

PARISH NEWS

APRIL 2022

From the Vicarage

I expect that most of us sustained some damage in the storms we had a few weeks ago, and most likely that of damage to trees. An article in the Daily Telegraph newspaper on Saturday 19th February was expounding our inability to manage trees: planting them in isolation instead of close together so that they protect each other, or planting those that need more space in situations where they cannot flourish, thus diminishing their strength. Even planting trees in sunny areas where they get so much sun they shoot up, but without the strong, thick bark they would acquire in cooler areas. Honestly, I had no idea!

Planting trees is something we are encouraged to do this year to mark the Queen's platinum jubilee. As we at the Vicarage are trying to rectify years of unchecked growth in parts of the garden, we have limited our planting to a few fruit trees, and trust that they receive enough light to flourish. Now, it seems, is a good time to redress the imbalances in our gardens and this beautiful countryside around us.

In the Church, the season of Lent is a period where we are encouraged to reflect on the way we are living. Jesus often equates how we should live our lives by using nature to illustrate his point; bearing fruit and good husbandry are spoken of by Jesus in the Bible in John 15. Paul encourages the people of the early Church to share God-given resources with others (Hebrews 13:16) and his letter to the Galatians (Chapter 6 verse 2) instructs us to bear one another's burdens.

A survey done in 1952 was repeated last year. The simple question was: 'do you think you are important?' In 1952, only 12% said yes, in 2021, 80% said yes. I can understand that; there is so much emphasis on self-care, so many adverts saying; 'you deserve this'. It has been said that this concentrated attention on ourselves and our manifold 'needs' in the West has encouraged investment from unscrupulous people, and trade and the purchasing of energy from unscrupulous regimes has contributed to the war on Ukraine. If that is so, while doing what we can to relieve the plight of those caught up in the conflict, we really do need to ask ourselves 'Am I important?'

However, you are marking Lent this season, may God's love and mercy encourage and sustain you.

Rev. Shirley

Church Services and Morning Prayer

Sunday 3 rd April	09.00	Zoom Service	Morning Prayer takes place at 9.30 am each Wednesday at Berwick church. It is also available via Zoom. To be added to the mailing list for a link to join Zoom services please email the Benefice Administrator at benefice.administrator@berwickchurch.org.uk .
	09:30	Arlington Holy Communion	
	09:30	Selmeston Holy Communion	
	11:00	Berwick Holy Communion	
	11:00	Wilmington Holy Communion	
Palm Sunday 10 th April	11:00	Berwick United Palm Sunday Benefice Service	If you would like to receive weekly notification about services (the Sunday Link) please contact the administrator who will add your email address to the mailing list.
Monday 11 th April	19:00	Arlington Compline	
Tuesday 12 th April	19:00	Wilmington Compline	
Wednesday 13 th April	19:00	Berwick Compline	
Maundy Thursday 14 th April	19:00	Alciston Holy Communion and Washing of Feet <i>followed by</i>	
	20:15	Arlington Vigil Service	
Good Friday 15 th April	10.00	Easter Garden Service at Berwick	
	15:00	Good Friday Service at Selmeston	

Easter Sunday 17 th April	08:00	Alciston BCP
	09.00	Zoom Service
	09:30	Arlington Holy Communion
	09:30	Selmeston Holy Communion
	11:00	Berwick Holy Communion
	11:00	Wilmington Holy Communion
Sunday 24 th April	09.00	Zoom Service
	09:30	Alciston BCP
	09:30	Arlington Holy Communion
	11:00	Berwick Holy Communion
	11:00	Wilmington Holy Communion

Parish News – A Note to Readers and Advertisers

We are very pleased to say that Brian Calcott responded to our appeal for a volunteer to replace Valerie Shaw as Honorary Treasurer of Parish News as she retires after some 33 years. We are very grateful to him.

Brian is in course of taking over and has been preparing to invite all those who currently advertise to renew their subscription for the year commencing on 1st May.

Donations can continue to be sent directly to Barclays Bank and cheques can be sent to Brian at 2 Railway Cottages, Station Road, Berwick, Polegate, BN26 6TA. Details for donations, which are always very welcome and vital to the continuance of Parish News, appear on the inside of the front cover of the magazine.

Jeremy and Valerie Shaw will continue to be involved in the distribution of Parish News, including those that are sent by post.

Valerie and Jeremy Shaw

Forthcoming Benefice Events at Wilmington

Organized by the PCC of St Mary's and St Peter's Church — and everyone's welcome.

5.00 pm Saturday 9th April in the Churchyard — Easter Egg Hunt

2.00 pm Saturday 14th May — 'I spy!' What's Inside the Church?

All churches have unique features; can you find them? Identify these special features in your parish church. Prizes for the fastest to complete the challenge. Also, support the Tearfund Big Bake, and buy some cake for tea.

Friday 3rd to Sunday 5th June — Jubilee Flower Festival

Bring your tributes to St Mary's and St Peter's for the Queen's celebration, in appreciation for her service to the country. Any floral designs, or bunting, or other festive contribution are welcome.

2.00 pm Saturday 9th July — 'I spy!' What's Outside the Church?

Explore the churchyard, and find flora and fauna, particular graves of significance, and other features unique to this little corner of God's acre. Prizes for the fastest to complete the challenge.

Shirley Pearce

Firle and Beddingham Women's Institute

At our March meeting Jackie Appleton gave us a colourful pictorial talk entitled Cycling Through Costa Rica. We all admired her tenacity but were awfully glad not to be taking part!

At our April meeting at 7.30 pm on Wednesday 13th April at Firle Memorial Hall there will be a musical entertainment by the Seaford Ukulele Group. We all enjoyed this last time they came so come and join us for their next visit, you are welcome.

Joan Carr

Alciston Parish Meetings

The next Parish Meeting will be held at 7.00 pm on Thursday 28th April in Alciston Parish Church.

Sandy Thomas

‘Seedy Saturday’ Seed Swap Cancelled

It is with great regret that we must announce cancellation of the seed swap event at the A&S village hall on 30th April.

The Flower Show will still take place in August as planned. More information soon.

The Alciston and Selmeston Flower Show Committee

Selmeston Parish Meetings

The two principal Parish Meetings for 2022 are due to be held in the Village Hall at 7.15 pm on Wednesday 25th May and Wednesday 9th November

David Quysner

Berwick Produce Show 2022

2.00 pm Saturday 20th August at Berwick Village Hall

The Berwick Produce Show is back - please put this date in your diaries! Having decided not to run our show last year we are full steam ahead with planning the 2022 show. The show will be on the playing fields behind the village hall. It is a great family day out with classes for all ages, there will also be our usual family dog show.

Show schedules will be distributed in April; if anyone would like to put an advertisement in the show schedule, please email me at sue.woodgate1@btinternet.com

Sue Woodgate

April Gardener’s Diary

Now the clocks have changed and hopefully the weather’s getting warmer, we can start sowing some seeds. Carrots, Beetroot, Peas, Turnips, Radish and Leeks can go in, but only if the soil is workable.

First early potatoes should be planted by now and second earlies ‘chitting’, ready for the middle of the month. Main crop can be planted at the end of the month.

Get your Onion sets in, when the soil is dry and if not already in, plant your shallots.

If you have Broad Beans in pots, plant them out when they start to flower, pinching out the tops to help stop blackfly.

If you have an area which is too wet to work with, cover it with black sheets and it will keep the weeds from growing, until it dries out.

A little tip for lawns with lots of moss is to get some sulphate of iron and spread over the lawn. This will kill the moss and strengthen the grasses.

Lisa Collington

Botox

Following positive feedback on the Government’s ban on the use of Botox and fillers for under eighteens just before Christmas, further changes are now planned to make cosmetic procedures safer for everyone. Anyone offering Botox or fillers could soon require a license to protect people from botched cosmetic procedures as in the Health and Care Bill currently going through Parliament it will become an offence to perform non-surgical procedures without a licence.

For too long many people have been left emotionally and physically scarred when things have gone wrong, and the planned scheme would aim to bring in consistent standards that people conducting non-surgical cosmetic procedures will be required to meet. It would also set out hygiene and safety standards for premises. The next step once the legislation is passed is for an ‘extensive engagement’ which will include asking the public what they think.

Botox injections are often used to reduce the appearance of wrinkles on the face while lip fillers are used by people who want to give their lips a fuller look. Both have become increasingly popular in recent years but as their popularity has grown so to have reports of procedures going wrong, sometimes with devastating consequences. We want to make sure that anyone who has these procedures can be confident that the person undertaking it is qualified and the premises is safe to do so.

Maria Caulfield, MP

An Easter Poem: The Gardener

Are you the gardener? Mary said
With trembling voice, my Lord is dead
Please tell me where His body's gone
That I may fetch it. Where upon
She thought she heard Him call her name
It sounded like her Lord again.
She turned and saw Him standing there
She cried out Teacher, ran to where
He stood, but He forbade her touch
Go to my brothers tell them such
That you have seen the Lord and say
He came and talked with you today.
She sped away with feet like wings
Who would believe these wondrous things?
That in the garden she had seen
The risen Lord, and in between
The doubts and fears her spirit grew
That Jesus lived meant life anew
Are you the gardener she had said,
But Christ had risen from the dead.

Michèle Boys

Recipe of the Month – Sausage Casserole

Serves 4.

Ingredients

400 g sausages
1 medium onion sliced
225 g mushrooms sliced
1 red pepper diced
1 green pepper diced
1 tsp dry mixed herbs
225 ml red wine
425 ml beef stock
150 ml single cream – optional

Method

Heat the oven to 350°F/180°C/Gas mark 4

Part grill or fry the sausages until brown and cut them in half and put them in a casserole. Fry the onions and mushrooms and put them in the casserole with the peppers and herbs. Pour the red wine and beef stock into the casserole and season and cook for 1½ hours. Remove from the oven and stir in the cream if using. Return to the oven for 10 minutes. The casserole can be thickened with cornflour if desired.

Valerie Shaw

Family Support Work (FSW)

After a busy half term in February we are back to our usual routines. We are extremely excited to be able to plan our usual family activities this year and are currently planning our residential visit to Dalesdown in April. We are also preparing for the arrival of new family support practitioners following our recent round of recruitment and will be giving you all the information about them as soon as we can. We were also delighted to be involved with Archbishop of Canterbury's recent visit to the Diocese, when we attended an event in Lewes discussing the role of the church within communities – it was a very interesting and thought-provoking evening. With Easter approaching, we are still open to registrations for our Easter Walk on Monday 18th April and would love you to join us. All the information can be found on the events page of our website or by contacting Jo in the office jo@familysupportwork.org.uk. Some of you may be following Peter Gayler's progress on his fundraising pilgrimage to every English cathedral this year. If you aren't yet aware, it's a fascinating challenge and Peter is updating his page regularly with very interesting information and photos about every cathedral he has seen. You can find this at <https://www.justgiving.com/fundraising/cathedralpilgrimage>.

We are sending out more food parcels each week as the impact of the rising cost of living hits home. Our foodbank still has healthy levels of most items, but if you are collecting donations for the foodbank, we would be particularly grateful for coffee, tinned fruit, biscuits and multipack/family packs of crisps or other savoury snacks.

Thank you as always for your kind support.

February's work in numbers:

- ◆ 240 individual visits and 475 calls with families supporting 333 adults and 325 children.
- ◆ 25 supported meetings with other agencies.
- ◆ 18 group sessions held supporting 382 parents and 269 children.
- ◆ 193 food deliveries made.

Prayer points:

- ◆ Give thanks for a successful recruitment process which will mean seven new staff joining us in May subject to relevant checks.
- ◆ Pray for a positive outcome on a significant funding application which we are waiting to receive in the next couple of weeks.
- ◆ Pray for a family in East Sussex who have just been referred to us after a terrible incident of domestic violence which has traumatised the young children.

Nikki Kerr, FSW Director of Fundraising and Marketing

Why English is Difficult

Many years ago, the BBC World Service used to (it may still) broadcast a question and answer session for students learning English as a foreign language and I found it an interesting revelation of some of the difficulties and inconsistencies involved in learning English which we take for granted.

The following in Marsh Message from the Vicar at St. Peter's, Greatstone, highlights some of the inconsistencies:

We'll begin with box; the plural is boxes;
but the plural of ox is oxen, not oxes.

One fowl is a goose, and two are called geese,
Yet the plural of moose is never called meese.

You can find a lone mouse or a house full of mice;
But the plural of house is houses not hice.

The plural of man is always men.
But the plural of pan is never pen.

If I speak of a foot and you show me two feet.
And I give you a book, would a pair be a beek?

If one is a tooth and a full set are teeth,
Why shouldn't two booths be called beeth?

If the singular's this and the plural is these.
Should the plural of kiss be ever called keese?

We speak of a brother and also of brethren.
But though we say mother, we never say methren.

When the masculine pronouns are he, his and him;
Just imagine the feminine... she, shis and shim!

Anon

Common Pipistrelle

I spend way too much time in graveyards (especially considering that I'm going to spend an awful lot of time in one in the future). But they are great places to look for Pipistrelle bats. At this time of year, adult Pipistrelles are emerging from their winter hibernation and taking flight. Above Sussex, the night sky is a battlefield of deafening cries as Pipistrelles swoop and swirl, plummet and pounce at their insect prey.

The acrobatic anarchy overhead goes unnoticed by us humans. Our hearing is limited and when it comes to night vision we're as blind as, well, something with really bad eyesight... in fact anything but a bat. Bats have excellent vision. But it certainly isn't their best sense.

Echolocation is one of the animal world's most incredible superpowers. A Pipistrelle shouts, the shout hits something and bounces back. This echo is instantly analysed in an amazing brain and tells the bat how far away the object is and whether it's a mosquito, a moth or a mansion. To get the maximum information from their echo, Pipistrelles yell at high frequencies (45 kHz, we can only hear up to 20 kHz). And these shouts are loud — pneumatic drill or jet fighter loud. Up to 110 decibels in some species. A bat would deafen itself if it heard its own shout. So, Pipistrelles must disengage their ears, then shout, then turn their hearing back on, listen for the echo, analyse, then start all over again. All at the rate of 10-15 times a second. This gives bats an amazing, multi-layered awareness of their surroundings. But it's tricky (and impolite) to shout when you're eating, so once a moth is in the mouth the bat has to chew-shout-listen-chew-shout-listen to avoid a collision.

There are seventeen distinct species of bat in Sussex. Our smallest – the Common Pipistrelle – is also the one you're most likely to see around your gardens. Back in the eighties there were just four TV channels, two types of videocassettes and one species of Pipistrelle in Britain. But in the nineties, scientists discovered that some Pipistrelles were echolocating at higher frequencies (55 kHz); a Montserrat Caballé to the Common Pipistrelle's Freddie Mercury. These are the Soprano Pipistrelles. There's now a third: Nathusius' Pipistrelle. By affixing lightweight metal rings to this species' wings, researchers have discovered that these bats are migrating to Sussex from as far away as Latvia. An amazing journey for an amazing animal.

*Michael Blencowe
Sussex Wildlife Trust*

Benefice Priests

Revd Peter Blee - Rector of Berwick and Vicar of Selmeston with Alciston
The Parsonage, Berwick, Polegate, BN26 6SR
Tel: 01323 870512 Email: peter.blee@berwickchurch.org.uk
Peter's day off is Saturday.

Revd Shirley Pearce - Assistant Priest
The Vicarage, Wilmington, Polegate, BN26 5SL
Tel: 01323 318231 Email: revshirleym@gmail.com
Shirley's 'on duty' days are Wednesday, Thursday and Sunday.

Churchwardens

Alciston - Michèle Boys Tel: 01323 870623
Berwick – Ruth Nares Tel: 01323 811186
Selmeston - Jan Matthews Tel: 01323 811380

Benefice Administrator

Stephanie Lewis-Grey Tel: 01323 811136 Email:
benefice.administrator@berwickchurch.org.uk

Parish News Advertising

Brian Calcott coordinates this. Tel. 07999 788618.

Parish News Distribution

Jeremy and Valerie Shaw coordinate this. Tel: 01323 811567.

We are grateful to receive donations this month from Mrs Newton.

Parish News

The production team is Jane Anderson and Martin Chilvers. Contributions (other than advertising requests) should be sent to Martin Chilvers by the 12th of the month.

Email: empty.sea@outlook.com;

Post: 66 Parkfield Avenue, Eastbourne, BN22 9SF.

You should receive confirmation of receipt by the 15th of the month, but if not, please call him on 01323 507655.

Contributions can also be passed on to one of the coordinators:

Jane Anderson at Old Postman's Cottage, Alciston
Tel: 01323 870075.

Valerie Shaw at Selmeston House, Selmeston
Tel: 01323 811567.

Laurie Tinsley, Wynsford, Berwick
Tel: 01323 870895.

Donations

Financial donations to the Parish News are gratefully received. Cheques payable to "Parish News" can be passed to the Treasurer, Brian Calcott at 2 Railway Cottages, Station Road, Berwick, Polegate, BN26 6TA.

Alternatively, electronic donations can be made to Barclays Bank - Account No. 70650625; Sort code 20-49-76.