

BERWICK SELMESTON ALCISTON



**VILLAGE
NEWS**

JUNE 2024

VILLAGE NEWS

Advertising is coordinated by Brian Calcott. Tel. 07999 788618.

Distribution is coordinated by Jeremy and Valerie Shaw. Tel: 01323 811567.

The Production Team is Jane Anderson and Martin Chilvers.

Contributions, Photos, etc (other than advertising requests) should be sent to Martin by the 12th of the month by email: empty.sea@outlook.com

They can also be passed 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 "Berwick, Selmeston and Alciston Village 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.

CHURCH CONTACTS

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

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 Wednesday, Thursday and Sunday.

Churchwardens

Alciston - Michèle Boys Tel: 01323 870623

Berwick - Andy Williamson Tel: 01323 870163 / Paul Lewis Tel: 01323 870927

Selmeston - Jan Matthews Tel: 01323 811380

Benefice Administrator

Jane Grutchfield Email: benefice.administrator@berwickchurch.org.uk

VILLAGE CONTACTS

Parish Council Clerks

Alciston - Sandy Thomas Email: alcistonparishmeeting@gmail.com

Berwick - Lynette Kemp Tel: 07864 637274 Email: berwickparishcouncil@aol.com

Selmeston - Bryan Stevens Tel: 07799 862765 Email: selmestonparishmeeting@gmail.com

Village Hall / Field Hire

Berwick Village Hall - Thea Eastmead Tel: 07876 033 439 Email: theaeastmead77@gmail.com

Berwick Field - Carole Vine Tel: 07341 660 046 berwickfieldhire@btinternet.com

Alciston and Selmeston Village Hall Website: www.southdownsvillagehall.org

Summer Fête and Friendly Dog Show

*From 2.00 pm on Sunday 9th June
at Alciston & Selmeston Village Hall*

We are excited to host our 2024 Summer Fête Fun Dog Show. There will be games for everyone, a BBQ and a bar with a broad selection of alcoholic and non-alcoholic drinks (including a Pimms station), plus ice creams and a Dog Cafe. Villagers, friends and family all welcome. New for this year is our inaugural Fun Dog Show. Entries are £1 per class and include:

- ◆ Waggiest Tail
- ◆ Obedience
- ◆ Best Dog and Owner Lookalike
- ◆ Best Trick
- ◆ Best Puppy Dog Eyes
- ◆ Best In Show

Dogs to be supervised at all times. Entry forms can be found on the A&S Village Hall website www.southdownsvillagehall.org, the A&S Village Hall or complete one on the day. Entrance to the fête is free. Please help our fundraising efforts by purchasing your food and drink at the event. For more information contact Cathy 07484 673247 or Phil 07538 187552.

Rachel Lewis

The Sussex Songmakers

3.00 pm 9th June at Berwick Church

A programme of music by Faure, Mendelssohn Purcell, Saint-Saëns and Martin.

The Sussex Songmakers are a well-known group of fine female singers. Their programme is an entertaining mix of light, fun, and lovely ensembles, directed by Elizabeth Muir-Lewis.

The concert is free, but a donation to Berwick Church is encouraged. Tea and biscuits will be available after the concert.

*Jane Grutchfield
Benefice Administrator*

Arlington's Village Market and Coffee Morning

*10.00 am - Noon, Tuesday 11th June at
Arlington Village Hall.*

All are very welcome, as usual we will be pleased to see you. There will be fresh bread, cakes, quiches, local eggs and other regular stalls. Arlington's Pop-Up Museum will also be taking place at the same time, the focus will be 'Walks'.

Thank you to the many people, local and from further afield, who continue to support this community event. Please bring your friends and if you have not been before you will be very welcome. It is a very sociable morning. The May Market was again very busy, and the hall was full of people chatting and visiting the stalls and the Pop-Up Museum.

For further market information please contact Anne Hope:

Tel. 01323 486219 / 07760 424169,
Email anntonyhope@gmail.com

For further museum information please contact Wendy Holmes:

Tel. 07889 689844,
Email talkingteapot@yahoo.co.uk

Pauline Jackson

Selmeston and Alciston Village HUB

*11.00-12.30 Monday 17th June
at A&S Village Hall*

The Hub welcomes you all to enjoy refreshments, delicious tea and coffee as well as homemade cake in a convivial, warm environment. Pop in anytime, open to everyone - bring your little ones for a run around and meet up with neighbours and friends of all ages.

Please contact any of the committee below if you have any questions or need help with transport to and from the hall. Contact: Thea 07772 155772, Helen 07969 732109, Mairi 07582 938185 or Janie 07785 940915.

Rachel Lewis



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Sacred Poetry 'Beyond the Seen'

11.00 am Wednesday 19th June
at Arlington Church

A Poet in Residence event with Antony Mair. Contributions are most welcome, but please do let me or Antony Mair receive these a week beforehand.

Enquiries to revshirlemy@gmail.com

Shirley Pearce

Firle and Beddingham Women's Institute

7.30 pm Wednesday 19th June
at Firle Village Hall

On Wednesday 8th May we held our AGM. The committee and President stay the same for the following year and we have a membership of 15. We are always looking for new members so do please come as a guest to one of our meetings.

We also voted on this year's annual meeting resolution on Dental Health and the chronic lack of NHS dentists. Our vote, which was a unanimous one in favour of the resolution, will now go to the National Meeting at the Royal Albert Hall on 5th June.

We have an outing planned to visit Beachy Head Hotel and exhibition on 19th June and then our July meeting will be 'Chairobics' with Ffion Wilkes on Wed 10th July.

Please give me a call if you would like further information.

Rosemary Norris
President Tel: 07784 707016

Richard Durrant Midsummer Guitar Concert

7.30 pm Friday 21st June
at St Mary & St Peter's Church, Wilmington

Sit back and relax to the sound of Richard's beautiful, acoustic music; then sit up and take notice of one of the world's great guitarists. A solo concert of jaw dropping musicianship from the man dubbed 'The Guitar Whisperer'. A thousand and one notes interspersed with tales from the road.

Concert to include:

- ◆ Bach Prelude in E BWV 1006.1
- ◆ Barrios La Catedral/Un Sueño en la Floresta
- ◆ Turina Fandanguillo
- ◆ Durrant The Sleep of a King
- ◆ Sagreras El Colibri
- ◆ Yocoh Sakura
- ◆ Villa-Lobos Etudes

Tickets cost £20 (£5 for under 18's) at www.richarddurrant.com or contact Tim on 07771 641856.

Tim Berrett

Firle Opens its Gardens

On 23rd June this year a number of Firle villagers are opening their gardens as part of a trail in aid of the St Peter's Church Restoration Fund. As the oldest building in the parish, Grade I listed St Peters requires a regular programme of works to ensure its continued upkeep and preservation. With fifteen gardens taking part (so far!) the trail is expected to be an eclectic mix of green spaces, from the well-tended labour of love, to the smaller wilder plot where the dandelions rule! The gardens will be open from 12-4.00 pm as part of a fun and diverse route through the village to celebrate and share with the local community and friends some of its special and often unseen green corners.

The ticket and route map will be available from the Firle and Glynde village stores and The Ram Inn and on the day with refreshments and a raffle.

Carro Wolstenholme

Honorary Canon

3.00 pm on Sunday 23rd June
at Chichester Cathedral Evensong

Revd Peter Blee to be made Honorary Canon of Chichester Cathedral in acknowledgment of his ministry in the Benefice. Bishop Martin has invited Peter to become an Honorary Canon of the Cathedral (Prebend of the Parish of Sidlesham). He

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has accepted in recognition that this is also a reflection of the contribution of so many people in the five village churches. This is a title and does not affect his ministry in this Benefice. Parishioners are warmly invited to attend the service and further details will be given out in due course.

Jane Grutchfield
Benefice Administrator

The Chamber Ensemble of London

3.00 pm Sunday 30th June
at St Andrew's Church, Alfriston

The programme consists of:

The Double Violin Concertos by J.S. Bach and Malcolm Arnold.

Compositions for Harmonica and Strings by Paul Lewis and Clive Jenkins. Works by Elgar, Vivaldi and Bach.

Soloists: Peter Fisher, Eri Koni and Judith Stowe (Violin) Chris Shrimpton (Harmonica), Dorothy Linnel (Theorbo).

Tickets £20 available from St Andrew's Church or on Eventbrite.

All proceeds to St Andrew's Church.

Katherine Arnold

Happy June from the Fabulous Flower Show Committee

Sunday 18th August at A&S Village Hall

June is a wonderful time in the garden, there's already plenty to harvest in the Veg patch and flowers are starting to appear with abundance. With this in mind it's time to think about the flower arranging classes at the A&S Flower Show!

There are 4 exciting classes in this year's show; a table arrangement for a summer dinner party, a jug of wildflowers, a petite arrangement in a wine glass and a freestyle have a go class. For flower arranging amateurs and flower lovers, here are some top tips to take into consideration when creating your own display.

Proportion - The size of the flowers and the length of their stems should be similar to

save small flowers from getting lost and tall flowers overpowering the bouquet.

Symmetry - Keeping a balanced appearance is important. Heights should be even, and their stem should be one and half the height of the container. They should be evenly spaced.

Style - Take into consideration the style of your container, for instance the table arrangement should probably be more formal than the wildflowers in a milk jug.

Depth - Create levels within your arrangement with some flower heads slightly higher than others. This creates a more interesting and harmonious bouquet that has shape.

Or you can ignore all these tips and go freestyling mad especially in the have a go class! Whatever your level or even if you've never done it before, we would love to see as many people as possible get creative with flowers. And remember we have a brand-new cup you could win this year donated by our brilliant flower arranging judge Pat Hayes for 'the most interesting flower arrangement' from all the classes.

On that note could we remind all of last year's winners to return their cups soon to one of us so they can be made shiny again for this year's winners.

And as always, even if you don't enter any classes, put Sunday August 18th in your diary. The A&S flower show is a fun packed afternoon socialising with your wonderful neighbours in Alciston and Selmeaton.

Neil Creaton

June Gardener's Diary

This month is the last chance to sow main crop Carrots for them to be ready for harvesting in September or October. Also, Peas sown early in the month should still be ready in September.

Sow Swedes if they've not already been done and French Beans can go in for a second crop. Continue to sow Beetroot, Spring Onions, Turnips, Lettuces, and

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Radishes with some at the beginning of the month and some near the end.

This is also the last chance to sow Runner Beans and with a bit of luck will give you a crop as late as October.

Watering is especially important in dry weather. Keep the roots of all plant moist but not soaking wet. Hopefully, this month we will be harvesting some of the early sowings - i.e. Potatoes, Radishes, Turnips, Carrots, Peas and a few more.

Lisa Collington

WASPI Campaign

Many residents will be aware of the WASPI Campaign. This is Women Against State Pension Inequality. The campaign advocates for women born between 6th April 1950 and 5th April 1960 who were affected by a change in the state pension age.

The changes date back to 1995 when the government announced that the state pension age would be equalised between men and women, at the time men retired at

65 and women retired at 60. The Parliamentary and Health Service Ombudsman has been investigating whether the government failed to provide adequate information and notice to those affected by the changes.

Since becoming a Member of Parliament in 2015 I have been a champion of the WASPI campaign, and I submitted one of the 6 test cases which started off the review process a few years ago. Many women in the Lewes Constituency are affected and I have done my best to represent them in parliament.

Earlier this year the Ombudsman ruled that the Department for Work and Pensions (DWP) failed to provide accurate, adequate and timely information about areas of State Pension reform. It has stated that too many women were not aware of the changes and that complaints were not adequately investigated.

The Ombudsman believe that a compensation scheme should be set up. With payments between £1,000 and £2,950.

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Many constituents have welcomed that the Ombudsman has agreed that compensation is required, but are concerned about the level of compensation that is being put forward.

I have been making representations to my ministerial colleagues that a compensation scheme should be set up swiftly. I would welcome your views on this, and you can share these with me at maria.caulfield.mp@parliament.uk

Maria Caulfield MP

Recipe of the Month: Strawberry Cream Tea Cake

Serves 6

Ingredients

For the scone

175g butter frozen

250g self-raising flour

1tsp baking powder

50g caster sugar plus extra for sprinkling

150ml cold full fat milk

Squeeze of lemon juice

Beaten egg for glazing

For topping and filling

350g strawberries hulled and sliced

50g caster sugar plus extra for sprinkling

1tbsp good quality strawberry jam

140g clotted cream

Small drop of vanilla extract

Method

Heat the oven to 220°C/200°C fan, gas 7.

On the coarse side of the grater, grate the frozen butter into a bowl then place back in the freezer for 5 minutes. With a spatula, quickly mix the butter with the flour, baking powder and sugar: add the milk and lemon juice and bring together until you have a butter-speckled dough. Nead the dough a few times on a floured surface. Roll out to a circle, press into a lightly greased 20 cm sandwich tin, then brush the top with egg and scatter with a little sugar. Bake for 20 minutes until risen and golden, then transfer to a cooling rack.

Whilst the scone is cooling, toss the strawberries in a bowl with a sprinkling of sugar and the jam, then set aside. In a separate bowl, whisk the clotted cream until stiff with the 50g caster sugar and a drop of vanilla extract.

To assemble the cake, place the scone on a serving plate, spread the cream over leaving a slight edge of the cake showing, then pile the saucy strawberries on top. Serve cut into wedges.

We would welcome your favourite recipes for future issues.

Valerie Shaw

Family Support Work (FSW)

FSW has been a hive of activity in the last month. Many of our practitioners have been running group sessions for their clients to support them in parenting issues as well as their normal day-to-day home visits. These groups are a really valuable way for parents to learn new skills when faced with challenging behaviour from their children and have been a great success. We are also still receiving many new referrals which we are trying to accept as quickly as we can, although waiting lists are still in place in most areas.

We were able to close a particular family in Newhaven recently, after supporting them since October. This is a relatively quick turnaround, as usually the challenges facing our families take much longer to resolve successfully. After the final meeting the parent sent this message to her practitioner: *"Having you to talk to has been invaluable. You have helped me make sense of things when I felt too muddled. You have given me tools to help work out my thoughts and feelings and know how to manage them better. You have helped me understand my options and given me space to talk about worries. I feel so much better now, and I know I can come back in the future if I need to."*

Receiving this sort of feedback really gives us a boost when times can be very challenging, so it was wonderful to see the

Chloe Burrell

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impact that we have had on this parent's life over the last 6 months.

Our fundraising and events schedule continues to be very busy, although unfortunately our skydive at the end of April was cancelled because of poor weather. This has been rescheduled for May 24th so hopefully there will not be any weather-related problems next time. We will be at the South of England Show again from 7th to 9th June so if you are planning on attending the Show, please do come and find us opposite the Norfolk Pavilion.

Our foodbank is currently running very low on lots of items so we would appreciate your support with any donations.

April's work in numbers

- ◆ 230 individual visits and 1125 calls with families supporting 267 adults and 215 children
- ◆ 42 supported meetings with other agencies
- ◆ 50 group sessions held supporting 792 parents and 651 children

- ◆ o 99 food deliveries made

Prayer points

- ◆ Give thanks for the appointment of Richard Bickersteth as our new Chair of Trustees
- ◆ Pray for all our children currently in the middle of school exams, and for a supportive atmosphere at home
- ◆ Pray that our staff are able to find the right balance between work and rest during these busy spring and summer months when many extra activities are taking place

Nikki Kerr, F

SW Director of Fundraising and Marketing

One Fat Lady of Selmeston

Those of us of a certain age will remember a BBC TV programme of the late 90's titled; 'Two Fat Ladies' starring two lady 'cooks' Clarissa Dickson Wright and Jennifer Paterson who travelled the UK on a Triumph Thunderbird motorbike and sidecar, demonstrating their unique recipes on BBC

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from 1996-99. I say, 'cooks' and not chefs, because they had their own way of cooking, rejecting any pretensions of haute cuisine, by using large portions of lard, and double cream in their cake recipes.

This led them to be known as 'The Two Fat Ladies', highlighted even in the number plate N88 TFL of their mean machine (the number 88 of course used by Bingo callers as 'Two Fat Ladies'). The lady in the sidecar was Clarissa Dickson Wright, or to give her full name; Clarissa Theresa Philomena Aileen Mary Josephine Agnes Elsie Trilby Louise Esmeralda Johnston Dickson Wright, who was born on the 24th of June 1947, in St John's Wood, London. She was the youngest daughter of three, along with a brother, to Arthur Dickson Wright a surgeon (who once operated on the late Queen Mother), and his wife Molly (nee Bath). Brought up as a Roman Catholic, Clarissa attended The Sacred Heart Convent in Hove from 11, going on to study law at University College London, and becoming, at that time, the

youngest woman (21) ever to be called to the bar.

From then on, she would be propping up a different type of bar, as sadly she descended into alcoholism, due mainly to the death of her mother in 1975, whom she adored. She described in her autobiography (*Spilling the Beans* in 2007) 'that attending AA meetings was better than television'. Her mother left her over 2 million pounds (£16m in today's value), most of it being squandered on alcohol and having a good time, with a fellow alcoholic named Clive.

It was around the early 80's that she moved from London back to Sussex, after the death of Clive, becoming a cook-housekeeper for two years, and moving into The Bungalow (Gate Cottage) located in the driveway of Little Bells in Selveston, becoming a regular at The Yew Tree Inn in Chalvington. On her arrival she would be offered her usual tippie; four double gins and two small tonics served in a pint glass, with ice of course! Others in the pub would invariably

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add another gin or too, so Clarissa, by closing time, would have drunk a whole pint of gin. She would then weave her way back home using the dark lanes for cover from the local police, although she was eventually caught and charged with drink-driving, and de-barred as a practising barrister.



By 1987 she had attended the Promis Recovery Centre in Kent, becoming a somewhat reformed alcoholic, changing careers into becoming a cook, working at Books for Cooks in Notting Hill London, and then moving up to Edinburgh, to start her own cookery bookshop. It was in 1994 that the television producer Pat Llewellyn created the dream team of Jennifer Pattison (another colourful cook, and motorcyclist) with Clarissa, creating the Two Fat Ladies, a programme that needed little scriptwriting for the two of them. Sadly, Jennifer Paterson died in 1999 midway through the fourth series of Two Fat Ladies.

Clarissa became the pin-up girl for both Aberdeen University, (becoming its first woman Lord Rector) and the Countryside Alliance. Her TV career blossomed, extolling the virtues of the Countryside, taking on a guest role as a gamekeeper in the BBC Absolutely Fabulous comedy series in 2003. Sadly, a year later she had to close her

bookshop in Edinburgh, after declaring herself bankrupt.

A colourful character indeed, who never suffered fools gladly, who was an accredited cricket umpire, and one of only two women to become a Guild Butcher, supporting hare coursing and various field sports. In October 2012 Clarissa appeared on Field-Sports Britain, declaring during a discussion on badgers, "There's going to be a cull, so why not just eat them?"

Clarissa died of pneumonia in the Edinburgh Royal Infirmary on the 15th of March 2014 aged just 66, and was cremated after a mass held at St Marys Cathedral. She also believed in reincarnation, (as revealed in her 2009 book, Rifling Through My Drawers), so watch out for those weaving headlights when travelling from Chalvington to Selmeston on those dark nights!

© Simon Muggleton

Swifts

These are uncertain times. Who knows where this planet is heading? But since the start of May I've been looking to the sky for a sign of reassurance: the return of the Sussex Swifts from Africa. Ted Hughes expressed it perfectly:

"They've made it again
Which means the globe's still working,
the Creation's
Still waking refreshed, our summer's
Still all to come."

Swifts may not look like much - they're basically two wings and a mouth - but it's hard to explain their abilities without making them sound supernatural. Swifts are all about flying. They feed, scream, and mate in the air and bathe in the rainclouds. At night they switch off half their brain, switch on cruise control and fall asleep amongst the stars. If they had their way they would never come down. But there's one little flaw in their plan: eggs don't float. So, for just a few weeks of the year, they begrudgingly swap the open skies for a cramped nest under the eaves where they raise their young. The problem is in recent



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years most of these little gaps have been lost to renovations and modern architecture. The destruction of their homes is one of the reasons why Swift numbers have fallen. They are refugees on the wind.



They cruised into Sussex in May after a non-stop, long-haul flight from Africa; not that this trip bothered them.

Swifts are all about flying. For me, the Swift is the only bird that takes pure, unadulterated pleasure in flying. Other birds fly out of necessity, but Swifts seem to fly for the joy of it, screaming with delight at the top of their little Swift lungs, a shrill cry that is forever associated with English summers.

By the time you read this, a new generation of Sussex Swifts, born in a roof cavity, have crawled to the nest entrance, and bravely launched themselves on their first flights. And what a first flight - they may not land again for two or three years! For these 'teenage' Swifts, the skies of Europe and Africa will be their playground. Nothing will tame them. Well, not until they meet a partner and decide to settle down in a roof of their own somewhere. But don't let this comfortable image of domestic bliss fool you - there's no taming these Wild Ones.

Michael Blencowe

*Photo: Swift nest © Derek Middleton
Sussex Wildlife Trust*

From the Parsonage

Fairly recently I was walking on hills in south-eastern Türkiye with my son. It was a remote location and we chanced upon a young shepherd moving his flock across the landscape. A timeless scene unchanged for thousands of years. Apart from one thing, he was looking down at a screen held in his hand.

Screens are in that category of 'best friend and worst enemy'. On average from 11 years up teenagers spend 7.5 hrs a day on them. Subtly they have entered everyone's lives, in their pockets, on their desks and in their sitting rooms. People don't think of screens because the focus is on what is being viewed, we're not conscious of them. We've reached a point where life cannot function without them.

There is talk of screen addiction. People may go to them to fill an empty moment, a silence, a feeling of loneliness, agitation or anxiety. They may have an insatiable appetite for 'click bait', for gaming. They may worry about what they are missing out on if they don't regularly check them. Screens provide a way of filling many of life's 'holes'.

But, as it has often been remarked, there is a 'God-shaped hole' in each person and people try to fill it with many different things that simply don't fit. They may cover the hole up or be distracted from it, but the hole remains and at some point they will probably need to address it.

Returning to the shepherd who watches out for his sheep. Jesus put a great focus on the 'lost sheep'. His concern was for those who had lost their spiritual relationship, their connection with God, and who had become vulnerable - through their anxieties and fears - to the difficult human emotions that are part of life; to losing their direction and place in the world. People reach for their screen for many different reasons, but the choice is also there to reach for God. That also hasn't changed for thousands of years.

Peter Blee



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Sunday 2nd June

09:30 Arlington Holy Communion
09:30 Selmeston Holy Communion
11:00 Berwick Holy Communion
11:00 Wilmington Holy Communion

Sunday 9th June

09:30 Alciston Holy Communion (BCP)
09:30 Arlington Holy Communion
11:00 Berwick Holy Communion
11:00 Wilmington Holy Communion

Sunday 16th June

09:30 Arlington Holy Communion
09:30 Selmeston Holy Communion
11:00 Berwick Holy Communion
11:00 Wilmington Holy Communion

Sunday 23rd June

09:30 Alciston Holy Communion (BCP)
09:30 Arlington Holy Communion
11:00 Berwick Holy Communion
11:00 Wilmington Holy Communion

Sunday 30th June

10:00 Arlington United Benefice Service

Prayer

9.30 am each Wednesday at Berwick church.
(On the first Wednesday of the month there is Holy Communion (BCP) instead.)

5.00 pm each Thursday at Wilmington church.

To receive a weekly notification about services (the Sunday Link) please email the Benefice Administrator at

benefice.administrator@berwickchurch.org.uk

Pastoral Prayer or Talk

Peter Blee and Shirley Pearce are available to speak to people on the phone and are also able to pray with people on request in church at Morning Prayer and to offer help in any way possible.

Telephone: 01323 870512, 01323 318231 or Email peter.blee@berwickchurch.org.uk, or revshirleym@gmail.com

Please visit the benefice websites to check on services and times:
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