.H.S. it is also reported that donations have come in from all over the world. We all appreciate how hard all N.H.S. staff have worked under difficult conditions and by clapping each Thursday even we are showing all support for them, as well as lifting our own spirits.

The frightening thing is that this is a unknown disease and so far there is no known vaccine. We pray for all researchers throughout the world as they seek to combat this virus.

The BBC give out data each day with regards to the virus, as of today (23rd April) in East Sussex there are 471 cases out of our population of 554,590. So at present the number with the virus is slightly less than 1 per 1000 people. Of course we do need to wash our hands regularly and keep the recommended safe distance from one another.

So what can we do. I enjoy reading and taking my pug, Clementine, out for her daily walk and keeping in touch using the phone. It is so important especially for those of us living on our own.

I know that some are spring cleaning, cycling, walking, doing jigsaws, and, with the blessing of fine weather, gardening. So many people are helping with shopping for others, for which we are truly thankful.

So what of the future? At sometime our government will surely let us know their exit strategy plans, especially as we start to see other European countries beginning to unlock. I do realise that the virus moved from south to north so we are probably a couple of weeks behind countries like Italy and Spain.

So we need to carry on being safe and hope and pray for the discovery of a vaccine to allow us back to some sort of normality. John King.

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Michael Salvage Tree Surgeon

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Do you have news from around the local community that you would like to share?

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Bonfire Society Gives Away Money Regardless

The Cowbeech Bonfire Society had planned to hold its Presentation Dinner at the Merrie Harriers on Saturday 4th Apr.

However due to the Coronavirus Pandemic on that date the Merrie Harriers was shut and most of us were in a state of lockdown.

Despite that £8,500 was posted or placed in the bank accounts of the following organisations

Demelza (Hospice Care for Children)	£500
Mastersport and Play (water activities for disabled children)	£200
Herstmonceux Under 5s Group (for musical instruments)	£150
Herstmonceux Scouts (for activities and equipment)	£1,000
Hailsham Swimming Club (to train tutors)	£400
Wartling Brownies (for activities)	£300
St John Ambulance (for training cadets)	£500
Hx Cricket C (to support youth involvement in cricket)	£450
Vitality Village (to improve access to local footpaths)	£200
Hx School PTA (soft furnishings for library)	£250
Food Bank (running of delivery van and buying baby milk)	£300
Hx Lunch Club (outing and Christmas party)	£500
Ray and Sheldon Club (outing and Christmas party)	£500
Hx Football Club (winter evening practice facility)	£300
East Sussex Wildlife Rescue (animal feed and ambulance)	£250
Hx Bowls Club (repairs to club house)	£150
St Wilfred's Hospice (refurbishment of rooms)	£1,300
Kent, Surrey and Sussex Air Ambulance Trust	£750
Viewcraft (craft activities for visually handicapped)	£500
Mary Ann Gordon: Sec Cowbeech Bonfire Society Charitable Trust	

Sadly already this year due to the current pandemic several of our events had to be cancelled so we not have much money to give away next year.



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St Georges Day Walk

St. George'ssss Day today! I set off for my usual walk with my old dog Millie. It is her birthday today. She is 14!

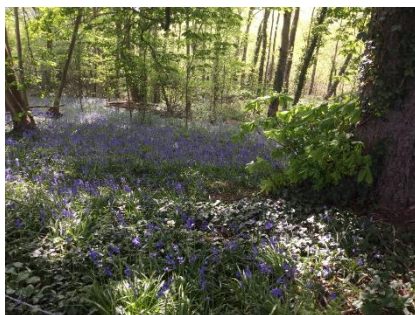
Off down the little footpath opposite. Not long ago it was awash with running muddy water with a thick boggy patch at the bottom, but today it is rock hard, ridged with tree roots and holes where the water has torn it away earlier in the rains.

The leaves on the trees are coming out and thickening up, bright patches and swathes of brilliant green. The holly leaves have lost some of their gloss. The sound of birdsong is so much clearer now the drone of traffic has disappeared. Millie and I turn the corner and our eyes are dazzled by a woodland clearing full of bluebells. They have been coming up rapidly and are now at their peak. How lucky we are to see such beauty in our Sussex countryside. Their delicate scent is in the air.

The ancient copse is full of bluebells. They have taken the crown from the wild cherry trees whose white blossom is fading now.

We chug up the hill, passing a little family out on their morning ramble. Into the lane which is cool with dappled shadow and sunlight. The banks and ditches are covered in an array of wild flowers, stitchwort, celandine, primrose, bluebell, red campion and many others all contributing to a spring tapestry. The birdsong is more powerful here. I can see a flock of long-tailed tits fluttering among the trees, full of noise. Up to the main road which is empty. Millie and I speed up on the way home. We pass the windmill which looks magnificent in the brilliant sunlight and then we're back at our garden gate.

Hope you enjoyed the walk with me. Bernice



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My Life on the Bluebell Steam Railway

I started volunteering on the Bluebell Railway in 2012 when I retired. I started at Sheffield Park station as a porter and then I was promoted to Leading Porter. In the meantime the Bluebell was extended to East Grinstead. We opened up to East Grinstead in March 2013. The day we opened to the public we were greeted by snow and an icy wind. At East Grinstead we join up to the main line station where we get a number of people coming to us via the Main line. After six months I was promoted to Station Foreman which is a grade under Station Master. It can be quite challenging and involves making decisions over problems that occur.

At East Grinstead we do not have any signals so the driver of the train must collect a token from the signalman at Kingscote station which prevents any other train coming to East Grinstead on the same track. This is a safety precaution.

My colleagues are a good bunch of people and we all get on very well, drink plenty of tea and put the world to rights between dispatching trains.

I would recommend taking a train ride from Sheffield Park to East Grinstead as you would see some lovely scenery and take a step back in time.

Paul Hurlé

1st Herstmonceux Scout Group

The Scout Association called a halt to all face to face scouting the same week as the school closures were announced. However, this didn't stop the Scouting movement for long! True to form, we have adapted, and 1st Herstmonceux Scout Group are no exception. All sections are now meeting on Tuesdays, making use of online platforms to complete quiz's, scavenger hunts and challenges. Young people have completing badgework at home and even holding camps in their back garden or making dens indoors to bed down in, many of us will be camping out on April 30th for our official spring camp! Do we miss seeing each other face to face? Of course we do, but we are also grateful for the new challenge and the lessons we are learning along the way.

Jen Hortop
1st Herstmonceux Scout Leader



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Herstmonceux Free Church News

Dates for the diary:

In March we took the sad decision to suspend all our meetings until further notice. This is in line with government advice during the coronavirus (covid-19) outbreak.

For further information, contact our Family 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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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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	Mrs. Pam Kendall	Tel: 833079
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