

Dear All

Welcome to Keeping In Touch (KIT) 10. We hope you are all keeping well and have enjoyed a good week. I do hope some of you tried Laurie's tip from last week and made some Toast Water!!

Can it really be 10 weeks since we started these newsletters? I don't think that we envisaged that they would be needed for so long! Things are starting to ease a little now but still no news regarding the opening of our churches. Many of us still cannot see our loved ones other than through a screen, but hopefully that will be remedied very soon.

As ever we are very grateful to Stephen for compiling the **pewslip** for us, which is attached.

SERVICES FOR THE SEVENTH SUNDAY OF EASTER OR SUNDAY AFTER ASCENSION

The seventh Sunday is the final one of Easter. In the Greek and Russian Churches it is known as the feast of the 318 Fathers. This is the recorded number of bishops of the Christian Church who attended the first Nicene Council, which resulted in the first uniform Christian doctrine, the Nicene Creed. The First Council of Nicaea was convened by the Roman emperor Constantine the Great, who invited all bishops of the Christian church within the Roman Empire. Delegates came from every region of the Roman Empire, including Britain. The participating bishops were given free travel to and from their episcopal sees to the council, as well as lodging. These bishops did not travel alone; each one had permission to bring with him two priests and three deacons, so the total number of actual attendees could have been above 1,800.

The Armenians call it the 'second feast of the flowers', a repetition of Palm Sunday. The week before Pentecost is also known as *Hebdomada expectationis*, week of the expectation of the Holy Ghost. On this Sunday the Greeks bless wheat cakes and have processions to their cemeteries.

As usual, the weekly **Sunday Service** on BBC **Radio 4** is at **8.10am**. The theme this week is 'Living Well While Waiting'.

"Catherine Fox and the Bishop of Sheffield Pete Wilcox reflect on living well during this time of waiting. For people yearning for things to be 'normal' again it seems like there'll be a long time to wait. Many people's plans for the summer, including weddings and ordinations have been cancelled, so what can we do to stay positive in this period of continued hoping and uncertainty? The Miraculous Catch of Fish (John 21:1-7) leads them to suggest that old plans and hopes can be transformed by Jesus. After Jesus' resurrection the disciples had gone back to what they knew, fishing, but they didn't catch anything, until the risen Lord appeared and they caught more fish than they could cope with".

This week has been Mental Health Awareness week. The **live service** on the **Church of England's website** and on their Facebook page at **9.00am** will have a **contribution from HRH The Duke of Cambridge** who will encourage people with mental health concerns for themselves or others to speak to someone.

<https://www.churchofengland.org/more/media-centre/church-online>.

Chichester Cathedral are continuing to deliver **live streamed services**. You can access these at www.chichestercathedral.org.uk/services/live-services just click on the link and it will take you to the page with instructions on how to view live.

Sunday Worship on **BBC1** is being shown at **1145** (note the change of time again!). To celebrate the Sunday after Ascension Day, the Very Reverend Kathy Jones leads a service from Bangor Cathedral in North Wales. One of the hymns is 'The Head that once was crowned with thorns'. This takes me straight back to school. On Ascension Day we always walked to church in a long crocodile for a service and then had the afternoon off! This was always sung and is part of my memory of that time.
https://www.youtube.com/watch?v=3g_ryz_A848

Songs of Praise will be broadcast at **1.15** on **BBC1**. This week looks back to when Songs of Praise has explored islands around our coastline. It includes Aled Jones setting sail with Christian sailors off the coast of the Isle of Wight to find out why being out on the ocean brings them closer to God.

26th May to 4th June marks the 80th Anniversary of the Dunkirk Evacuation. On the **Sunday programme on Radio 4** at **7.10am** there will be an item about Dom Gervase Hobson-Matthews. He was a monk who trained and taught at the Benedictine run Downside Abbey in Somerset. *"During WW2 he served as a chaplain to the 1st Artillery Division. He kept a diary that chronicled his experience helping troops to withdraw from the beaches of Dunkirk where he was killed in June 1940. Days before his death, he rejected an opportunity to return home. To mark the 80th anniversary of the Battle of Dunkirk the Abbey's Director of Heritage Dr Simon Johnson tells us about Dom Gervase's courage and martyrdom through archive and extracts from Dom Gervase's diary"*.

You might also like a **Choral Evensong service** from Christ Church Cathedral, Oxford which will be on **BBC Radio 3** at **3.00pm**.

PRAYING FOR THE PARISHES OF THE DIOCESE

A reminder that our **Deanery of Westbourne** will be prayed for on Monday 25th May as part of the Bishop of Chichester's series of prayer.

WEST WITTERING BEACH

The beach car park will remain closed over the bank holiday weekend but will be open from Wednesday 27th May. Visitors will be able to park at the beach but only with a pre-booking. Parking can be booked via the Just Park pre-pay booking App and can be done up to 3 days before the date you wish to visit.

NATIONAL TRUST PROPERTIES

Despite some easing of restrictions, the house and gardens at Uppark and Hinton Ampner (near Petersfield) remain closed to visitors. At Petworth House, the North carpark (for the Deer Park) is open but with limited parking.

GOT A QUESTION FOR THE SUSSEX POLICE AND CRIME COMMISSIONER?

Residents are invited to put their questions to Katy Bourne at the next meeting of the Sussex Police & Crime Panel on 26th June. Questions should be submitted in writing to pcp@westsussex.gov.uk by 12th June.

PPE

If you are using any disposable PPE such as masks, do remember that these must be disposed of in your bin and not in the recycling.

WEST SUSSEX CC HOUSEHOLD WASTE RECYCLING SITES

Just a reminder that the sites are open but are only accepting garden waste and black bag waste and they are still not allowing trailers on to the sites

THE LIFE THAT I HAVE

This week I re-watched the film 'Carve Her Name with Pride' starring Virginia McKenna and Paul Schofield. You will no doubt recall that it is based on the true story of Special Operations Executive agent Violette Szabo, who was captured and executed while serving in Nazi-occupied France. Part of the story involves a poem, 'The Life That I Have', said to be written by Violette's husband. The poem used in the film was in fact written by Leo Marks. Leopold Samuel Marks was an English writer and cryptographer and during WW2 he headed the codes office supporting resistance agents in occupied Europe for the secret Special Operations Executive organisation. It was the practice to use famous poems to encrypt messages. However, this was found to be insecure because enemy cryptanalysts were able to locate the original from published sources. Marks countered this by using his own written creations. 'The Life That I Have' was his original poem, composed on Christmas Eve 1943, in memory of his girlfriend Ruth, who had just died in a plane crash in Canada. On 24th March 1944, the poem was issued by Marks to Violette Szabo, who was eventually captured, tortured and killed by the Nazis. Violette was posthumously awarded the George Cross.

Here is a reminder of the poem, very simple but to me rather beautiful:

*The life that I have
Is all that I have
And the life that I have
Is yours.*

*The love that I have
Of the life that I have
Is yours and yours and yours.*

*A sleep I shall have
A rest I shall have
Yet death will be but a pause.*

*For the peace of my years
In the long green grass
Will be yours and yours and yours.*

VIRTUAL SUGGESTIONS

This week is **Virtual Roman Week** at the Novium Museum in Chichester. You can find out more here <https://www.thenovium.org/virtualromanweek2020>

They also have other virtual tours on their site.

Wildlife Photographer of the Year 2019

You can view some stunning photographs from last year's competition

<https://www.nhm.ac.uk/visit/wpy/gallery/2019/index.html>

Check out a Baby Rhino playing with a ball

Other baby rhinos are available – no really they are! Click on this link for lots of cute baby rhino clips!

THE LIGHTHEARTED BIT!

How did you get on the 'eyes' last week? My family told me it was too easy! This week try working out the well known sayings from the initial letters given. Hope this one is not too easy!

LAURIE IS TAKING A BREAK THIS WEEK

After sharing the Toast Water tip last week, I have decided that it would be difficult to top that! Laurie may be back in the future though, with more 1930s household wisdom.

This week instead I offer you a few gravestone inscriptions found in Sussex churchyards and recorded in my 1906 copy of 'West Sussex' by E.V. Lucas:

A Chichester epitaph:

Here lies a true soldier, whom all must applaud;
Much Hardship he suffer'd at home and abroad;
But the hardest engagement he ever was in,
Was the Battle of Self in the conquest of Sin.

From the grave of a Felpham Blacksmith:

*My sledge and hammer lie recline; My bellows too have lost their wind;
My fire's extinct; my forge decay'd;
And in the dust my vice is laid;
My coal is spent, my iron gone:
The nails are driven – my work is done*

Two epitaphs to be found in Westbourne churchyard:

Of Jane, wife of Thomas Curtis, who died 1719:

She was like a lily fresh and green,
Soon cast down and no more seen.

Of John Cook:

Pope said an honest man
Is the noblest work of God.
If Pope's assertion be from error clear,
One of God's noblest works lies buried here

From the Petworth churchyard:

*She was! She was! She was, what?
She was all that a woman should be, she was that.*

And **finally**, here are our prayers:

Although, we were not there at the stable like the shepherds and the wise men;
although we were not one of the 12 apostles;
nor did we see Jesus heal the sick, or give sight to the blind;

nor were we there when he broke bread in an upper room
or when they pressed the crown of thorns into his head or when he hung dying on a
wooden cross;
nor did we see the empty tomb
or share fish with the Risen Christ on the beach
or watch him ascend to your right hand
We still know through the power of the Holy Spirit
that Jesus Christ's living presence is with us –
that he is by our side and that he is the same today as he was yesterday,
as he was 2000 years ago and as he will be tomorrow. **Amen**

Loving and compassionate God,
You understand the pain of loss and the heartache of bereavement,
May we hold in our hearts all those whose families or friends have died.
You comfort us in times of fear,
May we comfort each other, even as we are kept apart.
You console and lead us in times of doubt and confusion,
May we follow the light of your love and spread hope.
You move our hearts to acts of generosity,
May we be led to share what we have with those in need.
God of life,
We thank you for the signs of your light in the midst of our darkness,
May we be signs of your compassion in the heart of your world.
Amen.

Stay safe and enjoy a happy week

Carol & Willem