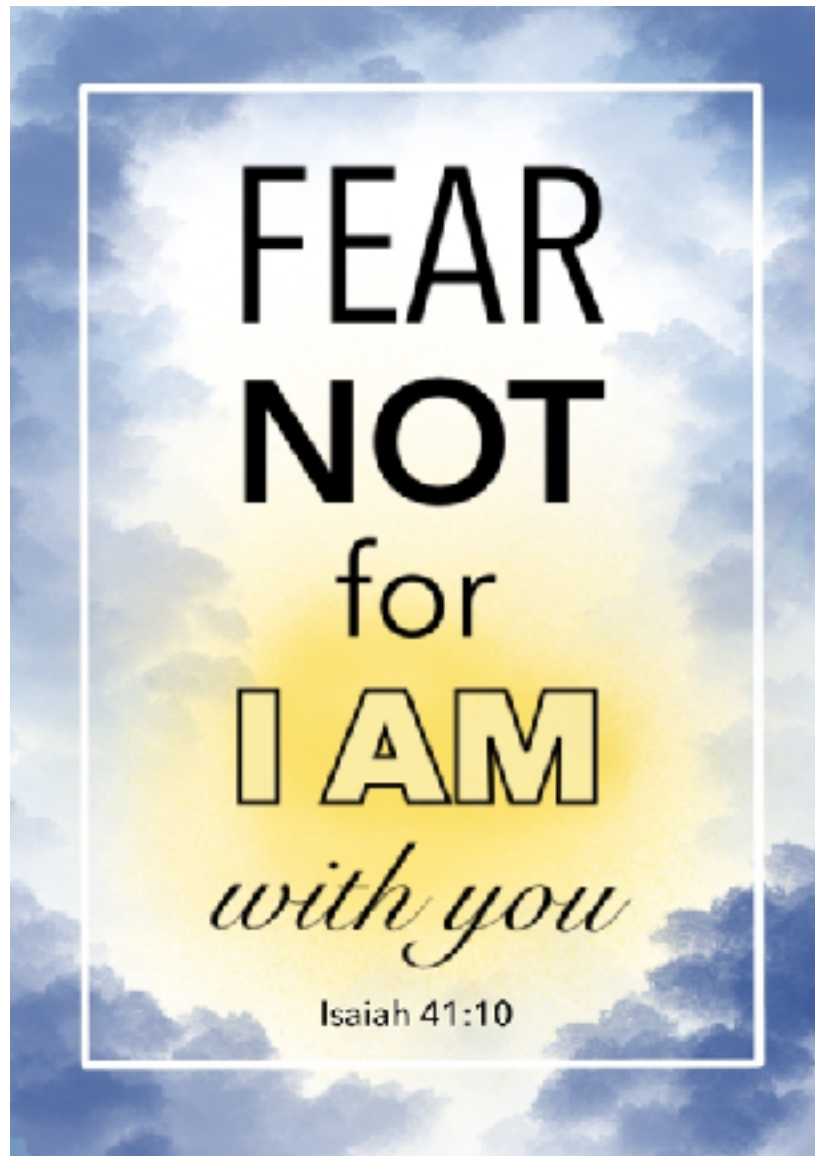


KEYNOTES



May 2022

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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**
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KEYNOTES EDITORIAL TEAM

William Holden	Tel: 706482
Jane Cummings	Tel: 880274
Michael Evans	Tel: 567399
Charlie Flackhill	Tel: 965122
Mandy Gander	Tel: 271982
Fran Breeze	Tel: 421115

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

EDITORIAL

We hope you had a wonderful Easter and were able to take part in our Easter services.

We would like to thank the team of 20 people that worked together on Blue Jeans Saturday on 19th March. They did a great job of cutting back, sweeping up & generally tidying the Churchyard. There were lots of new faces which was lovely. Bacon sandwiches & hot drinks were served as a thank you to everyone that attended. It also gave us chance to wear our new high viz jackets that had our Church logo on them. They will be used for any other outdoor event, such as the sponsored bike ride and for the gardening team to wear when working.

By the time you read this, our APCM should have taken place and if you were unable to attend, the various reports will be published in June's Keynotes.

We hope that as many of you as possible are able to attend the Friday morning Open Church on May 6th 10.30am until 12 and enjoy a cup of coffee.

We also encourage you to attend our Paper Aeroplane Competition on Friday 13th May from 3pm to 5.30pm. Tickets are just £1 and their will be the opportunity to take part in the raffle and purchase refreshments. Fun for all the family!

We are now approaching our Summer Fair which is on 18 June. Zanita always does a wonderful job and we are sure she would appreciate as much help as possible. If you are unable to help, just come along to the Fair and spend lots of money!

Don't forget that we have a wide range of activities covered with our advertisers. Look at the advertisements as you read Keynotes so that when a need arises you know where to find someone to contact. Quote Keynotes to them, then they know that the advert is worthwhile. Some of us know from experience how helpful they are and many are members of our congregation.

Thank you for your continued support.

Editorial Committee



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RECTOR'S RAMBLINGS

Broken nights and a loving God



On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings. I cling to you; your right hand upholds me.

Psalm 63:6-8

Picture courtesy of Humphrey Muleba, Unsplash

A study in 2017 stated that as many as 16 million adults in the UK struggle with some sort of insomnia or sleep deprivation. This can be for many reasons such as illness, medication, anxiety or feeding/teething infants.

Are you are one of those people who struggle to sleep? If so I'd love to encourage you with this psalm.

In psalm 63 David describes his experience of life on the run in the wilderness of Judah. King Saul was seeking to kill him, therefore removing the threat of David becoming the new King. What is incredible is that despite his harsh living conditions David is afforded a degree of clarity that enables him to reflect on his current situation.

Perhaps most applicable to those who experience sleep problems are verses 6 to 8.

I wonder what do you choose to focus on when you walk up in those times?

Perhaps you feel it is unfair to say "what do you choose" when at times it feels like thoughts are not chosen but they just present themselves. In verse 6 David consciously chooses to remember God.

Who He is and what He is like. He evokes such wonderfully close language of a chick under its mother's wings. An image of serenity and safety, things that often feel far away on broken nights. If you struggle with sleeplessness is there one thing you can write down or remember for the next time you are awake at night about this God? Maybe try and have this verse to hand or learn it and see how God uses it to turn a time of distress in a moment of intimacy with Him.

Bonum Nocte

Tim

WOMEN'S SOCIAL

On Thursday 24th March, 14 of us met at Maggie Holden's home for a Lent lunch. We had a choice of three soups with rolls, cheese and biscuits. The soup was delicious and the company great. Instead of people paying for the lunch, we asked for donations for the needs of Ukraine and a generous £105 was raised. Thank you to Maggie for your hospitality and to Sandy and Moz for helping and organising the day.

Birthdays in May are Suzanne, 5th, Janet 18th and Clare 28th.
Birthday greetings to you all.

Our meetings in May will be coffee at Jean's on the 12th and, on the 26th, a skittles lunch at The Bull, Henfield when we hope partners will join us.

Maggie Keeling

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. John 3.16



Our Charity for May

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

We won't give up until everyone experiencing a mental health problem gets support and respect.

When you're experiencing a mental health problem, supportive and reliable information can change your life. That's what we do. We empower people to understand their condition and the choices available to them through the following:

- Our Infoline, which offers callers confidential help for the price of a local call.
- Our Legal Line, which provides information on mental health related law to the public, service users, family members/carers, mental health professionals and mental health advocates.
- Our award-winning information, certified by the PIF Tick.

There is a donation pot at the back of Church or you can donate direct to St Peter's account online and we will match the amount raised to send on to Mind.

The Refugee

All that I was, I no longer am
All that I have, I hold in my hand
My home, my love, my world are all gone
One among thousands, I shuffle along.

Only last week I knew who I was
All that has gone, and only because
Someone in a land a long way away
Turned life into hell one terrible day.

He started a war, his heart icy cold
He rained down his hell on the young and the old
I ran for my life for I had no choice
And nobody heard the fear in my voice.

Everything's gone, and all that is 'me'
Summed up in a word – the word 'refugee'.
I have no control, no say in my fate
Just one in a crowd, I stand and I wait.

Waiting for what? The future's unclear,
For armed men have taken all that I held dear
Along with my hopes, and all I had planned
All swept away by the tanks in my land.

One thing alone puts a smile on my face
A far nicer stranger has come to this place;
A bed for the night? A cup of hot tea?
And – best of all – someone who sees me as me.

By Nigel Beeton

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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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Tea and Tots Toddler Group

The last couple of years living with Covid was isolating and difficult for lots of people. Many parents who had babies or toddlers during that time had the challenge of not having the interaction and support that they would've normally had from family, friends and community groups, which can be a lifeline when you have a little one/ones to care for.



We decided to begin Tea and Tots toddler group in January 2022 to help parents and carers and their little ones in the local area to make those valuable connections and friendships. The vision was for St Anthony's preschool and St Peter's Church to work together to provide a fun, friendly space for tots to play with each other and for parents/carers to enjoy tea, biscuits, a chat and a fun, relaxed time with their child/children. So 'Tea and Tots' was the name that seemed appropriate!

It has been a joy to see many families come along over the past few months and lots have commented on the welcoming, relaxed and fun atmosphere. We meet from 9:30am-11am every Friday in the church hall. We very much enjoy using the enclosed, outdoor areas when the weather is warm enough, something which not all toddler groups are able to offer. The castle is a particular hit with the kids outside, and indoors the favourite toys seem to be the dinosaurs, trains and recycling truck! St Anthony's Preschool lend us a different set of toys

each week, as well as the ones we keep just for Tea and Tots which the church have bought, so there is plenty of variety!



After an hour of unstructured play, tea and chatting we have a couple of stories, one of which is a Bible story, and then we have songs with actions, ending with 'Zoom zoom zoom, we're going to the moon!' (for no particular reason, other than that's what we did a few times and now the kids expect it!) Sometimes we have brought bubble mixture which the children love and got out the musical instruments to accompany the songs. We also take the opportunity to invite people to services and church events coming up.

Numbers attending have fluctuated, as you would expect with a new group (and in fact any group that involves sleep deprived parents and small children!) We began by relying on word of mouth to advertise but now have leaflets, posters and a Facebook page, as well as links on the preschool and church's webpages. So do share this info with anyone you think may be interested!

We could not run without the lovely ladies who come to serve tea and coffee, get out toys, clear away and chat and play. Also, Lynne and the other friendly preschool staff who help set up and are so welcoming each week. Thank you to everyone at the church for your encouraging words and prayers over the last few months too.

Clare Gage and Sophie Weal

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WANTED - If anyone has any unwanted ceramic or terracotta medium/large containers that I could pot up and sell at the Summer Fair, please speak to me or leave a message on 01273 774848. I can collect. Thank you.

Barry Ward

Not expecting this

The young minister took his wife to the Maternity Hospital and was told it would be a long labour. So, he agreed to ring at lunchtime for news. But when he phoned, he dialled the wrong number and got the County Cricket Ground. He said: "I brought my wife to your place early this morning. Is there any news?"

He was surprised to be told: "Yes, there are seven out and the last two were ducks."



"It comes to something when the state of the pound is such that we *hope* to find lots of foreign coins!"

A prayer for Ukraine - Wordsearch

Lord, we pray for Ukraine, a nation in which 70% of the population call themselves Christian. You, Lord, make wars cease to the end of the earth; you break bows, shatter spears, and burn shields with fire [Psalm 46:9]. And so, we ask you now to save the lives of many people in Ukraine. De-escalate this crisis. We hear of wars and rumours of wars (Matt. 24:6), but you Lord are our rock, our fortress and our deliverer. Our hope is in you. And so we address the nations now. In the name of Jesus we say: "Be still and know God! He is exalted among the nations; He shall be exalted in the earth [Psalm 46:10]. *Kyrie eleison – Lord have mercy.*

Ukraine
War
Cease
Earth
Break
Bows
Shatter
Spears
Burn
Shields
Fire
Lives
Many
Save
Deliverer
Fortress
Rock
Crisis

Hope
In
You
Be
Still
Lord
Our



Make time for your older relatives

Many of our older people are lonely. They lost touch with their families during the pandemic, and it seems that they have still not caught up again.

A recent survey by Age UK found that as many as 27 percent of people aged 60 and over admit that they speak less to their families now, and 24 per cent of older people say they feel less close to their relatives than before the pandemic.

The survey also found that millions of older people have lost the confidence to go out, and suffer more from memory loss, disturbed sleep, and anxiety.

The charity is urging people to reach out to their older friends and relatives and encourage them. It warns: "The pandemic has had a big impact on everyone and very few of us are emerging from the last two years completely unscathed."

Jesus prayed, 'As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me'.

John 17.21

Parking space

Angus was driving down the street worried because he had an important meeting and couldn't find a parking place. So, looking up toward heaven, he said "Lord, take pity on me. If you find me a parking place I will go to church every Sunday for the rest of my life and give up whisky." A moment later, miraculously, a parking place appeared. Angus looked up again and said, "Never mind. I found one."

Raven by Michael Blencowe of the Sussex Wildlife Trust

May 14th 1264. The aftermath of the battle. Two thousand corpses lie strewn on the slopes and riverbanks around Lewes. Some view this as a victory; for others this is defeat. But for a large, black bird who has calmly watched the bloodshed from the side-lines, this scene of slaughter is an all-you-can-eat buffet. Democracy never tasted so good.

Smart birds, Ravens. Way before 1264 they'd realised they needn't waste their energy killing to eat when other less intelligent species can do the dirty work for them. For centuries Ravens exploited man's enthusiasm for resolving quarrels with clubs and swords. Ravenous Ravens dined out at all the finest battlefields, burial grounds, gibbets and gallows.

Hanging around with corpses would get anyone a bad reputation but the Raven's took on mythological proportions. Across the northern hemisphere the bird became respected and revered by many cultures as an omen of death, denizen of the afterlife, messenger of defeat. This sinister CV secured them a plethora of portentous appearances in everything from the Old Testament to Game of Thrones. The sight of a Raven struck fear in the heart of man who would dare not harm it. Today Ravens still occur in our folklore as the earthbound spirit of King Arthur, and at the Tower of London the birds are entrusted with the fate of the kingdom.

Yet aside from all the make-believe malevolent accolades bestowed on the Raven, it truly is magnificent to watch. As befits Britain's wickedest bird, the Raven certainly dresses the part in a costume of sleek, glossy black feathers, shaggy 'beard' and stout dagger beak. It commands the sky; wheeling on wide wings and uttering its guttural 'cronk cronk' call. Sometimes their behaviour is incongruous with their evil image. To see Ravens rolling and tumbling through the air during their joyous display flight is like catching the grim reaper doing the hokey-cokey.

When not busy instilling fear in the population, Ravens performed an important clean-up job ridding Britain's towns of rotting rubbish and the bird was protected by royal decree. But in the 17th century people's perceptions changed and for centuries the birds were

persecuted. Ravens, and the old beliefs they represented, were exorcised from England. By 1895 they had vanished from Sussex.



But informed, tolerant attitudes have recently allowed Ravens to return. They mostly breed on our chalk cliffs and quarries but can be seen flying over our towns and cities. In our comfortable world of surround sound and selfies there is something reassuringly sinister about watching a Raven circling overhead; a spectral souvenir of our brutal, primitive past. Sussex will never again be the site of a bloody revolutionary battle. But there's no harm in a few Ravens hanging around. Just in case.

'Holy, holy, holy is the LORD of hosts; the whole earth is full of His glory.

Isaiah 6.3

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People and Places of the Bible

In line with keeping the matter on which I focus parallel with our Bible Study, this month I will look at aspects of the theme of our Lent Course, Journey Through The Bible. This month I will look at the New Testament.

The New Testament.

The New Testament consists of 27 books, some of which are short. Altogether the New Testament is only about one third of the length of the Old.

The 27 books may be classified as follows:-

Gospels. There are four Gospels, the first three, Matthew, Mark and Luke known as the Synoptic Gospels as they give a common outline of Jesus life. The fourth Gospel is John, often described as the 'Spiritual' Gospel. These books are about Jesus but are not biographies in the modern sense of the word. The word 'Gospel' is from 'God spel', meaning good news; that is, salvation.

The Acts of the Apostles. This book is history and in effect an extension of the Third Gospel, Luke. The story of the Early Church and the spreading of the Good News to the Gentiles.

The Epistles. Those falling under this classification number 21 but are varied in character, and they subdivide as follows:-

Paul's Epistles. 13 in all falling into 3 groups:-

Travel Epistles. Galatians, 1 & 2 Thessalonians, 1 & 2 Corinthians, and Romans.

Prison Epistles. Ephesians, Colossians, Philemon, and Philippians.

Pastoral Epistles. 1 & 2 Timothy and Titus.

The Writings of Other Apostolic Men. 8 books comprising, Hebrews, James, 1 & 2 Peter, 1,2 & 3 John and Jude.

Apocalyptic Literature. The Revelation of St John the Divine.

The New Testament books are not arranged in the order which they were written. If that were the case then the following is a possible order. Some dates of authorship are disputed so this is not definitive.

Paul's Epistles ought to stand first, headed by either Galatians or 1 Thessalonians. With the Gospels the order would be Mark first and John last. The last book would be Revelation but some scholars would argue a case for 2 Peter.

From a literary point of view the New Testament is a mixture of styles. The first four books, the Gospels, are like biographies, but they are not. Acts is a block of history followed by a mixed bag of Epistles in style and content and the closing piece a slice of Apocalyptic literature. The diversity does not end there as there is an apparent variety of subject matter. For example, the dominant theme of the Synoptic Gospels is "the Kingdom of God", that of St Paul's Epistles is "being in Christ", a phrase occurring more than 150 times in his letter, and that of St John's writings, Gospel and Epistles, "Eternal Life". However, a deeper study will reveal a unity and all three approaches are different expressions of the same truth, the story of salvation.

In effect the New Testament is Volume II in the story of salvation which is the theme of the whole Bible. It tells the decisive hour in history when God fulfilled his promises to his people through his son Jesus. Then it goes on to relate how the Good News was spread to the rest of the world and the Christian Church began.

This summary of the New Testament is based on the book *Introducing the New Testament* by A M Hunter published by SCM Press.

The Translators of the King James Bible

At least sixty men were directly involved in the translation of the King James Bible (hereinafter KJB). Most were Translators, while a few were project overseers, revisers and editors. Some served in several roles. Who were these men? What were their backgrounds? What did they share? In what ways were they different? They were a diverse group. While some were born in large cities and towns, most were from small villages scattered throughout England. Several were the children of university graduates, most were not. They were sons of mariners, farmers, school teachers, cordwainers (leather merchants), fletchers (makers of bows and arrows), ministers, brewers, tailors, and aristocrats. All were members of the Church of England, but their religious views ran the gamut. Some were ardent Puritans, others staunch defenders of the religious establishment. Some believed in pre-destination and limited salvation as taught by John Calvin, while

others believed in self-determination and universal access to heaven as taught by Jacobus Arminius.

All of the Translators were university graduates. Oxford and Cambridge claimed nearly equal numbers of Translators as alumni. All of the Translators except one were ordained Church of England priests. While several of the Translators had traveled to the Continent, only one had ventured to the New World. Most of the Translators were married men (38 of 60) with families. Most of the Translators spent a significant portion of their career associated with their colleges and universities as fellows, involved in teaching and administration. As fellows, they were not allowed to marry. As a result many delayed marriage until they had established themselves in church office away from the university. When the translation commenced in 1604-1605, the majority of the Translators, 22, were in their forties, 16 men were in their thirties, 15 in their fifties, 3 in their sixties and 3 in their twenties.

One Translator died in his thirties, six in their forties, nineteen in their fifties, sixteen in their sixties, four in their seventies, three in their eighties and one, over one hundred. Nine of the Translators died before the KJB was published in the 1611.

Most of the Translators were in comfortable economic circumstances during and after their time involved in the translation. The association and friendships they developed during the translation project generally advanced their careers. Some of the Translators went on to high church and academic office. Five went on to serve as bishops and two as archbishops.

They all had a familiarity with the ancient languages of Latin, Greek, Hebrew, and often many more. They came on the historical scene at a time when the knowledge of early biblical texts and language was exploding. Such a flowering of interest and expertise was unique. Bible historian, Gordon Campbell, has observed:

The population from which scholars can now be drawn is much larger than in the seventeenth century, but it would be difficult now to bring together a group of more than fifty scholars with the range of languages and knowledge of other disciplines that characterised the KJB Translators. (Bible – The Story of the King James Version 1611-2011 Oxford, Gordon Campbell, Oxford University Press 2010.)

For such a diverse group, they worked together in harmony during a generally contentious time. They had disagreements, to be sure, but

they laboured on, year after year. There were no "tell all books" published after the fact. Miles Smith remarked in his preface to the KJB, the Translators "were greater in other men's eyes than in their own, and sought truth rather than their own praise". They approached the task of translation with humility, understanding they were standing on the shoulders of giants like William Tyndale. Believers all, the Translators, according to Smith "craved the assistance of God's Spirit by prayer" as they proceeded in their work.

Though almost all were well known within the religious and academic community of the time, their involvement in the translation went largely unnoticed by the public. Their individual and group effort was not the subject of historical inquiry until many years after the fact. As a result, little information about the process of translation survived. The lives of the Translators and sometimes their very identity became obscured with time. In certain instances, the place of their birth and burial is unknown, and their family circumstance in doubt. Until this anniversary year, few could name even one Translator, let alone sixty.

One of these was Bishop of Chichester and finally Bishop of Winchester, Lancelot Andrews. He was said to know 15 languages (he spoke Latin, Greek, Hebrew, Chaldee, Syriac, Arabic and at least fifteen other languages) and was involved with the translation of the books from Genesis to the Second Book of Kings. In his time Lancelot Andrews was highly respected as a man of integrity and a great scholar as well as an outstanding preacher.

William Holden. Compiled from various sources.

When children pray (they did their best!)

~ Give us this steak and daily bread, and forgive us our mattresses.

~ Hail, Mary, full of grapes.

~ He suffered under a bunch of violets. (Pontius Pilate)

REGULAR WEEKLY SERVICES

SUNDAY

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

1st 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



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St Peter's 'Open Church' drop-in**

**The First Friday of each month
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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.

PARISH EVENTS DIARY

The following events taking place in May and June as notified are:

**Friday 13th May - 'Come Fly with Us' paper aeroplane event
3pm until 5.30pm**

**Saturday 14th May - Free lunchtime concert - Hangleton Brass
Ensemble - 1.10pm**

**Sunday 22nd May - Rogation Sunday - Bring and share lunch
in the Community Centre followed by 'Beat the Bounds' walk
straight after the Church service**

**Friday 17th June- Free lunchtime concert - Michele Welling on
violin - 1.10pm**

Saturday 18th June - Summer Fair - 11.30am until 2.30pm

**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***

**The deadline for the June issue is
13th May**

**And the one who was seated on the throne said, "It is done!
I am the Alpha and the Omega, the beginning and the end.
To the thirsty I will give water as a gift from the spring of the
water of life.**

Revelation 21.6



THE FRUITS OF YOUR LABOUR

It is the end of March as I write this and suddenly green is appearing everywhere but with the cold spell with snow blowing in the air from time to time, together with the strong winds there are the reminders of the threats we can encounter, frost, snow hail and gales. How these can spoil promising blossoming of fruit trees and bushes. Bushes can be protected but trees are a challenge.

The gales a few weeks ago have caused some damage but not in an area affecting the fruit garden. Several loganberry and blackberry canes need retiring.

Task to be undertaken in the coming weeks:

1. Continue to weed round all trees, bushes, and canes so that the plants get the maximum benefit from the goodness in the soil. Hoeing and leaving the disturbed weeds to rot helps feed the soil.
2. Check for broken or dead branches and tidy up.
3. Tie back next year's blackberry shoots to keep them under control.
4. Pinch out leaves at end of grape shoots to restrict growth and encourage fruiting. Continue this through the growth months.
5. If dry when blossom is on fruit trees/bushes, water to help it set. If there is a hosepipe ban use a hand spray.
6. Water with a watering can in dry weather as fruit is forming, particularly with plants growing against walls, fences or in containers.
7. Feed with fertiliser to encourage healthy growth.
8. Support branches of gooseberry bushes to keep them off the ground as fruit develops.
9. Prune lightly any excessive growth on apple, plum and pear trees.
10. Spread compost round the bushes to enrich the soil.

The Fruit Farmer



WHAT'S HAPPENING IN YOUR GARDEN?

- 1) Start planting out summer bedding plants towards the end of the month.
- 2) Once your spring bulbs have gone over let the foliage die back and break down on its own.
- 3) Lift and divide overcrowded clumps of Daffodils and other spring flowering bulbs.
- 4) Harden off half hardy plants by leaving them outside during the day and bringing them back under cover at night for 7 to 10 days before planting outdoors.
- 5) Plant summer hanging baskets, adding good quality compost, slow release fertiliser and water retaining crystals to keep them in top condition.
- 6) Harden off Dahlias and Canna Lilies for planting out as soon as the risk of frost has passed.
- 7) Continue dividing herbaceous border perennials to improve vigour and create new plants.
- 8) Divide established clumps of Hostas as they come into growth.
- 9) Trim back spreading plants such as Aubretia, Alyssum and Iberis after they have flowered.
- 10) Lift Forget-me-nots to prevent heavy self seeding.
- 11) Prune Penstemons now.
- 12) Prune out over-crowded and dead stems of early flowering Clematis.
- 13) Tie in rambling and climbing Roses.
- 14) Tie in Sweet Peas.
- 15) Cut back flowered shoots of Choisya to promote a second flush in the autumn.
- 16) Look out for signs of blackspot on Roses. If discovered treat with systemic fungicide.
- 17) Feed and weed the lawn.
- 18) Lower mower blades to their regular summer-cut height.



COME INTO MY KITCHEN.....

Despite a few cold days, the signs of Spring are very much evident. This month I give two recipes using May's best ingredients.

PRAWN AND WATERCRESS STIR-FRY

Serves 2

1tsp cornflour
2tbsp light soy sauce
1tbsp rice wine
4tbsp stock made with ½ tsp bouillon
pinch of white pepper
1tsp sesame oil
150g watercress
2tbsp vegetable oil
3 spring onions, sliced (green and white parts separated)
thumb-sized piece of ginger, cut into matchsticks
3 cloves garlic, crushed or grated
1 red chilli, sliced
165g raw peeled prawns
cooked noodles or rice to serve

Whisk together the cornflour and soy in a small bowl to make a smooth paste, then stir into the rice wine, stock, pepper and sesame oil until smooth. Cut the watercress stems into 3cm lengths but keep the leaves whole.

Heat the vegetable oil in a wok or deep frying pan over a high heat and fry the spring onion whites for 30 seconds, then add the watercress stems, ginger, garlic and chilli. Stir-fry for 1-2 minutes or until the chilli and garlic start to smell fragrant. Toss in the prawns and watercress leaves, and toss for a few seconds, then add the sauce. Bubble for 1-2 minutes until the prawns are pink and the

sauce has thickened slightly. Add the cooked noodles and toss in the wok or serve spooned over rice.

ROAST NEW POTATOES WITH CHILLI CRAB SALSA

Serves 2

500g Jersey Royal potatoes, cleaned

1 sprig rosemary, finely chopped

2 cloves garlic, bashed

2 tbsp olive oil

rocket to serve

CRAB SALSA

½ round shallot, finely chopped

1 red chilli, finely chopped

100g white crab meat

2 tbsp extra-virgin olive oil

½ lime, juiced

½ small bunch coriander, finely chopped

sea salt flakes to taste

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

Toss together the potatoes, rosemary, garlic and olive oil in a small roasting tin with some seasoning. Roast for 50 minutes-1 hour until golden-tinged, the skins are slightly wrinkled and tender when pressed.

Stir together the salsa ingredients and season. Add a little more oil or lime juice, if you like. Season the potatoes with a little sea salt, and spoon over the salsa in the tin.

Serve with a rocket salad in the side of the tin to toss through the tray at the table.

Finally, a recipe that looks great and is surprisingly easy!

HARISSA AND HONEY ROAST SALMON WITH SUMAC PICKLED ONIONS AND TAHINI YOGURT

SERVES 4-6

2-4 tbsp harissa

3 tbsp runny honey

1 tbsp olive oil
½ orange, juiced
1kg side of salmon, pin bones removed
TAHINI YOGURT
150g thick greek yogurt
2 tbsp tahini
½ lemon, a squeeze of juice
a pinch sesame seeds (optional)
SUMAC PICKLED ONIONS
1 small red onion
tbsp. red wine vinegar
½ tsp sugar
1tsp sumac
½ small bunch of dill, roughly chopped

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

Whisk together the harissa, honey, olive oil, orange juice and some seasoning in a small bowl. In a separate bowl, toss the red onion with the vinegar, sugar and a pinch of salt and leave to pickle at room temperature – the longer you leave them, the pinker they will become. Line a shallow baking sheet with baking paper and put the salmon in, skin-side down. Spoon the harissa mixture over the salmon and brush all over. Cook for 15-20 minutes or until just cooked through and just flaking when pressed.

Whisk together the yogurt, tahini and lemon juice with just enough water to make a thick sauce that dollops off the spoon. Add a generous pinch of salt and scatter with the sesame seeds, if using.

Toss the sumac and most of the dill with the onions. Spoon over the salmon with the remaining dill.

Serve with the yogurt and new potatoes or a herby tabbouleh salad.

Cats

A Cheshire vicar has two cats. Their names are Ancient and Modern – because they are both him.



*The Parish Church of St. Peter
West Blatchington*

FREE LUNCHTIME CONCERT SERIES

Our afternoon concert series continues with

Hangleton Brass Ensemble

1.10 p.m. on Saturday 14th May

The Recital is for approximately 40 minutes

Refreshments provided.

**There is no admission charge, but donations in support
of our choir fund will be gratefully accepted.**

All welcome!

May - Seasons, Festivals & Saints Days

14th May – Matthias the Apostle

Saint Matthias, (flourished 1st century AD, Judaea; d. traditionally Colchis, Armenia), the disciple who, according to the biblical Acts of the Apostles 1:21–26, was chosen to replace Judas Iscariot after Judas betrayed Jesus.

Jesus' choice of 12 Apostles points to a consciousness of a symbolic mission—originally there were 12 tribes of Israel—that the community maintained after the Crucifixion. Acts reveals that Matthias accompanied Jesus and the Apostles from the time of the Lord's Baptism to his Ascension and that, when it became time to replace Judas, the Apostles cast lots between Matthias and another candidate, St. Joseph Barabbas. St. Jerome and the early Christian writers Clement of Alexandria and Eusebius of Caesarea attest that Matthias was among the 72 disciples paired off and dispatched by Jesus. Soon after his election, Matthias received the Holy Spirit with the other Apostles (Acts 2:1–4). He is not mentioned again in the New Testament.

It is generally believed that Matthias ministered in Judaea and then carried out missions to foreign places. Greek tradition states that he Christianized Cappadocia, a mountainous district now in central Turkey, later journeying to the region about the Caspian Sea, where he was martyred by crucifixion and, according to other legends, chopped apart. His symbol, related to his alleged martyrdom, is either a cross or a halberd. Helena, mother of the Roman emperor Constantine the Great, reputedly transported Matthias' relics from Jerusalem to Rome.

26th May - Ascension Day - Forty Days with the Risen Christ

The Gospels give us little of Christ's teachings and deeds during those forty days. Jesus was seen by many disciples: on the road to Emmaus, by the Sea of Galilee, in houses, etc. He strengthened and encouraged his disciples, and not just the twelve, at last opening their eyes to what the Scriptures had promised about the Messiah. He also told them that as the Father had sent him, he was now going to send them - to all corners of the earth, as his witnesses.

Surely the most tender, moving 'farewell' in history took place on Ascension Day. Luke records the story with great poignancy: "When Jesus had led them out to the vicinity of Bethany, he lifted up his hands - and blessed them."

As Christmas began the story of Jesus' life on earth, so Ascension Day completes it, with his return to his Father in heaven. Jesus' last act on earth was to bless his disciples. He and they had a bond as close as could be: they had just lived through three tumultuous years of public ministry and miracles – persecution and death – and resurrection! Just as we part from our nearest and dearest by still looking at them with love and memories in our eyes, so exactly did Jesus: "While he was blessing them, he left them and was taken up into heaven." (Luke 24:50-1) He was not forsaking them, but merely going on ahead to a kingdom which would also be theirs one day: "I am ascending to my Father and to your Father, to my God and your God..." (John 20:17)

The disciples were surely the most favoured folk in history, being the last few people on earth to be face to face with Jesus, and have him look on you with love. Then that Luke goes on: "they worshipped him - and returned to Jerusalem with great joy. And they stayed continually at the temple, praising God." (Luke 24:52,53)

No wonder they praised God! They knew they would see Jesus again one day! "I am going to prepare a place for you... I will come back and take you to be with me that you also may be where I am." (John 14:2,3) In the meantime, Jesus had work for them to do: to take the Gospel to every nation on earth.

Compiled and adapted by William Holden from various sources.

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MONEY MA££ERS - Figures for March 2022

Receipts

Planned Giving	£	3011
Income tax recovered	£	531
Community Centre Income	£	1283
PCC Fees	£	212
Collections/other giving	£	721
Fundraising	£	65
Keynotes subs/adverts	£	534
TOTAL RECEIPTS	£	6357

Payments

Parish Contribution	£	6042
Salaries	£	682
Utilities and Insurance	£	482
Rectory/Rector's expenses	£	444
PCC reimbursement of expenses	£	163
Community Centre running costs	£	1072
Upkeep of services	£	474
Printing costs	£	432
Funds sent to charity	£	95
Bank & Sum Up fees	£	9
TOTAL PAYMENTS	£	9895

Year to date deficit £6,832



Date	Reading, Commemorations & Intentions Calendar for May (Year C)
SUN 1ST	3rd Sunday of Easter Acts 9.1-21 Revelation 5.11-14 John 21.1-19
MON 2ND	<i>Philip and James, Apostles (transferred from 1 May)</i> <i>The spread of the Gospel</i>
TUES 3RD	<i>Local businesses</i>
WEDS 4TH	<i>English Saints and Martyrs of the Reformation Era</i> <i>Hove Deanery Synod</i>
THURS 5TH	<i>Jan Butter and his family as he prepares for his ordination as deacon</i>
FRI 6TH	<i>Archdeacon Martin</i>
SAT 7TH	<i>Our Churchwardens and PCC</i>
SUN 8TH	4th Sunday of Easter Acts 9.36-43 Revelation 7.9-17
MON 9TH	<i>Bishop Martin</i>
TUES 10TH	<i>Our Serving Team</i>
WEDS 11TH	<i>All Patrons and Boards of Patronage</i>
THURS 12TH	<i>Gregory Dix, priest, monk, scholar, 1952</i> <i>All those responsible for transporting our food</i>
FRI 13TH	<i>Bishop Will</i>
SAT 14TH	<i>Matthias, apostle,</i> <i>A deeper understanding of our calling to follow Christ</i>
SUN 15TH	5th Sunday of Easter Acts 11.1-18 Revelation 21.1-6 John 13.31-35

MON 16TH	<i>Caroline Chisholm, social reformer, 1877 Social Workers</i>
TUES 17TH	<i>School Governors</i>
WEDS 18TH	<i>Aldrington School</i>
THURS 19TH	<i>Dunstan, Archbishop of Canterbury, Restorer of Monastic life, 688 Our Sunday School and its Teachers</i>
FRI 20TH	<i>Alcuin of York, Deacon. Abbot of Tours, 804 All construction workers</i>
SAT 21ST	<i>Helena, protector of the Holy Places, 330 Those taking care of the Holy Places</i>
SUN 22ND	6th Sunday of Easter Acts 16.9-15 Revelation 21.10, 22-22.5 John 14.23-29
MON 23RD	<i>Diocesan Synod</i>
TUES 24TH	<i>John and Charles Wesley, evangelists, hymn writers, 1792 & 1788 Choirs and Directors of Music</i>
WEDS 25TH	<i>The Venerable Bede, monk, scholar, historian, 735. Ald- helm, Bishop, 709 Our local hospitals</i>
THURS 26TH	Ascension Day Daniel 7.9-14 Acts 1.1-11 Luke 24.44-53
FRI 27TH	<i>All chaplains to the forces</i>
SAT 28TH	<i>Lanfranc, monk, archbishop, scholar, 1089. Our Diocesan links with France</i>
SUN 29TH	Sunday After Ascension Acts 16.16-34 Revelation 22.12-14, 16-17, 20-21 John 17.20-26
MON 30TH	<i>Our flower arrangers</i>
TUES 31ST	<i>Visit of the Blessed Virgin Mary to Elizabeth School Governors</i>

And finally.....

Dear Father in Heaven,

As we thank you for May, this most beautiful of months, we are aware that not everything in your world is beautiful; not every attitude or action is beautiful, or kind, or just.

There is so much pain and suffering in the world that we can sometimes feel overwhelmed. Help us, Lord to remember that Jesus came to bring all this brokenness together, to bring reconciliation and wholeness. Thank you that by His life, death and resurrection Jesus overcame death for ever. Thank you that He ascended into heaven so that the Holy Spirit could come to live in believers, to give strength and power and resilience, so that Your work goes on.

Thank you that nothing in all creation – no evil attacks, no illness, no human powers, no circumstances at all – can ever separate us from Your love.

We will not be overwhelmed as we keep our eyes on You.

We may not always understand, but we acknowledge You to be the Lord, who reigns over all – and we are thankful.

In Jesus name. Amen.

By Daphne Kitching



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