

Parish Magazine

For Lower Beeding and
Cowfold



September 2024

£1

Contents

Welcome to the September 2024 edition of the Parish Magazine for the Benefice. This month's cover photo is one of the beautiful dogs at Arundawn Dog Rescue. As many of you know, Arundawn holds a special place in my heart and I am a big advocate for adopting. I hope you love this beautiful picture of Moss as much as me!

As always, I want to say a massive thank you for everyone's recommendations and feedback with the Parish Magazine, I appreciate you all helping me to put the Parish Magazine together. I hope you enjoy this month's edition.

All payments and donations for the parish magazine are gratefully appreciated and go towards the church of both parishes.

Again, moving forward, if anyone has any contributions for the Parish Magazine, I would LOVE to hear them. You can reach me on lizzie15@hotmail.co.uk. All contributions for the October edition I will need to receive by September 14th.

Liz Ulloa – Editor.

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

FOR THE BENEFICE - READINGS & WORSHIP SERVICES

SEPTEMBER 2024

1st September
Fourteenth Sunday after Trinity
Deuteronomy 4: 1-2, 6-9.
James 1: 17-end.
Mark 7: 1-8, 14-15, 21-23.

8th September
Fifteenth Sunday after Trinity
Isaiah 35: 4-7a.
James 2: 1-17.
Mark 7: 24-end.

15th September
Sixteenth Sunday after Trinity.
Isaiah 50: 4-9a.
James 3: 1-12.
Mark 8: 27-end.

22nd September
Seventeenth Sunday after Trinity
Wisdom of Solomon 1: 16-2:1, 12-22.
James 3: 13- 4:3, 7-8a.
Mark 9: 30-37.

29th St. Michael and All Angels.
Genesis 28: 10-17.
Hebrews 1: 5-end.
John 1: 47-end.

TIMES OF SERVICES -SUNDAYS

(Celebration of Festivals will be announced separately)

St. John's, Coolhurst

Every Sunday - 8.30 am Said Eucharist

Holy Trinity, Lower Beeding

1st Sunday – Family service (No Eucharist)
2nd, 3rd, 4th. Sunday – 10am Parish Eucharist
5th Sunday – 10am Joint Benefice Eucharist
(normally alternated between Lower Beeding and Cowfold)

St. Peter's, Cowfold

1st Sunday of the month - 10am Parish Eucharist
2nd Sunday of the month - 8am BCP Holy Communion 10am 'Short & Sweet' family service
3rd Sunday of the month - 8am BCP Holy Communion - 11.15am Parish Eucharist 6pm - Taizé worship by candlelight
4th Sunday of the month - 10am Parish Eucharist
5th Sunday of the month - 8am BCP Holy Communion - 10am Parish Eucharist (joint service alternating with Holy Trinity, Lower Beeding)



From The Registers

28th July 2024 – *Noah James Pauling* –
Holy Trinity, Lower Beeding



7th August 2024- *Ellen Amelia Chadwick & Ben Middleton*
Holy Trinity, Lower Beeding

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FROM THE MINISTRY TEAM

Dear Friends,

'Hate has caused many problems but has solved none.'

I am writing this in the wake of the riots and civil disturbance which has spread across several places in our country following the tragic death of the three young girls at a school holiday dance activity. During this time, we have seen real hate and also real acts of friendship and support for communities.

So, the above statement is so true of the events of the past few days in respect of the rioting caused by misinformation and false rumour and dare I say as an excuse for civil disorder.

So, what is the opposite to hate? Love? But the word 'Love' is a much-misused word in today's world. Despite the richness of the English language, we are let down as we have one single word to express the different variations as what "Love" means. It is so often used as a throwaway word without much sense of it meaning such as "I love so and so's music, or I love ice cream and so on, when surely the correct word should be "like" even if it is a deep liking? Whereas the English language is poor on the word 'Love', this not the case in Greek. Where there are several different words in Greek for "love", each conveying a different meaning as to the "love" referred to. Each of the Greek words for love expresses specific emotions, their precise language allowing them to distinguish between "love", love between friends and family, and love for humanity, among other types.

However, as I am not a Greek Scholar, I cannot discuss with any authority the variants and roots etc., it is possible however that another Greek word we do not use much these days to express, what I would humbly put forward as the true meaning of and deeper meaning of "love", rather than the throwaway use we seem to accept and use today. That Ancient Greek concept is: "Agápe" which means "love: esp. unconditional love, charity; the love of God for person and of person for God". *Agape* is used in ancient texts to denote unconditional love, and it was also used to refer to a love feast. *Agape* is used by Christians to express the unconditional love of God for His children. This type of love was further explained by Thomas Aquinas as "to will the good of another".

I found this quote: "For this reason, love for God and neighbour is the first and greatest commandment. Sacred Scripture, however, teaches us that the love of God cannot be separated from love of neighbour: "If there is any other commandment, it is summed up in this saying: Thou shalt love thy neighbour as thyself.... Love therefore is the fulfilment of the Law" (Rom. 13:9-10; cf. 1 John 4:20). To men growing daily more dependent on one another, and to a world becoming more unified every day, this truth proves to be of paramount importance.

Therefore, to love one's neighbour as oneself is a true expression of love, or as Jesus says and is often quoted or used at Remembrance Day services "Greater love hath no man than this, that a man lay down his life for his friends."

Blessings,
Geoff





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News and Views from the Pews

Canon Paul Hardingham considers the needs of children.

Education Sunday

Education Sunday takes place on 8th September, as our children return to school after the summer break. It's good opportunity to ask what God thinks of children and how we can reflect this in our schools, churches and families.



Children are valuable to God:

'Then people brought little children to Jesus for him to place his hands on them and pray for them. But the disciples rebuked them. Jesus said, 'Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.' (Matthew 19:13-14).

Jesus' action shows the importance of children to God. In many cultures around the world, children are often abused, exploited or disregarded. God is committed to caring and protecting them and calls us to do the same.

Children need nurture and guidance:

'Train up a child in the way he should go; even when he is old, he will not depart from it.' (Proverbs 22:6 ESV). Gardeners will often attach plants to a pole or trellis to guide their growth. Children also need solid structure to keep their physical, emotional, social, and spiritual growth on track. We can support them in their growth and development, and we can be a godly example to them.

Children need discipline:

'Discipline your children, and they will give you peace; they will bring you the delights you desire.' (Proverbs 29:17). This is not easy and requires the fruit of the Spirit: love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22-23). Discipline is a sign of love, reflecting how God deals with us (Hebrews 12:7). In this way, they'll become adults who fulfil all that the Creator wants them to become.

As Jesus said, *'Whoever welcomes one of these little children in my name welcomes me'* (Mark 9:37).



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OPENING TIMES

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WEDNESDAY + THURSDAY 12-3PM & 5:30 – 11PM

FRIDAY, SATURDAY & SUNDAY 12-11 PM



SEPTEMBER EVENTS

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Crabtree Cavaliers 2024

The season will come to a close with two prestigious events (dates and details of previous winners are shown below) and they will also be the final times that Eddy and Ruth prepare the wicket and run the bar before they take their very well-deserved retirement. So spectators will be especially welcome to enjoy the superb cricketing action and also thank Eddy & Ruth for all their efforts over many years.

Sun. 1 September: Single Wicket Competition (Expected timings 3-7pm)

Year	Trophy		Plate
	Winner	Runner-up	Winner
2008	Nick Rees	Peter Miller	Peter Noble-Jones
2009	Peter Noble- Jones	Peter Miller	Nick Rees
2010	David Everatt	Francis Turnbull	Peter Miller
2011	Kim Dennis	Paul Botting	Nathan Wicking
2012	Adam Wicking	Russell Knapton	Paul Smith
2013	Nathan Wicking	Nigel Parry	Russell Knapton
2014	Adam Wicking	Jon Palling	John Ford
2015	Adam Wicking	Nathan Wicking	Russell Knapton
2016	Nigel Parry	Russell Knapton	Nick Rees
2017	Nathan Wicking	Nick Rees	Pete Robinson
2018	Nathan Wicking	Henry Knapton	Russell Knapton
2019	Adam Wicking	Nathan Wicking	Henry Williams
2020	Not held		
2021	Nathan Wicking & Ed Allen*	Nigel Parry & Simon Holt*	Not held
2022	Pete Robinson	Harrison White	Chris Sloggett
2023	Karl Pietersen	Chris Sloggett	Nick White

(*Played as a Pairs competition in 2021)

Sunday 8 September: 8 a-side Tournament (Expected timings 12-7pm)

Year	Winner	Year	Winner
2014	Crabtree Cavaliers & Royal Oak (joint)	2019	Royal Oak
2015	Stout House	2020	Royal Oak
2016	Jolly Tanners	2021	Jolly Tanners
2017	Jolly Tanners	2022	Stout House
2018	Stout House	2023	Jolly Tanners

Full scorebook details of all the Cavaliers' matches throughout the season are available on <https://crabtreecavaliers.play-cricket.com/home>

The Crabtree Cavaliers are the local village pub cricket team and generally play on mid-week evenings throughout the summer and are always looking for new players (of any age between 14 to 75!). Please contact Russell Knapton (01403 892532 or russell.knapton@btinternet.com) or via the ECB Play-Cricket website if you are interested in playing.



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Gardeners' World

It's mid-August, and we've experienced the hottest days of the year this week, and the warm weather is a welcome arrival for us. Despite what appears to have been an overly extended spring, our gardens seem to have produced plenty for us to admire and enjoy. We now have an abundance of produce coming in from the vegetable plot and at the same time plenty of colour to cheer us. Now is a time for gardeners to relax just a little before the clearing and pre-winter preparation gets started in earnest later in the year. But before we take it too easy there is still a variety of jobs that we need to keep up with during September.

Turning first to the vegetable garden, we have spoken in the past of potato blight. Hopefully you'll not have had an attack this year, and to prevent the possibility of a late attack when the maincrop potatoes are now developed just cut back the haulms a couple of weeks before lifting. Doing this will also help harden the skins of the crop. Sometime during the month, if not already, the beans and peas will finish, but instead of pulling up the plants cut them off at soil level and allow the roots to rot in the ground – they are good nitrogen fixers, and this is slowly released into the soil as the roots break down. Whilst much of the preparation work doesn't get going until October, or later, September sees the start of the autumn clean-up of beds and at the same time it gives us the opportunity to plant over-wintering varieties of garlic and onions. Try growing onions either from sets or seeds, for example the very reliable "Senshyu" can be grown by either method and will produce an excellent crop after over-wintering. And throughout the month many crops will continue to provide – be sure to keep up harvesting them, most vegetables will continue to give good pickings throughout the month. We've mentioned potato blight at around this time of year on several occasions, and if you have maincrop potatoes to harvest this month then to protect them from this problem cut the haulms down to ground level a couple of weeks before digging them up or, if in bags, before emptying them out. These can then be stored in paper or hessian bags, in fact anything that will allow the potatoes to breathe. And make sure the potatoes have dried out completely before storing.

Roses need deadheading and perhaps some fertilizer, and ramblers need careful pruning to protect next year's lead stems. And in to ensure tidiness and order in the garden there's strimming and weeding to continue with. We're now into the season for maintaining hedges in good order. Conifer, box, beech, any many other hedges can all be cut back with vigour at this time of year and the benefits will be seen when they get going again in the spring of next year. Try the RHS "Pruning and Training Guide" for comprehensive information on maintaining hedges, it'll cost around £13 when purchasing the paperback edition online and will be money well spent to aid in your hedge maintenance. While you're working on the hedges give trees and bushes a trim, including cutting back on overgrown rhododendrons. They will tolerate a trim and equally a heavy pruning if they are truly getting out of hand.

In the greenhouse the time is coming when that too will need its clean. Clear out all decaying plant material, this can harbour unwanted pests and diseases. The cucumbers and tomatoes will continue to crop though well into the month, they will still need daily watering to maintain production. For the flower beds and for those semi-formal areas for bulbs start to think about where you might need to add bulbs to provide spring colour. Other jobs that are still necessary during the month include dead-heading – roses, baskets and containers for example – and tending the lawn. It's also the time for an autumn feed for the lawn, one that is high in potassium and low in nitrogen to encourage strong root growth. A poor quality lawn is going to be more susceptible to leatherjackets and other unwelcome lawn pests. I know this from experience when a few years ago an excess of these unwelcome lodgers led to badgers arriving overnight and digging up large areas of the lawn to have their dessert after feasting on windfall apples. Be warned!

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RECIPE OF THE MONTH

TOMATO SOUP

INGREDIENTS

2 KG OR 4 ½ LBS OF LARGE RIPE TOMATOES
1 GARLIC BULB, CUT IN HALF
2 LARGE RED ONIONS, QUARTERED
FEW SPRINGS OF FRESH THYME
1 TBSP GOLDEN CASTER SUGAR SALT & PEPPER
2 TBSP OF EXTRA VIRGIN OLIVE OIL
SOME VEG STOCK OR SINGLE CREAM TO THIN SOUP IF NEEDED
FEW DROPS OF BALSAMIC VINEGAR + WORCESTER SAUCE IF DESIRED

METHOD

1. In a roasting tray, place the tomatoes, onions, garlic and thyme, drizzle with olive oil, season and roast for 40-50 minutes.
2. Allow to cool slightly, then remove the garlic from the skin.
3. Pulse in a blender, add stock or cream if too thick.
4. Add vinegar or sauce if you fancy.



Thank you so much to my lovely mum for giving me this months recipe! Do you have a favourite recipe? Be sure to send it to me so we can share it with the village.

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Poetry Cornered

Digging

By Edward Thomas

Today I think
Only with scents, - scents dead leaves yield,
And bracken, and wild carrot's seed,
And the square mustard field;

Odours that rise
When the spade wounds the roots of tree,
Rose, currant, raspberry, or goutweed,
Rhubarb or celery;

The smoke's smell, too,
Flowing from where a bonfire burns
The dead, the waste, the dangerous,
And all to sweetness turns.

It is enough
To smell, to crumble the dark earth
While the robin sings over again
Sad songs of autumn mirth.



Church Mice

Church Mice Stay & Play Toddler Group has continued to run in Cowfold Village Hall every Wednesday morning throughout the summer holidays as well as in term time. Overseen by St Peter's Church, this is an important place for parents and carers of pre-school children to bring their little ones to play and socialise, as they get to meet and chat with other parents and carers. School-aged siblings are welcome to attend with their younger brothers and sisters in the school holidays.

Help is needed to set up and run the weekly sessions from September as the current mums and their children move up to playgroup and primary school. Ideally there would be two or three people who could cover for each other in case of holidays and illness. If you or anyone you know would be interested in volunteering, please speak to Helen on 01403 865038 or speak to Rev Sue on her return from sabbatical, to find out more. Thank you.



The flyer has a light blue background with white clouds. At the top, the text 'church Mice' is in orange with a white outline. Below it, 'Baby, Toddler & Pre-school' is written in a large, orange, bubbly font, also with a white outline. To the left of this text is a yellow and orange hot air balloon. To the right is a rainbow with yellow stars. In the center is a photograph of a playroom with a red toy car, a purple ball, and a wooden playhouse. Above the photo is a pink banner with the text 'Wednesday's 9.30am - 11am'. Below the photo is a pink starburst shape with the text '£2 per child'. At the bottom, the address 'Cowfold Village Hall, Bolney Road, Cowfold, Horsham, West Sussex RH13 8AA' is written in black. A small castle icon is in the bottom left corner.

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LOWER BEEDING PARISH COUNCIL

Dear Parishioners

We have received some good news on the reduction of speed limits in the Parish this autumn.

The following speed limits will be adjusted.

B2115 Sandygate Lane – 40 mph from No 1 Cisswood Cottage to approx. by the White Gables. The 30mph limit to will also be increased for an additional 85m.

B2110 Leechpond Hill - 40 mph from the current 30 mph limit to join up with the existing 40 mph at the A281 Long Hill junction.

B2110 Handcross Road – from existing 30 mph by Howards Nursery to introduce a new 40 mph buffer a further 800m along the Handcross Road and into Warninglid Lane.

We would like to thank the Transport Working Party consisting of Jacqui Dunning and Keri Fitzpatrick in their dogged determination to get this completed through West Sussex Highways.

We would also like to welcome Mr Aubrey Claridge as the a new Councillor to the Parish Council. Aubrey will bring a wealth of local knowledge to the Council.

If you need any advice or are concerned on any issues, please contact me on: -

TEL: 07540 418155

E-MAIL: clerk@lowerbeeding.com

Yours sincerely

Peter Knox

Clerk to Lower Beeding Parish Council

Website: www.lowerbeeding.com

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LOWER BEEDING ASSOCIATION NEWS

Charity No. 267433

If you are a village 250+ Club member or would like to become one and know more it please contact Paul on 01403 891293 or Jean on 01403 891523. The second draw of the year will be just before Christmas – not too long a wait now!

Trying to think of something to put in the magazine with only a few days to go I found this among my notes by George Coomber.....

Part 1 of a talk Prehistoric remains

Many flint arrowhead have been found in the Forest and at Leonardslee from the Mesolithic (12,000 to 3,000 BC) and Neolithic (3,000 – 1,800 BC) and in 1864 six fragments of bronze axe heads (c 1000) were found on Willis Farm, Hammerpond Road. (My grandfather was born in 1885 at Willis Farm. JB !)

Several Barrows (burial mounds) have also been found in the area. The most well-known of these is the “Money Mound”. Map ref TQ 23772877 (north of Hammerpond Road near junction with Handcross-Lower Beeding road at Ashfold Crossways). There were other earth mounds in an adjoining field to the west but these have been ploughed out.

Money Mound got its name after coins were exposed by burrowing rabbits and moles. It was scientifically excavated between February 1961 and September 1962. It was found to be a composite Bowl Barrow with no ditch. There were two concentric sandstone circles each about six foot wide. The outer circle was approx.60ft in diameter and the inner about 30 foot with a hard, compact mass of white sand between them. The mound was about 2’6” high in the centre but was badly damaged by ploughing.

Items found included fragments of a beaker, late Iron-age and Roman pottery, Roman coins, bronze rivets, two flint arrowheads and a clay pipe, also large quantities of charcoal.

The conclusions drawn were that it was built during the Beaker Period (2,000-1,400 BC) ie. about 3,500 – 4,000 years ago. Bowl Barrows were normally used for burials. No remains were found but as the soil is very acidic the bones would have disappeared long ago. The large amount of charcoal may mean that the body was cremated. The 37 fragments of a beaker that were found, including an almost complete base, were not enough to reconstruct It but were enough to show that the diameter of the rim was about 6 inches and that the diameter of the base was just over 3 inches. There were also fragments of another four Iron Age pots.

During the Roman period (43 BC – 410 AD) Roman and Romano-British objects were deliberately buried in the centre of the Barrow, presumably as votive offerings, As the Mound was by the side of a Romano-British track it was probably used as a wayside shrine. 156 Roman coins were found from the reigns of Vespasian to Flavius, I.e. 69-388 AD.

Altogether the coins were made during the reigns of 26 emperors.

Parts of 16 different first to third century pots were found, ranging from coarse native ware to high-class Roman glazed Samian ware. There were also some glass beads and a piece of decorated jet. The site was probably dug into and looted during the early 18th Century as a clay pipe dating from about 1740 and part of an 18th Century jug were found in the central area.

“Part of a talk given by George Coomber at the Lower Beeding Village Hall. He was a contributor to the Horsham Museum”. JB

jb

ENGLAND'S STORY

by KP Eglinton



Coming to **Lower Beeding** for the first time: Ken Eglinton's popular talk *The History of England & Wales in Two-and-a-half Hours*.

Saturday 12 October starting at 5pm at Holy Trinity Church.

Many of you will be familiar with Ken's Great Britons series in the Parish Magazine. In *England's Story* he tells of a journey from serfdom to freedom, and from ignorance to enlightenment. How, through rebellion, war, law, plague, poetry, murder, and ever advancing knowledge, an English national identity emerged.

Ticket price is £10 and all money raised will support the work and fabric of the church. Wine, soft drinks and nibbles will be provided at the second of the three breaks.

Please book your seat(s) with joan.hackett@hotmail.com

Feedback from previous runnings of this talk:

"I was amazed at what a vibrant talk you delivered. In over two hours, apart from the set breaks, no one left the room!" - University Professor

"One of the best talks I've witnessed; highly recommended" - IT Manager

"A tour de force of English history that was of the highest order – concise, entertaining and of scholarly significance. Thoroughly informative, absorbing and entertaining" - Retired Accountant

"I feared it was going to be rather dry, but it wasn't at all - tremendous fun" - Training Manager

"I loved every minute" - Bank CEO

"An enjoyable romp through English history" - Tax Manager

"A remarkable achievement" - Former Cabinet Minister & sitting MP

"Without hesitation, one of the best events I have ever attended" - University Academic

"Such a wonderful evening" - Accountant

"You promised to join the dots, and you certainly succeeded" – Church Minister



Ken's talk was inspired by many conversations over the years with those who know aspects of English history (perhaps studied the Saxons and the Tudors at school, and have heard of Magna Carta, the Peasants Revolt, the Battle of Blenheim) and wish they knew how it all fits together. Many people from overseas also enjoy this introduction to England's story.

Ken very much tells the story, joining the dots in a digestible way, with plenty of pictures, drama, humour, and some controversy. It is a very accessible presentation for all aged 10 to 110!

As this is a charity event, please feel free to bring colleagues, friends, and family. Ken has delivered this talk many times, raising funds for a variety of charities, at venues in Horsham, London, Manchester, and Bristol.

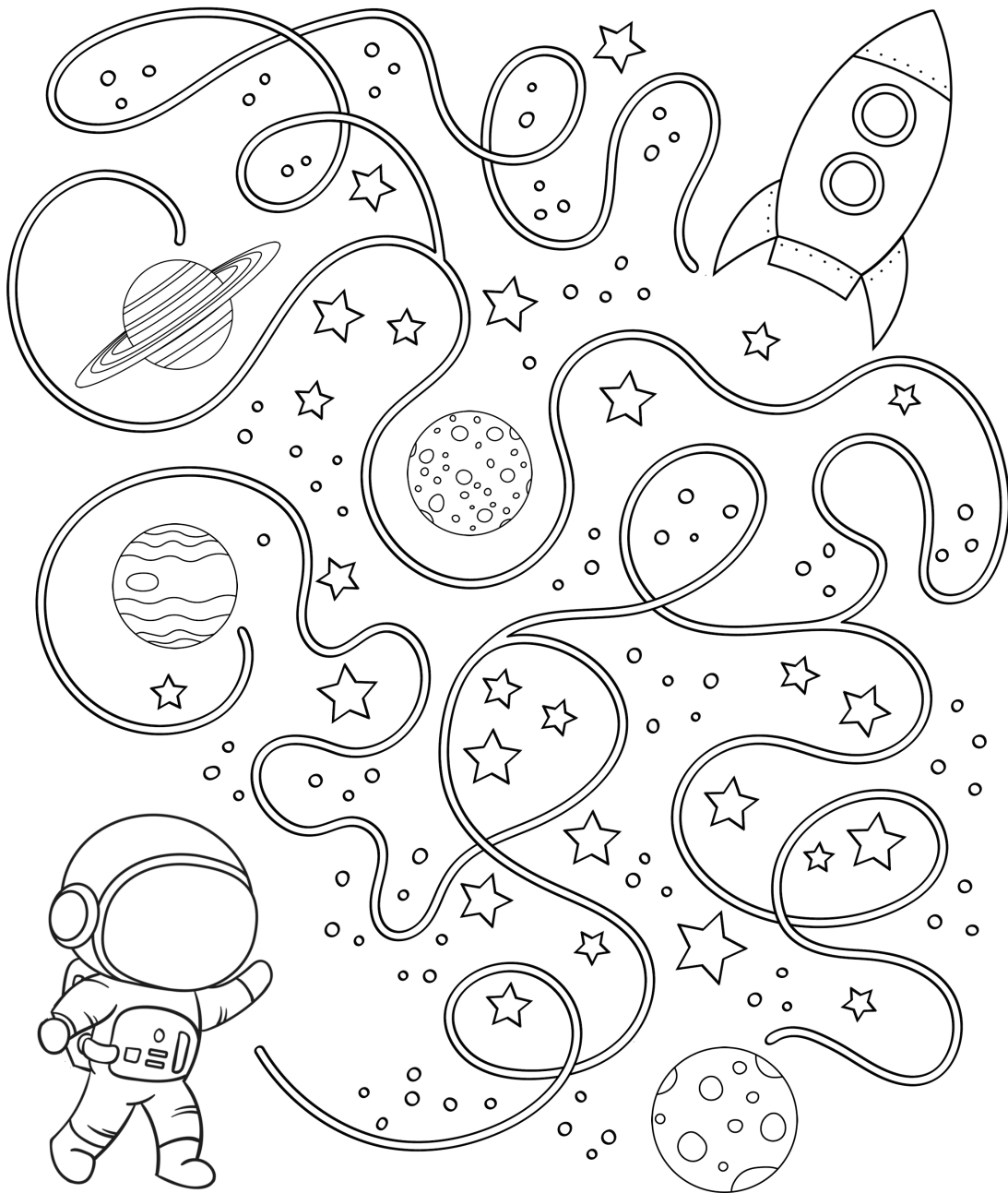
There will be fun opportunities in the evening to join in with further donations, so do come along with open hearts and open wallets.

Ken is touched that a good number of those who have attended this talk have attended more than once. It would be wonderful if you joined them, not least because, as Winston Churchill put it: "Those who do not learn from the past are doomed to repeat it"



CHILDREN'S PAGE

Help the astronaut find his way to the rocket.



Arundawn Dog Rescue

Each month I will be including a page on Arundawn Dog Rescue. Elaine and the team at Arundawn all work so hard and have been taking in stray and unwanted animals for many years and have found perfect forever homes for so many lovely dogs over the years. Each month I will include a gorgeous dog that is looking for their forever home and a success story. So please take the time to have a read and please follow the link down below if you'd like any more details. If you think you may be suitable to foster or adoption, please take a look on the website www.arundawndogrescue.co.uk OR Facebook page www.facebook.com/arundawn7.

LOOKING FOR FOREVER HOMES

BEAR is a beautiful medium/large sized crossbreed who is in search of a rural forever home experienced with larger dogs. He can live by himself or with another big calm and friendly dog following careful introductions. As you can see from the photo, he is good with children. He has been neutered and vaccinated. He is a bit anxious in new surroundings so will need some time to settle - he is a big baby at heart.

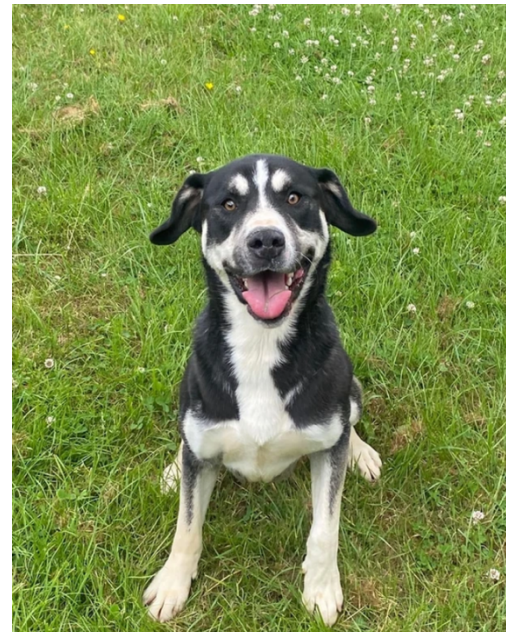
BEAR is getting bored in kennels as he needs more stimulation. Once he's confident of his surroundings he will be a bit of a goofball - he doesn't always realise how big he is. He is dog friendly but can be over the top in his games - which may put off smaller or more nervous dogs. He is very gentle with children - seems less anxious around them and enjoys their company. He will need a lot of exercise to help with his enthusiasm and energy - he is also a bit of a scaredy cat so needs someone to help with his confidence. He has not been assessed with cats. Please if you think you can give

Bear a home go to www.arundawndogrescue.co.uk



HOVIS is a lovely young dog who is just 14 months old! He has been in a pound kennels for 10 weeks now! He has had NO offers at all and the kennels are ALL filling up beyond bursting! He is young, friendly, loves a fuss but needs work with his lead walking as can be a little strong and all over the place.

He is dog friendly and is a fast learner wanting to please and engage. He desperately needs a foster offer so that we can help get him out of kennels and assessed fully and into a home. He has had a behavioural assessment to help us place him into foster and has been tested with children of 10 years and up in a kennel environment. He is such a lovely boy and really deserves to find his forever home. If you think you could offer this, please go to www.arundawndogrescue.co.uk



JIM arrived from pound kennels. He is most likely a Saluki and is settling in very well. He was very nervous on arrival but is coming out of his shell now. He was in very poor condition when found and is still needing to gain weight. His coat is coming on well and he will be neutered. He is so ready to find his forever home – ideally with another dog for confidence. If you are interested in **JIM** and believe that you could put in the time and effort he deserves, please go to the Arundawn website.



TAKE A BREAK



Delicious Desserts

Find and circle all of the desserts that are hidden in the grid.
The remaining letters spell a secret message.

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

AMBROSIA
APPLE CRISP
APPLE PIE
BAKED ALASKA
BAKLAVA
BANANA SPLIT
BREAD PUDDING
BROWNIES
BUTTER TARTS
CARROT CAKE
CHEESE CAKE
CHOCOLATE CAKE

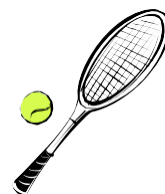
CINNAMON ROLLS
CREME BRULEE
CREPES
ECLAIRS
EMPANADAS
FLAN
FRUIT CRUMBLE
FUDGE
GELATO
GINGERBREAD
ICE CREAM

JELLY ROLLS
LEMON BARS
MACAROONS
MERINGUES
MONKEY BREAD
MOUSSE
NUT BRITTLE
PARFAIT
PASTRIES
PAVLOVA
PEACH COBBLER

PINEAPPLE DELIGHT
PLUM SQUARES
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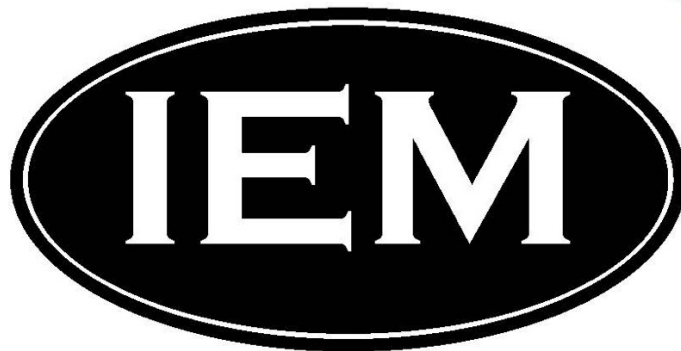
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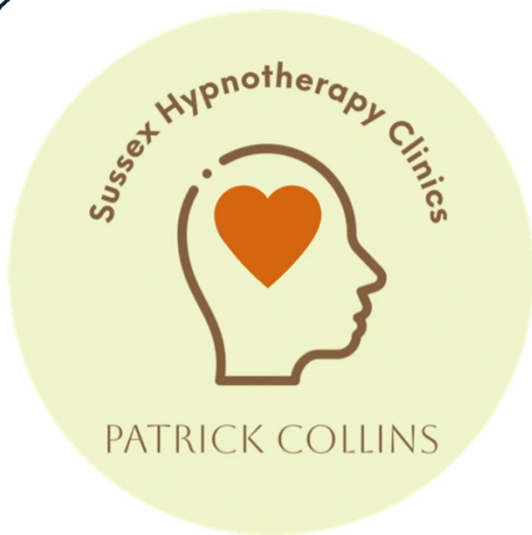
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- Weeding

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If you're interested, please contact Liz at 07496125008 and I will be more than happy to put you in touch with the couple looking for help!

Guiding in Lower Beeding

Our Rainbows, Brownies, Guides and their leaders have all enjoyed a break over the Summer holidays.

Our Rainbows are for girls from 5-7 years old and meet on a Tuesday evening from 4.45 to 6.00pm. Our Brownies are for girls from 7-10 years old and meet on a Wednesday from 5.30 to 7.00 pm. Our Guides are for girls 10 years plus and meet on a Tuesday from 6.15 to 7.45pm. All our Units meet at the Lower Beeding Village Hall.

If you have daughters interested in joining any of our units or you would like to get involved in helping at meetings with any of our groups, we would love to hear from you.

Please contact Mandy on 07714129032 if you would like any further information.





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Sussex
Wildlife Trust



Wasp Spider by Michael Blencowe for Sussex Wildlife Trust

I never thought I'd say this, but I've fallen in love with a spider. And coming from a lifelong arachnophobe that's quite a claim. Whereas every other spider species sends me screaming in utter terror, the Wasp Spider has melted my heart. They are gorgeous. I met one on the South Downs last weekend and, hypnotised by her beauty, I spent hours with her; lying in the grass, staring lovingly into her eight eyes.

Wasp Spiders' rotund abdomens are delicately patterned with exotic black, yellow and white stripes. Every Wasp Spider looks subtly different – as if each has been individually hand-painted. Their eight legs wear stripy black and white stockings – the sort favoured by the Wicked Witch of the East. This stripy, waspish appearance has given the spider its name and is used as a defence mechanism to ward off predators who equate this colouration with being stung.

They're a relatively new resident in England. The first British Wasp Spider was found near Rye in 1922. Since then they have slowly spread across Sussex and you can find them in any areas of grassland. Here inside their long grass lair, they weave their silky circular webs which – like all spider webs – are a masterpiece of arachnoid architecture. As if proud of her accomplishment the Wasp Spider autographs her web with a unique silken squiggle. The actual purpose of this thick zigzag flourish (the 'stabilimentum') is a mystery; although some believe it reflects UV light, luring in pollinating insects who mistake the web for a flower.

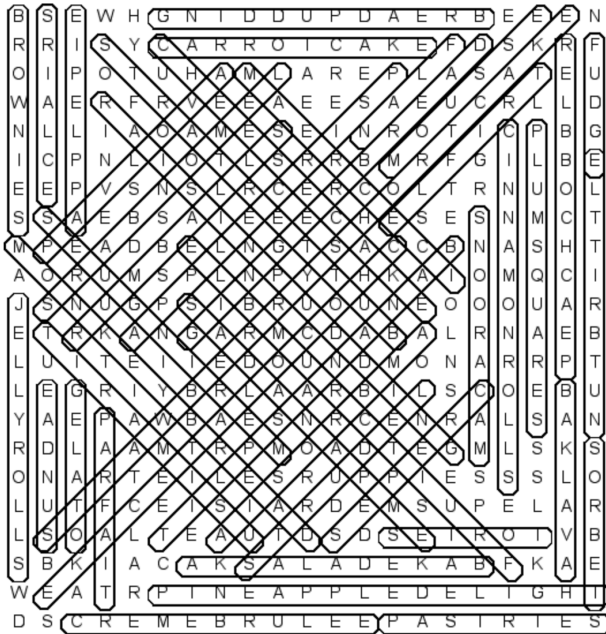
Male Wasp Spiders don't have it easy. Physically they lack any snazzy patterning and at 5mm are a third of the size of their hulking female counterparts. And when it comes to spider sex, she dominates the male too. During mating she turns her lover into lunch. So, as the female lies enticingly in her web, the male approaches her with understandable trepidation. It's all about timing. After she slips out of her old exoskeleton and into something more comfortable, her fresh body is temporarily soft – and so are her jaws. This is her Achilles heel, an opportunity for the male to jump in, do his business and get out before being eaten. This sort of pressure would affect any fellas' performance, but the male Wasp Spider has a trick up his eight sleeves: he can detach his sexual organs, leave them inside the female and scarper.

I always assumed that jettisoning his genitalia allowed the spider to survive, but almost every mating session ends in death for the male. Scientists have found that after this self-imposed castration, the spider's sexual organs keep on fertilising the female and block other males' attempts at mating. The spider sacrifices his own life to save his member and ensure he becomes a father. Wow, what a way to go.

Sussex Wildlife Trust is a conservation charity for everyone who cares about nature in Sussex. Founded in 1961, we have worked with local people for over half a century to make Sussex richer in wildlife.

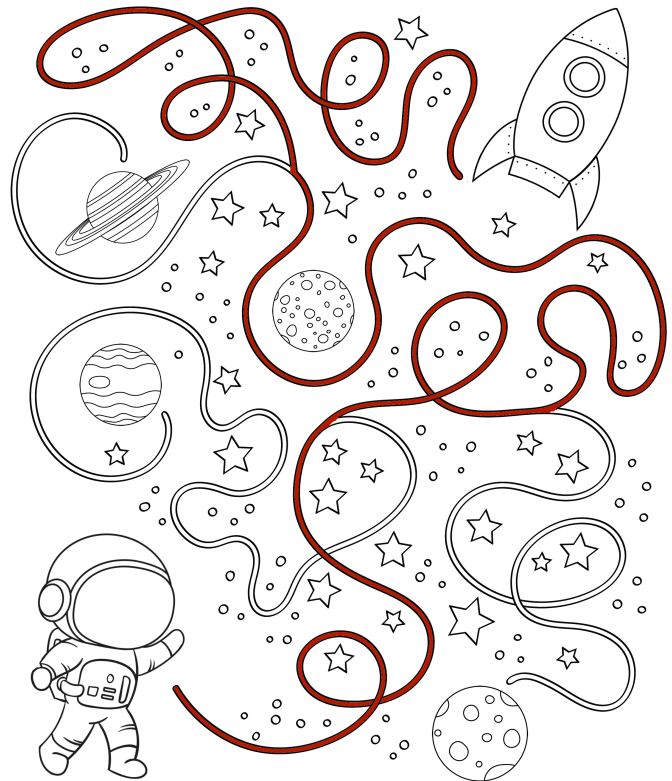
We rely on the support of our members. Please consider joining us. Your membership will help us challenge decisions that threaten wildlife, care for more than 30 nature reserves, and inspire the next generation about the wonders of the natural world. It's easy to join online at sussexwildlifetrust.org.uk/join

SOLUTIONS



The hidden message is: WHEN YOU ARE FEELING STRESSED, A SOLUTION IS
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Children's Page Solution



HORSHAM AREA COMMUNITY CAR SCHEME – HACCS - A CHARITY ORGANISATION -

HACCS has been operating for several years and is run by volunteer drivers using their own cars. The scheme is for people who, owing a disability or frailty are unable to use public transport but can still get into a car.

HACCS operates over a very wide area, enabling its clients to undertake shopping trips, visits to the doctor/dentist/hospital and many other places.

HOW TO BOOK

After a simple registration procedure all you need to do to book a journey with HACCS is telephone 01403 250202 between 9 a.m. and 12 noon. Monday to Friday. Trips can be booked up to a week in advance and, ideally, not less than two days before you wish to travel.

The fare structure is £3.45 for the first mile and 45p per mile thereafter.

HORSHAM AREA COMMUNITY CAR SCHEME, LAVINIA HOUSE, DUKES SQUARE, DENNE ROAD, HORSHAM, WEST SUSSEX, RH12 1GZ

Welcome to Horsham Men in Sheds

Opening Days: Tuesday, Wednesday & Thursday - 10am-4pm with pre-bookable slots

Welcome to Horsham Men in Sheds project. A Men's Shed is a larger version of the typical man's shed in the garden – a place where he feels at home and pursues practical interests with a high degree of autonomy.

Founder of the Horsham Men in Shed project Ben Pickstock says:

“Whatever activities are pursued, the shed will be more than a building – it will become a fellowship of men sharing and supporting each other.”

www.mens-shed-horsham.org.uk

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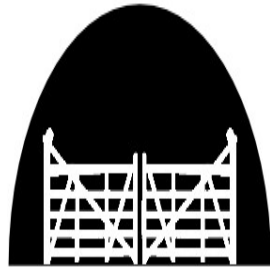
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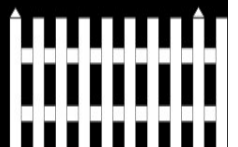
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PASTORAL ARRANGEMENTS

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

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 Rev'd Sue Wharton	The Vicarage, Handcross Road, RH13 6NU sue@whartons.org.uk	01403 891 352
Assistant Curate, Rev'd. Martin Mills,	19 Honeywood Road, Horsham, RH13 6AE. mmills.southdown@gmail.com	07983109245
Assistant Minister, Licensed Lay Minister – (Reader) Mr Geoff Peckham	4 Brick Kiln Close, RH13 6TB peckham50@gmail.com	01403 891 739
Church Warden (LB) Mrs Stephanie Shaw	stephanie.shaw1@hotmail.com	
Church Warden(LB) Mark Bamford	18 Trinity Fields, RH13 6GH mtb198@hotmail.com	07799433434
Church Warden (CF) Aidan Favell	aidan@favellfinch.co	07973195137
Church Warden (CF) Helen Stanfield	17 Holm Oaks, Cowfold RH13 8AQ	
Treasurer (CF) Helen Stanfield	hstanfield4@gmail.com	01403 865 038
Treasurer to the PCC (LB) Mrs Anna Vereker	justanna.cs@gmail.com	07899353156
Captain of Bellringers (LB) Mr Graham Burling	2 Bakehouse Barn Close, Pondtail Road, Horsham RH12 5JE	01403 253 404
Tower Captain (CF) Stella Bianco	scb@biancoteam.com	01403 740 010
Sec. of Bellringers (LB) Mrs Mandy Wicking	Two Oaks, Brighton Road, RH13 6JD mandywicking@gmail.com	01403 891 710
St Peter's School (CF) Headteacher Giles Kolter	St Peter's C of E (aided) Primary School Potters Green, Cowfold, RH13 8QZ office@st-peters-cowfold.w-sussex.sch.uk	01403 864 365
Holy Trinity School (LB) Head Teacher Mrs Tracey Bishop	Holy Trinity CE Primary School, Church Close, Lower Beeding RH13 6NS office@htlb.school	01403 891 263

Lower Beeding Assn. Jean Black		01403 891 523
Parish Council (LB) Clerk Peter Knox	clerk@lowerbeeding.com	
Cowfold Parish Council Clerk Jan Wright And the Allmond Centre	clerk@cowfold-pc.gov.uk	01403 864 806
Cowfold Village Hall Chairman Jason Bailey	Jasebailey72@gmail.com For Bookings contact the Caretaker	01403 740 010
Lower Beeding Village Hall	LBA Secretary	01403 891 748
Cowfold Village History Society Secretary Stella Bianco	scb@biancoteam.com	01403 740 010
Tuesday Club Janet Warwick	rjwarwick12@hotmail.com	01403 891 789
Horticultural Society Tom Plimmer	tom@plimmers.co.uk	01293 851 319
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