



FSW donations will be collected from Kathy and Eric **this Wednesday 24th February** by arrangement with the FSW office

in Brighton. Please make sure you get them to their house in good time so they can organize a collection. They will be taken to Brighton and then redistributed according to area need. The food bank is currently in need of the following:

- Jams and spreads
- Tinned meat (chilli, curry etc.)
- Long life juices
- Cleaning products
- Toothpaste

Supermarket vouchers are always welcome, but if you are a taxpayer, it is much more valuable to donate financially as Gift Aid can be collected. [Donate – Family Support Work](#) (Press control and click to access) FSW received many messages of thanks over Christmas, including this lovely message from a family which really captured the essence of our work: *"Thank you so much for the gifts that we received. Despite everything that is going on, to still help families is incredible. FSW have been amazing and work so hard to ensure families have things they need. It's not just the gifts, it's the support, time and effort everyone has given even when times have been extremely hard. Thank you again, you are amazing"*

Contact information

Rev Joy Collins, Priest in Charge of Westfield and Guestling
Email: revjoycollins@gmail.com
Phone: 07437 797553 or 01424 447643
By post: 23 Croft Road, Hastings TN34 3HP

THE BENEFICE OF WESTFIELD AND GUESTLING

A letter from Rev Joy 21 February 2021

I've just got back from Laycock's Pharmacy having had my first Covid vaccination. There was an atmosphere of camaraderie as we waited outside and then kind and thoughtful care when we were in the vaccination station. Although I was only out of the house for half an hour or so I feel as if I've been on a great expedition. I think a cup of tea and a Jaffa cake are called for! Whilst I appreciate that the bitterly cold east wind has gone, we seem to have gone back to the grey damp days of early February again. Clem and I made it across the valley and up the many steps to the East Hill yesterday and watched the dogs run in huge circles around the beacon. We all slept well last night! It's just as well as there are workmen opposite in the old church hall and in the house next door. They all like an early start and it's not much fun being woken up by drilling in stereo first thing in the morning.

I'm just getting to the end of the lovely pile of books I was given at Christmas. One of my favourites was the Diary of a Young Naturalist written by an autistic teenager from Northern Ireland. His writing about nature and wildlife is inspiring and the insights he has gained into living with his own autism are thoughtful and sometimes heart-breaking. I'm thinking that the first book on my new pile will be Light Perpetual by Frances Spufford which is being read on Radio 4 at the moment. It's an extraordinary story which begins with a bomb dropping on a Woolworths in South London in November 1944 and among the dead are five children. The writer imagines what their futures might have been were it not for that tragedy. So it becomes an exploration of 'unlived time.' I'll let

you know how I get on.....

This letter comes with every blessing for a holy and happy Lent and love to you all, Joy

In a much earlier edition of this newsletter I told you about the Lemon Tree Trust. which restores dignity, brings beauty, ignites hope and offers economic opportunity to refugees and displaced people, one garden at a time. Gardening is a powerful force for good and their vision is to bring gardens and gardening initiatives to every refugee community in the world. This is what they said in their most recent newsletter: 'One thing that Covid-19 has highlighted is that gardening has no borders. We are all finding solace in our personal green space, wherever we are in the world. Your support throughout 2020 and beyond has enabled us to spread joy, hope and purpose to displaced people through the power of gardening.



Thank you to Barbara Jennings at Guestling for another poem and to Gaye for sending it in.

Robin

Looking out of the window
what did I see!

That cheeky little Robin
sitting in the crab -apple
tree,
waiting impatiently for me.

A crumb, just a few
won't come amiss.
A worm or two in between
Oh, what earthly bliss!



No matter what the weather,
Robin's hopes, "always high",
keeps up his cheerful "aria"!
before rising to the sky.

He reigns like a King
and bosses the show.
There's no need to tell them,
they already know.

But he's soon back again
sitting in his favourite tree,
rosy chest puffed out,
chirping with glee.

So proud of the fact that he's
"England's National Bird",
Robin puffs out his chest,
and sings to the World.

by Barbara Jennings

Reflection for Lent

I just realized that in my imagination the wilderness is always somewhere else; a foreign landscape I actively have to enter in the act of being faithful. Truthfully, the wilderness is always where I am right now and faith is the courage to stay with it when I'd rather pretend I am anywhere else

LUNCH BOX Chocolate Crispies and Flapjacks

Both these sweet treats are big hits with children. Even the youngest can make (and eat) the crispies.

Chocolate Crispies

Melt **50 g drinking chocolate; 2 tbsp golden syrup; 50 g butter** in a large saucepan, stirring until well mixed. In a separate bowl, measure **50 g rice crispies**, pour in the hot chocolate mixture and stir thoroughly to coat the crispies. Have a bun tin ready, lined with cup cake cases, and spoon in. Put in the fridge to set while they lick out the bowls and do the washing up!

Flapjacks (£1.11 for 8)

These are so popular at home that I usually double up the quantities given below, cooking it in a roasting tin for 40-45 minutes.

In a large saucepan that will take all the ingredients, melt together: **100 g butter; 100 g soft brown sugar; 100 g golden syrup**. Warm the golden syrup tin beforehand so that the syrup runs more thinly making weighing easier, or buy it in a squeeze bottle.

Add: **200 g porridge oats** and mix well.

Press into a 20 cm sandwich tin that you have lined with greaseproof paper and oiled.

Cook at 160C for about 30 minutes. DON'T overcook or the flapjacks will be hard on the teeth!

Let the tin cool on a wire rack for ten minutes then mark in-to slices. Turn out onto the wire rack to cool completely.

VARIATIONS: Add 2 tsp ground ginger with the oats.

Add 80 g raisins, sultanas or currants with the oats.

The Dinnerladies

First Sunday of Lent 21 February 2021

Collect

Almighty God,

whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves
in obedience to your Spirit;
and, as you know our weakness,
so may we know your power to save;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen

Westfield and Guestling

Lectionary Readings

Genesis 9:8-17 Mark 1:9-15

BCP Readings First Sunday of Lent

2 Corinthians 6:1-10 Matthew 4:1-11

Online services: <http://www.westfieldchurch.co.uk/online-services-for-westfield-church/>

Guestling <https://www.westfieldchurch.co.uk/online-services-for-guestling-church/>

Holy God, our lives are laid open before you:
rescue us from the chaos of sin and through the death of
your Son bring us healing and make us whole
in Jesus Christ our Lord.

Amen.

Westfield Church and Guestling Church Services
on Sundays in both churches and Wednesdays in Westfield
are suspended until 8th March
when we will review the situation

CARING AND SHARING

Valerie has received an update from Julia Maling about the project we support in Colombia for the 'Caring and Sharing' project. She knows you will all be interested to read about the project.

Julia Maling writes 'For many years, our donations to Let the Children Live have been specifically in support of the Street Educators in Medellin. However due to the restrictions imposed because of the Covid crisis, the street educators work had to be halted last year and is unlikely to resume for much of this year. Let the Children Live (Funvini, Medellin) are therefore concentrating their efforts on supporting the children in other ways. We have found that the managers of the various projects which we support around the world have been imaginative and adaptable in continuing to support those in need under very difficult circumstances. Let the Children Live (Funvini) is a good example of this. Father Peter wishes donors to know the work that they are currently undertaking which is mainly supporting the education of the children from the poorest families. At the start of the pandemic, the most urgent need was for food as parents could not go out to work. Funvini was able to provide this. Now people are back at work and though some families still need help with food, the most urgent need is educational support. Small groups of children are able to attend Casa Walsingham on a shift basis. Teachers will assist them with doing and submitting homework via computer. Many children do not have sufficient online facilities at home. Maybe just a shared mobile phone. The children receive a packed, healthy snack on departure.

Casa Bannatyne is residential. The children must have a Covid test the day before arrival. Because the tests are expensive (and also traumatic for some children), it is only worth doing for a minimum stay of 2 weeks. The choir may stay for longer. The children will have virtual classes for half the day and help with homework. It is also an opportunity for nutritional support. Recreational activities are organised. This gives the children and their families a break. By providing this educational support Funvini hope to prevent the most vulnerable children from dropping out of school altogether and then falling prey to the gangs, drugs or prostitution and so ending up in the street.

We hope you are happy for your donations to be used for Funvini's educational work in general, and no longer restricted to supporting the street educators' work.

Thank you so much for your faithful support.

Kind regards, Julia Maling

Projects Officer Caring and Sharing East Sussex

NB There is a more detailed update available from Valerie or me if you would like to have more details

If anyone would like to contribute to the work in Colombia they can do so through BACS. Here is the information.

Account name

Bishop of Lewes Caring and Sharing East Sussex.

Account Number 40638293 Sort Code 20 27 91

Barclays Bank Please put 'Colombia' in the reference.

Alternatively a cheque can be made out to 'Caring and Sharing East Sussex' and sent to the treasurer Holly Stevenson at 130 Cooden Drive, Bexhill on Sea TN39 3AW

Please say that you would like the donation to go to the Colombia project.