

PARISH NEWS

DECEMBER 2021

From the Vicarage

They say, don't they, that moving house is one of the most stressful things you do in life. Having done just that, I agree, but while thinking about this, it is so much more than having to uproot, move, then unpack and settle.

You lose that sense of belonging; seeing familiar faces, knowing how to get to the Post Office, or trying to remember when to put out the bins. New routines, new faces, new places, discombobulating, all of it.

So, it has been tremendous to be welcomed so warmly into the village, into the fellowship in the churches, and having friendly salutations at the newsagents and the book shop. It encourages me to believe that this is a good move, it offers promise that the future looks much brighter, that friends will be made here, that God has heard my prayers, that I will, once again, belong.

Much of COP26 has passed me by in the flourish of personal activities, but I have been warmed by the sight of people and politicians from almost everywhere on earth getting together to address the critical issue of climate change. Even the Olympics have not achieved this fellowship, each country naturally viewing the others as opponents. Yes, at COP26 countries have their own agendas, but the acknowledgement that we are all in this together and we have to get it right has been incredibly encouraging.

We belong together in this planet that God has endowed with beauty and goodness. We read in the Bible that God created the earth and filled it with living creatures of every kind, 'And God saw that it was good.' Genesis 1:25b.

Sure, we all need to do our bit to make a difference, as individuals, corporations and countries. Let's do that and ask God's blessing on the future that we share.

Rev Shirley Pearce

Church Services and Morning Prayer

Sunday 5 th December	08:00	Wilmington BCP	Morning Prayer takes place at 9.30 am each Wednesday at Berwick church. It is also available via Zoom. To be added to the mailing list for a link to join Zoom services please email the Benefice Administrator at benefice.administrator@berwickchurch.org.uk .
	09:00	Zoom Service	
	09:30	Arlington Holy Communion	
	09:30	Selmeston Holy Communion	
	11:00	Berwick Holy Communion	
Sunday 12 th December	08:00	Alciston BCP	If you would like to receive weekly notification about services (the Sunday Link) please contact the administrator who will add your email address to the mailing list.
	09:00	Zoom Service	
	09:30	Arlington Holy Communion	
	09:30	Selmeston Morning Prayer	
	11:00	Berwick Holy Communion	
	11:00	Wilmington Holy Communion	
Sunday 19 th December	08:00	Wilmington BCP	
	09:00	Zoom Service	
	11:00	Berwick Holy Communion	
	15:00	Arlington Carol Service	
	16:30	Alciston Carol Service	

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Christmas Eve 24 th December	15:00	Selmeston Christingle Service
	16:00	Wilmington Christingle Service
	17:30	Zoom Service
	23:30	Berwick Midnight Mass
Christmas Day 25 th December	08:00	Alciston BCP
	08:00	Wilmington BCP
	09:00	Zoom Service
	09:30	Arlington Holy Communion
	09:30	Selmeston Morning Prayer
	11:00	Berwick Holy Communion
Sunday 26 th December	08:00	Alciston BCP

Franziska Hosselberger

22nd September 1927 – 13th October 2021

Franziska slipped away peacefully on the 13th of October. She had just celebrated her 94th birthday, when we both enjoyed a few glasses of Prosecco and a little bit of cake, so she went out in style!

Franziska arrived in England in 1954 and was due to go back to Austria at the end of her job with the German ambassador to the UK, but instead she was lured to come and work for my family. She unpacked her suitcases in 1956 and never packed them again.

We Chandless children grew up on Franziska's cooking. Her moon biscuits, her cheese omelette, the Kugelhopf - known to us as "marble cake" - to name but a few. So many of my memories of Franziska are around a warm kitchen and food. Anyone who arrived would be automatically given a nice cup of tea and a slice(s) of cake.

Franziska lived her life following the tenets to be decent, to be honest, generous and to work hard. She never faltered in applying these principles to every aspect of her life.

I know that I, my family and many others will miss her enormously.

Brigitte Chandless

Tom Hughes

1936 - 2021

Tom came to Chebbles, Selmeston, which was Margaret's family home, in 1980 - a year after he and Margaret married.

Having served for 3 years in the RAF, Tom joined the East Sussex Constabulary in 1957. Involved in a car crash whilst on duty in 1975, he sustained very serious injuries which resulted in him being declared unfit for further service and he was retired from the Force the following year. He had several local employments before retiring in 1993, the same year that Margaret retired from Sussex Police.

Over the years Tom fully involved himself in village life, variously becoming Treasurer of the Church, Chairman of the Village Hall committee, collecting around the village for the British Legion Poppy Appeal for over 20 years and, without fail, attending the Armistice Sunday service at the War Memorial. He was also a Vice-President of the cricket club. Perhaps mostly, he will be remembered by many of the village children as Father Christmas, a task he particularly loved and for which, with his distinctive white beard, he was so suited.

In recent years, lessening mobility frustrated Tom, denying him of his ability to tend his beloved garden and travel with his motor home, but with Margaret's help he was able to get to various village functions, enabling him to see old friends and acquaintances, the last being the hog roast in the Village Hall this summer.

Tom was admitted to Eastbourne District Hospital on 17th October where he died on 24th October aged 85 years.

David Quysner

'Tis the Season for a Holly Jolly Retro Christmas Party

7.00 pm Saturday 18th December at Alciston & Selmeston Village Hall

Come and join us for a Holly Jolly Retro Christmas Party. We've got lots to celebrate and plan to offer you a cocktail on arrival, a four-course scrumptious meal (veggie option available), pay bar and your own very special home-grown entertainment.

It's going to be such fun and we Ho-Ho-Hope you can join us! Cost is £10 per head, and with limited numbers available, tickets will go fast, so please book yours early to avoid disappointment.

Tickets booked and paid for in advance from: Phil 07538 187552, Helen 07969732109, Thea 07772 155772 or Mairi 07582 938185. Last day for booking is Sunday 12th December (sorry but no exceptions).

Helen Shaw

Berwick Village Hall Christmas Party is Back!

Saturday 18th December at Berwick Village Hall

The hall is booked for our wonderful village Christmas Party, so please keep the date in your diaries. All Berwick residents are welcome, and we have invited Father Christmas to visit the children early evening.

Everyone brings a plate of food to the main table; some may prefer to eat their own food and all food will be labelled.

If anyone has a bit of time to help with the preparation it would be appreciated, a bit of planning, hall decoration, music play list, etc. Please contact Sue Woodgate: 01323 874110 sue.woodgate1@btinternet.com or via WhatsApp.

We look forward to seeing you on the 18th of December.

Sue Woodgate

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

Into the Light

This is a lovely book written by Rodney Castleton and Ann Murray about Alciston and the churchyard. There are very interesting chapters relating to the history of the village from early times and each gravestone in the churchyard has been noted and recorded. It is well written and beautifully presented.

If you are interested in purchasing a copy, please contact Rodney at rodneycastleeden35@gmail.com.

Michèle Boys

Hormone Replacement Therapy (HRT)

Women will benefit from cheaper and easier access to HRT to relieve symptoms of the menopause as one of the first decisions I made as a new health minister following a recent debate in Parliament.

Working with NHS England, the government is looking to implement longer prescribing cycles, in line with National Institute for Health and Care Excellence (NICE) guidelines, so women receive fewer prescriptions, reducing the need to pay frequent prescription charges. This could mean women would only have to pay one charge for up to a 12-month supply of HRT, saving up to £205 per year as a result.

To further improve access to HRT prescriptions, the government has also committed to investigate combining two hormone treatments into one prescription, which affects approximately 10% of women accessing HRT. Under current rules HRT is sometimes classed as two medicines if it contains both oestrogen and progesterone, meaning women may be charged twice for one course of treatment.

We have heard loud and clear from women across the country and MPs that menopause support is a key issue we as a government need to do more to address. As a woman and a nurse, I am acutely aware of how challenging the symptoms of the menopause can be to live with.

Cutting the cost of HRT – which can be a lifeline to women severely impacted by menopause – is a great stride forward, but there is more to do. I look forward to further addressing the menopause as part of the Women's Health Strategy and working with MPs from all political parties on improving support for women across the UK.

Maria Caulfield, MP

Recipe of the Month – Tiramisu Trifle

Serves 8 to 10 people.

Ingredients

300 ml / ½ pint Strong coffee
175 ml / 6 fl oz Amaretto liqueur
500 g Mascarpone
500 g / 1lb 2 oz Good quality custard
250 g / 9 oz Sponge fingers
85 g / 3 oz Dark chocolate, roughly chopped

To decorate

4 tbsp Toasted slivered almonds
Chopped dark chocolate

Method

Mix the coffee and Amaretto in a wide bowl. In a separate bowl, beat together the mascarpone and the custard, using a hand blender or whisk.

Take a third of the sponge fingers and dip each into the coffee mix until soft but not soggy. Line the bottom of a glass trifle dish with the sponge fingers and drizzle over more of the coffee mixture.

Sprinkle a third of the chocolate over the sponge fingers, then follow with a layer of the mascarpone mixture. Repeat this process twice more.

Chill in the fridge for at least 2 hours or overnight. The pudding can be made a day in advance.

To serve

Sprinkle with the almonds and chocolate.

Valerie Shaw

December Gardener's Diary

If you have not yet done it, you can lift the last of your Leeks and Parsnips before the ground gets frozen, and heel them into a trench beside a path. They will keep for months like this.

Remove the yellow leaves of all brassicas as they are no use to the plant and may harbour pests and disease. Dig over empty borders and pile manure on top to let the worms and frosts break up the clods.

You can cover heavy soil with a plastic sheet to keep it drier. This makes for easier digging in the winter.

If you want to grow something at this time of year, try mushrooms under the stairs. It's something different and they taste nice!

Happy Christmas to everybody.

Keith Winter

Calling All Gardeners!

The above was the final entry from Keith Winter who has officially given up his post as the Gardener's Diary author. We'd like to thank him for his years of dedicated service!

But this does mean we require a new author. If you would like to take over by authoring a small article every month, please contact me on info@berwickproduce.co.uk. Thanks!

Lisa Collington

Family Support Work (FSW)

Here we are again, busily stocking the foodbank for Christmas deliveries and collecting toy and food donations from churches all over Sussex. It's an exciting time for us as we are aiming to give all our families a Christmas to remember after last year's more muted events when the country was in lockdown. We will also be holding a carol service at St Mary's Church in Funtington this year, and hope that those who live locally will be able to join us in person.

Between now and then we are still working hard with our families, many of whom are finding finances particularly tight as large heating bills begin to eat into whatever family budgets they have. If anybody feels able to contribute to our Winter Fuel campaign this would make a huge difference so that we can give some direct support with fuel bills.

We are also doing an increasing amount of work in schools where we can provide support to specific children in a safe setting away from the home. This is proving very productive, and we hope this is something that we can develop next year if more schools want to work together with us.

Thank you for your continued support in prayer and practical gifts.

October's work in numbers:

- ◆ 177 individual visits and 177 support calls with families supporting 27 grandparents, 263 parents and 303 children
- ◆ 21 supported meetings with other agencies carried out remotely
- ◆ 37 face-to-face group sessions held supporting 290 parents and 118 children
- ◆ 118 food deliveries made

Prayer points:

- ◆ Pray for two of our support practitioners, who have been off work due to contracting Covid. They are both suffering quite badly, and we are uncertain when they will return to work.
- ◆ Give thanks for some very fruitful meetings that have taken place recently with a view to strengthening community links between FSW and other groups and individuals.
- ◆ Pray for a positive outcome for a large grant application that we hope to receive before the end of the year and will provide some much-needed stability.

Nikki Kerr, FSW Director of Fundraising and Marketing

Family Support Work – Christmas Collections in our Benefice

As you will have read above, FSW helps families and children through challenging times in their lives. Many are on low income, suffering poverty, or have other challenges. The need this year is as great as ever and if you feel able to give, your donation will make a real difference to them this Christmas. We are collecting at Arlington, Berwick, Selmeston with Alciston and Wilmington churches in the form of new toys, Christmas goodies, biscuits, chocolates, crackers, cake, pudding, mince pies, tins of ham, meatballs, hotdogs and salmon.

People in the benefice have been very generous in the past and we thank you again for supporting this charity. If you could donate by Sunday 5th December (so that gifts can arrive in time for Christmas), this would be extremely helpful.

If you wish to give a financial contribution, then FSW will purchase suitable items on your behalf. You can donate using one of the following options: Via the online donation page at www.familysupportwork.org/single-donation

For electronic donations to the FSW bank account (which is actually the most effective way as FSW don't have to pay any fees) please use: Account name: Chichester Diocesan Association for Family Support Work (CDAFSW) Sort code: 20-12-75 Account number: 40257133.

Cheques should be made payable to Family Support Work or CDAFSW (either is fine) and sent to Garton House, 22 Stanford Avenue, Brighton BN1 6AA.

Thank you.

Tim Berrett / Jane Anderson

News from King's Academy, Ringmer

November was a jam-packed exciting month starting with firework night; so many of our students are involved and immensely proud to take part in their society celebrations.

We were visited by Marisa Hayes, a parent and Lay Minister from St Mary's Church Ringmer, who spoke with our KS4 students about the work the church is doing with local food banks, which is very pertinent during the harvest season. With this in mind, we decided to hold our own inter-house foodbank collection. This proved to be an enormous success with Hawking House collecting the most!

Our head boy and head girl represented the school at the village service on Remembrance Sunday, laying a wreath to honour those who have served to defend our democratic freedoms and way of life. This is a wonderful tradition, connecting the school with the local community past and present, which we are very proud of. Our former eco-warrior Steve Green played the Last Post on his trumpet to KS3 in a very moving and thought-provoking assembly on Remembrance and poppies. To quote the Royal British Legion: Remembrance does not glorify war and its symbol, the red poppy, is a sign of both Remembrance and hope for a peaceful future.

Fixtures, clubs, trips and events are in full swing and still very well attended, forming such an important part of student life. We hope we can keep on top of Covid so we can continue to enjoy the extracurricular activities available. We have also been busy planning a Christmas Craft Fayre with a Performance Arts Showcase to boot on Wednesday 8th December. You still have time to reserve your seat in the school hall for the show and of course, all are welcome to the craft fayre from 4.30 pm to 7.30 pm. There will be lots of handmade Christmas gifts available from a wide range of creative and talented stallholders. Contact me for information.

Merry Christmas everyone!

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

Christmas Recycling and Rubbish Collections

Season's Greetings - Thank you for all you have recycled this year!

- ◆ Garden Waste collections are suspended from Monday 27th December 2021 and resume on Monday 10th January 2022.
- ◆ Please ensure that your bins are put out at the edge of your property by 7.00 am on the day of collection.
- ◆ Extra recycling can be put out in non-black plastic bags next to your recycling bin.
- ◆ Place your Christmas cards and wrapping paper in your recycling bin (except foil and glitter).
- ◆ If you do not have a garden waste collection service, you can recycle your real Christmas tree at your local Household Recycling Site.

Check your collection days online or download your collection calendar at: www.wealden.gov.uk. To sign up to MyAlerts and receive weekly emails about your collections, visit: www.wealden.gov.uk/myalerts

Wealden District Council

Turkey: Naked Christmas lunch

Post-modernist author William Burroughs named his infamous 1959 novel after "a frozen moment when everyone sees what is on the end of every fork." Like the drug-fuelled characters of *Naked Lunch*, 76% of Brits will soon be itching for their festive fix from a bird which has taken a strange, disjointed trip through time and space to land on our plates. So, before you start gobbling this Christmas, allow yourself a frozen moment with the defrosted, oven-cooked, gravy-coated bird perched on the end of your fork. Let's talk turkey.

There are just two species of turkey in the world. The stunning iridescent Ocellated Turkey is confined to the Yucatan peninsula, while the commoner Wild Turkey has a range that extends from the sun-baked savannahs of central Mexico north through the oak forests of the United States.

The Wild Turkey is a monstrous, spectacular bird. The huge males prowl the forests, their ruffled black feathers billowing like a cloud of volcanic ash. From this darkness erupts a bare, blue reptilian head with lava flows of red, warty skin dripping from it. These grotesque, leathery skin-flaps – the snood, wattle and caruncle – inflate with blood and are irresistible to females.

This extraordinary animal was revered by primitive people who plucked its feathers for ceremonial rituals. Centuries ago, one population of Wild Turkey from the hills of south-central Mexico was tamed. By the time the Aztecs ruled the roost they wore turkey, ate turkey and prayed to Chalchiuhtotolin, their turkey god.

Spaniards returned from their Aztec conquests with ships laden with gold, silver and turkey. Not long after, in 1524, turkeys landed in England where some geographic confusion about their country of origin gave the bird its name. Soon these supposed Turkish delights were being carved and served to the wealthy. Henry VIII may well have been one of the first Brits to enjoy a turkey for Christmas lunch and then no doubt spent the rest of the afternoon asleep in front of the jester.

The turkey's domestication continued. In eastern England, specialist poulterers developed breeds such as Norfolk Black, Cambridge Bronze and the Broad Breasted White; the bird that we eat today.

In 1620 the Pilgrim settlers, in a 'coals to Newcastle' scenario, shipped these brainwashed breeds back to North America and proudly gave them to the bemused native people who for centuries had been enjoying the rich, dark meat of the larger, original Wild Turkeys. It must have been like aliens landing outside Harvey's Brewery and presenting us with a small glass of weak lager.

Today we remain a nation of turkey addicts. Ten million of them were eaten here last Christmas. It's time to stop staring at your fork and satisfy your Christmas craving – so get it while it's hot. It'll be cold turkey for us from tomorrow.

Merry Christmas everybody and best wishes for 2022.

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's 'on duty' days are Wednesday, Thursday and Sunday.

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 G. Winter and Mr N. Hudson.