

# PARISH NEWS

FEBRUARY 2022

## From the Vicarage

One thing common with journalism of any kind seems to be the driving need to feed us new disasters, new crises, new failings by government, new celebrity stories. Many people feel that the trust we place in our journalists, to report widely, truthfully and unbiased, has been betrayed. Should our attention be continuously drawn to the political arguments that rage constantly? How do they decide what we need to know?

Of course, it doesn't help that people in authority are developing something of a record for a lack of integrity; trust is such a fragile quality, so easily shattered, so difficult to re-establish. Truth itself is less easily defined these days; your 'truth' may be different to what I perceive as 'my truth'. Life is really bewildering sometimes, and a constant chipping away at our securities, at those with whom we must place some trust, can lead to indifference.

Are we in peril of this culture of indifference that accompanies the throwaway culture: things that do not affect me, do not interest me, so let's move on. Stories come and go, what is headlines today is easily dumped for something more dramatic that occurs tomorrow. And if that involves making us wrathful, so much the better – or so it seems.

Our faith exhorts us to commit ourselves seriously and actively to combat indifference or anger in the face of human crisis or violations of human dignity. Faith always requires that we let ourselves be healed and converted from our individualism, whether personal or collective.

As Jesus' disciples we do not want to be indifferent or individualistic. If indifferent, I look the other way, if individualist, I am looking out only for my own interest. The harmony created by God asks that we look at others, the needs of others, the problems of others, in communion. We want to recognise the human dignity in every person, whatever his or her race, language or condition might be.

When we hear these stories, we need to remember that we are not helpless. We are called to commit everything to prayer, not because we need to draw God's attention to a particular concern, as if it escaped his notice. We are called to prayer because other people's plight, the betrayal of trust, the failings of government should disturb us, and God wants to see us taking part in his great story with all of humanity.

*Reverend Shirley*

## Church Services and Morning Prayer

Sunday 6 <sup>th</sup> February	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 <a href="mailto:benefice.administrator@berwickchurch.org.uk">benefice.administrator@berwickchurch.org.uk</a> .
	09:00	Zoom Service	
	09:30	Arlington Holy Communion	
	09:30	Selmeston Holy Communion	
	11:00	Berwick Holy Communion	
Sunday 13 <sup>th</sup> February	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 Holy Communion	
	11:00	Berwick Holy Communion	
	11:00	Wilmington Holy Communion	

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Sunday 20 <sup>th</sup> February	08:00	Wilmington BCP
	09:00	Zoom Service
	09:30	Arlington Holy Communion
	09:30	Selmeston Holy Communion
	11:00	Berwick Holy Communion
Sunday 27 <sup>th</sup> February	08:00	Alciston BCP
	09.00	Zoom Service
	09:30	Arlington Holy Communion
	09:30	Selmeston Holy Communion
	11:00	Berwick Holy Communion
	11:00	Wilmington Holy Communion

### URGENT: Parish News Treasurer

There has been no response to the request for someone to take over as the Hon. Treasurer of Parish News as Valerie retires after over 30 years.

As indicated last month, Valerie has dealt with all the financial work, keeping the accounts and dealing with the banking, etc. and Jeremy has assisted by dealing with the secretarial side of the advertising, maintaining the lists of advertisers and sending out the invoices. These two roles could be dealt with by separate people. The new appointee/s should take over as soon as possible and certainly the advertising role will need to be handed over in time for the appointee to deal with the dispatch of invoices in March. Volunteers for these roles should please contact Valerie (01323 811567 or [jvshaw@btinternet.com](mailto:jvshaw@btinternet.com)) or Jane Anderson (01323 870075)

**In the absence of a volunteer, Parish News will cease in its current form as there will be no advertising revenue and no one to accept donations. The situation is urgent and there is little merit in allowing matters to drift on until there are no funds to continue publication.**

*Valerie and Jeremy Shaw*

### Wanted: New Green-Thumbed Author for the Monthly Gardener's Notes

Enjoy growing and all things planty? Have a passion for sharing your knowledge? Then we'd love for you to take over the gardener's notes!

You're welcome to do it in whatever style you'd like; maybe you'd like to just remind us of what we should be doing in the garden that month... or maybe you want to pass on some interesting and helpful tips and tricks.... or maybe you want to share what's new in the world of botany. The world is your oyster (mushroom)! If you're interested, please email me on [info@berwickproduce.co.uk](mailto:info@berwickproduce.co.uk).

Thank you.

*Lisa Collington*

### Cheaper School Uniforms

As we have started the new year, there is some good news for parents as families are set to save money on school uniforms, following new legally-binding guidance requiring schools to make uniforms affordable for all.

The Department for Education (DfE) has issued new guidance to schools in England asking them to ensure that school uniform costs are reasonable so that parents get the best value for money.

Research from the DfE in 2015 showed that parents can save almost £50 on average if they are able to buy all their school uniform items from any store, compared to uniforms which must be bought from a designated shop or school. From this autumn, schools will be required to help keep costs down by taking steps to remove unnecessary branded items and allowing more high-street options, like supermarket own-brand uniform.

To support families, schools will have to make sure second-hand uniforms are available which will not just keep costs down but will also help work towards achieving net zero carbon emissions by reusing clothing in good condition. In the UK, an estimated 350,000 tonnes of clothes end up in landfill every year and encouraging families to use second-hand uniform can reduce waste and bring down emissions from manufacturing new garments, while making it cost-effective for families.

For too long the cost of school uniforms at some schools has put far too much pressure on parents. There is no need for every item to be branded with a school logo and only be available at certain shops or the school itself. Parents should have the option, at least

for the majority of items, to be able to use supermarkets or high street stores to purchase their child's uniform. I am pleased that the Government are bringing in these new measures to bring down the costs of school uniforms for families in the Lewes constituency.

*Maria Caulfield, MP*

## Recipe of the Month – Crepes Suzette

For 4 to 6 people

### Ingredients

#### *Pancake batter*

110 g plain flour  
Pinch of salt  
2 large eggs  
275 ml milk  
2 tbsp melted butter + extra for cooking pancakes  
Grated zest of a medium orange  
1 tbsp caster sugar

#### *Orange sauce*

150 ml orange juice  
Grated rind of an orange  
Grated rind and the juice of a small lemon  
3 tbsp orange liqueur or brandy  
50 g melted butter

### Method

#### *Pancakes*

Sieve the flour and salt into a mixing bowl and make a well in the centre of the flour and break the 2 eggs into it and whisk until the flour is incorporated. Add small quantities of the milk to the mixture gradually until all the milk is used and the batter is smooth. Add the 2 tbsp of melted butter to the mixture and stir in together with the grated orange zest and the caster sugar.

Melt a little butter into a heavy based frying pan not more than 18 cm base measurement. Get the pan really hot, and then turn down the heat. Add 2 tbsp of the batter and tip it round the pan to get the base evenly coated. It should only take half a minute or so to cook. Turn it over, or toss it, to heat the other side. Repeat until all the batter is used. You can cheat and buy ready-made pancakes!

#### *Sauce*

When all the pancakes are cooked, mix all the sauce ingredients together except the butter. In a large frying pan melt the butter and add the sauce ingredients and heat gently.

Place the first pancake in the pan to warm through and fold it in half and in half again to make a triangle shape. Slide to the edge of the pan. Repeat with the remaining pancakes.

*Valerie Shaw*

## Family Support Work (FSW)

With the new year a distant memory, the start of 2022 has been busy for us in many ways. We are currently recruiting five new practitioner posts across the diocese so that we will be able to cover even more areas — these are posts that have been needed for a very long time, but we needed to make sure that sufficient funding was in place before commencing recruitment. We will update everybody once appointments are made but please pray that the right candidates will be selected.

The main needs of our families continue to be in the areas of mental health and financial hardship and the huge rise in energy bills mean that our Winter Fuel fund is being well used – we would like to thank anybody who has supported that with a donation this year. Looking forward to half term and beyond, we are still cautious about arranging large group activities but are already planning for an April residential weekend at Dalesdown. I am also delighted to announce that our Easter Walk will return this year on Easter Monday (18<sup>th</sup> April), starting and finishing at Alfriston with a refreshment stop at Wilmington Village Hall. We'd love to hear from anybody who is interested in taking part – please contact Jo by email [jo@familysupportwork.org.uk](mailto:jo@familysupportwork.org.uk).

Thank you for your continued support of FSW as we move onwards into 2022.

December's work in numbers:

- ◆ 342 individual visits and 231 calls with families supporting 453 adults and 368 children
- ◆ 34 supported meetings with other agencies
- ◆ 24 group sessions held supporting 467 parents and 263 children
- ◆ 221 food deliveries made plus 85 Christmas hampers and turkeys.

Prayer points:

- ◆ Pray for our new social work student Chloe, that she will quickly settle in and enjoy her placement with us
- ◆ Pray for a family we support with a mum with a terminal cancer diagnosis

- ◆ Give thanks for the return to health of some staff members who have been ill recently and are now back working at full capacity

Nikki Kerr, FSW Director of Fundraising and Marketing

## Sexton Beetles: Subterranean Corpse-Disposal Blues

"Now, you got a corpse in a car, minus a head... take me to it." In Quentin Tarantino's movie Pulp Fiction, Winston Wolf provides a professional clean-up service for two incompetent hitmen when they have a little 'problem' that needs solving urgently. Hopefully, illicit corpse disposal isn't a regular dilemma for readers of this magazine — but in the natural world death, disposal, decay and decomposition are vital, constant processes which recycle the nutrients that keep our planet functioning. This clean-up duty is undertaken by a cast of unsung underworld characters. Bacteria and blow-flies, fungi and foxes, worms and woodlice all put their tendrils, talons, mandibles and molars to the task. But if you want a corpse removed efficiently and cleanly you had better call in the professionals: the sexton beetles.

The sextons are members of the family *Silphidae*. At about 3 cm long, they are amongst the heavyweights of our county's 3,000 beetle species. Some sextons can be identified by their lurid orange wing-cases: a hi-vis jacket befitting a worker at the scene of a tragedy. Now, let's say you've got a dead bluetit in the back yard. Its little soul will have winged its way to that great peanut feeder in the sky and now it's time to return its earthly body back to the soil. Sextons, armed with super-sensitive chemoreceptors in their clubbed antennae, can detect the sweet smell of death from a mile away.

The male flies in first and assesses the scene. First job: call for backup. He secretes a stink from his rear end to lure in a female and his partner arrives. Next job: secure the corpse. The beetles start beetling around the bluetit, stripping off the feathers. But - phew-wee! That smell will soon be luring in every fly in the neighbourhood and the sextons don't want to draw attention to their work. So, they baste the body with their antibacterial and antifungal chemicals, slowing down the decay and preventing the pong. Now the sextons live up to their name. Working together, they dig a grave and line it with feathers. The corpse is tenderly lowered down into the earth. It's here, in this cosy crypt, that the sextons will raise their family. Eggs are laid and develop into hungry larvae which, unusually for an insect, 'beg' for food and are fed by their devoted parents. The bird's body is slowly stripped of flesh and reduced to a simple skeleton. After pupation, new sexton beetles emerge from the soil and fly away, perhaps to find their own corpse or to become food for birds themselves. No eulogy, no flowers, yet it's still a dignified, life-affirming send off. So, when it's my time to go, just drag me into the garden and let the sextons do their job.

Michael Blencowe

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## 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](mailto: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: [revshirley@gmail.com](mailto:revshirley@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](mailto:benefice.administrator@berwickchurch.org.uk)

## Parish News Advertising and Distribution

Jeremy and Valerie Shaw coordinate this. 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 12<sup>th</sup> of the month.

Email: [empty.sea@outlook.com](mailto:empty.sea@outlook.com);

Post: 66 Parkfield Avenue, Eastbourne, BN22 9SF.

You should receive confirmation of receipt by the 15<sup>th</sup> 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 Dr Butlin and Mrs Jeffery.