

PARISH NEWS

OCTOBER 2021

From the Parsonage

Recently a retired art psychotherapist who has spent 30 years working with teenagers told me that, in the last couple of years, she had witnessed an explosion in mental health problems associated with social media platforms. On the same day I heard of a young man at the beginning of his career who had stepped out of classroom teaching because he was expected to be available to parents 24/7 via email and social media. He found the constant parental interventions and expectations too much on top of the demands of day-to-day teaching and record keeping.

Reaping the benefits of a 'digital world' while avoiding the pitfalls is challenging. Recognising, understanding and teaching people about this is something that needs to happen quickly. There has been such rapid digital development that many people have inadvertently drifted into problems. Acknowledgment of this is the first step to redressing the issues that arise. When the problem is a 'digital addiction' then acknowledgment can, in fact, be the hardest first step.

It's important that we have time and find places where we can withdraw from the world, digital or non-digital, to rest, reflect and recover. The Christian faith finds its focus in the resurrection, the regeneration of the life of Christ from his death on the cross. Through Christ's cross, humanity finds a connection with the divine source of life and is renewed. This is what people have found throughout the different periods of history, each with its own challenges. Humanity creates problems as it tries to solve them, and without acknowledging our need for divine grace, we're making ourselves very vulnerable.

New Associate Priest

We're delighted to announce that Revd Shirley Pearce, who has been appointed as Associate Priest to serve in these parishes, will be licensed by Bishop Martin on Friday 22nd October. Please keep the date free and come along to welcome her and her husband, Doug. Shirley has recently completed her curacy at St Andrew's, Holy Cross, Basildon and is excited about coming here and beginning this new phase in her vocation. The role of Associate Priest is what is called a 'House For Duty' position which means that she will be living in the vicarage at Wilmington and ministering 2 ½ days per week.

Peter Blee

Church Services and Morning Prayer

Sunday 3 rd October	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.
	10:00	Arlington Harvest Festival	
	11:00	Berwick Holy Communion	
Sunday 10 th October	09:30	Alciston S+A Harvest Festival	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 Morning Prayer	
	11:00	Berwick Harvest Festival	
Sunday 17 th October	09:30	Selmeston Morning Prayer	
	10:00	Wilmington Harvest Festival	
	11:00	Berwick Holy Communion	
Friday 22 nd October	19:00 for 19:30	Service to license Revd Shirley Pearce as Associate Priest at Wilmington Church led by Bishop Martin – venue TBC.	

Continued on next page...

Sunday 24 th October	09.30	Alciston Holy Communion	
	10:00	Arlington Morning Prayer	
	11:00	Berwick Holy Communion	
Sunday 31 st October	10:00	Berwick Holy Communion	
	15.00	Alciston Commemoration of the Departed	

Conservation and Cleaning of the Berwick Church Murals: Challenges and Insights

3:00 pm Sunday 17th October at Berwick Church

Lisa Shekede and Stephen Rickerby are wall painting conservators with a portfolio of UK and international work. They will give an illustrated presentation introducing the iconic Bloomsbury Group paintings at Berwick Church. Learn about the challenges of conserving and cleaning the paintings, and how an understanding of their technology and condition informed their safe treatment to ensure their long-term future. Insights of how the paintings were created will also be presented.

Tickets for this event are £5 per person (plus 80p Eventbrite fee) with refreshments available. To book, please search for 'Conservation and cleaning of the Berwick church murals' on Eventbrite: www.eventbrite.co.uk.

Helen Ellis
Berwick Church Project Manager

Six Sussex Artists and Craftsmen Annual Exhibition

You are invited our 42nd and sale to be held at Selmeston Village Hall on

2.00-8.00 pm Friday 29th October (Private view only).

10.00-5.00 pm Saturday 30th October.

10.00-5.00 pm Sunday 31st October.

The exhibitors are all members of The Sussex Guild and include Jonathan Chiswell Jones and Kerry Bosworth - Lustreware and Porcelain; Louise Bell - Quilts; Wendy Dolan - Textile art; Fleur Grenier - Pewter; Sue Lowday - Leather, and Elizabeth Welch - Glass sculpture.

Jonathan Chiswell Jones

Beowulf - An Anglo-Saxon Poem in an Anglo-Saxon Church

6.00 pm Saturday 30th October (Starting in Arlington Village Hall and then in St Pancras Church)

No-one knows exactly when, after a day of hunting or fighting, at the end of a feast, a bard first stood up in a Saxon mead-hall and entertained the warriors with the story of how Beowulf, mighty leader of a band of brave warriors, crossed the sea to the land of the Scyldings and fought the ravening monster Grendel.

No one knows, either, exactly when the first place of worship was built on the spot where St Pancras Church now stands, but it is quite likely that the first building, remains of which were discovered under the floor during Victorian restorations, was built at the same time as that unknown bard first raised his voice over the din in that unknown mead-hall.

So, it's entirely appropriate that the launch of the Friends of St Pancras Arlington's huge fundraising effort to make St Pancras secure and welcoming for our community and congregation for the next thousand years should start with a performance, in English (with occasional lines in Anglo-Saxon!) of "Beowulf" by Michael Bloom.

Michael is a semi-professional actor, having started his acting career with the National Youth Theatre and appearing in over a hundred plays and operas in the UK and abroad. Locally, he has supported fundraising through his acting talents, devising and performing his one-man show "Coleridge: The Man and the Mariner" at Arlington. He also performed in Berwick Church in "Boys Elluman" and at London's Royal Institution, and Berwick, in "Bloomsbury, Bloodshed and the Bible" to help raise funds for restoration of the Berwick murals.

Michael says: I first encountered "Beowulf" and Old English as a student of English and drama and hope you enjoy this performance, which includes all the major events of the poem, but cut to about half the length of the original 3182 lines. This translation is mostly modelled on Michael Alexander (Penguin edition), further inspired by my wife Nicola and by Julian Glover's adaptation for his own celebrated "Beowulf" performances, plus some of my own translation. It includes a few short passages in

Old English to give a flavour of the amazing power of the original language of this supreme poem. This performance features replicas of several of the artefacts found in the Sutton Hoo burial mound including one of the iconic Sutton Hoo helmet.

The performance starts in the Village Hall at 6.00, where there will be a chance to take some refreshment and look at an exhibition about the poem and the finds at Sutton Hoo, and then cross to the church (a mead-hall for this occasion!) where the performance will start at 6.30. There will be a short interval at about 7.10 pm, in the church, followed by the second half and then a hog roast (with vegetarian options – please let us know in advance) in the Village Hall car park at about 8.00 pm. Please wrap up warmly and feel free to bring your own tankard or drinking horn!

Tickets available from www.trybooking.com/uk/BFGB, or go to trybooking.com and enter 'Beowulf'

For queries, please contact Nicola Bloom at bloomnicola@yahoo.co.uk, or on 07787 928029 / 01273 487867

Nicola Bloom

Bus Services

I am pleased to see that East Sussex County Council are currently running a consultation on their Bus Service Improvement Plan as part of the Government's £3 billion 'Bus Back Better' scheme that launched in March 2021. The National Bus Strategy aims to get more people travelling by bus, making these buses a practical and attractive alternative to private cars.

We know locally that being in such a rural part of the country that often bus routes are not commercially viable and need significant subsidies to survive. It's why we are so dependent on community bus routes provided by groups such as Cuckmere Buses and CTLA.

The Bus Back Better strategy wants bus services to be faster, more reliable, and more frequent and recognises that to make bus routes viable they must address the needs of the community, but also may need subsidies to succeed. With the East Sussex County Council consultation, it is imperative that the public's views are heard regarding the proposals. Increasing bus travel may also play an important part in the Covid-19 recovery as bus travel has held up more strongly than rail services.

In addition, the introduction of 4000 battery or hydrogen powered zero-emission buses, provided by £120 million in funding, will play a key role in the road to the decarbonisation of transport. Each zero-emission bus saves around 46 tonnes of CO₂ and can take 75 cars off the road, making a contribution towards tackling climate change.

Efforts are already underway locally to build an environmentally friendly transport network, with a hydrogen hub planned in Newhaven funded by through the Town Deal Fund. Work is ongoing with Brighton and Hove buses that has created an innovative and green fleet that has led to the highest bus use per head in England outside of London. I am keen that we improve our bus services locally to connect our towns and villages and that a more reliable service will be possible.

Maria Caulfield, MP

Recipe of the Month – Apple Cake

Ingredients

225g peeled and diced Bramley apples
100g sultanas
115g unsalted butter plus extra for greasing
225g self-raising flour
2 tsp ground cinnamon
115g light brown sugar
1 large egg
6-8 tbsp milk
2 tbsp demerara sugar

Method

Butter and line a deep 20 cm cake tin with baking parchment. Heat the oven to 180°C/160°C fan/gas 4.

Mix the flour and cinnamon together. Add the butter and rub into the flour using your fingers until it looks like fine bread-crumbs. Stir in the light brown sugar. Beat in the egg followed by 6-8 tbsp milk gradually until you have a thick smooth batter.

Stir in the apples and sultanas and put the mixture into the prepared tin and level. Sprinkle over the demerara sugar.

Bake for 30 to 40 minutes or until golden and a skewer inserted in the middle comes out clean.

Best served warm with a little custard.

Valerie Shaw

October Gardener's Diary

This month it's mainly preparation for next year's crops, but first a few tips on getting more from this year's plants. If you grew peas this year, just cut off the top and leave the roots in the ground. As they rot, they produce nitrogen, which will be good for next year's crops.

When you cut cabbages, leave the roots in the ground, and cut across the top with a knife. This will encourage new leaf growth.

Plant your garlic this month for a bumper crop next year and autumn onions can now be planted as well. For the rest of the month get clearing off any weeds and perhaps prepare trenches for beans in the spring, digging in manure at the same time..

Keith Winter

Family Support Work (FSW) – Update

The new school year is underway and we can look back on a lovely summer of activities supporting our families as well as many events where we were able to catch up with supporters. Over the school holidays our practitioners were able to organise a huge range of trips and outings for their families, including some visits to the Mothers' Union caravan in Selsey, cinema outings, beach and picnic days and trips to Drusillas. Although we couldn't hold our annual teddy bears' picnic at Warnham Park it was still fantastic to see families out and about, enjoying fresh air and the chance to try new things after so long spent in lockdown.

We were also delighted to welcome 50 walkers to our sponsored Amberley-Arundel Sponsored Walk last month. It was a perfect day for walking and catching up with old friends. At the time of writing, just over £3000 has been raised through sponsorship and we are hoping that this total will reach £5,000 in the coming weeks. Thank you to everybody who took part or sponsored somebody else – these funds are vital to ensuring the continuation of all of our services across Sussex.

We know that many churches will be planning Harvest Festival collections in the coming weeks. Our foodbank stocks are still very low, and we would be very grateful if you could consider organising a collection for us (tinned fruit, tinned vegetables, soup and tea are particularly welcome). If you would like a member of FSW staff to speak at a service, then do get in touch with the office and we would be delighted to join you if we can – contact Spencer by email at admin@familysupportwork.org.uk

Thank you again for your continued support of our work through prayer, donations and practical help. August's work in numbers:

- ◆ 217 individual visits and 207 support calls with families supporting 36 grandparents, 248 parents and 376 children.
- ◆ 15 supported meetings with other agencies carried out remotely.
- ◆ 65 face-to-face group sessions held.
- ◆ 159 food deliveries made, plus over 150 meals provided at family sessions.

Prayer points:

- ◆ Pray for those children within our families who have just started at new schools, that they will settle in easily.
- ◆ Give thanks for all our volunteers who have been so busy helping our practitioners over the summer with family activity days, one-to-one support and assisting with fundraising events.

Nikki Kerr, FSW Director of Fundraising and Marketing

News from King's Academy, Ringmer

Well, it's been a fantastic return to school and a noticeable increase in numbers as 75-year 11s left at the end of the last academic year and 140 started in year 7, our biggest intake for 15 years. With this, plus the improving progress of the students as exam results continue an upward trajectory, the school is really going from strength to strength. Even more noticeable was the sheer joy our students have radiated on their return; as much as many protest how awful it is to go back to school, you could sense their relief and even delight to move past the Covid restrictions, see their friends, have routine and purpose again and finally get well on their way to 'normality'.



We are very excited at the number of visitors we have welcomed to our Open Evening; the school has never looked as good as it does now, and we are always very proud to 'show it off'! We look forward to more visitors for our imminent Open Mornings to which we have added extra dates to cope with demand.

We were very proud to welcome BBC news into school to produce a national feature on returning to school and we hope you caught us on the main BBC 6 o'clock news. We also have been visited by Maria Caulfield, MP for Lewes, who toured the school and held a Q&A session with our students. Yet our proudest moment after returning from the summer break is a new addition to the staff: Ronnie, a 10-month-old therapy dog. Ronnie will offer support and kindness to anyone who might be having a difficult day, although, to begin with, she will just be in school on Tuesdays to settle her in.

Jamie Peacock, Transition and Marketing Manager, King's Academy Ringmer

Sloes

From up there, it felt like I could see the whole world: the Oak trees adorned in summer's fading leaves, the fields at harvest, the city far in the distance. Each October, my Grandad would load me and a bucket into Betsy, his faithful 1963 Ford Anglia. Together we'd cruise the county's back roads. Every few miles he would ease Betsy to a halt and inspect the landscape until finally declaring "this is the place". My bucket and I would be hoisted high up on his shoulders and from there I'd get my Grandad-stand view of the world. More importantly though, it'd put me within reach of the treasure. The jewels we sought on our expeditions were sloes, the round, purple-black berries that bedecked the Blackthorn bushes. My Grandad was convinced that the finest fruits were located high on the hedge. And the best sloes made the best sloe gin.

Each spring, the Blackthorn hedges bloom; their brilliant white flowers creating snow-white drifts against the woodlands and along our roadsides. These ephemeral petals soon fall, and the Blackthorn becomes cloaked in small, oval leaves, capturing the energy that powers production of the sloes. A Blackthorn bush is a prickly character and as approachable as an enraged porcupine. Each twig is armed with spikes, which deter cattle and Grandads from helping themselves to its leaves and berries. This spiny spinney fortress also safeguards a wealth of wildlife. Nightingales, Turtle Doves and other birds nest under its protection and the elusive Brown Hairstreak butterfly lays its miniature sea urchin-like eggs on the bush's black bark.

Many years after my Grandad and Betsy had departed, I decided to honour them both and concoct my own sloe gin. I found an online recipe and, in what was, and still remains, one of the biggest disappointments of my adult life, I discovered that the main ingredient in sloe gin...was gin. After watching my Grandad making his moonshine, I had genuinely believed that by submerging a load of sloes in a bottle you would magically turn water into gin. My Grandad couldn't perform miracles. Indeed, looking back, our hedgerow pillaging raids could easily be dismissed as forced child labour. Was he exploiting me and my tiny hands to bypass those thorns and reach the best berries? A few decades earlier he'd probably have sent me down a mine or up a chimney. But my Grandad wasn't some Fagin-like character. Now I think of it, I never once saw him actually drinking any of his sloe gin. Perhaps just being out in the countryside in the autumn sunshine, on an adventure with Betsy and his grandson, was the truly intoxicating ingredient.

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 K & C Spencer, Mrs M. Thomas and Berwick Produce Show.