

KEYNOTES

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the chaos of sin
bring us healing
and make
us whole
in Jesus Christ
our Lord

March 2023

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Rector **The Reverend Tim Gage**
The Rectory
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Tel : 01273 270427
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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.

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PARISH EVENTS DIARY

The following events taking place in March and April as notified are:

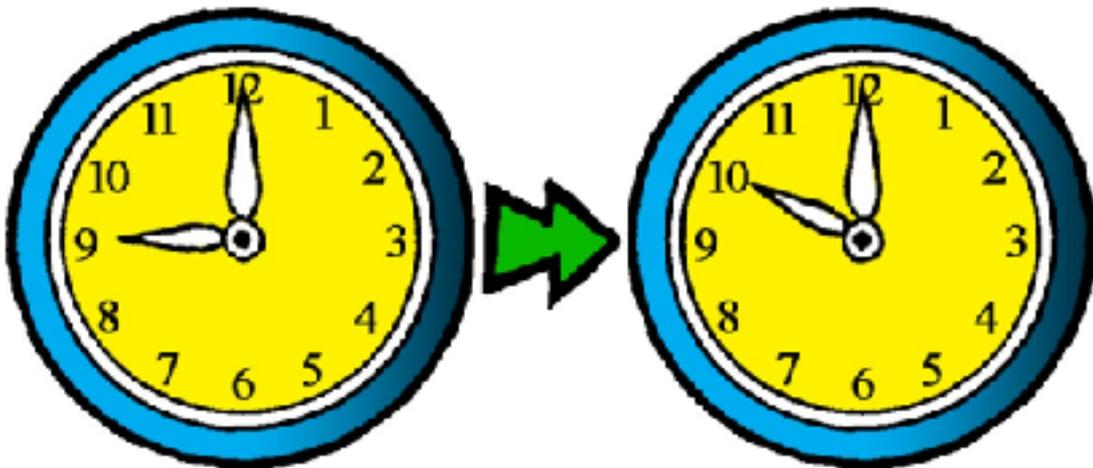
Saturday 11th March - Blue Jeans Saturday - from 10am

Saturday 11th March - Free lunchtime concert - 1.10pm
Rachel Smith, flute and Paul Gregory, guitar

Friday 21st April - Free lunchtime concert - 1.10pm
The Boat Band

Please continue to keep me 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 April 2023 issue is
9th March



EDITORIAL

As we head into March, we have much to be thankful for. In addition to the lighter evenings and warmer weather, we're in the midst of Lent – a time of reflection and preparation for the celebrations of Easter.

Lent started on 22 February, Ash Wednesday, and lasts for 40 days (not including Sundays). The timing follows the example of Jesus who fasted for 40 days in the wilderness. Ash Wednesday is named because ashes from palm crosses are blessed and used to make crosses on people's foreheads.

Holy Week this year starts on Palm Sunday, 2 April, and information on the services and activities being held in the run up to Easter, 9 April, will be shared through our weekly service sheets and posted online at www.stpeterswestblatchington.org.uk

Other events this month include Blue Jeans Saturday, 11 March, at 10am. This is where volunteers get together to give the church grounds a spring-clean. Refreshments and 'bacon butties' are provided – can we tempt you to join us? There's also a free lunchtime concert the same day at 1.10pm with Rachel Smith on flute and Paul Gregory playing guitar, so why not stay on for that.

Prayer Together services are held the first Wednesday of every month at 7.45pm, St Peter's @4 children's activities are the first Sunday of the month and coffee/tea drop-in sessions are 10.30am, the first Friday of every month.

A commission scheme that allowed people to direct 0.5% of the cost of their Amazon purchases to St Peter's has now closed. Amazon says the scheme never had the take-up of customers it felt it warranted, and confirms over £100m of its £26bn UK turnover was directed to good causes in 2021. This will impact our fundraising, so if you, or anyone you know, are interested in subscribing to Keynotes, then please contact Mandy Gander or one of the editorial team. At just £8 for 10 editions, this parish magazine is a great read with interesting articles.

Finally, we're still looking for a new member to join the Keynotes editorial committee. Please speak with Mandy or Michael Evans if it's something you might be interested in.

God Bless.

Editorial Committee

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Rectors' Ramblings

The 'Sermon on the Mount' contains perhaps some of the best-known teachings of Jesus Christ. These include such utterances as 'Do not lay up for yourselves treasures on earth'; 'Love your neighbour as yourself' and 'Judge not, that you be not judged'.

But did you know what Jesus chose to begin his teaching ministry with?

From that time Jesus began to preach, saying,
"Repent, for the kingdom of heaven is at hand."
- *Matthew's Gospel Chapter 4, verse 17.*

Such a confrontational command causes just as much consternation and offence as it first did 2,000 years ago. But few take time to consider what is meant by the word *Repent*. Some merely confuse it with regret. While there is an element of regret within repentance, it is far more than just remorse. Repentance involves a change of mind, heart and actions. It is the ongoing re-orientation of our lives towards Christ's kingdom and His ways.

The first Bishop of Liverpool, J.C Ryle, spoke of it in this way: "The necessity of repentance is one of the great foundation stones which lie at the very bottom of Christianity, it is a truth which needs to be pressed on all mankind without exception. High or low, rich or poor, all have sinned and are guilty before God; and all must repent and be converted, if they would be saved. – It is a truth which does not receive the attention it deserves."

In a culture that encourages humanistic positivism, repentance is never going to be seen as something to affirm. But the life-story of countless Christians for two millennia, who have experienced God's grace through repentance, would paint a very different picture.

For it's in the grace that Christ offers us through repentance that we see guilt transformed into forgiveness, shame transformed into freedom and even death transformed into life. In which case, *are you listening to Christ's call to repent and turn back to Him?*

Rev Tim Gage

WOMEN'S SOCIAL

All members of the Women's Social Group were saddened by the death of Rae Batchelor in January. Rae had been an enthusiastic member of the group for many years – always cheerful, stylish and full of energy. Her contributions to Church fairs and Christmas Tree Festivals were always very well received. She was a talented craftswoman. She will be greatly missed by the members of the Group and the wider church community.

On the 26th January we met for coffee in Church – thank you to Beryl and Gill for hosting. As I write this, we have just enjoyed a fish and chip lunch at Bankers in Western Road.

We will meet at Carol's home for coffee on the 23rd February.

On the 16th March Paula will celebrate her birthday. Congratulations Paula.

Maggie Keeling



A Senior's Version of Facebook

For those of my generation who do not, and cannot, comprehend why Facebook exists: I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them 'thumbs up' and tell them I 'like' them. And it works, just like Facebook. I already have four people following me: two police officers, a private investigator and a psychiatrist.



The Bible according to children

Children's version of biblical stories and events have a charm all their own. The following efforts have not been retouched or corrected (i.e. bad spelling has been left in).

- ~ Adam and Eve were created from an apple tree.
- ~ Noah built an ark, which the animals came on to in pears.
- ~ Lot's wife was a pillar of salt by day, but a ball of fire by night.
- ~ The Egyptians were all drowned in the dessert. Afterwards, Moses went up on Mount Cyanide to get the ten amendments.
- ~ Samson slayed the Philistines with the axe of the Apostles.



Our Charity for March

What is Cry in the Dark?

In 1998, Steve Cooper and three friends heard about children living in dire circumstances at Dofteana orphanage in Bacau, Northeast Romania and went to see how they could help. They found 26 children in appalling conditions, suffering from malnutrition and neglect. Most had serious illnesses or disabilities. Their plight moved Steve's compassion into action and the charity Cry in the Dark was born.

Romanian local authorities re-located the children to a hospital, but conditions there were worse. So Cry in the Dark worked hard to urgently raise funds, build a home and find staff. Two years later 24 children moved to Casa Lumina (House of Light) – their new home-for-life.

Their charity work in Romania continues, with many supporting them through sponsorship and fundraising. Their volunteering opportunities, including Christian volunteering, allow them to carry on spreading hope and life throughout the communities they work with.

Their Vision

Their vision is to put Christian love and compassion into action by reaching out to children and young people of any race, creed or faith who are marginalised by poverty, sickness or disability.

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.

CRY IN THE DARK

When he was a young man, Steve Cooper lived near us in Carshalton, Surrey. He was a plumber by trade. In 1998, he was repairing a lady's washing machine when she told him about the horrific treatment of orphaned children in Romania. Following the rule of President Ceausescu, there were approximately 100,000 Romanian children in orphanages.

Steve decided to look into the situation himself. He and three friends travelled to north-east Romania and visited an orphanage in Dofteana. They were horrified by what they saw. Twenty-six children were living in appalling conditions, suffering from malnutrition and neglect. Most of them had serious illnesses or disabilities. In one room, cots were lined up in complete darkness, with some children tied to their beds. One baby was lying on the floor, crying. A nurse picked her up and threw her into a cot.

Steve and his friends returned home, and he prayed to God that something could be done to help these poor children. The answer to his prayer came with the realisation that he was the one who needed to take action. He travelled back to Romania and managed to convince the authorities to relocate the children from the orphanage to a hospital. But conditions in the hospital proved to be even worse.

Steve formed the charity Cry in the Dark. He raised enough funds to build a new home for the children and recruit staff. The home is called Casa Lumina, which means 'house of light'. When the authorities handed over the children, Steve asked for any paperwork to be sent on to him. For each child there was just a single slip of paper, giving their name and what was wrong with them. For some, it said 'cerebral palsy', but for the others it just said 'idiot'. That was the mentality of the authorities at that time.

Casa Lumina is a residential care home which provides care, education, stimulation and love. Steve, or 'Tata Teach' as he is known there, has promised them a home for life. As they grew into young adults, it became obvious that their needs were no longer being met. They needed privacy and a space to call their own. So, in 2009, Steve launched the Hard Hat Challenge. I was one of the volunteers

who went over to Casa Lumina to help build an extension with single rooms for the older, more able residents. The following year, I returned with my daughter Miranda, to help finish the project.

Since being formed in May 2000, the Cry in the Dark charity has grown. Casa Albert, a home for the terminally ill, has also been built. The charity's staff do a lot of work with the local community, especially the many gypsies in the area, and those who are housebound and very sick. Recently, they have opened their doors to Ukrainian refugees.

Cry in the Dark is a wonderful charity. I am so glad that St Peter's has agreed to support it.

Joan Woodruff



Christian Meditation

I am a member of the World Community for Christian Meditation (WCCM) and am looking to start a group that will meet regularly, say once or twice a month, to practice meditation locally.

Meditation is a form of contemplative prayer that entails a stilling of the body and mind and entering into a state of silence where one is able to experience the presence of God that lies deep within each one of us. It is giving God a chance to communicate with us: "In prayer we speak to God; in meditation God speaks to us". Sometimes we may hear God, or feel Him communicating with us in some way, though more often than not we simply experience the inner calm and joy of feeling that we are in His presence.

We meditate to enjoy communion with God in a sacred space, "our own special place", which can be anywhere that we feel safe. It gives us a sense of peace and well-being and can be a very healing experience.

The practice of meditation has a long history from the early Church, especially the "Desert Fathers" who practised silent contemplation and openness to the Spirit. Jesus Christ often went off to a space where he could be alone with the Father. All WCCM meditation is done in the name of Jesus Christ and many active members of the WCCM are ordained clergy.

The World Community for Christian Meditation was founded in 1991 by John Main, a Benedictine monk who discovered the eastern tradition of meditation while working in Malaya. He found the practice beneficial and entirely in keeping with his Christian experience, and he decided to promote its practice within Western Christianity. The movement is now led by Laurence Freeman, also a Benedictine monk. Both the worldwide and UK headquarters of the movement are in London. There are WCCM meditation centres in many parts of the world. Patrons include the former Archbishop of Canterbury, the Rt Rev Dr Rowan Williams, and Cardinal Vincent Nichols, the current head of the Roman Catholic Church in England and Wales.

The WCCM is an ecumenical movement and welcomes people from all faiths and none.

Meditation can be done by oneself or in a group. Most meditators in my experience try to meditate once or twice daily by themselves and

supplement this with regular group sessions. Especially in the group situation, typically a meeting will begin with a reading from the Bible or one of the writings of founder John Main or current director Laurence Freeman, or with a recording of one of their many talks, followed by a short prayer.

There follows a period of silence, typically between 20 and 30 minutes, when you sit comfortably, in an upright position, and recite, over and over, a silent mantra. This is a special word or phrase to keep your mind focussed and away from distractions. It can be any word or phrase. The WCCM recommends “Maranatha”, meaning “Come Lord”. Another popular mantra is “Be still and know that I am God”. The practice requires effort and concentration, but over time it becomes less difficult.

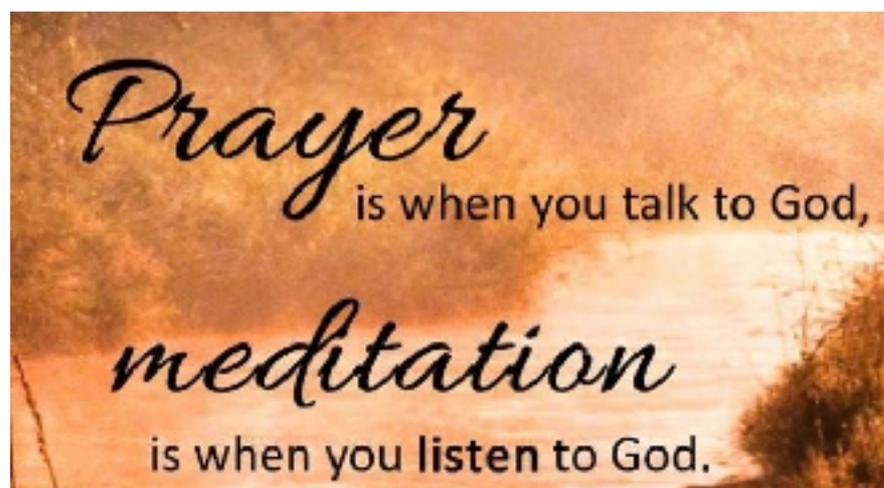
The meeting ends with another short prayer, and possibly a discussion.

For myself, meditation has given me a more disciplined approach to my prayer life and a great sense of peace and well-being, without necessarily feeling the need to think of special prayers or things to say to God. I can be with God without having to do the talking!

To end with a quote from John Main: “The important aim in Christian meditation is to allow God’s mysterious and silent presence within us to become more and more not only a reality but the reality which gives meaning, shape and purpose to everything we do, everything we are.”

Anyone who is interested in attending a Christian meditation group, or who simply wants to learn more about it, should have a word with me. You can call me on 01273 563178 or email me at jonathan@brachocooke.co.uk.

Jonathan Cooke



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Wordsearch

St Patrick's Day Mothering Sunday Annunciation Lent

Leeks for St David's day, daffodils for the rest of the month: March brings us Spring. St Patrick, who brought Christianity to Ireland, is remembered with parades. Mothering Sunday and Mother's Day are celebrated with more daffodils and Sunday lunch 'out'. March brings us the Annunciation, when the angel first appeared to Mary to tell her of her coming pregnancy. March is the month of Lent, of prayer and preparation for Easter.

Leeks
Daffodils
Spring
Patrick
Day
Mum
Mother
Angel
Ireland
Wales

Sunday
Lunch
Pregnancy
preparation
prayer
parades
Mary
Magnificat
Fasting
Lent

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



What really goes on at the Hangleton and West Blatchington Foodbank?

I recently read a newspaper article claiming that foodbank volunteers were mainly middle-class women who stood around chatting and drinking coffee and handing out the odd food package. At the end of the session they went home feeling self-righteous about doing their bit for society. Not so.

But do you know what really goes on?

Each week starts with our food bank coordinator receiving referrals for individuals and families (Clients) wishing to access the food bank. The referral can come from an agency, community group or social service (eg. doctor, school, church). The coordinator then assesses that Client's weekly needs and passes the information onto the volunteers to enable them to prepare the food packages.

We receive food donations from both individuals and organisations such as Waitrose, Tesco, certain schools and churches. Individuals usually drop their donations round to us but volunteer drivers collect other food donations from Waitrose and Tesco on a Tuesday night. We can't rely solely on these food donations so the volunteers use financial donations to buy supplies from Asda. These are delivered to the food bank on a Wednesday morning in time for the volunteers to sort them into stock or prepare the food packages in readiness for the Clients using the information compiled by the coordinator. Other volunteers display the perishable goods on tables to enable the Clients to select what they need.

After the Clients have collected their packages and the session is over, the volunteers then clear the church hall and send any unwanted food to Olio (an organisation that provides unwanted food to the general public free of charge to avoid food wastage).

As you can see volunteers have quite a lot to do but If we're lucky, we'll be able to make ourselves a cup of coffee!

And who are these volunteers? We're a diverse hard-working conscientious bunch. Some of us are on some sort of benefit, others are carers and some of us are retired. And some have even been previous food bank Clients. Others are just committed people. But we all share the common purpose of helping those in food poverty.

Whilst we have a number of volunteers, we do still need some driver volunteers to collect food donations on Tuesday evenings (but you'll need to be able to lift the crates.) If you're interested, you download an application form from our website <https://www.hangletonfoodbank.org>

Just so you know, over 91 per cent of independent food banks reported an increased need for their services in November 2022 compared with November 2021. There was, however, a drop in the number of Clients for a few weeks late last Autumn mainly due to the Government making cost-of-living payments but since then the cost of living has gone up again and so has the number of Clients. Currently, we are helping 31-34 Clients per week for between 1 and 10 people per Client.

So why do people need food banks? The reasons are complex, so it's misleading to link them to any one issue. But these days they tend to be due to:

- Food inflation (16.7% in January 2023)
- Cost of living crisis
- Debt
- Benefit changes and delays
- Low paid work
- Sanctions
- Mental illness

Want to make a donation? We welcome both food and financial donations. We post our weekly needs of food donations on our Facebook page <https://en-gb.facebook.com/hangletonfoodbank/>

Non-perishable food donations can be delivered to St George's Hall ideally between 10.30 and 11.00 on a Wednesday but we're happy to accept them at any time really.

Financial donations are gratefully received as well. You can make a one-off payment or better still set up a direct debit for a regular donation. You can find our bank account details, as well as how to pay by Paypal and claim Gift Aid from our website <https://www.hangletonfoodbank.org>

Just one last thing – our eternal thanks go to St George's for the use of their hall and cupboard without which none of this would be possible.

A Volunteer/Trustee

PS Did you know that there are more food banks than McDonalds?



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 Service.

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

The date of the next Wednesday Prayer Together Service will be on the Pew Sheet.



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.

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WORLD DAY OF PRAYER

3RD MARCH 2023

World Day of Prayer (previously Women's World Day of Prayer) is an international, inter-church organisation which enables us to hear the thoughts of women from all parts of the world: their hopes, concerns and prayers. The preparation for the day is vast. An international committee is based in New York and there are national committees in each participating country (over 120 countries). Regional conferences meet to consider the service and then local groups make their plans. Finally at a church near you on Friday 3rd March 2023, people will gather to celebrate the service prepared, this year, by the women of Taiwan.

The service begins in Samoa and prayer in native languages travels throughout the world – through Asia, Africa, the Middle East, Europe and the Americas before finishing in American Samoa some 38 hours later. It is likened to a tsunami of prayer going around the world.

In Hove, the service will be held at All Saints, The Drive at 10.30am and **everyone** is welcome. There is a crèche area and refreshments will be served after the service.

Maggie Keeling

GO!

A teenager was always asking his father if he could borrow the family car. Pushed to the limit, the father asked his son why he thought that God had given him two feet. Without hesitation, the son replied, "That's easy, one for the clutch and one for the accelerator."

Holy Week and Easter Services

April 6th 7.30pm bring and share Maundy Thursday service in the
Community Centre

April 7th

Good Friday all age worship 10am followed by Hot Cross Buns
Good Friday noon hour meditation at the cross

April 9th

Easter sunrise service 6.15am
Easter all age Eucharist 10am



"If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land."

~ 2 Chronicles 7:14

Mothering Sunday

Mothering Sunday is a day of mixed emotions. For many it's a happy, joyous day, but for others it's one of pain and grief. A day to celebrate love, while acknowledging those who cannot have children or have lost them and those who have no relationship with their mother.

In the dying moments of His life, Jesus honoured Mary his mother by showing her love and care. He entrusted His mother to John's protection: 'When Jesus saw His mother there, and the disciple whom He loved standing nearby, He said to her, 'Woman, here is your son,' and to the disciple, 'Here is your mother.' From that time on, this disciple took her into his home.' (John 19:26,27). While affirming the importance of mothers, Jesus reminds us that the love we show on Mothering Sunday is just a token of our continuous appreciation of them.

Jesus also creates a new way of being family, marking the beginnings of the church. In the past, people would go back to their 'mother' church on this Sunday, to acknowledge its importance in their lives. Jesus invites us into this new family of love and mutual belonging, where we can find a place, irrespective of our own family circumstances.

Church is not always an easy place to be, because we are shaped by our own experience of mothering. We may find it hard to give or receive love without ourselves getting in the way. However, God's help is available to change things, 'because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.' (Romans 5:5)

The mother of three difficult youngsters was asked whether she'd have children if she had it to do over again. 'Yes,' she replied. 'But not the same ones.'

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

Common Frog by Michael Blencowe of the Sussex Wildlife Trust

My friend Alf passed away a few years back. He loved Sussex and he loved wildlife but Alf's real passion was amphibians: newts, frogs and toads. Alf loved them so much his funeral service ended with that Paul McCartney Frog Chorus song. That's commitment for you. I spent the rest of the week with that annoying 'bom-bom-bom-aye-aye' tune rolling 'round my head. I'm sure Alf was laughing somewhere. While I was helping Alf's family clear his house I was honoured to be given one of his prized possessions: a clock that chimes each hour by playing a variety of frog croaks. Long ago Alf's wife Iris had made him take the batteries out because it was unbearable.

But there was no silencing Alf's pond each spring. Each year it would come alive with the sound of a real frog chorus. Alf was proud of his pond. Creating a garden pond, no matter what size, is one of the best things you can do to help wildlife in your garden. If you're lucky, in March it will turn into a hotbed of activity as Common Frogs return to



mate and lay their eggs. After spending the winter hidden away in the garden, it's time to go a-courting.

Approach the pond quietly with a torch and you can observe the mating frogs. Look closely and you may be able to identify the male frog (darker with a bluish tinge to his throat) and the female (white granulations on her flanks). But if you can't notice these features then the males are on top and the females are on the bottom. The lustful male will hop on the female and grasp her as tight as he can. He even develops special extra-grip pads on his forearms and he'll use those powerful back legs to boot off any rival males who try to muscle in. In theory, the males with the longest and loudest croaks are the most attractive, but with females sometimes outnumbered ten to one by males the pond party can get loud, chaotic and confusing. Amorous male frogs will grasp anything: a log, a fish, even another male (males have a special croaking signal which politely informs other males there has been a misunderstanding). Female Common Frogs can lay up to 4,000 eggs, although 1,000-2,000 is more normal. These are fertilised by the male as they emerge and form into those familiar clouds of jelly spawn.

So, in tribute to Alf I decide to restore his croaking clock to full working order. I re-installed the batteries and nailed it proudly on my office wall. After two hours I turned it off. That croaking was unbearable! I'm still sure Alf was laughing somewhere.



People and Places of the Bible

This month I am choosing one person and one place from the Old Testament, although of apparent insignificance they are interesting in their influence.

Eliezer of Damascus

Who is this person? Eliezer was the faithful servant who Abraham would have named as his heir if Isaac had not been born in his and his wife Sarah's old age. Eliezer of Damascus was likely to be the same "senior servant" in charge of all Abraham's possessions who, many years later, was commissioned by Abraham to go and find a wife for his son, Isaac, from among Abraham's own relatives in his native land (Genesis 24:1–9). Eliezer travelled some 450 miles, where he found Rebekah in the town of Nahor in Mesopotamia. By offering water to Abraham's servant, Rebekah revealed that she was God's chosen wife for Isaac. Eliezer gained permission and blessing from Rebekah's brother Laban to present her to Isaac (verses 10–59). Then Rebekah returned with Eliezer and married Isaac (verses 60–67). This journey was to fulfil Abraham's wish that his son did not marry a Canaanite woman.

Moriah

Mount Moriah in Old City Jerusalem is the site of numerous biblical acts of faith. It is also one of the most valuable pieces of real estate and one of the most hotly contested pieces of real estate on earth. This is a profoundly sacred area to Christians, Jews, and Muslims. Sitting atop Mount Moriah today is the Temple Mount, a 37-acre tract of land where the Jewish temple once stood. Several important Islamic holy sites are there now, including the Dome of the Rock – a Muslim shrine built thirteen hundred years ago – and the Al-Aqsa Mosque.

Mount Moriah's history begins in Genesis. In the twenty-second chapter, God commands Abraham, "Take now your son, your only son, whom you love, Isaac, and go to the land of Moriah, and offer him there as a burnt offering on one of the mountains which I will tell you" (Genesis 22:2). The place God led Abraham to was Mount Moriah. Abraham didn't fully understand what God was asking him to do in light of God's previous promise to establish an everlasting covenant with Isaac (Genesis 17:19); nonetheless, he trusted God

and by faith offered Isaac as a sacrifice. God intervened and spared Isaac's life by providing a ram instead. Abraham thereafter called this place "The LORD Will Provide. Because of Abraham's obedience on Mount Moriah, God told Abraham that his "descendants will take possession of the cities of their enemies, and through your offspring all nations on earth will be blessed because you have obeyed me" (vv. 17, 18).

About a thousand years later at this very location, King David bought the threshing floor of Araunah the Jebusite and built an altar to the Lord so that a "plague may be held back from the people" (2 Samuel 24:18, 21). After David's death, his son King Solomon built a glorious temple on the same site. Solomon's temple lasted for over four hundred years until it was destroyed by King Nebuchadnezzar's armies in 587/586 B.C.

Seventy years later the temple was rebuilt on the same site by the Jews who returned to Jerusalem following their Babylon captivity. Around the first century, King Herod made a significant addition to this structure, which then became known as Herod's Temple. It was this temple that Jesus cleansed (John 2:15).

However, in A.D. 70, the Roman armies led by Titus, son of the Emperor Vespasian, once again destroyed the temple. All that remains of the Temple Mount of that era is a portion of a retaining wall known as the "Western Wall" or the "Wailing Wall." It has been a destination for pilgrims and a site of prayer for Jews for many centuries.

Compiled from various sources by William Holden

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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
Lightning protection	£ 168.00
Organ tuning	£ 178.00
Monthly Church insurance	£ 207.44
Candle Oil	£ 61.13
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 people who wishing to remain anonymous, very kindly donated a total of £175 to pay for the new rugs and a new table for Tea & Tots.

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.

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REGULAR WEEKLY SERVICES

SUNDAY

10.00 am Parish Eucharist with Sunday School (except for the first 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.





WHAT'S HAPPENING IN YOUR GARDEN?

- 1) Fertilise your flower beds. Once the soil is workable dig a 5 cm. (or more) layer of compost or well-rotted manure into your beds to prepare for the growing season. You can also work in a general purpose fertiliser such as pelleted chicken manure or fish, blood and bone.
- 2) If any of your garden plants or climbers need supporting, put them in now.
- 3) Feed Roses with special rose feed or balanced fertiliser as they come into growth.
- 4) Prune Roses now to encourage strong new growth.
- 5) Prune Rhododendrons but on a frost free day. Cut to about one third of last seasons growth.
- 6) Finish cutting back Cornus and Salix cultivars and other shrubs grown for their colourful winter stems.
- 7) Finish cutting back dead foliage from perennials and ornamental grasses to make way for new growth.
- 8) Prune overwintered Fuschias back to one or two buds on each shoot.
- 9) Prune winter flowering Jasmine after flowering to encourage new growth for next year's blooms.
- 10) Dead head Daffodils as the flowers finish and let the foliage die back naturally.
- 11) Recut any lawn edges if necessary.

12) Mow your lawn if it needs it. Choose a dry day and set your blades higher than usual.

13) Top up raised beds with compost and good quality top soil.

14) Begin weeding as the weather warms.

15) Dress containers by removing the top 2.5 cm (1 inch) of soil and replace it with fresh compost.

Greenfingers





COME INTO MY KITCHEN.....

A hot sauce popular throughout the Middle East, this recipe gives shatta the cheat's treatment using ready pickled jalapenos, plus fresh mint and orange for extra zip.

ZESTY LAMB MEATBALLS WITH RICOTTA AND SPEEDY MINT **SHATTA**

SERVES 4

½tsp cumin seeds
50g breadcrumbs
50ml whole milk
400g lamb mince (20% fat)
1 orange, zested, plus extra to garnish
2 garlic cloves, grated
½tsp dried chilli flakes
flatbreads, to serve

SHATTA

100g pickled jalapenos, drained
10g mint, plus extra to garnish
small handful of coriander leaves
15ml orange juice
pinch of caster sugar
25ml light olive oil, plus 2tbsp
150g ricotta
150g greek yogurt
1 garlic clove, grated
1tsp lemon juice

Heat a small, dry frying pan over a medium heat and toast the cumin seeds for 1-2 minutes or until aromatic, then roughly crush.

Tip the breadcrumbs into a large bowl along with the milk. Leave to soak until the milk has been fully absorbed, then add the lamb, orange zest, garlic, toasted cumin seeds and chilli flakes. Season well. Mix with your hands, then shape into 16 meatballs. Cover and chill for at least 30 mins or preferably overnight.

For the shatta, pulse the jalapenos to a rough paste in a mini food processor. Add the mint and coriander and pulse again briefly until the leaves have broken down. Scrape into a bowl and stir in the orange juice, sugar and 25ml of olive oil. Pour over 1tbsp of the remaining oil and set aside.

Heat the remaining oil in a large frying pan over a medium heat. Once hot, fry the meatballs in two batches for 8-10 minutes per batch, turning often, until browned and cooked through.

Whisk the ricotta and yogurt with the remaining garlic, lemon juice and some seasoning until smooth. Dollop this over a large serving platter and arrange the meatballs on top. Drizzle over some of the shatta and garnish with mint leaves, chilli flakes, orange zest and freshly ground black pepper.

Serve with the flatbreads and more shatta for drizzling over.

This recipe is a lovely teatime treat or pudding.

RHUBARB AND CUSTARD CRUMBLE BARS

SERVES 8

200g unsalted butter, melted, plus extra for the tin
175g caster sugar
250g plain flour
100g rolled oats
50g ground almonds
400g rhubarb, trimmed and chopped into 2cm chunks
50g light soft brown sugar
1tbsp cornflour
300ml ready-made custard
2tbsp flaked almonds

Heat the oven to 180C/160C fan/gas 4. Butter a 22cm square tin and line with baking paper.

Combine the caster sugar, flour, oats and almonds then stir in the melted butter.

Set aside 250g of the crumble mixture in the fridge, then press the rest into the tin in an even layer. Bake for 15 minutes until just golden. Cool for 10 minutes.

Toss the rhubarb with the brown sugar and cornflour. Spread the custard over the biscuit base, then spoon over the rhubarb.

Scrunch the reserved crumble mixture between your fingers and scatter over the rhubarb, along with the almonds.

Bake for 40 minutes until the fruit is bubbling and the custard golden. Cool for 30 minutes. Chill before slicing to serve.

Maggie



As the servers's strike entered its third week, the Army was called in.



***The Parish Church of St. Peter
West Blatchington***

FREE LUNCHTIME CONCERT SERIES

Our afternoon concert series continues with

**Rachel Smith - Flute
Paul Gregory - Guitar**

1.10 p.m. on Saturday 11th March

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!

The Vicar's lost his iPad!

The Vicar's lost his iPad –
Disaster's come to church!
His sermon's on that iPad
It's left him in the lurch!

He's been looking for that iPad
For most of half an hour,
He's searched the chancel and the nave
So now he's up the tower!

Oh! Where's he put that iPad?
He had it when he came!
He's searching high and searching low
It's driving him insane!

The angels in the hammer beams
For several hundred years
Have witnessed proper order
But now they're all in tears.

For chaos reigns below them
Upon this modern day
For everyone is searching now –
Both clergyman and lay!

The Vicar found his iPad
Tonight, we'll all be sleeping!
He sent a message from his phone
And set his iPad beeping!

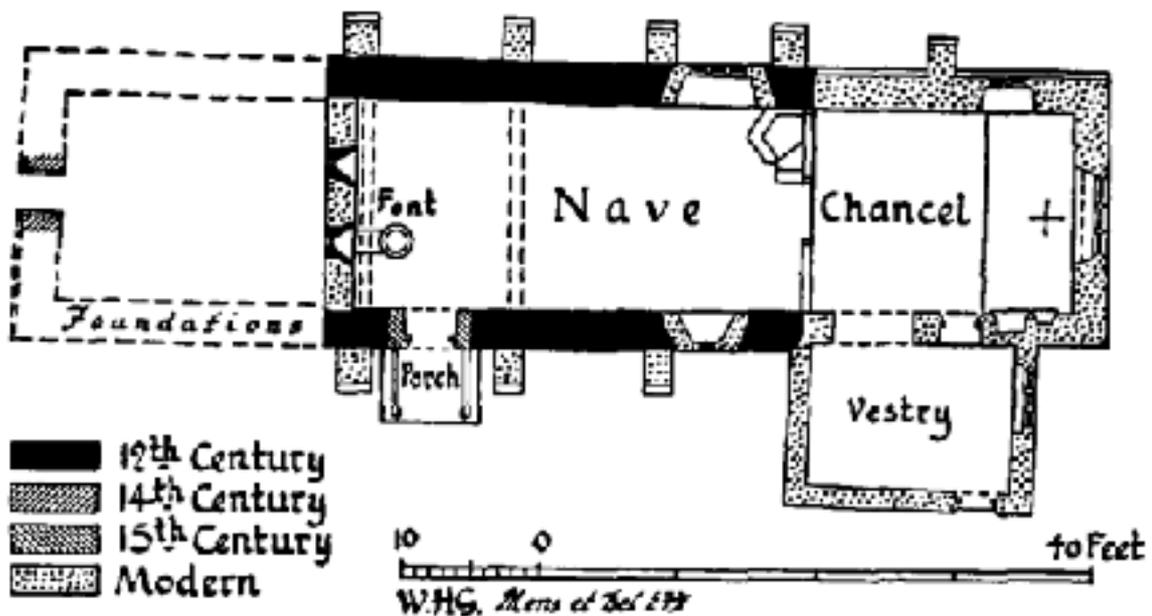
And as he holds his iPad
We feel his happy glow;
But could he not have done that trick
That half-an-hour ago?

The answer comes upon us
That trick he could not do!
For, in the caverns of our church
He'd lost his smartphone, too!

Memories of Times Past

In these reminiscences of times before the enlargement of the church I shall be repeating the plan to help you to form a picture.

The plan below was drawn 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 was where the opening to the organ was situated with the organist sitting with their back to the opening and it was accessed from the vestry. This sets the scene.



This time, two memories from the times past.

I was now a bass and thus was one of the men in the choir but still at school, so it was probably around 1950. The choir boys sat in the front on low level seats dressed in black cassocks and white surplices, all very angelic. There were some ten ladies in the choir as well as about eight men, so the choir stalls were quite crowded. With some four to six boys sitting in front there was a good presence. One of the boys, I will not mention any names in case memory attributes this to the wrong person, manages to hide a mouse in the pocket of his cassock and during the sermon brought it out and let it move from hand to hand much to the discomfort of the ladies on the opposite side of the chancel.

My second memory concerns the Verger, Ernie Sharp. There was a boiler to heat the church situated in the bottom lefthand corner of the vestry and sunken down below floor level. There was a trap door to access stairs to get down to operate the boiler, which was Ernie's responsibility. One Sunday, before the service with a rather crowded vestry somehow the trap door was open and Ernie managed to fall down with a clatter, which must have resounded around the church to the waiting congregation. Also, the suppressed laughter of the choir members. Fortunately, Ernie was not hurt. Limited Health and Safety regulation those days!

More memories in the next issue.

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

William Holden



"The new vicar is really cool, Dad.
Did you know that God emailed the Ten
Commandments to Moses' Tablet PC?"

MARCH SEASONS FESTIVALS AND SAINTS DAYS

Mothering Sunday – 19th March

Mothering Sunday falls on the fourth Sunday in Lent and also is known as Laetare Sunday. This name comes from the opening words of the Introit at the Mass, “Rejoice ye with Jerusalem” Isaiah 66.10. In the Western Church certain relaxations were permitted in the penitential observances. The rose-pink vestments were worn instead of the purple of Lent. It was also known as Refreshment Sunday as well as Mothering Sunday. It is unfortunate that the name of Mothering Sunday has been substituted with Mothers’ Day as this loses the historic origins of the day.

There are three interlinked source of the name:

1. The custom in some parts of England of paying a visit to one’s mother on that day.
2. The practice of visiting the cathedral or mother church on this day.
3. The words which occur in the traditional Epistle for the day, “Jerusalem which is the mother of us all” Gal 4.26.

On this day children often give their mothers gifts and cards as a way of saying thank you for their hard work.

In the past girls who worked as domestic servants were given the day off work to visit their mothers. They often took a simnel cake as a present. Simnel cake is especially associated with Mothering Sunday. It is a fruit cake with two layers of almond paste. On top there are eleven balls of marzipan, one for each faithful disciple, Judas not being included as he betrayed Jesus.

Passion Sunday (5th Sunday of Lent) 26th March

As Holy Week approaches, the atmosphere of the season darkens; the readings begin to anticipate the story of Christ’s suffering and death, and the reading of the Passion Narrative gave to the Fifth Sunday its name of Passion Sunday. There are many devotional exercises which may be used in Lent and Holy Week outside the set liturgy. The Stations of the Cross, made popular in the West by the

Franciscans after they were granted custody of the Christian sites in the Holy Land, are the best known.

Nowadays although Passiontide begins there is less stress placed upon the Sunday with the emphasis moved to Palm Sunday and Holy Week.

Compiled by William Holden from various sources.

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Thank You!

Thank you to all who have donated toys or money to Tea and Tots recently. The children are delighted with the new toys, especially the ride-on fire engine and train set! We have more than covered the cost of the 3 blue rugs so we will now be able to purchase other useful equipment such as a folding table for the children to do craft on, messy play aprons, rainbow scarves for sensory play and a small pop up play tent.

Thank you for your generosity and also for your prayers for the group.

Love Clare



For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.

~ John 3:16-17

MONEY MATTERS - Figures for January 2023

Receipts

Planned Giving	£	3403
Income tax recovered	£	1103
Community Centre Income	£	1100
Collections/other giving	£	405
Fundraising	£	52
Keynotes subs & adverts	£	1204
TOTAL RECEIPTS	£	7267

Payments

Parish Contribution	£	6300
Salaries	£	717
Utilities and Insurance	£	471
Rectory	£	315
Community Centre running costs	£	502
Aldrington School donation	£	1000
Church running expenses	£	94
TOTAL PAYMENTS	£	9399

Year to date deficit £1,910



Date	Reading, Commemorations & Intentions Calendar for March (Year A)
WEDS 1ST	<i>The Anglican church in Wales</i>
THURS 2ND	Our Alpha Course
FRI 3RD	EPIC Youth Group
SAT 4TH	Family Social Work
SUN 5TH	2nd Sunday of Lent Genesis 12. 1-4a Romans 4. 1-5, 13-17 John 3. 1-17
MON 6TH	Our community police officers
TUES 7TH	Hangleton & West Blatchington Foodbank
WEDS 8TH	Bishops Council
THURS 9TH	Hove Deanery Synod
FRI 10TH	Diocesan Synod Members
SAT 11TH	Our Churchwardens
SUN 12TH	3rd Sunday of Lent Exodus 17. 1-7 Romans 5. 1-11 John 4. 5-42
MON 13TH	Our Guides, Brownies and Rainbows and their Leaders
TUES 14TH	Our outreach through music
WEDS 15TH	Sunday School

THURS 16TH	St Peter's @ 4
FRI 17TH	All seafarers
SAT 18TH	All who teach and preach the Gospel
SUN 19TH	Mothering Sunday Exodus 2. 1-10 2 Corinthians 1. 3-7 Luke 2. 33-35
MON 20TH	All fathers
TUES 21ST	A Cry in the Dark
WEDS 22ND	All victims of violence
THURS 23RD	Our understanding of our faith
FRI 24TH	All those suffering persecution
SAT 25TH	All mothers
SUN 26TH	5th Sunday of Lent - Passiontide begins Ezekiel 37. 1-14 Romans 8. 6-11 John 11. 1-45
MON 27TH	All Religious Communities
TUES 28TH	Our understanding of the scriptures
WEDS 29TH	Our prayer life
THURS 30TH	The Dean and Chapter of Chichester Cathedral
FRI 31ST	All theologians

NOTES FROM THE PCC MEETING HELD ON 21/01/2023 IN THE CHURCH

The meeting was attended by David, Paula, Rev Tim, Zanita, Sarah, Jonathan, Mandy, Moz, Peter, Ian, Anna and Elliot.

We discussed starting up a WhatsApp Group and confirmed it was for information purposes only.

VLS – WiFi has been installed in the church. Faculty has been submitted.

Rev Tim – thanked all those involved with the Christmas Fair.

A new software system was discussed and has since been approved and implemented. All Church rotas are now on one system.

Alpha Course – 25 people attended. Still not too late to attend.

EPIC group based at Holy Trinity Church – we have shared some sessions with them in both venues. Suitable for our older youngsters. A young persons camp is on offer.

Changes to Sunday Structure – 3rd Sunday in the month a shorter non Eucharist Service has been suggested. Perhaps followed by a shorter Eucharist Service.

Sunday School – many thanks to Miles who is stepping down after 14 years. Rev Jan will be more involved in future and Clare less so.

Tea and Tots – has now moved to the church and numbers are increasing. Many thanks to Clare and her team.

Donation Station – this is now operational and easy to use.

Gift Audit – looking for volunteers to fill a number of roles.

William Holden- stepping down from a number of roles, many thanks for all he has done.

Health and Safety – moss on the paths needs clearing, Fire doors in the hall are sticking when it rains. GoPak tables need to be checked over.

Lightening detector – has been serviced.

Boiler in the hall has been serviced

Insurance provider has been changed.

Community Centre Foyer is still leaking.

And finally.....

A prayer for Lent

Dear Father in Heaven

In this month, when Lent begins, we remember Jesus' experience in the wilderness. The world today can seem like a wilderness. So many difficult, incomprehensible things going on. It is tempting to turn away in horror or denial, tempting to look out for ourselves, tempting to take the easy path, to pay attention to whatever the culture dangles before our eyes.

Lord, please help us. We need your word to guide us. We need your Holy Spirit to fill and strengthen us. Help us to give our attention and our worship only to you.

Lead us not into temptation. But deliver us from evil.

Thank you, Father, for Jesus, who by his death and resurrection, opens the way to you. Help us to renew our trust in him and through him, to walk with you every day.

In his name, Amen.

By Daphne Kitching



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