

KEYNOTES



July/August 2023

£1.00

**THE PARISH CHURCH OF
ST PETER'S, WEST BLATCHINGTON**

Rector **The Reverend Tim Gage**
The Rectory
23 Windmill Close
Hove, BN3 7LJ
Tel : 01273 270427
Email: rector.westblatchington@gmail.com

Thursday is ordinarily the Rector's rest day; however please do not hesitate to contact him in the event of a pastoral emergency. Please refer all other urgent matters to the Churchwardens.

CURATE **Jan Butter** **Tel: 07889 400889**
Email: westblatchingtoncurate@outlook.com

CHURCHWARDENS **Jonathan Cooke** **Tel: 563178**
 David Keeling **Tel: 501504**

HON. TREASURER **Mandy Gander** **Tel: 271982**

CENTRE BOOKINGS **Maria Williams** **Tel: 721918**

PASTORAL CARE

Sick Visiting **Carol Gander** **Tel: 555414**

KEYNOTES EDITORIAL TEAM

Jane Cummings **Tel: 880274**
Michael Evans **Tel: 567399**
Charlie Flackhill **Tel: 965122**
Mandy Gander **Tel: 271982**
Fran Breeze **Tel: 421115**

E-mail: stpetersadmin@zoho.com
Church website : www.stpeterswestblatchington.org.uk

PARISH EVENTS DIARY

The following events taking place in July as notified are:

**Saturday 8th July - 6.30pm -
Tim's hymns and Pimms evening in the Rectory garden**

**Friday 14th July - Free lunchtime concert - 1.10pm
Tim Bolwell - trumpet**

Please continue to keep us informed of events that you have planned or know about by sending a message to our email address which is stpetersadmin@zoho.com

**The deadline for the September 2023 issue is
10th August**



Proverbs 3:5-6

“Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.”

EDITORIAL

Welcome to the July and August edition of Keynotes which is the last before the Summer holidays.

At the time of writing, Zanita and her merry band of helpers are busy preparing for the Summer Fair. It is a wonderful opportunity to show the local Community how welcoming the St Peter's Church family is and we are confident it will once again be a great success.

On Saturday 8th July at 6.30pm, we are repeating Tim's hymns and Pimms evening. It was a great success last year and great to have a good old sing song in the Rectory garden. There will be snacks and a raffle as well as a glass or two or Pimms as well as a non-alcoholic choice. If you missed out last year, it is a must for this year. We do hope to see you there.

There will be no St Peter's @ 4, Friday morning drop in, Prayer Together or any other social Church gathering in August, but we will return to the usual routine in September.

It was wonderful to see a larger number of people gather in Church recently for our monthly 'Prayer Together' service. If you have not yet come along, why not give it a try. They are held on the first Wednesday of the month at 7.45pm. We pray for those on our pew sheet as well as any others that are known to us that need our prayer. We finish the evening off with Compline. A very moving service and well worth the effort of leaving your comfy sofa!

Wishing you all a very happy and refreshing holiday and don't forget to send us your photographs of you reading Keynotes on your holiday.

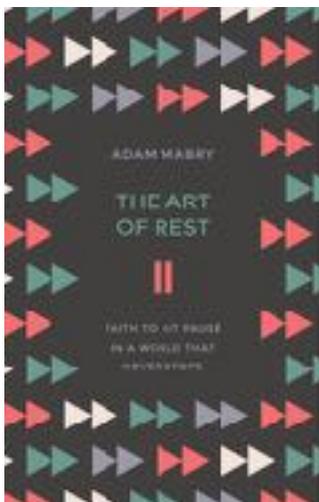
Editorial Committee

Rector's Ramblings

Summer Reading



Just picture it, the children are busy building sandcastles, the sky is blue, the sun is shining brightly and there you are relaxing on a comfy sun lounger. A cool drink in one hand and a good book in the other. How about instead of indulging in a trashy novel that leaves you feeling miserable why not feed your soul this Summer instead with a book that draws you closer to God.

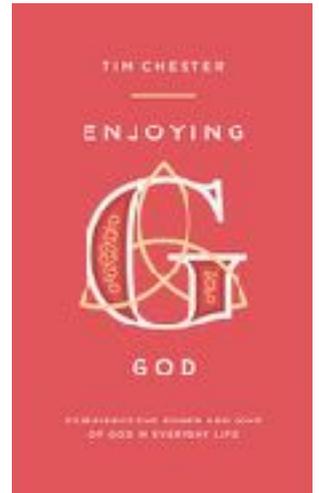


The Art of Rest by Adam Mabry. rrp £8.99

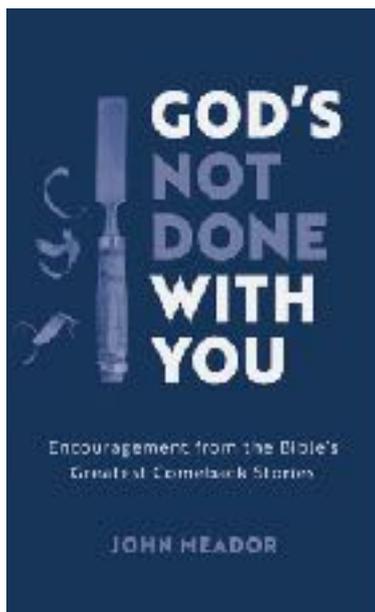
The world never stops. But we need to, and as Christians we can by having faith to hit pause and experience the rich rewards of God-given rest. This book shows us how rest gives us time to spend with God and remember his grace. Discover how rest fuels our joy and confidence in God's sovereignty as we learn to depend on him, and not our own efforts, and are refreshed by the power of the Holy Spirit.

Enjoying God by Tim Chester. rrp £9.99

We believe in God, we serve God, we trust God, but would we say that we enjoy God on a day to day basis? What exactly does a personal relationship with God look like, and how is it even possible? As we interact more with God and understand how awesome he is, we will experience joy in our service, our witness, our sacrifices and our suffering.



God's not done with you by John Meador. rrp £9.99



We all experience setbacks and disappointments in life. Sometimes those setbacks become entire seasons of life. Businesses fail, relationships falter, discouragement and doubts set in and circumstances overwhelm us.

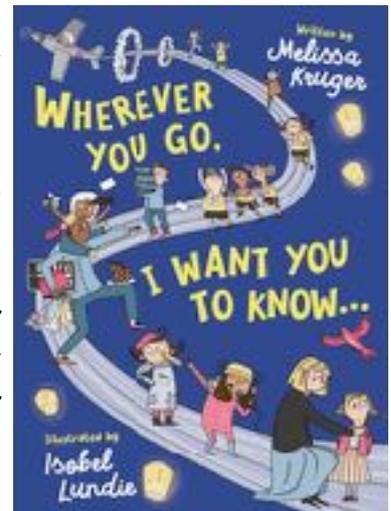
This book uses nine amazing "comeback stories" from the Bible to show how God provides everything needed to get through challenging setbacks.

“These stories are real-life events that often brought more drama, heartbreak and tragedy, and had more at stake than most any other situations in history. They show us greater and more meaningful outcomes than we can possibly imagine.”

One for younger children:

Wherever You Go, I Want You to Know... by Melissa B Kruger. rrp £6.99

Kids love to dream about what they might do when they grow up: jobs they might have, places they might go, people they might meet. As children embark on life's journey with all their potential and aspirations, use this beautifully illustrated, rhyming storybook to tell them your biggest dream - that whatever they do and wherever they go, they will love and follow Jesus.



This hardback book makes a wonderful gift for a wide range of children—from 3-year-olds to 7-year-olds

Why not visit our local Christian Bookstore and grab some at Books Alive on 86 Elm Drive, Hove

Happy Reading!
Rev. Tim

The business card for Mark Gibson, a Travel Counsellor, has a teal background with a photograph of two people swimming underwater. The text on the card includes his name 'MARK GIBSON', his title 'Travel Counsellor', and his phone number '01273 761 060'. Below this, his email address 'mark.gibson@travelcounsellors.com' and website 'www.travelcounsellors.com/mark.gibson' are listed. At the bottom, it says 'YOUR PERSONAL TRAVEL EXPERT' and features the 'travelcounsellors' logo with the tagline 'With us...it's personal!'.

WOMEN'S SOCIAL

The group enjoyed coffee in the grounds of Rottingdean Place on the 25th May. The weather was beautiful and refreshments provided by Jane Gough and Christine were delicious. We were delighted that two or three residents joined us for what was a lovely morning. Thank you to Jane and Christine.

Unfortunately our planned meeting to Camelia Bottnar Garden Centre had to be cancelled as we didn't have enough drivers available. We hope to visit later in the year.

Birthdays to be celebrated in July and August are Maggie Holden (5th July), Mary Edmonds (26th July) and Daphne Whyte (23rd August). We wish you all many congratulations.

Maggie Keeling

ITB
Electrical Services

All Domestic Electrics
Part P Compliant
Fully Insured

**For a free quote call:
Ian Barrett 01273 417484
or 07902 909605**

The Valet Man

Cars fully valeted at your home from £25

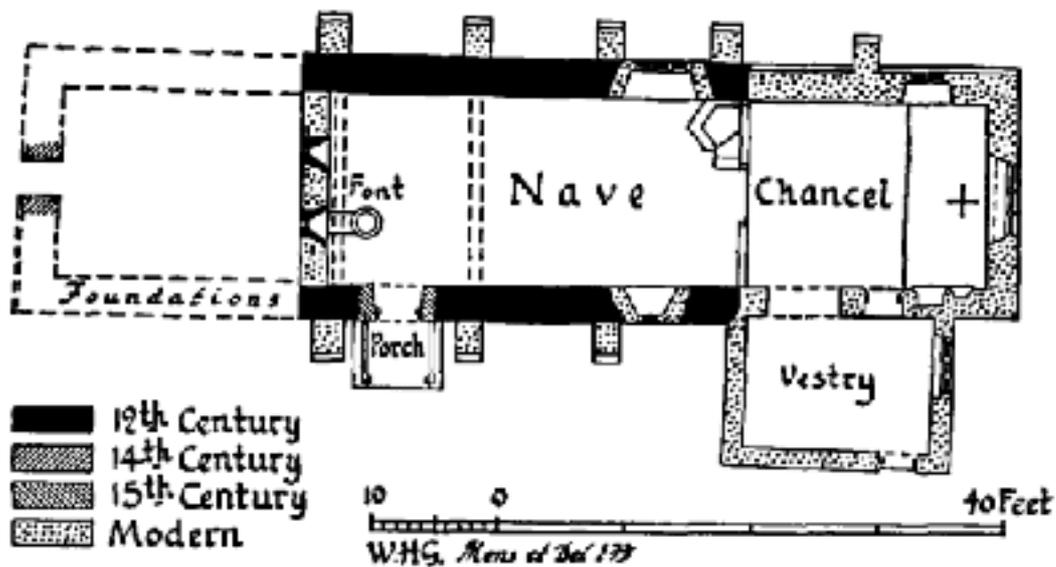
Call Paul Breeze on

01273 421115

07598 188440

Memories of Times Past

The plan below dates from soon after the old church was restored in 1888. The area marked chancel is where the choir stalls were, with the entrance being the smaller gap. The area with the cross marked is the sanctuary with the line across the old altar rail. The larger gap opened to where the organ was situated with the organist sitting with their back to the opening. It was accessed from the vestry. This sets the scene.



I have mentioned in previous articles the seats where the choir boys sat and I thought it useful to take a picture of one of the seats. This seat could accommodate 3 small boys and would have been on a plinth of 6 to 9 inches in height. Alongside this would be a smaller one which could take 1 or 2 boys. It would be located alongside this with a gap for access for adult choir and clergy.

If you too have any memories that still come to mind, do send them into Mandy Gander. William Holden

Keynotes Around the World

With the Summer holidays now upon, we thought, just for a bit of fun, we could publish some photos each month of you on holiday reading Keynotes. Please send them to Mandy by WhatsApp 07900 545888 or email on mandycgander@icloud.com. Please send them together with some information about where the photo was taken and who you are with.

Thank you.

Church School Test

For a church school exam, young children were asked questions about the Old and New Testaments. These were some of the (real) results...

- 1 In the first book of the Bible, Guinness, God got tired of creating the world, so He took the Sabbath off.
- 2 Adam and Eve were created from an apple tree. Noah's wife was called Joan of Ark. Noah built an ark and the animals came on in pears.
- 3 Lot's wife was a pillar of salt during the day, but a ball of fire during the night.
- 4 The Jews were a proud people and throughout history they had trouble with unsympathetic Genitals.
- 5 Sampson was a strong man who let himself be led astray by a Jezebel like Delilah.
- 6 Samson slayed the Philistines with the axe of the Apostles.
- 7 Moses led the Jews to the Red Sea where they made unleavened bread which is bread without any ingredients.
- 8 The Egyptians were all drowned in the dessert. Afterwards, Moses went up to Mount Cyanide to get the ten amendments.
- 9 The first commandment was when Eve told Adam to eat the apple.
- 10 The seventh Commandment is thou shalt not admit adultery.
- 11 Moses died before he ever reached Canada. Then Joshua led the Hebrews in the battle of Geritol.
- 12 The greatest miracle in the Bible is when Joshua told his son to stand still, and he obeyed him.



Our Charity for July and August

Tearfund

More than 36 million people have been affected by the worst droughts East Africa has seen in forty years. Of those, more than 22 million do not have enough food to survive. Local conflict, combined with skyrocketing food prices, is making the situation even worse.

The climate crisis has changed weather patterns in the region. With five successive failed rainy seasons, and more on the way, food is scarce, harvests have withered away and livestock have died. Lives have been lost and many more are at risk. Children are especially vulnerable.

In Marsabit, northern Kenya, 80 per cent of livestock have perished as a result of the drought. Lokhu, a mother of six, shares: 'Now our only option is to collect firewood and sell it in the town. I can no longer afford for my eldest to go to school.'

Tearfund and our local church partners are on the ground now in Ethiopia, Kenya and Uganda to tackle the crisis.

Here is some of the life-saving work you'll be supporting:

- Providing emergency food relief and cash grants to communities suffering from hunger.
- Building wells and solar-powered water pumps in drought-affected areas.
- Supporting people through self-help groups. In these groups, people are able to acquire land for tree planting and farming, access affordable loans, and build fuel-saving stoves.
- Supporting communities to understand climate change and adapt to its negative effects by investing in drought-resistant crops and finding new and sustainable forms of income.

- Training farmers with new techniques so that they can adapt to the changing weather patterns.

Resources are stretched like never before, and the crisis is growing every day.

Your support can make a crucial difference.

There is a donation box at the back of Church or you can donate online using 'Charity' as the reference.

Please support them if you can.

Sudoku - Medium

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

The Early Church Fathers

This month I would like to focus on one person whose name I omitted from the list of the Early Church Fathers, and a very important, influential one, Justin Martyr.

Justin Martyr, was born c. 100, in Flavia Neapolis, Palestine, now Nāblus. He died c. 165, in Rome, Italy. His feast day June 1st, he is one of the most important of the Greek philosopher-Apologists in the early Christian church. His writings represent one of the first positive encounters of Christian revelation with Greek philosophy and laid the basis for a theology of history.

A pagan reared in a Jewish environment, Justin studied Stoic, Platonic, and other pagan philosophies and then became a Christian in 132, possibly at Ephesus, near modern Selçuk, Turkey. Soon after 135 he began wandering from place to place, proclaiming his newfound Christian philosophy in the hope of converting educated pagans to it. He spent a considerable time in Rome. Some years later, after debating with the cynic Crescens, Justin was denounced to the Roman prefect as subversive and condemned to death with six companions. Authentic records of his martyrdom, by beheading, survive.

William Holden



The hairs upon your head

God cares for His creation
He knows each sparrow well
None from the sky are falling
But God can fully tell;
You're worth more than a sparrow!
You have no need to dread
He even knows the number
Of hairs upon your head.

Fear not men who can kill you –
For they can't touch your soul.
They ought to fear our Father
Who loves us as a whole.
He sees not just the body
He sees the soul as well;
He can punish the sinner
In fires of burning hell.

For death's the wage for sinning
But Jesus paid the price!
New life God gives so freely
Through His Son, Jesus Christ.
And we from sin are freed now
For us there's no more strife!
Through faith in Christ our Saviour
We have eternal life.

By Nigel Beeton

John 15:11

These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.

Prayer List Requests

Each Sunday we pray for people in any kind of need.

These may be the names of people on the prayer list which is printed in the Pew Sheet each week. The names are not read out individually during Sunday Intercessions, but are prayed for individually at the monthly Wednesday Prayer Together Service.

This is a lovely, peaceful, prayerful time in The Old Church. Please join us.

The Prayer Together Services are always on the first Wednesday of each month at 7.45pm.



St Peter's Pastoral Care Group

Our Pastoral Care Group exists to offer entirely confidential help and support on any pastoral matter.

Perhaps you would like a friendly visitor for a good chat now and then, help with transport, a name included in our prayer list at Church, some professional advice which we can help find, or an offer of Communion at home?

Please contact, in the first instance, Carol Gander on 01273 555414.

ST ANTHONY'S PRE-SCHOOL



Flexible hours to suit
ages 2 - 5 years old

08:30-16:00 (MON-FRI)

Come and visit our team to find out how
we love caring for your children.

LOVING. LEARNING. TOGETHER



Caring, nurturing
environment,
with dedicated
experienced team

Managed by qualified
school teacher

All weather outside
area for outdoor
learning through play

Family business for
over 30 years in Hove

Free funded hours
accepted, flexible to
suit you

CONTACT US

07763 651 764

stanthonyspreschool.co.uk

St Peter's Community Hall,
Hangleton Road
BN3 7LQ

TERRY ROGERS

**Your Local
Builder & Decorator**

**General Building, Plastering,
Decorating & Repairs**

(Small works also carried out)

Tel: 01273 737118

We are Brighton & Hove's oldest
independent family Funeral Directors

Dedicated caring service from Richard Whittle & Ben Day



Richard Whittle is the great, great grandson of the founder and Managing Director of Bungard Funeral Directors.



Ben Day is the Principal Funeral Director of Bungard Funeral Directors.

If you're thinking about your Funeral Plans call Richard or Ben on 01273 820018

90 Sackville Road, Hove, East Sussex BN3 3HE
01273 820018 (24 hour number)
info@bungards.co.uk [@BungardandSons](#)

Golden Charter
Smart Planning for Later Life



Bungard
FUNERAL DIRECTORS

EST. 1906

Ask us today about Funeral Plans from Golden Charter

www.bungards.co.uk

Sussex Wildlife Trust is an independent charity caring for wildlife and habitats

Stinging Nettle by Michael Blencowe of the Sussex Wildlife Trust

In the shadows under the Oak trees my enemy awaits. There are hundreds of them, huddled together in a silent, ferocious mob. With their drab green leaves and insignificant flowers, the Stinging Nettle is a joyless plant infamous only for its ability to inflict pain. I can almost hear these nettles straining at their roots, desperately trying to reach me because I am in possession of something they crave: a pair of bare legs. When I started writing this article, I realised that I hadn't been stung by a Stinging Nettle for so long that I had forgotten what it felt like. So, dear reader, just for you I am wading into a nettle patch in a pair of shorts.

As my legs brush the underside of the nettles' leaves, I break the fragile tips off hundreds of hollow hairs, and I'm injected with histamine, serotonin and acetylcholine, with a splash of formic acid. This volatile cocktail acts like napalm on my knees – my skin itches and blisters and that familiar fiery, tingling, pulsing pain sears up my spinal cord. The plant does not inflict this agony as some sadistic vendetta against schoolchildren and writers. The nettle's hairy, hurtful suit of armour is a defence mechanism against hungry herbivores.

Despite our hatred for the Stinging Nettle, we have found many uses for it over the centuries as cloth, medicine, and food. Seventeenth century Sussex herbalist Nicholas Culpeper claimed nettles - which "can be found by feeling in the darkest night" - cured everything from nosebleeds to leprosy. Celebrity chefs extol the virtues of vitamin-packed nettle soups, risottos and spanakopita. And the caterpillars of our most impressive butterflies enjoy munching on nettles too. Red Admirals, Peacocks, Commas and Small Tortoiseshells all depend on them.

Halfway through the nettle patch all this is offering me little comfort. If I focus my mind, I can rise above it and the waves of pain can start to feel strangely invigorating. But not for long and I soon start frantically searching for a cure. Rubbing mashed dock leaves on my legs has soothed my stings since I was a schoolboy, so I was surprised to read

that it's all a ruse. Scientists claim dock leaves are simply a placebo – and the searching and rubbing is just a distraction that numbs the pain.

Beyond the nettle patch I stumbled across an amazing glade of orchids, vibrant and stunning in the sunshine. In an instant the stinging stopped. Maybe it was all in my mind after all. Even when we are in our darkest night we need to keep pushing through the painful patches. There's something surprising and soothing awaiting us on the other side.



Remember, Lord, your great mercy and love, for they are from of old. Do not remember the sins of my youth and my rebellious ways; according to your love remember me, for you, Lord, are good.

Psalm 25:6-7

People and Places of the Bible

Silas

Silas in Acts and the Silvanus in 2 Corinthians, 1 and 2 Thessalonians, and 1 Peter are generally believed by scholars to be same. Acts 15:22 first mentions him as one of the “leading men among the brethren” (i.e., the Christian community at Jerusalem); they sent him to Antioch (now Antakya, Turkey), where he is identified as a prophet (Acts 15:32) preaching to the local Christians.

He remained in Antioch until he was chosen to join Paul on his second journey. According to Acts, he replaced Barnabas, who had left Paul. With Paul, Silas travelled through what is now Turkey, visiting Syria and Cilicia, whose churches they strengthened. From Derbe they went to Lystra where they were joined by Timothy. Their journey brought them to Galatia and Troas, and then they sailed to Macedonia.

At Philippi (near Kavála, Greece), where Paul first preached the gospel in Europe, Silas and Paul were beaten and imprisoned for healing an enslaved girl possessed by “a spirit of divination.” After their release, they missioned in Thessalonica. Expelled, they went to Beroea, where Silas remained with Timothy while Paul travelled to Athens. He later re-joined Paul at Corinth. Silas and Timothy are mentioned in 2 Corinthians 1:19 as co-workers and in 1 and 2 Thessalonians as co-authors.

Nothing further is known about Silas’s work with Paul. Sometime later he joined St. Peter the Apostle, whom he seems to have served as secretary. 1 Peter 5:12 suggests that Silas wrote this letter with Peter, and some scholars give him a prominent place among the New Testament writers. Legend designates him the first bishop of Corinth. It is thought that he died sometime before the end of the first century.

Rome

Rome is not mentioned in the Old Testament but figures prominently in the New Testament. Although the city of Rome is not often directly mentioned, every place and event in the New Testament has Roman rule as its background.

Rome came to prominence in the intertestamental period—the roughly 400 years between Old and New Testaments. During that time Israel was under Greek rulers, gained independence for a brief period of time, and then came under the control of the Roman Empire. The city of Rome ruled most of the Mediterranean world at that time. Within the empire there were citizens of Rome, who had special protections, and then everyone else, who were conquered peoples and did not have the same protections. Living within the borders of the Roman Empire did not make one a citizen of Rome.

It was a decree from Rome, by Emperor Caesar Augustus, that moved Mary and Joseph to Bethlehem in time for Jesus to be born there, thereby fulfilling prophecy (Luke 2:1–6; Micah 5:2). Herod the Great, who slaughtered the baby boys in and around Bethlehem (Matthew 2:16–18), had been placed on the throne by the Roman emperor. Jesus and His disciples had regular interaction with Roman soldiers stationed in Jerusalem and throughout Palestine. Jesus healed a centurion's servant and held him up as a model of true faith (Luke 7:1–10).

When the Jewish leaders were determined to put Jesus to death, they needed the help of the Roman authorities. Pilate was the Roman governor who finally pronounced the death sentence. The Jewish authorities pressured him into doing it by questioning his allegiance to Caesar. Finally Pilate handed him over to them to be crucified (John 19:12–16).

Later, Paul travelled to Rome for his trial before Caesar. He did not plant the church in Rome, but his most thorough explanation of the gospel is in his Epistle to the Romans. That letter served as his introduction to the church at Rome, who had only heard about him but had never met him personally or heard him preach.

The stability that Rome brought to the world allowed for the efficient spread of the gospel. Under Rome, there was a common language that facilitated spreading the message. Rome built an extensive road system that made travel easier and enabled the gospel to be spread. Finally, because of Roman rule, crime was at an all-time low for the period, and travel was safer for the apostles and missionaries of the first century.

For Rome, a primary objective was to keep the peace in its conquered territories. People were allowed a great deal of freedom in what they believed and what religious practices they followed, as long as their first allegiance was to Rome and to the Emperor. People in the Roman Empire were required to offer sacrifices to the gods of Rome and/or the Emperor. Providing they did this, they could also offer sacrifices to other gods of their choice. This was a problem for Jews and Christians. Because of the Jews' longstanding tradition of monotheism, Rome allowed Jews an exemption. While Christianity was considered a subset of Judaism, it was exempt as well. As Jewish leaders began to denounce Christians, the followers of Jesus lost their legal protection. In effect, the Jewish religious leaders used the Roman Empire to carry out persecution. Throughout most of the book of Acts, it seems that Christians are not at odds with the Roman authorities, but Jews and pagans often appeal to Roman authorities to stifle the Christian message. In Paul's case, his Roman citizenship actually saved him from the plots of some zealous Jews (Acts 23:30—25:7).

Rome is not mentioned by name in Revelation, but it is alluded to. In Revelation 17, Babylon the harlot is seen riding on a beast having seven heads and ten horns (verse 7). The seven heads are identified as seven hills (verse 9). No one in the ancient world could have missed this reference to Rome, which was known for being built on seven hills. In the vision of Revelation 17, Rome is not the instigator of persecution so much as the instrument that is used by the woman Babylon to persecute the saints. This follows the pattern in the Gospels and Acts.

Rome continued, and continues, to be significant in church history and in the history of Western civilization, especially with the political and religious influence of the Roman Catholic Church.

Compiled by William Holden from various sources

Isaiah 41:10

**“Fear not, for I am with you; be not dismayed, for I am your God;
I will strengthen you, I will help you, I will uphold you with my
righteous right hand.”**

Small Donations Scheme

We have reintroduced the above scheme, or SDS, which ran very successfully up to several years ago. The idea is to give people the opportunity to make a donation towards the cost of items which are one-off purchases or materials which we use. These donations are not regular but are on an “as and when able” basis which may be something in which they are interested.

The next edition of Keynotes will then contain a “thank you” notice for the gift which can be anonymous or include the sponsor’s name.

Mandy has produced a list of items which may appeal to the congregation and any discussion can be held in confidence with her. This list includes the following;

Coffee	£	5.50
Envelopes	£	2.65
Stamps	£	24.00
Monthly wifi in Church	£	28.50
Window Cleaning C/C	£	40.00
Monthly website fee	£	19.34
Altar Breads for communion	£	10.94
Monthly CAF Bank account fee	£	5.00

Thank you for your sponsorship

Our grateful thanks go to the person who wishing to remain anonymous, very kindly donated £10.94 to pay for some altar breads.

If you would like to make a donation to help with the funding of some of the items of expenditure in and around our Church then please contact Mandy Gander, our Treasurer.

REGULAR WEEKLY SERVICES

10.00 am Sunday Parish Eucharist with Sunday School in term time (except for the first and third Sunday of the month)

10.00 am All-Age Worship on the third Sunday of the month

1st Sunday of the month at 4.00 pm - St Peter's @ 4 family service

1st Wednesday of the month at 7.45 pm - Prayer Together

10.00 am Online service via Youtube
or via your telephone by dialling 01273 071150



The Rector is always available for spiritual counsel and healing prayer

**FRIDAYS AT ST PETER'S
St Peter's 'Open Church' drop-in**

**The First Friday of each month
10.30am – 12noon**

For coffee, conversation and companionship.

**We are open between 10.30am and 12 noon for you to
'drop-in' for a coffee, piece of cake and a chat.
A very warm welcome awaits you, so please do 'drop-in'
we'd love to see you.**

Easyfundraising

A huge thank you to all those that have signed up to Easyfundraising. It raised a total of £23.83 last month from the 39 supporters.

Please can we encourage you all to sign up to it and also why not ask your family and friends too. It is free to users but every time you order goods online, we receive a donation. It couldn't be easier and sounds too good to be true, but it really does work.

You just need to download the app on your telephone by scanning the code on the next page or type in easyfundraising on your computer. Please choose St Peters West Blatchington. Then all purchases that qualify will donate a small sum of money to us. Every little helps! Your support is much appreciated.

Mandy Gander



WHAT'S HAPPENING IN YOUR GARDEN?

- 1) Water at dusk to reduce evaporation and use mulch to retain moisture around plants.
- 2) Terracota pots are prone to evaporation so dampen the pot down to keep roots inside cool and damp.
- 3) Regularly deadhead bedding and perennial plants to encourage new blooms for as long as possible.
- 4) As your Penstemons fade, cut them back to just above a bud to encourage more flowers.
- 5) Cut back Hardy Geraniums and Delphiniums after the first flush of flowers to encourage new growth and further blooms.
- 6) Continue to tie in and train new growth on climbing plants.
- 7) Divide clumps of Bearded Iris so that they have time to form roots and flower buds for next year.
- 8) Deadhead your Roses to keep them looking tidy.
- 9) Deadhead Sweet Peas regularly to keep them blooming. Water daily in dry weather.
- 10) Keep an eye out for pests on plants, early treatment is best.
- 11) July is a good time to spray ground elder, bindweed and other persistent weeds with a glyphosate-based weed killer as the plants now have a lots of leaf surface with which to absorb it.

12) Water your lawn during hot weather particularly newly seeded or turfed lawns. Don't allow new lawns to dry out.

13) If there is prolonged dry weather, set you mower blades higher to reduce stress on the grass.

14) Warm weather encourages rapid weed growth so apply specific lawn weed killer to tackle this problem.



Greenfingers

FLOWERS IN CHURCH

Every Sunday, apart from during Lent and Advent, there are flowers near the altar in church. We are a group of seven, known as “The Bloomers”. We have a rota and take responsibility to either refresh the previous arrangement or take the previous display down and start again. The cost of the flowers is generally donated by the arranger. We have a small fund which is topped up by donations from brides when we arrange flowers specifically for a wedding.

It has been suggested that parishioners may like to sponsor an arrangement in recognition of a special occasion or in memory of someone. If this is something you would like to consider, please contact me. Sponsorship will be recognised in the pew sheet.

Thank you.

Maggie Keeling



COME INTO MY KITCHEN.....

I recently hosted a lunch party and thought I would share some of the recipes I used.

SALMON WELLINGTON

This recipe uses salmon fillets but, as I was catering for nine people, I used a piece of salmon weighing 850grams. The process is the same.

To Serve 2

2tbsps butter
2 cloves garlic, chopped
½ medium onions (or 3-4 shallots)
140g fresh spinach
1tsp salt, for spinach
1tsp pepper, for spinach
40g fresh breadcrumbs
110g cream cheese
30g grated parmesan cheese
2tbsp fresh dill, chopped
1 sheet puff pastry, softened to room temperature
1 salmon fillet, skin removed
1tsp salt, for salmon
1tsp pepper, for salmon
1 egg, beaten

Preheat oven to 220/200 fan/Gas 7

In a pan, over medium heat, melt butter. Add garlic and onions, cooking until translucent.

Add the spinach, salt and pepper, cooking for a couple of minutes until spinach is wilted.

Add the breadcrumbs, cream cheese, parmesan and dill, stirring until mixture is evenly combined. Remove from heat and set aside.

Roll out the pastry, using the paper it comes in. Cut in half.

Place the salmon in the middle of one piece and season both sides with salt and pepper.

Cover with the spinach mixture and spread evenly.

Brush the edges of the pastry with beaten egg and then place second piece of pastry on top, pressing down the edges to seal.

Brush the top and sides of the parcel with beaten egg. Score the top of the pastry with a knife, cutting shallow, diagonal lines to create a crosshatch pattern.

Bake for 20-25 minutes until pastry is golden brown.

VEGETARIAN WELLINGTON

12 shallots, peeled and sliced

25g butter

100g walnuts, roughly chopped

200g stilton, crumbled

2 sprigs thyme, leaves removed

500g chard, tough stalks removed and finely shredded

2 sheets puff pastry

1 egg, beaten

Fry the shallots in half of the butter until they are soft and browned, This will take about 15 minutes over a low heat. Tip into a bowl and add the walnuts, stilton and thyme. Blanch the chard in boiling water for 1 minute, drain well and tip into the frying pan with the remaining butter and lots of seasoning. Cook for a minute or two to dry it out a little and then tip into the rest of the mix and cool.

Heat the oven to 200C/fan 180C/gas 6. Roll out the pastry and cut into two pieces. Arrange the filling in a fat pile on one piece. Brush edges with beaten egg then drape the second piece over the top to make a parcel. Trim and crimp edges. Score the top then brush all over with egg.

Cook for 40 minutes until crisp and golden.

I served these dishes with several salads, including this one –

ZESTY QUINOA SALAD

2 cups water
1 cup quinoa
¼ cup extra virgin olive oil
2 limes, juiced
2tsp ground cumin
1tsp salt
1tsp chilli flakes
1 ½ cups halved cherry tomatoes
1 can black beans, drained and rinsed
5 spring onions, finely chopped
¼ cup chopped coriander
salt and pepper to taste

Bring water and quinoa to a boil in a saucepan. Reduce the heat to medium-low, cover and simmer until water has been absorbed and quinoa is tender (10-15 minutes). Set aside to cool.

Meanwhile, whisk olive oil, lime juice, cumin, salt and chilli flakes together in a small bowl.

Combine quinoa, tomatoes, black beans and spring onions in a large bowl. Pour dressing over quinoa mixture, toss to coat. Stir in coriander, season with salt and black pepper. Serve immediately or chill in the refrigerator.

To finish, here are a couple of ideas I picked up when on holiday in Italy.

For the following recipes, quantities are just a guideline – be creative!

BRUSCHETTAS

1 baguette
5 tomatoes (use different varieties if you like), deseeded and roughly chopped
1-2 shallots

1 clove garlic
handful of basil, roughly chopped
2tbsp extra virgin olive oil
1-2 tbsp balsamic vinegar

Slice a baguette into diagonal slices and toast in the oven until slightly browned.

In a bowl, mix all the other ingredients.

Place a spoonful on toast and serve.

This is an alternative topping .

1 courgette, grated,
1tbsp cream cheese,
ground black pepper to taste

Mix all the ingredients together and serve as above.

I hope you all enjoy a summer break. If you come across a recipe or two you enjoy, please send them to me so we can share!!

Maggie



Puppy

I arrived home from work to find all the windows and doors wide open. Apparently, our new puppy had had an accident. “Yeah, it was awful,” my daughter told me. “In fact, when we first walked in, I thought you had come home early and were cooking dinner.”

Miles Gander

Domestic Plumbing Services

Specialises in bathroom & kitchen installation

All domestic plumbing work undertaken

Mob: 07788 448400

Tel: 01273 271982

www.milesganderplumbing.co.uk

"BETTER PLUMBING BY MILES"

Foot Health Specialist

MOBILE SERVICE - I will come to you!
Covering Brighton and Hove
(plus some surrounding areas)

MRS POURAN KHAVARI

M.C.F.H.P. M.A.F.H.P.

REGISTERED MEMBER OF THE BRITISH ASSOCIATION OF FOOT HEALTH PROFESSIONALS
REGISTERED NURSE & REFLEXOLOGIST

Treating

- Callus & Corns
- Fungal Infections & Verrucae
- Ingrown Toe-Nails
- Care of Diabetic Foot
- Toe Nail Maintenance
- Thickened Nail Reduction
- Reflexology (on request)



BOOK NOW

Home Visits

£30

Call Me On:
07766 084153



*The Parish Church of St. Peter
West Blatchington*

FREE LUNCHTIME CONCERT SERIES

Our afternoon concert series continues with

Tim Bolwell - Trumpet

1.10 p.m. on Friday 14th July

The Recital is for approximately 40 minutes

Refreshments provided.

**There is no admission charge, but donations to fund
future concerts will be gratefully accepted.**

All welcome!



July/August Festivals and Saints

Because of its significance I will concentrate on this one feast.

The Feast of the Transfiguration – 6th August

Transfiguration, in the New Testament, is the occasion upon which Jesus took three of his disciples, Peter, James, and John, up on a mountain, where Moses and Elijah appeared and Jesus was transfigured, his face and clothes becoming dazzlingly bright. The Transfiguration is recorded in all three of the Synoptic Gospels (Mark 9:2–13; Matthew 17:1–13; Luke 9:28–36) and is understood to have been the revelation of the eternal glory of the second person of the Trinity, which was normally veiled during Christ's life on earth. The event can also be interpreted as an anticipatory Resurrection appearance, and the presence of the two prophets is often taken to signify Christ's fulfilment of the Mosaic Law and the prophecies of the Hebrew Bible (the Christian Old Testament). The Feast of the Transfiguration is celebrated in the Eastern Orthodox and Roman Catholic churches on August 6, and the Transfiguration is ranked alongside Jesus' baptism and the Crucifixion, Resurrection, and Ascension as a key milestone of his life and ministry.

In the Gospel accounts, after foretelling his death and Resurrection, Jesus and his three disciples went to "a high mountain" to be away from the crowds. There, Jesus' face began to shine like the sun and his clothes became miraculously white. As the disciples looked on, Elijah and Moses suddenly appeared in glory and talked with the transfigured Jesus. Peter then offered to make three dwellings, one for Jesus and one for each of the two supernatural guests, but was interrupted by a voice from a bright cloud that said, "This is my Son, the Beloved; with him I am well pleased; listen to him!" (Matthew 17:5). Having collapsed in fear, the disciples were comforted by Jesus, who then urged them to keep silent about these events until after his Resurrection (Mark 9:9; Matthew 17:9). According to tradition, the event took place on Mount Tabor. The Transfiguration is also referenced in the Second Letter of Peter, where Peter's presence as an eyewitness to Christ's majesty is used to assure the readers that his message is true (1:16–18).

The place of this event is "a high mountain" (Matt 17:1 ; Mark 9:2). The association with a mountain is also found in Luke 9:28 and 2 Peter 1:18. Several geographical locations have been suggested: Mount Hermon (truly "high, " at 9, 200 ft.); Mount Carmel (out of the

way for the surrounding events); and the traditional site of Mount Tabor (not a "high" mountain and the presence of a Roman garrison stationed on the top in Jesus' day makes this questionable). The biblical writers apparently were not interested in locating exactly where this event took place; they were more concerned with what took place.

William Holden

Drawn from various sources.

The views expressed by individuals in Keynotes are not necessarily the views of the Church of St Peter, West Blatchington, or the Editorial Team. External advertising in this magazine does not imply any endorsement or promotion of the advertisement or its content, products or services. Errors and omissions, whilst regrettable, may occur. Please advise any member of the Editorial Team in writing and corrections will be published.

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

MONEY MATTERS - Figures for May 2023

Receipts

Planned Giving	£	2984
Income tax recovered	£	1208
Community Centre Income	£	949
Collections/other giving	£	104
Keynotes subs & adverts	£	16
Pay Donation Station/Sundry Donations	£	650
Fund Raising	£	95
Investment income	£	1642
PCC Fees	£	145
TOTAL RECEIPTS	£	7793

Payments

Parish Contribution	£	6304
Salaries	£	788
Utilities and Insurance	£	360
Church maintenance	£	452
Rectory	£	329
Community Centre running costs	£	176
Upkeep of services	£	80
Sum Up/Bank Charges	£	19
Fundraising expenses	£	11
PCC reimbursement of expenses	£	370
Printing costs	£	527
Charity donation	£	140
TOTAL PAYMENTS	£	9556

Year to date deficit £13,724

Date	Reading, Commemorations & Intentions Calendar for July (Year A)
SAT 1ST	<i>Hangleton and West Blatchington Foodbank</i>
SUN 2ND	Trinity 4 - Genesis 22. 1-14 Romans 6. 12-end Matthew 10. 40-end
MON 3RD	All missionaries
TUES 4TH	Our understanding of our Christian faith
WEDS 5TH	Our City Council
THURS 6TH	Those persecuted for their faith
FRI 7TH	All food distributors
SAT 8TH	All those researching vaccines
SUN 9TH	Trinity 5 - Genesis 24. 34-38, 42-49, 58-end Romans 7. 15-25a Matthew 11. 16-19, 25-end
MON 10TH	All civil servants
TUES 11TH	Ambulance crews
WEDS 12TH	All agriculture workers
THURS 13TH	Our Archbishops, Justin & Stephen
FRI 14TH	Poetry in expressing religious beliefs
SAT 15TH	A deeper understanding of our faith

SUN 16TH	Trinity 6 - Genesis 25. 19-end Romans 8. 1-11 Matthew 13. 1-9, 18-23
MON 17TH	Our sides people
TUES 18TH	Our serving team
WEDS 19TH	The role of women in the church
THURS 20TH	All theologians
FRI 21ST	Our Sacristans
SAT 22ND	Bishop Martin
SUN 23RD	Trinity 7 - Genesis 28. 10-19a Romans 8. 12-25 Matthew 13. 24-30, 36-43
MON 24TH	Bishop Will
TUES 25TH	Bishop Ruth
WEDS 26TH	All parents
THURS 27TH	All Theological Colleges
FRI 28TH	Chaplains to the Armed Forces
SAT 29TH	School Governors
SUN 30TH	Trinity 8 - Genesis 29. 15-28 Romans 8. 26-end Matthew 13. 32-33, 44-52
MON 31ST	anti- slavery campaigners

Date	Reading, Commemorations & Intentions Calendar for August (Year A)
TUES 1ST	Rev Tim and his family
WEDS 2ND	Armed Forces
THURS 3RD	Those on holiday
FRI 4TH	Our spiritual awareness
SAT 5TH	Those involved in the Tourist Industry
SUN 6TH	Trinity 9 Genesis 32. 22-31 <i>Romans 9. 1-5 Matthew 14. 31-21</i>
MON 7TH	Rev Jan and his family
TUES 8TH	All preachers
WEDS 9TH	All mothers
THURS 10TH	The poor and helpless
FRI 11TH	All fathers
SAT 12TH	All working in Local Government
SUN 13TH	Trinity 10 Genesis 37. 1-4, 12-18 <i>Romans 10. 5-15 Matthew 14. 22-33</i>
MON 14TH	Our understanding of the scriptures
TUES 15TH	All grandparents

WEDS 16TH	The hospitality sector
THURS 17TH	The 'Bloomers' flower group
FRI 18TH	Our churchyard gardening team
SAT 19TH	Those housebound and their carers
SUN 20TH	Trinity 11 Genesis 45. 1-15 Romans 11. 1-2a, 29-32 Matthew 15 21-18
MON 21ST	All social workers
TUES 22ND	The disadvantaged and the poor
WEDS 23RD	The martlets and the terminally ill
THURS 24TH	All teachers and schools preparing for the new term
FRI 25TH	All seeking work
SAT 26TH	Our Churchwardens
SUN 27TH	Trinity 12 Exodus 1. 8 - 2.10 Romans 12. 1-8 Matthew 16. 13-20
MON 28TH	Our Parochial Church Council
TUES 29TH	Our Standing Committee
WEDS 30TH	All writers on Christian matters
THURS 31ST	Archdeacon Martin

And finally.....

A prayer for Summer

Loving Father,

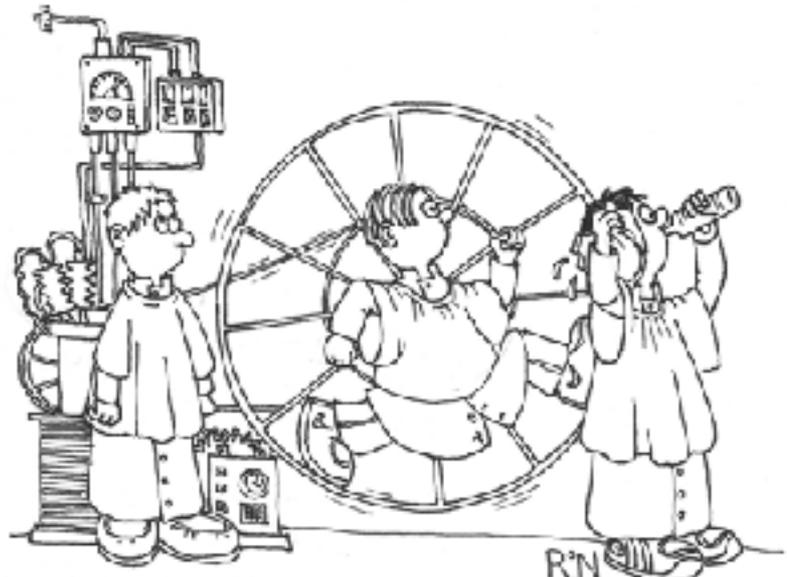
Summer brings long days and summer pleasures, for many, but not for all. Lord, we pray for those who are finding life to be a struggle; for families with no hope of a holiday this year; for parents who don't know how they will feed their children during the upcoming long school break; for those who are lonely, or discouraged, or isolated, or afraid.

Lord, we pray for justice and compassion from those in positions of power and responsibility.

And please Lord, show us how to help, how to be part of the solution. May we, as your children, reflect your loving kindness wherever we can. May your Kingdom come on earth, through us.

In Jesus' name.
Amen

By Daphne Kitching



When the solar panels weren't working,
there was Plan 'B'

David Tildesley
Window Doctor



Window
Doctor

☎ 01273 276 522

☎ 07710 030 179

✉ davidwindoc@gmail.com

📍 156 Woodland Av, Hove, East Sussex, BN3 6BN

Working from home?

Are you sitting comfortably?

Try before
you buy from
our huge
selection of
models

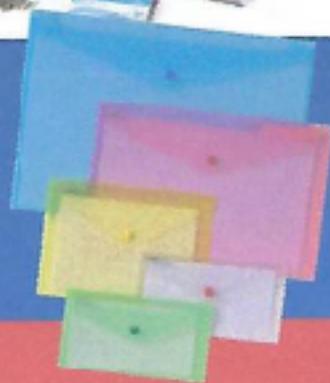


PLUS

1,000s
OF OFFICE PRODUCTS



odm
Office Supplies Group



Unit W13 The Knoll Business Centre
325-327 Old Shoreham Road, Hove
East Sussex BN3 7FA

Entrance via Bellingham Crescent

01273 203100

www.odm-online.co.uk

Grants Garage

A family business

**23 Montague Place
Kemptown,
Brighton, BN2 1JE.**

Tel: 605705



*For all of your motoring needs,
all work undertaken and guaranteed.
Free collection and delivery, loan cars / vans available.
Keeping you or your business on the road.*

**Great service
Greatest
of care**

*Bodywork, tyres, exhausts, MOT's
repairs & servicing with a smile*

