



HERSTMONCEUX AND WARTLING PARISH NEWS

October 2020

50p



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This Month

Melinda Stone writes the letter from the Rectory; Rev Peter's Green Page; Melinda's Famous Hymns column covers "Abide With Me", plus the regular columns and news from around the parishes





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From the Rectory

Dear Friends,

I would like to write to you this month following David Attenborough's latest documentary 'Extinction: the facts'.

We are so used to David's beautiful wild life programmes, what a blessing they are. They also often warn us about the pressures we are putting on other creatures and plants in our world environment, cautioning us to take care. This was summed up in his words recently "The natural world is in our power, we can destroy or cherish. The choice is ours".

This latest documentary brought in another factor and informed us of the evidence found for a scientific link between our behaviour and the emergence of Covid-19 and that there will be more diseases like this to come if we continue the way we are going. In other words we are starting to destroy ourselves as well as our natural world because of our life style choices.

In the Guardian an article the following day stated. "It's sad that both the scientists and the film-makers sense the problem of extinction has to be shown to hurt us (in the form of triggering global pandemics that cut a swathe through humanity) before we really care enough to engage. Because, actually, once you had steeled yourself to absorb the stream of images of the tragedy unfolding around us, this was an immensely powerful film on its own terms, and not simply in the context of the extra disruption that Covid-19 has caused over the past six months."

We have seen so many programmes and read so many articles explaining the plight of our natural world, but our response has been so limited. We all need to wake up to the fact that we are damaging and destroying the eco systems as well as ourselves. I think we need as much cajoling and reminding as possible, because this is so important and there are solutions that we can all follow.

I remember reading way back in the 1980's that "the consumer home is destroying the planet". And quite honestly generally speaking over all the years since, in this country and in many parts of our world, we have got worse and not better in our over consumption and living in a non-sustainable way.

It seems that most climate experts agree that we still have time to save much of the life on our planet, but I don't see the will in us as a nation or the world at present, we are not committed to the radical change needed. Who can help us become more other centered?

With God's help I believe things could be very different. In the Second World War we saw ourselves as a Christian country, we rallied against a formidable foe with blood, sweat and tears. We gave of ourselves and prayed much, including having seven national days of prayer called for by our King and Parliament. Many others were drawn

from around the world to fight together with us, and miraculously the free world was saved.

Sometime after the second world war in 1954, Winston Churchill who was again Prime Minister met the Christian evangelist Billy Graham and they had a very interesting conversation.

Winston asked Billy "Do you have any hope? What hope do you have for the world?" Billy took out his little New Testament and answered "Mr Prime Minister, I am full of hope."

Sir Winston pointed at editions of three London evening papers, and commented that they were filled with reports of rapes, murders, and hate. When he was a boy it was different, he told Billy. "I am an old man", he said, "and without hope for the world". Billy replied "Life is very exciting because I know what's going to happen in the future". Then he spoke about Jesus Christ, looking at different parts of the New Testament, and explaining the meaning of Christ's birth, his death, and his resurrection. Billy went on to talk about the Second Coming of Christ. The brief time scheduled for their meeting was extended to forty minutes.

At last Sir Winston said "I do not see much hope for the future unless it is the hope you are talking about, young man. We must have a return to God."

Jesus Christ is able to save us from all manner of disasters when we call on him and follow him. There is much hope for the future of this world if we as a people return to God, for it is his creation and he can help us to do whatever is needed to care for it properly, and even if we do not see a turning back to God as nations there is still much hope for any individual who turns back to him. This Jesus can help each one of us to live in relation to our world as we should, and importantly, the Bible assures us that Jesus will one day return to redeem his people as well as the rest of his creation. As Billy Graham said "We can be full of hope"

God Bless

Richard Steven

Prayer

A prayer for our world

God of all creation, you created animals to roam the earth and fish to fill the seas. We pray for creatures on the verge of extinction, specifically that those involved in poaching and polluting will be held responsible. Help us to live in a way that does not endanger life, but cherishes and nourishes it in and around us. Amen.

A prayer for the Covid-19 situation

Gracious God, give skill, sympathy and resilience to all who are caring for the sick, and your wisdom to those searching for a cure. Strengthen them with your Spirit, that through their work many will be restored to health; through Jesus Christ our Lord. Amen.

A prayer for ourselves

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned, and it is in dying that we are born to eternal
life.

Amen. St Francis of Assisi c.1200AD

October Services in Herstmoncux and Wartling Parish Churches

Our Harvest Services will be held as usual. Wartling on Sept 27th and Herstmoncux on 4th Oct. Please bring food and drink gifts that will be distributed to the needy and elderly to these services.

We plan to hold Remembrance Sunday Services in both Churches on the 8th of November at 10.50am. Please check nearer the time to make sure regarding any special arrangements for these services.

WEBSITE: <https://www.herstmoncuxandwartlingchurches.com> or by phone 01323 833124

October 4th

- 8am Holy Communion, St Mary Magdalene, Wartling.
- 10am Harvest Service All Saints, Herstmoncux.
- 6pm Zoom on line Service and by phone

October 11th

- 8 am Holy Communion, All Saints, Herstmoncux.
- 10 am Holy Communion, St Mary Magdalene, Wartling.
- 6 pm Zoom on line Service and by phone

October 18th

- 8 am Holy Communion, St Mary Magdalene, Wartling
- 10 am Holy Communion, All Saints, Herstmoncux.
- 6 pm Zoom on line Service and by phone

October 25th

- 8 am Holy Communion, All Saints, Herstmoncux.
- 10 am Morning Prayer, St Mary Magdalene, Wartling.
- 6pm Zoom on line Service and by phone

1st November

- 8am Holy Communion, St Mary Magdalene, Wartling.
- 10am Family Service All Saints, Herstmoncux.
- 6pm Zoom on line Service and by phone

Rev Peter's Green Page

My friend and Joint Penhurst Retreat Leader Fiona wrote a reflection for our next retreat, and as it is relevant to today's Cov19 situation, I attach a part of it here.

"In England in 1665, plague broke out and thousands died in London, but it did not spread much beyond the city. It hit a couple of other big cities, but thankfully it did not spread far beyond those cities. Then plague had arrived in Eyam, a village 200 miles away from London. It arrived in a bale of fabric which had been delivered to Alexander Hadfield, the local tailor. The bale of fabric was infested with plague carrying fleas. Within a week the tailors assistant George Viccars who had opened the bundle was dead, and more people began dying within the household soon after.

As the disease spread, the villagers turned for leadership to their rector, the Anglican Reverend William Mompesson, and to the former Puritan minister Thomas Stanley. They convinced the villagers that the right thing to do was to quarantine the village rather than to spread the plague to surrounding villages and towns even those this might mean at the cost of their own lives. If the residents had fled to nearby cities, such as Manchester then the plague could potentially spread throughout England and instead of a few hundred people dying, tens of thousands, would die.

The people of Eyam must have been terrified. How might we have felt if our Minister suggested such an idea to us? Would we have been as accepting? Would we have wanted to rebel? I can imagine that there was a fair amount of dissent, but the two priests convinced the villagers that their sacrifice was for the greater good. They might die so others could live. Not only would families have faced isolation, but they were also tasked with burying their own dead in fields and gardens rather than the village graveyard.

A cordon was set up around the village and no was allowed either to enter or leave the village.

It could be said that they were ahead of their time, but they knew that close contact with other people was how the illness was spread and they recognised the importance of keeping apart from other people. To coin a 2020 phrase, they were practicing social distancing and facing a local lockdown. They would have had some knowledge about plague as there had been several outbreaks in England since the first recorded case in 1349 and the worst pandemic in recent history, the bubonic plague during the 15th century, killed between 25-50 million people."

As Fiona pointed out when we spoke, the villagers had the provisions they needed to keep going dropped off for them on the Boundary Stone, the equivalent of today's Supermarket Home or Amazon Deliveries. Fiona also remarked on the fact that today's villagers, whose families were traceable back to that time, had in their genes, a genetic mutation referred to as Delta 32, the mutation that gives immunity to Bubonic Plague. The final death was, of course, the death of the disease itself. The same will apply to Cov19.

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Mustard SeedShoebox Appeal

I am really pleased to say that Mustard Seed are able to continue their delivery of shoeboxes to under-privileged children in Eastern Europe this year, because of the present climate these will have to be carefully checked and the system changed slightly.

It does mean that in this challenging times, despite the way that the poor of this world are suffering but trying to carry on, the children will have Christmas presents. I can't imagine children having nothing at this special time.

Last year we were able to send a total of 45 boxes and I would like to thank all who made up a box, gave money for a box to be made up or donated the cost of sending each box. Let's try to beat this total and spread a little cheer at a hard time.

It is so simple to make up a box, you just need a shoebox, with the box and the lid covered separately in bright Christmas paper, then filled with suitable items for your selected age group or gender. Each box must have a leaflet attached, which I can supply, this lists suggestions of gifts that can be included and which age groups, as well as a gift aid declaration and slip for money to be included for cartage. I have usually got a fund for the cartage if you feel that you have done enough by filling the box.

I look around for items in the sales, and there are many of them at the moment. Mustard Seed send to children aged 5 – young teens. A typical box could contain a cuddly toy, something to play toy, coloured pencils/crayons/felt tips, paper, stationary, soap, flannel, toothbrush, toothpaste depending on the age group.

It is fun to make up a box and picture that child's face on opening it. The boxes have to be collected by the beginning of November so you have time. Please have a go if you haven't done it before and those that have please carry on.

If you would like to know more, give me a ring on 833079 also use this number for a leaflet. There will be leaflets in both churches eventually.

Once again thank you very much. Pam.

Things to make you smile!

Who's right for which job?

Does your company struggle with the problem of properly fitting people to jobs? Here is a handy way to decide....

Take the prospective employees you are trying to place and put them in a room with only a table and two chairs. Leave them alone for two hours, without any instruction. At the end of that time, go back and see what they are doing.

If they have taken the table apart in that time, put them in Engineering.

If they are counting the cracks in the floor, assign them to Finance.

If they are screaming and waving their arms, send them to Manufacturing.

If they are talking to the chairs, Personnel is a good place for them.

If they are sleeping, they are Management material.

If they are writing up the experience, send them to Technical Publications.

If they don't even look up when you enter the room, assign them to Security.

If they try to tell you it's not as bad as it looks, send them to Marketing.

And if they've left early, put them in Sales.

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Famous Hymns

Abide with Me Henry Francis Lyte (1793 – 1847) with thanks to Wikipedia and hymnary.org

I said last month that I'd continue the story of Henry Lyte, and talk about *Abide with Me*. Henry Lyte was "slightly eccentric but of great personal charm, a man noted for his wit and human understanding, a born poet and an able scholar". He enjoyed discussing literature and was knowledgeable about wild flowers. He was an expert flautist and apparently always had his flute with him.

Lyte was also able to identify with his Brixham parish of fishermen, visiting their homes and ships in harbour, supplying every vessel with a Bible, and compiling songs and a manual of devotions for use at sea. A friend of Samuel Wilberforce, he opposed slavery, organising a petition to Parliament in 1833 to request its abolition in Great Britain.

I mentioned before that Lyte was plagued by ill health. In his last years, he spent much time in the warmer climates of France and Italy trying to slow deterioration of his asthma and bronchitis, and making written suggestions about the conduct of his family's financial affairs after his death. He complained of weakness and incessant coughing spasms, yet his friends found him buoyant, cheerful, and keenly interested in European affairs.

Lyte returned to his parish for summer 1847, where he gave one final sermon, addressing the congregation with "solemn and affecting parting words" (probably on 5 September). Apparently that evening, he presented *Abide with Me* to his family, with a tune he'd written himself. Then he left again for Italy. He died on 20 November 1847 at Nice, where he was buried. His last words were "Peace! Joy!"

Abide with Me is often sung at evening church services, but the words are clearly apposite for a man who knows he's approaching death. See if you can find and read the whole hymn, knowing it was written by a dying man. It's very moving. The words include "Where is death's sting? Where, grave, thy victory? I triumph still if Thou abide with me".

His biographer disparaged Lyte's melody for it as "a dull tune". When *Hymns Ancient and Modern* was published (1861), the editor, William H. Monk - whose three-year-old daughter had just died - composed his own tune, "Eventide," for it, which is still used today.

The hymn was a favourite of King George V and was sung at his funeral. Field Marshal Herbert Kitchener and General Charles "Chinese" Gordon were inspired by the words, and it's said to have been on Edith Cavell's lips as she faced a German firing squad. It's been sung at FA Cup finals since 1927 when the association secretary substituted it for "Alexander's Ragtime Band". It's been sung before the Rugby League Challenge Cup final since 1929, when the match was first staged at Wembley. It's probably sung by more people outside churches than almost any other hymn, but most people have no idea of its original, dying, author and the circumstances in which he wrote it.

Melinda Stone



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Recipes to Try

Came across these in an old book thought you might like to try these

Old- Fashioned Herb Loaf. (This is ideal for serving with pate or soup)

Works with dried herbs better than fresh.

Can use your favourite herbs i.e. 1 tsp. dried thyme, tarragon, parsley or marjoram.

1 egg, beaten.	220ml warm milk
20g fresh or 15g dried yeast	3 teaspoons sugar
1 tbl sunflower, olive or rapeseed oil	
350g strong white flour	1 tsp salt
1 tsp dried herbs or your choice or can be a mixture of two.	

Mix the egg with the warm milk and blend 4 tbs of this mixture with the yeast to make a paste. Add the rest of the egg/mil mixture, the sugar and the oil.

Sieve the flour and salt together into a mixing bowl and stir in the herbs until well-combined.

Use a hand mixer to whisk the liquid into the flour. Beat for 3 to 4 mins.

Grease 2 x 450g loaf tins and divide the doughy batter between them.

Leave in a warm place to rise for about 35-40mins. During the proving time, preheat the oven 220C/Gas mark 7. When they are well-risen, bake the loaves for 25-30mins.

Remove from the tins as soon as they are baked and transfer to cooling rack.
Cool for 30mins before slicing.

Quick and Easy Butter. (Makes approx.. 350-420g)

1 litre of double cream: must be at room temp.

1 x 2 litre plastic milk bottle, with lid.

Salt to taste.

Have ready some pots made of pottery or glass – not plastic as will contaminate the butter.

Rinse the milk bottle in tepid water. Pour in the cream and secure the lid.
The cream must not be too cold – at least room temp.

Shake the bottle vigorously, An up and down motion is better than side-to-side.
Keep going until you hear a change in the contents. When the butter appears, there is a thudding sound as the cream separates from the butter milk.

Take the lid off and pour the buttermilk into a jug. (don't waste this, it's good for scones etc.)

Cut round the widest part of the bottle and scoop out the butter. Put into a fine colander to rinse out the final butter milk dregs. This must be done as the butter milk will cause

butter to sour prematurely. Clean the butter by using a slow steady stream of cold water and cut into the butter gently with a knife as you do so.

Add a tsp salt, sprinkling it evenly over the butter. Cut into the butter and keep rinsing. Do this for 4-5 mins. The salt will be washed away in the liquid.

If you want unsalted butter, don't add any more salt. If you like it salted, add a level tsp of salt, put the butter on a clean chopping board and use a knife to mix the salt into the butter.

Press the butter into the prepared pots, cover and store in the fridge. This can be used for spreading, frying and baking. Will keep for 2-3 weeks in the fridge.

I haven't tried either of these but intend to.
Pam

Knit & Stitch

I am very sorry but we are still unable to meet for October, please watch this space and we will update you as soon as we can.

Re-shingling and re-boarding of Wartling Church Spire

Works have now started on this project, with completion due by mid-November. The Church will still be open each day, but please be extra careful when visiting.

We have bags of the old dry shingles/weatherboarding for sale as firewood at £5 per bag. Please contact David Harding on 01323 832150 if you would like to buy some.

Any concerns over the works, please contact David or Paul.

THE WARTLING AND HERSTMENCEUX LOCAL HISTORY GROUP

Please note that, mainly due to Covid, we will not this year be producing a calendar for 2021, but hope to be back to normal next year.

Also, our full range of books are now available up until Christmas at Lime Cross Nursery.

Keep safe,
Alan Brown and Vivien Bowles

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Children's Page

This month we are thinking about the harvest. Farmers are working hard to bring in the crops which will be used as our food or food for the animals. At the Harvest Festivals held in the churches we thank God for the harvest, for the food that he helps us to produce, for the sun and the rain we need to grow the crops. We thank the people who produce all our food.



At the services many people bring an item of food to make into baskets to give to anyone who is needy. A lady once said to me that she looked forward to receiving a parcel from the Harvest as it meant that people in the church were thinking of her and it made her year.

We hear of people who may like a parcel by friends and neighbours telling us about them.

In the bible there is a story about neighbours and how one helped another, even though they were not friends. You may know it, it is called The Good Samaritan.

"A man was travelling from Jerusalem to Jericho, " said Jesus, " when he was attacked by robbers. They took everything he had and left him for dead. After a while, a priest came by – but he walked past him and went on his way: he would not touch him. Then a Levite came along, he crossed over so he wouldn't get too close as the man lay



wounded on the road. The wounded man felt the hot sun beat down on him and was sure he would die, but a little later a Samaritan came along the road. Everyone knows that Israelites and Samaritans don't speak to each other, but the Samaritan stopped to help. He bathed and bandaged the man's wounds. Then he helped him on to his own donkey and took him to an inn where he paid for the man to be looked after till he was well."

Jesus went on to say, "Who do you think was a good neighbour to the man who was hurt?

The man who Jesus was talking to said. " the one who was kind to him". Jesus said " Now go and do the same to all you meet."

Those men who passed by probably had good reasons not to stop, we will never know but we need to do better. Before the virus, we could have helped anybody who needed help by doing things for them or taken a small gift round to them but it is not wise now to do this but a very good friend once said to me "Give a smile, say Hello " that's the best thing you can do. Jesus wants us to be the best we can be, he doesn't ask for perfect.

Of course, there is one BIG thing you can do for all your friends, family, and neighbours – you can pray for them and here is a little prayer you could use:-

Thank you Jesus, for making us part of your family. It is good to know that we belong to you and to each other as brothers and sisters. Please teach us to love one another however difficult it may seem and to care for others who have very little to eat and maybe nowhere to live. Help us to share all we have. Amen.

Or even just this:

Thank you Jesus for everyone and for everything we have. Amen.

Why not cut out pictures of people from magazines or papers and stick them on to a sheet of paper and when you pray look at them and thank God for them, they all have families and friends just like you.



Autumn

Harvest Festival Word Search

D H S M E A R A G E S M I I C T Y
B A E P Q P C P L A T E S Z Y Y E
S R A R Q L H P R L N P W J H H U
R V S E W F P O K U R F E Z N C F
R E O M H A L K X A W F D F M W K
E S N R F E S T I V A L E Q U R A
T T G A O M M S H G U O L P T T U
T Z R F L L E W E K A B B L U C W
A S G Y R F Z M Z F O O D Q A G F
C A Y G K I H Q C W Z P M O Y U T
S C C O R N U C O P I A W X M E W
C O R N F S V S K V Q B B J S U D
Q T O C S C O K H M F R U I T N A
F T F I S A Z P U M P K I N U D E
T Y F J M P U D D I N G E L T P R
W X K O J C Q P F I E L D I T E B
K M I T V Q G E L B A T E G E V H

apple autumn bakewell bread corn cornucopia farmer
festival field food fruit harvest plate plough praise
pudding pumpkin scatter season swede vegetable

Vitality Villages Updates October 2020

Allotment

- The plot has produced strawberries, raspberries, blackcurrants, potatoes, peas, beans, and tomatoes despite the many changes in the weather!
- The preparation of the site ready for the 2021 season is underway. Would you like a small section to grow your own fruit and vegetables or just come along to see what we do? If so, please contact me to arrange a visit so that you may prepare the site as you wish or just come to have a look.

Janet McInnes - 01323 833306

Coffee Mornings and Vitality Villages Singers

Unfortunately, it is still not possible to give a date when the coffee mornings and the singers are able to restart their meetings. The anticipated date is January 2021, but we will be guided by the advice from the doctors at Herstmonceux Health Centre when this is possible.

Coffee Mornings - Sheila Charlton 01323 833673

Singers - Laura Heales 07940 275611

Walking - Community Routes Programme

The aim of the programme is to help improve the condition of the local footpath network. The goal is to ensure that any person fit enough to walk over fields and uneven ground would be able to negotiate both the footpaths and the field furniture such as bridges, farm gates, kissing gates and stiles encountered on the way.

This is a Vitality Villages project supporting its intention of improving the health and wellbeing of the community of Herstmonceux and surrounding villages by encouraging the use of the local footpath network for exercise, leisure, and pleasure. Practical work is carried out by Vitality Villages Truggers footpath clearance group and ladder stiles are made by Vitality Villages Men's Shed.

The programme is also supported by Herstmonceux Parish Council, East Sussex County Council, Walks Around Herstmonceux Group (WAHG) and local landowners. Local landowners are responsible for stiles, gates and ensuring that public footpaths across their land are open and accessible for members of the public to use. However, Vitality Villages is promoting the Community Routes Programme to encourage landowners to work with them and the Parish and County Council to improve accessibility to the footpath network. It is hoped that clear and open public footpaths will reduce the occasions when walkers stray onto private land.

To date, 5 kissing gates, one ladder stile and four self-closing gates have been installed with the support of seven landowners across six different footpaths in Herstmonceux Parish.

It is planned that the next route will be in the Cowbeech area.

Once a footpath route has been improved and become a Community Route, best endeavours will be undertaken to maintain the route to the desired standard. Members of WAHG and the Truggers will also monitor the routes as part of their usual activities. All Community Routes will be checked at least once a year.

Steve Burke – 01323 833473

Men's Shed and Proposed Community Workshop

The Herstmonceux Men's Shed operates from a workshop at Herstmonceux Castle and re-opened with a Covid 19 safe working plan in July. It is open on Wednesdays from 10.00am until 4.30pm. Workspaces are set 2 metres apart and facemasks are required for closer working. The maximum number of attendees is 6 people, in accordance with the latest Covid regulations, and so it is necessary to give me a ring to check if there is space available.

To reflect wider interest in the project, it had been planned to open a Community Workshop on Wednesday mornings which men and women could attend but this has been postponed until there is a change in the Covid regulations.

Members have just completed the repair of two teak doors from the castle which were severely damaged in a storm. If you visit the castle, please go to the loggia behind the sundial in the rose garden and check out the results.

Alan McInnes - 01323 833306

Windmill Hill Horticultural Society

The first Saturday in August did not see the usual bunting and frenetic activity at the Reid Hall this year. Although there have not been as many entries as normal, some of our members have shared some wonderful pictures of their growing/making/arranging, and you can view these on our website: www.windmillhillhortsoc.org.uk

We plan to repeat the exercise next month, so if you have any late-flowering plants in your garden or fancy a bit of baking, please just take a picture and email it to p.vasey@btinternet.com by 15th October.

Happy gardening!

Penny Vasey



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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.

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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.

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