

KEYNOTES



March 2024

£1.00

**THE PARISH CHURCH OF
ST PETER'S, WEST BLATCHINGTON**

Rector The Reverend Tim Gage
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 Rev Jan Butter Tel: 07889 400889
Email: westblatchingtoncurate@outlook.com

CHURCHWARDENS Jonathan Cooke Tel: 07973 851174
David Keeling Tel: 01273 501504

HON. TREASURER Mandy Gander Tel: 01273 271982

CENTRE BOOKINGS Maria Williams Tel: 01273 721918

PASTORAL CARE

Sick Visiting Carol Gander Tel: 01273 555414

KEYNOTES EDITORIAL TEAM

Jane Cummings	Tel: 01273 880274
Michael Evans	Tel: 01273 567399
Charlie Flackhill	Tel: 01273 965122
Mandy Gander	Tel: 01273 271982
Fran Breeze	Tel: 01273 421115

*E-mail: stpetersadmin@zoho.com
Church website : www.stpeterswestblatchington.org.uk*

PARISH EVENTS DIARY

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

Saturday 9th March - 10am - Blue Jeans Saturday - bi-annual Churchyard tidy up and Church spring clean

Saturday 23rd March- 1.10pm - Free lunchtime concert - Rachel Smith and Paul Gregory - flute and guitar

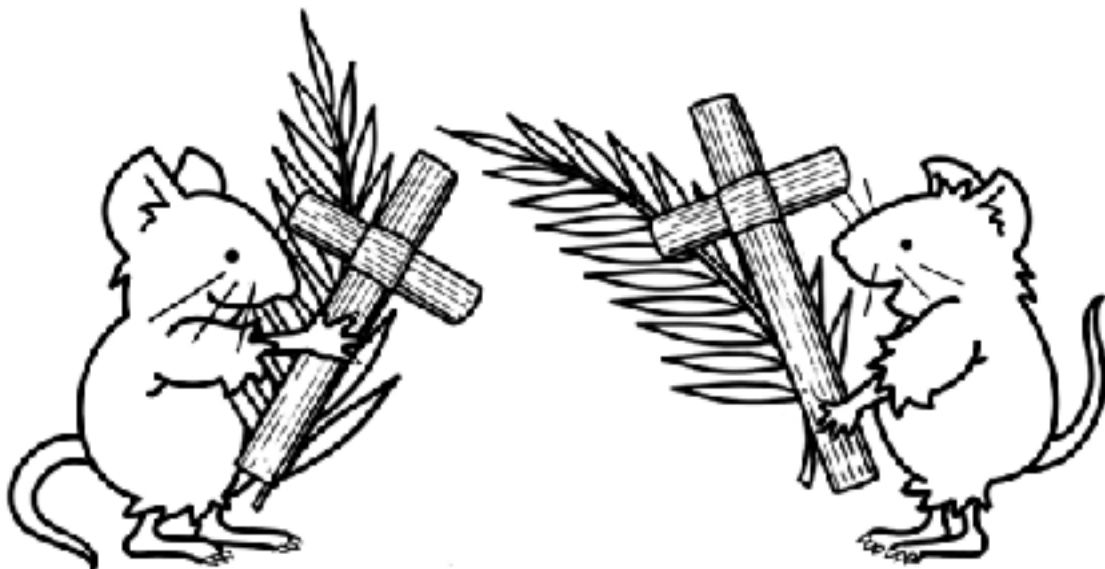
Friday 19th April - 1.10pm - Free lunchtime concert - Simon Carrey - piano recital

Saturday 27th April - 2pm - Arts and crafts afternoon- full details to follow in due course

Sunday 28th April - 11.30am - Annual Parochial Church Meeting

Please continue to keep us informed of events that you have planned or know about by sending a message to our email address which is stpetersadmin@zoho.com

The deadline for the April 2024 issue is
7th March



EDITORIAL

Welcome to the March issue of Keynotes. With Easter and all the services that recognise this special time scheduled earlier this year, March is going to be a busy month for our church family.

We have Mothering Sunday on the 10th, Palm Sunday on the 24th and Easter day on the 31st. The Holy Week and Easter services start with a bring and share meal, plus communion, in the church hall 7.45pm on Maundy Thursday (the 28th). There's Good Friday (29th), all-age worship at 9.30am, with hot cross buns, followed by a one-hour noon meditation at the cross.

On Easter Sunday, there's a sunrise service at 6.30am and an all-age parish Eucharist at 10am.

On the first Wednesday of the month (6th March) it's time to reflect and enjoy the calm of our prayer together session, held at 7.45pm in church, and on the third Wednesday of the month (20th) there's a shorter parish Eucharist, perfect if you can't always make the Sunday service.

Socially, it's equally busy. Blue jeans Saturday is on 9th March – a chance for us to don our outdoor gear and come together to spruce up the churchyard and surrounding area (plus refuel with tea/coffee and bacon butties). Here we demonstrate the truth of the saying, 'many hands make light work'.

Rachel Smith and Paul Gregory (flute and guitar) are performing a free lunchtime concert on 23rd March. Held in church, they start at 1.10pm. Refreshments are provided and any donations go towards future concerts.

Three days later – 26th March – there's a ladies' night pizza evening in the church hall. Starting at 8pm, bring a pizza to share, which will be heated in the hall, and your own drink. The next ladies' night gathering is at the Neville Pub, 8pm, 16th April.

If you've been coming to St Peter's for over six months, please join our electoral roll, it'll enable you to vote at our Annual Parochial Church meeting on the 28th April. Pick up a form at the back of church or ask Pam Miles, our electoral officer, for one.

If you enjoy reading Keynotes, and do not subscribe, or you haven't renewed your subscription, please can you think about doing so. £8 gives you 10 copies a year, and a member of the editorial committee will happily take your money.

And finally, don't forget the first Friday of every month (1st March and 5th April) is the open church drop-in session, where everyone is welcome for coffee, cake and a chat.

We look forward to seeing you at some of our services and events – there certainly are plenty to choose from.

Editorial Team



Rectors Ramblings

Climate anxiety!

In a Save the Children survey last year, it was revealed that 70% of children and young people feel anxious about the world they will inherit. This is not surprising, given the distressing scenes that we witness and read about from around the globe.

It is widely acknowledged that this is a problem, which is why the scientific community is putting in tremendous effort to educate us about the dangers we are facing.

As a school governor, I have personally witnessed the incredible impact our schools have had in educating young people about the significance of taking care of our planet. As I have contemplated environmental issues recently, and specifically how the Bible guides us in approaching such situations, it is crucial that we do not let environmental anxiety consume us. Rather, let us replace fear with faith.

Psalm 24 begins: *The earth is the Lord's and all that is in it, the world, and those who live in it. (Psalm 24:1 NRSV)*

The Bible teaches us that creation is named so because it was created by God Almighty in the first place. It belongs to Him, and we are co-workers entrusted with the responsibility of stewarding its resources and caring for what is His.

So how might we actively live out this as followers of Jesus Christ?

1. Pray. We start by humbly asking God to lead and guide us as we respond to the needs of our planet. We also pray for those who make poor decisions to repent and seek wisdom. May our eyes be open to the impact of the choices we make and may we prioritize the well-being of all living on this earth. Why not visit the Tearfund website and download the article 'Praying for our climate'

2. Do. Small steps can achieve great things. By reducing, reusing, and recycling plastic, participating in litter picks, making changes in transportation and consumption habits, and even lobbying

politicians, we can all contribute to the care and preservation of God's creation.

3. Rest. Alongside prayer and action, resting in God's sovereignty is crucial. The Bible makes it clear that the world will not end because of climate change. Therefore, it is important that we find peace in the hope of eternal life through faith in Jesus Christ. While we should be passionate about caring for creation, we should not be anxious.

Every blessing

Rev Tim, Rector

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WOMEN'S SOCIAL

On the 23rd January our friend Maggie Holden sadly died. Maggie had been an enthusiastic member of the group and, indeed, of the church, for many years. Since the pandemic she had suffered various health issues and we missed her sense of fun and lively conversation as she attended fewer events. We send our sincere condolences to William and all her family.

Our first meeting in 2024 was a coffee morning hosted by Pam Miles with Carol's help. It was a very well attended meeting and with 20 of us there, it was clear that everyone had missed the chance to get together!

We will be holding our Annual General Meeting in church at 10.30 a.m. on Thursday, 14th March when we will confirm the dates of meetings for 2024/25 and decide on our charity for the coming two years.

On the 21st March, Iris will host a coffee morning. This is a change of date as the original date of 28th March is Maundy Thursday.

Maggie Keeling





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Moses and climate change

When Moses went up the mountain one day to meet with God, the Lord said he had both good news and bad news for him. Moses asked, “What’s the good news?”

God replies, “Moses, I shall visit plagues upon the Egyptians. I shall cause their rivers to run red with blood. I shall cause frogs to infest their houses, and lice to infest their bodies. I shall cause flies to swarm upon them. Their cattle shall die; boils will infect both man and beast. I shall cause hail to destroy their crops; and locusts shall devour anything green that is left in their land. Darkness will cover their land for three days and nights. I shall then lead you through the wilderness as a pillar of cloud by day, and pillar of fire by night. I shall split the waters of the sea. I shall feed you with Manna that forms upon the ground until the children of Israel reach the Land flowing with milk and honey.”

Moses replied, “That’s GREAT, Lord! What could possibly be the bad news?”

“You, Moses, shall write the Environmental Impact Statement.”

Easter Services

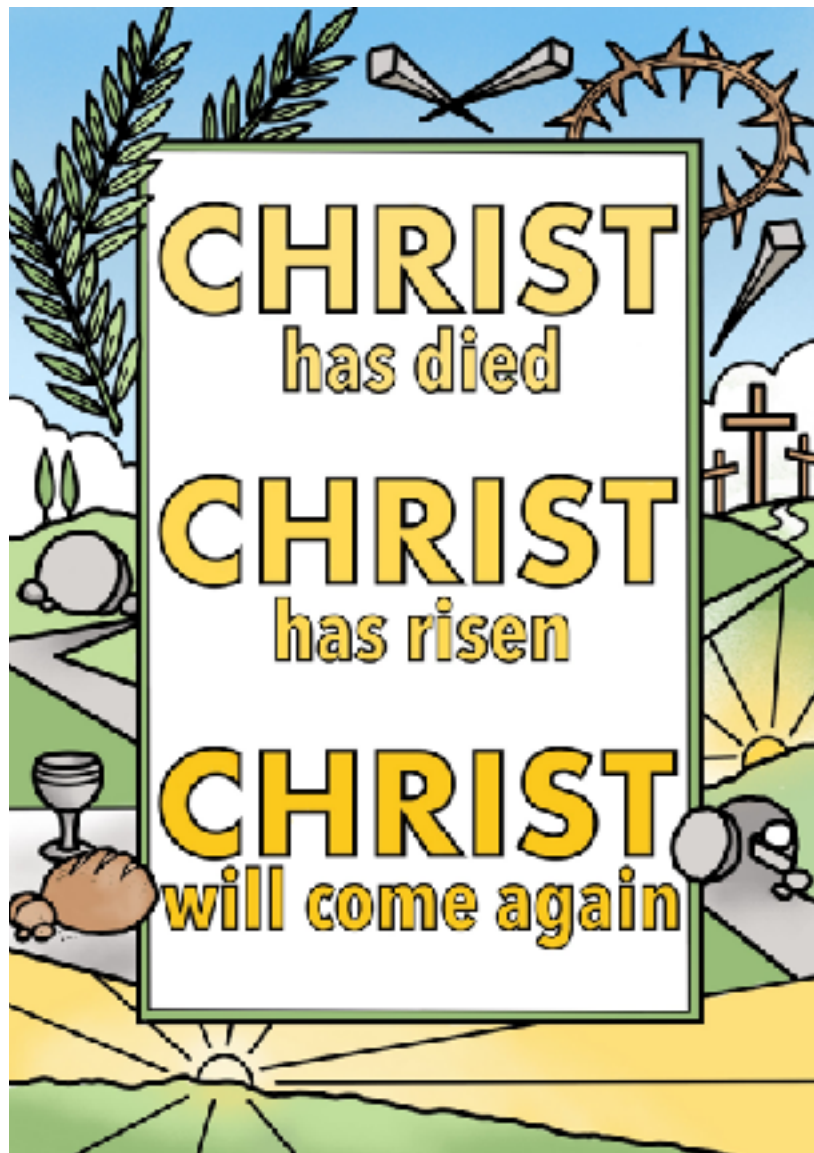
Maundy Thursday - 7.45pm - Bring and Share meal
and Communion in the Community Centre

Good Friday All Age Worship 9.30am

Good Friday Hour at the cross noon

Easter Sunday Sunrise 6.30am

Easter Sunday All Age Eucharist 10am



Our charity for March is the Sri Lankan Prison Ministry

Rev Sriyamal Fernando has a passion for reaching people with the message of being saved through Jesus Christ. He is based in a church in the large coastal city of Negombo. Recently they have been given permission to resume services in one of the local prisons.

Christian ministry includes handing out food parcels and basic items like soap or toothpaste as well as running worship services in Prison.

Please support them if you can.

**"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."
~ Ephesians 4:32**

St Peter's Bake Off

On the afternoon of Saturday 27th January between 14.00 and 16.30, St. Peter's Church had it's first Great British Bake Off. The theme was "All creatures Great and Small" and contestants were invited to make at home, cupcakes for the Children and sponge cake for the adults. They were then given 30 minutes for the Children, and 45 minutes for the Adults, to decorate their cakes in the Community Centre, including an element of surprise, inside.

We had 6 Adults and 4 Children participating, with friends and family, who came to watch and sample the cakes once judged.

There were two judges, Jean Rogers aka Prue Leith and Alan Skinner aka Paul Hollywood, (who has supplied cakes for our Summer and Christmas Fairs).



The Winners were Arthur Bran for his butterfly cup cakes and Iris Boyne-Cross for her beautiful and delicious sponge cake adorned with many woodland animals, rabbits and foxes, The surprise was the marzipan!! The winners were announced by Prue Leith and Paul Hollywood, who deservedly received one of his "Hollywood" handshakes.

Great fun was had by all the contestants and audience, and we managed to raise £85.50 towards the new sound system.

Many thanks to all involved and Keep Baking!!!

Zanita



Mother's reward

A man was decorating his new den and decided it was a good place to display all the awards he and his two sons had won at various athletic competitions. When he had filled two whole walls, he remarked to his wife that it was a shame she had no awards to contribute.

The following day, she produced, neatly framed, the birth certificates of their two sons, and added them to the display

The Wheatear by Michael Blencowe for Sussex Wildlife Trust

It's been a long winter, but rest assured that our summer migrant birds will soon be with us. As you read this, beating hearts and beating wings are powering tiny bodies through north African skies.

Wheatears are our earliest returning African migrants. It's a fast 3,000-mile flight from sub-Saharan Sierra Leone to Sussex for a 1-ounce Wheatear, and they've been recorded migrating at 500 miles a day. The dashing males arrive first, their soft, sun-bleached shades of pink and buff topped with a dapper black bandit's mask. At Sussex Wildlife Trust's Southerham nature reserve near Lewes, you'll see them scurrying over the grazed downland turf or perched along the valley's fence lines. When they fly, Wheatears flash the white rump which gives them their name. Because Wheatears have nothing to do with wheat or ears. Their original name...well, courtesy prevents me from writing their old English name in such an upstanding publication – but let's just say they were named after their white behinds. Victorians and vicars bird watching in mixed company blushed when they were called upon to identify one, so their name was subtly censored.

Wheatear is a more palatable name for a tragically palatable bird. In Sussex, Wheatears were considered a local delicacy and were served at the finest banquets in Lewes, Brighton and Eastbourne. Sussex shepherds would trap them to increase their income; in the late 19th Century the birds fetched 3/6d a dozen (£17.50 today). Shepherds could earn £14 per season (£1,260 today) trapping Wheatears - half their annual wage. Around the town, shepherds were eventually banned from trapping Wheatears as it distracted them from their sheep.

Gluttonous gourmets were so desperate for fresh Wheatear that they would prowl the downs and take birds straight from unmanned traps, leaving a pile of coins for the shepherds. In 1900, outspoken and outraged Sussex conservationist W.H Hudson wrote, "It is not fair that Wheatears should be killed merely to enable London stockbrokers, sporting men, and other gorgeous persons who visit the coast, accompanied by ladies with yellow hair, to feed on them at the big Brighton hotels."

But the damage was done. Trapping and the gradual loss of their sheep-grazed downland habitat caused the birds to disappear from the Sussex downs. The Wheatears we now see around Lewes unsurprisingly don't hang around. Each spring they briefly return to their old downland haunts, flash their behinds at the people of Sussex and keep on moving. From Lewes, they'll head onwards to breeding sites in northern England and northern Europe. But for some of these birds, their amazing migration continues for a further 2,000 miles across cold oceans to Greenland and Arctic Canada.



**"Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working."
~ James 5:16**

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 Together Service.

This is a lovely, peaceful, prayerful time in The Old Church and is always finished with Compline. Please join us.

The Prayer Together Services are always on the first Wednesday of each month at 7.45pm.



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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Looking for the Resurrection

An old couple are driving down the motorway when the wife gets a call from their daughter. 'Mum, there's a car driving the wrong way down the motorway!' The wife warns her husband that there is a lunatic on the motorway. Her husband, clutching the wheel in terror, replies: 'One lunatic? There are dozens of them, all headed straight for us!' What we see is determined by our perspective on life.

In the Nicene Creed we say: 'We look for the resurrection of the dead, and the life of the world to come.' In the gospel accounts of the Resurrection, there is a lot of looking and seeing. Mary Magdalene, Mary the mother of James and Salome went early to the tomb. They saw the stone rolled aside and inside the tomb a young man dressed in white said to them: 'Don't be alarmed. You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid Him...He is going ahead of you into Galilee. There you will see Him' (Mark 16: 6,7).

Like the women we would probably have been left 'trembling and bewildered' by what we saw that morning. Had the body been taken? Was the young man an angel or deceiver? Was Jesus raised to life again, or was this an elaborate hoax?

Easter gives us a choice. We can approach life looking for disappointment, fear and despair. Or we can look for resurrection and find not just an empty tomb, but encounter the living Christ. He continues to meet us in our daily lives bringing new hope, forgiveness of sin, healing and wholeness and the assurance of His presence through the darkest of times. God invites us to see our lives differently and look for Christ's resurrection life at work in our lives and the people around us.

"For you, O Lord, are good and forgiving, abounding in steadfast love to all who call upon you."

~ Psalm 86:5

People and Places of the Bible

Ish-Bosheth

Ishbosheth, also spelled **Isboseth**, also called **Ishbaal** or **Eshbaal**, (flourished 11th century BCE), the fourth son of King Saul and the last representative of his family to be king over Israel (the northern kingdom, as opposed to the southern kingdom of Judah). His name was originally Ishbaal (Esh-baal; 1 Chronicles 8:33 and 9:39), “Man of Baal.” *Baal*, which could mean “master,” was a title of dignity. Because the name came to be increasingly associated with Canaanite fertility gods, Hebrew editors later substituted *bosheth*, meaning “shame,” for *baal*.

According to 2 Samuel 2:8–4:12, after his father’s death, Ishbosheth was proclaimed king of Israel by Abner, Saul’s cousin and commander in chief, who then became the real power behind the throne. Judah, however, followed David, and war broke out between the two kingdoms. When Abner took Rizpah, one of Saul’s concubines, Ishbosheth objected because Abner’s action was a symbolic usurpation of power. Abner then attempted to defect to David but was killed by David’s general Joab for the murder of Joab’s brother. The loss of Abner weakened Ishbosheth’s reign, leaving the northern tribes without effective leadership. The civil war ended when Ishbosheth was murdered by two of his captains; David had the murderers put to death.

Although the Bible states that Ishbosheth was 40 years old when he became king and that his reign lasted two years, scholars have found that these figures are incorrect. More likely, he was quite young, and his reign equalled that of David’s reign at Hebron, about 7 and a half years. His youth is supported as he does not appear to have been involved in the fighting and therefore would be younger than 20, the age for military service. This would have made him about 20 when he began his reign.

Gilead

Gilead was a fertile, mountainous area east of the Jordan River. The name *Gilead* means “rocky region” or “hill country.” Solomon refers to goats “descending from Gilead” in Song of Solomon 6:5. To the north of Gilead was Bashan, and to the south were Moab and Ammon.

When the Promised Land was divided among the twelve tribes of Israel, the tribes of Reuben, Gad, and half of Manasseh received territory to the east of the Jordan. Their inheritance was largely comprised of the land of Gilead (Joshua 13:24–31). Gad received “all the towns of Gilead” (verse 25), and, in some passages of Scripture, the terms *Gilead* and *Gad* are used interchangeably (see Judges 5:17).

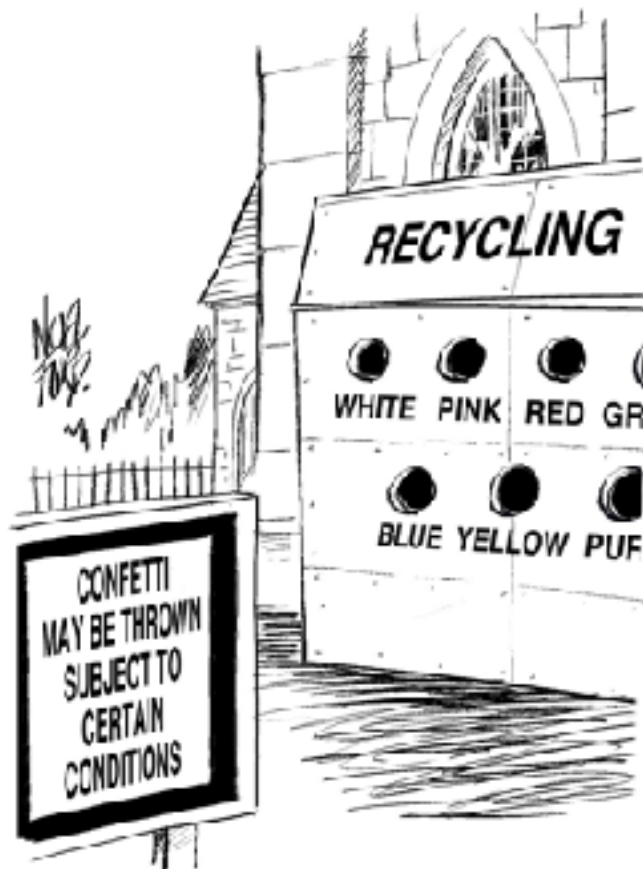
Gilead was also the name of a great-grandson of Joseph through Joseph’s son Manasseh. Generations later, the tribe of Manasseh inherited a portion of the land of Gilead.

The land of Gilead features in several incidents in the Old Testament. The city of Ramoth Gilead (meaning “heights of Gilead”) was a city of refuge (Joshua 20:8). The judge Jephthah lived and fought in Gilead, saving the Gileadites and all of Israel from the Ammonites (Judges 11). After King Saul’s death, the people of Gilead supported Ish-Bosheth as the heir to the throne (2 Samuel 2:9), but they later fully supported David. Absalom, David’s son who led a coup against his father, camped in Gilead (2 Samuel 17:24), and he died there (2 Samuel 18:6–15). Later, Ramoth in Gilead fell into Syrian hands, and King Ahab attempted to retake the city for Israel, dying in the attempt (1 Kings 22:1–36). King Jehoram later wrestled the city from the Syrians, again making it a possession of Israel. One of Jehoram’s commanders, Jehu, was anointed as king of Israel in Ramoth (1 Kings 9:1–10). Finally, the Assyrian king Tiglath-Pileser invaded Gilead and deported the inhabitants (2 Kings 15:29).

The land of Gilead was known for its balm, a liquid rosin that flowed or dripped from certain trees such as pine, cedar, cypress, or terebinth. Gilead was most noted for the *Balsamodendron Gileadense*, a rosin-producing tree native to that area. Because of easy access to medicinal ingredients, many physicians made their homes in Gilead. This helps us understand Jeremiah 8:22, which says, “Is there no balm in Gilead? Is there no physician there? Why then is there no healing for the wound of my people?” Jeremiah mourned the desperate spiritual condition of Israel. They could cure physical ailments with their doctors and their medicines, but they could not cure the deeper disease of idolatry that was destroying them (Jeremiah 8:19; 46:11).

Although the land of Gilead provided healing for many ailments, it could not provide the spiritual healing that comes only from obedience to God.

William Holden



WANTED FOR THE SUMMER FAIR

If anyone has any large unwanted pots/containers that can be planted up to sell at our summer fair, please speak / contact Barry Ward on 01273 774848. Can collect.

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;

Annual Lightning Protection	£ 168.00
New wicks for the candles	£ 8.82
Envelopes and paper	£ 54.82
Livestreaming licence	£ 109.00
Alpha course guide books	£ 43.75
New Church keys	£ 31.99
Sunday School supplies	£ 87.35
New Church security light	£ 72.00

Thank you for your sponsorship

Our grateful thanks go to the people who wishing to remain anonymous, very kindly donated two jars of coffee for refreshments after church and funds to cover the new Church gutter brackets and the Keynotes printing costs.

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.

The Crossroad

The road was hard, no turning back,
The way ordained by mighty God.
'Your will, not mine' was all He said,
As humbly down that path He trod.

The crowd that cheered Him once with palms
Began to shout for Him to die,
They chose Barabbas in his stead
And with one voice cried 'Crucify!'

Between two thieves on Calvary's hill
They put to death the Prince of Life
One cried for help, the other cursed.
The first was promised Paradise.

This promise now is for us all:
Christ gave His life to set us free.
The Cross divides, it always will –
The question is: what side are we?

By Megan Carter



REGULAR WEEKLY SERVICES

10.00 am Sunday Parish Eucharist with Sunday School in term time (except third Sunday of the month)

10.00 am All-Age Worship on the third Sunday of the month

1st Wednesday of the month at 7.45 pm -
Prayer Together and Compline

3rd Wednesday of the month at 7.45pm -
Shorter Eucharist Service

10.00 am Online service via Youtube



The Rector is always available for spiritual counsel and healing prayer

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WHAT'S HAPPENING IN YOUR GARDEN?

- 1) Fertilise your beds. Once the soil is workable, dig in a 5 cm layer of compost or well rotted manure into your beds. You can also work in general purpose fertiliser such as pelleted chicken manure or fish, blood and bone.
- 2) If any of your garden plants or climbers need supporting, put the supports in now.
- 3) Feed Roses with special Rose feed as they come into growth.
- 4) If you have Rhododendron that needs a new lease of life, choose a frost free day this month to cut the branches back hard.
- 5) Finish cutting back Cornus and Salix cultivars and other shrubs grown for their colourful winter stems. Cut them back to their bases to encourage new stem growth for next winter.
- 6) Finish cutting back dead foliage from perennials and ornamental grasses to make way for new growth.
- 7) Prune over-wintered Fuschias back to one or two buds on each shoot. This will encourage a bushy growth habit.
- 8) Cut back the old leaves of Hellebores to remove any foliar diseases and make spring flowers more visible.
- 9) Continue to dead-head winter Pansies to stop them setting seed.
- 10) Dead-head Daffodils as the flowers finish and then let the foliage die back.
- 11) Dead-head Hydrangeas before new growth appears. Cut to about one third of last seasons growth.

12) Begin weeding as the weather warms. It's easier to control weeds if you remove them while they are still young.

13) Top dress containers by removing 2.5 cm of soil and replacing it with fresh compost.

14) Mow your lawn if it needs it. Choose a dry day and set your blades higher than usual.

15) Lay new turf if the ground isn't frozen or waterlogged.

Greenfingers





COME INTO MY KITCHEN.....

Leeks are still in season and this recipe caught my eye.

LEEK GRATIN WITH CRISPY LEEK TOPPING

Serves 4-6 as a side or 2-3 as a supper dish on its own.

400g leeks, trimmed and washed
3tbsp olive oil
2tbsp plain flour
2tbsp butter
400ml milk
1tsp English mustard powder
2 bay leaves
140g mature cheddar, grated
25g panko breadcrumbs
2tsp thyme leaves
½ lemon, zested

Cut most of the leeks into 3cm pieces, finely slicing 10cm of the white part of one leek for the topping.

Steam the bite-sized pieces for 6-8 minutes or until just tender, then leave to steam dry.

Meanwhile, heat the oil in a frying pan over a medium heat and fry the finely sliced leek for 15-18mins, stirring regularly until crisp and golden. Strain from the pan onto kitchen paper and season with salt. Keep the oil in the pan to one side, off the heat.

Heat the oven to 200C/180Cfan/gas 6.

Warm the flour and butter in a pan until they form a thick brown paste, then gradually add the milk, a splash at a time, stirring until a smooth sauce forms. Stir in the mustard, bay leaves and most of the cheddar. Season with salt and pepper.

Stir the steamed leeks into the sauce and transfer to an ovenproof dish. Scatter over the remaining cheese and bake for 35-40mins until bubbling and golden on top.

Reheat the reserved oil over a medium heat and fry the breadcrumbs for 4-5mins or until golden brown and crisp. Drain on kitchen paper. Stir together the crispy leeks, breadcrumbs, thyme leaves and lemon zest in a bowl with some seasoning. Once the gratin comes out of the oven, scatter over the crispy leeks and breadcrumb topping.

As you know, I love a tray bake and this one is so easy!

STICKY DATE AND SAUSAGE TRAYBAKE

SERVES 4

400g baby potatoes, halved or quartered if large

200g Brussels sprouts, halved

1 red onion, peeled and sliced into 8 wedges

150g Medjool dates, pitted and torn in half

8 good quality sausages

5g oregano

3 thyme sprigs

65ml olive oil

2tbsp red wine vinegar

2tbsp maple syrup

1tbs wholegrain mustard

2 garlic cloves, grated

½tsp ground cinnamon

1tsp nigella seeds

1tsp ground cumin

10g parsley, roughly chopped

Heat the oven to 200C/fan18C/gas 6. Line a large roasting tray with baking paper for an easy clean up. Fill the tray with the potatoes, sprouts, onion and dates. Nestle the sausage on top then sprinkle over the oregano and thyme.

Mix the oil, vinegar, maple syrup, mustard, garlic, cinnamon, nigella seeds and cumin in a small jug. Season well with salt and pepper. Pour the mixture over the sausages and vegetables, massaging it all with your hands to coat well.

Cover with foil and roast for 30mins. Remove the foil and toss the tray to shuffle everything around, then increase the heat to 220C/

fan200C/gcas7. Cook for another 25-30mins or until sticky, golden and charred at the edges.

Top with a sprinkling of parsley and serve straight from the tin for everyone to help themselves.

Maggie

This Mothering Sunday, could you give the Gift of Dignity?

The Mothers' Union has launched 'Make A Mother's Day', its annual Mothering Sunday fundraising campaign. It hopes to raise funds to support the MU's global community projects, which "transform lives every day."

The MU says: "We know how important mothers, caregivers and grandmothers are, and how much they do to help their children, families and communities thrive, often unnoticed and without thanks."

And so, for Mothering Sunday (10th March) the MU is asking people to buy a 'Gift of Dignity', to help empower women in developing countries to transform their lives, and to reach their full potential.

"When buying these life-changing gifts, you will receive a card that explains your gift along with a Mothering Sunday greetings card, which you can give to a loved one. You are also able to give a gift in memory of someone special."

The Mothers' Union also says: "We look forward to hearing about the events, coffee mornings and church collections you hold to fundraise for our Make A Mother's Day 2024 campaign." You can tag any posts using #MAMD24 or #MU

The Mothers' Union has been running the '**Make A Mother's Day**' campaign since 2006, to celebrate all mothers and caregivers – how they nurture, love and help us to flourish.

<https://mueshop.org/collections/make-a-mothers-day-2024>



*The Parish Church of St. Peter
West Blatchington*

FREE LUNCHTIME CONCERT SERIES

Our afternoon concert series continues with

**Rachel Smith - flute and
Paul Gregory - guitar**

1.10 p.m. on Saturday 23rd March

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!



WORLD DAY OF PRAYER

The Service this year has been prepared by the Christian women of **PALESTINE** with the theme “I beg you, bear with one another in love.”

It is astonishing that the programme for organising countries is compiled about six years in advance but the country so often has a significant impact on current affairs as in this case.

The Service will take place on Friday 1st March and for Hove Deanery will be at **CENTRAL UNITED REFORM CHURCH, Blatchington Road**. The entrance to the church is in Ventnor Villas and there are ramps and a lift.

We do hope that you will join us for what is always a very moving Service. All are welcome – it would be lovely to hear some tenor and bass voices

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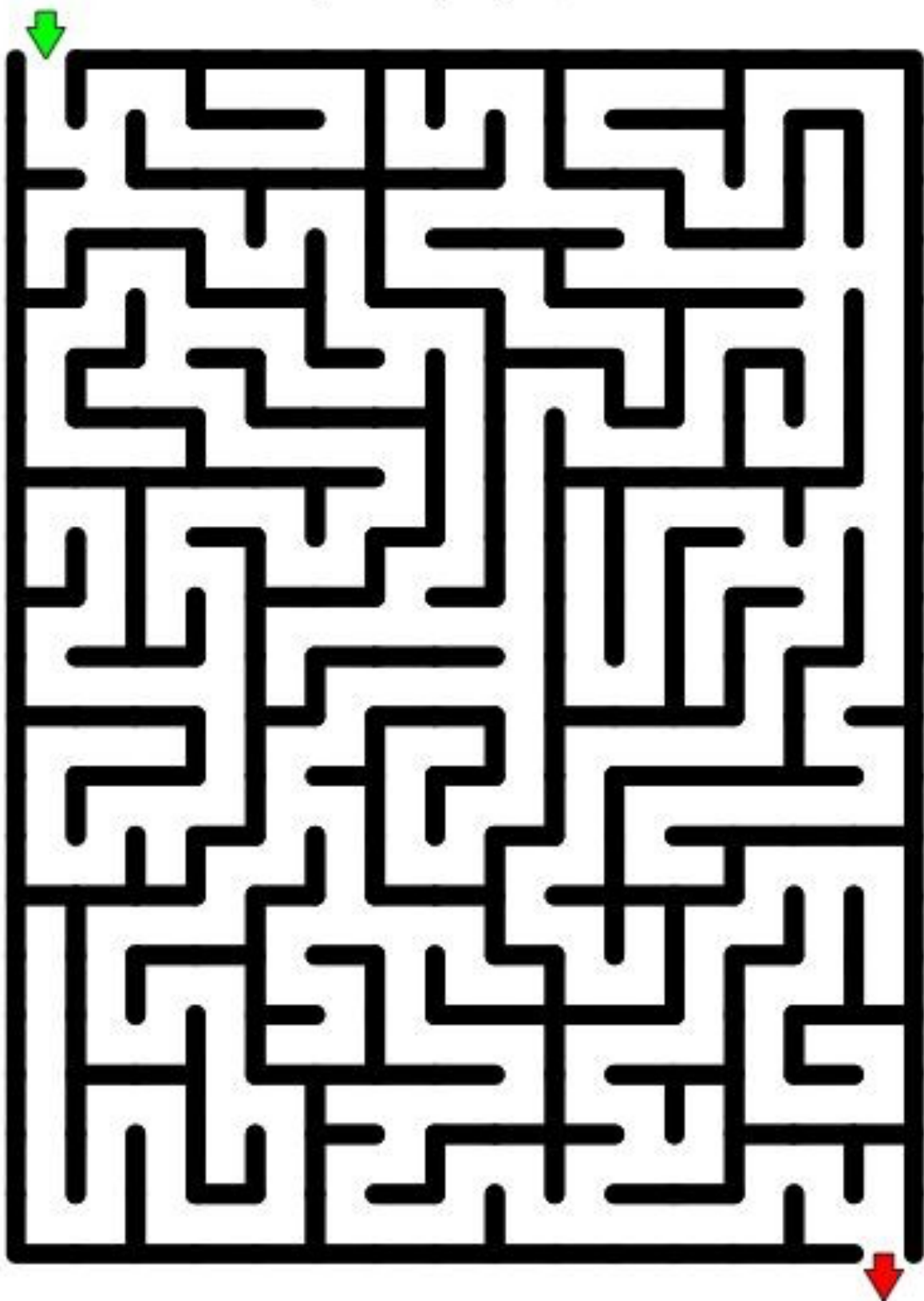
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St Peter's Ladies On WhatsApp

Ladies, why not join us for a relaxed

Bring and Share Pizza Evening

on Tuesday 26th March

at 8:00 pm

in St Peter's Church Hall.



It's a great chance to have a chat, whilst
cooking (done in the kitchen oven)
and sharing the pizzas.

Bring along your own favourite liquid accompaniment
(if you wish), although tea and coffee will be
available.

MARCH SEASONS FESTIVALS AND SAINTS DAYS

Mothering Sunday – 10th March

Mothering Sunday falls on the fourth Sunday in Lent and also is known as Laetare Sunday. This name comes from the opening words of the Introit at the Mass, “Rejoice ye with Jerusalem” Isaiah 66.10. In the Western Church certain relaxations were permitted in the penitential observances. The rose-pink vestments were worn instead of the purple of Lent. It was also known as Refreshment Sunday as well as Mothering Sunday. It is unfortunate that the name of Mothering Sunday has been substituted with Mothers’ Day as this loses the historic origins of the day.

There are three interlinked sources of the name:

1. The custom in some parts of England of paying a visit to one’s mother on that day.
2. The practice of visiting the cathedral or mother church on this day.
3. The words which occur in the traditional Epistle for the day, “Jerusalem which is the mother of us all” Gal 4.26.

On this day children often give their mothers gifts and cards as a way of saying thank you for their hard work.

In the past girls who worked as domestic servants were given the day off work to visit their mothers. They often took a simnel cake as a present. Simnel cake is especially associated with Mothering Sunday. It is a fruit cake with two layers of almond paste. On top there are eleven balls of marzipan, one for each faithful disciple, Judas not being included as he betrayed Jesus.

Passion Sunday (5th Sunday of Lent) 17th March

As Holy Week approaches, the atmosphere of the season darkens; the readings begin to anticipate the story of Christ’s suffering and death, and the reading of the Passion Narrative gave to the Fifth Sunday its name of Passion Sunday. There are many devotional exercises which may be used in Lent and Holy Week outside the set liturgy. The Stations of the Cross, made popular in the West by the

Franciscans after they were granted custody of the Christian sites in the Holy Land, are the best known.

Nowadays although Passiontide begins there is less stress placed upon the Sunday with the emphasis moved to Palm Sunday and Holy Week.

Palm Sunday - March

The date of the first observance of Palm Sunday is uncertain. A detailed description of a palm processional celebration was recorded as early as the 4th century in Jerusalem. The ceremony was not introduced into the West until much later in the 9th century.

Today, Palm Sunday, or Passion Sunday as it is referred to in some Christian churches, is the sixth Sunday of Lent and the final Sunday before Easter. Worshipers commemorate Jesus Christ's triumphal entry into Jerusalem.

On this day, Christians also remember Christ's sacrificial death on the cross, praise God for the gift of salvation, and look expectantly to the Lord's second coming.

Many churches, including Lutheran, RomanCatholic, Methodist, Anglican, Eastern Orthodox, Moravian and Reformed traditions, distribute palm branches to the congregation on Palm Sunday for the customary observances. These observances include a reading of the account of Christ's entry into Jerusalem, the carrying and waving of palm branches in procession, the blessing of palms, the singing of traditional hymns, and the making of small crosses with palm fronds.

In some traditions, worshippers take home and display their palm branches near a cross or crucifix, or press them into their Bible until the next year's season of Lent. Some churches will place collection baskets to gather the old palm leaves to be burned on Shrove Tuesday of the following year and used in the next day's Ash Wednesday services.

Palm Sunday also marks the beginning of Holy Week, a solemn week focusing on the final days of Jesus' life. Holy Week culminates on Easter Sunday, the most important holiday in Christianity.

Triduum

The Easter Triduum begins on Holy Thursday with the evening Mass of the Lord's Supper, is continued through Good Friday with the

celebration of the passion of the Lord on Holy Saturday, reaches its high point in the Easter vigil, and concludes with evening prayer on Easter Sunday.

The Season of Lent ends on Thursday of Holy Week. Then the Church remembers the death and resurrection of Jesus during the Easter Triduum. These three days are the most important time of the Church year.

Mass of the Lord's Supper

On Holy Thursday we remember the Last Supper and that Jesus gave himself in the Eucharist. We recall that Jesus chose his apostles to serve and lead the Church. Remembering that Jesus washed their feet at the Last Supper, the priest washes the feet of members of the congregation. Holy Thursday is a special day for all priests since it is a day to mark the beginning of the ordained priesthood.

The evening Mass of the Lord's Supper on Holy Thursday is a beautiful and joyful celebration. During the singing of the Gloria, the church bells are rung and then remain silent until the Easter Vigil of Holy Saturday night. Because Holy Thursday is a feast day of the Blessed Sacrament, there is a procession of the Eucharist after the Mass to an altar of repose set up for the occasion. Then the main altar is stripped bare.

Good Friday

On Good Friday we remember the death of Jesus. According to an ancient custom, Mass is not celebrated on this day or before the Easter Vigil on Holy Saturday. The celebration of the Lord's passion and death takes place in the afternoon. There are three parts to the liturgy of the day: The Liturgy of the Word; the Veneration of the Cross; and Holy Communion with Hosts consecrated on Holy Thursday.

Easter Vigil

On Holy Saturday the Church meditates on the suffering and death of Jesus. Then the Church gathers to celebrate the Easter Vigil. The celebration of the Easter Vigil should take place at night, beginning after nightfall or ending before the dawn of Sunday.

The Easter Vigil has four parts: The Service of Light; the Liturgy of the Word; the Liturgy of Baptism; and the Liturgy of the Eucharist.

During the Service of Light, all the lights in the church are turned off and a fire is prepared outside the church. Then the fire is blessed, and the Paschal Candle is lighted from the new fire. The candle is carried into the dark church. It is a sign of Christ, the Light of the

World, who has overcome the darkness of sin and death. The lighted Paschal Candle provides the only illumination. Then, from the flame of the Paschal Candle, members of the congregation light the small candles that they are holding. The flame is passed from person to person until everyone is holding a lighted candle. The light from the Paschal Candle and all the small candles provides the only illumination in the church during this portion of the liturgy. This section concludes with the singing of the Easter Proclamation, the Exsultet.

During the Liturgy of the Word, the story of God's great love for us is proclaimed in readings from the Old and New Testaments. There are seven Old Testament texts. Although it would be preferable that all seven Old Testament readings be proclaimed, the number of readings may be reduced if the circumstances necessitate. However, three Old Testament readings should be proclaimed. Minimally, two Old Testament readings must be proclaimed. The readings recall the great events of salvation, beginning with creation itself and were selected to dispose people to celebrate the sacraments of Christian initiation with great faith.

During the Liturgy of Baptism, those who have been preparing for Baptism and their godparents are called forward. The priest and ministers then go to the baptismal font, if this can be seen by the congregation. Otherwise a vessel of water is placed in the sanctuary. After the candidates are baptized, all present stand with lighted candles and renew their baptismal promises as a sign that they share the new life of Jesus through his resurrection. The newly baptized and confirmed await their first sharing in the Eucharist.

The Easter Vigil concludes with the celebration of the Eucharist. This is a joyous sharing in the sacrificial meal of Jesus Christ, Lord, and Risen Saviour.

Liturgical Colours

On Holy Thursday for the Mass of the Lord's Supper, white is used to signify the joyful events this liturgy recalls.

Red for the Good Friday liturgy signifies the passion and death of Jesus.

For the Easter Vigil, white signifies the joy of Christ's resurrection. Gold may also be used since this is the most important and joyous celebration of the liturgical year.

Symbols for the Easter Triduum

Bread and the cup of wine recall the institution of the Eucharist by Our Lord at the Last Supper.

The cross recalls the crucifixion and death of Jesus on Good Friday.
The Paschal Candle and water represent the light and new life of Christ's resurrection and of our baptism.
Compiled by William Holden from various sources.

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Palm Sunday visit

It was Palm Sunday, but because of a sore throat, five-year-old Bobby was kept home from church with his grannie. When the family returned home, they were carrying several palm fronds and Bobby asked them what they were for. "People held them over Jesus' head as He walked by," his father explained.

Bobby was aghast. "I don't believe it! The one Sunday I don't go, and He shows up!"

Because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved."

~ Romans 10:9

MONEY MATTERS - Figures for January 2024

Receipts

Planned Giving	£	3697
Income tax recovered	£	3245
Community Centre Income	£	1357
Payaz Donation Station/Sundry Donation	£	363
Collections/Other giving	£	111
Keynotes subs/adverts	£	1253
TOTAL RECEIPTS	£	10026

Payments

Parish Contribution	£	6655
Salaries	£	788
Utilities and Insurance	£	446
Rectory	£	326
Community Centre running costs	£	398
Sum Up/Bank Charges	£	6
Upkeep of services	£	147
Church running expenses/maintenance	£	361
Funds sent to Charity	£	115
Printing costs	£	274
TOTAL PAYMENTS	£	9516

Year to date surplus £510



Date	Reading, Commemorations & Intentions Calendar for March (Year B)
FRI 1ST	The Anglican church in Wales
SAT 2ND	Our Alpha Course
SUN 3RD	Third Sunday of Lent Exodus 20. 1-17 1 Corinthians 1. 18-25 John 2. 13-22
MON 4TH	Family Social Work
TUES 5TH	EPIC Youth Group
WEDS 6TH	Our Community Police Officers
THURS 7TH	Hangleton & West Blatchington Foodbank
FRI 8TH	Bishops Council
SAT 9TH	Hove Deanery Synod
SUN 10TH	Mothering Sunday Exodus 2. 1-10 2 Corinthians 1. 3-7 Colossians 3. 12-17
MON 11TH	Our Churchwardens
TUES 12TH	Diocesan Synod Members
WEDS 13TH	Our Guides, Brownies and Rainbows and their Leaders
THURS 14TH	Our outreach through music
FRI 15TH	Sunday School and Creche

SAT 16TH	Tea and Tots
SUN 17TH	Fifth Sunday of Lent Jeremiah 31. 31-34 Hebrews 5. 5-10 John 12. 20-33
MON 18TH	All who teach and preach the Gospel
TUES 19TH	All seafarers
WEDS 20TH	All fathers
THURS 21ST	All those suffering persecution
FRI 22ND	All victims of violence
SAT 23RD	Our understanding of our faith
SUN 24TH	Palm Sunday Isaiah 50. 4-9a Philippians 2. 5-11 Mark 15. 1-39
MON 25TH	All mothers
TUES 26TH	All theologians
WEDS 27TH	All Religious Communities
THURS 28TH	Maundy Thursday Our understanding of the scriptures
FRI 29TH	Good Friday Our prayer life
SAT 30TH	The Dean and Chapter of Chichester Cathedral
SUN 31ST	Easter Day Acts 10. 34-43 1 Corinthians 15. 1-11 John 20. 1-18

Early Church Fathers - Athanasius,

Athanasius, (born c. 293, Alexandria—died May 2, 373, Alexandria; feast day May 2), theologian, ecclesiastical statesman, and Egyptian national leader. He was the chief defender of Christian orthodoxy in the 4th-century battle against Arianism, the heresy that the Son of God was a creature of like, but not of the same, substance as God the Father. His important works include *The Life of St. Antony*, *On the Incarnation*, and *Four Orations Against the Arians*.

Athanasius received his philosophical and theological training at Alexandria. In 325 he attended Bishop Alexander of Alexandria as deacon at the Council of Nicaea. A recognized theologian and ascetic, Athanasius was the obvious candidate to succeed Alexander when the latter died in 328. The first years of his episcopate were devoted to visitation of his extensive patriarchate, which included all of Egypt and Libya. During this time he established important contacts with the Coptic monks of Upper Egypt and their leader St. Pachomius. Soon began the struggle with imperialist and Arian churchmen that occupied much of his life. He used political influence against the Meletians, followers of the schismatic bishop Meletius of Lycopolis, who had gone back on the plans made at Nicaea for their reunion with the church, but he refuted specific charges of mistreatment of Arians and Meletians before a hostile gathering of bishops at Tyre (in modern Lebanon) in 335, which he refused to recognize as a general council of the church. When both parties met the emperor Constantine at Constantinople in 336, Athanasius was accused of threatening to interfere with the grain supply from Egypt, and without any formal trial Constantine exiled him to the Rhineland

The emperor's death in 337 allowed Athanasius to return to Alexandria, but Constantine's son Constantius, emperor in the East, renewed the order of banishment in 338. Athanasius took refuge at Rome under the protection of Constantius's brother Constans, emperor in the West. An Arian bishop, Gregory, was installed at Alexandria. Athanasius, however, kept in touch with his flock through the annual *Festal Letters* announcing the date of Easter. Pope Julius I wrote in vain on his behalf, and the general council called for 343 was no more successful—only Western and Egyptian bishops met at Serdica (modern Sofia, Bulgaria), and their appeal for Athanasius was not accepted in the East. In 346, however, Constans's influence secured his return to Egypt, where he was welcomed as a popular hero.

Athanasius's "golden decade" of peace and prosperity followed, during which he assembled documents relating to his exiles and returns in the Apology Against the Arians. Nevertheless, after the death of Constans in 350 and the following civil war, Constantius, as sole emperor, resumed his pro-Arian policy. Again political charges were brought against Athanasius, his banishment was repeated, and in 356 an attempt was made to arrest him during a vigil service. This time he withdrew to Upper Egypt, where he was protected in monasteries or friendly houses. In exile he completed his massive theological work Four Orations Against the Arians and defended his conduct in the Apology to Constantius and Apology for His Flight. The emperor's persistence and reports of persecution at Alexandria under the new Arian bishop George led him, in the more violent History of the Arians, to treat Constantius as a precursor of Antichrist.

William Holden



"The new vicar is really cool, Dad.
Did you know that God emailed the Ten
Commandments to Moses' Tablet PC?"

And finally.....

A prayer at Easter

Almighty, God,

You hold all things in Your hands. You make sense of everything!

So often we only see where we are now, what we feel now, in this moment – but You know the end from the beginning.

In all our troubles, our assurance is in Your sovereignty, in Your mighty act of salvation.

Thank you that, just as after winter comes spring and after night comes morning, so, most gloriously, after death on Good Friday, comes resurrection on Easter Day!

Christ is Risen – and we can know, by the indwelling of his Holy Spirit, that He is risen indeed!

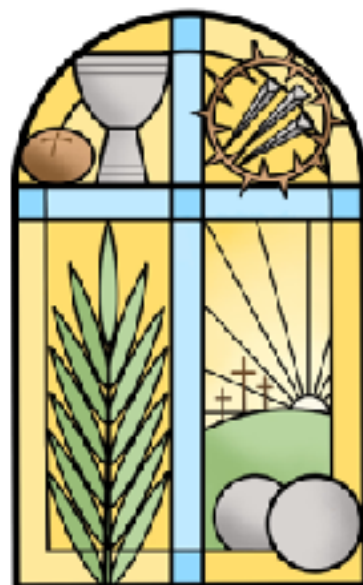
We can know, in our real and every-day lives, where our help comes from.

Hallelujah! Thank you, living Lord,

In Jesus name.

Amen.

By Daphne Kitching



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