

# THE PARISHES OF ST ANNE'S EAST WITTERING AND EARNLEY



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## CHURCH SERVICES

### St. Anne's East Wittering

<b>Sundays:</b>	8:00am	Said Eucharist (Last Sunday of the month BCP)
	10:15am	<b>PARISH EUCHARIST</b> and Sunday School
<b>Tuesdays</b>	7:00pm	Said Eucharist
<b>Wednesdays &amp; Thursdays</b>	10:00am	Said Eucharist
<b>Fridays</b>	7:00pm	Said Eucharist (1st Friday Compline and Benediction)
<b>Saturdays</b>	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

<b>Sundays:</b>	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://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

## RECTOR'S LETTER



As I write, we as a nation are on the brink of a severe escalation of the Coronavirus. The current advice our government has given at this stage is that personal hygiene is paramount, by making every effort to regularly wash our hands with soap and water for at least 20 seconds. Singing to yourself 'Happy birthday' twice over is a good indicator of the length of cleansing necessary in our fight against this disease. This is something that we can all do, not only to offer basic defence for ourselves, but also to avoid passing it on to others. They say if you have a new persistent cough or a high temperature you should self-isolate along with your household. However, by the time you read this letter the situation and advice may well have changed dramatically.

With any major emergency it is the most vulnerable who are at risk, the elderly and those with underlying health conditions, so we should take every precaution to support them by following the advice given. It is not only those mentioned who need support, food banks are suffering badly with a shortage of basic items, because shoppers are stockpiling as fear grows. A London food bank which donates 3,000 food parcels annually, said, 'Cheap items such as pasta, rice and tinned goods are proving hard to obtain', whilst a food bank in Bedfordshire warned stockpiling 'will hit the vulnerable'. It is estimated if people stop giving their donations, the next six weeks will see food banks completely depleted. It is so unfair when people panic buy and stockpile, for they are taking food away from those already in crisis and who need the food now. The most vulnerable are unable to stockpile so need help now to get through each day.

These are certainly worrying times for us all, and indeed we should be very concerned. Already there is a great deal of scaremongering and false information. We hear reports of those who are 'cashing in' on people's fear, so it's important we follow the guidance that government, scientists and the health professionals give us.

As Jesus entered into his passion there was a great deal of scaremongering, with false information by those who, for their own gain, plotted his downfall by misleading the people to turn against him. In the resurrection when Jesus rose from the dead, he put to shame those who falsely condemned and accused him, and gave new hope to those whom he came to save. Easter demonstrates to us that in any crisis there will come resurrection. We will get through this emergency however long it may take. So, let us keep praying for our families, the vulnerable, those with underlying health conditions and for all those who bear the brunt of bringing relief and support to others, and give hope to those who strive to bring this epidemic under control.

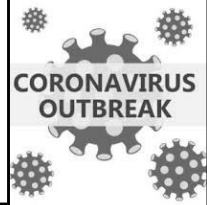
*With love and prayer*  
*Fr Steve.*

### CORONA VIRUS UPDATES

Fr. Steve and the Churchwardens send their best wishes to everyone in the parish. We hope you are keeping well and are not finding the situation too stressful. The community seems to have come together in support of each other with offers of help with shopping etc. The situation changes each day with Government updates and advice from our Diocese and we will try to keep you updated via our website and Facebook page.

Several events and meetings have been cancelled and they are as follows:

- All services at St. Anne's & Earnley are cancelled for the foreseeable future. As are the following.....
- St. Anne's Bible Study
- St. Anne's Lent course
- St. Anne's Stations of the Cross—held during Lent
- St. Anne's Palm Sunday Lunch
- St. Anne's Thirsty Thursdays Pop up Café
- St. Anne's VE Day celebration
- Earnley Annual Dinner



Helen went to church three weeks running so she was co-opted to the P.C.C.

### BISHOP LUFFA SCHOOL

*Message from the Headteacher,  
Mrs. Nicky Christopher*

We have lots of students who would love to become pen-pals with elderly members of your congregation who are self-isolating.

If you do know of anyone who may be interested, please let us know their name, address and/or e-mail and we will organise a cheerful message from one of our volunteers. God bless.

Firstly, I owe some of our readers an apology. If you were one of those who had to perform a surgical extraction before attempting to read last month's *Parish Life*, then it's you I'm addressing. If the staple holding your pages together was in the right place enabling you to easily open the magazine and read its contents, then this does not apply to you. On investigation I discovered that the team responsible for putting March's magazine together found itself very short of its usual members and a new beginner found himself put in charge of manning the stapler – a daunting job at the best of times, but especially without practice. If there is anyone out there who would like to volunteer to go on the reserve list then I would be delighted to hear from you!

Now for something entirely different! A few days ago I found myself in the Carphone Warehouse in Chichester – not on my own behalf, I hasten to add, but with David and my granddaughter, Laura. David had decided he wanted to jump into the digital age. He does have a Surface – one of the earlier models when it was advertising itself as 'a tablet that thinks it's a computer' - which is enough said about that when I think about the massive problems he had with it, and still does if some of the expletives that issue forth from the study are anything to go by! So why does he want an all-singing, all-dancing smart phone now? Good question! Angela (his younger daughter) gave him her old smart phone about a year ago, which he has only recently shown any interest in using. So back to the original question – why does he want another phone now? Well, he's decided he wants to pay his M&S credit card on-line, and if he wants to do this he needs either a little machine with his password on it or he needs to download an 'app', hence the reason for showing an interest suddenly in Angela's old phone. Now, Rob (David's eldest son) has been instructing him in the mystery of smart phones, but Laura's visit was an opportunity to take instructions one stage further to his new way of paying his credit card bill, but why does he want **another** phone? Well, all was going fine until it was discovered that Angela's phone was too old to do what it was needed to do – download the M&S app. So there we were in Carphone Warehouse in Chichester a week ago shopping for a new phone for David, with Laura as an adviser.



The phone he chose was not in stock and the assistant assured him that he would get him one and it would be delivered the next day to the house by DPD. And now I have at last got to the reason for telling you this tale, for, sure enough, the next morning a large DPD van arrived at our door in East Wittering with David's small parcel. Crazy! Vans from here, there and everywhere, delivering items that could easily be collected from a shop – and would have been until relatively recently - putting more traffic on our already congested roads, polluting the atmosphere, shops closing in the High Streets because people are shopping on-line.....where is the logic in all this? I despair!

## ST ANNE'S FELLOWSHIP CIRCLE

Sue had devised a new game for our main activity at the February meeting, but business first and a decision had to be made. At the January meeting we had realised that we hadn't made our usual charity contribution in 2019, and had discussed and voted on the possible recipients of our bounty. Unfortunately the vote had resulted in a tie for first choice – First Responders and East Wittering Primary School.

After the meeting Margaret B. had investigated the future plans of the school and discovered that an extension of the library was already underway and they were fundraising for new books. Perfect! So now we simply had to confirm that the money would be split equally between the First Responders and the Primary School. This was done and we decided, as there were two recipients, that we would donate an extra £50, making it £150 each. The matter was then handed over to the Treasurer to execute.

So now we could turn our attention to Sue's new game. It was based on a test of memory.....or, if you had enough mentally able members in your team, a test of tactics! Sue fished out of her bag a series of objects – nineteen in all – explaining the purpose of each, before it was placed out of sight once more. Many of us were thankful for the explanation – especially those whose eyes were not as good as they used to be, and even more so for those who had not even known that there was such a thing as a lobster prod –



is that the name Sue used – let alone had seen one! So now, all nineteen safely hidden from view, we had to make a list in our teams of all the objects that had appeared. Was there a cuddly toy? No, definitely not, but many of us were certainly reminded of Bruce Forsyth's Generation Game – was that it's name – the one that ended up with a conveyer belt carrying various objects you could win if you could name them at the end. The result? One team got eighteen – due to tactics – leaving the rest of us trailing far behind! But Sue was definitely not handing over any of her possessions as prizes, especially the lobster 'prod'! Good game, good game! Now I'm back to Brucey again, aren't I!!

The next meeting will be on 22 April. Don't forget there is no Sunday Tea in April. The next one is on 3 May. Anyone wanting to join our Circle or come to the Sunday Tea would be most welcome. Come and see what we're about. If you don't like what you see there's no compulsion to come again!



**CALLING ALL CHILDREN**

**MAKE SUNDAYS FUNDAYS  
AND GIVE US A TRY !**

**COME ALONG TO OUR SUNDAY MORNING  
SESSIONS AT 10.15 to 11.15 (TERM TIME)  
IN THE EAST WITTERING VILLAGE HALL**

**LEARN ABOUT JESUS & HIS FRIENDS  
BIBLE STORIES  
WHAT IS CHRISTMAS REALLY ABOUT?  
WHY DO WE HAVE EGGS & HOTCROSS  
BUNS AT EASTER?**

**AFTER A STARTING PRAYER WE HAVE STORIES  
FOLLOWED BY A CRAFT ACTIVITY BEFORE JOINING  
THE CONGREGATION IN CHURCH FOR A BLESSING &  
SHARING WHAT WE HAVE DONE WITH FR. STEVE.**

**WE'D LOVE TO SEE YOU !!  
Enquiries to Fr. Steve 672260  
St Anne's Parish Church  
East Wittering**



**...er...the good news is the youth  
group have made a great start by  
pressure washing the west window....**

*Although Sunday School  
is closed for the time  
being—we look forward  
to welcoming you when  
we reopen!*

**‘Now there stood by the Cross of Jesus  
his Mother.....’ John 19: 25**

Was it for this the babe grew tall, this  
wood  
Of death, these nails, this Golgotha of  
shame?

Was this the meaning when the angel stood  
Beside my waking womb and shepherds  
came

To greet a son of joy and ‘Jesus’ call  
My firstborn, saviour for the world yet  
here

There is no saving, only hideous pall  
Of groping darkness and the angry spear  
That spills the stricken soul and rends my  
breast

Who bare him. There was myrrh in their  
salute

At Bethlehem, the wise men’s sharp arrest  
Of joy’s excess. I thought they meant re-  
pute

Of pains I had in trek from Nazareth.  
I taste it here – the travail of the world.

**KENNETH CRAGG**  
(with acknowledgement to Wilfred  
Owen)

*Dear Lord, I can only prove the power  
of your word by basing my actions upon  
it - blindly.*

*Relying upon Your word, may I always  
act trustingly, not merely feeling trust.*

*Let me be fed by Your word, strength-  
ened by it, increasingly.*

*May Your word not only point the way,  
but bring more and more of Yourself  
into the  
Deepest parts of me.*

*May your word unfailingly bring  
Healing to my spirit.*

*Lord, I stake everything upon Your  
word just as I stake everything upon  
You.*

*I am certain, from Your word, that I  
belong  
To You for ever!*

**JOHN WOOLLEY**  
From *Words of Power*



### SMILES

#### **Palm waving**

It was Palm Sunday, but five-year-old Jamie stayed at home with mum because of a bad cold. When his father and sisters returned, they were carrying several palm fronds. His sister explained: “People held them over Jesus’ head as He walked by.”

“That’s not fair!” Jamie protested. “The one Sunday I don’t go, and He shows up!”

#### **On the hop**

**Q:** What do you get when you cross the Easter Bunny with an over-stressed minister during Holy Week?

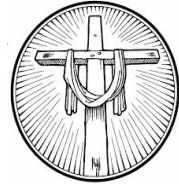
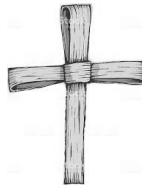
**A:** An Easter Basket Case

## DIARY DATES

- Tuesdays**    **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

### APRIL

<b>Sunday 5th</b>	<b>PALM SUNDAY</b>
<b>Thursday 9th</b>	<b>MAUNDY THURSDAY</b>
<b>Friday 10th</b>	<b>GOOD FRIDAY</b>
<b>Saturday 11th</b>	<b>Holy Saturday</b>
<b>Sunday 12th</b>	<b>EASTER SUNDAY</b>
<b>Sunday 19th</b>	<b>Easter 2</b>
<b>Thursday 23rd</b>	<b>St. George's Day</b>
<b>Saturday</b>	<b>Mark the Evangelist</b>
<b>Sunday 26th</b>	<b>Easter 3</b>



**Please note that there will be no services over Holy Week & Easter. No services for the foreseeable future.**

### MAY

**Friday 1st**                      **Philip & James Apostles**

## FROM THE REGISTERS

### The Recently Departed:

**Brian Robinson**

*"In my Father's house there are many rooms....."*

John 14 v.2





### **23 APRIL - ST GEORGE: OUR PATRON SAINT WHO ISN'T ENGLISH**

It's perhaps typical of the English that they should have a patron saint who isn't English, about whom next to nothing is known for sure, and who may not have existed at all. That didn't stop him being patriotically invoked in many battles, notably at Agincourt and in the Crusades, and of course it is his cross that adorns the flags of English football fans to this day.



It's most likely that he was a soldier, a Christian who was martyred for his faith somewhere in Palestine, possibly at Lydda, in the early fourth century. At some point in the early centuries of the Church he became associated with wider military concerns, being regarded as the patron saint of the Byzantine armies. There is no doubt that he was held as an example of the 'godly soldier', one who served Christ as bravely and truly as he served his king and country.

The story of George and the dragon is of much later date and no one seems to know where it comes from. By the middle ages, when George was being honoured in stained glass, the dragon had become an invaluable and invariable visual element, so that for most people the two are inseparable. Pub signs have a lot to answer for here: 'The George and Dragon'.

However, it's probably more profitable to concentrate on his role as a man who witnessed to his faith in the difficult setting of military service, and in the end was martyred for his faithfulness to Christ.

The idea of the 'Christian soldier' was, of course, much loved by the Victorian hymn-writers - 'Onward, Christian soldiers!' The soldier needs discipline. The heart of his commitment is to obedience. The battle cannot be avoided nor the enemy appeased. He marches and fights alongside others, and he is loyal to his comrades. In the end, if the battle is won, he receives the garlands of victory, the final reward of those who overcome evil.

St George's Day presents a challenge and an opportunity. The challenge is to distance the message of his life from the militarism and triumphalism that can easily attach itself to anything connected to soldiers and fighting. The opportunity is to celebrate the ideal of the 'Christian soldier' - one who submits to discipline, sets out to obey God truly, does not avoid the inevitable battle with all that is unjust, wrong and hateful in our world, and marches alongside others fighting the same noble cause. Discipline, obedience, courage, fellowship and loyalty - they're not the most popular virtues today, but that doesn't mean that they don't deserve our gratitude and admiration.

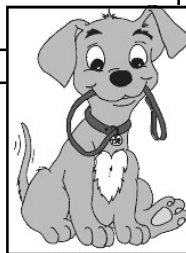


Here is Easter and a galaxy of books in King's to garnish the season: brand new books, bargain books and special sale books. Something, hopefully, for everyone – young and old and all the other hand-in-hand opposites you can think of.

In addition to selling books, I have just embarked on producing one. I intend to be the compiler of *A GUIDE AROUND THE ANGLICAN CHURCHES OF EAST WITTERING* (*not so much a title as a summary of subject matter!*). If you, dear reader, have any stories, anecdotes, facts or photos which would enhance such a book, please do share them with me. We could make this a summer best-seller!

I look forward to any contributions you might like to make.

**JOHN HYATT**



The routes of my afternoon walks have changed recently. As my readers know, John always takes me down Shore Road, along Bookers Green, down on the beach (tide permitting) and then home via lots of lovely biscuit-wielding shopkeepers. This afternoon, however, we met our neighbour Beryl, who was dog-sitting a very pretty pooch called Roxy, and they took us down to Scott's Farm where we raced around fields in pursuit of our balls. Well, Roxy raced because she's ten years my junior, but I showed her how to be dignified, even when in a puddle of muddy water.

Last Sunday John decided we should go to the old church in East Wittering so he could make notes for some book he is getting excited about. It was a lovely afternoon – for once not a shower to dampen our spirits – and we walked down Church Road alongside a flooded field when a young Romanian chap approached us. He was very friendly. He said, “Hey, boss man, what’s your name?” and held out his hand to shake John’s. John dug his hands in his pockets and replied, “I am Corona, how do you do?” and on we went. Was that rude or just very English?

We turned up the lane to the church and passed a number of alpacas behind a fence. A notice said they didn’t like dogs but they took no exception to me and we gazed at each other curiously. They are very elegant animals and looked friendly and handsome, so clearly we had something in common.

On the way home we encountered a lady coming towards us down the path. We moved to one side for her but she looked at me, flung up her arms and screamed. “Dog – no!” she yelled and fell backwards into the hedge. No harm done because she was wearing a thick sheepskin. I thought she was one of the alpacas. We moved quickly on, tea being preferable to yanking a thorn-encrusted lady out of hysterics and a hedge.

**JACK**



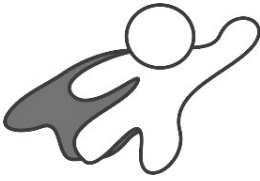
### 50 WAYS TO BE HEALTHY IN 2020 - PART 1

*Make these small changes to improve your diet, fitness, mental health and more*

1. **LIFT WEIGHTS** Sign up for your local gym's weight training programme to improve your strength and posture. Get a trainer to show you how to use the equipment safely.
2. **GET 8 HOURS** A good night's sleep is crucial to feeling your best. Most people need a minimum of eight hours of good quality sleep every night, so make sure to have a set bedtime and stick to it.
3. **DRINK MORE WATER** Always aim to drink 6-8 glasses of water a day. Staying hydrated keeps skin healthy, helps kidney function and boosts performance during exercise.
4. **PRACTISE YOGA** Yoga helps bone health, increases blood flow, improves balance and boosts the immune system. Practise 1-2 times a week to feel the benefit.
5. **EXERCISE WITH A FRIEND** Working out with a friend can help you to put in longer hours and push your limits, and always makes exercising more fun.
6. **KEEP LEARNING** Whether cooking a new recipe or trying your hand at crafts, new experiences trigger neuron creation and keep your brain strong.
7. **IMPROVE YOUR POSTURE** Reduce back pain and alleviate muscle tension when sitting by resting your feet flat on the floor, with even weight at both hips, keeping your back straight and relaxing your shoulders.
8. **PROTECT YOUR SKIN** Sun protection shouldn't be limited to the beach. Around 80% of the UV rays penetrate through clouds, making it important to protect your skin all year round.
9. **READ MORE BOOKS** Whether you love the classics or are a true crime aficionado, 30 minutes of reading a day can reduce the chance of Alzheimer's disease and keep your brain strong.
10. **TAKE A DEEP BREATH** Mindful breathing can keep you present, settle your thoughts and help you centre your attention. Download breathing apps to stay mindful on the move.
11. **MEDITATE** Five 20 minute meditation sessions can significantly reduce anxiety, improve your mood and lower levels of the stress hormone cortisol. Attend classes and download apps for heightened peace of mind.
12. **BE A SOCIAL BUTTERFLY** Meet up with friends and family on a regular basis. Having a close social circle is not only a good excuse for fun days out, it can lift you up when you're feeling low.

**12 more to think about and try in the next issue.**

Taken from *behealthy*, a Benenden Health publication, Spring 2020 issue



### 5 FABULOUS SUPERFOODS WITH LONG TRADITIONS

*Benenden Hospital's nutritional therapist, Abir Hamza-Goodacre shares some advice*

#### GINGER

The story of ginger dates back 5,000 years. Historically, root ginger was used in India and China as a tonic to treat common ailments, while to the Romans it was a strong symbol of wealth and fertility. Ginger contains a specific compound called gingerol, which is thought to be responsible for a multitude of health benefits. Studies show that ginger can help relieve nausea, decrease fasting blood sugar levels, increase working memory and reduce inflammation. Ginger can be used fresh and in powdered form both in meals and teas.

#### GOJI BERRIES

A staple in traditional Chinese medicine for centuries, goji berries are credited with improving vitality, longevity and energy. They are one of the most nutrient-dense superfoods, with up to 12 times the antioxidant levels of blueberries. They are also loaded with nutrients that may help prevent eye disease, protect against skin damage, and have been shown to inhibit the growth of cancer cells. You can find goji berries in dried or powdered form at supermarkets and health food shops. Try adding them to a salad or in smoothies if using the powdered form.

#### EXOTIC MUSHROOMS

For centuries, Asian cultures have understood the healing benefits of mushrooms, incorporating them in food, teas and elixirs to combat everything from chronic inflammation to poor gut health. Try;

- Shiitake to ward off pathogens
- Maitake to stimulate your immune system
- Reishi to fight infection
- Chaga to maintain healthy blood-pressure levels



#### CRUCIFEROUS VEGETABLES

A staple of the European diet for millennia, this group of vegetables includes broccoli, kale, cauliflower, brussels sprouts and collards. With an astonishing concentration of vitamin A carotenoids, and an unusually high content of vitamin C and manganese, they are also an excellent source of fibre. Kale and collards in particular also offer a megadose of vitamin K, a nutrient increasingly linked to chemopreventive properties and regulation of our inflammatory response.

#### GREEN TEA

This type of tea is made from the leaves of the *Camellia sinensis* plant – the same as that used to make other types of tea such as black, white and oolong tea. Unlike other teas, however, green tea undergoes very little processing, which helps to maximise its

antioxidant and polyphenol content. These attributes have been shown to boost metabolism, improve oral hygiene, enhance insulin sensitivity and decrease several risk factors for heart disease. To add this superfood into your routine, simply start by brewing one or two cups per day.

### REMEMBER :

As no single food contains all the nutrients for health and wellness, incorporate them into a balanced and diverse diet for maximum benefit.

*For information on how Benenden Hospital can help with nutrition services, contact [privatepatients@benenden.org.uk](mailto:privatepatients@benenden.org.uk) or call 01580 242521*



**Taken from *behealthy*, Spring 2020 issue**

## B12

### VITAMIN B12

***Vitamin B12 is needed for immunity, nervous system function and energy production, says Dr Sarah Brewer.***

Vitamin B12 is a water-soluble vitamin that is naturally present in animal-based food such as red meat, white and oily fish, eggs and dairy products.

***Why do we need it?*** Vitamin B12 is needed for energy production, psychological function and for the nervous and immune systems to work properly. It is also vital for cells that are constantly dividing, such as cells in the gut lining (which are shed every three days on average), skin, hair follicles and bone marrow.

***Who is at risk of deficiency?*** Unfortunately, vitamin B12 absorption tends to decrease from midlife onwards. It's also a common problem for people with bowel conditions such as Crohn's disease, ulcerative colitis or coeliac disease. Vegetarians and vegans are also at risk.

***What can it help?*** Vitamin B12 helps to prevent the typical symptoms of deficiency such as fatigue, lack of energy, sore tongue and mouth ulcers. It can also be used to treat pernicious anaemia, a condition caused by the inability to absorb vitamin B12.

***Dosage?*** The EU nutrient reference value (NRV) for vitamin B12 is 2.5mcg per day. Supplements often provide a dose of 1000mcg (1g) to help overcome reduced intestinal absorption. The upper safe level for long term use from supplements is suggested as 2000mcg (2mg) vitamin B12 per day.

**Taken from *Lifespan*, Spring 2020 issue**

### STOLEN LAND, BROKEN PROMISES



*"We don't have land to live from. Life is unbearable."* G Hilary Gbah, Liberia

This month Traidcraft Exchange is launching a new campaign in support of people around the world whose lives have been devastated by the activities of British companies. G Hilary Gbah was a smallholder farmer in Liberia, West Africa. Though rich in natural resources, Liberia is one of the world's poorest countries, trying to rebuild itself after years of civil war. When a UK company came to Hilary's community to set up a palm oil plantation, he was interested.

'We embraced the company, because we wanted development,' he says. He handed over his land expecting payment in compensation, as well as promises of investment in the area.

However, the compensation payment was a fraction of the pledged amount and the promises never materialised. 'They promised us a school, ...education. We have nothing. They promised us job opportunities – no job. They promised us healthcare...nothing. Nothing they have done,' says Hilary.

Hilary's village is now surrounded by the plantation and he, like others, has been left without land to grow food and earn an income.

For people like Hilary, land is the foundation of other basic human rights. It is their source of water, food and income. Take away their land and you take away their hope. As Hilary says, 'We don't have land to live from. Life is unbearable.' Right now it's easy for UK companies to grab precious land, break promises and divide communities in some of the world's poorest countries. We want to make sure other communities don't suffer the same devastation as Hilary and his community. That's why Traidcraft Exchange is calling for a new law to help stop this and other human rights abuses. It would make respecting human rights and the environment a standard business practice.

#### What would the new law do?

**Give UK companies a duty to prevent harm to human rights and the environment.** Companies are used to checking financial risk, sometimes known as carrying out 'due diligence'. It's time to do due diligence on human rights as well.

**Hold companies to account if abuses do occur.** Until companies are held liable for their actions and those of their subsidiaries, there's no incentive for them to change. Other countries are introducing similar laws and the UN has called for action. Now the UK needs to act.

Visit [www.traidcraftexchange.org/against-land-grabs](http://www.traidcraftexchange.org/against-land-grabs) to find out more about the campaign and share the action with your friends on line.

### PSALM 23 AT CHELSEA FLOWER SHOW - PSALM 23 GARDEN



This year, among the lilies and roses, celebrities and royalty, Bible Society is working with multi-award-winning designer, Sarah Eberle, to create a garden that will bring Psalm 23 to life. The well-known biblical text has been the inspiration for art and music down the centuries. Also known as 'The Lord's my Shepherd', Psalm 23 includes references to 'green pastures', 'still waters' and a place of destination at the end of a journey. All of this is conveyed in Sarah Eberle's design.

'I want to engage people's emotions,' says Sarah Eberle about the Psalm 23 Garden. 'It will stop people in their tracks and make them look. The psalm is quite clear in its description of landscape,' she adds. 'Most people can understand that and get their own interpretation out of it. It's relevant whether you are a churchgoer or not. That's nice. It makes you think about it.'

After the Show, it is hoped that people across the country will create their own Psalm 23-inspired gardens, including some of the key features of the design: water, meadow, a tree and seating. Bible Society's deputy chief executive, Paul Woolley, said, 'Gardens feature prominently in the Bible. Just think about Eden, Gethsemane or the garden city in Revelation. Psalm 23 is not only great literature to be read, but God's word to be experienced with all our senses. That's our vision for Chelsea. And creating community gardens is not just about making green spaces but giving people that opportunity to become immersed in the Bible. As an organisation, we are working to change the conversation about the Bible in society, and this is a really exciting way of doing just that.'

It's hoped that community gardens will be created anywhere from school grounds, to waste land, to churchyards. But churches are primed to be able to take part. An estimated two-thirds of the Church of England's 16,000 churches have churchyards, which collectively cover the area of a small national park. According to Christian Research, 63% of churches have grounds that could be used for gardening. One in four of churches surveyed said that they were keen to use their outdoor space, but weren't sure what to do. Videos and downloadable resources featuring Fran Clifton, Head Gardener at Sir Harold Hillier Gardens, and churches that have developed their grounds, will be launched during the Show to get people started.

'Anyone who gardens knows that it increases your sense of wellbeing,' says Hazel Southam. 'But gardening together on a shared project is particularly special. Any

community – whether they have a faith or not - can take this beautiful psalm and create a garden based on it. The psalm offers something to reflect on as we journey through life.

We're really excited to see what beautiful spaces people create over the coming years.' The scheme has been welcomed by churches that have already developed their outdoor spaces. St. James' Church in Finchampstead near Reading, won the *Church Times* Green Church Award for its churchyard in 2017. The church's rector, Canon Julie Ramsbottom, says, 'Using an outdoor space is a way of enabling people to flourish. It enhances the life of a community.'

After the Show, the Psalm 23 Garden will find a new home at Winchester Hospice in Hampshire, which is set to open later this year. There will be lots of ways for you to get involved. Follow the garden's journey on the road to Chelsea at Psalm23Garden on Facebook and sign up for regular updates; and read more on our website [psalm23garden.co.uk](http://psalm23garden.co.uk) as the story unfolds. And we'd love to hear how Psalm 23 has spoken to you.

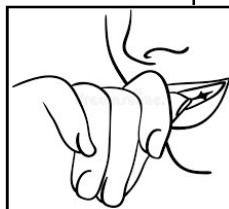
**Taken from *wordinaction*, a Bible Society publication, Spring 2020 issue**



### **PROOF NAIL BITING IS A NASTY HABIT**

There was an interesting – and tragic – case in the news this week. An otherwise fit and healthy 48 year old man, Steven MacDonald from Coatbridge near Glasgow, was left fighting for his life after he developed blood poisoning – from biting his nails. It's rare for this to happen, but I've had personal experience of a patient who ended up in intensive care because of this habit.

Nail biting is one of a set of conditions known as body-focused repetitive behaviours, which include hair pulling (trichotillomania) and skin picking (dermatillomania). But people are rarely offered treatment until these behaviours become so serious they lead to infections. Yet, even when mild, such behaviours can be masking an underlying anxiety disorder or emotional problems which need to be addressed via talking treatment such as cognitive behavioural therapy (CBT).



**DR MAX writing in the *Daily Mail*, February 1, 2020**





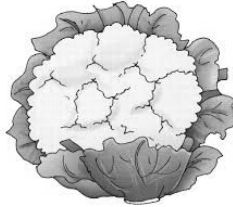
## ALTERNATIVE MENU

*As the popularity of plant-based diets increases, why not try this mouth-watering, meat-free recipe, whipped up by nutritionist Rob Hobson:*

### CAULIFLOWER AND MUSHROOM 'RAGU' Serves 4

#### INGREDIENTS

350g shiitake mushrooms, stems removed  
300g cauliflower florets  
100g walnuts  
50ml olive oil plus more for drizzling  
4 garlic cloves, grated  
1 tbsp fresh oregano, chopped  
75g tomato puree  
1 tbsp balsamic vinegar  
400g tin chopped tomatoes  
Salt and pepper  
500g tagliatelle  
Handful of parsley, finely chopped



#### METHOD

1. Pulse mushrooms in a food processor until finely chopped. Transfer to a small bowl.
2. Pulse cauliflower in food processor until it resembles rice and transfer to a bowl.
3. Pulse walnuts in food processor and add to the bowl with the cauliflower.
4. Add a splash of olive oil to a large non-stick pan. Add mushrooms and cook, stirring occasionally,  
until golden brown, 4-6 minutes. Add garlic and oregano and cook until mixture is fragrant, about 3 minutes.
5. Add the tomato puree, balsamic vinegar and chopped tomatoes and stir to combine, then add the  
cauliflower and walnuts and cook for 30-40 minutes until the sauce has thickened and the cauliflower  
is cooked through. Season with salt and pepper and keep warm over a low heat.
6. Meanwhile, cook the pasta in a large pot of boiling water until almost al dente, about 1 min. less than  
packet instructions.
7. Transfer the pasta to the pot with the sauce and combine. Remove from heat and stir in most of the  
chopped parsley.
8. Taste and adjust seasoning with more salt and pepper. Finish with a drizzle of olive oil and the  
remaining chopped parsley and serve.

**Taken from *Lifespan*, Spring 2020 issue**

### THE UNSINKABLE STOKER

Arthur John Priest was born in Southampton in 1887 and became a stoker in the merchant navy, where he earned himself the nickname of 'the unsinkable stoker'. So how did this come about? Six ships that he served on until he retired from the merchant navy in 1917, met the same fate, but he miraculously survived each disaster. It started with the HMHS ASTURIAS in 1907. In 1911 his ship the RMS OLYMPIC was in collision with the cruiser HMS HAWKE. The next year, 1912, he was on the TITANIC when it went down. Four years later in 1916 the ALCANTARA met the same fate and later the same year the HMHA BRITANNIC. Finally, in 1917 it was the turn of SS DONEGAL. Following this he left the sea for good. Rumour has it that he was unemployable as no one wanted to sail with him. He lived out the rest of his life on dry land with his wife Annie and their three sons in Southampton. He died in 1937.

Violet Jessop (1887-1971) was a stewardess who later became a nurse with the Red Cross during WW1. Along with Arthur John Priest, she survived the shipwreck of the Titanic (1912) as well as both its sister ships, the Britannic (1916) and Olympic (which almost sank in a collision in 1911). None of this deterred her from spending her entire working life at sea, though!

Archie Jewell (1888-1917) was a lookout who also shared three shipwrecks with Priest. He survived the Titanic and Britannic disasters but then his luck ran out and he went down with the Donegal in 1917.

The Britannic's lifeboats were lowered too early, before the ship's propellers had stopped turning, and many were sucked into the huge blades. Jewell described this moment in a letter to his sister afterwards:

"... most of us jumped in the water but it was no good we was pulled right in under the blades ... I shut my eyes and said good bye to this world, but I was struck with a big piece of the boat and got pushed right under the blades and I was going around like a top ... I came up under some of the wreckage ... everything was going black to me when some one on top was struggling and pushed the wreckage away so I came up just in time I was nearly done for ... there was one poor fellow drowning and he caught hold of me but I had to shake him off so the poor fellow went under."

### SMILE!

#### Packet?

A small boy was asking his mother where he came from and when he heard his mother's explanation, he replied: 'Mummy, when God planted the seed in your tummy, was there a photo of me on the packet?'



### **UPDATE ON COVID-19 FROM THE MEDICAL CENTRE**

We would like to thank you for your patience and understanding during the coming weeks and months. The unprecedented global situation caused by Covid-19 is understandably causing confusion and anxiety. I am sure you will all have read conflicting information about what is expected to happen over the next few months and as a clinical team we are trying to respond sensibly and safely to the latest government and CCG guidance.

Our priority is to continue providing high quality clinical care whilst protecting both the patients and our staff from exposure to the Coronavirus. This has meant we are making difficult decisions about what needs to be assessed face to face and what can be safely delayed for a few months. We are holding daily meetings to make these decisions based on the constantly changing situation. Currently healthcare workers are not immune from self-isolation regulations and have no increased access to Coronavirus testing. This risks us working with reduced staff numbers. The predicted impact that Coronavirus will have on our local hospitals will also mean that those with other significant illnesses or accidents will need to be clinically prioritised. We would like to reassure you as best we can that we will continue to keep communicating and do our utmost to provide information & clinical care to our patients.

**Please can we ask you to contact the surgery by phone wherever possible rather than turning up at the desk so that, as a community, we can protect our most vulnerable members.**

#### **EASTER SURGERY TIMES**

Thursday	9 <sup>th</sup> April	open from 8.30am
Friday	10 <sup>th</sup> April	CLOSED
Saturday	11 <sup>th</sup> April	CLOSED
Sunday	12 <sup>th</sup> April	CLOSED
Monday	13 <sup>th</sup> April	CLOSED
Tuesday	14 <sup>th</sup> April	open from 8.30am



**If you need medical advice urgently when the surgery is closed  
PLEASE CALL 111  
In the case of an emergency please DIAL 999**



### DID YOU KNOW.....?

County Judge, Robert George, sentenced Missouri deer poacher David Berry to a year in prison. He stipulated that, while incarcerated, the offender must undergo a monthly viewing of the film Bambi.

750 billion trees populate the boreal forest of Siberia, stretching across much of Russia. Forests store 40% of the world's carbon dioxide.



### THOUGHTS ON THE BUS - PLUCKING

Trying to play the guitar since 1970 may be daft; going to night school to learn 3 for the price of one, French, maths and guitar. Was it to get away from 4 babies?

Only maths survived for uni and this changed life from shift work (and Birmingham).

The guitar went to the desert in 1980 (awkward in the overhead locker), but it has always been an ornament.

The joyful Yukulele club is the latest harmony gig in town.

Now trying to be more respectful. The skill is basic like the love of a dog. Spiritual. **DB**

### THOUGHTS ON THE BUS – THE BEE

Over the Winchester Cathedral west gabled, dignified, (tourists ogling) grand facade, there is a 6' Bee; made by the uni to make a popular environmental statement. We need bees. This was art, from colourful rubbish plastic, to form a floral effigy.

A Saturday Pass, early 07.15 W.Witt. no. 53 bus got us there by 11.30.

After a terminus cafe all day breakfast, we spent 2 hours circumventing the grand spectacle; 1000 AD described Wessex historical garden; 1066 and all that.

The Chi 700 to Portsmouth Terminus hard; gave us the express X4 to Fareham Terminus; which gave us the 69 to Winchester high street.

We crossed over the road to beauty.

After 2 hours of pleasure, we arrived back home by 6pm to party.

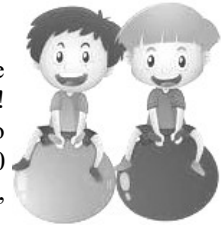
A riveting, comfortable, friendly, world away scenic, sunny day. **DB**

### EAST WITTERING GARDEN AND WINE CIRCLE

The March meeting started with a decision to be made. The skittles evening was due to take place on the 14<sup>th</sup> but the Village Hall was not available until later that evening....and then there was the 'dreaded virus' to consider. Should it go ahead? A show of hands indicated that members wanted it to do so.

The speaker for the March meeting was Jim Weston who asked, "Do you remember 1969?" He told us he would start with the Top Twenty records interspersed with clips of film of notable events and happenings. We were told "You are never too old to Rock and Roll," and 51 years ago we probably weren't – a different story today for most of us.

We were shown pictures of clothes at the time, and the favourite toy was the big orange bouncing ball with horns – space hoppers! Could we remember who was Prime Minister? Having no response, we were shown a picture of Harold Wilson. Record 20 was by Fleetwood Mac. Historical incidents followed: Concorde, Paul McCartney and John Lennon, voting age was reduced to 18.



Queen Elizabeth 2 was launched. Chopper bikes appeared – we were told that one was sold for thousands of pounds recently. Prince Charles was crowned Prince of Wales at Caernarvon Castle. The halfpenny went out of circulation, Biba opened in London, Monty Python's Flying Circus was one of the most popular shows on television, the 50p piece came into circulation, the Sun newspaper was born with its famous Page 3, Flower Power appeared with its song 'If you come to San Francisco', hanging was abolished and in July Apollo 11 made it to the moon and back. Benny Hill's cheeky show was popular on television with his host of 'lovelies'. Finally,

we heard the top twenty records, including Fleetwood Mac with 'Albatross' accompanied by a picture of a beautiful bird soaring above the ocean. They culminated in the no. 1 – 'Sugar, sugar' sung by the Archies, which no one remembered and which Jim declared was the worst record of all times.

In the competitions Sheila Knott won for her trumpet daffodil, Lesley Hance for the narcissus, Maggie Witherspoon for her multi-headed daffodil and Norma Phillips for mini daffodils. Cyril gave out the notices – Air Ambulance telephoned to tell us that they collected £142 in their tin at last month's meeting; we were reminded to collect our seed potato and bag for the competition and that the results were to be produced in July. **Our next meeting is on 14<sup>th</sup> April when we will be whisked to the Caribbean for some most welcome sunshine.** Have a happy Easter.

### ST. WILFRIDS HOSPICE EVENTS

#### **Moonlight Walk 2020**

Be a star for St Wilfrid's Hospice! Join #TeamWilf on Saturday 2nd May at 10pm for a 5 or 10 mile sponsored walk through the night. Walk to remember a loved one, walk for the challenge, walk with family and friends, walk to show you care.

[Stwh.co.uk/moonlightwalk](http://Stwh.co.uk/moonlightwalk)

#### **Sahara Desert Trek, Morocco**

This is your invitation for adventure on a trek that summits the top of the highest sand dunes in the Sahara - The Chigaga Dunes. You will trek and camp for 4 days on 11-16 November 2021 through an ever-changing landscape.

Taking on a trek like this can be a spiritual experience for those who wish to walk in memory of someone cared for by St Wilfrid's Hospice. For others it will be the physical challenge that calls to them.

Whatever the reason you may feel drawn to this trek you will be fully supported for the entire journey - from signing up to fundraising, to the trek itself.

#### **Leap4Love takes it to the next level in 2020**

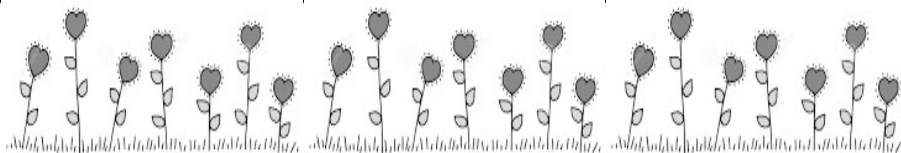
For the first time St Wilfrid's is offering a tandem skydive at 15,000 feet next year, offering you a whole minute of free fall experience in which to enjoy the view! "It was a truly amazing experience and I wanted to do it again as soon as I landed!" Rebecca – Leap 4 Love 2019

Sunday 19th July 2020 (Register for your place by Sunday 21st June)

Take the leap at [stwh.co.uk/support-us/events/skydive](http://stwh.co.uk/support-us/events/skydive).

**Open Tours 2020:** 3 - 4 April

We are giving people another chance to visit and find out all about the vital work that St Wilfrid's does and why all your support and fund raising is so vital. During your visit you will be able to meet staff, ask questions and get advice about the care and support we offer both at the hospice and out in the community where the majority of our service is delivered.



### ST WILFRID'S HOSPICE WITTERINGS & DISTRICT SUPPORT GROUP

On Wednesday 15th April is our Coffee Morning at Russell's Garden Centre from 10am to 11.30am.

### **PACT SPRING LECTURE**

**Friday 24<sup>th</sup> April 7.30pm**  
**at St Mary's Church, Petworth, GU28**  
**0AD.**

Petworth Area Churches Together (PACT) have invited **Nola Leach**, Chief Executive of **CARE**, to speak.

**CARE** stands for **C**hristian **A**ction **R**esearch & **E**ducation.

Her subject is *Leadership for Tomorrow*, and she will bring a young Intern to speak as well.

***CARE has done fantastic work over 40 years. It has been at the coal face helping Parliament make ethical and Christian decisions about family, justice and life issues.***

Excellent canapés and wine afterwards.

Loos at church. Free entry - All welcome.

Ample free parking 6 minutes walk away.

Organised by PACT - Petworth Area  
Churches Together

### **NEXT MEN'S BREAKFAST:**

**Saturday 25 April 2020.**

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

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

Our next men's breakfast - 25th April. We welcome Daniel Harman who describes himself as a devoted follower of Jesus Christ, husband, father, 2nd generation pastor, visionary, governmental intercessor, life-long student & friend. We look forward to his inspiring talk.



### **DID YOU KNOW?**

**In 1995 Heinz hid 100 18 carat gold beans** in random tins across the UK to celebrate the 100<sup>th</sup> anniversary of the foodstuff. Last year one of those beans went to auction and was snapped up by Heinz, which had failed to keep one for itself and has been waiting 24 years for one to come on sale.

**The Gruffalo celebrated its 20<sup>th</sup> birthday last year.** Written by Julia Donaldson and illustrated by Axel Scheffler, the 32 page picture book was published by Macmillan in 1999. This story of a brave little mouse who relies on his wits while encountering threatening creatures in a deep dark wood – including the scary Gruffalo – became an instant classic. Two decades on, translated into 81 languages and with sales of over 13.5 million, it continues to delight children around the world.

## 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 1<sup>st</sup> Sunday of the month  
In the Service on the 3<sup>rd</sup> Sunday of the month  
*Bible based services seeking to learn more of God*

**Bible Study - Mondays 6pm, Tuesdays 7pm  
Thursdays 10.30am**

**Thursday Fellowship 1st and 3rd 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

