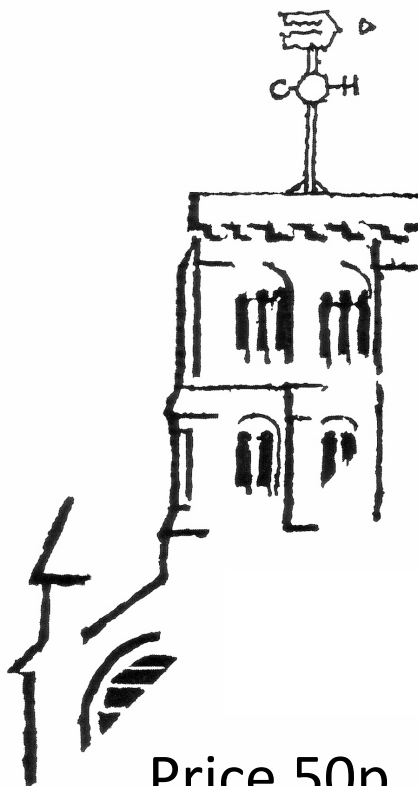


The Benefice of New Shoreham and Shoreham Beach

# ST MARY'S NEWS

*To know, love, follow Jesus*

NOVEMBER 2021



Price 50p

## WHO'S WHO IN THE PARISH OF ST MARY DE HAURA

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# **Worship & Services at St Mary de Haura**

## **SERVICES IN CHURCH**

Every Sunday at 8.00 am and 10.00 am—Every Tuesday at 11.00 am

There is now no need to book for any services in church

The 10.00 am Parish Eucharist in church will also be broadcast on our Facebook page and you can join from 9.50 am onwards by clicking on the following link:

<https://www.facebook.com/StMarydeHauraShoreham>

**St Mary de Haura, Shoreham-by-Sea**

**Saturday 6th November at 3pm**

*All Souls' 2021  
Service of  
Remembrance*

**A service to  
commemorate the departed**

### **Remembrance Sunday, 14th November**

10.00 am -Town Remembrance Service We are not able to welcome the large number of people we usually do, so you will need to book for the Town Remembrance Service at 10.00 am on this link

<https://www.trybooking.com/uk/BHYI> or by phoning the Parish Office during office hours on 01273 440202 Booking opens on Monday 1<sup>st</sup> November.

**11.30 Sunday Parish Eucharist** - there is no need to book for the 11.30 service.

**Darkness to Light Advent Service**, 28th November, 6.00 pm - A service for the beginning of Advent with singing led by the choir and guest singers.

# First Thoughts



Whenever I write something for ‘first thoughts’ I can’t help but be guided by the title and thinking about beginnings of things or first moments. This week in the Zoom

bible group on Monday evening we were looking at the story of the paralyzed man whose friends bring him to Jesus with hope of healing (Luke 5: 17-26). There are multiple barriers for this man meeting Jesus, physically he can't walk and the crowd is too big for his stretcher to get through. There would also have been social, emotional and cultural barriers around a disabled person and their place in society.

I can't help wondering about the first thoughts of various different characters in the story. What did the man first think when he was paralysed? Will I ever walk again? Where can I turn to for help? Is my life worth living? Who will still be my friend? Well, he had good enough friends who would take a huge risk for him and break a roof to interrupt Jesus speaking to a crowd. He was also able to have hope that Jesus could help him even if he didn't understand how.

Then there is the group of friends. What went through their minds? What were their first thoughts? What is the best way we can help our friend? How can we possibly approach Jesus? What will everyone think? Will we get in trouble with the authorities? We will do everything we can to help him?

What about the Pharisees? This man is dangerous? He has too much power? He is a threat to us? This is not our tradition? He must be stopped?

And the crowd? What did they think?

Finally, Jesus, what are his first thoughts when he realises what the friends are doing for the man?

In all of these cases their first thoughts went on to influence their behaviours and attitude later in the story. All of this leads me to reflect on three things about my own life.

- How do I respond when I have a need? Who do I look to for help? What gives me hope?
- How can I help others with a generous and bold spirit? How can I trust that Jesus loves me and looks after me?
- How can I avoid reacting in a cynical and unhelpful to new situations? How can I have a more open and loving heart?

So when new situations arise in our lives, a time of prayer and reflection can help to order our 'first thoughts' to give us hope instead of fear, trust instead of doubt, courage to face the challenges and ultimately love at the heart of all things.

Reverend Steve

## Editor's Notes

It's that time of year again when the prospect of Christmas appears on the horizon. Hopefully we won't be faced with a last minute lockdown and we can look forward to fellowship with friends and family. I've bought my Cancer Research Christmas cards and am now thinking about buying presents before the last minute panic sets in. This year I have decided to get everyone charity shop or locally made gifts. A couple of years ago I gave people copper foil stained glass items that I made myself which went down well and last year I bought some lovely things from the church Christmas Fair brochure that Mother Philippa had arranged so this year I am looking forward to going to the mini fair at the farmer's market and seeing what's on offer again. Sheila will be supplying her lovely lavender bags, speaking of which there is an interesting article by her about lavender in the magazine this month. Enjoy!



Gudrun

# Seeing differently



‘Facts alone don’t change things. What is needed is a change of world view, a change of heart.’ These were the words of Brother Samuel SSF when he recently came to address a gathering of Third Order Franciscans at the Church of the Good Shepherd.

You won’t be surprised to know that Br Samuel was talking about the climate emergency and the very real threat to our fragile planet. Unless radical steps are taken now and in the next few years, we may reach a tipping point when irreparable damage is done to our world. What sort of legacy is that for the generations that come after us?

The way forward, Br Samuel suggests, is to follow the example of St Francis. His eyes were opened to the needs of the world when as a rich young man he met a leper and was able to see him in a new way. Through the leper he was able to see the presence of Christ in all human beings and his life was changed. He came to see the world in three ways. Firstly as *Gift*, with the imprint of the creator in every being and thing. Secondly as *Family*. St Francis referred to the sun, moon and stars as Brother and Sister. Even the wolf was addressed as Brother! And kinship is right. After all we share a large percentage of our genes with almost every living being, including slugs and snails. And finally, we should see the world as *Song*. We need to sing songs of praise, love and intercession...but also of lamentation.

All this and more is covered in an inspiring book called ‘Seeing Differently’, written by Br Samuel with two other Franciscans\*. They give examples of where they have been able to put this way of looking at the world into practice, not least at the Franciscan House at Hilfield in Dorset. The friary was the first institution in the UK to be given an Eco-Church Gold Award. Maybe we can get inspiration from them as we at St Mary’s hope to move from the Bronze to the Silver award. (*Note: I must go and see their compost heap. Apparently, it is a thing of beauty and reaches temperatures of over 80°C !*)

The United Nations Climate Change Conference (COP26) will be taking place in Glasgow between 31 October and 12 November. It will be the largest conference ever held in this country, with over 30,000 people attending.

Many are cynical whether it can achieve anything other than a lot of hot air and 'greenwashing'. We need to pray for the world's sake that it achieves a lot more than that.

And we can play our part. For a start we could consider the two questions Br Sam got us to discuss.

- How have my eyes been opened to the needs of the world around us?
- Where do I have blind spots and so do not see the need to change my attitude or behaviour?

Anthony Rathbone

\*'Seeing Differently' – by Simon Cocksedge, Samuel Double and Nicholas Alan Worssam. (2021) Canterbury Press. £16.99

(Maybe as an alternative to helping send Jeff Bezos into space, you might like to order the book directly from the friary at Hilfield. A share of the price will go directly to their work there.)



Congratulations to Ian Vaughan for being the recipient  
of the Order of St Richard for his service to the church  
over many years



*Order of St Richard*

Awarded to

*Ian Vaughan*

In recognition of exceptional service  
to church and community in the  
Diocese of Chichester

+ *Martin Custr:*





# Christmas Readings



As part of the preparations for Christmas we are planning to run three events at which short passages on the theme of Christmas are read aloud. Each event will last about an hour and a half and will take place on these dates and at these times and places.

- At Val & Keith's home (Broad Reach, Shoreham) on Monday, 13th December at 7.00pm.
- At Jenny Chapman's home (Ravensbourne Avenue, Shoreham) on Wednesday, 15th December, at 2.30pm.
- At Liz & Anthony Rathbone's home (Southdown Road, Shoreham) on Thursday, 16th December at 7.00pm.

The events are not Bible groups or prayer meetings, simply a chance to meet informally in convivial surroundings with light refreshments to hear some familiar passages. The dozen or so readings are a mixture of poems, prose and two passages from scripture. Some are light-hearted. You don't have to read a passage to attend but if you would like to, we will give you a passage with plenty of time to prepare. If you would prefer to attend just to listen, you would be very welcome. These arrangements are, of course, made on the assumption that it will be safe to meet. As with all other church activities, we will monitor the situation closely.

There is no charge for attending - though you must book a place - but you may, if you wish, make a donation to church funds. If you would like to attend, please let William Payne know either by email ([William.Payne96@gmail.com](mailto:William.Payne96@gmail.com)) or by phone (0770 247 3569) before Friday, 19th November.



## O Sapientia

I cannot think unless I have been thought,  
Nor can I speak unless I have been spoken.  
I cannot teach except as I am taught,  
Or break the bread except as I am broken.  
O Mind behind the mind through which I seek,  
O Light within the light by which I see,  
O Word beneath the words with which I speak,  
O founding, unfound Wisdom, finding me,  
O sounding Song whose depth is sounding me,  
O Memory of time, reminding me,  
My Ground of Being, always grounding me,  
My Maker's Bounding Line, defining me,  
Come, hidden Wisdom, come with all you bring,  
Come to me now, disguised as everything.

*Malcolm Guite*

## A little bit of theology - Peter Wolfenden

When the first Christians tried to explain their experience of God's intervention in human history, they began with the firm belief, long and deeply established amongst the Jews, that there is only one God. Unlike the Greeks or the Romans, this monotheism was central to faith amongst the followers of Jesus.

But they also wanted to assert that their experience of Jesus – his teaching, his miracles, his charisma, his selflessness and so on – revealed him as not just a unique man, but as God as well. The resurrection is understandable only if Jesus is God as well as man, and his saving power comes from his divine nature.

There was a further element to their experience which the early church

needed to include – the gift of the Holy Spirit. In energising and illuminating their lives and actions, this, too, must be decidedly of God. The Christian Church simply would not have started, and certainly would not have survived, without God’s Spirit at work in and through it.

Now any human language about God is going to be totally inadequate to define Him (or Her). So we are left with a paradox: God is one, but three. In other words, at the heart of God who is love is a loving relationship, not just a barren entity. This unity in diversity means that at different points in our lives we, too, like the first Christians, find it sometimes easier to relate to one or other of the persons of the Trinity.. The language we use about them is of course figurative: the Father and Son titles refer to a very different relationship than that of earthly families. But we have only our limited, human vocabulary to try to point to the extraordinary mystery that lies at the heart of the universe.

The Christian Creeds are statements of belief produced in the early centuries of the church, and they indicate clearly how difficult our forebears found it to make statements about the nature of God. We continue to use them in our services to indicate our connection with the historical mainstream of Christianity. We may well find the language archaic and the thinking behind the phrases may not reflect our philosophy. But we cannot undo history to pretend that the Christian experience of God is any other than it is – Trinitarian.

And of course the examples of unity in diversity permeate the whole universe. “We are all in this together” applies to climate change, world pandemic, United Kingdom, Shoreham local authority, family life at home. Our belief in God, and our understanding of his/her nature (however flawed), is not some idle philosophising, but central to the whole of created life.

Jesus’s instruction to his friends according to the Gospel of Matthew was, “Go, then, to all peoples everywhere and make them my disciples: baptise them in the name of the Father, the Son and the Holy Spirit and teach them to obey everything I have commanded you. And I will be with you always, to the end of the age.” (Matthew chapter 28 verse 19)

# In Praise of Lavender

In the far distant days of my childhood, Church Christmas Bazaars hold the lingering memory of the stall selling little lavender bags, with their distinct and enticing scent, and I have loved this very special herb ever since. So it is this plant I would like to celebrate here.

The name lavender comes from the Latin,, 'Lavare', which means 'to wash'. The herb is a member of the important Labiate, or Mint family, which all have distinct square stems, and includes other important herbs, such as sage, thyme, marjoram, rosemary and many others.

There are many historical references to Lavender. The Greeks called it 'Nardus' from the name of a city in Syria called Naarda, near the River Euphrates. St. Mark, in his Gospel, mentions Spikenard, ( another name for Lavender), as the bottle of scented ointment 'of great price', which the woman sinner broke to anoint the head of Jesus with, drawing much criticism from onlookers. Lavender's use as a herbal remedy for various



disorders is mentioned by herbalists such as Nicholas Culpepper (1616-1654) the states: "decoction made with lavender..is profitably used to help the falling sickness (epilepsy) and the giddiness of the brain." The seventeenth century London Pharmacopoeia included Lavender in its preparation, Palsy Drops, said to be useful against "...all cold distempers of the head, womb, stomach and nerves, loss of memory, dimness of sight, melancholy, swooning fits and barrenness in women".

Distilled lavender has been used as a powerful antiseptic for surgical purposes. Like Tea Tree oil, it can be applied undiluted to ease spots and the effects of insect bites. It is much used in modern Aromatherapy, to bring relaxation, ease depression and to

promote restful sleep. It also repels clothes moths and can be used in cooking; I have used the flowers to make lavender scones and biscuits, which are really nice.

In the garden, Lavender should be lightly cut back after flowering or it gets rather straggly. It does not regenerate well if cut back into old wood (unlike roses and other shrubs) after a few years, bushes need to be replaced, so it is useful to find that it's easy to take cuttings in early autumn, as I have done in the Hospitallers' Garden. A heel-cutting, using a nonflowering side shoot, tucked into the ground, usually forms new roots by early spring. Grow these in a shaded spot and keep them watered during dry weather.

Feel you have missed out on lavender this year? All is not lost! I have collected a good harvest of this year's lavender from our Churchyard, and the scent pervaded my entire apartment as I dried and prepared it for use. I have been busy, continuing in the Church Bazaar tradition, making some pretty sachets for St Mary's Christmas markets. I have also made some using Hyssop, a relative of Lavender which has a reputation for easing chestiness, and Southernwood, which repels clothes moths, also using our Churchyard herbs.

Sheila Preston

## Farmers Market, 13<sup>th</sup> November

10-12 noon

Although we cannot hold a full Christmas Fair again this year, we will be having a mini Fair during the Farmers' Market on November 13<sup>th</sup>, with gifts, cakes, crafts and cards to buy, and games for the children. Pop in for a coffee and cake and do some Christmas shopping in comfort!



# The Ballad of the Bread Man

by Charles Causley

Mary stood in the kitchen  
Baking a loaf of bread.  
An angel flew in through the window.  
'We've a job for you,' he said.

'God in his big gold heaven  
Sitting in his big blue chair,  
Wanted a mother for his little son.  
Suddenly saw you there.'

Mary shook and trembled,  
'It isn't true what you say.'  
'Don't say that,' said the angel.  
'The baby's on its way.'

Joseph was in the workshop  
Planing a piece of wood.  
'The old man's past it,' the neighbours said.  
'That girl's been up to no good.'

'And who was that elegant fellow,'  
They said. 'in the shiny gear?'  
The things they said about Gabriel  
Were hardly fit to hear.

Mary never answered,  
Mary never replied.  
She kept the information,  
Like the baby, safe inside.



It was the election winter.  
They went to vote in town.  
When Mary found her time had come  
The hotels let her down.

The baby was born in an annexe  
Next to the local pub.  
At midnight, a delegation  
Turned up from the Farmers' Club.

They talked about an explosion  
That made a hole in the sky,  
Said they'd been sent to the Lamb and Flag  
To see God come down from on high.

A few days later a bishop  
And a five-star general were seen  
With the head of an African country  
In a bullet-proof limousine.

'We've come,' they said 'with tokens  
For the little boy to choose.'  
Told the tale about war and peace  
In the television news.

After them came the soldiers  
With rifle and bombs and gun,  
Looking for enemies of the state.  
The family had packed up and gone.

When they got back to the village  
The neighbours said, to a man,  
'That boy will never be one of us,  
Though he does what he blessed well can.'

He went round to all the people  
A paper crown on his head.  
*Here is some bread from my father.*  
*Take, eat,* he said.

Nobody seemed very hungry.  
Nobody seemed to care.  
Nobody saw the God in himself  
Quietly standing there.

He finished up in the papers,  
He came to a very bad end.  
He was charged with bringing the living to life.  
No man was that prisoner's friend.

There's only one kind of punishment  
To fit that kind of crime.  
They rigged a trial and shot him dead.  
They were only just in time.

They lifted the young man by the leg,  
Thy lifted him by the arm,  
They locked him in a cathedral  
In case he came to harm.

They stored him safe as water  
Under seven rocks.  
One Sunday morning he burst out  
Like a jack-in-the-box.

Through the town he went walking.  
He showed them the holes in his head.  
*Now do you want any loaves?* he cried.  
'Not today' they said.



# Puzzle Corner—challenges!

Here's a difficult Sudoku for you this month—go on, you can do it!

5		4		9				
	9	3			2			
	8	6			3			
	2		6				9	4
		1				7		
4	3				9		6	
			8			9	7	
			9			5	3	
				5		8		2

A difficult Futoshiki to drive you mad!

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<	<input type="text"/>
		<input type="text"/>	<input type="text"/>	>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	3	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

# The Red Rose



My ex-carer Alison visits me every Friday and wheels me along the Worthing sea front on to the Pier where we sit and watch the anglers and the passers-by. A while ago we followed the same routine. This day was a beautiful sunny day, calm sea little wind, and we were both quite content drinking in the sea air the beautiful sunshine and looking at one of those occasions when the sea was like a mill pond. In other words we were quite comfortable and contented. For some reason I asked Alison to take me to the sea front and sit on one of the seats there. I could see from her face she wondered why I should want to leave a perfectly comfortable seat bathed in sunshine.

She wheeled me off the Pier and found a seat near the Pier entrance. A little while later a bride and groom came on the beach for a photographic session she in her beautiful bridal dress and the groom in his Sunday best. As they were leaving the beach I asked Alison to call the couple over and I took out the red rose I was wearing in my buttonhole and gave it to the bride. The thank you was written in her face. I congratulated them and shook hands with the groom asking him to buy a red rose for his wife on every anniversary and we shook hands. Why did I leave the seat on the Pier, coinciding with the timing of the couple coming onto the beach? This true story is my leaving present to Ann and maybe she will remember the rose I gave to her.

God go with you,

Roy.

## Time for a Smile—with David Webb

This chap I know - always full of himself - you know the sort! Well, recently he went into hospital for brain surgery....I met him just the other day bragging about the size of his brain, 'which must be huge, he said, 'bearing in mind the operation took seven hours'! Anyway, it just so happens that I know the surgeon who performed the operation and spoke to him about his patient. I said, "You must have been amazed at the size of his brain...?" He said, "We were. Frankly we were astonished! It took us six and a half hours to find it!"



### Answers to Puzzles

2	4	8	7	3	5	9	1	6
6	3	5	1	2	9	7	4	8
1	7	9	4	6	8	2	3	5
5	6	2	9	1	7	8	3	4
3	8	7	5	4	2	1	6	9
4	9	1	3	8	6	5	2	7
9	1	4	3	7	5	6	8	2
7	5	6	2	8	4	3	9	1
8	2	3	6	9	1	4	7	5

1	4	2	3	5
5	1	4	2	3
2	3	5	4	1
4	5	3	1	2
3	2	1	5	4

## FREE RE-CYCLE



This space is freely available to advertise unwanted items which can be offered free of charge to anyone who has a use for them. Please let Sue Clay (parish administrator) or Gudrun Hansen (magazine editor) know if you have any items to advertise. We will need a brief description of the item and a contact telephone number or email address.



**Keep up to date** with all the latest events and activities at St Mary de Haura. Take a look at the Facebook page. You don't need to be a member of Facebook to view the page:

<https://www.facebook.com/StMarydeHauraShoreham>



If you're getting married at St Mary's or have recently been married here, then join the Weddings at St Mary de Haura Facebook group to share photographs and keep in touch with other couples from the Loving for Life marriage preparation course:

<https://www.facebook.com/groups/1523449864564736>

St Mary's is on Twitter: <https://twitter.com/stmarydehaura>



Our website can also be found at :

<http://www.stmarydehaura.org.uk> where you can find weekly and monthly diaries of all events



Follow St Mary's on

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**CCPAS**  
setting standards in safeguarding

**Safeguarding is a priority here**



At St Mary de Haura, we are committed to following government and CCPAS guidelines on safeguarding children and vulnerable adults and good working practice, including safe recruitment of workers. If you have any concerns regarding the safety or welfare of a child or vulnerable adult, please contact the safeguarding officer: Ash Sayers 07788190550

[safeguarding.smdh@gmail.com](mailto:safeguarding.smdh@gmail.com)