



HERSTMONCEUX AND WARTLING PARISH NEWS

September 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 "Praise my Soul, the King of Heaven", plus the regular columns and news from around the parishes



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From the Rectory

Dear Parishioners

Our Rector's honoured me this month by asking me to write a few words in place of his usual letter from the Rectory. I'd like to share with you, and ponder on, something that Professor Charles Handy said years ago on Radio 4's Thought for the Day. Professor Handy is someone I admire both as an author, and as a very interesting teacher. (I attended his lectures on organisational behaviours and management in the 1980s at the London Business School.) He had a memorable way of teaching about organisations while making us think about our behaviours as individuals too.

On Radio 4, Professor Handy talked about different kinds of errors. He classified Type 1 errors as "getting it wrong" – something we all do from time to time, and it's usually fairly obvious, both to ourselves and often to other people too. This is completely different from a Type 2 error – which he describes as "not getting it right enough, missing the opportunities". He said a focus on Type 1 errors was "a British disease", but I'm not so sure we're unique in that. He also mentioned that the Church of England has a more elegant and direct way of referring to these different types of errors (albeit with Type 2 errors first), when we say "we have left undone those things we ought to have done, and have done those things which we ought not to have done".

Professor Handy highlighted the difference between the Old Testament commandments – so many of those are "Thou shalt not..." implying that if you keep out of trouble you'll be all right – and Jesus' more positive commands that we should love God and our neighbour. Love isn't just about avoiding Type 1 errors, it's about making things happen with or for someone which otherwise would not have happened, making the world wonderfully better for them.

Isn't it brilliant, since the start of the pandemic, to see how much effort people in our villages have been making to assist neighbours (and others more widely). Notes came through doors explaining how to obtain help, and people rang to offer support. In spite of the challenges, so many people found time to take positive steps for other people, including making masks or bags (for NHS staff to use for washing their scrubs), putting rainbows up to thank essential workers for all their efforts, running errands, delivering shopping and meals, offering eggs, flowers, books, jigsaws etc.

Strangers have mostly been courteous when we've done our social distancing dances round each other in the lanes or on footpaths, and there have been many friendly impromptu conversations too. People have seized opportunities to find different ways of doing things to help keep everyone safe, stave off loneliness and generally make our world better. I do hope that this increased sense of our mutually supportive community will continue after other aspects of our daily lives become more like what we used to regard as "normal".

With all good wishes
Melinda Stone

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

Services planned:

| | | |
|----------------|---------------------|-------------------------------|
| September 6th | All Saints Church - | Family Service 10am |
| September 13th | St Mary Magdalene - | Family Communion Service 10am |
| September 20th | All Saints Church- | Family Communion 10am |
| September 27th | St Mary Magdalene - | Harvest Festival 10am. |

It is possible that one or more of these services will be held outside, please consult our website regarding this nearer the time and also regarding other service information www.herstmonceuxandwartlingchurches.com or phone Richard Steven 01323 833124

Please note: due to current rules face masks must be worn during services within the church buildings.

Family Service

Family Service enjoyed in the sunshine outside All Saints Church on August 2nd. Rosie Page joined us and sung 2 songs during this service of Lammas.



Brenda Page writing from South Island, New Zealand

Hello Everyone, what an extraordinary year 2020 is turning out to be. Suddenly in March we were confronted with Covid 19 and within 5 days we were in complete lockdown – Level 4. Each family kept to their own bubble, you were allowed out if your work was important, all shops except food supermarkets were closed, schools were closed. You could only use your car for work or go to the shop. (What bliss, few cars, we heard birds singing everywhere). We were encouraged to walk in our gardens or nearby roads, keeping 2m distance from others. My daughter Jayne (Evans) and I were in lockdown for 7 weeks.

My Church (Holy Trinity, Richmond, Nelson) was closed for 8 weeks but our Vicar Stephen Hooper and his staff soon had alternatives for us, even though they were all working from home. Everyone who had a computer/ipad soon learned how to keep in touch each week and those without eventually received hard copy in their letter box. Our assistant priest Jean Palmer and her husband John connected us to their home for communion and I could also follow on line our Sunday Service.

As I write, here we go again, we in South Island have to be back at Level 2 from 12 noon today (12th August.) for at least 3 days, hope this new outbreak isn't too nasty. Last year, after 20 years fundraising, we demolished our old Church Hall, cc1856 and built a beautiful, functional New Hall we had opened in February so when we came out of lockdown we were able to use this New Hall for services and all able to keep the requested 2m distance, this was very strange, thank goodness we only had that for 3 weeks till we were allowed back in Church.

Normally we have Sunday Services at 9am (more traditional forms) and 10.30am pitched to families and more evangelical, with coffee & biscuits at the back of the church in between. We are lucky to still have a choir of up to 16 (only 2 men)

We have about 5 different Home Groups, most meeting fortnightly. I lead a small group of 6 elderly ladies, most are widows like me, so it's good to chat, we meet twice a month at Ursula's apartment in one of our many Rest Home/Retirement Villages – yes, elderly, I've got to 89 now so that big 90 is looming next year. I'm very lucky that I keep reasonably well and still drive my car.

Was good to have a visit from Sue & David Relf shortly before we locked down. I think they are back in Herstmonceux now.

My love and best wishes to you all. I keep up with you through Facebook/Messenger.

A thinking differently view of the UK

After nearly three months of Coronavirus lockdown, I took a look at the financial situation that the country was in and realised that much of what I had learnt and believed over the years was actually correct. In the words of Ernst Friedrich Schumacher, "Small Is Beautiful," and many times, the Coronavirus economic downturn showed this.

In fashionable Notting Hill, the equally fashionable and much lauded two Michelin Starred restaurant, 'The Ledbury,' closed for good. Whereas our local off-the-beaten-track farm shop restaurant was busier than ever before, delivering meals. Rolls Royce were considering cutting nine-thousand jobs, while the sales of Brompton Cycles increased five-fold. While Costa Coffee closed all its stores for three months, small Coffee Bean specialist Rave Coffee had to increase their staff numbers in order to keep up with the demand. And in a world where retreat centres are going through perilous times, nearby Penhurst is still in a strong position, but Penhurst is one of the smallest of the Retreat Centres.

The fact that the UK Government measures the UK's success by the increase in GDP, our Gross Domestic Product, was evident in news broadcasts as the Government's urgency to get people back into work became obvious. The UK economy has grown on average by 2.5% over many decades, but in April of this year it fell by over 20%. But GDP is a purely financial measurement and makes no allowances whatsoever for clean air, silence, nature's beauty, people's health or happiness, relaxation, simplicity or of human family relationships.

Interestingly enough, polls indicated that away from the awful results of the pandemic, many actually liked the time where life slowed down and people appreciated and valued what they had, rather than what they did not have. Some vegetable seed suppliers ran out, and others could not keep up with the demand as people turned to growing their own. The 'Gardeners World' TV show changed its format and featured the gardens of everyday people, and its viewing numbers increased. Churches started on-line Zoom Services, and congregation numbers went up. Yeast became almost unobtainable, bread making machines were a top seller, and poultry breeders had a two-month waiting list.

The Covid-19 crisis has brought about untold human suffering, and its side-effects should never ever be celebrated, but must be learnt from. And one side effect was that away from the pain of the situation and the seeming economic disaster, socially, many were happier. And the words of New Zealand Prime Minister Jacinda Ardern resounded: "Economic growth accompanied by worsening social outcomes is not success. It is failure."

Rev Peter

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The Children's Society

Dorothy Goulder has decided to resign from being co-ordinator for the collection of The Children's Society Boxes and for the moment Pam Kendall will be doing this. The boxes have not been collected this year due to the present climate but please continue to put your spare coins into these when you can and I will collect them as soon as the charity gives the ok.

For those of you who do not know about The Children's Society. This is a charity that looks after vulnerable children's and young adults that find themselves on the streets, due to circumstances that they have no control over and is often dangerous to themselves. The charity look after them and help to set them on their feet so that they can have a new start in life.

If you don't have a box and would like one. Please contact me and I will get one to you, it doesn't need to have a lot of money put in, just perhaps put it near your front door and pop some change into it. Ring 833079 or email pamwartling@gmail.com
Thank you very much. Pam

Blessed are....

I was sent this recently, and thought that it would be good to share: Rev Peter

Blessed are the gel users – with them you are in safe hands
Blessed are the sneeze-catchers – for they will bin their tissues
Blessed are the shelf-stackers – for they mitigate panic-buying
Blessed are the ventilator makers – yesterday they built cars or weapons
Blessed are the stranded tourists – may their minibars never run dry
Blessed are the epidemiologists – for they will crunch the numbers
Blessed are the caring neighbours – for they will spot who needs some help
Blessed are the asymptomatic carriers – for it is not their fault
Blessed are you when you self-isolate – for you shall re-read every good book, eat every tin of beans and maybe even tidy the attic
Blessed are the frequent hand-washers – for their touch is welcome and their conscience clear

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Famous Hymns

Praise my Soul, the King of Heaven Henry Francis Lyte (1793 – 1847) *with thanks to Hymnary.org and sermonwriter.com*

Henry Lyte's life wasn't easy. His father abandoned the family in Kelso while Henry was very young. Henry was sent to school in Enniskillen, but when he was 9, his mother and brother died. However, his headmaster saw his potential, took him in and effectively adopted him, continuing his education. At Trinity College, Dublin, he won the English prize poem three times.

Henry suffered ill health for most of his life, mainly asthma and bronchitis. He initially planned to study Medicine, but changed to Theology, and was ordained in 1815. In 1823 he was appointed Perpetual Curate of Lower Brixham, Devon (a pleasant fishing village), where he remained until his death. Unlike some of the hymn-writers these articles have explored, Henry Lyte didn't rise to national prominence in the church or the country, but nevertheless he achieved a considerable amount. He was such a popular preacher that soon after he arrived, the church had to be enlarged. He formed a Sunday school that enrolled 800 children, provided a special ministry to sailors and wrote more than 300 hymns based on the Psalms for his Brixham congregation. Many of these are still familiar to us today.

At that time, psalms were usually sung in translation, or in paraphrases like those of Isaac Watts. In contrast Lyte's "Spirit of the Psalms" (1834), was simply inspired by his reflections on Psalms. "Praise my Soul" arose from Psalm 103. Read psalm and hymn side by side: Lyte succinctly summarises the psalmist's points eg "Who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with loving kindness and tender mercies" (v3-4) becomes "ransomed, healed, restored, forgiven." There were originally 5 stanzas, but the fourth, covering v15–17, is often omitted. It reads "Frail as summer's flower we flourish; Blows the wind and it is gone; But, while mortals rise and perish, God endures unchanging on". Perhaps this also reflects Lyte's awareness of his own physical frailty.

The original repeated "Praise Him, Praise Him" was altered in Hymns Ancient and Modern to "Alleluia, Alleluia", possibly because it's easier to sing. The best known tune is John Goss's "Praise my Soul" (1869) - presumably composed specifically for these words. Goss had an interesting career: a chorister at the Chapel Royal, he then sang in the chorus at Covent Garden before becoming organist of St Paul's Cathedral and also professor of music at the Royal Academy, London. In both roles he's said to have exerted considerable influence on the reform of British cathedral music.

I suspect Henry Lyte would have been most surprised to learn that this hymn was chosen as the processional at the wedding of Princess Elizabeth to Prince Philip, exactly 100 years to the day after Lyte died. I'll revert to Henry Lyte next month, to talk about another of his famous hymns, "Abide with me". Melinda Stone



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Recipes to Try

This is a light supper and can be served with salad. The recipe is for one.

Tomato and Cheese Omelette

2 fresh eggs.

1oz butter.

1 tomato, chopped

Dash of milk

Pinch of salt

A little black pepper

1 grating of cheese - (strong cheddar or similar)

Whisk eggs by hand, with a fork in a bowl, adding milk, salt and pepper during process, until fluffy and bubbly.

Heat a non-stick pan slowly adding butter to melt and cover the base of pan. Place chopped tomato in pan for 1 minute, remove and put on to a warm side plate. Add further butter, (1/2oz) and heat until browned and beginning to smoke.

Keep hand-whisking eggs and pour into pan, tip pan to spread mixture over base. Add tomato and the grating of cheese.

Keep mixture moist in middle of pan by taking off heat a little and tipping pan around. Place pan back on full heat for 2 minutes maximum.

Take off heat and with spatula go round rim of omelette to loosen from pan, fold inwards from 2 sides to overlap in middle, slide complete omelette over rim of pan and serve on warm plate. Underside should be brown.

This recipe is taken from the Herstmonceux Guide Cookbook.

For a very luxurious dessert, not for the figure conscious, try this:

Selection of different fruits, strawberries, cherries, raspberries, cut up pieces of peach, nectarine,.....really any fruit you like.

Melt Mars Bars with a drop of milk in a saucepan until runny, dip in pieces of fruit on cocktail sticks.....delicious.

Children's Page

Many of you are going back to school after a long time away. All of you to new year groups, possibly new teachers and those who are changing from pre-school to "big" school and new church buildings. You may be excited, a little scared and worried but everyone is there to make the changes easy for you.

You may be meeting up with your friends that you haven't seen for a long time and meeting new friends. I was thinking about a story that Jesus told:

He told us about a tiny seed called a mustard seed which is a very, very small seed no bigger than a grain of dust.

A man took one of these tiny seeds and plants it in the ground. He waters it and weeds around it and it grows...and grows.....and grows.....and grows...and GROWS until eventually it grows so big that it's the biggest plant in the

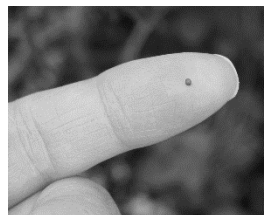
whole garden – so big that even the birds come and build their nests in the branches.

Jesus wasn't just talking about gardening he was talking about the Kingdom of God, it started a long time ago and over the years it has grown and is still growing. I think of this story as a way of looking at all the things that happen in your life, you grow all the time you make new friends,

you go to new places and learn new things. All these things help you and make you the person that God wants you to be. He sent Jesus to show us how to do all things, to learn, to grow but the most important thing – he sent Jesus to always be there to help us. So when you feel a little scared or worried think of Jesus he is there just ask him- he will help.

Enjoy your new school, new year group and new experiences. At present we are unable to come into school for assemblies or after school club but we are thinking of you and praying for you. From the team of Mega Explorers.

Craft: Why not ask your parents to get some cress seeds, look at how small they are and then plant them. Leave them on the window sill, make sure that they are watered and looked after. They will grow, strong and you know what the best thing about this is- You can eat the cress. Enjoy.



Prayer: Jesus please be with me and with all children who are starting pre-school, primary school and secondary school this month. Help all the teachers and the people who help look after us. Help us learn and enjoy all the new things that we will find out about. Amen.

Colour me in

Why not colour in the picture below and take it to school with you to welcome everyone back.



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.

Share Your Thoughts

It's a very strange time at present and all of us are coping with it in different ways. Why not send a few words to the Parish News about how you have coped and what the best things that have happened to you during this period or even the worse thing.

There are a lot of people that have helped in many ways, perhaps collecting shopping or just being on the end of the telephone and chatting. Let us know what has helped you. Send to theparishnews@hotmail.com

Knit & Stitch

I am very sorry but we are still unable to meet for September, perhaps October maybe a possibility watch this space.

Perhaps you could look at making something to help out a charity.

My attention was drawn to a Facebook request for hats for newborn babies in a Surrey hospital and have been making these. They are so simple to make and apparently make a difference to the baby. They are made in orange double knit as this colour stands out, given to the babies that need keeping an eye on.

The pattern is here: Use d.k. wool in orange (any shade) 3 ¼ mm (10) needles.

Cast on 71sts and work 8cm (3 ins) in rib (knit 1 row. Purl 1 row) finishing on a purl row.

Change to 4mm(8) needles and work 12 rows in stocking stitch.

Shape crown

1st row: K1, *sl1, k1, p.s.s.o knit 5 repeat from * to end.

2nd row and every alternate row Purl

3rd row: K1, *sl1, K1, p.s.s.o knit 4 repeat from * to end.

5th row: K1, *sl1, K1, p.s.s.o knit 3 repeat from * to end.

7th row: K1, *sl1, K1, p.s.s.o knit 2 repeat from * to end.

9th row: K1, *sl1, K1, p.s.s.o knit 1 repeat from * to end.

11th row: K1, *sl1, K1, p.s.s.o repeat from * to end.

Break of wool, leaving enough to thread through stitches, draw up tight and fasten off. Sew up hat, folding rib in half. They are so cute. Give me a ring and I will pass any on.

Thank you

The Village Information Centre

The Village Information Centre (01323 833691) is open on Tuesdays and Thursdays from 10.00 am to 12.00 noon. If anyone needs batteries for their hearing aids please come along with your book to replenish your batteries. Maintenance of which is not possible at the moment. More openings for the VIC will happen in due course.



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Windmill Hill Horticultural Society

As I write it is VJ Day and thinking of WW2, that was the last time that WHHS were unable to hold their annual Show. Modern technology gives us an opportunity that was not possible 75 years ago for those growers and allotment holders who were not away in the war. We are holding some virtual Shows so that people can share photographs of things they have grown, made or arranged. All the necessary information and instructions are on our website: windmillhillhortsoc.org.uk and click on Flower Show.

Every year as the first Saturday of August approaches there are inevitably some things (eg tomatoes) which are not ready and others (eg roses) which are past their best; all dependent on the weather! This year we will have a first deadline of 1st September for sending in photos by email, and then a second virtual show with a deadline of 1st October, which should allow for later flowering plants such as dahlias and chrysanthemums or give you longer to finish that piece of knitting or handicraft.

Please pass on this information to any of your friends and neighbours who may have used lockdown to grow things for the first time, and their children who have been creative over the last few months. Do get in touch if you need help or do not have internet access.

Penny Vasey
p.vasey@btinternet.com. 01323 833603

Something to make you smile

Multiply

Noah opened up the ark and let all the animals out, telling them to "Go forth and multiply!" He began to close the great doors of the ark when he noticed that there were two snakes still sitting in a dark corner. Concerned, he said to them: "Didn't you hear me? You can go now. Go forth and multiply."

"We can't," said the snakes sadly. "We're adders."

Sick of preaching

Our new vicar had just been prescribed bifocals. The reading portion of the glasses improved his vision considerably, but the top portion of the glasses didn't work so well. In fact, he was experiencing dizziness every time he looked through them. He tried to explain this to the congregation on Sunday: "I hope you will excuse my continually removing my glasses. You see, when I look down, I can see fine, but when I look at you all, it makes me feel sick."

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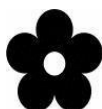
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Herstmonceux Free Church News

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

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

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

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

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Contact Sarah Honeysett, via email on hwparishnews@outlook.com

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.

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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| | Mrs. Pam Kendall | Tel: 833079 |
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