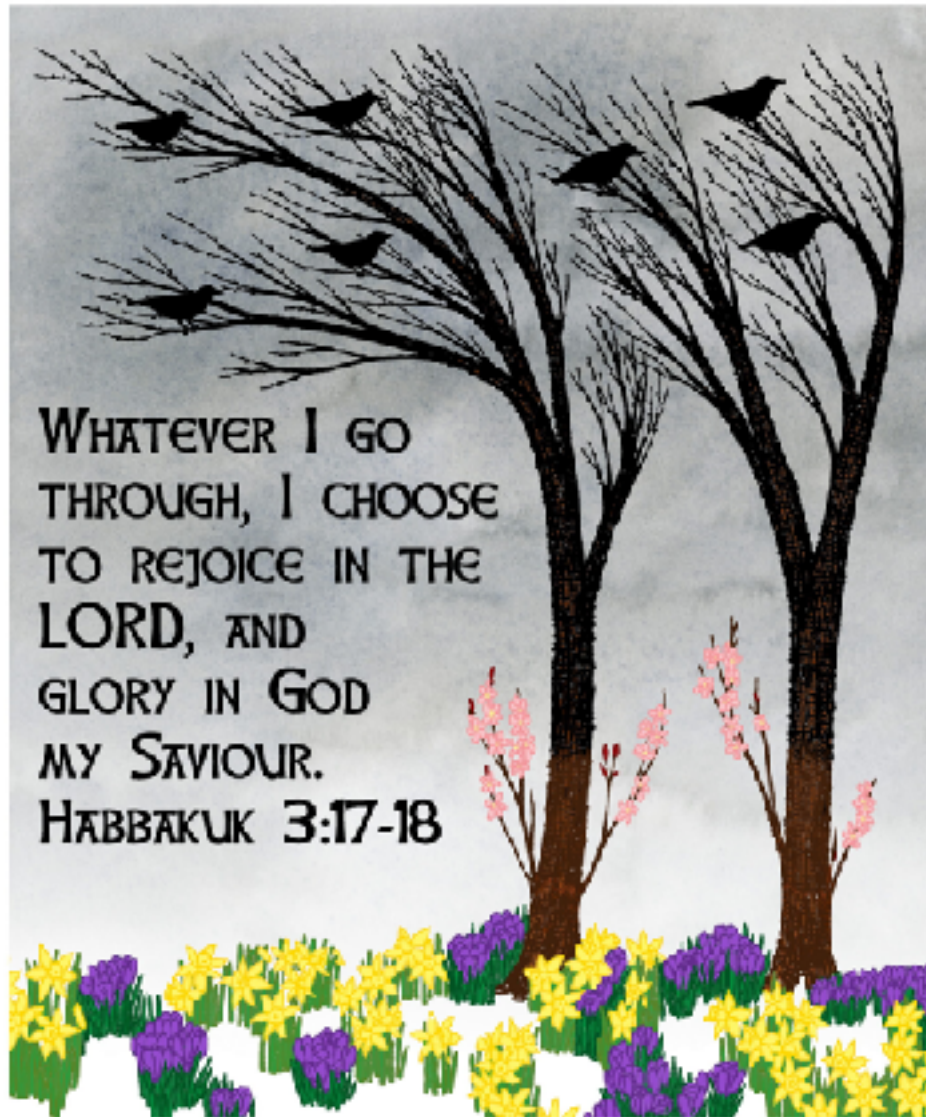


# KEYNOTES



**February 2023**

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The Rectory  
23 Windmill Close  
Hove, BN3 7LJ  
Tel : 01273 270427  
Email: rector.westblatchington@gmail.com

*Thursday is ordinarily the Rector's rest day; however please do not hesitate to contact him in the event of a pastoral emergency. Please refer all other urgent matters to the Churchwardens.*

**CURATE**             **Jan Butter**             **Tel: 07889 400889**  
Email: westblatchingtoncurate@outlook.com

**CHURCHWARDENS** **Jonathan Cooke**     **Tel: 563178**  
  **David Keeling**       **Tel: 501504**

**HON. TREASURER**   **Mandy Gander**             **Tel: 271982**

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**Sick Visiting**             **Carol Gander**             **Tel: 555414**

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**Charlie Flackhill**           **Tel: 965122**  
**Mandy Gander**             **Tel: 271982**  
**Fran Breeze**                **Tel: 421115**

*E-mail: [stpetersadmin@zoho.com](mailto:stpetersadmin@zoho.com)*  
*Church website : [www.stpeterswestblatchington.org.uk](http://www.stpeterswestblatchington.org.uk)*

## PARISH EVENTS DIARY

The following events taking place in February and March as notified are:

Friday 17th February - Free lunchtime concert - 1.10pm  
Sussex Camerata

Saturday 25th February - Karaoke evening - 7.30pm

Saturday 11th March - Blue Jeans Saturday - from 10am

Please continue to keep me informed of events that you have planned or know about by sending a message to our email address which is [stpetersadmin@zoho.com](mailto:stpetersadmin@zoho.com)

The deadline for the March 2023 issue is  
9th February



## **EDITORIAL**

Welcome to the first Keynotes edition of 2023.

We hope you had a wonderful Christmas and we wish you all a very happy, healthy and blessed new year.

December was a very busy month with lots of events happening in the lead up to Christmas. A huge thank you must go to Zanita and her team for the most successful Christmas Fair ever, raising a total of £2778.96 towards Church funds. It was a joyous occasion where we welcomed over 300 visitors. The Christingle in the Crib service on Christmas Eve was as popular as ever, with 100 adults and 53 children attending and 38 in total attended Midnight Mass.

The free Friday lunchtime concerts will continue again this year with the next one on the 17th of this month when we welcome back Sussex Camerata, a string quartet. The concerts start at 1.10pm and refreshments are provided. Donations welcome to support future concerts.

We have lots of other social and fundraising events planned for this year which appeared in the last edition of Keynotes or can be found on our website. Please put the dates in your diary so you don't miss out!

We would be delighted if you would join our Church electoral role if you have been coming to St Peter's for over six months. There are forms at the back of Church or you can ask Pam Miles our Electoral Officer for a form.

If you haven't already done so, please will you consider renewing your subscription to Keynotes for 2023. The price remains at £8 for ten copies in the year. Please hand your subscription to a member of the Editorial Committee.

We would like to take this opportunity to thank our advertisers for their continued support. Please do not hesitate to get in touch if you or a friend would be interested in advertising in Keynotes.

Finally, we are still looking for a new member to join the Keynotes editorial committee as William stepped down towards the end of last

year. Please speak with Mandy or Michael if it is something you might be interested in.

Thank you for your continued support.

Editorial Committee

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### **Seated one day in his study**

The Rector was struck by a Muse  
A new way of telling the story  
Of angels bringing good news.

Christmas jumpered he'd stand  
By a beautiful tree  
And share the story  
With you and with me.

How the birth of a baby  
Meant lifting sin's curse  
But to be different  
He'd do it in verse.

For hours he struggled  
To bring forth his creation  
Searching for rhymes  
With great perturbation.

As bells ring out on Christmas Eve  
We're asked to follow and believe  
The One through whom all wars shall cease  
If we but obey Him  
Our one hope of peace.

Anon

### **As written and read By Rev Tim Gage at the Lessons and Carols service on the 21st December**

From Israel's twelve clans, only one with this claim.  
Judah the Lion, destined to reign.  
But not from Jerusalem the capital or any grand other,  
But Bethlehem, David's town an unlikely brother.

An oracle it's told, since the earliest of days,  
That a king would be born to bring us God's grace.  
With a heart for the poor, the sick and the outcast,  
The ultimate rescue which would soon come to pass.

The psalmist brings to us their hymns full of laughter,  
Of joy and good tidings and peace ever after.  
The Lord has done great things and great is his name,  
He lifts up the needy, his glory proclaim.

But Lord, please hear us, as we wait for your reign,  
bend your ear to all those distraught cries of pain.  
We know you are coming to bring us this ease,  
So be quick; king, Messiah, promised prince of peace.

Isaiah brings us the word of good news,  
Of how someone is coming to untie and loose  
the bonds which once held us in decay and sin  
To bring us his kingdom and beckon us in.

But our world is in ruin and we feel far from that light,  
So come down among us and display your true might.  
Then all of the nations near and far will see  
The king come to save us to free us indeed.

Then after much waiting there in Nazareth town  
For Joseph and Mary life turns upside down.  
A call to carry God's son and to him give birth,  
To the saviour we've awaited now here on the earth.

So they pack up and leave to be counted, at pace,  
Where Jo hails from way back, his families place.  
Beth'lem, house of bread and King Davids home,  
God's promise through Micah is now being shown.

But the town was in chaos and all despite the danger,  
The saviour is born and laid in a manger.  
The king of kings and lord of lords  
is born in true poverty with a bed made of straw.

So who should God call to come and to see  
The birth of this true divine royalty?  
A scribe or a priest or even an empress  
Not quite, instead some shepherds nonetheless,

To them bright shining hordes of heavenly host,  
swarmed the skies with an audience engrossed.  
Singing Glory to God and peace on the earth  
To all who seek him, who value his worth.

The shepherd folk left with quite a startling pace,  
To find this most holy mystery which had now taken place.  
When they saw him they worshipped, then ran out to the streets  
Saying listen one and all, born here, the prince of peace.

The child grew and grew and proclaimed the Lord's favour,  
Though some scoffed and jeered him, while others cried saviour.  
From the manger to the cross, to the tomb to the sky,  
now he lives forever, by the father's right side.

So this Child's birth echoes this message to all,  
How will you respond to him, when you hear his call?  
Will you come and follow and let disbelief cease  
And receive him this Christmas, our one hope of peace.

Happy New Year  
Tim Gage

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## WOMEN'S SOCIAL

At the beginning of December the members met for our Christmas meal at The Old Tollgate, Bramber. The room was festively decorated and everyone enjoyed a delicious carvery meal.

We ran our successful Tombola stall at the Christmas Fair – thank you to all our members for their generous donations.

Father Tim led our Preparation for Christmas Service – a time for us to get together, away from the pressures of Christmas tasks, to remember the true meaning of Christmas. Thank you, Tim and Moz, for a very moving service. This was followed by refreshments.

On the 9<sup>th</sup> February we will be meeting at Bankers, Western Road for fish and chips and we will meet at Carol's home on the 23<sup>rd</sup> February for coffee.

Maggie Keeling



“He moved here after the PCC voted to lower the church heating bill. He says it is warmer out here.”

## **REPORT ON THE PCC MEETING THAT TOOK PLACE ON NOVEMBER 15<sup>TH</sup> 2022**

The meeting took place in the church and was attended by Mandy Gander, Rev Jan, Anna Samuelsson, Sarah Rogers, Moz Ward, Rev Tim, Paula Light, Peter Blakeney, Elliot Flackhill

The agenda covered the following:-

Men's Social Group which met in December for beer and skittles.

Alpha Course – sign-up sheets are at the back of the church.

Mission Community Partners - the charities we will support in 2023 were discussed and names in last month's Keynotes.

4 Mores – More Engaged, Peter Blakeney reported on ways to get the congregation and community more engaged with St Peter's

Warm Places – we looked at the possibility of opening up the church as a warm space after some of our other day time activities.

Events and outreach – for fellowship within the church and serving the community. Fund raising, meeting other people and stepping stones.

Virtual Live Streaming – making progress, watch this space.

Youth and Children – we are hosting a youth group from Holy Cross in the Community Centre and 10 of our young people have signed up to attend.

Tea and Tots are now meeting in the church and have been joined by Miranda.

The crèche – volunteers required, could Choir Vestry be used?

Parish Ministry Costs were discussed.

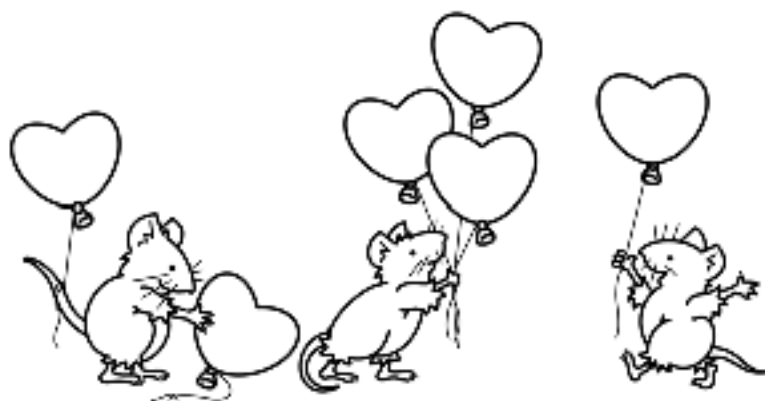
Midweek services were discussed.

Website– is now live and can be updated by Mandy. A WhatsApp group was discussed.

Health and Safety – Ian repaired the bottom of a door in the Community Centre. One of the fire exit doors is difficult to open and close. The old staging has been disposed of as it was blocking an exit.

Blue Jeans Day – was poorly attended and there are still things that need to be done. The damage to the Rectory garden fence will be covered by the Diocese.

The meeting was closed with a prayer.



### **With Valentine's Day in mind...how do you define love?**

A group of 4-to-8-year-olds was once asked: 'What does love mean?' The answers they gave were surprising for their depth of insight....

– “When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.” Rebecca – age 8

– “When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth.” Billy – age 4

– “Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other.” Karl – age 5

– “Love is when you go out to eat and give somebody most of your chips, without making them give you any of theirs.” Chrissy – age 6

– “Love is what makes you smile when you're tired.” Terri – age 4

– “Love is when mum makes coffee for my dad and she takes a sip before giving it to him, to make sure the taste is OK.” Danny – age 7

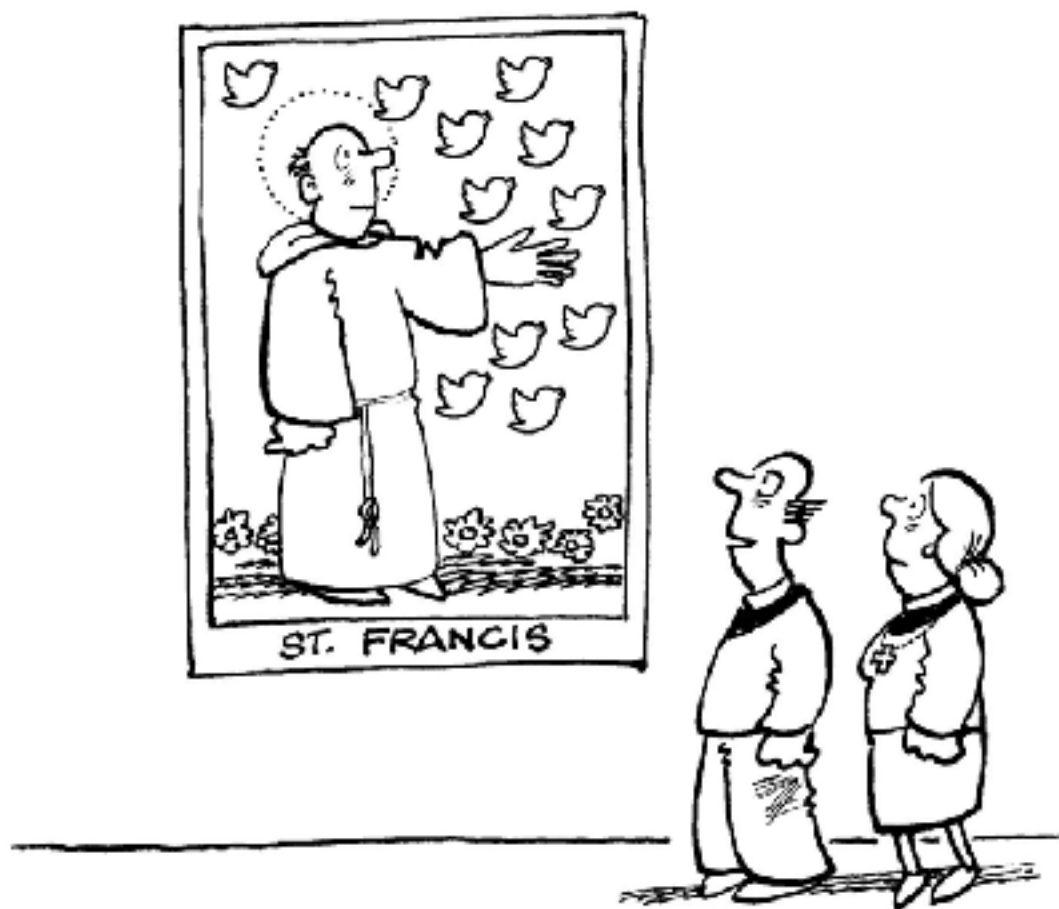
– “Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My Mum and Dad are like that. They look gross when they kiss.” Emily – age 8

– “If you want to learn to love better, you should start with a friend who you hate.” Nikka – age 6 (We need a few million more Nikka’s on this planet)

“My mummy loves me more than anybody. You don’t see anyone else kissing me to sleep at night.” – Clare, aged 6

“Love is when mummy gives daddy the best piece of chicken.” – Elaine – age 5

“Love is when your puppy licks your face even after you left him alone all day” Mary Ann – age 4



*He's been updated. He's now the patron saint of tweeting!*

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## **Our Charity for February is Hangleton and West Blatchington Foodbank**



Their aim is to help individuals and families who are in urgent need and access short term support – in terms of food, but also money advice, energy advice and community support.

Clients must be referred to the Foodbank by a professional organisation, for example a Health Visitor, Social Worker, Housing Officer or Advice agency.

Clients are offered the opportunity to obtain money advice from Moneyadviceplus, and energy advice from BHESCo. The mental health charity MIND visit the Foodbank once a month to offer support and advice.

They rely on donations of food and monetary donations to help meet their costs.

Please support them.

There is a donation pot at the back of Church or you can donate to our account online with charity as the reference.

## Crossword Clues

### Across

8 Interrogated (Acts 12:19) (5-8)

9 'Burn it in a wood fire on the — heap' (Leviticus 4:12) (3)

10 Tobit, Judith, Baruch and the books of Esdras and the Maccabees are part of it (9)

11 Science fiction (abbrev.) (3-2)

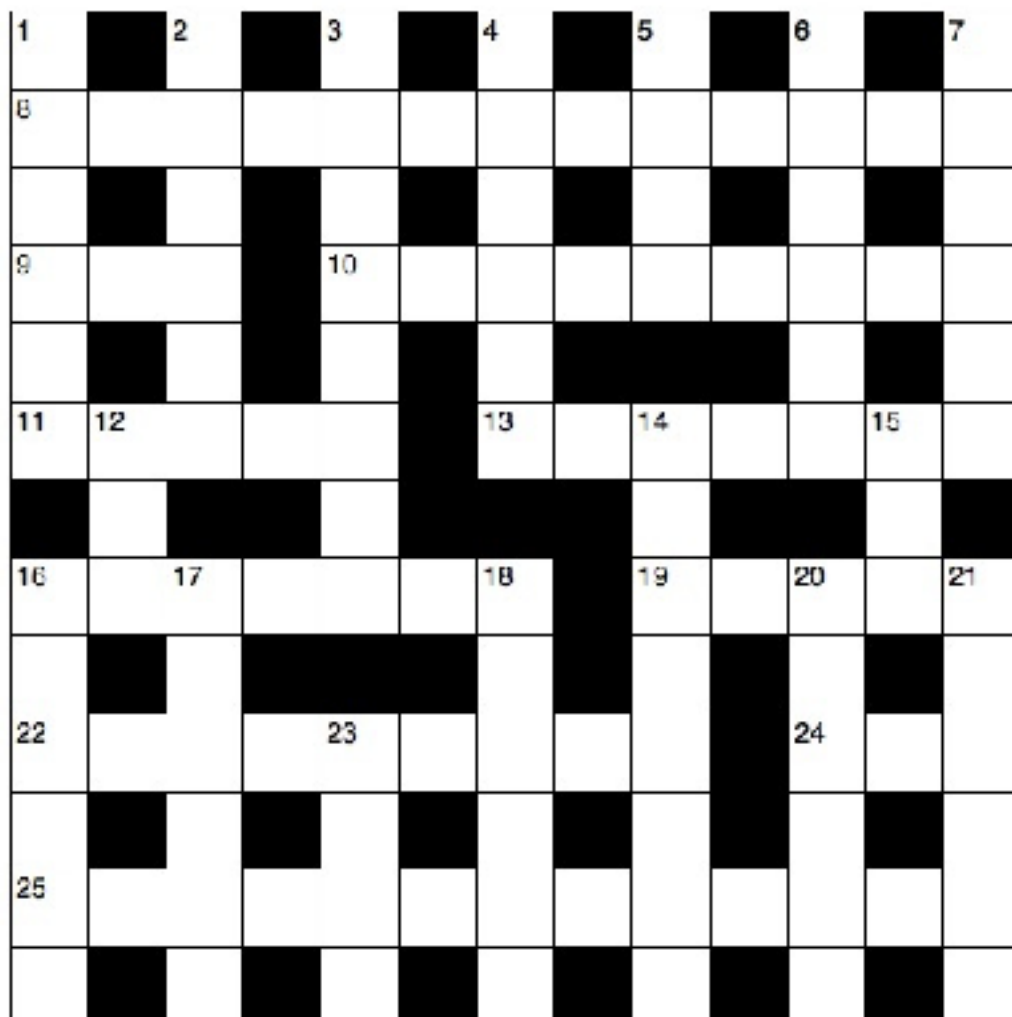
13 Clay pit (anag.) (7)

16 Went to (John 4:46) (7)

19 'Therefore, I urge you, brothers, in view of God's mercy, to — your bodies as living sacrifices' (Romans 12:1) (5)

22 David's plea to God concerning those referred to in 14 Down: 'On — — let them escape' (Psalm 56:7) (2,7)

24 Royal Automobile Club (1,1,1) 25 How the book of Ezekiel refers to God more than 200 times (Ezekiel 2:4) (9,4)



## Down

- 1 Seas (Proverbs 8:24) (6)
- 2 One of the sons of Eli the priest, killed in battle by the Philistines (1 Samuel 4:11) (6)
- 3 Specialist in the study of the Muslim religion (8)
- 4 'Do not rebuke an older man harshly, but — him as if he were your father' (1 Timothy 5:1) (6)
- 5 One of Esau's grandsons (Genesis 36:11) (4)
- 6 Taking a chance (colloq.) (2,4)
- 7 God's instructions to the Israelites concerning grain offerings: ' — salt to — your offerings' (Leviticus 2:13) (3,3)
- 12 Confederation of British Industry (1,1,1)
- 14 'All day long they twist my words; they are always — to harm me' (Psalm 56:5) (8)
- 15 The crowd's reaction to Jesus bringing back to life a widow's son in Nain (Luke 7:16) (3)
- 16 Disappear (Psalm 104:35) (6)
- 17 How Jeremiah was likely to die if he wasn't rescued from the cistern where he was imprisoned (Jeremiah 38:9) (6)
- 18 What the prophets do to a wall, with whitewash (Ezekiel 13:10, RSV) (4,2)
- 20 Made by a plough (Job 39:10) (6)
- 21 Noah was relieved when the flood waters continued to — (Genesis 8:5) (6)
- 23 Jesus gave the Twelve the power and authority to do this to diseases (Luke 9:1) (4)





## Tea and Tots

Thank you so much for your prayers for our church toddler group Tea and Tots. Praise God that the move from the meeting room to the church building has gone well and babies, toddlers and their parents/ carers enjoyed playing, chatting, stories and songs with a lot more space last week.

Two members of our congregation kindly donated money which has covered the cost of one of the three rugs we needed for the group. Many thanks to them. No amount is too small if you are able to give towards the other two rugs (which total £90) They are so important for making the space comfortable and warm. You can use the QR code on here to donate or give cash to Mandy Gander (Treasurer) or Clare Gage (Leader of Tea and Tots)

We are also looking out for the following items for Tea and Tots:

A metal room divider/extra large stair gate/playpen (to have near the entrance as an extra safety measure)

A tuff tray and stand  
Toy trains  
Play food  
Ride on toys  
A small activity table  
A push along walker  
Toy farm animals  
A small dolls' house

If you have any of these items, see them for sale secondhand or would like to buy them new for the group please speak to Clare Gage.

## **Prayer List Requests**

Each Sunday we pray for people in any kind of need.

These may be the names of people on the prayer list which is printed in the Pew Sheet each week. The names are not read out individually during Sunday Intercessions, but are prayed for individually at the monthly Wednesday Prayer Service.

This is a lovely, peaceful, prayerful time in The Old Church. Please join us.

The date of the next Wednesday Prayer Together Service will be on the Pew Sheet.

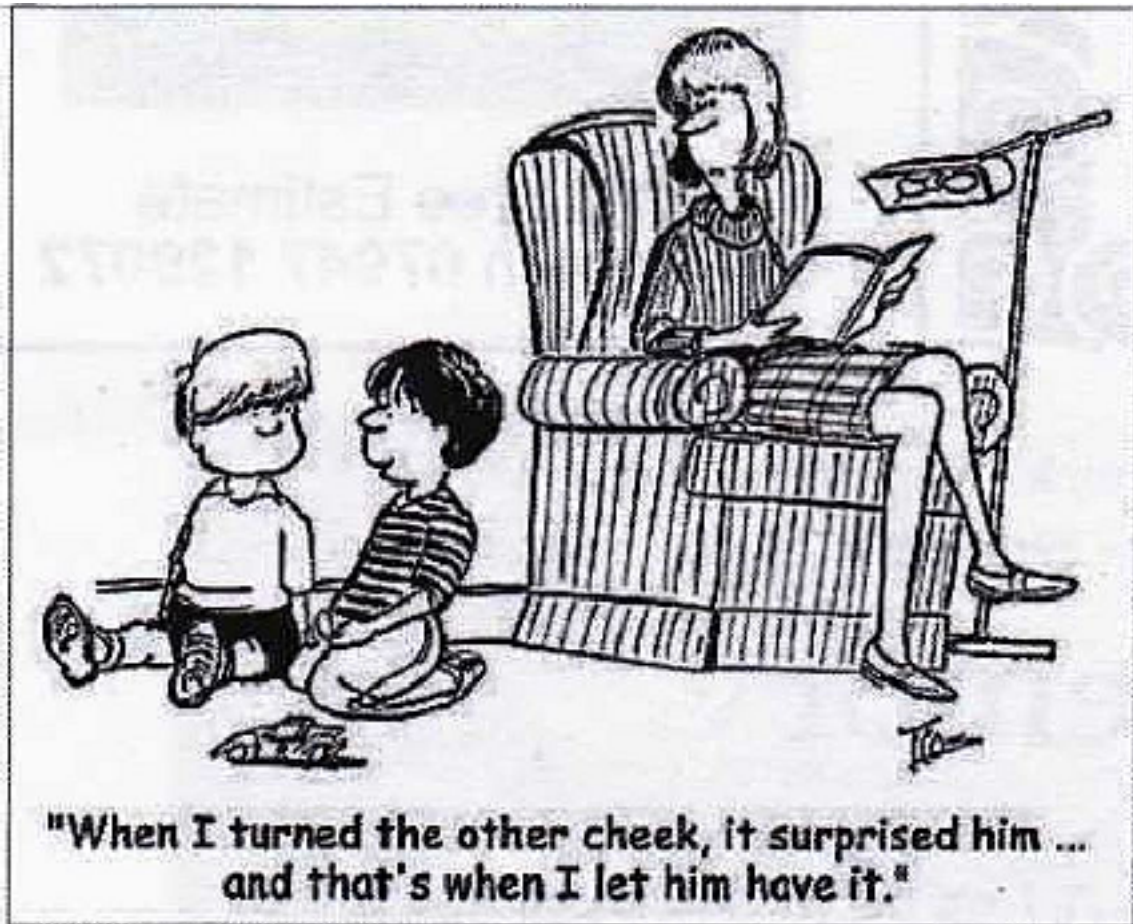


### **St Peter's Pastoral Care Group**

**Our Pastoral Care Group exists to offer entirely confidential help and support on any pastoral matter.**

**Perhaps you would like a friendly visitor for a good chat now and then, help with transport, a name included in our prayer list at Church, some professional advice which we can help find, or an offer of Communion at home?**

**Please contact, in the first instance, Carol Gander on 01273 555414.**



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## **WORLD DAY OF PRAYER**

This annual service this year will be on Friday 3rd March at All Saints, The Drive at 10.30am and everyone is invited to attend.

World Day of Prayer is a global ecumenical movement led by Christian women who welcome you to join in prayer and action for peace and justice.



Maggie Keeling

### **Crossword answers:-**

#### **ACROSS:**

8, Cross-examined. 9, Ash. 10, Apocrypha. 11, Sci-fi. 13, Typical. 16, Visited. 19, Offer. 22, No account. 24, RAC. 25, Sovereign Lord.

#### **DOWN:**

1, Oceans. 2, Hophni. 3, Islamist. 4, Exhort. 5, Omar. 6, On spec. 7, Add all. 12, CBI. 14, Plotting. 15, Awe. 16, Vanish. 17, Starve. 18, Daub it. 20, Furrow. 21, Recede. 23, Cure.

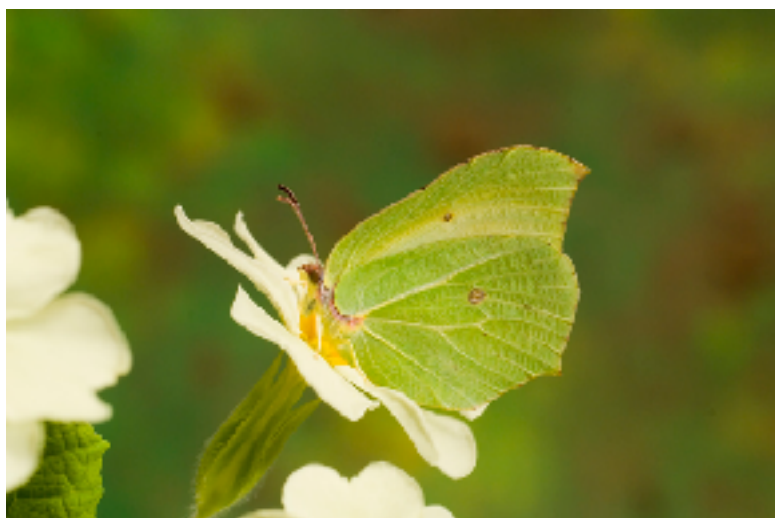
## **Sussex Wildlife Trust is an independent charity caring for wildlife and habitats**

### **Brimstone** by Michael Blencowe of the Sussex Wildlife Trust

It's around about now that I start getting a bit bored of winter. Don't get me wrong, I enjoy a bit of bleak beauty: bare trees, frosted landscapes and all that. But now I need something to get my heart racing. Send me a sign – some life in the graveyard of winter, a promise of those dynamic spring months ahead, a flash of colour. In February my light at the end of the tunnel is an oncoming butterfly.

On sculpted, vibrant yellow wings the Brimstone makes his elegant entrance into the New Year on those bright February days when you feel the warmth of the sun on your face. Its distinctive yellow wings have given birth to a legend – that this 'butter-coloured fly' inspired the word butterfly. This claim may not entirely be true. Also untrue is the notion that these February Brimstones are the first signs of the year's new life. Because by the time Brimstones appear in February they are already on their last (six) legs.

Fresh Brimstone butterflies emerged from their chrysalises in late summer, so by February they could be seven months old – and in butterfly years that's ancient. Admittedly almost all of that time they've been asleep in a hedge, sheltered from the storms under Holly and Ivy. Yet despite the worst winter weather they always emerge immaculate in the spring. They must be made of Teflon.



When they awake the (bright yellow) males search for a mate, they mate, the (pale yellow) females lay eggs and then both die. Still, an adult life of over ten months earns them the title of our longest-lived butterfly. An insect OAP.

The Brimstone's caterpillars feed on the leaves of Buckthorn and Alder Buckthorn, unobtrusive shrubs which, like the butterfly, are widespread across Sussex. When I first became the proud owner of a garden it was only a matter of days before I evicted the gnomes and planted an Alder Buckthorn. The following spring I was excited to watch a Brimstone laying her tiny skittle shaped eggs and I studied the caterpillars as they hungrily defoliated my tree. It's funny, people often complain to me about caterpillars eating their plants – especially cabbages (the food of Small and Large White caterpillars). Why people are concerned is beyond me. Cabbages are horrible. The only reason I would ever plant a cabbage is for the pleasure of watching something else eat it.

The first Brimstone sighting in February doesn't exactly mean that spring is starting but it's certainly a sign that winter is starting to end. And right now that's good enough for me. Either way this yellow butterfly is a welcome messenger of what's to come – the first sulphurous spark to ignite the blaze of spring.



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## **People and Places of the Bible**

This month I am reflecting on the Christmas events and writing about something that I have reflected upon from readings occurring during this time.

### **Elizabeth and Mary, the Mother of Jesus**

It is interesting to look at the similarities and differences of these two important people in the New Testament. Both were female and both were pregnant. They were related. One, Elizabeth, was married but old. The other, Mary, was unmarried and young. Elizabeth was with child by her husband, but Mary was pregnant by the Holy Spirit. They were cousins or near relatives.

When Elizabeth was six months pregnant Mary, who was just pregnant having been advised about her special role by the Angel Gabriel, went to visit her. Elizabeth greeted her with the words, "Blessed are you among women and blessed is the fruit of your womb". Luke 1.42. As she spoke these words, Elizabeth's child moved in her womb.

To me, what is interesting, is that these events have given us three canticles for the Book of Common Prayer, The Benedictus, Luke 1.68-79 in Morning Prayer, the Magnificat, Luke 1.46-55 and the Nunc Dimittis, Luke 2.29-32 in Evening Prayer.

The only meeting we know of between Jesus and John the Baptist is at Jesus baptism John 1.32-33. Cousins often do not meet or only rarely.

### **The Hill City**

There has been much speculation as to where this place is and as Zechariah was a priest with duties at the temple it could not have been too far from Jerusalem for him to travel in to perform his duties, for which he would have been resident at the temple.

Given that, the journey from Nazareth would have been nearly one hundred miles over mountainous territory and hazardous. It is likely that Joseph accompanied Mary and that they were with a caravan. Mary stayed for three months until John was born. In all probability, Joseph would have returned to his business in Nazareth after taking Mary there.

One of the places named most often is Ein Karem on the outskirts of Jerusalem at 2,474 feet above sea level while Nazareth is 1,138 feet, making it a climb of 1,336 feet.

Compiled by William Holden from a variety of sources.



The fan-heater under the cassock idea proved not to be such a good one

### **Answer to prayer**

A small boy badly wanted a baby brother, so his dad suggested he pray every night for one. The boy prayed earnestly, night after night, but his prayers seemingly weren't answered. So after a few weeks, he didn't bother to ask anymore.

Some months later, his dad said they were going to see Mum in the hospital and he was going to get a big surprise. When they got to the room, the little boy saw his mother holding two babies. The little boy stood still for a moment, and then cautiously observed: "It's a good thing I stopped praying when I did."



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## Small Donations Scheme

We have reintroduced the above scheme, or SDS, which ran very successfully up to several years ago. The idea is to give people the opportunity to make a donation towards the cost of items which are one-off purchases or materials which we use. These donations are not regular but are on an “as and when able” basis which may be something in which they are interested.

The next edition of Keynotes will then contain a “thank you” notice for the gift which can be anonymous or include the sponsor’s name.

Mandy has produced a list of items which may appeal to the congregation and any discussion can be held in confidence with her. This list includes the following;

Coffee	£ 5.50
Lightning protection	£ 150.00
Organ tuning	£ 178.00
New rugs for Tea and Tots	£ 45.00
Candle Oil	£ 61.13
Monthly website fee	£ 16.13
Altar Breads for communion	£ 10.94

### Thank you for your sponsorship

Our grateful thanks go to the person, who wishing to remain anonymous, very kindly donated £45 to pay for one of the new rugs for Tea & Tots and also to the kind couple that paid for our beautiful Church Christmas Tree this year.

If you would like to make a donation to help with the funding of some of the items of expenditure in and around our Church then please contact Mandy Gander, our Treasurer.

Editor: Nigel Beeton writes: "The season of Lent begins this month.

In times gone by it was observed very strictly, on pain of excommunication. Maybe these days we don't pay it such attention, but taking a bit of extra time with God during Lent is time that He will richly repay:"

### **Lent**

The monk, within his monastery,  
The ploughman and the lord;  
Would keep the Lent time patiently  
And keep a simple board.

Rich food nor meat could touch their lip  
Just plain and simple fare;  
Dried bread in sauce they could not dip –  
Or face the Parson's glare!

Today, such things don't tend to be  
We've left them in the past!  
Just those within that monastery  
Who keep the Lenten fast.

But all should come to love anew  
The treasured time of Lent  
And spend more time with Father, who  
Rewards such time well spent!

By Nigel Beeton



## **REGULAR WEEKLY SERVICES**

### **SUNDAY**

10.00 am Parish Eucharist with Sunday School (except for the first Sunday of the month)

1<sup>st</sup> Sunday of the month at 4.00 pm - St Peter's @ 4 family service

10.00 am Online service via Youtube  
or via your telephone by dialling 01273 071150



The Rector is always available for spiritual counsel and healing prayer

**FRIDAYS AT ST PETER'S  
St Peter's 'Open Church' drop-in**

**The First Friday of each month  
10.30am – 12noon**

**For coffee, conversation and companionship.**

**We are open between 10.30am and 12 noon for you to  
'drop-in' for a coffee, piece of cake and a chat.  
A very warm welcome awaits you, so please do 'drop-in'  
we'd love to see you.**

**Breath deep**

Now here's a trick that you probably haven't tried before: next time you forget something, try taking some deep breaths.

It seems that inhaling stimulates our brain, creating electrical activity where emotions, memory and smells are processed. In a recent American study, individuals were able to identify a face two seconds more quickly if they were breathing in through the nose, rather than breathing out.

The study was carried out at Northwestern University in Chicago, and it may also explain why we breath rapidly when afraid. "If you are in a panic state, you spend proportionally more time inhaling. .... Faster breathing could have a positive impact on brain function and result in faster response times."



## **WHAT'S HAPPENING IN YOUR GARDEN?**

- 1) Prune Wisteria now, cutting back side shoots to 2 or 3 buds.
- 2) There is still plenty of time to prune your Rhododendrons while they are in the dormant stage.
- 3) Take notice of your climbers as some may need pruning before the end of the month.
- 4) Cut back old foliage from Ornamental Grasses before growth begins. Clip them to within a few centimetres of the ground.
- 5) Prune overwintered Fuschias back to 1 or 2 buds on each shoot.
- 6) Prune winter-flowering Jasmine after flowering to encourage new growth for next years blooms.
- 7) Prune winter-flowering Shrubs such as Viburnum and Mahonia.
- 8) Lift and divide Snowdrops still "in the green" if you want to move them or create more plants.
- 9) Cut back vines such as Ivy and Virginia Creeper. Doing this now helps keep windows, gutters and roof tiles clear.
- 10) Install water butts now ready for the summer.
- 11) Shred or chop any woody prunings before you add them to the compost bins as this will speed up decomposition.



## **COME INTO MY KITCHEN.....**

**Wishing you all a Happy, Healthy New Year**

This first recipe is a great starter or lunch for 2 using seasonal purple sprouting broccoli. Serve with some crusty bread for mopping up the tahini yogurt. To keep the purple sprouting broccoli from losing its colour and bite during cooking, stick to griddling or stir-frying.

### **CHARRED PURPLE SPROUTING BROCCOLI WITH TAHINI YOGURT AND SPICED SEEDS**

80ml rapeseed oil, plus 1 tsp  
1 large garlic clove, very thinly sliced  
1 tbsp pumpkin seeds  
½ tbsp sesame seeds  
½ tsp cumin seeds  
1 tsp pink peppercorns, lightly crushed  
¼ tsp smoked paprika  
¼ tsp dried chilli flakes  
230 g purple sprouting broccoli, stalks trimmed  
300g thick greek yogurt  
2 tbsp runny tahini

Put 80ml of oil and the garlic into a large frying pan over a medium heat. Cook for 2 minutes or until fragrant and just starting to sizzle. Add all the seeds and the peppercorns and cook over a low-medium heat for 5-6 minutes or until the garlic is golden and the spices are aromatic. Remove from the heat and stir in the paprika, chilli and ½ tsp of salt. Leave to cool.

Put the broccoli in a large bowl and drizzle with 1tsp of oil. Toss together with plenty of seasoning. Put a large, lidded frying pan over a high heat. Once hot, add the broccoli in a single layer. Cook on all

sides, turning occasionally, for 4-5 minutes until charred around the edges. Add a splash of water, then cover, reduce the heat, and leave to steam for a few minutes until the water evaporates and the broccoli is tender.

Meanwhile, combine the yogurt and tahini in a bowl, season lightly, then spread onto a serving dish. Top with the broccoli and drizzle generously with the spiced seeds and oil.

Who doesn't love a sponge pudding in the winter? This one provides its own sauce too!!

### **CARDAMON AND LEMON SELF-SAUCING PUDDING**

SERVES 8

300g golden caster sugar  
3 lemons, 1 sliced thinly, 2 zested and juiced  
100g salted butter, softened  
3 eggs, separated  
50g self-raising flour, sifted  
150ml whole milk  
1tsp vanilla extract  
300ml double cream  
½ tsp icing sugar, plus extra for dusting  
¼ -½ tsp ground cardamom  
10g pistachios, finely chopped

Put 100g of the caster sugar and 100ml of water in a large, wide pan, stirring to combine. Bring to the boil and, once the sugar has dissolved, add the lemon slices in a single layer. Simmer for 20 minutes over a low heat, turning occasionally, until the slices have softened and are a bit translucent. Transfer to a wire rack, set over some baking paper, to cool.

Heat the oven to 180C/fan 160C/Gas 4. Put the butter, lemon zest and remaining caster sugar in a large bowl and use an electric whisk to beat for 2-3 minutes until light and fluffy.

Add the lemon juice, egg yolks, flour, milk, vanilla extract and half the cream to the bowl and whisk briefly until a smooth batter forms. Put



the egg whites in a clean bowl and whisk until firm but not stiff. Fold through the batter until just combined.

Butter a 20cm wide x 5cm deep, round baking dish and pour in the mixture. Transfer into a deep baking tray. Carefully fill the tray with just-boiled water until it comes halfway up the side of the baking dish.

Bake for 40-50 minutes or until the top is golden brown and has a slight wobble – check after 40 minutes so it doesn't over bake. Remove from the oven to cool for 10 minutes.

To serve, whip the remaining cream with ½tsp of icing sugar and the cardamom until just holding firm – it should be very softly whipped. You can add a pinch more cardamom if you want it to be even more fragrant.

Dust the pudding with icing sugar and pile the cream in the centre. Garnish with the lemon slices and pistachios.

Maggie



### **Giving up for Lent**

At the end of the pre-Lent sermon, the vicar suggested, as an example to the rest of the community, that the congregation should worship in an unheated church for the whole of Lent. As they made their way into the chill Sunday air the vicar addressed one member of the congregation, asking what she had decided to give up for Lent. "Church," she replied firmly.



*The Parish Church of St. Peter  
West Blatchington*

## **FREE LUNCHTIME CONCERT SERIES**

**Our afternoon concert series continues with**

**Sussex Camerata**

**1.10 p.m. on Friday 17th February**

**The Recital is for approximately 40 minutes**

**Refreshments provided.**

**There is no admission charge, but donations to fund  
future concerts will be gratefully accepted.**

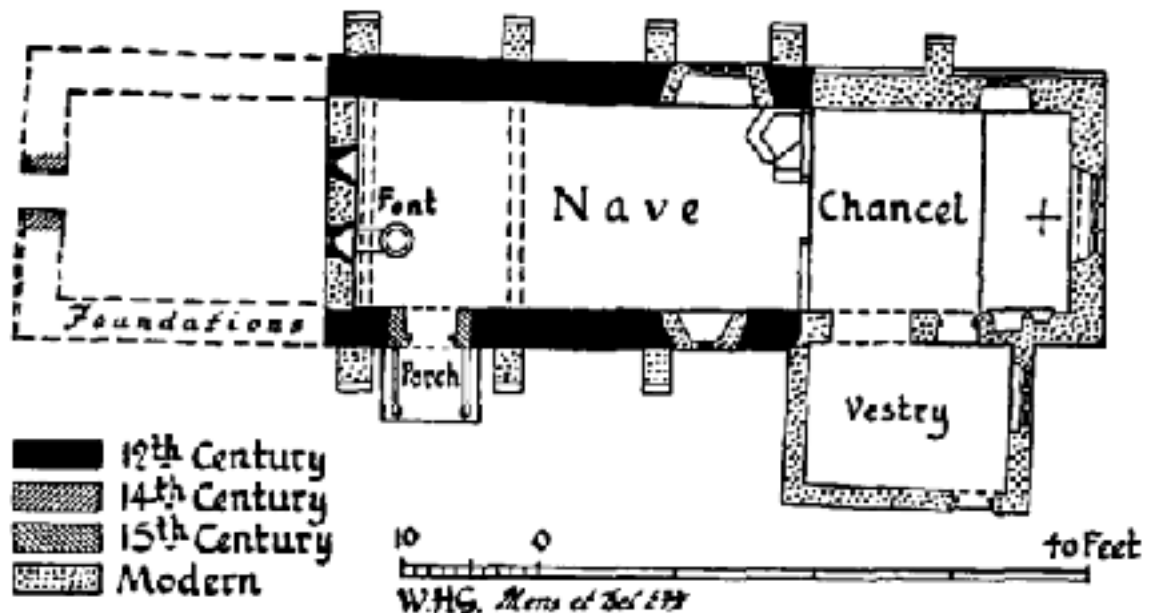
**All welcome!**

## Memories of Times Past

I began this in the November issue and over the coming months I will recall various situations, events and items which I hope you find interesting.

It was in the early 1940s when I joined the choir as one of the five or six choir boys.

The plan below was drawn soon after the old church was restored in 1888. The area marked chancel is where the choir stalls were with the entrance being the smaller gap. The area with the cross marked is the sanctuary with the line across the old altar rail. The larger gap was where the opening to the organ was situated with the organist sitting with their back to the opening and it was accessed from the vestry. This sets the scene.



The particular memory that I recall now was in 1948 when our new Rector, Jim Robinson, had arrived. By then I was recently confirmed and had just become a server whilst still continuing my choir activities. As I recall it we had an 8am Holy Communion every Sunday 11am Sung Matins except for the first Sunday in the month when it was a Sung Eucharist, Sung Evensong at 6.30pm every Sunday and once a month a 9am Holy Communion. I was the server at the first time Jim Robinson was celebrating the 9am service and this was to be my first encounter. I arrived some half an hour before the service to help get things ready only to realise that I had not put my tie on. Mr Robinson arrived before I had robed and a tieless William was introduced to him. I felt very embarrassed but he did not

comment. Remember that in those days ties were worn for your Sunday best.

More memories next month.

If you too have any memories that still come to mind do send in to Mandy Gander.

William Holden

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## **The key to a happy life**

Your mental health is the biggest single predictor of your personal happiness. So, suffering from depression or anxiety disorders can devastate your life.

Finding love is also a vital ingredient for happiness. "People need to be needed, and to be in meaningful relationships", says a recent study by the London School of Economics. It goes on: "Happiness is hugely affected by the ethos of a society, which affects everyone in it. For example, happiness is higher in societies where people trust each other. Freedom is also a crucial determinant of happiness."

The report also found that a boost in income, or more education, did not significantly affect our overall well-being. Having good mental health and someone to love were far more important.

## **FEBRUARY SEASONS FESTIVALS AND SAINTS DAYS**

### **10<sup>th</sup> February – Scholastica – Abbess, c543**

Scholastica, whose name means 'learned woman', was the sister of Benedict, the founder of the Benedictine order. Gregory the Great tells us that Scholastica was consecrated to God from childhood, and that she established, and then led, an ascetic community that followed the Benedictine rule of life in Plombariola. The community was five miles away from the Benedictine community in Monte Cassino, which was led by her brother. We are also told by Gregory that it was Scholastica's practice to make an annual journey to a cottage just outside her brother's monastery at Monte Cassino where she would consult with him concerning spiritual matters and prayer.

Such scant evidence for her life has led to speculation about her existence at all. The first record of her life is found in the work of Gregory the Great (c.593), and is only brief. Gregory mentions the emotional last meeting between brother and sister, in which Benedict is prevented from returning to his monastery at nightfall by Scholastica praying for a storm to arise. Their last night together was then spent discussing heaven, before Benedict left the following morning. Scholastica died three days later, and Benedict is reported to have witnessed her soul rising to heaven in the form of a dove.

### **17<sup>th</sup> February – Ash Wednesday**

Ash Wednesday is the first day of the penitential season of Lent, in which the Priest applies ashes to the foreheads of Christians to signify an inner repentance.

Ash Wednesday, originally called *dies cinerum* (day of ashes), is mentioned in the earliest copies of the Gregorian Sacramentary, and probably dates from at least the 8th Century. One of the earliest descriptions of Ash Wednesday is found in the writings of the Anglo-Saxon abbot Aelfric (955-1020). In his Lives of the Saints, he writes, "We read in the books both in the Old Law and in the New that the men who repented of their sins bestrewed themselves with ashes and clothed their bodies with sackcloth. Now let us do this little at the beginning of our Lent that we strew ashes upon our heads to signify that we ought to repent of our sins during the Lenten fast." Aelfric

then proceeds to tell the tale of a man who refused to go to church for the ashes and was accidentally killed several days later in a boar hunt! This quotation confirms what we know from other sources, that throughout the Middle Ages ashes were sprinkled on the head, rather than anointed on the forehead as in our day.

As Aelfric suggests, the pouring of ashes on one's body (and dressing in sackcloth, a very rough material) as an outer manifestation of inner repentance or mourning is an ancient practice. It is mentioned several times in the Old Testament. What is probably the earliest occurrence is found at the very end of the book of Job. Job, having been rebuked by God, confesses, "Therefore I despise myself and repent in dust and ashes" (Job 42:6). Other examples are found in 2 Samuel 13:19, Esther 4:1,3, Isaiah 61:3, Jeremiah 6:26, Ezekiel 27:30, and Daniel 9:3. In the New Testament, Jesus alludes to the practice in Matthew 11:21: "Woe to you, Korazin! Woe to you, Bethsaida! If the miracles that were performed in you had been performed in Tyre and Sidon, they would have repented long ago in sackcloth and ashes."

In the typical Ash Wednesday observance, Christians are invited to the altar to receive the imposition of ashes, prior to receiving the sacrament of bread and wine. The Priest applies ashes in the shape of the cross on the forehead of each, while speaking the words, "For dust you are and to dust you shall return" (Genesis 3:19). This is of course what God spoke to Adam and Eve after they had eaten of the forbidden fruit and fallen into sin. In the context of the Ash Wednesday imposition of ashes, they remind each penitent of their sinfulness and mortality, and, thus, their need to repent and get right with God before it is too late. The cross reminds each penitent of the good news that through Jesus Christ crucified there is forgiveness for all sins, all guilt, and all punishment.

Compiled by William Holden



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### **Remembering Ukraine – one year on**

24th February is the first anniversary of the war in Ukraine, which has seen nearly eight million people displaced and thousands killed. This winter is the worst in living memory for most Ukrainians, with medicine, food, water, and heating in short supply. If you would like to mark the first year by helping the people Ukraine, here are some charities from which you might choose:

The Disaster Emergencies Committee (DEC) is an umbrella group of UK charities.

<https://www.dec.org.uk/appeal/ukraine-humanitarian-appeal>

**Christian Aid** was founded in 1945 by British and Irish churches to help refugees after the Second World War. Sadly, with war back in Europe, it is now back at work on the Continent.

<https://www.christianaid.org.uk/appeals/emergencies/ukraine-humanitarian-appeal-2022>

**Barnabas Fund** distributes food through local churches to Christians in the poorer areas, both in Kyiv and in rural regions.

<https://www.barnabasfund.org/gb/latest-needs/help-ukrainian-Christians-in-their-hour-of-need/>

**Samaritans Purse** has been airlifting medical supplies into the country, distributed more than 45 million kilos of food, and built water systems providing more than 30 million litres of water.

<https://www.samaritans-purse.org.uk/idr-crisis/crisis-in-ukraine/>

## MONEY MA££ERS - Figures for December 2022

### Receipts

Planned Giving	£	2970
Income tax recovered	£	586
Community Centre Income	£	1835
Collections/other giving	£	188
PCC Fees	£	94
Fundraising	£	2755
Energy grant from the Diocese	£	250
<b>TOTAL RECEIPTS</b>	<b>£</b>	<b>8678</b>

### Payments

Parish Contribution	£	6042
Salaries	£	717
Utilities and Insurance	£	309
Rectory	£	315
Community Centre running costs	£	317
Church running expenses	£	16
Upkeep of services	£	209
PCC reimbursement of expenses	£	602
Printing costs	£	432
Funds sent to charity	£	195
<b>TOTAL PAYMENTS</b>	<b>£</b>	<b>9154</b>

**End of year deficit £26,160**





<b>Date</b>	<b>Reading, Commemorations &amp; Intentions</b> Calendar for February (Year A)
<b>WEDS</b> <b>1<sup>ST</sup></b>	<i>Our City Council</i>
<b>THURS</b> <b>2<sup>ND</sup></b>	<i>All working in Care Homes</i>
<b>FRI</b> <b>3<sup>RD</sup></b>	<i>Aldrington School and its Teachers</i>
<b>SAT</b> <b>4<sup>TH</sup></b>	<i>Diocesan Education Department</i>
<b>SUN</b> <b>5<sup>TH</sup></b>	<b><i>3rd Sunday before Lent</i></b> <b><i>Isaiah 58. 1-9a 1 Corinthians 2. 1-12</i></b> <b><i>Matthew 5. 13-20</i></b>
<b>MON</b> <b>6<sup>TH</sup></b>	<i>Diocesan Synod</i>
<b>TUES</b> <b>7<sup>TH</sup></b>	<i>Religious Orders</i>
<b>WEDS</b> <b>8<sup>TH</sup></b>	<i>Bishop Martin</i>
<b>THURS</b> <b>9<sup>TH</sup></b>	<i>Bishop Will</i>
<b>FRI</b> <b>10<sup>TH</sup></b>	<i>Bishop Ruth</i>
<b>SAT</b> <b>11<sup>TH</sup></b>	<i>Archdeacon Martin</i>
<b>SUN</b> <b>12<sup>TH</sup></b>	<b><i>2nd Sunday before Lent</i></b> <b><i>Genesis 1. 1-2.3 Romans 8. 18-25 Matthew 6. 25-end</i></b>
<b>MON</b> <b>13<sup>TH</sup></b>	<i>Our Parish Representatives on Deanery &amp; Diocesan Synods</i>
<b>TUES</b> <b>14<sup>TH</sup></b>	<i>Our PCC</i>
<b>WEDS</b> <b>15<sup>TH</sup></b>	<i>All missionaries</i>

	<b>Reading, Commemorations &amp; Intentions</b> Calendar for February (Year A)
<b>THURS</b> <b>16<sup>TH</sup></b>	<i>Our Police Forces</i>
<b>FRI</b> <b>17<sup>TH</sup></b>	<i>All Christians in areas hostile to their faith</i>
<b>SAT</b> <b>18<sup>TH</sup></b>	<i>All street pastors</i>
<b>SUN</b> <b>19<sup>TH</sup></b>	<b><i>Sunday next before Lent</i></b> <b><i>Exodus 24. 12-end 2 Peter 1. 16-end Matthew 17. 1-9</i></b>
<b>MON</b> <b>20<sup>TH</sup></b>	<i>All doctors, nurses and health workers</i>
<b>TUES</b> <b>21<sup>ST</sup></b>	<i>All aid workers</i>
<b>WEDS</b> <b>22<sup>ND</sup></b>	<i>Rev Jan, Jenny, Adam and Hannah</i>
<b>THURS</b> <b>23<sup>RD</sup></b>	<i>All NHS workers</i>
<b>FRI</b> <b>24<sup>TH</sup></b>	<i>Our Government and all Members of Parliament</i>
<b>SAT</b> <b>25<sup>TH</sup></b>	<i>All refugees</i>
<b>SUN</b> <b>26<sup>TH</sup></b>	<b><i>1st Sunday of Lent</i></b> <b><i>Genesis 2. 15-17, 3. 1-7 Romans 5. 12-19 Matthew 4. 1-11</i></b>
<b>MON</b> <b>27<sup>TH</sup></b>	<i>Our local hospitals</i>
<b>TUES</b> <b>28<sup>TH</sup></b>	<i>Rev Tim, Clare, Ben, Sammy and James</i>

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And finally.....

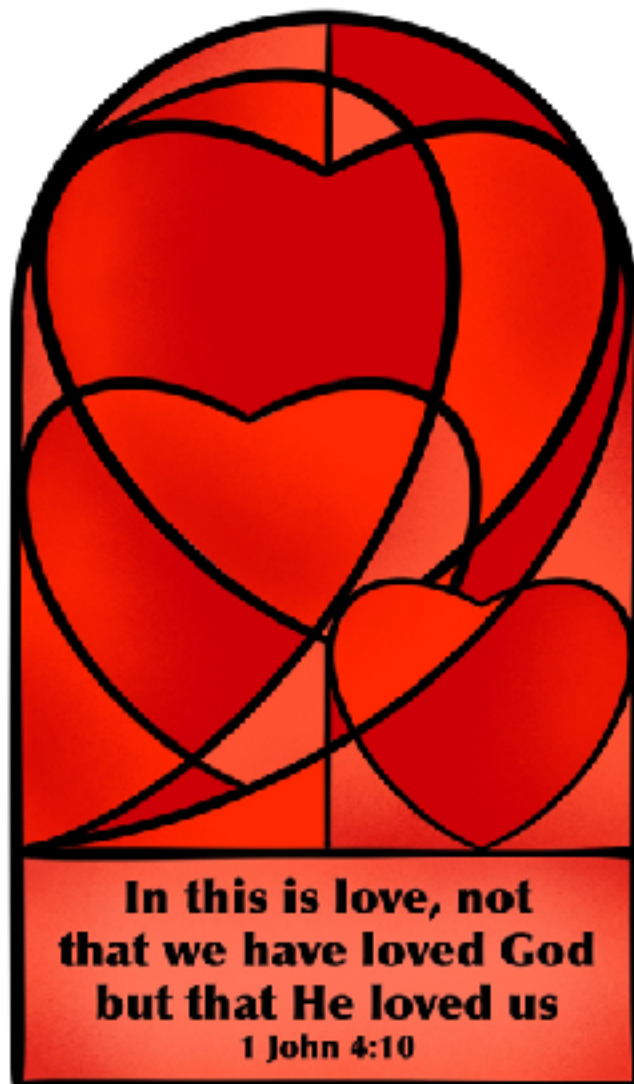
Dear Lord,

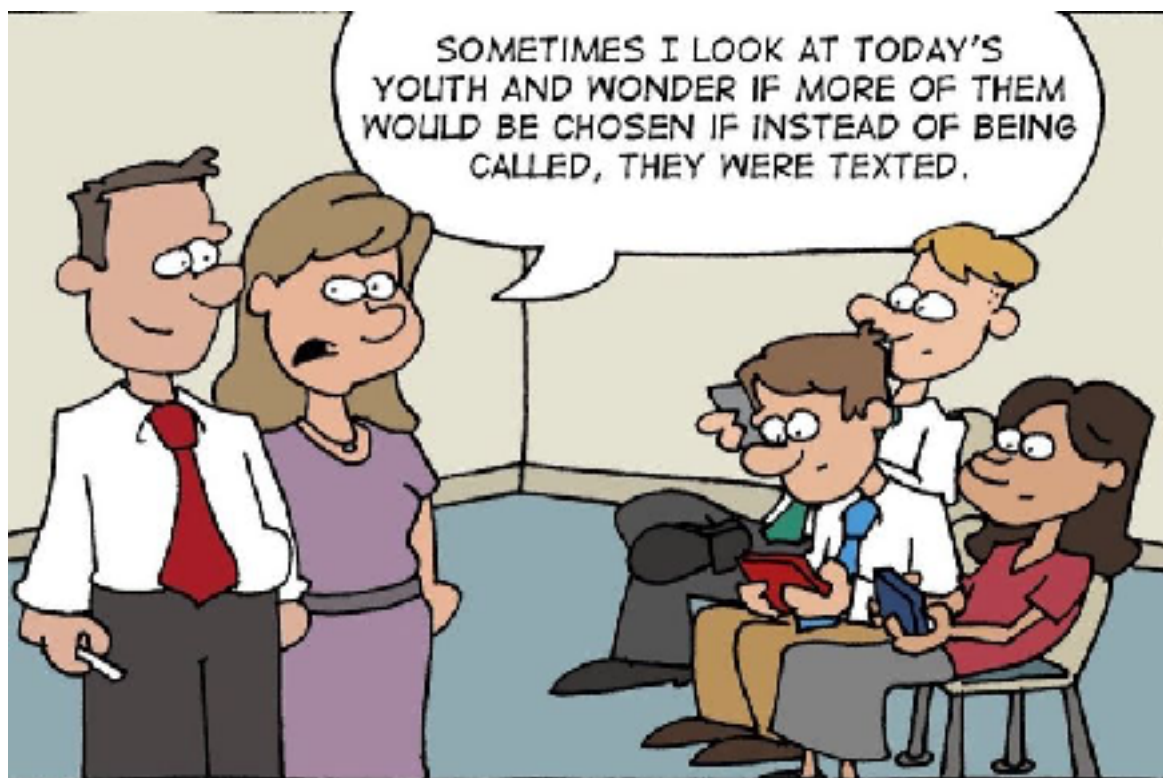
Here we are in February – month of cold days, winter days, but days that promise hope and signs of Spring. Snowdrops and lengthening light; echoes of the hope and light that Jesus brought to Simeon and Anna all those years ago in the Temple.

Thank you, Lord, that you always bring light, you always bring hope and peace and joy when we put our trust in Jesus, our Saviour. Jesus, Lord of all our days and seasons. In His name we thank you, as we look to His Light.

Amen.

By Daphne Kitching







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