

PARISH NEWS

JUNE 2021

From the Parsonage - Cuckmere Pilgrim Path

One of the most ancient verses in the Bible, thought to date back to around 2000 BC, is the simple statement 'A wandering Aramean was my father' (Deuteronomy 26:5). This verse has always stuck with me for some reason. It points to the very origins of the Judaeo-Christian tradition. 2,000 years later Jesus said that he 'had nowhere to lay his head', placing himself in that same tradition of wandering. It was after the long journey of Exodus that a new nation, and with it a new faith, was born, centred around the figure of Moses. It seems that there is a link between new beginnings and walking. As if making a journey is a necessary activity and linked deeply with our human identity and evolution. The recent abundance of recovered and newly created pilgrimage routes suggests we're living in an era of pilgrimage. And Covid lockdown has meant that more people have discovered the benefits of walking.

We have created a route around our villages, and also incorporating Alfriston and Lullington, called the Cuckmere Pilgrim Path. In February I was asked to give a talk about it and for those who haven't seen it yet it can be viewed at <https://youtu.be/9JUVRGwx-bM>. (The talk lasts 30 mins and is followed by questions). We've signed the route to make it as easy as possible to follow.

We've been waiting to put out maps in each church along the route and these should be available by the time you receive this magazine. Since giving the talk I hear quite regularly it seems from people and groups who have walked the route and enjoyed doing so. Sometimes they've broken the route down into sections and done it over more than one day. We're developing resources for walkers and a focus in each church for them. There is a card that can be stamped at each church and then sent to someone. This enables the walk to be undertaken as a devotional action, or prayer walk for a particular individual, perhaps one at a difficult point in their life's journey. Other elements include the commissioning of a new stained-glass window for Selmeston church by Leonie Seliger, specifically celebrating the creation of this path.

To find out more about the Cuckmere Pilgrim Path please watch the video.

Peter Blee

Church Services and Morning Prayer

Sunday 6 th June	08:00	Alciston BCP	Sunday Zoom Morning Prayer will be held at 9.00 am. You can be sent a link to join these services – please contact the Benefice Administrator at benefice.administrator@berwickchurch.org.uk to be added to the mailing list to receive this link. Wednesday Zoom Morning Prayer will be held at 9.30 am each Wednesday. Please request a link as above. If you would like to receive weekly notification about services (the Sunday Link) please email: benefice.administrator@berwickchurch.org.uk and the Administrator will add your email to the mailing list.
	10:00	Arlington Holy Communion	
	11:00	Berwick Holy Communion	
Sunday 13 th June	09:30	Alciston Morning Prayer	
	10:00	Wilmington Holy Communion	
	11:00	Berwick Holy Communion	
Sunday 20 th June	09:30	Selmeston Holy Communion	
	10:00	Arlington Holy Communion	
	11:00	Berwick Holy Communion	
Sunday 27 th June	09:30	Selmeston Morning Prayer	
	10:00	Wilmington Morning Prayer	
	11:00	Berwick Holy Communion	

All Good Things Come to an End

Over many years, ladies from the village churches have been able to meet at intervals to enjoy breakfasts together, while hearing an interesting speaker at the same time. From the first Ladies' Breakfast (Autumn 2007) with Lyndsay Benn's talk about 'Walking the Way', to the last one (Spring 2020) with Jane Byers talking about The Sanctuary Café, there have been 48 events.

Without the vision and perseverance of the inspiring Eileen Vine, this would not have happened. Without the contributions from dozens of ladies it would have been impossible. A big vote of thanks is due to all who participated, whether by communicating the news, counting the names, catering, composing a talk, coming to listen, conversing, or clearing up, or in any other way. We will always remember the nice tablecloths and pretty flower arrangements, the enticing selections of delicious food items, the decorous and caring atmosphere, the pleasure both in meeting old friends and in making new ones, the prayerful closures. We learnt a lot from our diverse speakers.

We hope you will all agree it was good while it lasted but now the series of Ladies Breakfasts has finally ended. As we now disband ourselves, the working group who were privileged to do the planning would like to thank you all.

Jane Anderson, Jane Corkran, Maggie Teager, Chris Doherty, Ruth Butlin

Alciston and Selmeston Village Hall

Hopefully COVID restrictions for the use of the Alciston and Selmeston Village Hall will have been lifted by 21st June and some activities have already resumed. The Hall's Annual General Meeting will be held at 7.30 pm on Wednesday 23rd June. There was no AGM last year and this is your opportunity to meet the committee and discuss how we might move forward and celebrate our emergence from lock-down. All residents from the villages and other users are welcome. Drinks and nibbles will be provided.

Michael Weller (Chair of the Village Hall Committee)

Berwick Produce Show 2021

It is with regret that we are announcing the Berwick Produce Show will not run again this year. The committee did not take this decision lightly and we are hoping to run a small village get together in the summer. We will also be moving the date of the show in the future to a date in August, we had pencilled in 21st August for this year and will aim the get together following Government guidelines for this day.

We have two new committee members, welcome to Barbs Cordner and Jenny Douthwaite and, following our Zoom AGM, we all agreed to stay on committee and Jean Bradford and Peggy Lawrence have verbally seconded the committee members.

We look forward to planning the show for 2022 and will let everyone know what we plan for a village get together as soon as we can.

Sue Woodgate

Chair and Secretary Berwick Produce Show

Animal Welfare

As Parliament rose recently before the Queen's Speech a number of critically important pieces of legislation were passed. I was particularly pleased to see the Animal Welfare (Sentencing) Act given Royal Assent.

Here in the UK we have some of the highest standards on animal welfare anywhere in the world. This bill builds on that position and cements our status as a leader on animal rights and send a clear message that mistreating animals will not be tolerated. Those guilty of animal cruelty will now face up to five years in prison, as opposed to six months before the legislation was passed.

The Government will also be taking advantage of our departure from the European Union to deliver on a 2019 manifesto commitment to end excessively long journeys for the slaughter and fattening of livestock. There is work on developing new laws on animal sentience and cracking down on the illegal smuggling of dogs and puppies. Consultations have taken place on commitments to ban pet primates and for mandatory cat microchipping, and another will begin soon on the implementation of the Ivory Act. I am pleased to see that commitments have also been made to ban imports from trophy hunting of endangered animals.

The UK engages with other countries as part of global forums such as the World Organisation for Animal Health in order to combat the maltreatment of animals worldwide. This is something that the Prime Minister cares deeply about, highlighted by his first speech outside No.10 Downing Street in 2019, when he said "let us promote the welfare of animals that has always been so close to the hearts of the British people".

All animals deserve to be respected and cared for throughout their lives, which is why I strongly welcomed the Government's commitment that future trade agreements will uphold our country's high animal welfare standards. These standards will not be watered down in pursuit of any trade deal.

Building on the work of the Animal Welfare Bill, I am also looking forward to the Environment Bill becoming law later in the year. The bill introduces measures to address the biggest environmental priorities of our age, including meeting net-zero by 2050, along with long-term, legally binding targets on biodiversity, air quality, water, and resource and waste efficiency. All of this legislation will help us continue to protect the environment both locally and nationally.

Maria Caulfield, MP

Sherrington Manor Open Day in Aid of St Wilfrid's Hospice

11.00 am to 4.00 pm Saturday 5th June

Sherrington Manor has a large garden with many distinctive areas, from borders of mixed shrubs to a beautiful orchard. Refreshments available – BBQ. No dogs allowed (except assistance dogs). Wheelchair accessible.

At the time of planning the 2021 Open Garden programme, Covid-19 restrictions are in place and it is possible that some level of social distancing regulation will continue during the season. So, we are asking our visitors to pre-book a timed entry slot for each of our gardens this year. www.stwhospice.org/pages/category/open-gardens. This is so we can keep visitor numbers within any imposed limits and keep our visitors, garden owners and staff as safe as possible.

We are asking for a donation of £5 per person per garden, which can be made at the time of booking.

Julian Bell Exhibition and Celebration at Berwick Church 11th – 13th June

Talk by J. Bell at 3.30 pm on Sunday 13th June.



'I Do Set My Bow' – a celebration of the new painting for Berwick Church. Julian will also be exhibiting paintings in the church over the weekend.

His painting speaks to the present moment in a number of ways. Julian chose to incorporate the rainbow into his painting weeks before the lockdown not knowing that it would anchor the painting historically in the year of the pandemic. A symbol of hope and of support for NHS workers. The chalk path is a reference to the 'the way' – the earliest Christians were called 'followers of the way' and Jesus described himself as 'the way, the truth and the life'.

The sculpture by David Hensel shows the risen Christ entwined in nature. God said, 'I do set my bow' as a reminder of His promise to protect not just people but that is was between me and you and every living creature. It is a loss of understanding of our oneness with the rest of creation and God's care for it that has arguably contributed to the current crisis.

Peter Blee

Ceramic Classes with Sarah Walton

Eight, twice-weekly pottery classes on *Mondays and Wednesdays from 10:00 am to 12:30 pm on 21st, 23rd, 28th, 30th June and 5th, 7th, and 14th July*. The cost is £300, which includes tuition, materials and firing, paid up front.

In these classes Sarah Walton sets out to give an understanding of ceramic materials and how to use them. Several hand-building techniques are taught using several clays followed with the use of slips. All work is then fired in an electric kiln. Classes are small enabling both beginners and more advanced students to receive individual tuition. Each student has ample space to work.

For enquiries and to book please contact Sarah Walton Tel. 01323 811517 or email: smwalton45@gmail.com. The venue is Sarah Walton's studio at Keepers, Bo Peep Lane, Alciston, BN26 6UH. To reach the location students need their own transport.

Sarah Walton

Alciston and Selmeston Village Get Together

Saturday, 26th June

Alciston and Selmeston would like to welcome everyone back to village life with a big village get-together on the evening of Saturday, 26th of June. We'll be celebrating the end of lockdown restrictions with an evening of music, food, drink and fun in the A&S Village Hall. Come see your friends and neighbours once again, meet new arrivals to our villages, relax and have a proper chat in the long evenings of Summertime. Watch for more information soon...

Questions? Contact Mari Thomas - 01323 811600 or Raina Thompson-Brody at 07595 480662.

Selmeston Parish Meeting

7.30 pm on Monday 28th June in the Village Hall

Agenda

Minutes

Matters Arising

Reports from ESCC and Wealden Councillors

Reports from Committees

Treasurer's Report

Election of Chair

Parish Plan

AOB

Anyone interested in taking on the role of Chair or being more actively involved in any other way should contact David Quysner - Tel: 01323 811515 or Email: quysner@btinternet.com.

David Quysner

Clay Play Day with Jonathan Chiswell-Jones

10.00 am to 4.00 pm Friday 16th July at JCJ Pottery, Peelings Manor Barns, Hankham Road, BN24 5AP

Cost £20. To book at place please Email: jo@jcipottery.co.uk or Tel: 01323 469009.

Jonathan Chiswell-Jones

Alciston and Selmeston Flower Show

Sunday 15th August 2021

We're pleased to be bringing back the Flower Show to the Alciston & Selmeston Village Hall this Summer. We hope you are all busy in your gardens, thinking of what you'll enter and looking forward to this year's show. We'll be celebrating the 50th A&S Flower Show with some special events, so please mark the date in your diary and we hope to see you there.

The A&S Flower Show Committee

Recipe of the Month - 8 Cheese and Mustard Scones

Ingredients

225g / 8oz self-raising flour

1 tsp baking powder

Pinch of salt

50g / 1¾ oz butter cut into small pieces

125g / 4 ½ oz mature cheddar cheese grated

1 tsp mustard powder

150ml / ¼ pint milk

Pepper

Method

Grease a baking tray.

Sieve the flour, baking powder and salt into a mixing bowl. Rub in the butter with your fingers until the mixture resembles breadcrumbs. Stir in the grated cheese, mustard and enough milk to form a soft dough.

On a lightly floured surface, knead the dough very lightly and then flatten it out with the palm of your hand into a circle about 2.5 cm/1 inch thick. Cut the dough into 8 wedges, brush with a little milk and sprinkle with pepper to taste. Bake on the baking tray in a preheated oven at 200°C / Gas Mark 7 for 10 to 15 mins until golden brown.

Leave to cool slightly before cutting them in half and spreading with butter. They are best eaten on the day they are made but can be frozen.

Valerie Shaw

June Gardener's Diary

This month is the last chance to sow main crop Carrots for them to be ready for harvesting in September or October. Also, Peas sown early in the month should still be ready in September.

Sow Swedes if they've not already been done and French Beans can go in for a second crop. Continue to sow Beetroot, Spring Onions, Turnips, Lettuces, and Radishes with some at the beginning of the month and some near the end.

This is also the last chance to sow Runner Beans and with a bit of luck will give you a crop as late as October.

Watering is very important in dry weather. Keep the roots of all plant moist but not soaking wet. Hopefully, this month we will be harvesting some of the early sowings - i.e. Potatoes, Radishes, Turnips, Carrots, Peas and a few more.

Keith Winter

Family Support Work (FSW) – Update

Time is really flying by, and with the easing of lockdown rules last month, we have been able to take cautious steps towards more normal ways of working. Our practitioners are still not able to visit families in their homes but have been meeting in outdoor venues, providing much-needed companionship and a chance to get out of the house. We have also been able to arrange some outdoor group sessions whilst continuing with virtual gatherings on Zoom or Facebook. It is now that the true impact of the pandemic on our families is becoming clear, with financial hardship and mental ill-health particular concerns, as well as the breakdown of relationships. We are expecting to receive many more new referrals over the coming weeks as schools, churches and other organisations become aware of families in need of our help.

We have welcomed Gill Sutton to our team – Gill is our new family support practitioner for Rye, and she is looking forward to getting started and meeting local groups and individuals. Our other new practitioners will be joining at the start of June and we will let you know all about them in due course.

Our fundraising events have started up again, with a very busy calendar of Open Garden events over the coming months. Do take a look at the events page on our website for all the details. I am also delighted to announce that our Amberley-Arundel sponsored walk is taking place again this year after an enforced break this year – please contact fundraising@familysupportwork.org.uk for information. We would love to see as many of you as possible taking part and helping us to raise vital income.

Thank you for your continued prayers and support.

April's work in numbers:

- ◆ 255 individual visits and 237 support calls with families supporting 41 grandparents, 326 parents and 336 children.
- ◆ 20 supported meetings with other agencies carried out remotely.
- ◆ 27 online group sessions held.
- ◆ 411 food deliveries made.

Prayer points:

- ◆ Give thanks for the progress made in helping many of our families into new employment following Covid-related redundancies.
- ◆ Pray that planned events will run smoothly and successfully.
- ◆ Pray for A, a mum we are supporting who is expecting her 5th child at the age of 23 and has no support outside FSW.

Nikki Kerr, FSW Director of Fundraising and Marketing

News from King's Academy, Ringmer

The school feels like we are back on track and looking forward to ending the academic year in an almost normal fashion.

We have used a government grant for students to 'catch up' to good effect. 45 year 10 students are receiving small group tuition from specialist teachers in English, Maths, Science, French and Spanish. In addition to this, 60 Key Stage 3 students are taking part in a literacy intervention programme designed rapidly to improve their reading ability and comprehension skills. This is all on top of our in school targeted interventions. Of course, the majority of our students were kept on track as they were having their 6 live lessons a day very early on in the lockdown via Google Classrooms.

Staff have started to book events and visits once again for the end of the year and even the year 11 leavers school prom has been pencilled in (fingers crossed)!

Eco-wise we have been granted funds to update the school's lighting, replacing old bulbs to new LED replacements. Winning the grant was the final piece of Steve Green's work at the school before he retired, and we can't thank him enough. It will save the school thousands of pounds over the years and helps to make the school even more self-sufficient than it already is (currently 70%).

We are preparing to welcome our Year 7 September starters to what will be our biggest year group. Our numbers have been increasing since Ofsted awarded us 'Good with Outstanding Features' in 2019. With 75 year 11s leaving and 140 starting, it will make a noticeable difference and one we are very much looking forward to.

Adonis Blue

On Sussex Wildlife Trust's Malling Down nature reserve just fifteen minutes' walk from the centre of Lewes, something is stirring. Something rather beautiful. Something rather... blue.

The Adonis Blue must be in with a good chance of being crowned our most beautiful butterfly. The male's dazzling, electric blue wings are an insult to all other butterfly species who consider themselves blue. Believe me - you haven't experienced blue until you've watched a male Adonis Blue fly past. And, like many other famous Lewes residents, our Adonis Blues also have a colourful and somewhat odd life history.

During the larval stage of its life cycle, the Adonis Blue caterpillar exudes a sugary sweet secretion and, amazingly, sings an enticing siren's song. This drives local ants into a frenzy, and they fall under its spell. With its sugar-drunk, loved-up ant admirers in tow, the caterpillar cruises the Lewes Downs with the ants protecting it against parasites and predators. Each evening, when the caterpillar retreats to the soil, the ants bury it – effectively tucking it in for the night. It's amazing what devotion you can get around these parts in return for a drink and a song. When it's time for the caterpillar to pupate, the ants stand guard over the chrysalis too, in an underground chamber, and when the adult butterfly emerges, they escort it to the surface. Without so much as a thank you for their loyalty, the butterfly unfurls its wings and deserts them for the skies above – no doubt leaving the ants wondering how they're going to explain themselves to the queen when they get home.

The existence of this wonderful butterfly is only made possible due to the Sussex Wildlife Trust's careful management of Malling Down. The Trust's rare breed sheep, which you can see from Lewes High Street, graze the reserve to ensure the correct habitat is maintained for this rare species. An important factor in the Adonis Blue's life cycle is heat, and if the grass here gets too tall the temperature at ground level drops. Without the grazing management, the fantastic downland habitat would disappear, along with all the amazing species that depend on it.

Michael Blencowe of the Sussex Wildlife Trust

Benefice Priest

Revd Peter Blee - Rector of Berwick and Vicar of Selmeston with Alciston

The Parsonage, Berwick, Polegate, BN26 6SR

Tel: 01323 870512 Email: peter.blee@berwickchurch.org.uk

Peter's day off is Saturday.

Churchwardens

Alciston - Michèle Boys Tel: 01323 870623

Berwick – Ruth Nares Tel: 01323 811186

Selmeston - Jan Matthews Tel: 01323 811380

Benefice Administrator

Stephanie Lewis-Grey Tel: 01323 811136 Email:

benefice.administrator@berwickchurch.org.uk

Parish News Advertising and Distribution

This is coordinated by Jeremy and Valerie Shaw.

Tel: 01323 811567.

Parish News

The production team is Jane Anderson and Martin Chilvers. Contributions (other than advertising requests) should be sent to Martin Chilvers by the 12th of the month.

Email: empty.sea@outlook.com; Post: 66 Parkfield Avenue, Eastbourne, BN22 9SF.

You should receive confirmation of receipt by the 15th of the month, but if not, please call him on 01323 507655.

Contributions can also be passed on to one of the coordinators:

Jane Anderson at Old Postman's Cottage, Alciston Tel: 01323 870075.

Valerie Shaw at Selmeston House, Selmeston Tel: 01323 811567.

Laurie Tinsley, Wynsford, Berwick Tel: 01323 870895.

Donations

Financial donations to the Parish News are gratefully received. Cheques payable to "Parish News" can be passed to the Treasurer, Valerie Shaw, Selmeston House, Selmeston, Polegate, BN26 6UD. Alternatively, electronic donations can be made to Barclays Bank - Account No. 70650625; Sort code 20-49-76.

We are grateful to receive donations this month from Mrs Woodbridge, Mr & Mrs K. Sutton and Mrs Wells.