



THE PARISHES OF ST ANNE'S EAST WITTERING AND EARNLEY



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CHURCH SERVICES

St. Anne's East Wittering

Sundays:	8:00am	Said Eucharist (Last Sunday of the month BCP)
	10:00am	PARISH EUCHARIST and Sunday School
Tuesdays	7:00pm	Said Eucharist
Wednesdays & Thursdays	10:00am	Said Eucharist
Fridays	7:00pm	Said Eucharist (1st Friday Compline and Benediction)
Saturdays	9:30am	Said Eucharist
		Morning and Evening prayer is said Tuesday to Friday
		At 9:00am and 5:30pm and Saturday at 9:00am

Earnley

Sundays:	9:00am	Sung Eucharist
	6:00pm	Evensong as announced

Weddings, Holy Baptisms and Confessions on request to the Rectory
See also St Anne's Website: www.stanneschurcheastwittering.btck.co.uk
<http://facebook.com/stanneschurcheastwittering>

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Cover design by Yvonne Rusbridge (Hudson) represents the landing on the Sussex coast of St Wilfrid in 681 AD

RECTOR'S LETTER



In this November issue we focus on our act of remembrance when we as a community gather to fulfil our pledge that 'at the going down of the sun, and in the morning, we will remember them'. Remembrance is often thought of as a bringing before God those whom we hold in our hearts who have paid the ultimate sacrifice and given their lives for queen and country. It was first instigated as a result of the Great War where so many

young men never returned. Amongst these casualties of war a great number of chaplains also lost their lives as they ministered to their men on the front line, putting themselves in harms way to minister to the dead and dying, and comfort the living.

When we hold our Armistice Day Remembrance on Monday 11th November at the 11th hour at the War Memorial in East Wittering village, and again when we gather with the congregation of St Anne's Church on Remembrance Sunday 10th November at 10.45am, let us not forget the many who serve alongside those who gave their lives, and those who continue to support all who are placed in harms way for our protection. Our act of remembrance is to acknowledge that sacrifice, to remember the deeds of the past so that our future may have hope that acts of violence and the atrocity of war are never repeated, lessons we still have yet to learn with the many conflicts and tensions in our world today.

These are worrying times at present, with emergency services stretched to the limit through cutbacks, so that they cannot cope with all the things we would expect of them. Therefore we all need to be vigilant, acting as the eyes and ears for our community, with all sections of our society working and co-operating together, so that those who would wish us harm, those who would corrupt our children by ferrying drugs across 'boundary lines', may be prevented from indoctrinating our young and vulnerable into criminal ways. It is up to each and every one of us to protect them from harms way, with just the smallest and perhaps insignificant piece of information that could unlock a major threat passed on to those who need to know.

So this November honour the dead, remember, be vigilant and pray for those in harms way.

With love and prayers. Fr Steve.

St. ANNE'S NEWS AND INFORMATION

QUIZ!

EARNLEY QUIZ NIGHT 9TH NOVEMBER

Yes, it is time to test the grey matter again and help raise some money for Earnley Church Restoration Fund. Please come and join us on Saturday November 9 at 7 for 7.15pm in the Village Hall, East Wittering for our annual, fund raising fun quiz!

We do hope you will be able to enter a team – **maximum of six players** – for what promises to be a great evening.

There will be questions for all, a True or False round with the winner taking a cash prize, a sausage supper half way through, a raffle, prizes and trophy for the winning team! The ticket price is £9. Feel free to bring your own wine, beer or soft drinks.

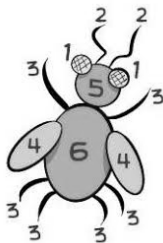
To be sure of a place please book your team in now with John Stant by phone on 670227 or with Pauline Norris by text on 0774 852 1183 by email at mediapack@btinternet.com

We regret that as space in the hall is limited we are unable to provide seating for observers.

ST. ANNE'S FELLOWSHIP CIRCLE

The September meeting brought the long-awaited Beetle Drive under the auspices of Pam, who took us through the intricacies of playing, for those who had never played before. The plan was to play 12 games, but full-blown beetles were particularly slow in being produced and, halfway through, so many members were suffering from symptoms of tea-withdrawal that it was decided to take a break for tea and cake. Replenished with caffeine and sugar, a further two games were played and members calculated their scores, a maths skill that many seemed not to have used since they were sitting at a desk in school!

In the end the highest score was tied at 210 and both members were rewarded with chocolate, courtesy of Pam, who had also provided a wooden spoon for the member with the lowest score. They say that it does you a lot of good to laugh, and the hilarity that was generated, as we looked at each other's attempt to draw a beetle, must have sent us all home feeling considerably better than when we arrived.



The next meeting is on 27th November when we will find out what T'ai Chi is all about. The next Sunday tea will be on 3rd November in the Village Hall at 14.30. Do come and join us.

CAROLE COLMAN

Beetle Drive Family Fun Game





**Good better best
Let us never rest
'Til the good is better
And the better best.**

I was reminded of this little rhyme the other day when we were practising 'Circling White Snake', a Kung Fu form that John's been teaching us as an example of an 'external' form as opposed to an 'internal' one (T'ai Chi). We'd started to flag a bit, having gone over the last few moves, that we'd recently learnt, several times, in an attempt to improve them. John hadn't been able to bring the whole rhyme to mind and I'd helped him to finish it. Having had it quoted to me many times in my formative years by my mother, it had readily come to **my** mind after hearing John say the first two words. My mother was full of sayings which she frequently repeated to me in my childhood – 'Try, try and try again' – but they're now stored deep down in my memory banks and are only brought back by something or someone sparking them off.



But there are so many instances these days where mediocrity is accepted, where standards are dumbed down, don't you think? I have a building society ISA. Recently I had a win on my Premium Bonds, which I decided I would deposit in my ISA. It was only £25 but I added a bit of money out of my current account to make it worth sending – there's no easily accessed branch of this building society in this area. I have a passbook which I send with any deposits I make, so off went two cheques nestled inside the passbook. Usually the passbook with a covering letter comes back within a week if not sooner. About 10 days after I'd sent them, a letter comes back thanking me for continuing to support them and saying that if I had a passbook, and would like to have my deposit recorded in it, to forward it to them. I had to read this twice to make sure of what they were saying! This had come on a Saturday and I hadn't opened my mail that day until the evening, so Monday was the next time I would be able to call them. Too busy with other things on a Monday morning I call straight after lunch. Having explained the situation I then politely ask for my passbook back. There's a slight pause.....the voice comes back on telling me that it will be coming separately and I should be getting it by Wednesday. Thank you, again politely, while I wonder if that's long enough for them to find what's happened to it! It arrives on Thursday!

On a similar theme David was incensed on the ship we were on in September. Those of you who have experienced cruising will know that there will be at least two 'formal nights'. That is when you have a chance to dress up in formal gear – men in, ideally, dinner jacket and all that goes with it or at least in suit and tie, women in a 'gown' or at least a cocktail dress – meet the captain and have drinks and canapés with him prior to dinner. If you don't want to take part in 'formal' then you have your evening meal in the buffet. David was outraged to find that about 70% of passengers were allowed in for dinner without observing the rules – some even in t-shirts and jogging



trousers. Later David managed to button-hole one of the officers and challenge him about this. His reply was, 'Well, what can you do?' David's was, 'Well don't have it then.' Officer's, 'But passengers expect it!' With attitudes like this, no wonder so much is in such a mess!



Good better best
Let us never rest
'Til the good is better
And the better best.



**CHANGE TO SERVICE
TIME FROM 1ST
DECEMBER—
ADVENT SUNDAY.
The 10.00am St. Anne's
Sung Eucharist will be
changed, permanently,
to 10.15am**



"It's a devil to start on these damp November Sunday mornings—luckily we have a sidesman who works for the AA"

*Lord Jesus, the further I go with You,
The more I realise how narrow must be the way
So great are the dangers.
Thank You for Your victory which secured
For me the power to choose.
I believe that wearing Your yoke can never
Be as hard as trying to meet life without You.
May I have a joyful acceptance of Your will.
I believe that Your strength is automatically
There whenever I decide upon Your way,
I believe that every effort in obedience which
I make is completed by You.
Lord, make me very teachable, ready
To act upon lessons learned.
Whenever I have acted without You,
Whenever I have wanted only my own way
Please over-rule, for Your love's sake.*

From Words of Power by John Woolley

***ST. ANNE'S CHURCH, E. WITT.
13TH CHRISTMAS FESTIVAL WEEKEND***

St. Anne's warmly welcomes the wider community again to join the Church in taking part in all that will be on offer throughout what promises to be yet another very special Festival Weekend.

Christmas Tree Festival: St. Anne's Church
Friday 6th and Saturday 7th December 10.00am – 4.30pm
Sunday 8th December 11.30am – 3.00pm

In 2018 52 beautifully and imaginatively decorated Christmas trees reflecting families, businesses, organizations and charities adorned the Church. In **October** letters will have been sent out inviting you to bring a tree to St. Anne's. If you have not received an invitation by early November and would like one, please request this from Churchwarden **Barbara Blundell** Tel: **01243 670791** or email her at barbs.blundell@btinternet.com **Subject: 'Christmas Tree Festival.'** Contribute your tree and visit this spectacular Festival with a Children's Trail, a bumper Hamper Raffle and a children's 'Lucky Dip' bran tub filled with lovely surprises.

'Is it a Cocktail or Mocktail?' Sampling and Quiz: St. Anne's Church
Friday 6th December: 7.00pm

Following 2018's successful 'Call My Bluff' wine tasting quiz, St. Anne's is holding a similar and tantalising 'Is it a Cocktail or Mocktail?' event. Set your taste buds tingling sampling the concoctions. Try to guess who is telling the truth about the recipes and their names. Join us amongst the Christmas trees for perhaps a 'Santa's Little Helper', 'Festive Fizz,' and more, with canapés. 'Basket of Bottles' raffle. **Tickets £10 from St. Anne's or Greetings House, East Wittering (01243 673933).**

Christmas Fair: East Wittering Village Hall Saturday 7th from 10.00am

As previously, this very popular event will enable you to do some Christmas shopping from the wide range of goods on offer. There will be tombolas with bottles and a hamper amongst the prizes. Stalls will be selling home-made cakes and local produce such as marmalades, chutneys, jams and crafts, books and 'nearly new.' Refreshments including mulled wine will be available throughout. A Grand Draw from the sale of raffle tickets ends the Fair.

Christingle and Toy Service: St. Anne's Church Sunday 8th 6.00pm

The Christingle and Toy Service for the whole family brings the Christmas Festival Weekend to a close. The Salvation Army Band will be playing at this service. You are invited to bring a new ***unwrapped*** toy as a gift for children whose families are in need, particularly over Christmas. The retiring collection will be donated to the Children's Society.

Please look out for posters giving details of all that will be taking place throughout this wonderful Festival Weekend. Christmas fun starts at St. Anne's.

Come and join us!

Karen Grunert, publicity contact : St. Anne's Church

Email : karengrunert@btinternet.com

DIARY DATES

- Tuesdays** 'Meet & Greet' at West Wittering Memorial Hall, 10am to 1pm
2nd Tuesday— Garden & Wine Club. E. Witt VH, 7.30pm
1st & 3rd (Sept. to May) Wittering Camera Club Sports Pavilion,
 Rookwood Road, W. Wittering
- Wednesdays** **Youth Drop In Centre,** W. Witt Pavilion, 7.00pm –9.00pm
4th Weds—St. Anne's Fellowship Circle in E. Witt VH 2.30pm
- Thursdays** **1st Thursday—The Thursday Group,** Bracklesham Barn 3.00pm
1st Thursday Citizens' Advice Bureau at the back of the Health Centre
 9.30-11.30
Last Thursday VIP (Visually Impaired) Club—Medical Centre 2.30pm.
 For more information or lift contact Jean Church on 01243 670799
- Fridays** 'Tea & Chat' at The URC Church , Oakfield Avenue 1.30pm onwards

NOVEMBER:

- Sunday 3rd All Saints Day (4th before Advent)**
Monday 4th All Souls Day
Sunday 10th Remembrance Sunday (3rd before Advent)
Sunday 17th 2nd before Advent
Sunday 24th Christ The King
Saturday 30th Andrew the Apostle



DECEMBER:

- Sunday 1st Advent 1**
Wednesday & Thursday 3rd & 4th Set up day for Festival Weekend
Friday, Saturday, Sunday, 6th-8th Christmas Festival Weekend
Sunday 8th Advent 2
 Christingle service at 6.00pm with Salvation Army Band



FROM THE REGISTERS

The Recently Departed:

Adele Wicks **Pat Hearsey** **Don Risbridger**
Constance Dunningham



"In my Father's house there are many rooms....." John 14 v.2

St. Bernward - Architects, St. Homobonus - Businessmen

Bernward's parents died when he was very young. He was taken in by his uncle, Bishop Volkmar of Utrecht. Bernward showed great promise in the fields of mathematics and engineering, but instead of taking up a career involving these skills he became a priest. It wasn't long before he became a chaplain at the Holy Roman Emperor's palace, then was offered the bishopric of Hildesheim in northern Germany. This was an unsettled border area subject to Slavic raids from the east and Viking aggression from the north. This is where his architectural skills could be used to great advantage.



Castles were constructed at strategic sites designed and supervised by him. Fortifications were built round important towns and cities. Then he turned his attention to building churches and monasteries – the most famous is the Abbey of St. Michael at Hildesheim, which has been called 'a masterpiece of Romanesque architecture'. Not satisfied with this, he next turned his hand to designing and making gold and silver vessels for the cathedral. A pair of bronze doors that he made are still in existence. As a result and in recognition of his many skills, not only architects but goldsmiths and metalworkers of every kind have adopted him as their patron saint. Living from around 960-1022 his Feast Day is 20th November.

Homobonus lived in Cremona in Italy. Hard-working, honest, devout and generous he inherited his father's tailoring business, but Italy was getting a name for producing fine fabrics, so Homobonus, entrepreneur that he was, decided to change to selling cloth. Despite working hard to establish his new business, he still found time every week to visit the poor, providing them with what they needed, and every day after work he went to Mass. By the age of 50 he had made enough money to retire and spend his time doing charitable works.

On November 13, 1197 at the evening Mass, he suddenly flung out his arms and fell forward face down on the floor of the church. At first the congregation thought it was just a pious act but, when he didn't stand up for the gospel reading, they realised there was something wrong. On inspection they found he was dead – he'd probably had a massive heart attack. The Bishop of Cremona went post-haste to Rome to tell Innocent III the story. He was so impressed that he started the process of canonization. This was a controversial move as usually in the 12thc, for a layman to become a saint, he/she would have had to have been martyred, but Innocent stuck to his guns and in 1199 Homobonus was declared a saint. His Feast Day is on 13th November. **CRC**





FORGET CLIMATE CHANGE – ANTIBIOTICS CRISIS WILL KILL US ALL FIRST, SAYS NHS CHIEF

Bugs that cannot be killed by antibiotics could wipe out humanity ‘before climate change does’, England’s chief medical officer warned yesterday. Professor Dame Sally Davies said: ‘Antibiotics underpin modern medicine – you can’t have gut surgery without risking infection. At least 10 million could die every year if we don’t get on top of this.’

Dame Sally, who leaves her post next month after nine years, also warned against importing meat or fish from countries that ‘misuse’ antibiotics in farming after Brexit. Some strains of bugs including tuberculosis, MRSA and Clostridium difficile no longer respond to antibiotics that used to be effective against them.

Overusing the drugs – be it for medicine or agriculture – means illnesses can adapt so they stop responding to antibiotics made to cure them. This means a minor infection such as a skin wound can prove fatal. Dame Sally told Sky News: ‘We humans are doing it to ourselves, but it could kill us before climate change does. It is a very important area and we are under-investing in sorting it out.’

Official data shows that since 2014 the UK has cut the amount of antibiotics it uses by more than 7%. However, the number of drug-resistant bloodstream infections increased by 35% between 2013 and 2017. Asked about post-Brexit trade deals, Dame Sally said: ‘There’s always a balance in a trade relationship between economics and standards.’ She warned that the UK ‘should not be importing beef or other animals where antibiotics have been misusedbecause it leads to problems across the world.’

Taken from the *Daily Mail*, 30th August 2019

BEST WAY TO ENJOY THE BIBLE? BE LIKE A DOG WITH A BONE!



Sarah brought her beautiful dog Bobby to a Quiet Morning at church. He was very well behaved and loved all the attention he received. As we began our time together Sarah gave him a bone to chew on, and he settled down contentedly, enjoying his own experience of ‘heaven’!

The expression came into my mind, ‘like a dog with a bone’, and watching Bobby at work further confirmed my thinking. Here before us was a wonderful example of what it means to meditate on Scripture – to slowly and patiently chew things over in our mind until we begin to grasp internally what God is saying to us.

The Bible encourages us to meditate in this way. Think of Psalm 1, where we read about the godly person ‘whose delight is in the law of the Lord and who meditates on His law, day and night (v2).’ Think also of Joshua who was told, ‘Keep this book of the

Contd... on page 11

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Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it (Joshua 1:8). Mary did this as well, when at the birth of Jesus she ‘treasured up all these things and pondered them in her heart (Luke 2:19).’

Perhaps sometimes we don’t spend enough time with Scripture, letting its truth soak into our minds and pondering its meaning and application to our lives. The spiritual discipline of Bible meditation helps us to do just that. Why not take a verse of Scripture that has caught your attention recently, and chew it over as you go through the day, looking at it this way and that way until you feel you have received the goodness it contains?



WHAT ABOUT HALLOWEEN?



It’s that time of year when the shops are full of pumpkins and youngsters are knocking on our doors to ‘trick or treat’. How should Christians respond to Halloween? Is it simply a fun festival for the children or does it have a dark side that we should avoid?

Firstly, Christians should not respond to Halloween with *superstition*. The Bible reminds us that evil is a real force at work in our world, as ‘*the devil prowls around like a roaring lion looking for someone to devour*’ (1 Peter 5:8). We shouldn’t underestimate his ability to blind the minds of unbelievers to the reality of spiritual warfare. (2 Corinthians 4:4).

Secondly, we can respond with *confidence*. While people are often fearful of witches, ghosts, and evil spirits, we mustn’t forget that God is in control, not Satan. Jesus has secured the victory over sin and evil on the cross: ‘*having disarmed the powers and authorities, He made a public spectacle of them, triumphing over them by the cross.*’ (Colossians 2:15).

Finally, we can also offer *hope*. ‘*Christ died and returned to life so that He might be the Lord of both the dead and the living.*’ (Romans 14:9). Halloween is an opportunity to share the hope of the gospel. For example, if we offer sweets to children calling to trick and treat, we might include information about the Christian faith or church. Or we could organise an alternative *Light Party*, celebrating Jesus as the light of the world.

C S Lewis provides a helpful balance for us: ‘*There are two equal and opposite errors into which our race can fall into about devils. One is to disbelieve in their existence. The other is to believe, and to feel an excessive and unhealthy interest in them.*’ (The Screwtape Letters).



BOOK NEWS

Here comes Christmas – but you'll need our Advent calendars before 25th December! There is a good selection in King's Bookshop, together with the traditional annuals featuring Rupert Bear, Moomin and the ever-popular characters from Dandy and Beano. Favourite authors have also brought out new books for the festive season: **Susan Hill, Santa Montefiore, Edward Marston, Alexander McCall Smith** among them. The bookshop may be small but most subjects are represented: novels, crime fiction, poetry, biography, non-fiction together with a wide choice for children. If you want a book for Christmas you should be able to find it here in our village.

One of my favourite writers is Canon David Winter who, besides producing books, contributes regularly to the *Church Times*. He endeared himself anew to me recently when he commenced an article with the words "Every time we sing that awful ditty *Happy Birthday* in church....." The Canon and I shudder in unison.

JOHN HYATT

JACK'S JOURNAL

As a contender for the No Ball Prize for Literature (Canine Variety) I was very pleased to receive a commission to write an article for a popular village publication, *Local Life*. This article was in response to one written the previous month and entitled *The United Reform* (sic) *Church*. My article read as follows:



ANOTHER VIEW FROM THE CHURCH PEW

I was very interested to learn about the United Reform(ed) Church in Edition 57 of *Local Life*. The writer of the article asks if I feel the Church is not for me because it is all solemn faces and singing and people in long robes. That's certainly not my experience at St. Anne's parish church where nearly everyone is smiling – especially when they see me – and their voices are very musical. The choir look most attractive in their robes and the celebrants wear perfectly laundered vestments which lend colour as well as speak loudly of tradition. At the end of the service we all get together for coffee and biscuits – just like our URC friends – and a good time is had by all, children, adults and animals.

The writer of the article didn't sign her mane but I am told she is known as Ann Onymous. Well, I'm Jack and I'm quite well-known as a local canine author. You can read extracts from my Journal every month in *Parish Life* which is available throughout The Witterings. Enjoy your read – and Happy Church-going!

I have reproduced the article here because *Local Life* omitted to print the second paragraph and consequently the authorship was in doubt! Oh! The tribulations of being a writer. Perhaps I should exchange my pen for a Bonio.



HOW NORWEGIAN TEACHERS DEFEATED NAZI EDUCATION

I had been a teacher for the best part of 30 years and seen out 17 secretaries of state for education, so I thought I knew a thing or two about government interference. But one summer I ambled into the Resistance Museum in Oslo and came across a remarkable story I couldn't get out of my mind. It's 1940. Norway is occupied by Hitler's army. The Nazis decide it is time to build a new order. Norwegian teachers are told they must join the Nazi Teachers' League and teach Nazi ideas in their classrooms. But 8,000 teachers write protest letters. They are threatened with salary withdrawal and the sack. Still they refuse. In a desperate attempt to break them, the Nazi government arrests 1,000 male teachers and sends them to prison camps, 300 miles above the Arctic Circle.



This sparks a campaign by parents – 250,000 protest letters land on the desk of the hated Minister for Education, Ragnar Skancke. Meanwhile, the teachers in the north are subjected to torture and hard labour, while temperatures fall to – 18 C in the prison camps. The teachers just have to sign a piece of paper and they will be free. But they resist. Now the battle begins.....I couldn't believe I had never heard this story before. And so my journey to make a documentary - *The Teachers' Protest* – began.

The project was part-funded by the National Education Union and the Union of Education Norway. My journey took me into the frozen darkness of the north, to the heart of another culture, to ask just what it is that drives us to do this near impossible job. The story became a passion and a great adventure. None of the teachers are still alive, but I managed to find sons and daughters (now in their 80s) with vivid memories.

I travelled with my camera the length and breadth of Norway looking for my film, always met with kindness and interest by those wanting to tell the story. And then, in a dusty book, I came across the drawings of Herlov Amland – pencil sketches on the backs of brown paper bags, scratched out in the squalor of a prison camp. An internet adventure led me to the studio of Herlov's son, Arne. He welcomed me with a strong cup of coffee and pulled out a battered folder, placing it carefully on the desk. And there in front of me were all of Herlov's originals – exquisite, beautiful and inspiring. I knew I had a film.

Norway's schools reopened in April 1942, thanks to strong resistance by the country's educators, and Nazi-focused education never amounted to anything. The protection of free speech is as important today as ever, and nowhere more so than in the classroom. The Norwegian teachers' story shows us how we can fight without weapons and win.

JON SEAL, *The Teachers' Protest*

Taken from *Educate*, September/October, 2019 edition

FIREWORK FACTS

1. The largest firework rocket is 13kg and was produced and launched in Portugal in 2010.
2. Fireworks were invented more than 2000 years ago in China.
3. China is the largest manufacturer and exporter of fireworks in the world, they produce 90% of all fireworks
4. The first recorded fireworks in England were at the wedding of King Henry VII in 1486.
- 5.. A rocket can reach speeds of 150mph. However, the shell can reach as high as 200 metres.
6. A sparkler burns at a temperature over 15 times the boiling point of water. Three sparklers burning together generate the same heat as a blowtorch.
7. France uses fireworks to celebrate Bastille Day - the storming of the prison..
8. Static electricity in synthetic clothing can set off fireworks. People making fireworks wear only cotton clothing.
9. Half of all firework injuries are to children under the age of 16.
10. The UK spends around £15 million on fireworks every year.
11. The New Year's Eve show in London cost £1.9 million in 2011.
12. Guy Fawkes was born on the 13th of April 1570 in Stonegate, York. He attended St. Peter's School, where they still refuse to celebrate bonfire night out of respect for their former pupil.
13. Around 1,000 people are treated for firework-related injuries in the UK each year
14. To this day the cellars of the Houses of Parliament are searched by Yeomen before the State Opening of Parliament.
15. Fireworks use different types of salt to create the sound.
16. Fireworks use different metal elements to make different colours.
17. Some people have been known to wonder whether we are celebrating Fawkes' execution or honouring his attempt to do away with the government.
18. Bonfire Night is not only celebrated in Britain. The tradition crossed the oceans and established itself in the British colonies during the centuries. It was actively celebrated in New England as "Pope Day" as late as the 18th century.
19. Today, November 5th bonfires still light up in far out places like New Zealand and Newfoundland in Canada.
20. During World War I and World War II, no one was allowed to set off fireworks or light bonfires. This was part of an act of parliament in 1914 called 'The Defence of the Realm Act', which aimed to protect people during the war by not showing the enemy where they were.

A local policeman had just finished his shift one cold November evening and was at home with his wife. "You just won't believe what happened this evening; in all my years on the force I've never seen anything like it." "Oh yes dear, what happened ?" "I came across two guys down by the canal, one of them was drinking battery acid and the other was eating fireworks." "Drinking battery acid and eating fireworks!! What did you do with them ?" "Oh that was easy, I charged one and let the other off."



PICK UP A GUITAR – OR TRY A FOREIGN LANGUAGE

There's robust research to show that two activities in particular, which require intense focus, can help to boost grey matter and slow the development of dementia. These are playing a musical instrument and learning a foreign language.

Musicians who practise regularly and intensively have been found to have more grey matter in part of their frontal lobe (the area of the brain that controls decisions and planning) and less age-related degeneration in other parts of the brain, than non-musicians. One group of over-75s, who frequently played a musical instrument, were found to be less likely to have developed dementia five years later than those who rarely played. Intriguingly, the protective effect of playing music was found to be stronger than reading, writing or doing puzzles.

Crossword puzzles have had a good press. Some studies show that people who do crosswords have better cognitive functions – the multitude of mental abilities that enable us to learn, memorise, problem solve and make decisions – than those who don't. But, unfortunately, this only proves that clever people enjoy crosswords. Puzzlers seem to suffer cognitive decline at the same rate as non-puzzlers, meaning crosswords probably won't protect our brain health.

But not everyone has an aptitude for music, and not everyone can face learning another language – especially if they know they'll have little chance to use it. However, if you're serious about boosting your brain, don't let these excuses stand in your way.

CAMILLA CAVENDISH writing in the *Daily Mail*, 19th September, 2019



WHY EXERCISE CAN BOOST YOUR MEMORY

Experiments with mice suggest that three factors can help to create new brain cells: aerobic exercise, social contact, and new challenges. In one US study, old mice developed five times as many new neurons as fellow rodents when given wheels to run on, tunnels to explore and other mice to socialise with.

They also learned to navigate mazes better than mice raised in normal cages. Further tests showed that exercise had the biggest effect of all.

The researchers, from the Salk Institute for Biological Studies in La Jolla, California, found mice in cages with running wheels produced twice as many new neurons as those in sedentary cages. Human brains also benefit from exercise – particularly aerobic, swimming or brisk walking. One group of older people, who took part in an aerobic fitness programme for three months, were found to have significantly increased their brain volume, while another group, who did only stretching and toning, did not.

This is probably because aerobic exercise increases the blood supply to the hippocampus, the brain area involved in learning and the formation of memories. Exercise also stimulates production of a protein called brain-derived neurotrophic factor, which is vital for the production of new brain cells.

CAMILLA CAVENDISH, writing in the *Daily Mail*, 19th September, 2019

FEATURES

THOUGHTS ON THE BUS - SHANKLIN

We kept putting it off for the weather, but at last we had a Saturday which augured well. We had to go on a Saturday to catch the Senior's early 07.50 Wittering 52. Then 700 to Pompey hard. We walked down the station to catch the 10.15 cat half hour ferry. But the hazard - so unexpected - it was the Festival wild time.

Sparkling faces with glitter and exposed legs unlimited. Their Life back-packed for overnight life. It's good, because you can catch the underground train to travel down from the pier head to shore. The bus pass works.

Arriving at this bus terminus allows the possibility to radiate the IOW. We catch the waiting, every 30 minute, number 2 bus to Shanklin. Buses circle the IOW but the capital, Newport terminus in the middle, is central to the bus system. The number 7 is the beaches/Needles free connection. The driver dumped us at Shanklin high street for a breakfast cafe. However, we had to go to the next stop for the scenic old high street and the beautiful cliff sea views, commanded by the big hotels. We sat and enjoyed God's wonder.

The return trip was like clockwork in the same, half hour ferry way, but allow 4 hours out, 3 hour there and 4 hours back to catch the 6.30pm bus, or you will have to wait an hour at Chi. for the 52/53.

Enjoy. DB



THOUGHTS ON THE BUS - THE PEOPLE'S CHURCH

There are lots and lots of individual plants that need tender loving care.

The young ones need special upkeep and facilities to develop.

However, the gardens are grown independently by families to provide a magnificent community, display and comfort.

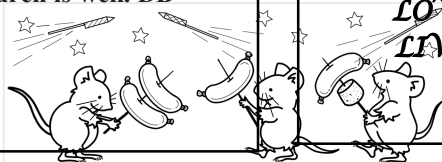
The whole present population glory in their godly produce.

The wonderful laity are spiritually fulfilled in their fellowship, communion and sustain in the beauty of the catholic garden of life.

The People's Church is well. DB

LIVE FOREVER

*THINK positively,
NETWORK well,
EXERCISE daily,
EAT healthily,
WORK hard,
STAY strong,
BUILD faith,
WORRY less,
READ more,
VOLUNTEER freely,
RELAX often,
LOVE always,
LIVE forever.*





When Apollo 11's Eagle lunar module landed on the moon on July 20, 1969, astronauts Neil Armstrong and Buzz Aldrin had to do something hard: Wait. They were scheduled to open the door of their lunar lander and step onto the unknown surface of a completely different world. But for now, their mission ordered them to take a pause before the big event.

So, Aldrin spent his time doing something unexpected, something no man had ever attempted before. Alone and overwhelmed by anticipation, he took part in the first Christian sacrament ever performed on the moon—a rite of Christian communion.

Aldrin's lunar communion has since become shrouded in mystery and confusion, but the rite itself was relatively simple. The astronaut was also an elder at Webster Presbyterian Church, and before he headed into space in 1969, he got special permission to take bread and wine with him to space and give himself communion.

Men had already prayed in space, but Aldrin was about to go one step further—literally and figuratively. Part of his mission was not just to land on the moon, but to walk on it. To prepare, he took communion after the Eagle lunar module landed on the moon's Sea of Tranquillity during an hours-long downtime period designed to let the astronauts recover from their space flight and prepare for their moon walk.

The mood on the module was sober. Both Armstrong and Aldrin knew how important their mission was. "I was certainly aware that this was a culmination of the work of 300,000 or 400,000 people over a decade and that the nation's hopes and outward appearance largely rested on how the results came out," Armstrong recalled in an oral history.

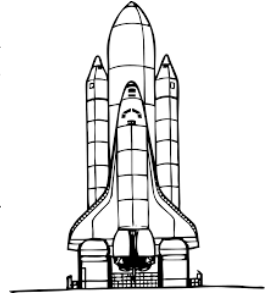
As the men prepared for the next phase of their mission, Aldrin got on the comm system and spoke to the ground crew back on Earth. "I would like to request a few moments of silence," he said. "I would like to invite each person listening in, wherever and whomever he may be, to contemplate for a moment the events of the past few hours and to give thanks in his own individual way."

Then he reached for the wine and bread he'd brought to space—the first foods ever poured or eaten on the moon. "I poured the wine into the chalice our church had given me. In the one-sixth gravity of the moon the wine curled slowly and gracefully up the side of the cup," he later wrote. Then, Aldrin read some scripture and ate. Armstrong looked on quietly but did not participate.

Aldrin felt that the service should be broadcast to the entire world. But atheist activist Madalyn Murray O'Hair, once dubbed "the most hated woman in America" for her high-profile activism on behalf of the separation of church and state, indirectly doomed the

communion service. A few months earlier, O'Hair had sued NASA after Apollo 8 astronauts read the Book of Genesis during a broadcast made on Christmas Day 1968, when they became the first humans to orbit the moon.

A handwritten card containing a Bible verse that Buzz Aldrin planned to broadcast back to Earth during a lunar Holy Communion service, featured in a space-related auction in Dallas, Texas, 2007. (Credit: LM Otero/AP Photo)



Though O'Hair's case was ultimately dismissed, it made an impression on NASA officials, who worried that any overtly religious display might open the agency up to another lawsuit. When Aldrin told the flight crew operations manager about his plans to broadcast his communion service, the manager told him to go ahead and have communion, but "keep your comments more general."

Though the press did report the fact that Aldrin would bring communion bread on the spacecraft, he kept the ceremony low-key and, out of respect for the debate over religion on the moon, kept the ceremony confined to the spacecraft and not the surface of the moon.

Aldrin wasn't the only astronaut to experience religious rituals in space. In 1994, three Catholic astronauts took Holy Communion on board Space Shuttle Endeavor. Israeli astronaut Ilan Ramon reportedly recited the Jewish Shabbat Kiddush prayer in space (he later died when Space Shuttle Columbia exploded in 2003). And Russian cosmonaut Sergei Ryzhikov took a relic of St. Serafim of Sarov, a Russian Orthodox saint, to space in 2017.

The first space communion was only experienced by two men, but it hasn't been forgotten by the wider world. Lunar Communion Sunday is still celebrated annually at Webster Presbyterian and elsewhere to commemorate the event, and Aldrin spoke and wrote about the experience later in life. However, the low-key nature of the ceremony in space itself later led to rumours that it happened in secret.

Aldrin may not have resorted to skulduggery to consume communion aboard the lunar module, but he ended up regretting it. In his 2010 memoir, he wrote that he'd come to wonder if he'd done the right thing by celebrating a Christian ritual in space. "We had come to space in the name of all mankind—be they Christians, Jews, Muslims, animists, agnostics, or atheists," he wrote. "But at the time I could think of no better way to acknowledge the Apollo 11 experience than by giving thanks to God."



ARTICLE BY ERIN BLAKEMORE ON 'INSIDE HISTORY' WEBSITE 6/9/2019



FROM NOSE TO TAIL, THE GUIDE TO FOODIE CHAT

They're words and phrases that would leave Fanny Cradock scratching her head. Over the last few decades, a gastronomic lexicon has been created to describe our changing eating habits. And now the BBC's *Good Food* magazine has put them into a handy guide to help those who thought life was as simple as a plate of meat and two veg.

For instance, instead of spud peelers, these days cooks have 'spiralizers', and by eating a cheap cut of beef you could inadvertently be part of the 'nose-to-tail eating' scene. Indulging in meat and fish only a few times a week may classify you as a 'flexitarian', while fishing food from supermarket bins could render you a 'freegan', rather than a 'down and out'. At least most know of 'soggy bottom', made popular by Mary Berry on

'Bake Off' to describe the deleterious effect of under-baking a pastry or pie.



The glossary is helping celebrate *Good Food* magazine's 30th birthday. Lulu Grimes, managing editor, says: 'A lot has changed in the world of food since we launched in 1989. In fact, many of the food-related words and phrases we use today didn't even exist back then. To indulge in a bit of nostalgia, we've pulled together a 2019 food dictionary – a list of terms.... you might be surprised to learn have only been around since the 1990s.'

FEELING HUNGRY? FEAST ON THIS JARGON

Flexitarian (1990s) One who eats a predominantly vegetarian diet, with meat and fish only occasionally.

Hangry (1992) When you feel irritable because you're hungry.

Pescatarian (1993) Someone who eats a vegetarian diet, plus fish and seafood.

Gastropub (1996) A pub that serves fancy food.

Freegan (1997) An activist who scavenges for free food (e.g. waste from stores) to reduce use of resources.

Nose-to-tail eating (1999) eating the whole animal, not just 'popular' cuts.

Smart fridge (2000) A refrigerator connected to the internet that is programmed to detect what is inside, and keeps track of expiry dates and usage.

Small plates (2000) A popular type of dining, food is served in small portions and on smaller plates, designed to be shared.

Free-from (around 2003) Used to describe foods that don't include allergens such as gluten and dairy.

Single-use plastic (2018) Products made to be used once before being thrown away, such as plastic straws.

JOSH WHITE

Writing in the *Daily Mail*, 30th August, 2019

SLEEP AND DEMENTIA - IS THERE A LINK?



There is a suggested link between poor quality sleep and an increased risk of Alzheimer's disease, but what do we actually know? And what can science teach us about lowering that risk? Well, we know that disturbed sleep can be one of the earliest signs of Alzheimer's and it often occurs years before any changes to memory and thinking skills. But it's difficult for researchers to tease apart cause and effect.

For example, it could also be that continued lack of sleep can lead to increased levels of amyloid, one of the hallmark proteins of Alzheimer's, in the brain.

Early studies have suggested such a link and many scientists believe that sleep problems lead to amyloid build-up which then further disrupts sleep, and so on. So we still need to understand whether poor quality sleep might contribute to the development of the disease or vice-versa. But with every link we can establish between dementia and our day-to-day lives, the more we can find new ways to treat dementia or even prevent it from ever developing. The good news is that your support is allowing studies to happen right now, that look at these very issues.

Amyloid is a natural protein, and levels in the brain normally fluctuate over the course of a day. Studies suggest that it's at its highest when we're awake, and at its lowest when we're asleep. That's all part of healthy brain function. The changes appear to happen when amyloid builds up in the brain through over production, or the amyloid isn't cleared away properly. Two main biological systems do this 'clearing away' – the recently discovered glymphatic system and microglia cells. The glymphatic system works like a series of drainage canals, while microglia are the brain's immune cells, which act like binmen actively removing rubbish. Right now, research suggests that when we aren't sleeping properly, or as deeply as we should, these processes aren't as effective as they should be. But the more research can tell us, the more we know, the more we can do to counter dementia and the things that cause it.....

Because of your support, a £1.5 million programme is underway at the UK Dementia Research Institute. In a series of experiments, researchers are studying the importance of the brain's cleaning mechanisms in reducing the risk of dementia. At the University of Newcastle a study into the effect of sleep patterns on dementia with Lewy bodies is also up and running. This important pilot project is only happening because of the support you're able to give, so thank you! We're working hard to establish all links between sleep and the risk of dementia, and this sleep pattern study is a hugely important area for us.

We are confident that it will lead to some important discoveries, and even a brand new treatment that will change lives.

EAST WITTERING GARDEN AND WINE CIRCLE



Our October meeting was scheduled to be Hilliers Garden Centre, but at the last minute they were unable to attend. However, Mrs. Frances Farrer-Brown stepped in to give us an interesting talk entitled 'The History of Chichester and its Buildings'. She started with the Cathedral, telling us that the spire used to be a point of reference for shipping entering the harbour. The Bell Tower is a separate building because the bells were too heavy for the Cathedral. Her pictures led us along the passage where St. Richard's ghost is said to walk, then on to the Bishop's Palace. Many of the buildings in Chichester, Frances told us, are constructed with flints which are actually fossilised sponges. From the Cathedral Frances took us to the house used

long ago to accommodate the lay choristers, who were often fined for keeping a prostitute; from there she took us to 'Dusty Feet' Summary Court where shop keepers were fined for selling bad food and drink. Moving on to Pallant House, we were told that it should have been decorated with a pair of ostriches, but they ended up as dodos, because the builder said he'd never seen an ostrich. (I don't suppose that he had ever seen a dodo either).

Frances told us that we should always look up at buildings, because there are often more interesting features above eye level. She next moved us on to the Market Cross, where farmers' wives and other small traders, who couldn't afford a market stall, would sell their produce. Charles II presented a bust of Charles I to Chichester, which was placed in a niche on the cross. However, in the 1970s it was discovered that the bust was very valuable, so it was removed and a plaster copy was made to replace it, which was covered with wire mesh to protect it from pigeon activity! The original is in the care of the Pallant Art Gallery.

Next, to the Butter Market, which was designed by John Nash, but despite its name never sold butter! Until the beginning of the 20th century the top floor was used by Chichester Art School. Nearby is St. Olaf's Church, used now by the SPK shop – it's still consecrated and a service is held there once a year. In the distant past Norwegian ships used to visit the city. King Olaf the Stout came on one voyage and decided that his sailors needed a church here that they could attend, hence its dedication. Continuing up North Street we come to The Ship Inn, where the invasion of Europe was planned. The signatures of all the leaders of the countries involved are kept in an upstairs room there. Following the road that goes east along the side of The Ship we come to Priory Park, where we see all that remains of Greyfriars Monastery, and Chichester Castle, now a small mound. After French invaders left for home King John ordered the castle to be pulled down. Finally, we ended up at St. Mary's Hospital – not a hospital as we understand it, but accommodation for poor people. St. Mary's Church is nearby. By the



time we had seen Frances' excellent pictures, taken she told us at 5.00 in the morning before anyone was about, and heard the stories we all felt that we knew Chichester so much better.

In the competitions Mike Grant won for the largest pumpkin, Don Phillips for his house plant and Joan Redman for her pepper plant. **The next meeting is on 12th November when Graham Browning will tell us all about St. Francis Animal Care Centre and Hedgehog Rescue.** Look forward to seeing everyone there.

ROSEMARIE COX

ST WILFRID'S HOSPICE - WITTERINGS & DISTRICT SUPPORT GROUP

On **Wednesday
20th November**
will be our last
Coffee Morning
for 2019 at
Russell's



Garden Centre from 10am
to 11.30am. There will be
Christmas cards on sale
and a Christmas Raffle.

On behalf of our committee may I
wish you all a Merry Christmas and
a Happy & Healthy New Year.

Thank you for supporting our
events during this past year. We are
always looking for new ideas to
raise money for St Wilfrid's so if
you have any suggestions please let
us know.

RAYNOR



SIX LITTLE STORIES WITH LOTS OF MEANINGS

- 1) Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. That is faith.
- 2) When you throw babies in the air, they laugh because they know you will catch them. That is trust.
- 3) Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake up. That is hope.
- 4) We plan big things for tomorrow in spite of zero knowledge of the future. That is confidence.
- 5) We see the world suffering, but still, we get married and have children. That is love.
- 6) On an old man's shirt was written a sentence 'I am not 80 years old; I am sweet 16 with 64 years of experience.' That is attitude.

Have a happy day and live your life like these
six stories.

Remember—Good friends are the rare jewels of
life, difficult to find and impossible to replace!



Next Men's Breakfast: Saturday 23 November 2019.

START TIME - 8.30am. Doors open at 8am.

Venue: The Barn (Harvester), Barnfield Drive, Chi, PO19 7AG

From a young age, Shane Taylor started to burgle houses and steal cars; he stabbed people and sold drugs. Soon he was on the run for kidnapping and attempted murder. "I was classed as one of Britain's most dangerous people". Shane eventually got caught and was put in prison, but his incarceration did little to stem his rebellion. His hatred of authority saw him stab two prison officers with a broken glass after he wasn't allowed to use the prison gym, sparking a riot.

Hear how Shane found Jesus. Shane's behaviour changed so much that within weeks he went from being in permanent segregation to getting a trusted job in the prison chaplaincy. He no longer saw the prison officers as the enemy. 'Not long after all this, I was lying on my bed in my cell. All the bad things I'd done to people flicked through my head and all the times I'd upset people – and I started crying. I realised that for many years I'd been aggressive towards people without even realising it. 'Jesus has changed my life,' Shane says. 'Jesus has shown me how to love and how to forgive. Almost all the people I've upset, all the people I stabbed, all the people I hurt, have forgiven me and now we talk. I'm helping with Alpha in prisons. Now I'm able to tell other prisoners about Jesus – it's amazing.'

Cost Just £8 - includes the 'Harvester recommends' or other set cooked breakfast (there are several) or waffles & eggs plus unlimited coffee/tea, unlimited cereals, toast, pancakes etc. from the breakfast bar (for an extra £2 you are welcome to order the unlimited breakfast which means you can have as many cooked items as you wish).



YOUR GOOD MORNING CALL

This free new initiative beginning on October 2019, and set up by trained and DBS checked volunteers, aims to address loneliness and vulnerability in older age, by making a daily phone call to you for a chat to see if you are ok.

The Witterings, Bracklesham and surrounding villages have a relatively elderly population with many retirees, a high proportion of whom have lost their partners and live alone, often far from their families and friends; as a result, there is an increased risk of loneliness and social isolation.

A request for this service was initiated by local people through our Community Warden, Drew Allardice, working in partnership with Selsey Community Forum (Registered Charity No. 1156460). We are also working closely with local groups and the Witterings Medical Centre.

You can request a call yourself or refer someone you know. All referrals will be treated in the strictest confidence.

This service will operate from Bracklesham Barn with huge support from the Parish Council. **For further information please ring 07949704175**

THE UNITED REFORMED CHURCH Oakfield Ave, East Wittering

Pastor : Mr John Gunning “Glen Two” Bracklesham Lane
Earnley, West Sussex PO20 7JE Tel. (01243) 511121



SUNDAY SERVICES at 10.30 am

Children can attend a lively Sunday School during the second half of the service.

Holy Communion 10 am on the 1st Sunday of the month
In the Service on the 3rd Sunday of the month
Bible based services seeking to learn more of God

Bible Study - Mondays 6pm Thursdays 10.30am

Thursday Fellowship 2nd and 4th Thursdays at 2.15pm
Varied topics – tea and cake!

Friday Tea and Chat 2pm

ALL ARE WELCOME TO ALL OF THE ABOVE!

ST PETER'S R.C. CHURCH, Church Road, East Wittering. Tel: 673194

Priest in charge: Canon Tom Treherne
(St Richard's Chichester) 782343

Sacraments

Sundays: Mass 9.00am

Fridays: Mass 10.00am

Holy Days of Obligation: 10.00am

Sacrament of Penance: First Friday of the month at 9.30am

