

KEYNOTES



May 2024

£1.00

THE PARISH CHURCH OF ST PETER'S, WEST BLATCHINGTON

Rector The Rev 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.

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PARISH EVENTS DIARY

The following events taking place in May and June as notified are:

Sunday 5th May - 2pm - Rogation Sunday - Parish Boundary walk followed by ice cream in Hove Park

Friday 17th May - 1.10pm - Free lunchtime concert - Folkadelix

Saturday 18th May - 6.30pm - Tim's hymns and Pimms evening

Saturday 15th June - Summer Fair - 11.30am to 2.30pm

Friday 21st June - 1.10pm - Free lunchtime concert - Margaret Watson - Harp

Saturday 29th June - Free lunchtime concert - Rebelles - Ladies singing group

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 June 2024 issue is 9th May



EDITORIAL

Summer is on its way. The clocks have changed and we can now look forward to longer daylight hours.

Easter was early this year so it wasn't reported on in April Keynotes. Part of the Maundy Thursday service included a Bring and Share meal in the hall. Over 100 people attended the Good Friday service at 9.30 am which was a great success. It was followed by a reflective service at 12.00.

Easter Sunday was also well attended, a joyful service celebrating the risen Lord. The flowers were gorgeous especially the Cross garlanded with Spring blooms. The churchyard was looking good after the Blue Jeans tidy up.

The Annual Parochial Church Meeting will have been held on 28 April. The Activities Booklet was distributed before the meeting and hope that by now you will all have read it.

Rogation Sunday is on 5 May which is a Parish boundary walk followed by ice cream in the park. Tim's Hymns and Pimms is on 18 May to be held in the Rectory garden, weather permitting.

Please keep supporting the lunchtime concerts, the next one is on 17 May when Folkadelix will be entertaining us.

Friday 3rd May is the next Church drop in for tea, coffee, cake and a natter. Everyone is welcome.

Editorial Team

1 Corinthians 16:13

Be on your guard; stand firm in the faith; be courageous; be strong.

Rector's Ramblings

(Re)starting Prayer

"Father, I thank you that you have heard me. I knew that you always hear me." (John 11:41-42)

I wonder if you remember the old BT adverts from the 1990s with Bob Hoskins with the famous line "It's good to talk!"

I think that line was so memorable because it's true. We feel better when we talk! It lifts our mood, it can help to heal anxiety, brokenness and fear.

If you are a follower of Jesus Christ (a Christian) it should be the most natural thing in the world for you to spend time speaking to your heavenly Father. Yet how many of us (including myself) find that at times we get stuck. Our prayers become muddled, we are discouraged and perhaps even at times embarrassed to pray! Yet, this is not the way of Jesus and surely of everyone who ever lived. He is the one who we should emulate when it comes to pray.

So how might you start or *restart* your prayer life?

1. Keep it simple. Jesus gave us the Lord's prayer to show that we don't need to pray long complicated prayers. The Lord's prayer also gives us a structure. Start with God's character and priorities and let that lead you into recognising your own needs.
2. Keep it realistic. Don't pretend that you can pray for an hour each day if you're never going to do it. Just like exercise, little and often is far more effective than lengthy but rare.
3. Keep accountable. Ask a friend to help you, suggest a time when you could meet with one or two others and pray together. It could be a family member, friend or someone at church.
4. Keep focused on God. Prayer involves both petitioning our requests to God and allowing God to transform us by His Holy Spirit as we pray. Remain humble as you pray. Remember He is God and we are not.
5. Remember you're not alone. On the first Wednesday of each month we gather in church to pray. None of us are professionals, but we are a group of people who love Jesus and want to talk to him, why not join us next time? After all, it's good to talk!

WOMEN'S SOCIAL

At our AGM in March it was agreed that the group's charity for the next two years would be Plot 22. This is a very local charity. They provide communal gardening, outdoor cooking and skills for local residents, families and groups experiencing additional challenges. This helps build friendships and develops connection with the natural world. They can be found at the Weald Allotments, Weald Avenue.

We will be holding a coffee morning at Jean's home on 9th May and on the 23rd Reverend Jan will be talking to us in Church about his work.

Members celebrating birthdays this month are Suzanne (5th), Janet (18th) and Clare (28th). Our congratulations to you all, especially Janet who is celebrating a milestone birthday!!

Maggie Keeling

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when you take your children to
Hove Park?**

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Isaiah 40:31

**but those who hope in the Lord will renew their strength. They
will soar on wings like eagles; they will run and not grow
weary, they will walk and not be faint.**

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5:30 - 7:30 PM
SUNDAYS (TERM TIME)

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Diocesan Environment Day - Volunteer needed for St Peter's

The Parish Eco Church Champion will:

- Be appointed by the Parish PCC to champion Eco Church within the parish.
- Act as the link between the Parish and the Deanery Eco Church Champion.
- Share information with your Eco Church team and congregation as appropriate.
- Encourage your church to use the Eco Church free online survey and supporting resources, to record what you are already doing to care for God's earth, and inform decisions on further steps in 5 key areas of church life:

- 1.Worship and teaching
- 2.Management of church buildings
- 3.Management of church land
- 4.Community and global engagement
- 5.Personal lifestyle

- Lead your Eco Church Team, coordinate updating the Eco Church survey and action plans, reporting to the PCC as a standard agenda item.

- Coordinate action and work towards Bronze, Silver and Gold Eco Church awards. <https://ecochurch.arochoa.org.uk>

- Use the Net Zero Carbon Routemap, as approved by General Synod in July 2022. <https://churchofengland.org/about/environment-and-climate-change/net-zero-carbon-routemap>

- Communicate with the Deanery Eco Church Champion, to help share resources and ideas and work together with other churches.

The Diocesan Environment Officer and Deanery Eco Church Champion

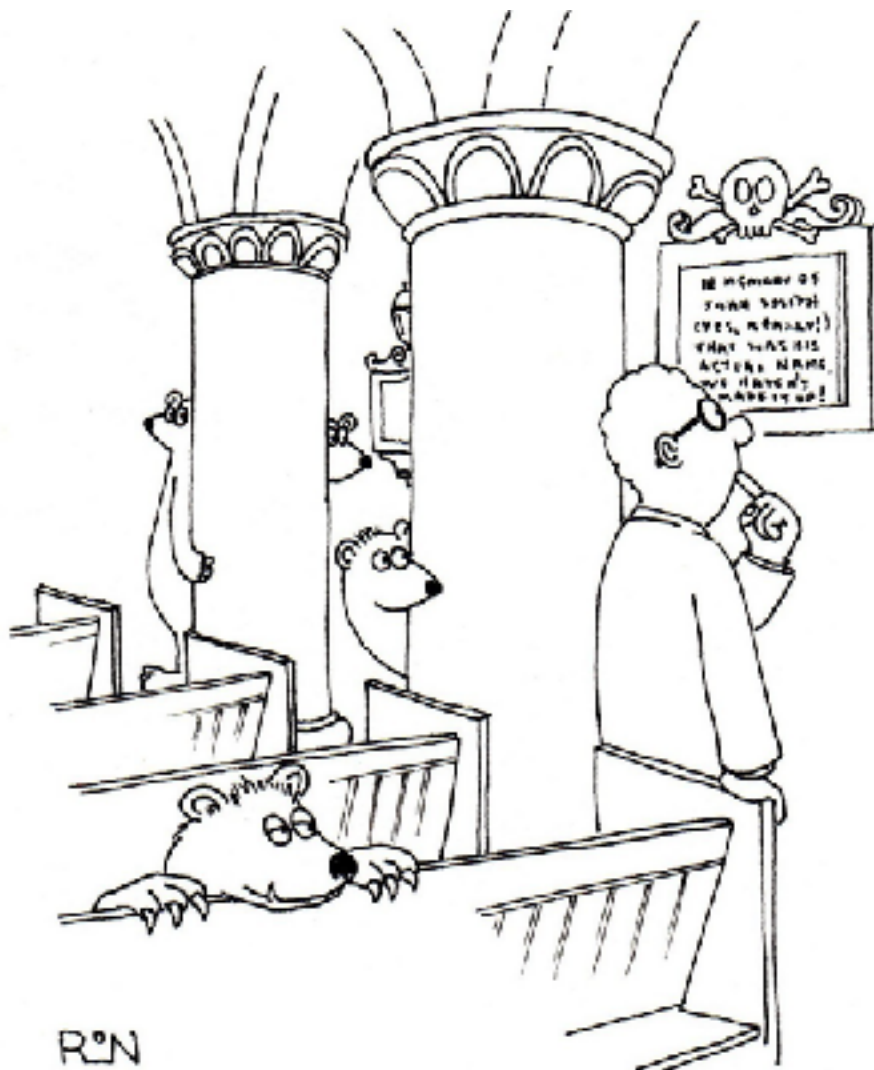
Will share relevant information with you and information will be available on Chichester Diocese Environment web pages. <https://chichester.anglican.org/environment>

The Church of England Environment Programme

Produces excellent guidance, webinars and case studies, including tackling our carbon emissions (Net Zero Carbon by 2030), looking after church land to encourage biodiversity, prayer, worship and teaching resources.

<https://churchofengland.org/about/church-england-environment-programme>

If this is something you might be interested in, please speak with Rev Tim or Rev Jan. The Diocesan Environment Day is on Saturday 15th June, 9.30 am to 4pm.



*Dennis spent a long time in church
looking for his forbears*



Our charity for May is Whoopsadaisy

They provide life-changing learning programmes for children with a wide range of diagnosed and undiagnosed physical disabilities.

They are a friendly charity based in beautiful Preston Park, supporting children with disabilities and their families from Brighton & Hove and the surrounding area.

Their founder, Nina Holland, discovered the power of conductive education when her own son Christopher was diagnosed with Cerebral Palsy. She set up Whoopsadaisy to share this life-changing method with other children and their families.

Since then, they are proud to have supported many more children with disabilities to live full and independent lives.

Their services are free thanks to the incredible generosity of their supporters.

Please support them if you can.

Proverbs 12:25
Anxiety weighs down the heart, but a kind word cheers it up

Hawthorn by Michael Blencowe for Sussex Wildlife Trust

You could set your calendar by it. Around the first day of May, our ancestors would step outside to find foamy white clouds erupting across the Sussex countryside; the Hawthorn was blooming, spring was turning to summer. The sight was so visually stunning and so linked with the arrival of May that Hawthorn became the only British plant to be named after the month in which it blooms. Well, the name Hawthorn is derived from the Anglo-Saxon *hagathorn* (*haga* meaning hedge). I'm referring to that other name for Hawthorn: May.

Unlike the impetuous Blackthorn, which flowers in March before it's even bothered to grow leaves, the Hawthorn is more dignified. It waits until it has clothed itself in undergarments of lobed leaves before it dons a resplendent gown of exquisite white flowers. This stunning costume and perfect timing meant Hawthorn took centre stage at May Day celebrations and it partied with Green Men, Morris Dancers, Maypoles and May Queens. 'Gathering nuts in May' actually refers to 'gathering knots of May' to make May Day garlands and decorations.

Then, in the middle of the eighteenth century, tragedy struck. I don't know about you, but I get thrown into disarray twice a year when the clocks change. My life would have gone into meltdown in 1752 as our whole calendar changed from Julian to Gregorian, and we lost an entire 11 days. In this new timeline, Hawthorn now found itself late for the party, blooming around May 12th.

It wasn't the first time Hawthorn had been cast aside. Superstitions dictated that bringing Hawthorn indoors led to misfortune – even death. This could stem from the fact that Hawthorn blooms release trimethylamine, which gives the flowers that unpleasant smell of cat's wee and attracts pollinating insects. It's also a chemical formed in decaying tissue and reminded people of the smell of Black Death – and nobody wanted to be reminded of that.

I remember at primary school being taught 'Ne're cast a clout 'til May is out'. I translated this gibberish into the fact that you should keep your warm clothes on until the end of May. I've only just discovered that 'May is out' refers to Hawthorn blooming. My clouts could have been cast weeks earlier.

But the world has changed since I was a nipper – we're warming up.

For a temperature-sensitive plant like Hawthorn, the blooming times are changing again. Hawthorn is responding to climate change by flowering up to two weeks earlier than it was thirty years ago. It has crept back to bloom around May Day and is now more commonly seen flowering at the end of April. So this May Day, cast your clouds, get out into the great outdoors, and welcome the return of the real May Queen.



1 Peter 5:6-7

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

Children's exam papers

The following real-life answers to various exam papers explain why teachers need long holidays...

What is a nitrate? – Cheaper than a day rate.

What was Sir Walter Raleigh famous for? – He is a noted figure in history because he invented cigarettes and started a craze for bicycles.

What did Mahatma Gandhi and Genghis Khan have in common? – Unusual names.

Name one of the early Romans' greatest achievements. – Learning to speak Latin.

Name six animals which live specifically in the Arctic. – Two polar bears. Four seals.

Assess Fashion House plc's choice to locate its factory near Birmingham. Is Birmingham the right location for this type of business? – No. People from Birmingham aren't very fashionable.

How does Romeo's character develop throughout the play? – It doesn't, it's just self, self, self, all the way through.

Name the wife of Orpheus, whom he attempted to save from the underworld. – Mrs Orpheus.

Where was the American Declaration of Independence signed? – At the bottom.

What happens during puberty to a boy? – He says goodbye to his childhood and enters adultery.

State three drawbacks of hedgerow removal. – All the cows will escape. The cars drive into the fields. There is nowhere to hide.

What is the meaning of the word varicose? – Close by.

What is a fibula? – A little lie.

Why would living close to a mobile phone mast cause ill health? – You might walk into it.

What is a vibration? – There are good vibrations and bad vibrations. Good vibrations were discovered in the 1960s.

Where was Hadrian's Wall built? – Around Hadrian's garden.

The race of people known as Malays come from which country? – Malasia.



Perhaps he's heard that we're
losing our churchwarden

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 and is always finished with Compline. 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.

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Martin Luther (1483–1546):

Last month I wrote about Thomas Aquinas, one of the giant theologians of the Middle Ages who is still influential today. This month I will look at another giant whose actions shook the church and were a major influence on the Reformation, Martin Luther.

In the annals of history, few figures stand as prominently as Martin Luther, the German priest, and theologian whose actions ignited the flames of the Protestant Reformation. Luther's impact on the church and his enduring legacy reverberates through centuries, shaping the landscape of Christianity and influencing countless lives.

Born in 1483 in Eisleben, Germany, Luther's journey to priesthood was not without its trials. His personal struggle with the doctrines and practices of the Catholic Church led him to a pivotal moment in 1517 when he famously nailed his 95 Theses to the door of the Castle Church in Wittenberg. This act, intended as a call for scholarly debate within the Church, instead sparked a revolution that would forever alter the course of Christianity.

At the heart of Luther's teachings was the concept of justification by faith alone. He argued vehemently against the sale of indulgences and other perceived corruptions within the Church, contending that salvation could not be bought or earned through good works but was a gift of God's grace received through faith. This doctrine challenged the authority of the papacy and laid the groundwork for the Protestant movement.

The impact of Luther's ideas was profound and far-reaching. His translation of the Bible into German made the Scriptures accessible to the common people, empowering them to engage directly with God's Word and fostering a culture of literacy and education. The printing press, a relatively new invention, facilitated the rapid dissemination of Luther's writings and ideas, spreading the Reformation across Europe like wildfire.

The Protestant Reformation unleashed a wave of religious and social change that reverberated throughout Europe. It sparked theological debates, political upheaval, and religious wars, reshaping the religious landscape of the continent. The establishment of Protestant churches challenged the supremacy of the Catholic Church and paved the way for greater religious diversity and freedom.

But Luther's impact extended beyond theology and church politics. His emphasis on the priesthood of all believers challenged the hierarchical structure of the Catholic Church and empowered ordinary Christians to take ownership of their faith. This democratization of religion laid the groundwork for modern notions of religious freedom and individual conscience.

Luther's legacy is a complex tapestry woven from strands of theological innovation, social upheaval, and political change. His courage in confronting the powers of his day and his unwavering commitment to his convictions continue to inspire believers and non-believers alike. His influence can be seen in the Protestant denominations that trace their roots back to the Reformation, as well as in the broader principles of religious liberty and social justice that shape our modern world.

Yet, Luther's legacy is not without its shadows. His anti-Semitic writings have cast a dark stain on his reputation and serve as a sobering reminder of the dangers of religious intolerance and prejudice. It is a reminder that even the greatest of heroes are flawed human beings, capable of both greatness and grave error.

As we reflect on the impact of Martin Luther on the church and his legacy, we are confronted with both the light and the shadow of history. His courage in challenging the status quo and his tireless advocacy for the primacy of faith continue to inspire us to question, to seek truth, and to stand up for what we believe in. And as we navigate the complexities of our own time, we can look to Luther's example as a beacon of hope and a reminder of the power of one individual to make a difference.

William Holden.

Drawn from various sources.



FLOWERS IN CHURCH

Our thanks go to Pam Evans for her generous donation to the Bloomers Flower fund in memory of her family.

If you would like to contribute in this way, please see me.

Thank you.

Maggie Keeling

Before U were thought of or time had begun,
God even stuck U in the name of His Son.
And each time U pray, you'll see it's true
You can't spell out JesUs and not include U

You're a pretty big part of His wonderful name,
For U, He was born; that's why He came.
And His great love for U is the reason He died.
It even takes U to spell crUcified.

Isn't it thrilling and splendidly grand
He rose from the dead, with U in His plan?
The stones split away, the gold trUmpet blew,
and this word resUrrection is spelled with a U.

When JesUs left earth at His upward ascension,
He felt there was one thing He just had to mention.
"Now go into the world and tell them it's true
That the love I have shown is not just for U."

So many great people are spelled with a U,
Don't they have a right to know JesUs too?
It all depends now on what U will do,
He'd like them to know,
But it all starts with U.

Anon

People and Places of the Bible

Cleopas

All we know for certain about Cleopas is what is mentioned in St Luke's Gospel.

Some scholars have suggested that he may have been the husband of one of the women who were present at the crucifixion and the empty tomb, but this is purely speculative. There is also a tradition that he may have been one of the seventy disciples mentioned in the Gospel of Luke, but this is also uncertain.

We know from St Paul's first letter to the Corinthians, 15.6, that Jesus appeared to 500 people, and Cleopas could have been one of these.

The Mount of Olives

Mount of Olives, is a multi-summit limestone ridge just east of the Old City of Jerusalem and separated from it by the Kidron Valley. Frequently mentioned in the Bible and later religious literature, it is holy to Judaism, Christianity, and Islam. The peak usually regarded as the Mount of Olives proper is the southern summit, 2,652 feet (808 metres) above sea level. The middle peak 2,645 feet (806 metres) is crowned by the Augusta Victoria Hospital. At the north is the highest peak, commonly called Mount Scopus 2,694 feet (820 metres).

First mentioned in the Bible as the "ascent of the Mount of Olives" (2 Samuel 15), it is referred to in the book of Zechariah in the prophecy of the end of days (Zechariah 14).

The Mount of Olives is frequently mentioned in the New Testament. From it Jesus entered Jerusalem at the beginning of the last week of his life (Matthew 21:1; Mark 11:1). Two days before the Crucifixion, in his so-called Olivet Discourse, he foretells the destruction of Jerusalem and the end of the world (Matthew 24–25; Mark 13; Luke 21). The traditional site of the Garden of Gethsemane, where Jesus prayed just before he was betrayed by Judas Iscariot (Matthew 26; Mark 14), is on the western slopes. Finally, after the Resurrection, Jesus is reported to have ascended into heaven from the Mount of Olives (Acts 1:9–12); Luke mentions that the Ascension occurred on a location there near the village of Bethany (Luke 24:50–51).

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;

Thank you for your sponsorship

Our grateful thanks go to the person who wishing to remain anonymous, very kindly donated the cost of the books for the Alpha course.

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.

Annual Lightning Protection	£	168.00
Easter Paschal Candle	£	56.25

Welcome packs and pens	£	103.79
Sunday School supplies	£	87.35
Palm Crosses	£	8.31
Annual fire extinguisher maintenance	£	140.94
New microphones	£	2150.40

26th May is Trinity Sunday. Many people, when they think about it all, struggle to understand the concept of a God that is Three in One. So, the following article by the Revd Michael Harding may help...

Why your television is like the Trinity

Here is a trick question: How many colours does your television set use? Answer: Just three: red, green and blue. And in that order, just like a rainbow (where reds are at one side, blues at the opposite side, green in the middle). This is known as "RGB".

These are TV's three primary colours which, when their luminescence is fired at your eyes, give all the colours of the visible spectrum. These are all 'additive' colours. In fact, mix these three together in different proportions, and your screen can offer you 16 million colours.

You thought the sequence was red/yellow/blue? No, that's for painted or printed colours. A TV set positively gives out light in three different colours, whereas paint daubed on paper absorbs and removes some colours, to reflect back merely a small part of the light falling on it the colour that you see.

You'll soon call out the repair man if your television loses one of its three colours and all the presenters look as though they came from Mars. But change the intensity of any one colour (red, green or blue) even slightly and you change the overall colour.

Switch them all off, and you are left with black. Let all three of them shine at full brightness, at the same point – and then as if by magic you have a totally different colour: WHITE!

It's a parable which illustrates the Holy Trinity. Three completely distinct persons (Father, Son and Holy Spirit), just as your TV set has three quite separate colours: red, green, blue.

Take away any One member of the Trinity, and you slip into theological error; take away any one of the three colours, and you call out the TV repair engineer!

So –

It DOES matter that God is our Creator and Father – otherwise our whole life is merely a meaningless illusion.

It DOES matter that Jesus is God the Son, for otherwise His death is simply a human tragedy, with no promise of salvation or eternal life.

It DOES matter that the Holy Spirit is with us here and now, otherwise

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we are disconnected from God.

Yes it really does matter! Just as it is essential that a TV set can produce white by the equal intensity of all of its three colours.

In fact, the more you think about it, the more it seems that the doctrine of the Trinity is far from being a complicated bit of theological nonsense,

but is a sort of theological test-card, to make sure that we've got the right picture of God, without distortion.

REGULAR WEEKLY SERVICES

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

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

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

3rd Wednesday of the month at 7.45pm -
Shorter Eucharist Service

10.00 am Online service via Youtube



The Rector is always available for spiritual counsel and healing prayer

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.

**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) Start planting out summer bedding plants towards the end of May.
- 2) Look after your finished spring bulbs for next year. Once they have gone over resist the temptation to cut back the foliage. Instead let it die back and break down on its own accord and add liquid fertiliser all around the clumps for a better display next spring.
- 3) Remember to open greenhouse doors and vents on warm days.
- 4) Optimise your watering regime. Water early and late to get the most out of your water.
- 5) Thin out drifts of hardy annuals.
- 6) Plant summer hanging baskets, adding good quality compost, slow release fertiliser and water retaining crystals to keep them in top condition.
- 7) Harden off Dahlias, Lilies and Cannas for planting as soon as the risk of frost has passed.

8) Continue dividing herbaceous border perennials to improve vigour and create new plants.

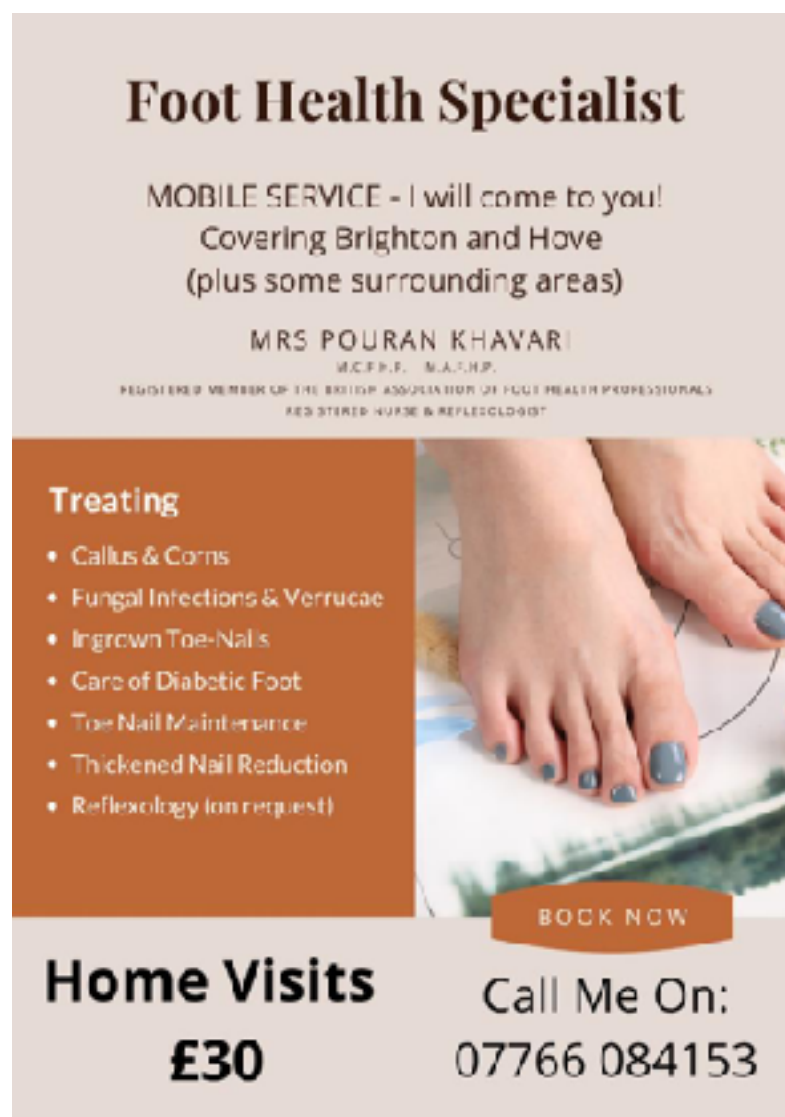
9) Divide established clumps of Hostas as they come into growth.

10) Trim back spreading plants such as Aubretia, Alyssum and Iberis after they have flowered.

11) Lift Forget-me-nots to prevent self seeding and reduce spreading.

12) Tie in Rambling and Climbing Roses.

13) Tie in Sweet Peas with support rings to encourage them to grow.



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BOOK NOW

The advertisement features a central image of a person's feet with blue nail polish. The text is arranged in a clean, professional layout with a mix of bold and regular fonts. The background is a light beige color, and the text is primarily in black, with some orange accents for the 'Treating' list and the 'BOOK NOW' button.

14) Trim Lavender plants, cutting off old flower heads and about 2.5 cm of the current years growth.

- 15) Top dress permanent pot plants to refresh the compost.
- 16) Continue to weed beds and borders.
- 17) Lower lawn mower blades to their regular summer cut height.

Greenfingers



COME INTO MY KITCHEN.....

This would make a lovely lunch with seasonal salad

ASPARAGUS AND CHIVE TART

SERVES 4- 6

2 eggs
160g soft cheese
40g parmesan cheese, finely grated
20 fine asparagus spears, trimmed, woody ends discarded
handful of chives
chive flowers, to garnish (optional)
YOGURT PASTRY
200g plain flour
100g butter, cold, cubed
45g Greek yogurt

Start by making the pastry. Put the flour and butter in a large bowl and rub together with fingertips until the mixture resembles breadcrumbs. Add the yogurt and stir until a dough begins to form. If it's looking a little dry, add 1-2 tbsp of cold water to help bring the pastry together into a

ball. Put it on a lightly floured surface and knead gently for 1 min or until smooth. Wrap the dough and chill in the fridge for 20 mins.

Heat the oven to 200C/Fan 180C/gas 6. Line a baking tray with baking paper. Roll the pastry into a 20cm x 30cm rectangle on a lightly floured surface. Transfer to the baking tray.

Beat 1 egg in a bowl. Add both cheeses, season with salt and pepper and beat until well mixed. Spread evenly over the pastry, leaving a 2cm border all around the edges. Arrange the asparagus and chives on top.

Beat the remaining egg in a small bowl and brush it on the pastry border. Bake for 25-30 minutes or until the pasty is golden and the asparagus is beginning to turn golden. Cool for 15mins then garnish with the chive flowers if you like.

I love Greek yogurt and have it with fruit for breakfast most days so there is always some in the fridge. Here is another recipe using this versatile ingredient.

And who doesn't love a new cake recipe?!

CARROT AND YOGURT BRUNCH CAKE

200g plain flour

2tsp baking powder

200g caster sugar

40g porridge oats

3 eggs

75g Greek yogurt

1tsp vanilla extract

175ml vegetable or rapeseed oil

150g carrot, grated

1 unwaxed orange, zested and juice

FROSTING (OPTIONAL)

40g butter

65g full-fat soft cheese

½tsp vanilla extract

Heat the oven to 180C/160Cfan/gas 4. Line a 900g loaf tin with baking paper.

Put the flour, baking powder, sugar, oats and a pinch of salt in a large bowl.

In a separate, medium-sized bowl, mix together the eggs, yogurt, vanilla and oil. Pour into the dry ingredients and beat until just combined. Add the carrot, orange zest and juice and mix well.



Pour the mixture into the tin and bake for 1 hour – don't be alarmed that the top turns chestnut brown but if you want to prevent it turning any darker, cover it with foil for the final 20 mins in the oven. The cake is ready if the centre springs back when lightly touched.



Allow the cake to cool in the oven for 30 mins before transferring to a wire rack to cool completely.

It is delicious just as it is but can be served with a dollop or two of thick yogurt or topped with the frosting for a special occasion.

To make the frosting, beat together the butter, cheese and vanilla until pale and creamy. Add half the sugar and beat until smooth before beating in the remainder. Spoon on top of the cake and use a palette knife to spread roughly.

Maggie

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

FREE LUNCHTIME CONCERT SERIES

Our afternoon concert series continues with

Folkadelix

1.10 p.m. on Friday 17th May

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!



May - Seasons, Festivals & Saints Days

16th May – Caroline Chisholm.

Caroline Chisholm was a British social reformer and philanthropist born in 1808. She is known for her advocacy work for the welfare of female immigrants in Australia during the 19th century. She married Captain Archibald Chisholm, who was later posted to India, where Caroline first saw the effects of poverty and poor living conditions on women and children.

After moving to Australia in 1838, Caroline observed the difficulties faced by female immigrants who arrived in the country without any support system, often ending up destitute and homeless. She established the Female Immigrants' Home in Sydney, where female immigrants could stay, receive training, and find employment opportunities. She also established a shelter for homeless women and children, and later helped establish the Family Colonization Loan Society, which provided loans to families to purchase land and establish themselves in Australia.

Caroline's work was widely recognized, and she received support from prominent figures, including Charles Dickens and Queen Victoria. She returned to England in 1846 and continued her advocacy work, helping to improve the conditions of female immigrants and campaigning for their rights.

Caroline Chisholm died in 1877, and her legacy continues to inspire social reformers and philanthropists to this day. She is remembered as a pioneering advocate for women's rights and social welfare.

18th May - Ascension Day - Forty Days with the Risen Christ

The Gospels give us little of Christ's teachings and deeds during those forty days.

According to the New Testament, Jesus appeared to numerous people after his resurrection and before his ascension. The exact number of appearances varies depending on the biblical account. The following are some of the appearances of Jesus after his resurrection:

- The women who visited Jesus' tomb on the first day of the week (Matthew 28:1-10; Mark 16:1-8; Luke 24:1-12; John 20:1-18).
- Two disciples on the road to Emmaus (Luke 24:13-32).
- The apostles, except for Thomas, on the evening of the first day of the week (John 20:19-23).
- The apostles, including Thomas, eight days later (John 20:24-29).
- Seven of the disciples by the Sea of Galilee (John 21:1-23).
- To more than 500 people at once (1 Corinthians 15:6).
- To James, Jesus' brother (1 Corinthians 15:7).
- To the apostles at his ascension into heaven (Acts 1:1-11).

He strengthened and encouraged his disciples, and not just the twelve, at last opening their eyes to what the Scriptures had promised about the Messiah. He also told them that as the Father had sent him, he was now going to send them - to all corners of the earth, as his witnesses.

Surely the most tender, moving 'farewell' in history took place on Ascension Day. Luke records the story with great poignancy: "When Jesus had led them out to the vicinity of Bethany, he lifted up his hands - and blessed them."

As Christmas began the story of Jesus' life on earth, so Ascension Day completes it, with his return to his Father in heaven. Jesus' last act on earth was to bless his disciples. He and they had a bond as close as could be: they had just lived through three tumultuous years of public ministry and miracles – persecution and death – and resurrection! Just as we part from our nearest and dearest by still looking at them with love and memories in our eyes, so exactly did Jesus: "While he was blessing them, he left them and was taken up into heaven." (Luke 24:50-1) He was not forsaking them, but merely going on ahead to a kingdom which would also be theirs one day: "I am ascending to my Father and to your Father, to my God and your God..." (John 20:17)

Sunday 28th May – Pentecost

The Church Feast of Pentecost, is a significant event in the Christian calendar celebrated on the fiftieth day after Easter Sunday. It commemorates the descent of the Holy Spirit upon the Apostles and other followers of Jesus Christ, as described in the New Testament book of Acts.

According to the Bible, after Jesus' ascension into heaven, the disciples gathered in Jerusalem for the Jewish festival of Pentecost, also known as the Feast of Weeks, or the Feast of the Harvest. Suddenly, a rushing wind filled the house where they were staying, and tongues of fire appeared above their heads. They were filled with the Holy Spirit and began speaking in different languages, which amazed the crowds outside who had gathered for the festival.

Pentecost is often called the "birthday of the Church" because it marks the moment when the Apostles and other followers of Jesus were empowered by the Holy Spirit to spread the message of Christianity, the Gospel, throughout the world. This event is considered to be the beginning of the Christian Church and the fulfilment of Jesus' promise to send the Holy Spirit to guide and strengthen his followers.

The Church feast of Pentecost is an important reminder of the power and presence of the Holy Spirit in the lives of Christians. It is a time to reflect on the gifts of the Spirit, such as wisdom, understanding, and love, and to renew our commitment to spreading the message of Christ's love and salvation to all people.

Compiled and adapted by William Holden from various sources.

MONEY MA££ERS - Figures for March 2024

Receipts

Planned Giving	£ 3,601
Community Centre Income	£ 1,432
Payaz Donation Station/Sundry Donations	£ 405

Collections/Other giving	£ 162
Keynotes subs/adverts	£ 49
Income Tax Recovered	£ 1,420
Investment income	£ 1,279
PCC fees	£ 94
TOTAL RECEIPTS	£ 8,442

Payments

Parish Contribution	£ 6,651
Salaries	£ 788
Utilities and Insurance	£ 594
Rectory	£ 326
Community Centre running costs	£ 342
SumUp/Bank Charges	£ 9
Upkeep of services/churchyard	£ 2,262
Printing costs	£ 524
Funds sent to charity	£ 92
Church Maintenance	£ 350
Reimbursement of expenses	£ 346
TOTAL PAYMENTS	£ 12,284

Year to date deficit : £2,220

Date	Reading, Commemorations & Intentions Calendar for May (year B)
WEDS 1ST	Our Sidespeople
THURS 2ND	The spread of the Gospel
FRI 3RD	Local businesses

SAT 4TH	Hove Deanery Synod
SUN 5TH	Sixth Sunday of Easter Acts 10. 44-end 1 John 5. 1-6 John 15. 9-17
MON 6TH	Archdeacon Martin
TUES 7TH	Our Churchwardens
WEDS 8TH	Diocesan Synod
THURS 9TH	Ascension Day Bishop Martin
FRI 10TH	Our Serving Team
SAT 11TH	All Patrons and Boards of Patronage
SUN 12TH	Seventh Sunday of Easter Acts 1. 15-17, 21-end 1 John 5. 9-13 John 17. 6-19
MON 13TH	Bishop Will
TUES 14TH	All those responsible for transporting our food
WEDS 15TH	A deeper understanding of our calling to follow Christ

THURS 16TH	Social Workers
FRI 17TH	School Governors
SAT 18TH	Aldrington School

SUN 19TH	Pentecost Acts 2. 1-21 Romans 8. 22-27 John 15. 26-27, 16 4b-15
MON 20TH	All construction workers
TUES 21ST	Our Sunday School and Leaders
WEDS 22ND	Those taking care of the Holy Places
THURS 23RD	Kings School
FRI 24TH	Gill Evans and Jane Glineur and our choir
SAT 25TH	Our local hospitals
SUN 26TH	Trinity Sunday Isaiah 6. 1-8 Romans 8. 12-17 John 3. 1-17
MON 27TH	All chaplains to the forces
TUES 28TH	Our Pastoral Care Committee
WEDS 29TH	The Women's Social Group
THURS 30TH	Our Bloomers Flower Group
FRI 31ST	The Gardening Team

And finally.....

Prayer for May 2024

Dear Lord,

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

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May, the loveliest of months – and this year, as we welcome the blossom and the beauty of late Spring, we also welcome Your Holy Spirit afresh, as we celebrate Pentecost.

May we open our hearts to receive Your Spirit, as Your people did on that first Day of Pentecost. May we be filled and empowered and emboldened to witness to Your goodness and love.

May we be transformed by Him and reflect Your transforming grace to the broken world in which we live. May people who meet us ask, “What does this mean?” May they turn to You and hear You speaking in ways they can understand.

Without Your Holy Spirit we can do nothing. With Him living in us, we can do all things.

Come Holy Spirit, come to us, we pray,

In Jesus’ name.

Amen.

By Daphne Kitching



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

**Rogation Sunday (5th May) is about asking for God's protection
and blessing - Quotes**

Pure prayers have pure blessings. – Thomas Goodwin

To spend an hour worrying on our knees is not prayer. Indeed, there are times when it is our duty, having committed a problem to God in prayer, to stop praying and to trust and to do the necessary work to arrive at a solution. – Oliver Barclay

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A family business

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