

PARISH NEWS

NOVEMBER 2021

From the Parsonage

Last month there was an historic gathering of the leaders of 40 of the world's largest religious faiths in Rome. They gathered to agree and sign a 'Joint Message for the Protection of Creation' to those who will be meeting at COP26 this month. Pope Francis, Ecumenical Patriarch Bartholomew and Archbishop Justin Welby had previously met in September and agreed that; *"We must decide what kind of world we want to leave to future generations. We must choose to live differently; we must choose life, 'so that you and your children might live' (Deuteronomy 30:19). We have maximized our own interest at the expense of future generations. By concentrating on our wealth, we find that long-term assets, including the bounty of nature, are depleted for short-term advantage... The people bearing the most catastrophic consequences of these abuses are the poorest on the planet and have been the least responsible for causing them."*

In October they joined other faith leaders and together all agreed that: *"Future generations will never forgive us if we miss the opportunity to protect our common home. We have inherited a garden: we must not leave a desert to our children. Scientists have warned us that there might be only one decade left to restore the planet. We plead with the international community, gathered at COP26, to take speedy, responsible and shared action to safeguard, restore and heal our wounded humanity and the home entrusted to our stewardship. We appeal to everyone to join us on this common journey."*

People whose lives are dependent on the land are the first to experience what is happening and the experience of many of them is that time has already run out; they are already experiencing the impact. The task now is to heal the wounds and repair the damage. In the letter of St Paul to the church in Thessalonica Christians are told 'to pray ceaselessly' (1 Thessalonians 5:17). The implication is that every aspect of life is dependent upon God and might be thought of as if it is prayer: labouring, eating, personal relationships with others, and how we look at the world around us. This is quite a profound and challenging idea. So long as prayer is thought of as something separate, only reserved to a particular time and place, or something that others do in specified ways, then we might never take enough thought or responsibility for what we are doing with our lives. Reviving a sense of the sacred in what we normally take no thought for can help in responding to the great challenges that the world faces.

Peter Blee

Church Services and Morning Prayer

Sunday 7 th November	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	
Remembrance Sunday 14 th November	08:00	Alciston BCP	
	10:00	Selmeston Holy Communion followed by Act of Remembrance at Selmeston War Memorial at 10:50	
	10:50	Act of Remembrance at Berwick War Memorial followed by Holy Communion	
	10:50	Wilmington Remembrance Day Service	
Sunday 21 st November	09:30	Selmeston Holy Communion	
	10:00	Arlington Holy Communion	
	11:00	Berwick Holy Communion	
Sunday 28 th November	09.30	Alciston Holy Communion	
	10:00	Wilmington Holy Communion	
	11:00	Berwick Holy Communion	

Firle and Beddingham WI

7.30 pm Wednesday 10th November at Firle Memorial Hall

The Firle and Beddingham WI meets on the second Wednesday of each month. Our get-together on 10th November is to be an open meeting where everyone is invited. We have a special speaker; Helen Stockton is to tell us about 'My Literary Dogs'. Those of you who read Sussex Living will know Helen writes very amusing stories as if she is one of her Border Terrier dogs. We would be delighted to see anyone who would like to come along. Entry is free.

Margaret Hughes

COP26 and 40 Faith Leaders

7.30 pm Wednesday 10th November at Berwick Church

In October Alison Hilliard chaired the meeting of around 40 faith leaders in Rome at the signing of a joint appeal to world leaders meeting at COP26. She will be talking about the meeting and answering questions. This talk will be given in the second week of the COP26 summit and gives the opportunity to focus locally on it.

Peter Blee

Quiz Night and Fish and Chip Supper

Saturday 13th November at Alciston & Selmeston Village Hall

Join us for an evening of Fun, Fish and 'Finking'. Come along as a team or join one on the night Quiz teams - maximum 6 per team.

Pay bar opens at 6.30 pm with Fish & Chips also served from 6.30 pm (A veggie option is available). The quiz will start 7.30 pm.

Fish and Chips delivered by Alfresco Mobile Chippy. Payment in advance costs £10 which includes quiz entry and fish/veggie and chips. Booking is essential as numbers are limited. Last day for booking is 5th November (sorry but no exceptions). Contact for tickets: Helen 07969 732109, Thea 07772 155772 or Mairi 07582 938185.

Mairi Thomas

Selmeston Parish Meeting

7.15 pm Wednesday 17th November Alciston and Selmeston Village Hall

Items for discussion at the Parish Meeting will include a budget and the proposed reinstatement of a Precept. A full agenda and notice of meeting will be sent out in early November, posted on the www.selmeston.info website and on the village notice board.

David Quysner

selmestonparishmeeting@gmail.com

Berwick Parish Council Email Distribution List

Berwick Parish Council has an Email distribution list on which it sends the agendas of its Parish Council Meetings to residents who would like to receive them. If you would like to be included on the list, please email the Parish Clerk at berwickparishcouncil@aol.com. The agendas will continue to be available to view on the Parish Council's website and notice boards.

Alison Stevens

The 50th Alciston and Selmeston Flower Show

A hearty thank you to everyone who participated in and made the 50th Alciston and Selmeston Flower Show on Sunday 15th August such a great success. We had a beautiful day in the sun, so many marvellous exhibits, and a brilliant time getting to see our neighbours once again.

Jane Anderson wrote a few words about the history of the show, and we would like to share them with you:

It is astonishing to think that 51 years ago Colonel Calver - who then lived at Old Postman's Cottage - encouraged my husband, John, to revive the annual Alciston/Selmeston Flower Show. Since then it has gone from strength to strength and now is an annual event - not to be missed. I have an article from the Sussex Express at the time which reads:

Flowers, A Fête and Fun.

Selmeston's first flower show for 20 years was hailed by the Judge Mr. Richard Grandis, head gardener of Glyndebourne, as being of 'very high standard'. The flower show and fête raised £60 towards the upkeep of the village hall in which the show was held. Because of the weather a cricket match had to be cancelled, but in spite of this the show secretary, John Anderson, was very pleased with the results and said they hoped to make the flower show and fete an annual event.

The flower show followed a traditional pattern with classes for vegetables, flowers, housekeeping, flower arranging and there were also classes for children. Members of the committee included the Vicar of Selmeston and Alciston, The Revd. Tindall Hart, Col. Calver and Jean Walton from Alciston and Eileen Lamb, the last Headmistress of Selmeston School, who organised races for the children on the cricket pitch including running, three legged and sack races, egg and spoon and more... The winners received red, blue or green ribbons which they pinned to their shirts. There was always great excitement to see who could win the most ribbons!

There were also sideshows including "Catch the Rat", which Margaret Hughes' father had made, that was always a huge attraction. Also the penny-a-minute thrill on "Larry the Lamb". In those days all prize winners (adults and children) received a little envelope with varying amounts of cash in it depending on whether it was 1st, 2nd or 3rd prize.

Since 1970 the Flower show has flourished and the entertainment has included not only cricket but stoolball, croquet and a tug of war. For a number of years there were two Flower Shows - another in the spring when the hall was a wonderful sight full of so many different varieties of daffodils and spring flowers.

Looking back over the 51 years I thought I would mention just a few names from the past who have been instrumental in keeping the show going - these include Walter Marchant, Phyllis Bradley, Keith Matthews, Beryl Langworthy, Anne Morris, John Weir, Joan Payne and Len Pike. Thank you too to everyone who has taken part over the years. It has always been such a fun village event and enjoyed by so many who take part or just come along to enjoy the afternoon. There is always a buzz when the doors are opened after lunch and we can all see if we have won a prize (or not)!

It is wonderful that the show is still going strong and more people are getting involved. Long may it continue!

Thanks again to all who came, who entered, who helped and who organised; here's hoping for another 50 years. See you next year!

The A and S Flower Show Committee

Alciston Harvest Festival

There is a great deal to be said for worshipping together and in Alciston church on 10th October we had a joint service to celebrate Harvest festival.

The church was beautifully decorated with flowers that would give the colours of the rainbow a run for their money. The font was filled with woodland branches adorned with berries and each windowsill was bursting with the fruits of autumn.

There is something truly wonderful about worshipping in a church that had dressed for the occasion and with a real diversity of people from nonagenarians to an 8-week-old baby. It wasn't just the joy having children back in the church again that touched me it was the happiness that they bring with them.

At the service that happiness was realised when we were delighted to welcome two families into the church who were the epitome of young life and exuberance. I could feel the Lord smiling as the little ones scampered along the nave and into the chancel squealing with delight as the game of chase ensued.

The prayers were led by the older children who were rock solid in their delivery and their politeness and friendly approach was a joy to behold. I could feel the Lord nodding in approval.

Over coffee and the happy chatter that ensued there was a real sense of togetherness and once everyone had gone and peace descended again, I knew the Lord would be pleased at what had happened today in this ancient place of prayer.

Michèle Boys

GP Services

I know that many people across the constituency have been struggling to get face-to-face appointments with their GPs in the recent months, with the pressures on local health services from the Coronavirus pandemic becoming clear. GPs and their teams are the front door to the NHS and the first point of contact for most people and they do an incredible job but when they are struggling and overstretched, patients struggle too.

I have received hundreds of enquiries from worried constituents that are concerned about a lack of face-to-face appointments and surgeries having very long wait times to answer their phones, sometimes up to 30 or 40 minutes and I know how stressful this is for patients. I have had numerous meetings with a number of doctor's surgeries across the local area to discuss these issues as a matter of urgency and to see how the government can work with GPs to improve the situation.

The past 18 months have been incredibly tough on the NHS and, as someone who went back to the frontline as a nurse during the pandemic, I am very keen to help GPs to see how we can improve services and in turn, help both doctors and patients. I believe that we will now see a more normal service begin to resume, but there are pressures that were there before the pandemic that haven't disappeared that we still need to address. I hope that residents will start to feel that they are able to access their GP services more easily. I will continue to follow up on any issues where they arise.

We are now seeing the start of the Covid-19 Vaccine booster dose programme. Booster doses of the vaccine are being given to those who were vaccinated in the first phase of the rollout earlier this year. This will be no earlier than six months after an individual's second dose and will be deployed in the same order as the initial rollout. People are being offered either a full dose of the Pfizer vaccine or a half dose of the Moderna vaccine, following scientific evidence showing that both provide a strong booster response.

The vaccine rollout in the UK has been phenomenal and I urge all those that are eligible to get their vaccine as soon as they can, so they have the strongest possible protection over the winter months.

Maria Caulfield, MP

Recipe of the Month – Casseroled Lamb with Tomato and Pesto

Serves 6/8 people.

Ingredients

1.5 kg lamb cut roughly into 2.5 cm chunks and trimmed of excess fat
2 tbsp flour
Salt and freshly ground black pepper
3 tbsp olive oil
2 medium onions skinned and finely sliced
2 garlic cloves skinned and finely chopped
2 x 400g tins of chopped tomatoes
300 ml dry white wine
A pinch of sugar
2 tbsp pesto

Method

Season the flour with salt and pepper and coat the pieces of lamb with it. Heat the olive oil in a heavy casserole and brown the lamb all over a few pieces at a time. Remove the lamb from the casserole and keep warm.

Add the onions to the oil and meat juices and cook for about 5 minutes until they are soft. Then add the garlic and tomatoes and stir in the white wine, sugar and pesto. Season and bring to the boil.

Put the browned lamb into the casserole, cover with a lid and cook for one hour in a moderate oven - 350°F/180°C/Gas mark 4.

Tastes even better if made in advance and reheated. The recipe can easily be halved.

Claire Macdonald

November Gardener's Diary

What we can do this month in the vegetable garden, is clearing any rubbish off the soil to prepare for manure or compost. The best way is to cover the ground with compost and leaves, leaving it until next year to dig in, allowing the worms to work it into the soil.

Don't forget you can plant Garlic and Broad Beans this month, so they will have a great start in the spring.

Rake up all the leaves you can for the compost heap, if you have a rotary mower try running over them to break them up and you will find they will compost down quicker.

Check the onions to see if any are rotten. If they are, throw them away, the same with potatoes.

Don't forget to raise your mower up for the last cut of the year!

Keith Winter

Richard Durrant Candlelit Christmas Concert

2.30 pm and 7.30 pm on Tuesday 21st December at St Mary and St Peter's Church, Wilmington

"An all-embracing winter tapestry...whether pure instrumental or paired with Amy Kakoura's soothing tones, it's a tasteful celebration." Guitar and Bass Magazine

Guitarist and composer Richard Durrant heralds the start of the Christmas season with a family-friendly concert featuring great music and special guests. His sons Django and Felix on percussion and bass will join Richard alongside founder member of Gryphon the legendary Brian Gulland on crumhorns and bassoon, and the unforgettable voice of Amy Kakoura.

Join Richard and his special guests for a family-friendly concert full of acoustic, midwinter charm which will include great Christmas songs, early music, British folk, traditional carols and solo guitar works. Tickets cost £17 (or £5 for under 18s) in aid of St Mary and St Peter's fabric fund. Available from www.richarddurrant.com or phone 07771 641856.

Tim Berrett

Family Support Work (FSW)

Thank You

Very many thanks to everyone who contributed gifts to FSW at the Harvest Festivals in each parish in this Benefice. These gifts will be distributed by the practitioners as they visit local families in this deanery.

Tim Berrett and Jane Anderson

Update

As we move further into autumn, the needs of our parents are increasing, particularly since the cut to Universal Credit at the start of October and the increase in energy costs that are straining family finances. Much of our practitioners' time is spent on assisting families with debt management, accessing specialist services, and providing support on budgeting and healthy shopping. The fantastic support we received during Harvest season really helped us to replenish our foodbank stocks so that we can send out more food in our regular deliveries, so a huge thank you to everybody who contributed in this way.

We are already planning our Christmas parties in each area that we weren't able to hold last year. Families always look forward to these and we hope to be able to give them a really special celebration in December, along with our usual Christmas hampers. If you are thinking about a Christmas collection for FSW this year, do let us know, and if you would like to speak at a church service or other local group then we would be delighted to do so – please email admin@familysupportwork.org.uk.

There have been several local fundraising events taking place in recent weeks for FSW and we would like to encourage you to think about holding your own event for us – maybe a quiz night, wine tasting or film showing. Every penny raised at events like these is really needed at the moment as we have seen a big drop in our income since April, at a time when our families need us more than ever. If you would like any help in planning or promoting an event, then please get in touch with the fundraising team by email on fundraising@familysupportwork.org.uk.

Thank you again for your continued support of our work through prayer, donations, and practical help.

September's work in numbers:

- ◆ 228 individual visits and 201 support calls with families supporting 32 grandparents, 299 parents and 386 children
- ◆ 30 supported meetings with other agencies carried out remotely
- ◆ 44 face-to-face group sessions held supporting 335 parents and 99 children
- ◆ 153 food deliveries made

Prayer points:

- ◆ Pray for our new Trustees, Tim Fooks and Anne Daguerre, who were appointed to the Board at our AGM in September.
- ◆ Pray for L, a parent in East Sussex whose ex-partner broke into her house and stripped it bare, leaving her with nothing and physically assaulting her in front of her children. We are providing intensive support to her and her children.
- ◆ Give thanks for the generosity of all who contributed either financially or with produce during harvest season.
- ◆ Pray for the families with parents who have been made redundant since furlough ended, that they will quickly find new jobs and ease their financial worries.

Nikki Kerr, FSW Director of Fundraising and Marketing

News from King's Academy, Ringmer

October was a very busy and important month for us as we welcomed people into the school for our first open events for two years. A fantastic Open Evening had the whole school buzzing with excitement, with record numbers attending. We all felt very proud as the school has never looked so good, but staff were most proud of the number of students who gave up their evening to help out their favourite departments and conduct tours -- over a quarter of our cohort!

Our week of Open Mornings was so popular that we had to add extra days to cope with demand. The feedback from the Q&A sessions with prospective parents were all very positive and we met some fantastic students hoping to join us in September 2022.

With news of this summer's GCSEs going back to the traditional exam format, our year 11s have been preparing by taking their mocks. With our brilliant teachers in support, they have been very focused and committed to their studies. This will put them in good stead and hopefully ease some of the stresses involved.

It has been so good to get our clubs and fixtures finally back up and running; they have been very well attended, clearly a sign that this has been something that our young people have been massively missing. We all take these little things for granted, but it's nice to see the students realise and appreciate the extracurricular activities available. In a similar light, we have been delighted to take our students on school trips once again with visits to Glyndebourne, the Theatre Royal in Brighton and the V&A and Royal Academy Gallery in London. We have also held body percussion workshops in school, and we are really looking forward to more!

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

The Lake

The lake was clothed in moonlight - nothing moved and nothing stirred
But somewhere in the silence prayerful voices could be heard.
I moved a little closer saw two angels sitting there
Their wings were etched in silver, golden threads ran through their hair.
I heard them talk to Jesus telling him about their day
And offered up the wealth of prayers they'd gathered on the way.
They told of tales of sadness, ones of courage, ones of hope,
And in the dark the moonlight wrapped around them like a cloak.
The silence on the lake that night was filled with words of love
From Jesus and the angels sharing thoughts with God above.
The lake was clothed in moonlight - nothing moved and nothing stirred
But somewhere in the silence prayers were asked and prayers were heard.

Michèle Boys

Mink: Fashion Victims

'The Wind in the Willows' is one of Britain's most beloved books. Yet this story of riverbank wildlife would have lost some of its charm if, in the final chapter, Kenneth Grahame had introduced a new character; a deranged American serial killer who eats his victims.

It's easy to cast American mink as the bad guys. With long, sleek bodies equipped with razor sharp teeth they're natural born killers, as vicious in water as they are on land. Part polecat, part piranha. But it was the mink's adaptation to winter and water - thick, waterproof fur - that was its downfall. Enter the real villains of this tale; the ghastly humans who craved mink fur coats and the greedy ones keen to profit from a mink massacre.

American minks were first imported to the UK in 1929. By the fifties, British mink farms were springing up everywhere, including Sussex, producing pelts at full pelt. But fur farmers had overlooked one important thing; mink were smarter than they were. Mary Potter remembers the Buxted farm; "they built the cages with ordinary wire netting. The mink made short work of that and escaped. With stronger netting, they started again with more mink, but again, the wire was no match for their teeth. After a third attempt with stronger wire netting, they gave up and just released them."

The result of a new alien predator invading our waterways was catastrophic. Kingfishers, ducks, moorhens, fish and toads suddenly found themselves on the mink's menu and were swiftly dispatched with a Dracula-style neck bite. The worst victim was the water vole - Ratty from 'The Wind in the Willows' - which mink almost completely eradicated from Sussex.

The late (and legendary) Jim 'The Fish' Smith walked and worked the River Ouse for decades. He first encountered a mink when one cruised past him downstream on a piece of driftwood. "I had never seen a mink before and at first had no idea what it was," said Jim "but it wasn't long before we saw God knows how many along the river." During the sixties, Jim and four others were employed to trap and humanely kill mink along the Ouse. "In those days we were doing nothing else but trapping mink. We were catching 25-30 a week."

Thankfully, fashions and attitudes change. Mink farms are gone but their ferocious, furry legacy remains in our rivers. "These days you don't see that many mink, so I have to conclude that the effort we have put in to controlling them has been successful," said Jim "but you're never going to get rid of all of them."

Michael Blencowe of the Sussex Wildlife Trust

Benefice Priests

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.

Revd Shirley Pearce - Assistant Priest
The Vicarage, Wilmington, Polegate, BN26 5SL
Tel: 01323 318231 Email: revshirleym@gmail.com
Shirley Pearce's 'on duty' days are Saturday, Sunday and Monday.

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.

We are grateful to receive donations this month from P.C. Piegrome and Mr J. Chiswell Jones.

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.