

PARISH NEWS

SEPTEMBER 2022

From the Vicarage

Decisions, decisions, decisions... we make them all the time, many times without having to give them much thought. And often, we also don't think that what we say and do has impact on others. But it does. That is why algorithms are of such interest to those who would like our money or our vote. It vaguely disturbs me that everything I have ever bought at Tesco when I have swiped my store card is on record. When I log in to do my shopping online, it is all there. Sometimes useful, if I have forgotten an item, but often it just tempts me to click onto something I don't need or didn't know I needed. Crafty, isn't it?

So, Tesco knows what fruits I like best, that I don't purchase ready meals, that cheddar is my favourite cheese. As I also, for a while, used to do foodbank shopping, let the record show that I purchased 16 boxes of cereal every month for about 4 months. That makes me laugh; hahaha Mr Tesco, you don't know me as well as you may think you do!

This ability of humans to make choices is a precious gift from God, isn't it? One of the reasons the pandemic had such a dreadful impact in western countries is because we do not live under draconian law, we are unused to having our choices so curtailed. The benefit of being able to go about freely, to explore new ventures, to travel to different places has been taken for granted. But it has come at great cost.

No cost can be greater than that people have decided that they can go it alone, that God is not relevant, that we can rely on self-help to get us through life. And it applies to us all. We may have committed ourselves to God, we may endeavour to walk every day with him, but because we are human, we will make wrong choices. Every day we are in need of God's grace.

To really live life in all its abundance is to recognize that a right relationship with God is acknowledging our need for him and his mercy, every day.

This humility can be expressed, as David did, in the words of Psalm 31: 3-5:

'You're my cave to hide in, my cliff to climb

Be my safe leader, be my true mountain guide.

Free me from hidden traps; I want to hide in you.

I've put my life in your hands. You won't drop me, you'll never let me down.' Taken from 'The Message'*

May God bless us, and aid us in making right choices, and mercy and love when we get it wrong.

Reverend Shirley

*The Message Bible is an accurate paraphrase version of the Bible. It keeps the language of the gospel compelling and modern, whilst capturing the tone of the text and the original conversational feel of the Greek, in contemporary English.

www.biblegateway.com/versions/Message-MSG-Bible/#vinfo)

Church Services and Morning Prayer

Sunday 4 th September	09:30	Arlington Holy Communion	Morning Prayer at 9.30 am each Wednesday at Berwick church. Evening Prayer takes place at 5.00 pm each Wednesday at Wilmington church.
	10:00	Selmeston Harvest Festival	
	11:00	Berwick Holy Communion	
	11:00	Wilmington Holy Communion	
Sunday 11 th September	09:30	Alciston Holy Communion (BCP)	If you would like to receive weekly notification about services (the Sunday Link) please contact the Benefice Administrator benefice.administrator@berwickchurch.org.uk who will add your email address to the mailing list.
	09:30	Arlington Holy Communion	
	11:00	Berwick Holy Communion	
	11:00	Wilmington Holy Communion	
Sunday 18 th September	09:30	Arlington Harvest Festival	
	09:30	Selmeston Holy Communion	
	11:00	Berwick Harvest Festival	
	11:00	Wilmington Harvest Festival	
Sunday 25 th September	09:30	Alciston Holy Communion (BCP)	
	09:30	Arlington Holy Communion	
	11:00	Berwick Holy Communion	
	11:00	Wilmington Holy Communion	

Firle and Beddingham Women's Institute

At Firle and Beddingham WI we do not usually have a members' meeting in August. However, to make up for unusual times we decided to have a treat. On Wednesday members went for tea at Arlington Tea Gardens. We had a great tea, scones, jam and cream (in the shade) with lovely hanging baskets everywhere.

Our September meeting is at 7.30pm 14th September in Firle Village Hall and is entitled Members Introductions. We did this some years ago and it was surprising to hear about the lives of some members. Do come and join us.

Joan Carr

Planning an Afternoon Out in Selmeston?

How much fun can you have with a Parish Plan? We aim to find out on Sunday 18th September from 2.30 pm – so put the date in your diary for an event at The Village Hall. The bar will be open, there will be games for adults and children and some stuff about the Selmeston Parish Plan that is being developed.

Come along and contribute your ideas, find out how you can be involved, talk to friends and neighbours or just have a pleasant afternoon. Watch out for further details on the Village WhatsApp, email, website or smoke signals.

David Quysner

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

Saturday 8th October at Alciston and Selmeston Village Hall

Come along as a team (maximum 6 people per team) or join one on the night.



Paying bar open from 6.30 pm. Fish and Chips (delivered by The Village Chippy Sussex) served from 6.30 pm. The quiz starts at 7.30 pm.

Entry is £12 by ticket in advance, which includes quiz entry and a Fish and Chips supper (a Veggie option is available). For catering purposes tickets must be bought by Wednesday 5th October.

Our paying bar offers a broad selection of alcoholic and non-alcoholic beverages, and we politely ask that all drinks are to be purchased from the bar. This helps generate the funding we need to keep events viable. Thank you.

Tickets are available from: Helen 07969 732109, Thea 07772 155772, Mairi 07582 938185, Janie 07785 940915 or Phil 07538 187552. We look forward to welcoming you.

Rachel Lewis

A&S Village Hall committee

September Gardener's Diary

This is the month we can harvest the potatoes. Spread them out on the ground for a couple of hours to dry out and then put them in hessian sacks for storage in a cool, dark place.

Keep picking runner beans and French beans to stop them going to seed. Check the Sweetcorn by pinching the top to see if it's ripe.

Clear off all weeds and rubbish so it's nice and clean for winter crops like Garlic, which can be planted at the end of the month, as well as broad beans.

Last thing is to check the brassicas for butterfly eggs and caterpillars. Treat if you see any and cover with fine netting to protect against more bugs.

Lisa Collington

Recipe of the Month – Caramelised Apple Tart

Ingredients

450 g cooking or dessert apples, peeled, cored and thinly sliced

110 g soft brown sugar

Tsp ground cinnamon

Short crust pastry made with 110 g plain flour and 50 g butter

Tbsp melted butter for greasing

Method

Pre-heat the oven to 350°F/180°C/gas mark 4

Prepare a 20 cm sponge ring with no rim and straight side brushed with melted butter with a circle of baking parchment brushed with melted butter covering the base.

Cover the base of the prepared tin with brown sugar pressing it down evenly.

Sprinkle on the ground cinnamon. Arrange the sliced apples neatly pressing well down.

Roll the pastry to a thickness of 1 cm and cut out a circle which will fit the top of the tin. Cover the apples with the pastry pressing it down gently.

Place in the oven for about 40 minutes until the pastry is golden.

When the tart is quite cold, loosen round the edges, cover with a plate and carefully turn upside. Remove the tin and the baking parchment.

Serve with cream.

Valerie Shaw

Family Support Work (FSW)

What a wonderful summer we have had here at FSW — with the weather on our side for most of the events we planned. We've had so much fun with our families at our Warnham Park family day in the presence of the High Sheriff of West Sussex, and at Agmerhurst House, Ashburnham with the High Sheriff of East Sussex. Our families really enjoyed the chance to go somewhere new, have a day filled with activities and food and the chance to escape their daily struggles.

We've also had a busy calendar of Open Garden events, with these nearly all over for the year, so a huge thank you to anybody who supported these by baking cakes or helping out on the day.

Our thoughts are now turning to the autumn, and the challenges that this new season will bring. With the increasing cost of living our families have been struggling already to keep afloat with essential bills as well as things like new school uniform and shoes, and as energy prices are set to rise again there is a great deal of worry about how they are going to cope. Our practitioners are doing everything they can to support them by accessing available help from other sources, and our fuel fund and foodbank remain on hand to support those who are in real need.

Harvest season will be here shortly and if you are planning to hold a harvest festival collection for us, we would be very grateful if you could let us know as far in advance as possible so that we can plan our collection schedule with the van. We would also welcome the chance to come and speak at a service if this is appropriate, so that we can tell you even more about what we have been doing recently, so do contact the office on 01273 832963 if you'd like to request a speaker.

We hope that many of you will be able to attend our AGM at Chichester Cathedral on Saturday 1st October – it is shaping up to be quite a special day, so we would love to see as many of you as possible.

Thank you for your continued support of FSW's work.

July's work in numbers

- ◆ 279 individual visits and 862 calls with families supporting 409 adults and 400 children
- ◆ 45 supported meetings with other agencies

- ◆ 37 group sessions held supporting 515 parents and 174 children
- ◆ 165 food deliveries made

Prayer points

- ◆ Pray for all the children we support who are starting new schools shortly, that they will quickly settle in and make new friends.
- ◆ Give thanks for the generosity of several individuals across Sussex who have responded to specific requests for support for families in urgent need.
- ◆ Pray for our leadership team, who have a number of important decisions to make over the coming weeks.

Nikki Kerr, FSW Director of Fundraising and Marketing

Speeding

Speeding along our rural roads is an issue affecting most parishes in the constituency. Whether it is local residents concerned about the speed on the road that they live on or whether it is horse riders or walkers who feel that our rural roads are now too dangerous for them to use. The issue is about more than speeding for me, as very often when I have been out with speedwatch teams, drivers are sticking to the limits or are just slightly over. The issue instead is that our limits are too high for our rural area. According to the Highway Code, you are supposed to drive to the condition of the road, but we all know in practice that doesn't always happen in reality.

Therefore I was excited to read at the weekend that Surrey and also West Sussex County Councils, are looking to pilot speed limits of 30mph on their rural roads and even 20mph in some parts. In places like Ringmer where the main road is used as a cut through to get from Lewes to Uckfield, many residents have been asking for this for a long time, and in Spatham Lane, Westmeston parish council have worked tirelessly to get the speed limit down from 60mph after a series of tragic accidents.

I am keen to support local communities in pushing East Sussex County Council to do the same and while I do not support a 20mph limit across the whole county, I am keen that where there is an appetite for this in our rural areas we should at least look at the possibility of introducing lower limits as the current 60 mph is too fast for many villages and parishes.

I am keen to hear your views so do let me know as I am happy to see if East Sussex will look at the work that both Surrey and West Sussex are doing. My email is: maria.caulfield.mp@parliament.uk

Maria Caulfield, MP

How Security Aware Are You?

People are now more likely to be victim of fraud and scams than any other type of crime. Whilst there are thousands of types of fraud and scam out there, it might help to understand how you can protect yourself and keep yourself safe.

Never give away your debit/credit card, and only provide your card details to companies you trust. Never give out your PIN number to anyone, even to the Police, and never make a note of your PIN number or keep it with your card.

At cash machines, shield your PIN from the view of those around you and cover your PIN from above, as fraudsters have been known to attach cameras above cash machines. If you are being distracted or made to feel uncomfortable at a cash machine, politely ask the person to respect your space.

Try to avoid using cash machines in derelict areas and where possible, try to pay by cash in smaller retailers and petrol stations as these are easy targets for fraudsters using skimming devices.

Top Scam Trends to Look Out For

Remember that scams are the techniques of organised criminals whose aim is to mislead you, gain your trust and steal your money. How many of these are you already aware of?

- ◆ *Impersonation Scams* - the person calling often appears extremely professional and will pretend to be from a trusted organisation such as the bank, the police or another company that you recognise. No bank will ever ask you to move money to a safe account; to lie about the reason for moving your money; to be involved in an internal investigation; or to allow remote access to your online banking.
HMRC will never call unexpectedly and threaten arrest for not making a payment for tax.
The police will never call and tell you to make a payment to HMRC. Use your own unique HMRC number to check details online, NOT one that is given to you over the phone. No genuine company such as the bank, HMRC or an internet provider would use WhatsApp or Facebook messenger to contact you.
- ◆ *Online Scams* - an email may be disguised to appear to be from your bank in order to trick you into revealing personal details. Always go to the bank's official website to get information, and do not follow links in emails. If you are ever unsure on what the bank needs from you, contact us on a number you trust.

- ◆ *Purchase Scams* – fraudsters can advertise fake goods, or spoof payment portals on the pages you trust. Be vigilant if websites divert you to other webpages to make a payment. Try to use a reputable payment provider such as PayPal wherever possible. Emails can be intercepted, so always check payment details for invoices over the phone and on a number that you know is genuine. Ensure that measures are in place to always confirm payee details before payments are made.
- ◆ *Romance Scams* - be cautious when making new companions, especially if they start asking you for money, and even if they say it's a loan or if they promise they will pay you back. Be wary if someone you have just met starts to tell you that they are in a terrible situation and that they don't know how they will cope without paying for something. Do not make payments to someone you have met online, even you feel like there is an emotional connection.

Be Cautious and Don't Be Rushed

Fraudsters are calling customers pretending to be from the bank or from the police. With any suspicious call, hang up and never give out any personal or bank details. If you are unsure, call the bank back on a telephone number that you know and trust, and the bank staff will be able to advise you further. A genuine organisation won't mind waiting. Listen to your instincts, you know if something doesn't feel right. Stay in control, do not panic and do not make a decision you will later regret.

Never Assume

Don't assume an email, text message or phone call is authentic. Fraudsters can use intelligent software to 'spoof' the display on your phone so an incoming call or message shows a name and number of the bank or another trusted organisation, when in fact it may be a call from a criminal. Never click website links in text messages or emails.

Be Aware

Check your bank balance regularly and report any suspicious transactions to your bank straight away.

Further Support

Victim Support is an independent charity offering a free confidential service, they have a team of dedicated caseworkers who are experienced in helping victims of financial crime to cope, recover and move beyond crime. If you would like to speak to somebody about your situation you can request a call back from Victim Support www.victimsupport.org.uk

Further Action

Search online for FriendsAgainstScams (www.friendsagainstscams.org.uk) to learn more and to become a SCAMchampion. You can also help others by encouraging them to complete the Friends Against Scams online learning module.

Report a scam via Action Fraud on 0300 123 2040 and always contact your bank. You can also seek further help by contacting the Citizens Advice Consumer Helpline on 03454 040506.

Subscribe to the Which? Scam Alerts service – it's free and provides alerts that can help you spot and avoid the latest scams.

Great Tit

Just for the record: I've never trusted them. Unlike all the other familiar, friendly faces on my back garden bird table there's just something about the Great Tit that's always made me suspicious. Perhaps it's my mistrust of uniforms. The Great Tit's smart plumage with a collar, black tie and a glossy black cap makes them look too official, too authoritative. And that bright yellow chest? Far too garish for the garden. Their behaviour isn't exactly endearing either. Great Tits are the bullies on the bird table. They'll aggressively assert their authority and violently peck at other birds as they plunder the peanuts. When a house-hunting Great Tit can't find a suitable hole to nest in, it'll simply evict a Blue Tit and move in.

Their dominance is also heard in spring when their two-note song, "Tea-cher! Tea-cher! Tea-cher!" rings out through our woodlands. It was this "Tea-cher!" that taught me my first lesson in bird song identification; an easily recognisable two-note war cry used to proclaim the tit's territory. But I was soon to learn that not everything was how it seemed. Each male actually has an average of four different songs, which can be sung at three different tempos. This varied repertoire is a sly Beau Geste trick employed to trick other Great Tits into thinking that a woodland is more crowded than it really is. The birds who know the most tunes secure larger territories and breed more successfully. And it's a trick that fools me each year too; if I don't recognise a bird call in the woods it's always a Great Tit.

Through aggression and deceit, these birds have successfully established an empire that spreads from England to China. And it's from the far-flung corners of this empire that we've recently received reports of some rather worrying behaviour. From Finland came news of a group of Great Tits changing their vegan diet of seeds and nuts to something much more meaty: other birds. In Hungary, scientists made the chilling discovery of a population of Great Tits which have developed a taste for the brains of hibernating bats. Sure, these are isolated incidents at the moment but with human society plunging rapidly towards the abyss and an army of Great Tits acquiring a taste for blood and brains, is it unreasonable to hypothesise a post-apocalyptic future where humans are at the mercy of plagues of zombie Great Tits? Close your windows people – they're coming for us!

Michael Blencowe

Sussex Wildlife Trust

Thank You

We are grateful to receive donations for the Parish News this month from Liz and Andy Golden, Rachel Rossi.

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

Post is vacant – email is monitored.

Email: benefice.administrator@berwickchurch.org.uk

Parish News Advertising

Brian Calcott coordinates this. Tel. 07999 788618.

Parish News 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 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, Brian Calcott at 2 Railway Cottages, Station Road, Berwick, Polegate, BN26 6TA.

Alternatively, electronic donations can be made to Barclays Bank - Account No. 70650625; Sort code 20-49-76.