

# **Parish Magazine**

for

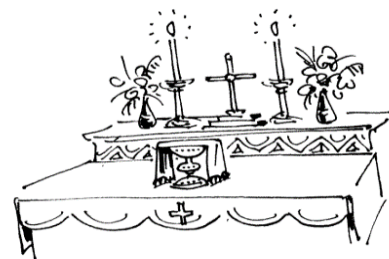
## **The Benefice of Lower Beeding and Cowfold**

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# *Worship Services May 2020*

## *For the Benefice*



Revd. Sue will conduct services from her home until we are allowed to reopen our churches.

### **Readings for May.**

#### **May 10<sup>th</sup> 5<sup>th</sup> Sunday of Easter**

Acts 7.55 –end  
Psalm 31.1-5, 15-16  
1 Peter 2.2-10  
John 14.1-14

#### **May 17<sup>th</sup> 6<sup>th</sup> Sunday of Easter**

Acts 17.22-31  
Psalm 66.7-end  
1 Peter 3.13 –end  
John 14.15-21

#### **May 24<sup>th</sup> 7<sup>th</sup> Sunday of Easter**

Acts 1.6-14  
Psalm 68.1-10, 32-end  
1 Peter 4.12; 5.6-11  
John 17.1-11

#### **May 31<sup>st</sup> Pentecost**

Acts 2.1-21  
Psalm 104.26-36  
1 Corinthians 12.3b- 13  
John 20.19-23

*From the Registers*  
**(Births, Marriages and Deaths)**

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Welcome to the May 2020 edition of the Lower Beeding Parish Magazine, with a slight change. We are going to be joined by Cowfold, now we are a new benefice.

Linda Murphy from St. Peter's has written an article about 'Short and Sweet' a church service for families. Thank you, Linda. I hope we shall have some more contributions from Cowfold.

This will be an online version as we have no way of distributing the printed version for the time being. We are sending it via Sue's email list for her weekly news sheet. If you know of anyone who isn't on that list, please could you send it off to them.

This pdf version has one advantage it is in colour and you can make the print as large as you want!

Not as many items as usual as we are living through some trying times. I hope we have a full complement in the June issue although we will still be in lockdown on May 14<sup>th</sup>, the next deadline.

We have not forgotten Victory in Europe Day on May 8<sup>th</sup> 1945. It is 75 years since the end of the WWII.

Lesley Hendy  
Acting Editor [lesleyhendy6@gmail.com](mailto:lesleyhendy6@gmail.com)

Copy date for next magazine-

**Thursday 14<sup>th</sup> May**

Submissions should be sent to  
[lesleyhendy6@gmail.com](mailto:lesleyhendy6@gmail.com)

The views and opinions within this publication are not necessarily those of the editor or the Lower Beeding Parochial Church Council.



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# From Holy Trinity



## The Vicar's letter

This is the first letter of the magazine which is expanding to include Cowfold. Since we are in lockdown due the pandemic our editor Lesley is trying to publish it via Facbook. The whole situation is evolving but a good first step is to include an article by Linda Murphy about the informal service Short and Sweet at St Peter's. If this works we can include more from Cowfold next time and will certainly be able to do so once we are able to go back into print.

Due to the deadline for the May issue I am writing this on Easter Day when it is unclear whether or not some restrictions will be lifted by the end of May, the month covered by this magazine. In terms of our church calendar we spend 40 days looking at the resurrection appearances of Jesus before he ascended into heaven and then sent the gift of the Holy Spirit to the early church. This year Ascension Day is on the 21<sup>st</sup> May and the Day of Pentecost is 31<sup>st</sup> May.

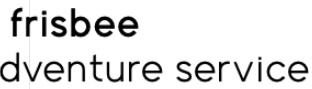
One thing that the current situation has brought home to me is the whole of Jesus's earthly life and ministry was carried out in an occupied land. This even intrudes on the very last time he appeared to the disciples. We read in John chapter 20 and verse 19 'the doors of the house where the disciples had met were locked for fear of the Jews' before the account of Jesus appearing and giving the gift of the Holy Spirit. A surface reading appears anti-semitic, which is odd. Common sense tells us that this cannot be the whole story because every one of the disciples, and Jesus, were Jewish.

What was going on, as far as we can tell, is that the Jewish religious authorities were afraid of a new sect (in their eyes) starting up and causing trouble. Such trouble which could have upset the uneasy balance that there was with the Roman occupying force. The Romans generally let the Jews practice their religion as long as there was no danger of unrest. But at times like the Passover (when the population of Jerusalem was 6 times the normal) everyone was probably on edge.

I suggest that we can use our own situation – the government urging us to keep the discipline of staying at home over Easter and May Bank holidays and everyone being a bit on edge at times – to gain fresh insight into the gospel narrative. We can also emerge from this awful time with fresh insight into those parts of the world where life is difficult and people do not have the civil liberties that we are used to taking for granted.

In the meantime we can all carry on praying for everyone involved in caring for the sick and frail and for all key workers, and for those who are anxious or mourning.

Take care and God bless, Sue



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# News and Views from St. John's, Coolhurst



News and Views from St John's.

We are in such extraordinary times. I know as I write this in mid-April that, by the time it appears in the May parish magazine, everything could be a lot better or a lot worse or just the same. After two and a half weeks, I think most of us have accepted that we have to endure for some time longer the curtailment of so many things we have taken for granted, things that we will appreciate in quite a different way when they come back to us as, hopefully, they will. Those of us who live in the country, with a garden and a place to exercise and walk the dog, tend to feel guilty if we complain about anything. I have taken to greeting the very few people I meet on walks, from a safe distance, with enquiries as to how they are and wishes for them to 'keep well,' as if getting ill was something deliberate.

It is a time of great tragedy and great heroism. The vast army of medical workers who are struggling to look after us and risking their own lives as they do so; the awfulness of being confined in a small space with small children who long to go out; the sad daily counting of deaths; and the very, very sad irony of having churches locked at Easter, when we should be celebrating together or at least be able to go in and sit quietly with our own prayers.

There are some compensations. Absolute silence at times with no aircraft and no cars, but just the sound of birds or perhaps the wind in the trees, time-travelling us back through the centuries; the wonderful successional blossoming of Spring; the way the local pubs and some shops are adapting, organizing themselves so they can still sell food or fruit and vegetables and deliver; far more telephone calls, as people instinctively want to hear the sound of voices, rather than the useful but cold print of emails; and for those of us who have mastered it, eventually, the pleasure of seeing friends and family, although looking rather stilted and awkward, on the screen.

It all started so gradually and now, quite suddenly, look where we have been flung to. Did the heart-broken disciples and family of Jesus feel like this as they were dragged through the triumph and tragedy of Holy Week? I pray that we will conquer the virus, not just for us but for the far poorer countries where people live so closely and I think a lot about my parents' generation, enduring World War 2 and, if they were lucky enough to survive, emerging to start again with courage in a changed world.

I try to remember poems when I am walking. I am not nearly so good at it now and often I have to come home and look them up. Maybe this one, by Philip Larkin, can bring some comfort? And we pray you all keep well.

The Trees by Philip Larkin.

The trees are coming into leaf  
Like something almost being said:  
The recent buds relax and spread,  
Their greenness is a kind of grief.





Is it that they are born again  
And we grow old? No, they die too  
Their yearly trick of looking new  
Is written down in rings of grain

Yet still the unresting castles thresh  
In fullgrown thickness every May  
Last year is dead, they seem to say,  
Begin afresh, afresh, afresh.



~~~~~

## Five Tips for Tackling Loneliness and Isolation

The Church of England has published a leaflet giving five tips to help loneliness:

Pray. Light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.

Talk about how you feel. This may be difficult if you are self-isolating, but do use the telephone, internet, and social media. If you need to contact a counsellor this can be arranged by your GP, or via local agencies, or privately. Samaritans are there 24 hours a day, every day, and it's free to call them on 116 123.

Focus on the things that you can change, not on the things you can't.

Look after yourself - physically, emotionally, spiritually. Plan in things that you enjoy at regular intervals during the day - a TV programme, a phone call, a book, a favourite dish, a game.

Look after others. Even if only in small ways, but do what you can: a smile, a kind word, writing a letter or an email.

Go to: <https://www.churchofengland.org/faith-action/mental-health-resources/dealing-loneliness-and-isolation-five-top-tips>

\*\*

# Short and Sweet

## St. Peter's Cowfold

### St. Peter's Church Cowfold



Every 2<sup>nd</sup> Sunday in Cowfold at 10a.m, something very exciting happens in St. Peter's Church. A very welcoming and friendly group come together to worship God in a fun and informal way called, "Short and Sweet" which is an all age service. Each service has a theme and so far this year our themes have been "Baptism, " Love" and "Walking with Jesus".

Lasting for around 30 minutes, we usually start off by singing a well-known hymn, then listen to a short bible story or watch an enactment and then hear either a talk from Rev. Sue or Fr. Martin, followed by a prayer activity (for Remembrance Sunday we wrote our prayers on poppy shaped cut out and stuck them to the cross which looked beautiful and was incredibly moving).

The highlight for everyone is the craft activities for the children accompanied by refreshments.



(Here we are making doves of peace).



Sadly during this time of Lockdown, we are not able to meet in Church, but we will still be streaming our services through the St. Peters Cowfold and Holy Trinity, Lower Beeding Facebook pages and via email.

For more details contact

us on the following emails: [sue.wharton@g.mail.com](mailto:sue.wharton@g.mail.com),  
[mmills.southdown@gmail.com](mailto:mmills.southdown@gmail.com), [linda.d.murphy@hotmail.co.uk](mailto:linda.d.murphy@hotmail.co.uk)



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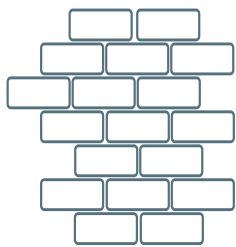


# Tuesday Club

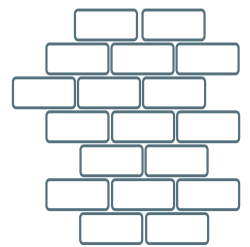


Sadly, as with all other events during this difficult period, The Tuesday Club will not be able to meet again until the lockdown is lifted.

At the moment, the date for this is not known. However, if you wish to have any information concerning the Club for further details please contact Janet Warwick 01403891789 or [rjwarwick12@hotmail.com](mailto:rjwarwick12@hotmail.com)



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# Lower Beeding Association News

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## Lower Beeding Village Fete - Cancelled

As you may have guessed, we have had to take the difficult decision to cancel this year's fete, which was due to take place on Saturday 20 June. Even in the now seemingly unlikely event that social distancing restrictions are lifted in time, we rely so heavily on the support of local businesses that have been dreadfully impacted by loss of income, that it was simply not right to proceed with asking for donations etc in order to be able to run the fete. Hopefully this is a decision that everyone will support and understand.

Should circumstances allow, we may look into arranging something on a smaller scale later in the year, or else we will see you all again on Saturday 19 June 2021 for a bumper edition of the number one fete in Lower Beeding.

Pete Robinson

[Fete@LBAssociation.co.uk](mailto:Fete@LBAssociation.co.uk)





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# Lower Beeding Horticultural Society Report

Lower Beeding Horticultural Society report and Gardeners' World will  
return next month

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## Dawn Chorus

This is the month for bird song – a time to rise early for the dawn chorus. Birds use song to attract mates and defend breeding territories; they can sing throughout the day, but dawn is the time when singing is loudest.

You can think of the different bird species as players and singers in an orchestra. Thrush and blackbirds start the chorus with a glorious fanfare, imagine soprano and tenor singers at full force! This is followed by a complicated mixture of songs and with patience, you can start to pick out individuals. Warblers such as whitethroat, blackcap and garden warbler have lyrical songs; the violin section. Great spotted woodpeckers can be heard drumming whilst finches include buzzes and chirring sounds in their song - other percussion instruments? Listen for the tit family; loud simple sounds like a trumpet. Goldcrest and tree creeper are often found in churchyards and have high-pitched songs – piccolo players in the background. Finally, green woodpecker with its loud laughing 'yaffle' is an unruly member of the audience!



*Song Thrush*

Many people offer Dawn Chorus walks, sometimes followed by breakfast, which works well in a churchyard setting. International Dawn Chorus day is the first Sunday in May but birds sing throughout the month so any May morning will do!

Fun fact: birds develop regional accents, a nuthatch in Cornwall sounds different from one in Staffordshire.

Harriet

Harriet Carty

[harriet@cfga.org.uk](mailto:harriet@cfga.org.uk)

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# Date for the Diary

Saturday September 19th

Annual Sponsored Walk

Details to follow



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take place!***



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# GREAT BRITONS - Ken Eglinton

*(I am republishing this as many readers didn't receive their April magazine)*

## **69. Horatio Nelson** **1758 – 1805**

Last month I described how Nelson became a national hero, and won the Battle of the Nile.

### **Part 2: An unconventional mind**



After the Battle of the Nile, Nelson sailed to Naples to repair his fleet. He was met with enthusiastic celebrations and commenced an affair with Lady Emma Hamilton (pictured next page), the wife of the British ambassador.

King Ferdinand of Naples, having long hesitated, declared war on France. The Neapolitan army, with Austrian assistance, and supported by Nelson's fleet, captured Rome from the French. However, after being reinforced, the French routed the Neapolitan army, pursuing them back to Naples. Nelson hastily organised the evacuation to Sicily of the royal family, plus many nobles and British nationals, including the Hamiltons. The departure of the royal government led to a republican uprising in Naples who welcomed the French revolutionary invaders.

Nelson blockaded Naples for several months, until a royalist Neapolitan force under Cardinal Ruffo entered the city. To end the fighting, Ruffo agreed to give the French and rebel forces safe conduct to France. King Ferdinand and Nelson were outraged.

Ignoring the promise of safe conduct, Nelson seized the ships containing the French and rebels and then handed the rebels, hundreds at a time, over to royalist Neapolitans for trial and execution. He refused to intervene despite pleas for clemency from the Hamiltons and the Queen of Naples. When the transports were finally allowed to sail, less than a third of their passengers were still alive. King Ferdinand made Nelson a duke.

The new commander-in-chief in the Mediterranean became disenchanted with Nelson's increasing independence and apparent disregard for orders. Rumours of his relationship with Lady Hamilton were also circulating in London. The Admiralty required him to return to Britain. The Hamiltons came with him. Nelson was given a hero's welcome. He attended court and was guest of honour at a number of banquets and balls. But his attention to Emma led to separation from his wife, following which he was slighted by the king and others.

Meanwhile there was a dangerous development in the war situation. Russia, Prussia, Denmark, and Sweden had become annoyed at the British blockade against French trade. Royal Naval ships frequently stopped and searched merchant ships from all nations. The four powers formed an "armed neutrality" to break the blockade and to deny supplies from the Baltic to Britain. Baltic timber and other resources were critical to the Royal Navy. If these powers' fleets joined together, the available British forces would be outnumbered. As it was winter, much of the Russian fleet was icebound, so a fleet under Admiral Parker, with Nelson as second in command, was sent to the Baltic.



On their arrival, Parker wanted to blockade the entrance to the Baltic, but Nelson urged a pre-emptive attack on the Danish fleet at harbour in Copenhagen. To avoid powerful defensive shore-batteries, he proposed a difficult trip into the Baltic, then circling round to attack Copenhagen from the south, rather than the north. This would have the added advantage of placing the British between the Danes and their Russian and Swedish allies. Should an early thaw free the Russians, the British could choose to fight one or other before they joined forces.

After a difficult voyage, in the face of freezing winds, fog, and snow, it was agreed that Nelson would assault Copenhagen's harbour with the smaller ships of the line, while Parker would wait out at sea with the rest of the fleet in case of the arrival of the Swedish or Russian fleets. The attack would involve an intricate and risky piece of navigation through difficult shoals, with no charts. Nelson spent two

icy, foggy nights in a rowing boat taking soundings and refining his plan. He also saw that the Danes had moored their ships along rather than across the channels leading towards the city, so they could be attacked one after the other and, moreover, only a few of the ships needed to be overcome before he would be able to get ships in range to bombard the city, hopefully forcing the Danes to negotiate.

The battle began badly with three ships running aground, and heavier fire from the Danish shore batteries than had been anticipated. Parker signalled for Nelson to withdraw. When Nelson was informed of the signal, he raised the telescope to his blind eye, and said "I really do not see the signal". The battle lasted three hours, leaving both Danish and British fleets heavily damaged. But with the British guns now in range of Copenhagen, a truce was agreed that allowed the British to sail to attack the Russian port of Reval, where much of the Russian fleet was ice-bound and therefore vulnerable.

Speed was of the essence as spring was nigh and the Russian fleet would soon be free of ice. Parker hesitated to advance, fearing to face a combined Russo-Swedish fleet. Nelson was made a Viscount and given command of the Baltic fleet, while Parker was recalled. By the time Nelson reached Revel, the pro-French Tsar Paul had been assassinated. He was succeeded by Tsar Alexander I, who ended the armed neutrality. So Nelson returned home.

Nelson was then placed in command of the Channel fleet. As always he gave close attention to the training, morale, and well-being of officers and men.

When peace was agreed between Britain and France, Nelson and the Hamiltons undertook a tour of England and Wales. Nelson was often received as a hero with many celebrations held in his honour, although at times he was slighted due to his scandalous relationship with Lady Hamilton. Next month I shall describe Nelson's ultimate triumph and lasting glory.

| 1789                     | 1804                               | 1807                                                                 | 1812                           | 1815                   |
|--------------------------|------------------------------------|----------------------------------------------------------------------|--------------------------------|------------------------|
| Storming of the Bastille | Napoleon becomes Emperor of France | The Royal Navy instructed to suppress the trans-Atlantic slave trade | Napoleon's retreat from Moscow | The Battle of Waterloo |

## **2<sup>nd</sup> May - Athanasius, the theologian who gave us the Nicene Creed**

This is the name behind the Athanasian Creed. Athanasius (296-373) was born into a prosperous family in Alexandria in Egypt, studied in the Christian school there and entered the ministry. He was twenty-nine years old when he accompanied Alexander, the bishop of Alexandria, to the Church's first ecumenical Council, at Nicaea in 325.

Although Athanasius could not take part in the Council's debates because he was a deacon and not a bishop, Alexander consulted him on the meaning of biblical texts and theological distinctions. With Emperor Constantine sitting as President, 300 bishops argued about the Person of Christ. How is He the Son of God? Is He God or man or both together? Did He exist before He was born? If we worship Him, does that mean that we are worshipping two Gods?

The young Athanasius saw that some bishops wanted to impose the teaching of Arius on the Church. Arius was a popular preacher in Alexandria who taught that Christ was not eternal but was a 'Saviour' created by the Father. Athanasius worked with his bishop, Alexander, in framing what became known as the Nicene Creed. Our Lord's full divinity was safeguarded in the words, 'eternally begotten of the Father, God from God, light from light, true God from true God, begotten, not made, of one substance with the Father.'

When Bishop Alexander died in 328, Athanasius succeeded him as Bishop by popular demand. For the next 45 years Athanasius' devotion, scholarship, and forceful leadership established the Nicene Creed in the Christian Church. His enemies, both in Church and state, conspired against him, and he was exiled five times from the See of Alexandria and spent a total of 17 years in flight and hiding. It was his uncompromising stand for Nicene theology that gave rise to the familiar saying, *Athanasius contra mundum*, 'Athanasius against the world.'

Athanasius' name will always be linked with the triumph of New Testament Christology over every form of reductionism. Of his many writings the most significant was his great study on the person and work of Christ; 'On the Incarnation of the Word of God', written before he was 30 years old. The whole Church of Christ is always in need of bishops, leaders and theologians in the mould of Athanasius.

\*\*



## 8<sup>th</sup> May - Julian of Norwich, a voice from a distant cell

*by Canon David Winter*

Many years ago, studying English literature at university, I was intrigued to be introduced to the work of Julian of Norwich. She was writing at the end of the 14<sup>th</sup> century, when our modern English language was slowly emerging from its origins in Anglo-Saxon and Middle English.

Our lecturer was mainly concerned with her importance in the history of the language (she was the first woman, and the first significant writer, to write in English). But I was more intrigued by the ideas she was expressing. She was an anchoress – someone who had committed herself to a life of solitude, giving herself to prayer and fasting. St Julian's, Norwich was the church where she had her 'cell'.

Her masterpiece, *Revelations of Divine Love*, reveals a mystic of such depth and insight that today up and down Britain there are hundreds, possibly thousands, of 'Julian Groups' who meet regularly to study her writings and try to put them into practise.

She is honoured this month in the Lutheran and Anglican Churches, but although she is held in high regard by many Roman Catholics, her own Church has never felt able to recognise her as a 'saint'. This is probably because she spoke of God as embracing both male and female qualities. *Revelations* is an account of the visions she received in her tiny room, which thousands of pilgrims visit every year.

Her most famous saying, quoted by T S Eliot in one of his poems, is 'All shall be well, and all shall be well, and all manner of thing shall be well.' These words have brought comfort and strength to many a soul in distress.

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*(Let us hope those words bring comfort to us today)*

# WEATHER REPORT

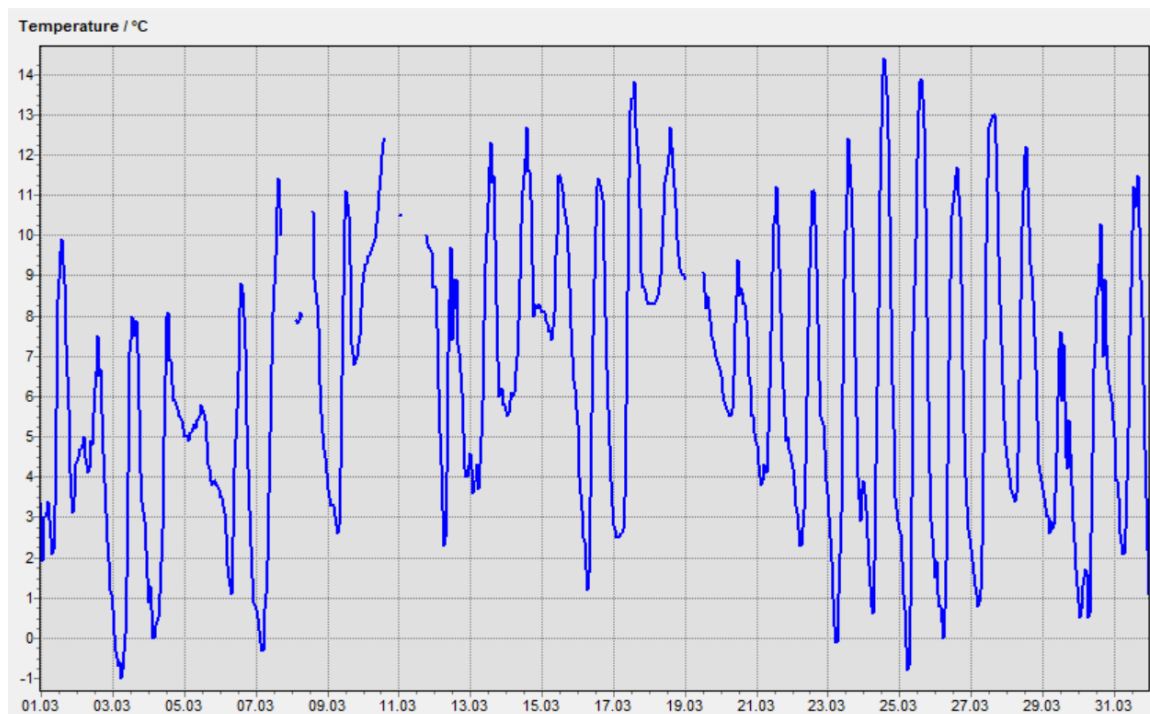
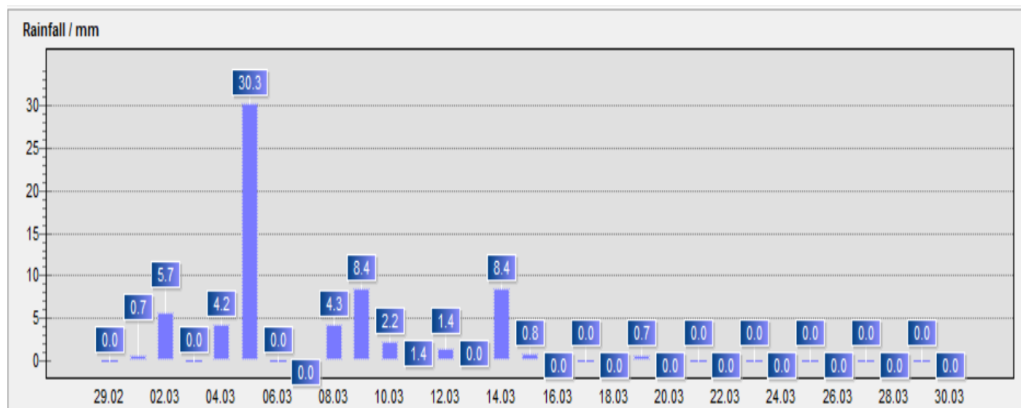


## WEATHER FOR MARCH 2020

|                        |        |        |
|------------------------|--------|--------|
| Rainfall in March 2020 | 2.7"   | 68.5mm |
| Rainfall in March 2019 | 3.08"  | 78mm   |
| Rainfall for 2020      | 12.89" | 327mm  |
| Rainfall for 2019      | 6.63"  | 169mm  |

Warmest day 14.4°C on 24<sup>th</sup>  
 Warmest night 9.0°C on the 19<sup>th</sup>

Coldest day 7.5°C on the 2<sup>nd</sup>  
 Coldest night -1.0°C on the 3<sup>rd</sup>



Thankfully, the forecasts were accurate in that it was a slightly drier March. A rainless second half of the month made up for a very wet 5<sup>th</sup> of the month when half of the months' rainfall occurred.

From the MetOffice:

"March began with a cool showery westerly type, bringing sunshine and showers and occasional longer spells of rain, with sleet and snow on high ground. It was generally milder and more unsettled from the 7th to 15th, with belts of rain crossing the country at regular intervals, interspersed with brighter showery weather. High pressure then slowly built across the British Isles, and a spell of dry sunny weather followed for most of the country, with much of England, Wales and southern Scotland having plenty of sunshine from the 22nd to 27th inclusive, with warm days and cold nights. During this spell, slow-moving fronts often brought more cloud and some rain to north-western Britain. A northerly outbreak brought wintry showers to eastern areas on the 28th, followed by mostly dry but relatively cloudy weather.

In the South East, mean temperatures were just above average while sunshine was 50% above average and rainfall was just below average."

The three-month forecast from the Met Office, and supported by other Agencies, has revised the outlook to say that while it is still anticipated that above average temperatures will dominate, there is now a stronger chance that there will be below average precipitation. I'm not holding my breath but it does make staying at home easier when the weather is nice!

I hope that everyone stays well (and follows Government advice which at the time of writing is still to stay at home).

Elizabeth Ogg

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## **Loneliness at the Virtual Chelsea Flower Show, 19<sup>th</sup> – 23<sup>rd</sup> May**

All sorts of themes are chosen for the Chelsea Flower Show, but this year's theme turned out to be scarily appropriate for the Spring of 2020: loneliness and mental health.

For, according to Sue Briggs, RHS Director General, "many feel they need gardening in their life now more than ever before, for their mental and physical wellbeing during this national emergency."

Writing on RHS website ([www.rhs.org.uk](http://www.rhs.org.uk)), Sue Briggs says: "This applies to everyone from those who are having to self-isolate to families planning, maybe for the first time, to grow their own food."

And so, "for these reasons, and to do more to support the industry, the RHS will create a Virtual RHS Chelsea Flower Show, to celebrate our great horticultural industry and gardening heritage." The Virtual Show will run from Tuesday 19<sup>th</sup> May to Saturday 23<sup>rd</sup> May.

Guy Barker, chief horticulturalist at the RHS said: "Nurturing plants can make you less lonely and release you from troubles."

\*\*

## **Peregrine Falcon** by Michael Blencowe of the Sussex Wildlife Trust

### ***You say you want a revolution***



*peregrine falcon©Dave KilbeySussex Wildlife Trust.JPG*

Circling high in the blue skies above Sussex is one of the world's deadliest predators. Peregrines are hunting above us. Scanning the avian traffic in the Sussex airspace, their incredible vision locks on to an unsuspecting bird passing below and the Peregrine instantly negotiates one of the most sophisticated aerial manoeuvres possible. They stop flying. With wings and feet tucked in tightly, peregrines drop from the sky at an

unbelievable speed – hurtling earthwards at up to 200 mph - the fastest creature on our planet. Everything, even the eyelids and nostrils on this bird are built for speed. Like a bomb made out of muscle and feathers, it'll decimate any victim in its path.

We're fortunate to still have these amazing birds here in Sussex. During WW2 their taste for pigeons (including those carrying wartime messages) saw Peregrines treated as if they were on the payroll of Mr Hitler himself. The Secretary of State for Air declared war on these falcons and issued the 'Destruction of Peregrine Falcons Order'. The birds were slaughtered, their nests destroyed. After we gave Adolf the old heave-ho, Peregrines were left alone and numbers began to recover. But they were to face an even more deadly threat than the British Government; Dichlorodiphenyltrichloroethane (or DDT to its friends).

Farmers worldwide had started spraying a variety of wonderful new chemical insecticides all over the countryside to improve yields. These invisible poisons hit the bird at the top of the food chain the hardest. In 1958 there were 650 pairs of Peregrines in Britain. Six years later there were 68. Concerns over their decline sparked an investigation that led back to the source of the Peregrine poisoning and the world's eyes were opened to the reality of the damage that these chemicals could cause to our environment and to us. Rachel Carson wrote 'Silent Spring', the environmental movement was born and green was upgraded from a sort of yellowy-blue colour to an entire way of life.

Today, perched on our cliffs and cathedrals, high above the organic food-filled shelves in kitchens across Sussex, the killer that kick-started the environmental uprising stands defiantly overlooking us all like a beaked Che Guevara. A feathered testament to revolution, strength and tofu veggie burgers.

~~~~~

Sussex Wildlife Trust is a company limited by guarantee under the Companies Act. Registered in England, Company No. 698851. Registered Charity No. 207005. VAT Registration No. 191 305969. Registered Office: Woods Mill, Henfield, West Sussex BN5 9SD. Telephone 01273 492630

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wholesome home cooked food which the children love.

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interact with animals and nature and help us develop our vegetable patches.

If you are interested in Rabbit Patch Day Nursery, get in touch to arrange a visit to meet  
our staff and see the space for yourself. Email us on: **contact@rabbitpatchnursery.co.uk**  
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Why not stop by our website: **www.rabbitpatchnursery.co.uk**  
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# Poetry Cornered

## From Cows by James Reeves

Half the time they munch the grass, and all the time they lay  
Down in the water-meadows, the lazy month of May

A-chewing

A-mooing

To pass the hours away

'Nice weather,' said the brown cow,

'Ah' said the white.

'Grass is very tasty,'

'Grass is all right.'

Half the time they munch the grass, and all the time they lay  
Down in the water-meadows, the lazy month of May

A-chewing

A-mooing

To pass the hours away



Apologies to Kath Boyd- this advert should read  
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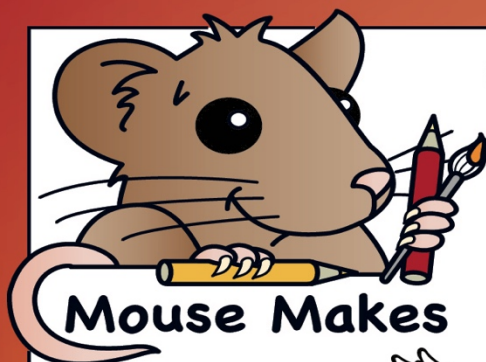
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# Children's Page



"The fruit of the Spirit is  
love, joy, peace, patience,  
kindness, goodness, faithfulness  
gentleness and self control."



If we live by the Spirit, let us also  
behave in accordance with the Spirit"

How many  
other words can you find  
using the letters from:

**FRUIT OF  
THE SPIRIT?**



**Read**  
*Galatians*  
5:13-26



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

Which  
symbol goes  
with which fruit?



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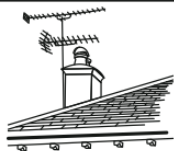
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## WE RUN CHILDREN'S ACTIVITY SESSIONS ACROSS SUSSEX

At a time when it would be easy to close the doors and focus on one's own family and their welfare you, our amazing friends and supporters, have done the opposite. Coming into Garton House each day there has been post containing generous cheques and letters of encouragement; emails expressing concern about how we will support our families and asking how you can help us to continue?



We have had support from strangers too, who we hope will stay and be our friends now and into the future. Our practitioners are still out there talking to, Skyping, Zooming and using a whole host of things to ensure that families know they are supported and that we are still there. Next week we will be sending out over 100 food boxes across the Diocese and this has been made possible because instead of tins you've sent cheques! To protect the future of the Association, we have taken part in the Government's Job Protection Scheme and currently, the shop staff, the playworkers, and the admin team are not working but we are certainly missing having them around.

Just as we are confident of being included in your thoughts and prayers please be assured that we are thinking of all of you and praying that you too will stay well at this time.

With many thanks for your continued support.

Martin and the FSW team

*Kay Croll*



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## **Coping in the Storm**

*'Jesus got up, rebuked the wind and said to the waves, 'Quiet! Be still!' Then the wind died down and it was completely calm.'* (Mark 4:39).

What started out for the disciples as a routine trip across the Sea of Galilee, ended up with a storm threatening to overwhelm their boat! Jesus was asleep in the boat, so little wonder they feared for their lives: *'Teacher, don't you care if we drown?'* (38).

Who would have thought two months ago that the world would be overwhelmed by the Coronavirus pandemic and our lives turned upside down! Self-isolating and self-distancing are now part of our daily vocabulary, as we live in an uncertain world. What does this story say to us in our circumstances?

Firstly, we read that Jesus calmed the storm: *'He got up, rebuked the wind and said to the waves, 'Quiet! Be still!''* (39). He is the Lord of the storm and holds our circumstances in His hands. We are called to trust, not fear, being assured that He is with us to protect us. *'Why are you so afraid? Do you still have no faith?'* (40). Nothing is outside of His control.

Secondly, despite the calm, the disciples were still terrified: *'They were terrified and asked each other, 'Who is this? Even the wind and the waves obey Him!''* (41). Like us, the disciples were asking why Jesus, who loved them, had allowed the storm to happen! Our circumstances provide us with an opportunity to understand more deeply who Jesus is. We can't control Him and we don't always understand His bigger plans for us and His world. We are called to overcome fear and insecurity, by living lives of peace, faith and hope. How contagious can we be for Jesus in a stormy world?

\*\*





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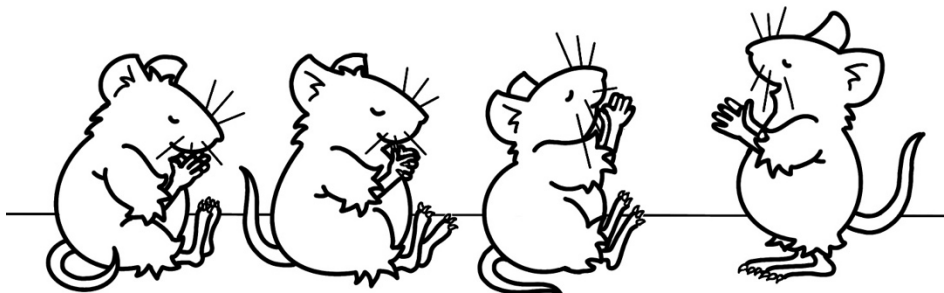
# Take a break!



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	3		8		9		1	5
	4			1		2		
2		7				1		9
		8		6			7	
4	7		2		1		6	
	8	6	4	3				
	9			8	6			1

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5	1	7	3	2	8	9	6	4
6	4	3	9	5	7	8	2	1
7	5	8	4	6	9	3	1	2
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4	2	1	7	3	5	6	9	8
2	8	5	6	9	4	1	7	3
3	7	9	2	8	1	5	4	6
1	6	4	5	7	3	2	8	9



# PASTORAL ARRANGEMENTS

**Although Revd. Sue Wharton works part-time there is an answer machine which is checked regularly, although Friday is always a day off.**

## **HOLY BAPTISM**

Enquiries about Baptism are welcome for those of all ages who live within the parish or who have a family connection with it.

In the baptism of your child, you as parents are: thanking God for his gift of life, making a decision to start your child on the journey of faith and asking for the Church's support.

Making a decision later in life to be baptised is a commitment to a life of faith, which is completed by being Confirmed in the Church.

Being baptised at any age you become part of the worshipping community of the church and we look forward to welcoming you at our services.

## **HOLY MATRIMONY**

Marriages are celebrated between couples, one of whom is resident in the parish, who have a family connection to it, or whose name is on the Electoral Roll.

Enquiries are welcome subject to the regulations of the Church of England, more information on which and on getting married in church can be found at the following website: [www.yourchurchwedding.org](http://www.yourchurchwedding.org)

## **MINISTRY TO THE SICK**

Holy Communion can be brought by members of the church to any who are sick or housebound, regularly if desired.

Relatives, friends or neighbours should feel able to pass on information about those known to be sick or in any other need. As well as receiving Holy Communion, those in need can be anointed with Holy Oil as a sign of the prayer of the Church for the Grace of the Holy Spirit.

Please contact us immediately where anyone is in danger of death.

## **MINISTRY OF ABSOLUTION**

Advice and counsel can be requested and Absolution can be given by the priest to those wishing to make a special confession of sins. The Sacrament of Forgiveness and Reconciliation is an established part of the life and teaching of the Church of England.

# PARISH DIRECTORY

Parish Priest Revd Sue Wharton	The Vicarage, Handcross Road RH13 6NU <a href="mailto:sue@whartons.org.uk">sue@whartons.org.uk</a>	01403 891 352
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