



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>

The views expressed in this publication are not necessarily the views of the Editor or the Parochial Church Council. Please support your local advertisers—they support us. **Copy for the April edition by 12th March please.** The Editor reserves the right to shorten copy.

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

RECTOR'S LETTER



Well! Christmas finishing on the 2nd of February is well and truly behind us. We have now turned away from Christmas to face the cross with the arrival of Lent and looking towards Holy Week and Easter. Before us will be Christ's suffering death and resurrection. Lent is a good time in the church, allowing us to stop and think, to contemplate some of those big issues about life and our future.



A lot of us have a great deal to be thankful for, if we consider those who in our community, and in other parts of our world, are living in poverty, despair, isolation, in war torn areas where refugees are living under canvas in minus six degrees, and where babies freeze to death. Our world needs to change and change drastically, but it has to start with us.

Lent is a time when we can look at ourselves, our lives and our faith, to abstain in one form or another, to deny ourselves perhaps and send money to give hope to people who struggle in such dire circumstances. All of us have hopes and dreams, whether it is for a new job, the return to health of a loved one, a home off the streets, and the hope to see another day and a better future. Some dream of fame, fortune and wealth; others just to be accepted for who they are.

We at St Anne's and Earnley will be looking at hopes and dreams, at family and relationships, at rebuilding our lives after loss or failure. In our Lenten Study we shall be looking at the film *The Greatest Showman*, the story of Phineas T. Barnum and exploring ways in which themes of faith, hope and redemption run through all our lives. It examines how each of us, like P T Barnum and the members of his Circus, faces and can overcome doubt, temptation and prejudice, and how we begin to live authentic lives.

The course is based around five weekly themes, '**A Million Dreams**', '**Come Alive**', '**Rewrite The Stars**', '**Never Enough**', '**From Now On**'. Classes will begin on Wednesday 4th March at 7.00pm in St Anne's Church. Each week is a standalone session so why not come and join the circus. It may help to have seen the film *The Greatest Showman* to get an insight of what we are to explore. We look forward to seeing you.



With Love and Prayers
Fr Steve.

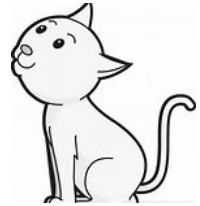
It is suggested that Gertrude's life span was between about 626 and 659. She was the daughter of Blessed Pepin, the steward of the king of the Franks, and Blessed Itta, known for her extreme piety, charity and love of learning. On the death of Pepin, Itta used the fortune he left to found a monastery and a convent on their estate in Nivelles in Belgium, then she and her daughter entered the convent and became nuns. On the death of Itta Gertrude became mother superior in the convent.

Gertrude was known for her extreme generosity to the poor and those who were sick. She also showed special kindness to travellers and pilgrims seeking safe lodgings. An encounter with Gertrude made those who experienced it feel that they had been in the company of a saint. One story tells of how monks from a neighbouring monastery were in a boat on the North Sea when a storm blew up. It was so severe that they were certain they were going to drown. Offering up prayers to Gertrude, the storm died down and they went safely on their journey.



Another story tells of how, discovering that mice were running riot through the convent's grain store, she prayed that the grain might be saved. Sure enough the mice disappeared and the grain was saved.

It is from this story that she earned the honour of being the patron saint of cats, as people reasoned that anyone who could get rid of mice must be a cat person. As a result, artists have tended to depict Gertrude with a cat at her feet.



Gertrude was barely thirty-three years old when she became terminally ill. The Irish priest, who was the chaplain, told her that, as a reward for the holiness of her life, St. Patrick himself would come and take her soul to heaven. Gertrude did in fact die on St. Patrick's Day, so she shares his Feast Day of the 17th March.

CRC

The foreign student, writing a letter to the superintendent of the mission society, desired to end with the words:

'May Heaven preserve you.'

Not being quite confident of the meaning of 'preserve', he looked it up in a dictionary. When the letter reached the director, it ended with the words:

'And may Heaven pickle you.'

Coronavirus has taken over from Brexit as a headliner as I write this – it dominates every front page and every news bulletin – forced quarantine, isolation, medical staff encased in protective gear from head to toe and shoulder to fingertip in China, like we saw during the ebola outbreak a few years ago in Africa. Panic. Harry and Meghan’s escape from a life of royalty, Brexit done but not yet dusted until a new relationship with the EU has been thrashed out – all pushed aside by coronavirus and the hundreds (or is it now thousands) of deaths in China. This new scare is reminiscent of the sars virus some years ago. I’m not sure whether it was that or whether it was something else inflicting itself on the human race when David and I went to China in January 2004; but I do remember that when we flew in our temperatures were taken by men in masks and white coats and, before we boarded on our two internal flights, our temperatures were taken again. Both David and I had colds at the time and didn’t dare sneeze, cough or blow our noses in the sight of anyone remotely official!

How long this outbreak is likely to last who knows, but the Diocese has issued its own advice of how to proceed – again reminiscent of many years ago when we first became aware of something called Aids, and ‘HIV positive’ entered our vocabulary. Despite the risk that all this could be old news by the time Parish Life is printed and you are reading it, here is a shortened version of what the Diocese has sent us.

- **Wash Hands. Priests presiding at the Eucharist, communion administrators and servers are reminded to wash hands.**
- **Do not intinct. Because hands can be as much a source of pathogens as lips, intinction is no safer than drinking and can introduce germs into the cup. Intinction (dipping the bread into the wine) can also threaten those with certain immune or allergic conditions. For instance, those with gluten intolerance.**
- **Consider receiving Holy Communion in one Kind. Should a communicant feel ill or not wish to drink from the chalice then he or she ought to receive the consecrated bread alone.**
- **Exchange of the Peace Handshakes or other physical touching are not required and, if people are concerned about these, it is enough simply to say ‘peace be with you’, preferably whilst making eye contact.**

Today as I write (15th February), HS2 is jockeying for position with coronavirus in the news. China, it seems, has announced that it can build HS2 in 5 years – by 2025 - for less money, with faster trains, and British officials, according to the news, are ‘in talks with their Chinese counterparts’. Should we be concerned by this? When I was a child nuclear warfare was the big, black, threatening cloud that hung over us with Russia the dominant player in that. What are we doing to your world, Lord? Are you disappointed with the human race ‘made in your own image’? Are we getting any nearer to being more like you want us to be?

CAROLE COLMAN

THOUGHTS ON THE BUS - Renewal - part 1

1 Goodness.

Ideas learnt from my previous, unworthy but useful life.

People are lovely. We love God with heart and soul and neighbour as ourselves.

We have faith shown actively in Exodus and explained in Genesis by the original thinkers. Belief is established by appreciation of God's world around us (hymn 251). Theological considerations are established by clerics. It is best not to debate these as people fight so easily, as reported internationally.

We are in the year of the bible.

Samuel sets the picture, but is based on killing to survive. 1 Peter refreshes us in the New Testament and Mark provides the Gospel.

But, we must love ourselves first to be able to love others. The body in which we live is subject to God's gifts and challenges. Our individual spirit ,however, is for ever to communicate and be remembered.

To maximise our spiritual contact and character may be the way for everlasting life?

How do we become good? 10 commandments only?

People sparkle for the 'Peace' in church.

Maybe people should talk more but it is easy to be scatterbrained. Guilty.

2. Confirmation Prayers to recharge our batteries.

1/ Our Father Who art in heaven, hallowed be thy name. Thy kingdom come.....



2/ Take my mind and think through it,
Take my lips and speak through them,
Take my heart and set it on fire with love for Thee,
Oh Lord My God
Amen

3/ May I know Thee more clearly,
Love Thee more dearly, and follow Thee more nearly, day by day, Amen.

4/ Jesus lamb of God have mercy upon us,
Jesus bearer of our sins have mercy upon us,
Jesus redeemer of this world,
Give us Your peace.

5/ Also;-

- Don't put off today what you may not be able to do tomorrow.
 - You are only as old as the one you love.
- In the morning and the evening-we will remember them.



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 or just turn up to St Anne's Parish Church



St Annes Church, East Wittering - **"THIRSTY THURSDAYS"**

POP-UP CAFE ON THURSDAY MORNINGS



Serving Tea, Coffee, from 10.30 till 12.30.

*****Opening 5th March****

Our "Pop-up" cafe is open to everyone . Meet with friends and meet new people. Play cards , dominoes, read magazines. Story time for toddlers

Enquiries to Rosie Hills 670804

MORE NEWS AND INFORMATION

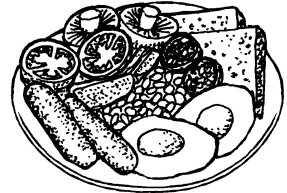


ST WILFRID'S HOSPICE On Wednesday 18th March is our Coffee Morning at Russells Garden Centre from 10am to 11.30am. Look forward to seeing you all then.



Men's Breakfast:

Saturday 28 March 2020. - 8.30am. Doors open at 8am.
Venue: The Barn (Harvester), Barnfield Drive, Chichester,
PO19 7AG



We welcome David Robinson, ex-Royal Protection Officer to the Queen and now a regional security manager, and we look forward to his inspiring talk.

After leaving school at 15 years old David worked in the West End for 5 years. He joined the Metropolitan Police Force at the age of 20 and served for 31 years. The last 20 years of his service was spent serving with SO14, the Royal Protection Command in Royalty Protection.

David travelled the world extensively in his capacity as a Personal Protection Officer and received the Order National De La Legion D'Honneur in 1992 and Lieutenant of the Victorian Order in 2000. David is now retired and has worked in a security capacity for several companies, including the London 2012 Olympics where he was responsible for the security of all the non-competitive venues in London.

David became a Christian in his late teens and is now a Licensed Lay Minister (Reader) in The Church of England. David will share how he became a Christian and, also give some insights into the challenges of protecting members of the Royal Family.

TIBET'S CLIMATE CRISIS

Here are the facts you should know about climate change in Tibet:

- Tibet is **set to warm** by 4-5 degrees by the end of the century.
- Tibet holds the world's largest **reserves of glacial ice** outside Antarctica and the North Pole.
- **1 billion people** across Asia drink water that originates in Tibet every day.
- Tibet has **lost a third of its wild yaks** over the last 30 years due to China's environmental policies.

China has **moved industrial activities to Tibet** to avoid polluting its own state. This is exacerbating climate change and is destroying Tibet's natural environment.

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 2.00-4.00pm
1st Thursday Citizens' Advice Bureau at the back of the Health Centre
 9.30-11.30
2nd Thurs—LTG Lunch—Pond Barn Club 12noon/12.30 (Please call
 Teresa 672174 to advise attendance)
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

March 2020

Sunday 1st	Lent 1
Sunday 8th	Lent 2
Sunday 15th	Lent 3
Thursday 19th	Joseph of Nazareth
Sunday 22nd	Lent 4 - Mothering Sunday
Wednesday 25th	The Annunciation of the Blessed Virgin Mary
Sunday 29th	Lent 5



FROM THE REGISTERS

The Recently Departed:

Colin Goodburn,

Karen Ward

Rev. John Richardson,

Dennis Clifford

James Whiteman

Thomas Gladwin

Frances Desforges





3. Hospital Mission and Values Statement.

If you go to hospital all medical waiting areas now have promulgated a Mission (or Vision) statement and declared Values. The Missionaries in the past went to darkest Africa.

The Hippocratic Oath provides the Mission for doctors and the hospital Chapel gives values of dedication and care.

The hospital is very reassuring but we are covered so well by our Messenger from Heaven and Values of care in the Christian doctoring.

We are doubly covered.

4. Remaining Fruits of the Spirit

We've covered Goodness, Peace, Joy and Love.

This leaves Gentleness, Patience, Self Control and Faithfulness. I think these are covered by the Attitude category of my personal Mission Statement.

(The other Missions being Value, Worth and Beauty).

Attitude is a personality thing covering a wide spectrum of attributes really being Goodness again.

The Ten Commandments, I take it, stand on their own and we do not have them as fruits.

Incidentally Value is what we work for all our lives, Worth is what worthwhile things we achieve, and Beauty is God's world around us.

Must try harder !



5. Wonder worship.

I looked out of the blind at 6a.m and saw the stars in the night sky.

So sharp and bright points of light.

I suppose there is the Plough, Orion and the North Star up there.

The aeroplanes, 10 or so, start to go South at 8 a.m. You can see the white lines from Heathrow over to the left. We imagine, going with them on holiday. Daft.

Below me I know are my friends. The 3 metre high pyracantha tree covering the garage wall at the end with wisteria up it; the fatsia tree providing a big leaf canopy overhead next to it; the three cordiline trees jut green swords into the air on the right; the yellow flowering evergreen holly type tree (mahonia), also 3m high.

Cotoneaster red berries are all over the left fence. Two blackbirds are eating them.

The Arbuton plant has yellow bells flowering to Christmas. Roses are still blooming.

The 8m (25ft) square garden is crowded with flower pots and bird tables. So there is not much space for rotary washing line, log cabin and big berry tree. Potting for winter flowers (cyclamen and pansies) has ended.

The two hedgehog houses are occupied as the food is being eaten.

Showing off is for Glory.

This splendour thanks be to God!



On a bitterly cold evening, stalwart members turned up for the February meeting to be introduced to Mike, who is a volunteer for the Kent, Surrey and Sussex Air Ambulance – an independent charity that relies on donations to keep operating. Princess Anne has visited them, and Penelope Keith is one of their sponsors, raising so far half a million pounds on their behalf. They have three helicopters based at Redhill, but mainly use only two of them on a regular basis. When they started their average call out was 600-700 yearly. Today their average is 2,500! Operating 7 days a week, twelve months a year including night flying, they take priority over other airfields, cancelling all flights into and out of Gatwick if their emergency needs to fly over it.

The helicopters carry all equipment that is available in A&E departments including anaesthetic and blood. They receive 3,000 999 calls a day. A dispatcher screens the calls and makes the decisions. The helicopter can be ready and airborne with the required quota of staff – 2 pilots a doctor and a paramedic - within 4 minutes. The dispatcher liaises with the ground emergency services and arranges for the helicopter to land, closing roads and alerting the police. 60% of the doctor's expenses are paid by the NHS. The AW169 helicopters are from Italy and replaced the original ones that were much smaller, where the patient had to lie on the floor. These new ones have a special medical patient bed, which they can work round. With the crew's experience and equipment they can now perform open heart surgery at the roadside.

There are 18 Air Ambulance stations in England and Wales, which are all in use thanks to donations. Mike related two emergency cases – a pregnant woman of 23 weeks had a heart attack and she and the baby survived. Then we were shown a picture of a delightful three year old boy who was left with his grandparents while the parents went shopping. Playing hide and seek, he went into a bedroom and somehow managed to pull a wardrobe down on himself. Thanks to the promptness of the Air Ambulance, he was saved

Fuel to fill up a helicopter costs £1,200. They need £14 million a year and rely on legacies, street collections, lottery money or being adopted by a company as their Charity of the Year.

In the competition Leslie won for his dragon. The next meeting is on 10th March when Jim Weston will remind us of 1969 with a sing-along. Hope to see you there.

ROSEMARIE COX

ST ANNE'S FELLOWSHIP CIRCLE

The January meeting, as planned, took the form of our Christmas/New Year lunch. Again the Shore was chosen as the venue, and 'a good time was had by all', as the saying goes – good food and pleasant atmosphere, surroundings and service. **The next meeting will be on March 25th and will be our AGM.**

Because of it's proximity to the Easter holiday period there will be no Sunday Tea in April, so the next one will be on 3rd May.

CAROLE COLMAN

THE FRIENDS AND MUSIC IN THE CATHEDRAL

Among the many glories of **Chichester Cathedral** is its wonderful musical tradition which is enjoyed by worshippers and visitors alike throughout the Christian year. Chichester Cathedral Friends are proud supporters of this aspect of the life of our Cathedral, helping to fund a whole range of musical activities.

2019 in particular was a very special year for both the Friends and the Cathedral. The Friends celebrated their 80th birthday and the Cathedral hosted the Southern Cathedrals Festival. This festival alternates between Salisbury, Winchester and Chichester Cathedrals and 2019 was Chichester's year. The Friends were delighted to sponsor this highly successful festival of choral concerts which culminated in a much acclaimed performance of JS Bach's St John Passion. This special anniversary year ended with The Friends sponsoring an inspiring performance of The Messiah performed by vocal ensemble NMH and conducted by Master of Choristers, Charles Harrison.

To mark the hundredth anniversary of the end of the First World War in 2018 the Cathedral choir produced a CD of appropriate sacred music entitled 'Lest We Forget' and again the Friends were the proud sponsors of this.



Over its 80 year history the Friends have sponsored many aspects of the musical life of the Cathedral ranging from concerts and special services and the funding of musical instruments, new sound systems and cassocks and surplices for the choir.

The Friends are also proud to be sponsors of a choral scholarship, covering a significant portion of the costs of a chorister over a five year period.

Chichester Cathedral Friends is a charity formed to support the mission and ministry of the Cathedral. The musical life of the Cathedral is central to this and the Friends will actively and enthusiastically continue to support the choir and all the musical activities of our Cathedral.

Membership costs £15 per year and £25 for a couple. **For more information visit:** <https://www.chichestercathedral.org.uk/get-involved/chichester-cathedral-friends> or email friends@chichestercathedral.org.uk.

A senior moment -

I made a list. I checked it twice. I left it at home.



DICKEN MEDAL WINNER – SIMON THE CAT



The first Dicken Medal (the animal equivalent of the VC) was awarded in 1943 by the PDSA and has since been conferred on 100 animals including dogs, pigeons, horses and a cat.

Simon was adopted by Seaman George Hickinbottom in 1948. George was serving in HMS Amethyst and found the cat wandering the dockyard in Hong Kong. It was thought that

Simon was approximately a year old and could be described as a ‘scraggy dockyard moggy’. George smuggled the cat onboard, and Simon soon ingratiated himself with the Ship’s Company, particularly because he was a trained killer in the rats and mice department. Simon rapidly gained a reputation for cheekiness, leaving ‘presents’ of dead rats in sailors’ hammocks and sleeping in the Captain’s cap. The crew viewed Simon as a lucky mascot, and when the ship’s Commanding Officer changed late in 1948, the outgoing CO left the cat for his successor. The new Captain, Lt. Cdr. Bernard Skinner RN, took an immediate liking to the furry AB.

HMS Amethyst was tasked with travelling up the Yangtze River to Nanjing to replace the duty ship there, HMS CONSORT. On route and halfway up the river she came under fire from a Chinese PLA field gun battery, which opened fire on the frigate causing her to run aground. Very sadly Lieutenant Commander Skinner along with 21 members of the Ship’s Company were killed during the attack and 31 were wounded. One of the first rounds tore through the Captain’s cabin seriously wounding Simon.

The Chinese PLA held the ship captive for ten weeks and, after having four pieces of shrapnel removed, Simon the cat resumed his duties. Whilst aground the ship had become overrun with rats and the cat took on the task of removing them with renewed vigour, which in the process raised the morale of the Ship’s Company.

Following the ship’s escape Simon became a celebrity, receiving so much mail that Lt. Stewart Hett RN was appointed ‘Cat Officer’, and Simon was awarded the Dicken Medal along with the GSM with 1949 Yangtze clasp. Despite his status, on arrival in the UK he was quarantined, and during this period caught a virus and crossed the bar on 28 November 1949. Hundreds, including the entire crew of HMS Amethyst, attended his funeral at the PDSA Ilford Animal Cemetery in east London. His gravestone reads:

***IN MEMORY OF “SIMON”, SERVED IN HMS AMETHYST, MAY 1948-
NOVEMBER 1949, AWARDED DICKIN MEDAL AUGUST 1949, DIED 28TH
NOVEMBER 1949. THROUGHOUT THE YANGTZE INCIDENT HIS BEHAVIOUR
WAS OF THE HIGHEST ORDER.***

***Taken from The Semaphore Circular, a Royal Naval Association
publication, December 2019 issue***



We asked **Bryony** what she loves about her job and what she'd tell others considering working in home care, supporting elderly people to remain independent in their own homes in West Sussex.

What made you want to work in care in the first place?

Bryony: After caring for my own mum for the last 3 years of her life, I went on the internet & searched care jobs, I knew I did not want to work in a care home, I just really wanted to make a difference, to help them make their lives better.

What made you want to join Home Instead?

Bryony: I came across Home Instead Chichester on the web, they sounded lovely so I applied and managed to get a interview with their recruiter. I didn't apply to any other care company as I felt very wanted after my interview. After hearing of Home Instead Senior Care's ethos, I knew I was in the right job for me.

What's been positive about your experience so far? What have you already managed to achieve? The best bits...

Bryony: I have many positives which is great, I have a good match with my lovely clients, I feel I'm making a difference to their lives. (*There's a lovely story I'll share with you*); one day Sheila told me she'd never been to the woods to see the bluebells. So, I got planning our trip out, it was a lovely bright day, her face was pure joy when we saw the bluebells. Other times we have found a little café while out & about, enjoyed a coffee while sharing a chocolate brownie! Achievements are daily Its these times, I love my job, we enjoy a giggle, it has helped me with my confidence, have learnt to be more disciplined & have structure back, a reason to get up in the morning.

What hasn't been so good about your experience with us? Are there any things that we could do better?

Bryony: I had a bit of trouble with my hours going up & down in the beginning, I understand every day is different in the care world, I get why it happens but ideally, I'd be happy with six hours per day. I'd ask if they were prepared for changes in their schedule as no two days are the same.

If anything, what would warn others to think about before working with us?

Bryony: End of life, means what it says, it's real, have fun before it's too late.

Continued overpage

What do you hope to achieve in your work with us and your clients in the future?

Bryony: I always smile & hope that a great time has been had on each call I do. I like to say, 'A good CAREGiver means more than anything'!

Do you have a caring nature? Maybe you have cared for a relative in the past? Perhaps you've worked in care before but felt rushed or unsupported. If the answer is yes, Home Instead are looking for people like you to join our team in Chichester, Bognor Regis or Witterings areas.

Call 01243 884111 or visit www.homeinstead.co.uk/chichester for more information.

Lord there is so much need....

May I always put myself at Your disposal.
Let me live so close to You that I can take
For granted that You are working through
Me, and extending the influence of Your love.

Lord, give me the will to be loving – to
Reflect Your love – even when there are
Clouds over my life.

May everything be for Your glory alone.
Help me –with greater than human
Understanding – to discern need in others;
May they, above all, come to experience Your love.

**Words of Power
JOHN WOOLLEY**

EASYJET UNVEILS FIRST PASSENGER JET POWERED BY BATTERIES

Easyjet has revealed plans for the world's first full-sized electric passenger plane, which will be completely emission-free. The budget airline says the 186 seat jet will begin trials in 2023 and is expected to enter service in 2030 initially between London and Amsterdam.

It is collaborating with and engineers are currently to last 310 miles are in the advanced jet, named Wright 1, trials next year. The engine was unveiled at an Thursday.



US firm Wright Electric, recently aiming for the battery on a single charge. They are in the stages of developing the engine and hope to begin ground testing the motor and fan for the engine event in New York on Thursday.

Johan Lundgren, Easyjet chief executive, said, 'This is another crucial step towards the introduction of commercial electric aircraft. Battery technology is advancing at pace. All of these developments help us to more clearly see a future of more sustainable operations.'

Scottish airline Loganair is due to use a nine-seat hybrid-electric aircraft from 2022.

Tom Payne, Transport Correspondent
Taken from the Daily Mail, February 1, 2020

BUT THERE'S A PLANT YOU *SHOULD* BUY

Having a plant on your desk is good for your health. A study from the University of Hyogo in Japan found that people who cared for a small plant for four weeks demonstrated a significant decrease in levels of stress. Well, I've known of such benefits for years. When I worked in a nursing home, a forward-thinking matron bought every resident a pot plant.



It was simply amazing to watch the transformation in patients, who revelled in being given responsibility for a living thing. It was far more effective than anything a doctor could prescribe.



Dr Max writing in the *Daily Mail*, February 1, 2020

HOMELESS

I'd like to have a keyring
would love to have a key.
I'd like to have a door and walls
and roof surrounding me.



I'd like to have a creak
on a staircase underfoot,
I'd love to have a draught
from a door that wouldn't shut.

How nice to have a drip
from faulty kitchen tap,
an irritating squeal
from a rusty catless flap,.

a mildew smell, an old damp patch
blackening the wall,
tasteless patterned wallpaper
running down the hall.

How nice to need replacements
for carpets on the stairs,
catalogues strewn everywhere
piled up high on chairs.

When you buy a keyring
choose it carefully.
When your key slides in the lock
spare a thought for me.

ELAINE WHYBRO
Wrexham



Taken from *The Big Issue*, January 2020

THE DIFFERENT AGES OF MAN

On the first day God created the dog and said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. For this I will give you a life span of twenty years."



The dog said, "That's a long time to be barking. How about only ten years and I'll give you back the other ten?"

And God said that it was good.

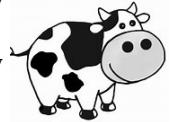


On the second day God created the monkey and said, "Entertain people, do tricks and make them laugh. For this I'll give you a twenty year life span."

The monkey said, "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the dog did?"

And God again said that it was good.

On the third day God created the cow and said, "You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this I will give you a life span of sixty years."



The cow said, "That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty?"

And God agreed it was good.



On the fourth day God created humans and said, "Eat, sleep, play, marry and enjoy your life. For this I'll give you twenty years."

But the human said, "Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back and the ten the dog gave back; that makes eighty, okay?"

"Okay," said God, you asked for it."

So that is why for our first twenty years, we eat, sleep, play and enjoy ourselves. For the next forty years we slave in the sun to support our family. For the next ten years we do monkey tricks to entertain the grandchildren. And for the last ten years we sit on the front porch and bark at everyone.

Life has now been explained to you. There is no need to thank me for this valuable information - I'm doing it as a public service. If you are looking for me I will be on the front porch watching daytime TV.... and if you disturb me I'll bark at you!



Driver on a tight budget: "I need three litres of petrol and a cup of oil, please."

Garage: "And shall I cough into the tyres, sir?"

Sabrina has gone on to become a firefighter and today she is the Chief Fire Officer of the West Sussex Fire and Rescue Service. She also obtained an undergraduate degree, a masters degree and a PhD. Her PhD in behavioural neuroscience has helped her pioneer the Decision Control Process, which was added to the National Fire Chiefs Council's operational guidelines. Her book *The Heat of the Moment: A Firefighter's Stories of Life and Death Decisions* explores her life as a homeless teenager and the various hurdles she faced. These stories involve examples from the firefighting industry, as well as lessons to be learnt about decision making in every facet of life. "I have been in a position where you feel like you have been written off. Where you feel like society has put you in a place (and) you are confined by what people expect of you. I wanted to say to people that you can break out of that."

“I want to challenge people who might not know anything about homelessness to remember that these people are humans. If someone in the street falls over, people rush to help, but there you are on the street corner with no food in your belly, nowhere to live, no clean clothes and people walk past you like you are not there. We have someone who has fallen to the lowest point in their life, who is literally at rock bottom, and we walk past like it is an everyday occurrence. We have a collective responsibility to do more.”

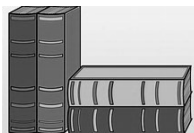
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9. Ageism

- There is a lot of pleasure in this world and it is everlasting. People are the same in age as in youth only the body changes. How lovely is the mind! I have been talking to a passing senior lovely lady from down the road, who is a real charmer but she has had a turn. She was now on the way to Morrison's with a stick to get her dinner, as her daughters had gone to a Wembley conference without thought for the evening meal. She wasn't sure she would make it, but obviously loves people.
- Everyone has challenges. Mine is finishing a long boating pastime and rationalising car, house, family, financial and garden extravagance; emptying the garage, books and stopping direct debits.
- I have to keep exercising muscles or lose them. The neck wears out first, particularly with road humps.
- God's body clock has to be respected; eat at proper times only or greed will punish the confused gastric and colon system.
- People seem to improve. My village friend invited me last year to a Fellowship Elders' tea party. He has a clinical 70 memory and a great who's who. My friend sits at the top table. This year there were six of us and 3 volunteer chefs providing egg sandwiches and cakes with the tea. The lady I sat next to had had a very full life as the bread winner for 5 plus dog. Her life story was very cheerful but, issues experienced were quite thought provoking and heart felt.
- It is similar everywhere, the elderly are very constructive and enlightening (even some singles move house!). I stopped by a 94 year old friend at the bus stop to chat. Oh she said I must tell opposite that the bus has gone as the wait will be unpleasant. Mind the road it's dangerous. She had no stick and she wouldn't let me go.
- Routinely it is uplifting to dress for church and segregate the passage of decades into weekly attendance. The laity are not judgemental, how do they do it?
- The time comes when one can't paint the skirting boards for the family, climb a ladder or get off the floor as one used to do. But it is good to see the next generation taking over your DIY. You wish.
- It's the permanent things that are important. The five year garden planting plan will work provided it is sustainable. Now that is a word!

Continued on page 24



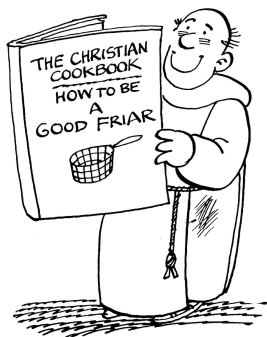
BOOK NEWS

The January Sale proved popular with King's customers and now we are preparing for Easter and lots of visitors. It is a pleasure to welcome them as many say, "Oh good, you're still here. We had such lovely books from you last time we came." It's such a pleasure to be remembered by truly satisfied customers.

King's Bookshop is, of course, much smaller than it used to be, but the fact that we are there at all is due to the kindness of Dean Samain and his Second Chance emporium. Our priority is to stock at least a few titles by evergreen authors (Susan Hill, Iris Murdoch, Somerset Maugham, Christopher Isherwood) and offer more recent works of eminent quality (McCall Smith, Jacqueline Winspear, Edward Marston, Mary Lawson).

Poetry, biography, children's stories – we have 'em all! Come and treat yourself!

JOHN HYATT



LONELINESS AND SOCIAL ISOLATION ROB.....

Loneliness and social isolation rob people of their memory and may be linked to dementia, according to new research by the London School of Economics and Political Science. The study, involving 11,000 people over 50, found older people who were lonely lost up to a fifth of their brain power every two years.

I often see this in my clinics. Those who are isolated fare far worse as they age compared to those who are more socially engaged. We should be mindful of this when contemplating retirement. Too many people are reliant on their jobs for their social lives. When they stop working, their social circle shrinks.

It takes a real effort to maintain friendships when you don't have a common bond, such as work, and a structure that ensures you interact with people every day. We take care to make financial provision for our retirement, but we would be wise to make plans for our social life, too.

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

Teacher: "What is the difference between results and consequences?"
Bright pupil: "Results are what you expect; consequences are what you get."

9. Ageism *continued*

•Sustainable; How beautiful is the morning sun; the sight out to sea; the moon; people; cows and birds (Lapwing, Sanderling, Skylarks, naughty Starlings, Blackbirds, Kestrels, Heron, Brent geese, Egrets); dogs and children, (for their love and enthusiasm); wind, rain and the seasons.

•Time is precious and personal, for the experience of God's world.

• Time, however, can be extended by putting the mind into a neutral condition. Sensitive and perceptive (Walsingham).

•But: it is easy to be happy, optimistic, interested, alert and cheerful when young, healthy and with sufficient income. Circumstances change.

•Age is vitalised by simplifying, listing, keeping priorities and renewal.

•However : 'A quiet and modest life brings more joy than a pursuit of success bound with constant unrest,' says Einstein (£1 million).

•**Thanks Be to God.**

The young clergyman was walking through the village when he met one of his elderly parishioners. "How's your cold?" he asked.

"Verra obstinate," came the bleak reply.

"I'm sorry." The clergyman decided to try again. "Well, how is your arthritis?"

"Verra obstinate," came the reply.

"Oh dear, I am sorry," soothed the clergyman. He tried a third time: "And how is your wife?"

"About the same."

JACK'S JOURNAL

There's a gale blowing wildly through the Witterings as I sit under the dining-room table to write this month's journal. My mistress Ros has invited John to lunch, so I am hoping that the odd sliver of roast lamb or a few crumbs of potato might drop off their plates to help my literary efforts.

Somehow I don't think I'll get my beach walk this afternoon; a few comfort breaks are all I can hope for. The sun was shining all last week and two hours along Bookers Green was the order of the pm. On Thursday we actually made it on to the beach and I had great fun with my ball on the wet sand. Yet again, though, we nearly came to grief when it was time to leave. I bounded up the pebbles but John only got halfway as they slithered underneath him and he got stuck. I barked encouragement but it didn't do much good. His legs gave way and he fell, cursing the Council and dropping my ball. I retrieved that as my first priority. There was no one about but I knew John wouldn't stage a death scene without an audience. Eventually we both made it to the two remaining steps to Shore Road which had escaped the depredations of the Council, and we staggered home, looking forward to the next afternoon. Soon it will be Spring!

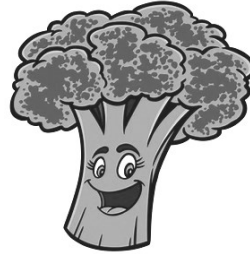


"Dad," said the son, "what is a financial genius?"

"A financial genius," said his harassed father, "is a man who can earn money faster than his family can spend it."

HOW TO GET GREENS INTO YOUR CHILDREN

Children have been urged to eat their greens for many generations. Now research from the University of Pennsylvania puts the advice on a decisive scientific footing. A study of iron levels in the brains of 1,500 people aged eight to 24



concluded that vegetables are vital for brain development. Leafy greens such as broccoli and spinach are particularly good, as iron

gets stored in crucial cells – the basal ganglia – in the centre of the brain. Low iron levels in these cells have been linked to impaired cognition in iron-deficient children, and in adults with neurodegenerative disorders. Indeed, the results were so striking that researchers say children should take iron supplements. But I'm not keen on supplements – especially for children – unless they are really needed.

So instead I pass on a psychological trick used by dieticians at the eating disorder clinic where I work: rather than pleading with children to eat the vegetables on their plate, or asking which they would like, give them a choice of two. Limiting choice makes the process of choosing easier and reduces the scope for debate or tantrums. The child feels some 'ownership' of the decision and so is more likely to actually eat the vegetable.

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

LEMON AND BLUEBERRY MUG CAKE

Thanks to the lovely Hairy Bikers for sharing this recipe.....why not whip up a quick and comforting tasty treat?

Serves 1

Your ingredients:

3 tbsp self-raising flour	10g butter, melted
2 tbsp caster sugar	2 tbsp lemon juice
1 egg	Zest of ½ lemon
1 tbsp fat-free yogurt	50g blueberries
1 tbsp low fat crème fraiche to serve	

How to do it:

1. Whisk together the self-raising flour and the caster sugar with a pinch of salt, making sure you get rid of any lumps.
2. Mix the egg, yogurt, better, lemon juice and zest together. Fold into the dry ingredients and stir until smooth. Stir in half the blueberries.
3. Spray a mug with around 200ml capacity with low cal. spray. Scrape the batter into the mug then sprinkle the remaining blueberries on top.
4. Put the mug in the centre of the microwave and cook on high for one minute. Check to see if the cake is done – it should be well risen and springy and some of the blueberries may have burst. Cook for a further minute checking every 30 seconds until done. Eat straight from the mug with a spoonful of low fat crème fraiche if you like.



***The Hairy Dieters Make it Easy* by The Hairy Bikers is published by Seven Dials**

Hairy Biker Dave Myers was eight years old when his mum was diagnosed with MS. “It was hard going. Back then there was hardly any support for people affected by MS. But I do remember the MS Society opened so many doors for me as a young lad and my family – it made our lives just that bit better. There’s been a great deal of work done to support those with MS, but we still need to raise as much money as possible to make MS a thing of the past.” **Taken from *advances*, an MS publication, February 2020 issue**

When my daughter was young, she was glad to say her prayers, but she always worried whether God would know which little girl she was. One night after the usual ‘Amen’, she dropped her head upon her pillow and closed her eyes. After a moment she said, “Lord! This prayer comes from 203 Seldon Ave. I’ll get you the postcode tomorrow.”

THE UNITED REFORMED CHURCH Oakfield Ave, East Wittering



Pastor 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 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

