

PARISH NEWS

JANUARY 2022

From the Parsonage

As I write, the Prime Minister has just delivered his 'Booster Broadcast': the national response to the impending 'tsunami' of Covid 'Omicron' infections. I wonder what the situation will be when you read this. The speed at which a virus can spread, and the exponential growth of infections is something that, even now, is difficult to grasp. We know the illness spreads through human interactions and reducing those slows this down. But the flip side of this is that all the good and necessary things to our emotional, spiritual and physical wellbeing that happen in a human interaction are also prevented.

Scientists are now telling us that an act of kindness done without any expectation of reward releases a hormone called Oxytocin. And that the release of that hormone is beneficial to the wellbeing of the individual. In addition, the release of the hormone is associated with an individual offering an act of kindness or generosity to someone else. In other words that one act of kindness can spread, a bit like the virus. But also when acts of kindness haven't been happening because of the lack of interaction the body and mind suffers. What name can we give to this effect? It doesn't have one at the moment.

In the Christian faith and in many others, generosity and kindness is a command. It is something people are told they should do. When they do it, they discover why, they experience the impact on themselves and on others and that spreads to benefit the whole community.

This month we celebrate Epiphany, the visit of the Magi, bearing their gifts, making their offering, expressing their generosity and with no expectation of reward. They do it in response to the gift of Jesus to the world. One gift and act of generosity producing another which gives rise to another...

If we feel impotent because it seems as if there's little we can do to make a difference, it is worth remembering that one small act or a single interaction can spread beneficially. And if science helps to motivate people to 'love others as you would have them love you' then that's just another benefit that it can offer society.

Confirmation Course

If you're interested in being confirmed please get in touch as soon as possible - 01323 870512 – peter.blee@berwickchurch.org.uk. This is open to anyone insider or outside the church. It's a good way of revisiting Christian belief.

Rev Peter Blee

Church Services and Morning Prayer

Sunday 2 nd January	08:00	Wilmington BCP	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 .
	09:00	Zoom Service	
	09:30	Arlington Holy Communion	
	09:30	Selmeston Holy Communion	
	11:00	Berwick Holy Communion	
Sunday 9 th January	08:00	Alciston BCP	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.
	09:00	Zoom Service	
	09:30	Arlington Holy Communion	
	09:30	Selmeston Holy Communion	
	11:00	Berwick Holy Communion	
	11:00	Wilmington Holy Communion	

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Sunday 16 th January	08:00	Wilmington BCP
	09:00	Zoom Service
	09:30	Arlington Holy Communion
	09:30	Selmeston Holy Communion
	11:00	Berwick Holy Communion
Sunday 23 rd January	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 30 th January	11:00	Berwick Candlemas United Benefice Service

Parish News Treasurer

Valerie Shaw has been the Hon. Treasurer of Parish News for over 30 years and has decided that the time has come to hand over to someone else and, if Parish News is to continue, a new treasurer needs to be found.

Valerie has undertaken all the financial work, keeping the accounts and dealing with the banking etc., and Jeremy has assisted by dealing with the secretarial side of the advertising, maintaining the lists of advertisers and sending out the invoices. These two roles could be dealt with by separate people.

The accounting year runs with the calendar year and, as a result of the suspension of production of the printed copies because of covid, the current advertisements have been extended to 30th April 2022.

The new appointee/s should take over as soon as possible and certainly the advertising role will need to be handed over in time for the appointee to deal with the dispatch of invoices in March. Volunteers for these roles should please contact Valerie (01323 811567 or jvshaw@btinternet.com) or Jane Anderson (01323 870075).

Valerie and Jeremy Shaw

Welcome

Welcome to Mike and Lydia Jones and their two sons, Reuben and Isaac, who have come to live in Alciston.

Wishing you every happiness in your new home.

Berwick Churchyard

Linda and Keith would like to thank everyone who assisted them in the management of the churchyard over the past year. Your efforts have been much appreciated by the parishioners.

Keith and Linda Sutton

Berwick Church – Phase 2 Building Works.

Building work to construct a small toilet extension, to lower the path and ground level around the west end of the church and to bring out the porch begins on 4th January 2022. We hope to keep the church open and that church services will continue as the building work is exterior to the church. This Phase 2 is a result of the need to find an alternative location for the toilet to the tower space inside the church as originally proposed. The environmental consultant has advised the need for the porch extension to reduce air exchange and make the most of the underfloor heating.

Peter Blee

Selmeston and Alciston Cricket Club

As many will know, Selmeston and Alciston Cricket Club play their home games on the field next to Selmeston Village Hall. We've been playing cricket here since 1807! The last few years have seen some major challenges. Social club cricket has become a thing of the past as the league system has dominated and people's social habits have changed. The long game has made it hard to find players willing to play every week. Thankfully, the league has seen sense in recent years and reduced the playing time to a 40-over

game, meaning we finish in good time to enjoy a post-match refreshing drink at The Cricketers in Berwick and still have time to enjoy a full Saturday evening.

The pandemic has restricted us but in the last two seasons we have managed to play some excellent cricket, a mini-league in 2020 and in 2021 a full season of league games, finishing top of our division and earning ourselves a promotion.

The team is an enthusiastic mix of talent, ages and backgrounds, led by the captain Toby Marriott supported by Selmeston legend Tim Huntley, who has just taken on the role of chairman of the club. Toby is a keen young cricketer who makes his living in the game having travelled the world as the Media Manager for the 'Barmy Army' and now runs a sports content creation company. We have locally based players, but also some who travel from around the country to play with us. Chandu Wickramarachichi wins the commitment prize this year as on one Saturday in August he left Manchester at 5.00 am to make a 1.00 pm start at home. An NHS A&E consultant he is a busy man, but all the more reason to let the stress go by opening the batting or engaging in some terrible banter from behind the stumps.

We are fortunate to have our own umpire, Kevin "That's Out Son" McMichael. A generous and warm-hearted character off the field, he takes no nonsense on the field of play. Our scorer, Beryl Smith, will be well known to many and we have missed her this season following some health issues, but were delighted to see her back at this year's AGM and dinner, where she was elected as our new President. She and her family have a long association with the club, and we were all thrilled that she accepted this role.

We have our own groundsman, Neville Tweed, another long-standing member of the club, whose son Leo also plays. In fact we have several fathers and sons playing in the team, Nev and Leo playing alongside Tim and Toby Marriott, James and Peter Wooldridge, Damian and Rufus Piper, Marcus and Theo Da Costa – almost an entire team of dads and lads.

Matthew Jackson leaves his role as Chairman this year with our thanks and best wishes for all he has done to keep the club going. Matthew's efforts as captain, then vice chairman before taking over from Peter Brown as chairman, have been tremendous and he now hands over a healthy looking club to Tim Huntley. Tim has been playing for SACC for many years, has captained the side, still scores valuable runs and takes wickets, as well as buying more than his fair share of Harveys Best to keep us all properly hydrated.

It was terrific to see Peter's two lads CJ and Dan Brown make a few appearances this year, both turning in a couple of fantastic performances with bat and ball. Firlie's estate manager Alastair Deighton has been a regular and as he moves on we will miss his batting, bowling and deafening appeals. We have international players too, two hard hitting and fast bowling Aussie-born Londoners, Bruce and Rosie, who seem to enjoy whizzing down the M23 in Bruce's outrageous sports car. Bruce drives like he bats and bowls, fast and furious, but always controlled...

We look forward to a new season in a new year of hope. We are keen to engage with any local cricketing talent. Any players, young or old, wanting to find out more are very welcome to give me a ring on 07773 777521 or drop me a line at tm@smokescreenprods.com. Please come and join us for a bit of cricket!

In the meantime, here's wishing you and yours a very happy 2022.

Tim Marriott

Vice-Chairman, Selmeston & Alciston CC

Shocking Statistics

It is still the case that 12 young people die of a cardiac arrest in this country every week. This is a shocking statistic and one that could be reduced if a defibrillator was nearby. When someone collapses the chances of survival from a sudden cardiac arrest can be as high as 70% if a defibrillator is available within the first five minutes of the arrest.

When I was first elected, I had a bill in Parliament to introduce defibrillators to all public buildings and to create a national register so that people can find out where their nearest one is in an emergency. Thanks to all of those in our local communities fundraising and organising their installation you can now find a defibrillator in places such as church halls, schools and even in telephone boxes. Working with the British Heart Foundation (BHF), the Government is creating a National Defibrillator Network register called 'The Circuit', so that if you call 999 in an emergency, they can direct you to your nearest defibrillator and give you the code (if needed) to unlock it. Can I therefore urge anyone installing a defibrillator locally to make sure it is registered with the BHF as they are working with the ambulance service on this live register to make sure it is as up to date as possible.

Using a defibrillator is easy. You need no training: just stick the pads on someone's chest and the machine will do the rest. They literally are life-saving pieces of equipment, and it is not just important that we have them in our communities but also that everyone knows where their nearest defibrillator is. For further information visit:

<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/defibrillators/national-defibrillator-network-the-circuit>

Maria Caulfield, MP

Firle and Beddingham WI

At the beginning of December we had our Christmas get together. Not all members made it, but it was good to see people again. We drank the health of those missing - especially the two members who had celebrated their one hundredth birthdays during the year. We are hoping to have programme which is nearly normal as possible in 2022.

Wishing you a Happy New Year from Firle and Beddingham WI.

Joan Carr

Recipe of the Month – Sticky Squares

Makes 16.

Ingredients

175 g (6 oz) plain flour

200 g (7 oz) caster sugar

125 g (4½ oz) porridge oats

1 tsp ground ginger

1 level tsp bicarbonate of soda

200 ml (7 fl oz) semi-skimmed milk

2 tbsp golden syrup

110 g (4 oz) butter

2 tbsp preserved stem ginger, chopped (optional)

You will need a 20 cm square 6 cm deep (8 in square 2½ in deep) tin, lightly buttered and the bottom lined with baking parchment.

Method

Preheat the oven to 150°C, fan 140°C, gas 2.

Sift the flour into a large bowl, then mix in the sugar, oats, ginger and bicarbonate of soda.

In a small pan, gently bring the milk to the boil with the syrup and butter until melted. Then, with a whisk, beat the liquid onto the dry ingredients.

Mix in the ginger (if using) and pour the mixture into the tin.

Bake for 45 minutes. Leave to cool and then cut into 16 squares.

They will keep for 5 days in an air-tight container, layered with grease-proof paper. (Suitable for freezing.)

Sarah Randell

2022 Gardener's Diary

Now that Keith Winter who has officially given up his post as the Gardener's Diary author, we require a new author. If you would like to take over by writing a small article every month, please contact me on info@berwickproduce.co.uk. Thanks!

Lisa Collington

Family Support Work (FSW)

What a year 2021 was! Starting in lockdown and ending with our carol service in Funtington, there were so many changes for us and for our families. But we made it through the year and are now excitedly looking to what 2022 might bring.

December was extremely busy for us – starting with our crowdfunding campaign which, incredibly, hit its £20,000 target in just two weeks! A huge thank you to everybody who supported the campaign by donating or sharing within their networks, it really was a fantastic team effort. Those funds will be able to be used wherever we have the most need.

It was wonderful to hold a live carol service in Funtington with Bishop Ruth presiding and the High Sheriff of West Sussex in attendance as well as a number of our Bishop's Champions. We hope to be able to hold a carol service in East Sussex next year.

The rest of the month was spent sorting the incredible toy donations we received from churches across Sussex and from other local groups. Our meeting room looked like a toy shop, and everybody was so generous and thoughtful. Every child and parent we support received a gift, and we were also able to provide 150 Christmas hampers and 80 fresh turkeys. It was a really special feeling to know that all of these families would be able to celebrate properly this year, after the restrictions we all faced in 2020.

With the business of Christmas out of the way, we are turning to think about how we can serve our families even better in 2022. We anticipate even more referrals coming to us after the Christmas holidays, and families' needs to be extensive.

Thank you to you all for everything you have done, and continue to do, to keep FSW going. We really couldn't provide our vital work without your support, and we are immensely grateful.

November's work in numbers:

- ◆ 205 individual visits and 247 support calls with families supporting 33 grandparents, 317 parents and 297 children.
- ◆ 23 supported meetings with other agencies carried out remotely.
- ◆ 22 face-to-face group sessions held supporting 354 parents and 128 children.
- ◆ 152 food deliveries made.

Prayer points:

- ◆ Give thanks for a recent significant grant which will support our work in part for the next 3 years.
- ◆ Pray that all FSW staff and volunteers have been well rested during the Christmas break so that they can start the new year refreshed.
- ◆ Pray for a family we support with a very premature baby, born just before Christmas.

Nikki Kerr, FSW Director of Fundraising and Marketing

Fairy Shrimp: Just Add Water

I'm still disappointed. As a kid, I read American Spiderman comics but I was always captivated by the inside back cover. There, an advert for 'sea-monkeys' showed a family of bizarre, grinning humanoid creatures which would become your pets and "bring smiles, laughter and fun into your home" if you sent away a fistful of dollars to somewhere called 'New Jersey'. Living in Olde England, the offer didn't apply and my childhood therefore remained devoid of "smiles, laughter and fun." I realise now that an even greater disappointment awaited if I had actually ordered these creatures. In reality, sea-monkeys were simply brine shrimps: tiny crustaceans, not incredible aquatic simians.

Just like sea-monkeys, Britain's Fairy Shrimp are also crustaceans from the order Anostraca. They have transparent bodies, antennae, blobby black eyes on stalks and twenty-two leaf-like legs which propel them, upside down, through water. They're positively prehistoric-looking and haven't bothered to evolve much since the Triassic period 200 million years ago. It's amazing they have survived so long. Unlike other crustaceans, such as crabs and woodlice, Fairy Shrimp do not have hard exoskeletons. This armour-free existence leaves them vulnerable and they can only survive where nothing will eat them. But where on earth can you find such a habitat on our hostile planet? Safe, predator-free homes don't just fall out of the sky.

As rain falls, it transforms the ruts, ditches and depressions of our world into puddles and these puddles are a freshwater fresh start for life. The Fairy Shrimp are the first settlers in this safe new world. But how do they get there? The spooky truth is they have always been there. Like Spiderman, the Fairy Shrimp have their own superpowers. Their eggs can lie desiccated and dormant in the soil for years, even decades. They are resurrected by water; the Pot Noodles of the animal world. There are legends of 100-year-old Anostraca eggs taken from museum shelves, wetted and awakened. One tale even tells of eggs carbon-dated at 10,000 years old being resurrected.

It's a long, dry wait down there in the earth but, when rain arrives, the pool party starts. Newly formed puddles teem with Fairy Shrimp but puddles are only temporary accommodation. To adapt, Fairy Shrimp have a fast life cycle; a race to produce more eggs before their home dries and disappears. Unsurprisingly, Fairy Shrimp are incredibly rare and hard to find and you're more likely to encounter some actual fairies. But if you're out hiking on the South Downs looking to make a new start in 2022, keep checking those puddles. You may find some other animals trying to make a new start too.

Michael Blencowe of the 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 and Distribution

This is coordinated by Jeremy and Valerie Shaw.
Tel: 01323 811567.

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, Wyncford, 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, Valerie Shaw, Selmeston House, Selmeston, Polegate, BN26 6UD.

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

We are grateful to receive donations this month from Mrs Robertshaw and Miss Irving.