

Parish Magazine

for

The Benefice of Lower Beeding and Cowfold

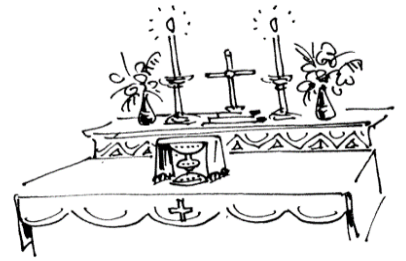
50p – To arrange an annual subscription (£6) ring 01403 891710



Pentecost – May 23rd

May 2021

For the Benefice Readings & Worship Services April 2021



May 2nd - 5th Sunday of Easter

Acts 8: 26-40.

1 John 4: 7-21.

John 15: 1-8.

May 9th - 6th Sunday of Easter

Acts 10: 44-48.

1 John 5: 1-6.

John 15: 9-17.

May 16th – 7th Sunday of Easter

Acts 1: 15-17 & 21-26.

I John 5: 9-13.

John 17: 6-19.

May 23rd – Pentecost (Whitsunday)

Acts 2: 1-21.

Romans 8: 22-27.

John 15: 26-27 & 16: 4b-15.

May 30th – Trinity Sunday

Isaiah 6: 1-8.

Romans 8: 12-17.

John 3: 1-17.

From the Registers

Times of services – Sundays

Lower Beeding

Eucharist: 8.30 at St. Johns

Eucharist: 10.00 at Holy Trinity

St. Peter's, Cowfold

St Peters has an 8 o'clock service on the 2nd, 3rd and 5th Sunday

All churches have reopened for Services.

All Easter Services will be held in church.
There will be a dawn service at St. John's this year.

2nd May) 10am eucharist

9th May) 8am BCP eucharist, 10am Short & Sweet family service

16th May) 8am BCP eucharist, 11:15am eucharist

23rd May) 10am eucharist

Pentecost

30th May) 8am BCP eucharist, (10am combined worship at Lower Beeding) Trinity Sunday

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2021

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Welcome to the May 2021 edition of the Parish Magazine for the Benefice.

All our three churches are now open for worship for the foreseeable future.

This month's cover photograph was taken by Bryan Deal, a member of the Dawn Congregation, on Easter Sunday. This picture is very appropriate for Pentecost, on Sunday May 23rd. See Fr. Martin's letter.

Alison Ulloa has very kindly agreed to take on the organisation of adverts. If you would like to put in advert please let Alison know. Her mobile number is: 07721098255

Keep well and keep safe – Covid 19 is still around and will be with us for some time

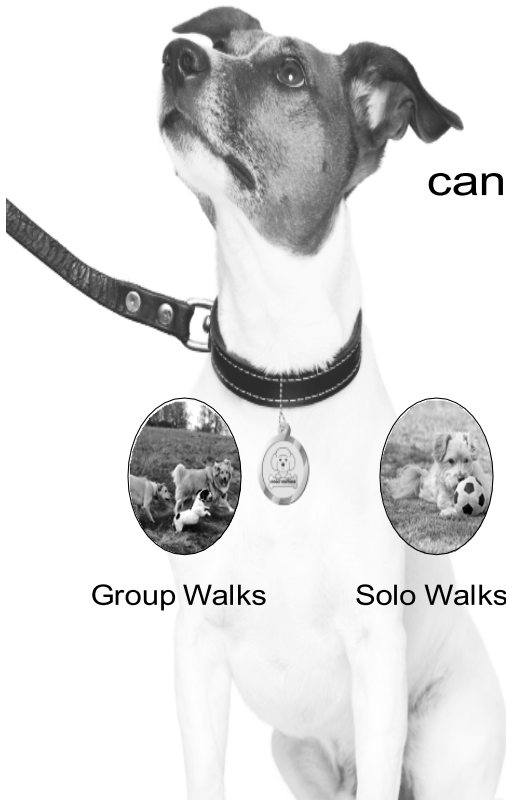
Lesley Hendy
Acting Editor
lesleyhendy6@gmail.com

Copy date for next magazine-

Friday 14th May

Submissions should be sent to
lesleyhendy6@gmail.com

The views and opinions within this publication are not necessarily those of the editor or the Parochial Church Councils' of the Benefice.



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The Vicar's Letter



Dear Friends,

' Rough winds do shake the darling buds of May, and summer's lease hath all too short a date.' These words, from Shakespeare's 18th Sonnet, ring true as I write this on an April day which began with flurries of sleet. It looks as though a good number of our trees' and bushes' darling buds will arrive in May both wind- shaken and frost- bitten: once more the owners of camellias and magnolias must exercise patience and hope that next year will produce the perfect flowers, free from the stain of frost burn.

Despite snow greeting the day on which outdoor dining once more became possible, it does now seem rather more certain that we shall be considerably freer to enjoy summer this year, however long or short it turns out to be, and I hope that is something to lift all our spirits. It is wonderful to be back to in-person worship at all three of our churches, and we look forward to welcoming you if you haven't already been able to join us.

During this month, we complete the celebration of the great fifty days of Easter with Ascension Day on the 13th, and then, finally, Pentecost (Whit Sunday) on the 23rd. Pentecost marks the occasion when the followers of Jesus were gathered together in Jerusalem, just after His return to heaven, and the Holy Spirit descended on them with a sound like the blowing of a violent wind, and what seemed to be tongues of fire rested on each of them. These believers were the first buds and shoots of the Church – Pentecost is sometimes regarded as the birthday of the Church. However, unlike the rough winds that sometimes damage our plants, the wind of the Spirit brought new life to these buds, the very life of God within them. Unlike the frosts that sometimes damage the young growth of our plants, the fire of the Spirit did not burn these early buds of the Church. Instead it gave them boldness to proclaim the Gospel message of God's saving love, and the quality of their lives transformed the Roman Empire.

However long or short our summer turns out to be this year, may we all know the eternal joy and peace of this new life in God.

Many blessings,

Fr. Martin





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News and Views from St. John's, Coolhurst



May 2021

The celebration of Pentecost this month could be described as a birthday party for the Church, as we remember the gift of the Holy Spirit to the first disciples (Acts 2:1-13).

God's Promise:

'Do not leave Jerusalem, but wait for the gift my Father promised' (1:4). The disciples met expectantly in prayer for God's promised gift. Just as we look forward to birthday presents, how eager are we to receive more of the Spirit in our lives?

God's Power:

'All of them were filled with the Holy Spirit' (4). The disciples needed the power of the Spirit to be different: not fearfully gathered behind locked doors, but energised to make Christ known. The Spirit can transform our lives into the likeness of Jesus and give gifts to equip our witness. Although the disciples' experience of this power was overwhelming, it was essentially an encounter with God's love. For us, nobody is excluded from this experience.

God's Purpose:

The disciples 'began to speak in other tongues as the Spirit enabled them.' (4). The Spirit empowered their witness, so that everyone heard them speaking in their own 'native language' (lit: dialect, v8). We all have a story to tell of God's activity in our lives and it's the Spirit who translates our words and actions into a language that those around can understand!

At Pentecost, 3,000 people were added to the church in one day! What do we expect of the Spirit in our day?



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SAVE THE DATE!



We will be celebrating our Patronal Festival at
St Peter's, Cowfold,

a GIFT DAY on **Saturday 26th June.**

There will be much to celebrate and be thankful for if the government's roadmap goes to plan and all restrictions are lifted by then. More details to follow next month but, for now, please keep the date free.

+++++

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Lower Beeding Parish Council News

May 2021

Dear Parishioners

Following the very sad news that the Duke of Edinburgh passed away in April we also saw the temperatures plummet to winter levels. Hopefully as COVID-19 restrictions are lifted and more people get vaccinated we can try to get back to normal. But the message from the government is we must still be vigilant in respecting the rules of combatting the virus or we may return to another unwanted lockdown.

I hope you all managed to complete your Census forms. There are still residents who have not completed this very important time slice of our country life. If you have yet to return your form either go to our website news page where you will find the contacts or get in touch with me and I will help.

Planning Applications made in March / April

DC/21/0376 Woodland Cottage, Brighton Road, Lower Beeding, West Sussex RH13 6NQ

Variation of Condition 1 of previously approved application DC/20/1842 (Replacement of pitched roof with a flat roof to create an additional first floor habitable space. Erection of a first-floor extension, rear balcony and the addition of a new ground floor porch at the front) Relating to omission of first floor projecting framework, installation of rooflight, alterations to the proposed south and west elevations and minor alterations to the approved windows.

The Lower Beeding Parish Council had no objection to this application.

DC/21/0144 Old Church House, Brighton Road, Lower Beeding, Horsham

Erection of new and replacement of existing fencing, erection of a summerhouse and relocation of existing oil tank and telegraph pole.

The Lower Beeding Parish Council had no objection to this application.

DC/21/0386 Axford House, Hammerpond Road, Plummers Plain, Horsham

Variation of condition 1 of planning permission DC/20/0440 (Erection of two-storey garage building, with vehicular parking at ground floor level and storage above).

Amendments to height of building and fenestration.

The Lower Beeding Parish Council had no objection to this application.

DC/21/0382 Cisswood Racing Stables, Sandygate Lane, Lower Beeding, Horsham

Formation of new private access road and widening of existing section of private access track.

The Lower Beeding Parish Council had no objection to this application.

Horsham Planning Decisions – March & April

1st April 2021

DC/21/0101 and 0102 Leonardslee House, Brighton Road, Lower Beeding, West Sussex RH13 6PP

Variation of Condition 1 (approved plans) of Planning Permission DC/20/0267 (conversion of office space into hotel suites) to allow additional external soil vent pipe, incorporation of raised floors for some en-suite, removal of section of existing inter and removal of Condition 3 (architectural details) of Listed Building Consent. DC/20/0268 (alterations to convert office space into hotel suites) to allow additional external soil vent pipe, incorporation of raised floor.

Decision: Application Permitted

8th March 2021

DC/20/1229 Carters Lodge, Carterslodge Lane, Handcross, Haywards Heath West Sussex RH17 6AA

Part retrospective application for the repair and extension of a culvert with associated works to a dam serving Carterslodge Pond.

Decision: Application Permitted

DC/20/2451 Forestry Barn at Warren Wood, Hammerpond Road, Plummers Plain, West Sussex

Change of use of existing forestry building to mixed-use forestry building and shoot day room

Decision: Application Withdrawn

If you need any advice on any issues pertaining to lockdown or isolation, please do not hesitate to contact me on: -

TEL: 07540 418155

E-MAIL: clerk@lowerbeeding.com

Keep Safe!

Peter Knox

Clerk to Lower Beeding Parish Council

Website: www.lowerbeeding.com

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# Lower Beeding Association News

Charity No. 267433

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## LBA from 1977

The first event at the new Village Hall was the Annual Fete opened by Jim Humphrey, the association president, followed with a display by the Crawley TS Glorious Band. A Tug of War tournament with seven teams competing was won by the Foresters of Horsham and Lower Beeding coming in a close second. It was the first anniversary of the formation of the LB team. The children's races involved many of the village children competing for the money prizes. The fancy dress was won by Jenny Kirkham dressed in bin bags carrying a placard **"Keep the Village Tidy"** and the Rowe sisters, Carol, Sally and Joanne came second as **"Hula Hula Girls"**. A new attraction was the Pet Show organised by Ann Rowe which brought in 30 entrants ranging from dogs, puppies, hamsters, rabbits, tortoises and a kitten. This later became the annual Dog Show which ran for well over 40 years. The fete received a boost of £480 which will go towards the required fittings and fixtures at the new hall.

Pam Jays revived the Miss Lower Beeding contest when sixteen young ladies entered and the lucky winners received cash prizes and cosmetics donated and presented by Bill Jays. First was Jackie Burgess who planned to spend her prize money on clothes! Second was Susan Christian and third Susan Smith. Although all were winners.



THE NEW Miss Lower Beeding, 15-year-old Jackie Burgess, with beauty contest runners Susan Smith (left) and Susan Christian.



In 1979 at a Dance and Ploughman's Supper a panel of three judges – Graham and Jennifer Mitchell and Brenda Smith had the challenge of choosing the Miss Lower Beeding contestants. After the contestants had been interviewed by local farming celebrity, John Christian, the judges chose Heather Boniface with runner up Susan Christian. As the 1966 winner, Shelagh Carter was at the event, she presented Heather with the Sash of Honour. During her year's reign Heather will attended various dances, fetes and fund rising events organised by the Lower Beeding Association. Dennis Wilkinson organised the music with ***The Big G Disco.***



Heather Boniface and Susan Christian

In the 1980s a number of events such as Lamb Roasts, Discos, Caribbean evening, fashion shows, Keep Fit , Self Defence classes, and more for the next magazine write up.

Jean Black

01403 891523

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Obituary

Jo Lundgren 1931 - 2021

Jo died recently after a long illness and short time in hospital in Lincoln.

For many years she farmed, with her husband, at Stone House Farm, Plummers Plain, moved to Hammerpond Road then moved to a small Village near Lincoln.

She will be remembered and a very much missed village character.

Village Fete 2021 cancelled:

It seems somewhat ill-timed to be announcing this now, given the light at the end of the coronavirus tunnel shines ever brighter. However, the Lower Beeding Association decided a month or so ago that because of the ongoing uncertainty about when the coronavirus restrictions would be lifted, the Village Fete would be cancelled for the second year running. Even with current Government announcements, the originally planned date of 19 June would have been unworkable as distancing requirements are only due to end, in a best-case scenario on the 21 June. We are hopeful that we can schedule something on a smaller scale later in the year, as it would be great to be able to celebrate a return to something approaching “normality” as a whole community.

If you've any ideas for a late Summer event, or would like to be involved somehow, then please do get in contact:

Pete Robinson fete@lbassociation.co.uk

~~~~~



## Lower Beeding Horticultural Society Report

Another quite month in prospect for the society, with our plant sale cancelled. The first event that we are cautiously optimistic of holding will be evening visit to local wholesale plant nursery Prenplants on 8 July.

Seed potatoes for our summer show have been distributed, and fuchsias will be distributed early during May. These are for the two special classes in our August show which again we are hopeful that we can run it. If you'd like to enter one or both these classes then let me know and I'll arrange delivery of the potato and fuchsia.

Tom

01293 851319, [tom@plimmers.co.uk](mailto:tom@plimmers.co.uk)

## Gardeners' World

### Gardener's World

Brrrr .... It's April as I write this article and it's extremely cold for this time of year. The cold spell has lasted longer than at any time in the last eight years that this article has been produced. The magnolia started to come into bloom early this month, however the flowers are now badly frost damaged so there'll be no magnificent showing this year, only dismal brown flowers. And, having failed to follow my own warnings, the sweet peppers and the chilli peppers that I potted on have been laid to waste by the severe frost. That, despite my thinking there would be sufficient protection in the polytunnel. Sadly not. How different from this time last year, when after just a few weeks into the lockdown we were enjoying excellent spring weather.



This cold spell has slowed things down a little for the vegetables. The heating in the greenhouse has kept the germinating and growing ticking along but the early crops that have been moved into their final bed have not made too much progress. The herbaceous border, though, is doing well and there is plenty of growth coming through, especially the Hemerocallis – Daylilies – that have grown well this spring.

All those seeds that I referred to last month, especially the salad varieties, can be sown again in May. In fact by sowing at regular intervals the crops will be available for a longer season than if just one sowing is made. If you want to have a few brassicas successively



through late summer and autumn then the same applies to these varieties. It's better to have half a dozen cauliflowers, for example, ready for harvesting in successive months than to have a single harvest when much of the crop won't get as far as the kitchen. Those varieties that have been developing from seed indoors or in the greenhouse should be ready for planting out this month. Before you plant them, be sure to harden off, if you don't have a cold-frame then move them outside during the day and bring them back in at night. I'm currently using a small pane of glass raised on old bricks to harden some of the varieties and it seems to be working, so far so good. Also, apply a general purpose fertiliser to the soil, fish blood & bone is a slow release and fairly balanced fertiliser, and organic too if that's your preference.

In the borders it will be possible to plant out annuals this month. If you have raised from seeds then it's worth hardening them off before planting out in their permanent bed. Dahlias can be planted this month when the soil isn't too wet, likewise gladioli can now go into the bed. Hanging baskets can be in place by the end of the month, don't rush to get these out because the tender fuchsias and other hanging plants will need protection if the nights, in particular, turn cold. In fact all these plants should only go outside once the danger of frost has passed. Divide hostas and other perennials to thin out where overgrown when they start to shoot, use the extra plants created to fill in where necessary. May also means that dahlia tubers and gladioli can be planted out for a late summer flowering. And it's been mentioned before but late May is the time for The Chelsea Chop, so called because it's performed around the time of the flower show. Clumps of perennials can be literally be chopped back by one third to a half using shears or secateurs. This will delay the flowering until later in the summer and keep plants shorter and more compact. If you have several clumps of one plant, try cutting back a few, but leaving others. This will prolong the overall flowering time.

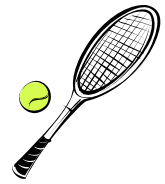
Finally, following the advice rather than the deed, be prepared to cover tender crops if any frost is likely, particularly early in the month. Keep the lawn trimmed, and watch out for the pests that will be out and about searching for the crops that you are growing, apparently for them or so they believe. Happy gardening.

Hortulanus





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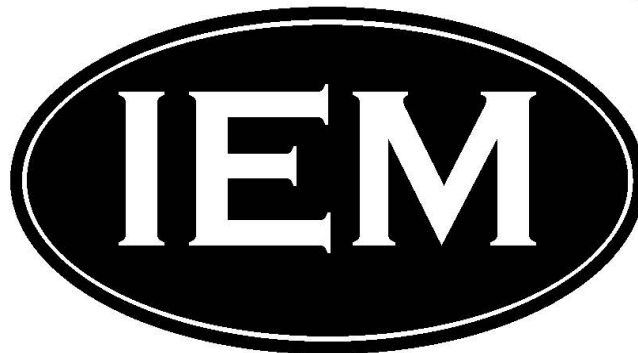
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# 100 years of the British Legion

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One hundred years ago, on 15<sup>th</sup> May 1921, the British Legion was founded in the aftermath of the First World War, to provide support to veterans of the British Armed Forces, their families and dependants.

It was created at a time when two million people were unemployed. More than six million had served in the war: of those who came back, 1.75 million had suffered some kind of disability, and half of those were disabled permanently.

Four organisations came together at the instigation of Lancastrian Lance Bombardier Tom Lister, who was angered at the Government's unwillingness to help, and Field Marshal Earl Haig, who had been Commander in Chief of the British Forces. The Legion campaigned for fair treatment of those who given everything for their country, and it continues this work today.

In 1922, the Legion's poppy factory opened in the Old Kent Road, London, with 40 disabled men manufacturing 1000 poppies a week. The first Poppy Day was held that same year. The Festival of Remembrance began in 1927, and the Legion became 'Royal' in 1971 – 50 years ago – on its golden anniversary.

At first membership of the Legion was confined to ex-Service personnel, but it was expanded to include serving members of the Forces in 1981.





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# WEATHER REPORT

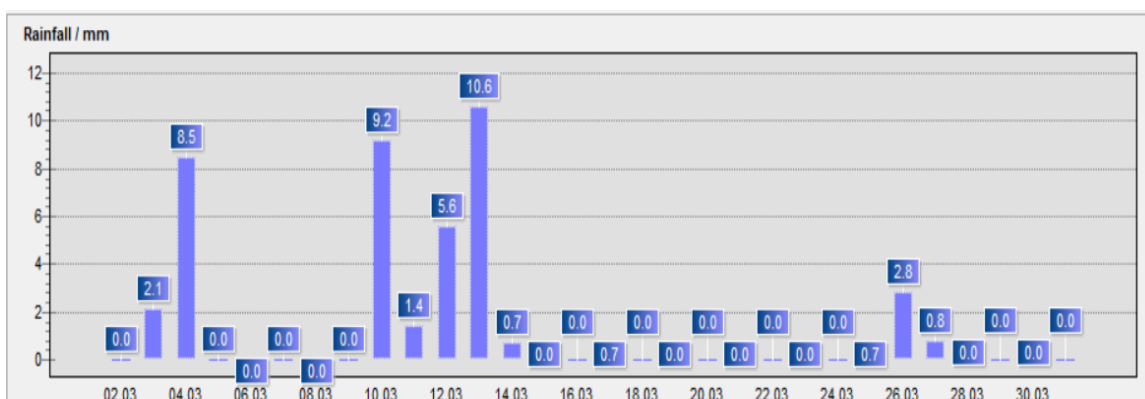
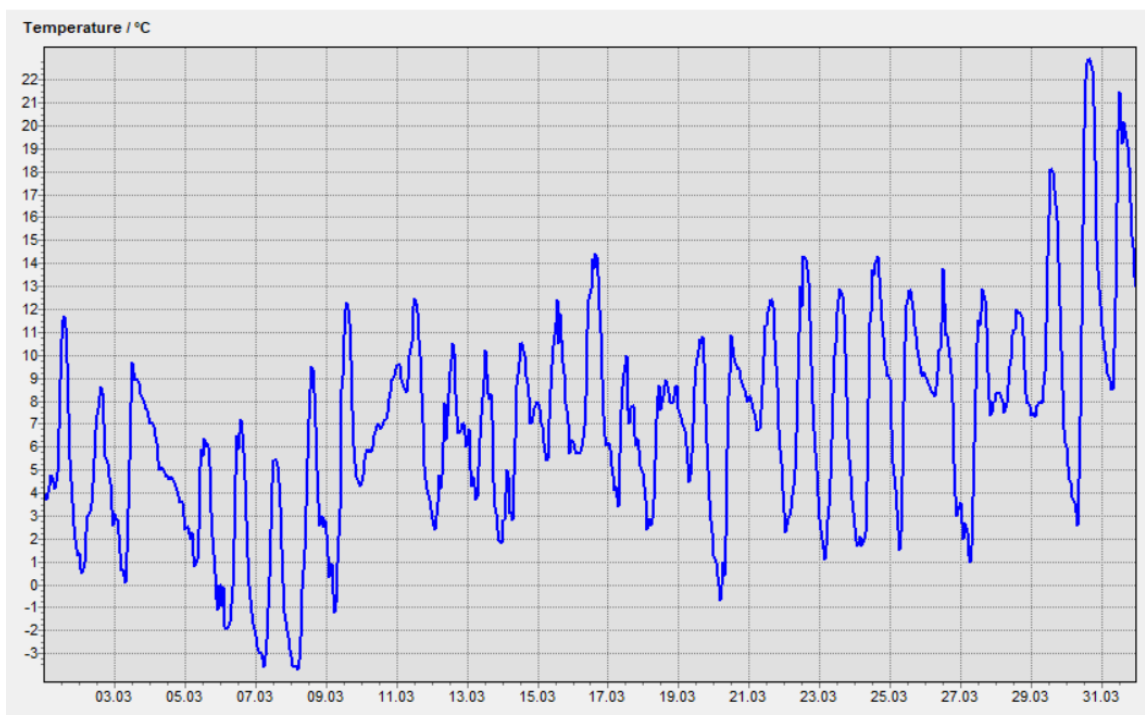


## WEATHER FOR MARCH 2021

|                        |        |       |
|------------------------|--------|-------|
| Rainfall in March 2021 | 1.70"  | 43mm  |
| Rainfall in March 2020 | 2.70"  | 69mm  |
| Rainfall for 2021      | 8.86"  | 225mm |
| Rainfall for 2020      | 12.89" | 327mm |

Warmest day 22.9°C on 30<sup>th</sup>  
 Warmest night 9.1°C on the 25<sup>th</sup>

Coldest day 5.4°C on the 7<sup>th</sup>  
 Coldest night -3.7°C on the 8<sup>th</sup>



While it is easier to 'forecast' weather patterns in the winter months, the previous few months' forecasts have proved to remarkably accurate. As I write this we are coming out of a cold 'plunge' with colder than average temperatures still forecast. We also saw a few snow flakes at the beginning of April but none in March.

From the MetOffice:

"The first week of March was cold but largely settled, followed by a disturbed spell of weather from 9th to 12th. Many areas were predominantly dry during the second half of the month, although western and northern areas saw persistent rain during 24th to 30th. The second half of the month was also much warmer, especially the last three days."

Sunshine values were slightly above average while rainfall was only 60 % of the 1981 – 2010 averages.

The forecast for April to June, using the information from the MetOffice Contingency Planners, is for an increased chance of settled weather during April resulting in a greater chance of warm and dry conditions compared to average. However, there still remains the chance of transient cold spells with the possibility of snow (further north). The drivers for this are a strong Stratospheric Polar Vortex which results in westerly winds, a weakening of the recent La Nina and the Madden-Julian Oscillation (too much information?) moving into a phase favouring less strong westerly winds in April.

Overall

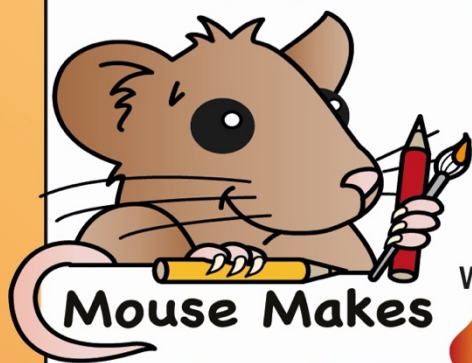
- Warm conditions are almost twice as lively as normal
- Greater than normal chance of impacts from hot weather, especially in the later period
- Chances of wet periods are similar to normal
- Extended dry conditions have half their normal chance

Elizabeth Ogg

Sudoku Solution (P.28)

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

# Children's Page



Re arrange the scrambled letters to find the missing words.

The Holy Spirit  
**V S E I L**  
with us and in us.

The Holy Spirit  
helps us to  
**W K N O**  
we belong to God.

The Holy Spirit  
**H C T S E E A**  
us about God.

The Holy Spirit  
**K P E S S A**  
God's word to us.

The Holy Spirit  
**P H L S E**  
us to tell others  
about Jesus.

The Holy Spirit  
helps us when we  
**A Y P R**



On the day of PENTECOST  
the disciples were gathered  
together in one place...

What sound did they hear?  
Acts 2:2

What did they see?  
Acts 2:3

What filled them?  
Acts 2:4

How did they speak?  
Acts 2:4

What did the crowd hear?  
Acts 2:6

Which countries  
had they come from?  
Acts 2:9

What was  
their reaction?  
Acts 2:12-13

Who explained  
what was  
happening?  
What did he say?  
Acts 2:14-36



How many  
people were  
baptised  
that day?  
Acts 2:41



Change each letter to the  
letter before it in the  
alphabet and see what  
the **Holy Spirit**  
produces in us:

KPZ  
IVNJMJUZ  
TFMG DPOUSPM  
GBJUIGVMOFTT  
LJOEOFTT  
QBUJFODF  
QFBDF  
MPWF  
HPPEOFTT  
Galatians 5:22

What is the work of the  
**Holy Spirit**? What does He do?  
Fill in the missing letters.

TEAC \_ ES  
COMF \_ RTS  
REVEA \_ S

IN \_ OU  
TRAN \_ FORMS  
HEL \_ S

GU \_ DES  
GENEWS  
CONV \_ CTS  
SANC \_ IFIES



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# Guiding in the Benefice

## Rainbows

The youngest members of the guide movement, Rainbows were introduced in 1987 but didn't arrive in Lower Beeding until 1994 when the 1<sup>st</sup> Lower Beeding and Rainbow unit was formed by Sue Passfield who was eager to introduce five year old Katie to guiding. Mary Long, a name associated with Guiding in Lower Beeding for many years, eventually took over from Sue and when Mary retired in 2004 I was persuaded by Mandy Wicking to 'pick up the mantle', but over 16 years later I have a long way to go to match Mandy's 49 years with guiding in Lower Beeding!!

The intervening years have seen two changes to the Rainbow programme. The Rainbow Jigsaw was introduced shortly after I started my adventure and the latest changes were introduced in 2019.

Moving with the times, the new programme is designed to challenge, inspire and empower, but it also gives Rainbow guides a chance to earn lots more badges than before!!

The Rainbow programme follows the principles laid down by the World Association of Girl Guides and Girl Scouts (WAGGGS). In Girlguiding UK it is known as the Five Essentials:

Girls work together in small groups

Girls are encouraged to govern themselves and make their own decisions.

Girls have a balanced and varied programme.

Girls care for the individual.

Girls share a commitment to a common standard.

In September 2019 I was joined by Emily as assistant leader and the 1<sup>st</sup> Lower Beeding Rainbow Unit will continue to meet on Tuesdays following the end of lockdown.

The death of the Duke of Edinburgh has reminded me that over the years several girls have spent time helping in the unit as part of the volunteering section of the DofE award scheme.

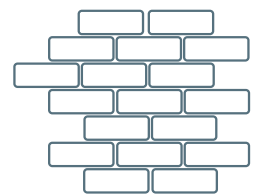
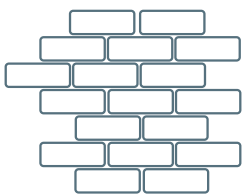
I am also reminded that the Queen, who is the patron of Girlguiding in the UK, made a promise at her coronation in 1953 to dedicate her life to the service of the British Commonwealth and British Empire. Prince Philip also made an oath and pledged his loyalty to the Queen.

Rainbows make a promise at their enrolment 'to do their best to think about their beliefs and to be kind and helpful' and Brownies and Guides make their own promise:

I promise that I will do my best; to be true to myself and develop my beliefs, to serve the Queen and my community, to help other people and to keep the Brownie/Guide law.

The Duke of Edinburgh 'did his best' and served the Queen for almost 70 years. He should be an inspiration to all members of Girlguiding.

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# Scouting in the Benefice

Over the last 12 months, the Scout Group have been meeting on line via zoom for most of the time. We have taken part in a huge variety of activities as well as learning new ways to learn and take part.

We are due to start meeting back face to face on the village green in Cowfold after the Easter Break. So please don't worry if you see groups of young Scouting members on the playing field, we are able to under the current guidelines meet for our Scouting meetings with the young people.

If you are interested in your young person joining please either email [gsl1cowfold@horshamscouts.com](mailto:gsl1cowfold@horshamscouts.com)

We currently have spaces in Scouts age 10.5-14yrs and are able to add below 7yrs old to the waiting list at Beaver Scouts 6-8yrs.

If you have any questions do let us know.

**Ellen Barker**

**Group Scout Leader**

**1st Cowfold Scout Group, Horsham District, West Sussex**

**Tel: 01403 865791 or 07876 564951**

**Email: [gsl1cowfold@HORSHAMSCOUTS.COM](mailto:gsl1cowfold@HORSHAMSCOUTS.COM)**

**Web: <http://1stcowfoldscouting.org.uk>**

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# Take a break!



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





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# FAMILY SUPPORT WORK

---



The week before Easter the monthly newsletter appealed for items for the food bank. Stocks had fallen because of enhanced need for food deliveries since Christmas to support families during latest lockdown and period of home schooling. FEBRUARY 396 DELIVERIES.

Prompted by Lesley Hendy and support of Headmistress Tracey Bishop our lovely Holy Trinity School came to the rescue supplying a car boot load of supplies enhanced by other donations. THANK YOU.

Lesley, Oliver and I took the supplies to the office in Brighton to be met by Martin, Chief Executive of FSW who appreciated the donations and was able to share that increased monetary donations will enable extended work in the Diocese.

During March each child received a book on World Book Day and Mums received chocs and toiletries on Mothering Sunday.

Thank you all for your continued support.

Kay Croll



# **We Chose to Go to the Moon**

---

On 25<sup>th</sup> May 1961, President John F Kennedy announced to Congress that the United States 'should commit itself to achieving the goal, before this decade is out, of landing a man on the Moon and returning him safely to the Earth.'

This reflected the United States' desire to catch up with the Soviet Union in the space race. Although an extremely challenging goal, it was finally achieved on 20<sup>th</sup> July 1969, when Apollo 11 commander Neil Armstrong stepped on to the Moon's surface.

Such a challenging mission required commitment and sacrifice from many people. What is our mandate, as the people of God in today's world? What challenge have we been entrusted with by God that requires our absolute commitment and sacrifice in these difficult days? When Jesus ascended into heaven, His last words to His disciples were significant: 'But you will receive power when the Holy Spirit comes on you; and you will be My witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.' (Acts 1:8).

Our mission is to be witnesses for Jesus, making Him known in our workplaces, to our families and friends, as well as the wider community. A credible witness speaks of what they know personally. What is my story of how Jesus has changed my life?

However, we have the gift of the Holy Spirit to empower our witness: 'you will receive power when the Holy Spirit comes on you' (1:8). The Spirit enables us to display the fruit of Jesus' character and gifts us to be effective witnesses.

'We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard' (JFK, 12<sup>th</sup> September, 1962 at Rice University).

# Poetry Cornered

## MAY' BY CHRISTINA ROSSETTI

I cannot tell you how it was,  
 But this I know: it came to pass  
 Upon a bright and sunny day  
 When May was young; ah, pleasant May!  
 As yet the poppies were not born  
 Between the blades of tender corn;  
 The last egg had not hatched as yet,  
 Nor any bird foregone its mate.

I cannot tell you what it was,  
 But this I know: it did but pass.  
 It passed away with sunny May,  
 Like all sweet things it passed away,  
 And left me old, and cold, and gray.





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The name cowslip is believed to be a mispronunciation of cow slop, so named because the flowers are traditionally found near cow pats in pastures! A widespread plant of grassland, not to be confused with primrose which is more of a woodland plant. Cowslip can grow in many soils but really thrives in limestone and chalk grassland. It is an important nectar source for insects including bees, beetles and butterflies as it flowers early and can carpet an area where conditions are suitable. Look out for the yellow brimstone butterfly, which is on the wing early in the year, this may be feeding on cowslip flowers.

Like many wildflowers, cowslip has been part of the herbalists' collection for centuries. It has a sedative quality so is used to treat sleep problems whilst the citrusy flavoured flowers can help with coughs. Cowslip flowers were also used to flavour wine and can be found in traditional Spanish recipes.

Also known as St Peter's Keys or Keys of Heaven, cowslips were believed to have grown where St Peter dropped the Key to Earth. A lovely thing to visualise as we pass by these beautiful flowers!

Andrea Gilpin  
[andrea@cfiga.org.uk](mailto:andrea@cfiga.org.uk)  
[www.caringforgodsacre.org.uk](http://www.caringforgodsacre.org.uk)

~~~~~

Beware the use-by date

Nobody likes to throw food away, but if you ignore the use by dates and go by smell alone, you can risk serious illness. So warns the Food Standards Agency. In a recent study, the regulator found that half of us do not always check use-by dates.

Many of us still smell the milk to see if it is still okay. The agency has warned that some Britons who actively ignore use-by dates could risk being hospitalised. Use-by dates are carefully calculated by assessing bacteria on food which could multiply to make them ill.

A spokesman for the agency said: "It's great that consumers are trying to minimise food waste, but there are lots of ways to do that without gambling with your health, such as planning your meals ahead of time, checking what you have in the fridge that is close to its use-by date, and freezing food right up until the use-by dates."

Sadly, there are around 2.4million cases of food poisoning each year, and 180 deaths.



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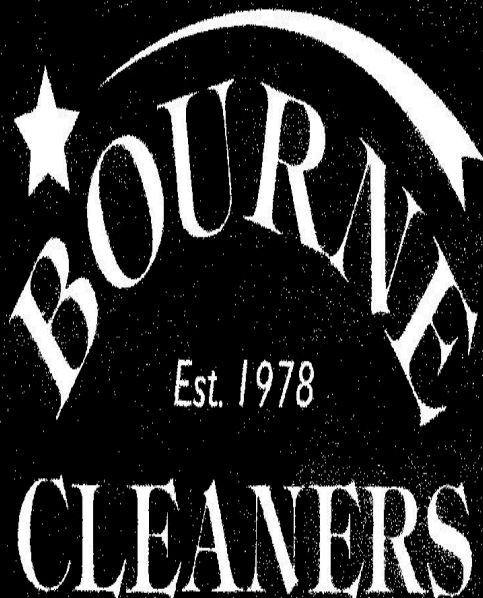
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Yellowhammer by Andreas Trepte

If I had a hammer

One bird I've always dreamed of adding to my garden bird list is the Yellowhammer. Yellowhammers are farmland birds which can be encountered singing on hedgerows in the countryside across Sussex, their song famously sounding like a request for 'A-little-bit-of-bread-and-no-cheese'. In cold winters these rural birds can be pushed into suburban gardens in search of food which gave me hope that one day I would be blessed with a Yellowhammer. During colder winters flocks of Reed Buntings – relatives of the Yellowhammer- have taken up a regular residence in my garden and I would hopefully scan them for a flash of yellow - which after 8 years of waiting is what finally happened on 18 February. Then again on 19 February. Then a pair flew in on 20 February. I raced out to the local garden centre and bought a bag of birdseed and diligently spread it under the bird table recreating the bird's farmland feeding habitat. Now each day I'm visited by a flock of 18 Yellowhammers!! For weeks I've sat stunned each morning as I watch these beautiful canary-yellow birds brightening up my garden with a burst of bright colour. They've even started singing on the fence! After the long, dull, locked-down winter I've suffered these exotic-looking birds have delivered a jolt of excitement that has really spiced up my spring.

Nectar in your garden

Our home gardens are now the largest source of food for insects such as bees and wasps in towns and cities.

They yield 85 per cent of the nectar produced in urban areas, according to a study published in the Journal of Ecology.

Three such gardens will generate about a teaspoon a day of the sugar-rich liquid which is found in the flowers that the pollinators drink for energy. A teaspoon of nectar is the equivalent of more than a ton of food for an adult human, and it is enough to fuel thousands of flying bees.

One ecologist has called home gardens "pivotal" in promoting biodiversity in urban areas across the county. Gardens are thought to cover 29 per cent of the land in urban areas, which is six times the area of parks and 40 times that of allotments.

The research was carried out in partnership with the universities of Edinburgh and Reading and the Royal Horticultural Society.

Mark and his Team welcome you to

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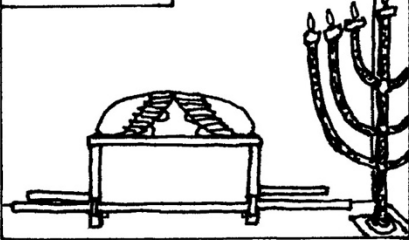
Bible Bite

A short story from the Bible

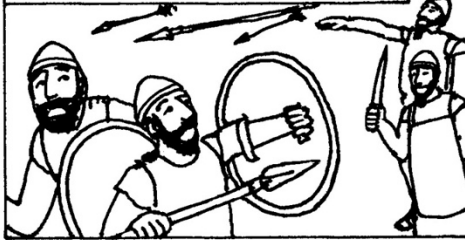
It can be read in the Bible in
1 Samuel 4:1-10, 5:1-7:1

God gave Moses two stone slabs with His laws for the Jews on them. They were kept in a special chest, the Ark, and carried with them

When the Jews got to Israel, the Ark was kept at Shiloh.



The Jews did not keep God's laws so He let the Philistines attack and defeat them.



The Jews took the Ark into battle with them to make God help them win.



But the Philistines won. They took the Ark to their city of Ashdod and put it in the temple of their god Dagon.



The next day they found Dagon's statue face down.

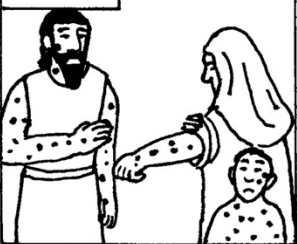


They put it back up.

The next day it was over again and its head and hands had broken off.



Then the people became covered in sores.



They moved the Ark to the city of Gath.

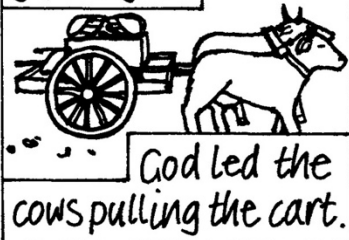


People began to have sores there too.

They were going to move the Ark to Ekron, but the people there wouldn't let them.



So they put the Ark on a new cart with a gift of gold.



God led the cows pulling the cart.

At Bethshemesh, people harvesting saw the Ark.



They celebrated its return.

But some treated it without respect and died.



So it was moved to Keriath Jearim for safe-keeping.

1st May: May Day: unbridled merriment

May is the month when the ancient pagans used to get up to 'all sorts'! The Romans held their festival to honour the mother-goddess Maia, goddess of nature and growth. (May is named after her.) The early Celts celebrated the feast of Beltane, in honour of the sun god, Beli.



For centuries in 'Olde England' the people went mad in May. After the hardship of winter, and hunger of early Spring, May was a time of indulgence. One Philip Stubbes, writing in 1583, was scandalised: 'for what kissing and bussing, what smooching and slabbering one of another, is not practised?'

Henry VIII went 'maying' on many occasions. Then folk would stay out all night in the dark rain-warm thickets and return in the morning for dancing on the green around the May pole, archery, vaulting, wrestling, and evening bonfires.

The Protestant reformers took a strong stand against May Day, and in 1644 May Day was abolished altogether. Many May poles came down - only to go up again at the Restoration, when the first May Day of King Charles's reign was 'the happiest Mayday that hath been many a year in England', according to Pepys.

May Day to most people today brings vague folk memories of a young Queen of the May decorated with garlands and streamers and flowers, a May Pole to weave, Morris dancing, and the intricacies of well dressing at Tissington in Derbyshire.

May Day is a medley of natural themes such as sunrise, the advent of summer, growth in nature, and - since 1833 - Robert Owen's vision of a millennium in the future, beginning on May Day, when there would be no more poverty, injustice or cruelty, but harmony and friendship. This is why, in modern times, May Day has become Labour Day, which honours the dignity of workers. And until recently, in communist countries May Day processions were in honour of the achievement of Marxism.

There has never been a Christian content to May Day, but nevertheless there is the well-known 6am service on the top of Magdalen Tower at Oxford where a choir sings in the dawn of May Day.

An old May carol includes the lines:

*The life of man is but a span, it flourishes like a flower
We are here today and gone tomorrow - we are dead within an hour.*

There is something of a sadness about it, both in words and tune, as there is about all purely sensuous joy. For May Day is not Easter, and the joys it represents have always been earth-bound and fleeting.

**

8th May: Julian of Norwich, a voice from a distant cell

Julian of Norwich was born in 1342 and wrote at the end of the 14th century, when our modern English language was slowly emerging from its origins in Anglo-Saxon and Middle English.

We know little about Julian's early life, but when she was 30, she fell ill and was near death when suddenly her pain left her, and she received 16 visitations. Julian wrote these down, in what became known as the 'short text'. 20 years later she extended this to become her 'long text'.

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 little 'cell'.



Julian taught that all things depend upon the love of God for their being. Her spirituality was focussed on the cross, and she wanted to share the sufferings of Christ. She believed that humanity is separated from God by sin, but redeemed through Christ, who reunites us with God. Julian also emphasised Christ as mother, but within a clear Trinitarian understanding of the godhead.

Her masterpiece, *Revelations of Divine Love*, reveals a mystic of such depth and insight that it is still read by many thousands of Christians today. One of the notable features is that her theology determined her experience, rather than the other way round.

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.

**

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

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

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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.

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