

PARISH NEWS

MARCH 2022

From the Parsonage: Tolling Prayer – A New Bell for Alciston Church

The Cuckmere Pilgrim Path, which strings seven churches together in a circular walk, is being appreciated by people. It links the five churches in our group and two, Alfriston and Lullington, in the neighbouring Cuckmere Churches Group. We want to improve the walk and would welcome some voluntary help. At the moment we don't have anyone to maintain and manage the website for example. If you'd like to help in some way then please get in touch.

We're encouraging each church to provide a focus, something special, for the walkers. At Selmeston a new stained-glass window is being commissioned and the design takes its inspiration from the path (more about another time).



Alciston church is home to an ancient bell dating back to 1380 inscribed in Latin 'Sancta Agatha Ora Pro Nobis' – (Saint Agatha Pray For Us). The emotive and spiritual quality of the sound of a church bell has inspired the commissioning of a small Medieval cup bell for the church. The project started with the desire that walkers should be able to ring a resonant bell within the church. Andrew Gillett progressed the idea and Alan Hughes of Whitechapel Bell Foundry was asked for advice. In response he suggested a Medieval cup bell. The bell was specially made at Whitechapel Bell Foundry, London and has now been installed in the church. It has been donated by Michèle Boys, the churchwarden.

A 1-minute video of Alan talking about the bell can be watched at www.youtube.com/watch?v=UaDoivgLLil. Alan explains that these old bells have a plaintive tone and may have inspired Medieval plainsong. Listening to the sound attentively as it resonates and waiting for that moment when it can no longer be heard creates a sense of space, stillness and silence.

In the contemplative traditions of a number of faiths bells are used to centre and still the individual, to create the space internally into the divine presence is invoked by the sound. Alternatively, moving beneath the bell so that it is heard in one ear and then the other has a particular decluttering of the mind effect on the listener.

The bell hangs on a leather strap made at a tannery in Bristol — fortuitously lending it some resemblance to a cow bell, which helps it to look at home in this ancient rural church.

Peter Blee

Church Services and Morning Prayer

Sunday 6 th March	09.00	Zoom Service	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 .
	09:30	Arlington Holy Communion	
	09:30	Selmeston Holy Communion	
	11:00	Berwick Holy Communion	
	16:00	Wilmington Sung Evensong	
Sunday 13 th March	09.00	Zoom Service	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.
	09:30	Alciston BCP (Joint service with Selmeston)	
	09:30	Arlington Holy Communion	
	11:00	Berwick Holy Communion	
	11:00	Wilmington Holy Communion	

Continued on next page....

Sunday 20 th March	09:00	Zoom Service
	09:30	Arlington Holy Communion
	09:30	Alciston BCP (Joint service with Selmeston)
	11:00	Berwick Holy Communion
	11:00	Wilmington Holy Communion
Mothering Sunday 27 th March	09.00	Zoom Service
	09:30	Arlington Mothering Sunday Service
	10:00	Selmeston Mothering Sunday Service (Joint service with Alciston and Berwick)
	11:00	Wilmington Mothering Sunday Service

Parish News

As our villages have welcomed a number of new residents in recent years, it seems timely to repeat the basis on which Parish News works.

Parish News is delivered to every house in the parishes, and this is thought to be valuable as a means of communication of matters of interest, and, in particular, forthcoming events as, we hope, they become more numerous again.

It is financed by the advertisers, for whose support we are very grateful, and by donations. The principal expenditure is for printing with a small contribution also going to the co-ordinator and compiler of the content. Otherwise, everything is done by volunteers, for whom, also, we are very grateful.

To minimise the risk of the spread of the Corona virus, the printing and delivery of Parish News was suspended for over a year but with the content, other than advertising, being available on-line or by email.

Understandably, few donations were received during this period and our reserves are seriously depleted. Until a new Honorary Treasurer is able to take over, donations can be made directly to our Bank account or by cheque, details being as shown at the end of this document.

Valerie and Jeremy Shaw

Alan Walder

Gilly, Amber and Foster Walder would like to thank everyone who sent such kind messages of condolence on the unexpected and tragic death of Alan.

He lived in Selmeston for 44 years and loved his home and his garden at Wheelwrights. We will miss him greatly but always be thankful that he had such a fulfilling and very happy life.

Lambing Season

The lambing season has now begun so please could all dog walkers put their dogs on a lead when they walk through the local farmland. And please can all walkers with or without dogs keep to the designated footpaths. Thank you.

Victoria Burrough

The Spirituality of the Elements: Water, Wind, Earth, Fire

The subject of this joint Lent course with Cuckmere Churches is the Spirituality of the Elements — Earth, Fire, Water, Air. The Classical elements were proposed to explain the nature and complexity of all matter in terms of simpler substances. But though these are no longer understood as the material basis of the physical world, we still retain a primitive sense of their power and relevance in understanding our physical relationship with the environment.

In her book 'Water, Wind, Earth, Fire' Christine Valters Painter observes how Christian tradition tells us that we have received two books of divine revelation: the book of scripture and the book of nature. Creation itself is a sacred text through which the presence of God is revealed to us. By being attentive to the elements we allow the natural world to form our sense of awareness.

*I arise today
Through the strength of heaven,
Light of the sun,
Splendour of Fire
Speed of lightning,*

*Swiftness of the wind,
Depth of the sea,
Stability of the earth,
Firmness of the rock.*

St Patrick

The meetings take place between 7.00 and 8.00 pm on the following Wednesday evenings:

9th March at Berwick Church: 'Water' led by Revd Stephen Stuckes

16th March at Litlington Church: 'Wind' led by Revd Shirley Pearce

23rd March at Berwick Church: 'Earth' led by Cuckmere Ministry Team

30th March at Litlington Church: 'Fire' led by Revd Peter Blee

Each session will conclude with Compline. Please join us for any or all of these meditations; we look forward to being with you.

Please note: Parking at Berwick is limited so please allow time. Also, please bring a torch and you may want to bring boots and a change of footwear. There is building work at the church and entry may only be possible via the south porch, depending on project progress.

Steven Stuckes and Peter Blee

Forthcoming Benefice Events at Wilmington

Organized by the PCC of St Mary's and St Peter's Church — and everyone's welcome.

6.30 pm Tuesday 1st March in the Village Hall — Family Quiz and Pancake Night!

We provide the pancakes and fillings; you fill them and enjoy.

4.00 pm Sunday 6th March in Wilmington church — Choral Evensong

With Four in a Bar.

10.30 am Wednesday 30th March in the Village Hall — Flower Arranging Workshop

Some flowers provided and bring whatever you have in your garden. Arranging silk flowers included.

5.00 pm Saturday 9th April in the Churchyard — Easter Egg Hunt

2.00 pm Saturday 14th May — 'I spy!' What's Inside the Church?

All churches have unique features; can you find them? Identify these special features in your parish church. Prizes for the fastest to complete the challenge. Also, support the Tearfund Big Bake, and buy some cake for tea.

Friday 3rd to Sunday 5th June — Jubilee Flower Festival

Bring your tributes to St Mary's and St Peter's for the Queen's celebration, in appreciation for her service to the country. Any floral designs, or bunting, or other festive contribution are welcome.

2.00 pm Saturday 9th July — 'I spy!' What's Outside the Church?

Explore the churchyard, and find flora and fauna, particular graves of significance, and other features unique to this little corner of God's acre. Prizes for the fastest to complete the challenge.

Shirley Pearce

Firle and Beddingham Women's Institute

At our February meeting we were delighted to welcome Ffion Wilkes. Ffion, as she usual does, not only put us through our paces with movement to music, but made it such fun: hoops, balls and ribbons all assisting in our efforts to stretch, stand tall and exercise.

In March we will be undertaking our annual litter pick around the Firle and Glynde area, so anyone caring to join us would be most welcome. Details from: hughes.chebbles@btinternet.com.

At our next meeting at 7.30 pm on Wednesday 9th March at Firle Memorial Hall we will welcome Jackie Appleton who will tell us of her adventures 'Cycling through Costa Rica'. Many of you will know Jackie, should you wish to hear her story just come along and everyone else is invited to come too.

Are you new to the area or looking for a widening of your interests? The WI is a great way to meet new friends and open an opportunity to learn new things; you will always find a warm welcome at our meetings and events. We meet at Firle Memorial Hall at 7.30p.m. on the second Wednesday of every month.

Margaret Hughes

The Queen's Platinum Jubilee / Traffic Calming

At the last Berwick Parish Council Meeting, councillors discussed the possibility of trying to reduce traffic speeding in Station Road, Common Lane and alongside Arlington Reservoir, and they plan to discuss traffic calming again at their next meeting which will be held on *Thursday 24th March*. They would very much like to take any comments into account so would you please email your suggestions to the Parish Clerk at berwickparishcouncil@aol.co.uk.

The councillors also discussed ways to commemorate the Queen's Platinum Jubilee and would like to know what ideas you have, whether you'd be interested in organising an event, or if you already have something planned? Please will you let us know your thoughts by emailing berwickparishcouncil@aol.co.uk.

Thank you.

Alison Stevens, Clerk to Berwick Parish Council

Annual General Meeting of the Alciston and Selmeston Village Hall

7.30 pm Monday 28th March at Alciston and Selmeston Village Hall

By the date of this AGM we hope we will be back to providing a regular programme of events. All users of the hall and local villagers are cordially invited, and we would very much value your support.

This is your community facility, so why don't you come along and meet the hall committee, hear a review of activities and plans for future events and projects? Maybe you would also like to join the committee or make a few suggestions. We would particularly appreciate more representation on the planning committee from Alciston residents.

Michael Weller (Chair of Committee)

Join Us For Another Evening of Fun, Fish and 'Finking' Quiz Night + Fish and Chips

From 6.30 pm on Saturday 2nd April at Alciston and Selmeston Village Hall

Come along as a team or join one on the night. Quiz teams - maximum 6 people per team. Pay Bar opens at 6.30 pm; Fish and Chips (Veggie option available) — delivered by 'The Village Chippy Sussex' — served from 6.30 pm. The quiz will start at 7.30 pm.

Entry is by ticket only in advance and costs £10 – this includes the quiz entry plus fish/veggie and chips. For catering purposes last tickets will be sold on Wednesday 30th March and are available from: Helen 07969 732109, Thea 07772 155772, Mairi 07582 938185, Janie 07785 940915 or Phil 07538 187552

Future Alciston and Selmeston Village Hall dates for your diary (more details nearer the time):

Sunday 5th June — The Queen's Platinum Jubilee Lunch.

Saturday 10th December — Christmas Supper/Party.

Janie Jellings

Alciston and Selmeston Flower Show 2022 – Think Spring and Swap Seeds

It may be still be chilly, but many of us are already dreaming of what we'll have in the garden this year. When you're sorting through your seeds, why not put a few aside or plant extra to bring to our '*Seedy Saturday*' event on *30th April at the Alciston and Selmeston Village Hall*? We'll have a grand time swapping seeds, seedlings, advice and anything garden-related that you no longer want. A great way to help get your garden into full swing before the Flower Show in August. More information soon... watch this space!

The Alciston and Selmeston Flower Show Committee

Selmeston Parish Meetings

The two principal Parish Meetings for 2022 are due to be held in the Village Hall at 7.15 pm on Wednesday 25th May and Wednesday 9th November

David Quysner

Berwick Produce Show 2022

2.00 pm Saturday 20th August at Berwick Village Hall

The Berwick Produce Show is back - please put this date in your diaries! Having decided not to run our show last year we are full steam ahead with planning the 2022 show. The show will be on the playing fields behind the village hall. It is a great family day out with classes for all ages, there will also be our usual family dog show.

Show schedules will be distributed in April; if anyone would like to put an advertisement in the show schedule, please email me at sue.woodgate1@btinternet.com

Sue Woodgate

March Gardener's Diary

Spring is nearly upon us, and the soil *should* be warming up, so get ready for sowing and planting. If your soil is workable, rake it over to produce a nice seed bed ready for your Parsnips and, if not already planted, put your Broad Beans in as well. A good tip with Parsnips is to sow 3 seeds every 4 inches and put a few radish seeds in between them. The Parsnips take a long time to germinate, and the radishes will come through quicker and mark the row.

By the end of the month plant early Potatoes if the soil is workable. Plant the tubers 12 inches apart in rows 2 feet apart, about 5-6 inches deep. Garlic can also be planted now.

Do not rush to plant anything if the soil is too wet, it will always catch up if it's a few weeks late going in.

Lisa Collington

Thank You

Jean, Peggy and Linda would like to thank everyone who has supported us in our fundraising in 2020 and 2021; we raised £4657.87p. The charities we have supported are: Children with Cancer in Polegate, Chalk Farm at Willingdon and the Cuckmere Community Bus. Our grand total since we began fundraising is £68,748.49p.

We are unable to accept items to sell at the moment as we have limited outlets and also have plenty of stock. Many thanks for your ongoing support.

Jean Bradford, Peggy Lawrence and Linda Boys

Tree Loss

There was a significant tree planting scheme in Selmeston last year and this should, in due course, make up for the loss of the Scots Pine at Fairfield House in the gale over the first weekend in February. It is sad to see this feature of the street scene go. While it damaged other trees and blocked the driveway, fortunately no one was injured, and no damage was done to the house. It is thought that this tree was about one hundred years old, and one cannot help wondering whether it might have been planted near, as it was then, the entrance to Selmeston House when it was built in 1910.

Jeremy Shaw

Tough New Measures to Crack Down on Fly Tipping

I very much welcome the Government's announcement of further measures to deal with fly tipping, which is such a problem in our towns and villages. The reform of the waste industry will see increased background checks for firms who move or trade waste, as well as making it easier for regulators across the UK take action against rogue operators. With waste often handled by intermediaries who conceal their identities to commit serious and organised waste crime, the increased checks will ensure waste is managed by authorised persons only and in a safe manner, making it harder for unregistered operators to find work in the sector. New plans will also see the introduction of mandatory digital waste tracking, using powers in the Environment Act to overhaul existing waste record keeping. This means those handling waste will record information from the point waste is produced to the stage it is disposed of, recycled and reused. This will enable regulators to better detect illegal activity and tackle waste crime, including fly-tipping, illegal waste sites, and illegal waste exports.

Criminal activities including fly-tipping, illegal dumping, and the illegal export of waste abroad can blight our communities, harm the environment, and pose a risk to human health. In 2018/19, waste crime cost the English economy around £924 million. Local authorities dealt with nearly 1.13 million fly-tipping incidents this year alone.

Fly tipping is a scourge on our beautiful countryside and something that we see far too much of in the Lewes constituency and surrounding areas. Only recently someone was caught fly tipping a huge amount of rubbish on Sharpsbridge Lane in Newick and issued a fine. We want to ensure that those criminals who fly tip have nowhere to hide and will think twice before ruining our local environment.

Maria Caulfield, MP

Recipe of the Month – Simple Simnel Cake

Ingredients

Grated zest and juice of 2 oranges
2 tbsp Cointreau
350g/12oz Mixed dried fruit
100g/4oz Whole glacé cherries
250g pack Marzipan (but see note below on the origin of Simnel Cakes)
200g/8oz Soft butter diced
200g/8oz Caster sugar
350g/12oz Self-raising flour
4 large Eggs
2 tbsp Milk

For the icing

125g/4½ oz icing sugar
Zest of 1 orange
1 to 1½ tbsp orange juice

Method

Grease and line the base and sides of a 2 kg loaf tin with baking parchment.

Heat the oven to 160°C/140°C fan/gas 3.

Tip the zest and juice into a bowl, add Cointreau, mixed fruit and cherries.

Shape the marzipan into a sausage the length of the tin and then roll out to the width of the tin with a rolling pin.

Put the butter, sugar, flour, eggs into a bowl and beat with an electric hand whisk until smooth. Stir in the mixed fruit, cherries and juice.

Spoon half the mixture into the loaf tin, cover with the layer of marzipan, top with the rest of the cake mixture and smooth the top.

Bake for approximately 1hr 50mins until risen and firm to the touch. Remove from the tin when cold.

Mix icing sugar with the orange zest and juice until smooth, then pour over the cake.

Valerie Shaw

The Origin of Simnel Cakes

Simnel cakes are associated with both Mothering Sunday and Easter. In the 17th century, apprentices and domestic servants going home to visit their mothers on Mothering Sunday started to take home cake and money at this time of year when food stocks were low.

Simnel cakes are now commonly associated with Easter in this country. Conventionally, the cake is decorated with 11 marzipan balls to symbolise the 12 apostles minus Judas Iscariot. If it is desired to follow this convention and use is made of the recipe above, the quantity of marzipan will need to be increased by an amount to allow for the 11 balls.

Valerie Shaw

Family Support Work (FSW)

There have been some really positive stories for us in the last month, with several families who have been supported by FSW for a number of years finally able to leave us as they have reached a point when they are able to cope on their own. On the flip side, most of our practitioners have full waiting lists as the need for help grows, particularly with regards to financial security and ill health. The recruitment process for our new practitioner posts is still in progress, but we hope that our new staff will be able to begin working with us in April.

Lent will be with us soon and we are encouraging parishes to hold Lent lunches for us – if this is something you would be interested in, then please get in touch with Jo in the office on 01273 832963 or by email jo@familysupportwork.org.uk. We are also looking forward to our Easter Walk on Easter Monday. If you would like to join us for this then all the information can be found on our website or by contacting Jo.

Our foodbank is currently well stocked as we are still using our Christmas donations. If you are collecting food for us then please be advised that we can't take any more pasta, soup or baked beans at the moment. We are running low on coffee, cleaning products and table sauces but otherwise are very grateful that we can provide our families with comprehensive deliveries every week.

Thank you for all your support.

January's work in numbers:

- ◆ 231 individual visits and 520 calls with families supporting 283 adults and 321 children.
- ◆ 12 supported meetings with other agencies.
- ◆ 14 group sessions held supporting 247 parents and 146 children.
- ◆ 149 food deliveries made.

Prayer points:

- ◆ Pray that the interviews for the new practitioners posts will go well, and the right candidates will be appointed
- ◆ Give thanks for a family who we have supported for 6 years that is now able to be signed off our books as they have made so much progress
- ◆ Wisdom for the Trustees as they make important decisions at our next Board meeting.

Nikki Kerr, FSW Director of Fundraising and Marketing

News from King's Academy, Ringmer

We are proud to be one of the top 'eco' schools in the country, receiving our Eco Schools Flag for a record-breaking 20th year in a row! We have been named as a trailblazing eco school and a shining example for other schools by the 'Let's Go Zero 2030' project and have been added to the Eco Schools Hall of Fame. Our eco department have also been awarded a Community Funded grant from the National Lottery for £5045 that we are all extremely excited about!

We have welcomed two new projects for our students this term, 'Brilliant Club' is aimed at year 9 students and is from a university project called 'The Scholars Programme'. Students have worked tirelessly to produce a 2000-word essay on how the rise of China in the last four decades has influenced them. Twelve students graduated with at least an Upper-Second class pass mark of which we are incredibly proud. To put this into perspective, it is recognised that an Upper-Second Class mark would be equivalent to "Performing to a good standard at A-level." The school are tremendously proud of what our students have accomplished and would like to thank the support of Huu Phu Gia Nguyen — our PhD tutor from the University of Sussex.

'The Young Gentleman's Project' for boys in years 8 and 9 is the second project and is from 'The Standing Ovation Project', which is a creative arts organisation in the UK that works with schools to raise the self-esteem and confidence of children through the creative arts and pastoral support. The primary focus is around positive mindsets, conduct, respect and aspirations.

The boys contributed to the sessions with some great input on different topics and are now looking forward to commencing the full programme over the coming months. They will meet formally with each other, the project leader and their parents to express their ongoing commitment to the project and its values. They have been working with the 'Standing Ovation Project' for some weeks already to boost self-esteem and confidence through pastoral support in the school. We will start a similar project with the girls soon.

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

Nuthatch: The Bird Table Buccaneer

Back garden birdwatchers know there's a pecking order on the peanut feeder. Coal Tits are elbowed out by Blue Tits who in turn are ousted by Great Tits. But when the Nuthatch shows up, everything scarpers. With its streamlined body, blue back, pink chest and black eye-stripe, the Nuthatch cuts a dynamic figure; a swashbuckling, bird table buccaneer. The weapon it wields is a stout, dagger-like beak but it's not designed for skewering birds. Nuthatches are nuts about nuts.

The Nuthatch's name comes from 'nut hacker' in reference to the bird's habit of jamming hazelnuts and acorns into tree crevices and then using its powerful bill to noisily smash them open. There's an old Sussex name which fits this manic, intense bird perfectly: 'Nutjobber'. I have never seen this nutty little bird sitting still. They're so crazy about climbing that they're the only British bird that can actually climb headfirst down a tree.

At this time of year our garden birds become more vocal and aggressive as they claim and defend territories and croon their tunes to attract a mate. Spring lacks this urgency for the male Nuthatch. He hasn't stopped fighting all winter as he angrily defends his hectare of woodland. Nuthatches are monogamous too and the loyal pair soon dispense with spring serenades and get down to the hard work of making a home. Many birds start from scratch. Twigs and moss are laboriously collected, and nests are painstakingly woven. Nuthatches, however, are happy to let someone else undertake the heavy construction work. Their residence of choice is a spacious tree cavity drilled and abandoned by a woodpecker. Sure, it needs a bit of work, but the Nuthatches will make do and mend. The main problem is the front door. It's too big. This gaping hole can let in predators or Starling squatters who will happily turf out nesting Nuthatches. So while the male keeps guard the female Nuthatch starts bricking up the entrance hole. Her bill is used like a plasterer's trowel to smear mouthfuls of mud until the terracotta porch is perfectly Nuthatch-sized. She is a compulsive builder and if they move into a nestbox she still cannot resist plastering mud around the hole, even if it's already the right size.

And it's great to report on a bird that's actually increasing in number and range. Once restricted to south-east England, the Nuthatch now breeds in Scotland – probably assisted by the provision of garden peanut feeders as it marched north. And as Britain seemingly gets crazier by the day it's nice to know there's still space for a few more Nutjobbers.

Michael Blencowe

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

Jeremy and Valerie Shaw coordinate this. Tel: 01323 811567.

We are grateful to receive donations this month from Mrs Jelly, Mrs Stevens and Mrs Hobden.

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.