

KEYNOTES



March 2025
£1.50

THE PARISH CHURCH OF ST PETER'S, WEST BLATCHINGTON

Rector The Rev Tim Gage
The Rectory
23 Windmill Close
Hove, BN3 7LJ

Tel: 01273 270427

Email: rector.westblatchington@gmail.com

Thursday is ordinarily the Rector's rest day; however please do not hesitate to contact him in the event of a pastoral emergency. Please refer all other urgent matters to the Churchwardens.

Associate

Vicar Rev Jan Butter Tel: 07889 400889

Email: westblatchingtoncurate@outlook.com

CHURCHWARDENS Jonathan Cooke Tel: 07973 851174

David Keeling Tel: 01273 501504

HON. TREASURER Mandy Gander Tel: 01273 271982

CENTRE BOOKINGS Maria Williams Tel: 01273 721918

PASTORAL CARE

Sick Visiting Carol Gander Tel: 01273 555414

KEYNOTES EDITORIAL TEAM

Jane Cummings Tel 01273 880274

Michael Evans Tel 01273 567399

Charlie Flackhill Tel 01273 965122

Mandy Gander Tel 01273 271982

Fran Breeze Tel 01273 421115

Christine James Tel 07598 122146

E-mail: stpetersadmin@zoho.com

Church website: www.stpeterswestblatchington.org.uk

PARISH EVENTS DIARY

The following events taking place in March and April as notified are:

Blue Jeans Saturday - 8th March - From 10am
Churchyard tidy and Church spring clean up

Free lunchtime concert - Friday 21st March - 1.10pm
Michael Maine - organ recital

Arts and crafts afternoon - Saturday 19th April - 2pm

Free lunchtime concert - Friday 25th April - 1.10pm
Imogen Ryall - jazz singer

Please continue to keep us informed of events that you have planned or know about by sending a message to our email address which is stpetersadmin@zoho.com

The deadline for the April issue is the 13th March



EDITORIAL

Welcome to the March issue of Keynotes.

It's lovely to see the first signs of spring emerging, with flowers reminding us of renewal, the circle of life and nature's beauty. Hopefully by the time you read this, we will be enjoying lighter evenings and the cold weather will have given way to some warmer temperatures.

We were all saddened to hear of the passing of William Holden; a lifelong parishioner of St Peter's and a man who truly dedicated his life to God, prayer and faith. A requiem mass and service of thanksgiving for his life was held at St Peter's on 11 February, followed by a service of commendation and farewell at Woodvale Crematorium, and refreshments at his home near Hove Park.

Many of our church family attended the services, with his family and friends, to pay their respects and share memories of William; a kind, gentle and spiritual man who was unwavering in his support of the church and is now with the Lord. We were also grateful for his regular, interesting contributions to Keynotes over the years.

In addition to our 10am Sunday services, which are also available online via YouTube, we are in church the first Wednesday of March (5th) at 7.45pm, a time to reflect and enjoy the calm of our prayer together session, and the third Wednesday of March (19th), 7.45pm, with a shorter parish Eucharist - perfect if you can't always make the Sunday service.

The first Friday of the month (7th) we are all invited to the World Day of Prayer at 10.30 am at St Leonard's Church and a free lunchtime concert scheduled for 21 March where Michael Maine will be producing wonderful sounds on our organ. Held in church, the concert starts at 1.10pm., refreshments are provided and any donations go towards future concerts.

To top and tail the month, we have St David's day on 1 March and Mother's day on 30 March – which is always a wonderful celebratory, flower-filled service. Don't forget the clocks go forward by one hour on 30 March, so although we lose an hour of sleep, we say goodbye to the dark evenings.

We're always keen to receive articles from Keynotes readers so why not share your stories? Whether it's news of a recent holiday and interesting facts you've gained, information on somewhere closer to home, an amazing photo or feedback on an issue close to your heart, we'd love to hear from you. Send it through using the editorial team email address on the inside front cover.

Editorial Committee



*They had been asked to prepare posies
for Mothering Sunday*

RECTOR'S RAMBLINGS

“But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”

Isaiah 40:31

Did you know that we live within an hour of the largest birds of prey in the British Isles?

Recently, at RSPB Pulborough Brooks, I was fortunate to catch a glimpse of a White-tailed Sea Eagle in the distance.

White-tailed Sea Eagles are truly remarkable creatures. Known as the “flying barn doors” due to their massive wingspan, which can reach up to 2.5 metres, they are the largest bird of prey in the UK. Once extinct in Britain, these majestic birds have been successfully reintroduced in Scotland and, more recently, in England. They primarily feed on fish and water birds, soaring effortlessly over coastal areas and wetlands in search of their next meal. Their ability to glide high above the land, seemingly without effort, is a breathtaking reminder of the power and beauty of God’s creation.



The Bible often uses birds to teach us about reliance on God. Not even a sparrow falls to the ground without His knowledge. When Elijah was in desperation, a raven brought him food. After the flood, Noah sent out a dove, which returned with an olive twig as a sign of new beginnings. In Isaiah’s prophecy, those who trust in the Lord are likened to eagles, soaring above their troubles as if carried by the wind.

Life often makes us feel like the sparrows I see outside my study window—constantly flittering about, busy and restless. But God calls us to something greater: to rest in Him. Like the eagle, we are invited to rise above the chaos and find renewal in His strength. True life, Isaiah reminds us, is found in trusting God. By waiting on Him, we can discover the peace and strength that allow us to walk without fainting and run without growing weary.

As you go about your week, take a moment to watch the birds. Whether it’s a sparrow hopping on the ground or an eagle soaring above, let them remind you of God’s provision and faithfulness. In Him, we find our rest, our renewal, and our wing.

Rev Tim Gage

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WOMEN'S SOCIAL GROUP

Dates for your calendar:

13th March, AGM, to take place at Church

27th March: Coffee morning at Church/ Gill with Moz helping

On the 23rd of January we shared a very pleasant coffee morning at Clare's and Rev. Tim's home, (with a joyous contribution from young James). Christine was helping Clare and we thank them both very much for this relaxing time, and their delightful baking.

In February (13th) we, this year again, enjoyed a fish and chips lunch at Bankers' in Brighton. A far cry from my first experience of such a meal in Britain, eaten wrapped up in newspaper, in a smoky Bournemouth cinema in...1967!

On the 27th of February we met at Carol's for a coffee morning, at our usual time of 10.30am.

I must seize this occasion to thank all my many friends at St Peter's for all their love, support and kind messages over the past few months, it has been so precious to me.

Georgette Bassant

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A Tribute to William Holden (1934-2025)

St. Peter's, West Blatchington and Hove Deanery remembers with gratitude William Holden, whose unwavering devotion to God and the Church touched lives across the Deanery and Diocese. His faith, a cornerstone of his life, was expressed through integrity and dedicated service. Licensed as a Reader in 1973, he served faithfully, notably as Hove Deanery Lay Chair for ten years. His contributions were recognised with the Order of St. Richard and the giving of Maundy Money in 2022.

A man of prayer, William drew strength from Scripture, liturgy, and the daily offices. His Reader ministry reflected his love for the Bible, particularly Luke's Gospel, and his insightful understanding enriched countless Bible studies. He also shared his wisdom as a Living Faith course mentor. William valued the sacraments, maintaining connection with St. Peter's even virtually during challenging times. His service extended beyond St. Peter's to the wider Diocese and St. Laurence, Upminster, demonstrating his far-reaching commitment.

Despite personal losses and a recent cancer diagnosis, William's faith remained steadfast. He embraced technology to connect with his church community and maintained his devotion to Scripture and prayer, often sharing the Gospel's good news and his hope for the resurrection.

William's legacy of profound faith and Christ-focused service inspires us all. He will be deeply missed, but the impact of his life will long endure.

Rev Tim Gage



Our charity for March World Vision



World Vision UK enables British families to help transform millions of children's lives. An international Christian charity for children, they work in almost 100 countries where the need is greatest, supporting children, their families and communities to experience fullness of life.

As a Christian charity, we help children – of all faiths and none – in some of the world's most dangerous places. We believe it takes a whole community to create happy and fulfilling childhoods. And we work together with communities so they're empowered to do just that.

Our integrated approach includes water, healthcare, education, child protection, and income generation. With the aim of allowing every child to fulfil their God-given potential.

Across almost 100 countries, our impassioned community of supporters, volunteers and community leaders work together to transform children's lives. Together, we will never give up.

Through World Vision's work, every 60 seconds a family gets water, a hungry child is fed, a family receives the tools to overcome poverty.

Thanks to the support of people like you, our focus is on helping the most vulnerable children overcome poverty and experience fullness of life. We help children of all backgrounds, even in the most dangerous places, inspired by our Christian faith.

Please support them if you can.

WORLD DAY OF PRAYER 2025

This year's service, written by women in the Cook Islands, will be held on Friday 7th March at St Leonard's Church, New Church Road, starting at 10.30 a.m. Everyone is very welcome



January's lunchtime concert

Our lunchtime concerts returned following a three month break caused by the cancellation of the November concert. We were very pleased to welcome back trumpeter Tim Bolwell whose concert in July 2023 had been a great success.

Tim has a lovely relaxed style chatting to the audience while deciding which next piece he was going to play. Fortunately his choices were well known tunes which had been popular when many members of the audience were much younger! In fact for some it brought back fond memories of youthful dancing! He had some of his own CDs with him which tempted some of us.

Everyone is welcome to our lunchtime concerts so if you enjoy 'live music' do come along! Concerts are free and include tea/coffee and biscuits! (Donations if wished can be given to fund future concerts.) The next concert is on Friday 21 March and features a return visit of Michael Maine delighting us on the organ.

Michael Evans

**The Lord is my strength and my shield;
my heart trusts in him, and he helps me.
My heart leaps for joy,
and with my song I praise him.
Psalm 28:7**

In the hot seat

Welcome to 'in the hot seat'. People who form part of St Peter's family discuss their work within the Parish and reveal a little more about themselves. In the interview chair is Jenny Butter, wife of reverend Jan Butter.

Role: I set up and oversee the prayer ministry a couple of years ago. It's a real privilege to pray with others – everyone has differing needs and concerns and when praying, we're able to give thanks to God and ask for his love and support. There's a prayer box where people can share their requests and this extends across our local community, supporting the work of our pastoral outreach group. I'm aware people who watch our online services, or read Keynotes but do not come to church, are unable to put a prayer in the box, so I've set up an email address prayer@stpeterswestblatchington.org.uk so they can get in touch online. I also support Jan in his role.



Length of time at St Peter's: We came to the parish three years ago.

What brought me to St Peter's: Our background is attending Fresh Expressions services, which is a movement to establish and grow Christian communities where they don't yet exist.

They're more lively churches within the Anglican community. I also used to run silent retreats at Penhurst retreat centre after finding God through spirit-filled meditation. Jan and I were looking for a different type of church and we knew, following Tim's kindness, St Peter's was a perfect fit.

Best bits: Getting to know people in the congregation better. Praying means you can be very intimate with people at a particular time in their lives and I love they trust me, while respecting their confidentiality.

Interests outside the church: For the past 13 years I've been a career and life coach, and have my own company, Epiphany Career & Life Coaching. I help people find new jobs, from graduates to those approaching retirement, and at all work stages, from new starters to CEOs. I'm also a consultant with several companies, supporting spouses of employees who relocate to the UK from overseas and helping people change careers and move into the tech sector.



Before this I was a radio producer and reporter for BBC radio Oxford. I grew up in York and age 13, felt radio was my calling. I spent weekends at BBC radio York and at 18, I worked in the Seychelles for a missionary radio station during a gap year.

My degree is in radio broadcasting at Falmouth, but after university I took a job managing PR for the international children's charity World Vision. This is where I met Jan. I then got my ideal job with Radio Oxford, but the tsunami hit and Jan's role took him to Sri Lanka. We were there for a year and then moved to New York where I had Adam and Hannah.

Maternity leave in NY was only six weeks so we moved back to the UK. While Jan was travelling overseas, I was offered the job of weekend producer at Radio Oxford, but with no childcare in place, it would have been impossible to juggle the demands of parenthood and work.

Hobbies: I enjoy going to the gym at nearby Henfield Leisure Centre and love walking on The Downs or the seafront.

Family and pets: Adam, 17 and Hannah, 16, and a 10-year-old, three-legged Nebelung cat called Kingsley. He's a long-hair Russian Blue which we rescued from a breeder. He spent the first three years of his life in a cage and lost a leg after a car accident, but he's still full of life chasing mice and birds.



Looking ahead five years: Once the children have finished their A Levels our plan is to do something new. Jan may take on a church, hopefully somewhere warm, or work in overseas aid/development. Our careers centre around international people and we love the international culture. A holiday destination, like Bermuda, would be nice!

Favourite foods: I don't have a favourite food, but I am a tea snob. It has to be Yorkshire Tea, strong with a splash of milk. I just like the taste! When in Sri Lanka, I liked a good strong cup of tea.

Fantasy car: Any car really, as long as it's automatic (my knees have gone), fuel efficient, eco-friendly and cheap to run. So, an electric car.

Current car: A Kia cee'd

Irritation: People who don't replace the toilet roll.

Greatest pleasure: Feeling the sun on my face.

Outlook: I'm a glass half empty, half full type of person, and can be naively positive but also feel fear or anxiety for no good reason.

Influences: Rather than a specific person, it's people who just get on with things and do their best with what they have.

Most admired: Has to be my husband!

Mentor: Howard Dunn, who helped me set up my coaching practice a few years ago.

You won't know this but: I recruited and spent time with Rio Ferdinand and Ryan Giggs; they helped out the World Vision charity.

FAB



Snoring

A clergyman consulted his doctor about his wife's snoring. "It has to STOP," he insisted.

The doctor was intrigued: "Does it really bother you that much?"

"Well, it's not just me," confided the minister. "She is bothering the whole congregation."

Canon Paul Hardingham considers

A Lent Reflection

Somebody asked a Christian friend why he was eating doughnuts, when he had given them up for Lent! He answered, 'At the bakers I told God, that if He wanted me to buy doughnuts, He should provide a parking space in front. On the eighth time around, there it was!' Rather than seeing Lent simply as a time to give things up, let's use it intentionally for self-examination, reading Scripture, penitence, fasting and prayer.

At Jesus' baptism, God's voice says, 'You are My Son, whom I love; with You I am well pleased.' (Luke 3:22). The Holy Spirit then leads Jesus into the wilderness, where we find Him coming to terms with who He is. Satan's temptations challenge Jesus in key three areas of His identity: His divine sonship, political power and Messianic role (Luke 4: 1-13). It is as though Jesus was looking into the mirror at Himself to discern what kind of Saviour He should be.

For us, Lent is an opportunity to hold up a mirror to ourselves and ask the question, 'who am I? It's a season of honest encounter with who we are, what we've done, and how we should live. What will we see when we hold up the mirror to ourselves? Keeping Lent, the 40 days running up to Easter, could mean taking time to read Scripture, studying a Christian book or spending five minutes each day in silence! We might fast by missing one or two meals, refraining from TV, alcohol, social media, or scrolling on our phones. All of these can help us to give more attention to God in our lives.

Whatever we do, Lent is a season for self-reflection, as we put ourselves in a position to receive afresh the forgiveness and healing that God offers.

**The Lord himself goes before you and will be with you; he will
never leave you nor forsake you. Do not be afraid;
do not be discouraged.
Deuteronomy 31:8**

Wordsearch for March

March brings us Lent and Mothering Sunday. Lent is a time of spiritual self-assessment as we prepare for Easter. It is a time to turn to God, and to grow closer to Him. Mothering Sunday reminds us of not only the mothers that have loved and raised us, but of Mother Church, who has spiritually loved and nurtured us throughout our Christian pilgrimage. How many words can you find on these themes in this month's Word Search?

Lent	mothers
spiritual	love
easter	care
preparation	nurture
fasting	learning
prayer	teaching
desert	disciples
selfdenial	worldwide
repentance	flowers
seeking	thank you
finding	nursing
growing	family

I'm giving up eating chocolate for a month.

Oh, wait, sorry, bad punctuation. I meant, I'm giving up.

Eating chocolate for a month.

e e f e p d n t l y r l g p i
l c r t r r y f a m i l y n u
a a n e e i a g i e t e n u h
c g u a d s h y n n e i i r e
u s n t t i o r e i d w r s i
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t a h r i y s e t h l i n t w
a o e l e l t i a o c n a r e
t i i p t r e e v l m g d u r
p i l d e t r e s e d m f n s



THE PATRON SAINTS OF THE UNITED KINGDOM

This series of articles is about the patron saints of the four countries of the United Kingdom beginning with **St Andrew the Apostle and Patron Saint of Scotland**

Saint Andrew was born between 5 CE and 10 CE in the small fishing village of Bethsaida in Galilee. Nothing is known of his early life, but he was a fisherman like his father Jona and his brother Simon called Peter when he is first encountered in the Gospels. The first encounters with Jesus vary slightly in the Gospels of Matthew and John but he is thought to be the first apostle called by Jesus to follow him. In John chapter one Andrew is a disciple of John the Baptist and follows Jesus on John's instruction to hear what Jesus has to say. After this Andrew goes to find his brother Simon and tells him they have found the Messiah and takes Simon to Jesus.

Matthew chapter four records that Jesus walking by the Sea of Galilee sees Andrew and Simon called Peter fishing and tells them to follow him as "I will send you out to fish for people".

After this the two brothers gave up everything they had ever known and followed Jesus and continued to spread His word for the rest of their lives

Andrew is mentioned at other important times in the New Testament, including the "feeding of the five thousand" when he is the one to find the boy with the five loaves and two fishes, Jesus at the Mount of Olives and he is present at the "last supper".

Andrew and his brother Simon, who Jesus called Cephas which translates as Peter were the first two disciples called to follow Jesus and Andrew is often called "Portokalos" which translates as "first called" a tradition widely held up in the Eastern Orthodox Church which also according to tradition, believe he founded the first see of Byzantium, later Constantinople in 38AD installing Stachys as Bishop

Andrew continued to travel and preach the word of Jesus and according to the twelve century Primary Chronicle he travelled widely in Greece, along the Black Sea and even as far as what is now Crimea. Legend attributed to Nestler the Chronicler stated he even reached as far as present-day Kyiv where he predicted a magnificent city would be built there one day full of beautiful churches.

Travel at this time was extremely difficult and fraught with danger but like Peter, Andrew never gave up on his mission to teach as many as possible about word of Christ.

Between 60 -70 CE Andrew was preaching in Patras in the Peloponnese region of Greece but was ordered by the Roman governor to stop and recant, he refused and was sentenced to death by crucifixion.

Early texts suggest he was tied to the cross not nailed and that it took three days for him to die, and that he continued to preach during this time. Also, early depictions show the cross as the same type as that that used for Christ, a Latin cross, but by the Middle Ages it had become widely believed Andrew's cross was in the shape of an X, a saltire cross, at his request, as he felt he was not worthy enough to die in the same way as Christ. This type of cross has been associated with him ever since.

His remains were buried at Patras where today is a magnificent church and shrine dedicated to him. His bones were later moved to Constantinople (later Istanbul) then Amalfi in Italy and in the 15th Century some to Rome. They were later returned to Patras but at this stage fact and fable become widely inter-laced with no historical evidence as to where all the relics finally lay. The fables and stories linking his bones to Scotland are also diverse with no firm historical proof. Some believe, guided by a dream, a priest from Patras, St Rule, hid some of the bones and sailed to the further corners of the known world to keep them safe and hence they arrived in Scotland. Others, attribute Acca the Bishop of Hexham, an avid collector of relics, with bringing them to the north of England and then Scotland.

The Cathedral of St Andrews was built in the early half of the 12th century, and the tall square St Rule's tower was used to house the relics of St Andrew. The city of St Andrews grew up around this area and became a place of great pilgrimage in Medieval times. This cathedral is now however in ruins and the main church in Scotland associated with St Andrew is located at St Mary's Catholic Cathedral in Edinburgh. In 1879 a piece of shoulder blade attributed to Saint Andrew was bequeathed by the church in Amalfi to Scotland and is on display in Edinburgh.

Sadly, fact and fiction, rumour and legend make it very difficult to know exactly where the bones of St Andrew finally were laid to rest. The main churches claiming relics of St Andrew are the Church of St Andrew, Patras, Greece, Amalfi and Sarzana churches in Italy, St Mary's Catholic Church in Edinburgh and the Church of St Andrew and St Albert in Warsaw but many more claim smaller relics.

Saint Andrew the Apostle was first described as "our Patron and Protector" in 1320 in the Declaration of Arbroath, a document to petition the Pope in Rome to protect the Church in Scotland from the Church of England and allow it to have an autonomy separate from that of England. This document attributes Scotland's conversion to Christianity to St Andrew and strengthens his position as Patron Saint of Scotland. However, there is evidence that St Andrew was venerated in Scotland long before this but again legend and rumour confuse the issue.

The saltire cross was adopted as the flag of Scotland, a white cross on a blue background, allegedly after Oengus in 832 AD, whilst praying on the eve of battle against the Angles, vowed he would appoint St Andrew as patron saint of Scotland. In the morning, he saw a white cloud formation in the shape of a saltire cross and then having won a battle where he was greatly outnumbered, he adopted this as the design for the flag of Scotland, but this was not recorded until the 16th Century.

St Andrew the Apostle is undoubtable a very important historical figure and is closely associated with the Eastern Orthodox church due to his travels in the areas where the Byzantium church was established and flourished. He is the Patron Saint of many countries including Scotland, Ukraine, Russia, Romania, Greece and Georgia and numerous churches around the world.

Whole books are dedicated to the life of St Andrew and this is only a small collection of aspects of his life and connection to Scotland compiled from various sources.

Christine James



"No, not the steeple, the roof or the organ – it's for the vicar's post-Christmas-pre-Easter recuperation holiday-break."

Prayer List Requests

Each Sunday we pray for people in any kind of need.

These may be the names of people on the prayer list which is printed in the Pew Sheet each week. The names are not read out individually during Sunday Intercessions, but are prayed for individually at the monthly Wednesday Prayer Together Service.

This is a lovely, peaceful, prayerful time in The Old Church and is always finished with Compline. Please join us.

The Prayer Together Services are always on the first Wednesday of each month at 7.45pm.



St Peter's Pastoral Care Group

Our Pastoral Care Group exists to offer entirely confidential help and support on any pastoral matter.

Perhaps you would like a friendly visitor for a good chat now and then, help with transport, a name included in our prayer list at Church, some professional advice which we can help find, or an offer of Communion at home?

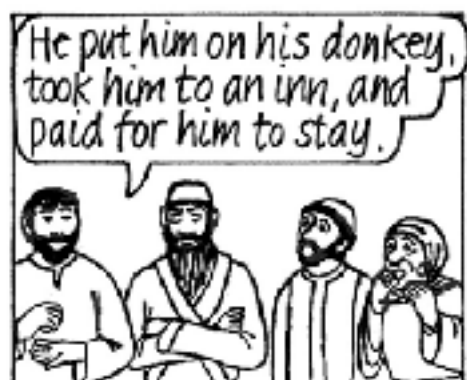
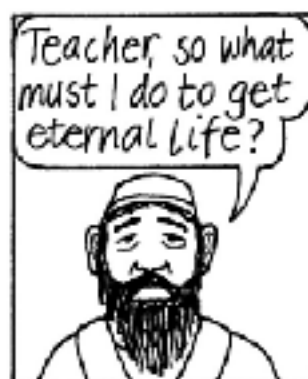
Please contact, in the first instance, Carol Gander on 01273 555414.

Bible Bite

A short story from the Bible

It can be read in the Bible in
Luke 10:25-37

An expert in the Law of Moses wanted
to test Jesus' knowledge of the laws in
the Bible, so he asked Jesus a question.



Nigel Beeton writes: Eighty years ago the war was, thankfully, entering its final stages. As Allied troops advanced across Europe the Nazi war machine was losing the territory and resources with which to fight. On 29th March the very last V1 'doodlebug' flying bomb was launched before its launch ramp was captured, and, again thankfully, it crashed harmlessly into a field near Woolmer Green in Hertfordshire.

The Last Bomb

09:00 29th March 1945 Woolmer Green, Hertfordshire:

They heard it rattle, and they heard it stop.
They ran for cover, and they heard it drop.

A mighty bang – but far away
They watched the smoke cloud drift away.
“No-one hurt!” The news went round,
“Within a field it hit the ground!”

There was joy that day in Woolmer Green
But no-one knew just what they'd seen!
The bomb that fell that fell upon that day
The last that ever came our way!

The launching sites were overrun
The German bombs no more could come.
For five and sixty months they fell
Causing death and living hell

Forty thousand folk – now dead
Our whole nation lived in dread.
For our lost people still we grieve
We wonder what their loss achieved?

The old and children don't fight wars;
Their deaths advanced no evil cause.
And yet, right to the present day
In wars they're fighting far away

Upon the young, the old, the ill
The futile bombs are falling still.

By Nigel Beeton

PCC meeting held in the church on 21st January 2025

The PCC meeting was well attended. Rev Tim started the meeting with a reading from Psalm 22.

The following things were discussed:-

All age services had been better attended recently.

A Sunday School meeting had been held with parents and children. Thanks to Erica, Clare and the Sunday School team.

Confirmation – will probably take place in September.

The return of Rev. Jan, Jenny and family

700 years of the Nicene Creed.

Renewal of the Electoral Roll.

Event analysis – looking at the Christmas Services.

Lent Group –probably a series on the Nicene Creed

Repairs to heating were needed in the church.

Treasurer's Report was discussed.

Maintenance – hall heating and lightening conductors had been serviced.

Tea and Tots – Martin the monkey came to visit. 5 new families started last term

APCM date set - 27th April 2025

**Therefore let us stop passing judgment on one another.
Instead, make up your mind not to put any stumbling block or
obstacle in the way of a brother or sister.**

Romans 14:13

Small Donations Scheme

We have reintroduced the above scheme, or SDS, which ran very successfully up to several years ago. The idea is to give people the opportunity to make a donation towards the cost of items which are one-off purchases or materials which we use. These donations are not regular but are on an “as and when able” basis which may be something in which they are interested.

The next edition of Keynotes will then contain a “thank you” notice for the gift which can be anonymous or include the sponsor’s name.

Mandy has produced a list of items which may appeal to the congregation and any discussion can be held in confidence with her. This list includes the following;

Wafers for communion	£	29.28
Carbon Monoxide Alarms	£	43.98
Cleaning materials	£	66.07
Oranges for the Christingles	£	24.75
Piano tuning fee	£	80.00
Annual fire extinguisher maintenance	£	140.94
Concert advertising in the Arts Council magazine	£	40.00
Books for Sunday School	£	60.00

Thank you for your sponsorship

Our grateful thanks go to the people who wishing to remain anonymous, very kindly donated the cost of the microwave, red sanctuary light and coffee.

If you would like to make a donation to help with the funding of some of the items of expenditure in and around our Church then please contact Mandy Gander, our Treasurer.

March 2025 – Flying Colour

By Kerry Williams: Communications Officer - Conservation

Let's get the smug bit out of the way. This January I visited an incredible bird watching and conservation organisation in the Western Ghats, India, run by highly skilled and welcoming environmentalists, spotting 75 remarkable bird species, many endemic to this region. #sorrynotsorry.

A notable feature of these tropical species is their astonishing colour palette; vivid reds, brilliant pinks, and intense greens. There are a few reasons behind plumage colour. Bold colours can be flaunted as a display tactic in males to impress females and shame rivals in competition for a mate or territory. Colour can be used as a camouflage and survival technique, whether blending into surroundings, or by confusing predators with reflective iridescence.

A fellow Brit commented on how our birds don't really compare when it comes to colour, but there's some spectacular species to prove them wrong. Back in Sussex, spring is just starting to peep in; the season where we finally experience those explosions of colour after such a long wait. Aside from an excuse to show off about my grey-escape holiday, I thought a celebration of our most colourful birds was due.

Firstly, Kingfishers. They also reside in India, but they're too bright and beautiful to not make the cut. A wetland and reedbed regular, these fabulous fishers take blue to another level. There's no mistaking their tiny turquoise shimmer as they dart down a watercourse, or perch stock still on a branch, ripple-peering.



A regular on feeders, Blue Tits can be overlooked. Take a moment to appreciate that lemon and azure plumage, merging with navy and tinged with green. Once another common garden staple, Bullfinches are sadly now a rare treat to see. If you spot a male, peachy-coral chest set against muted hues of grey and black, it can't be anything else.

Although wowing crowds with their aerial acrobatics in murmuration, you could be forgiven for thinking Starlings individually are somewhat ordinary. Think again. Up close, and in the right light, Starlings are a mass of beautiful iridescent purples, greens and golden yellows.

Corvids are considered a little plain, but what about an emerald Magpie tail or the sapphire flash of a Jay feather? A Jackdaw's pale iris can seem blue against dark feathers, and sometimes, in low summer sun, jet-black Rook plumage can look purple.

Who needs a Malabar Trogon or a Flame-throated Bulbul? Not me! Well... not for 11 months of the year anyway.



Lost in translation

Are you travelling this Spring? Keep an eye out for those delightful translations into English that didn't quite make it...

Danish airline: We take your bags and send them in all directions.

Heathrow: No electric people carrying vehicles past this point.

Japanese taxi: Safety first: please put on your seatbelt. Prepare for accident.

Kenyan maternity ward: No children allowed.

Beijing shop: Haircuts half price today. Only one per customer.

Swedish furrier: Fur coats made for ladies from their own skin.

REGULAR WEEKLY SERVICES

10.00 am Sunday Parish Eucharist with Sunday School in term time (except third Sunday of the month)

10.00 am All-Age Worship on the third Sunday of the month

1st Wednesday of the month at 7.45 pm -
Prayer Together and Compline

3rd Wednesday of the month at 7.45pm -
Shorter Eucharist Service

10.00 am Online service via Youtube



The Rector is always available for spiritual counsel and healing prayer

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**FRIDAYS AT ST PETER'S
St Peter's 'Open Church' drop-in**

**The First Friday of each month
10.30am – 12noon**

For coffee, conversation and companionship.

**We are open between 10.30am and 12 noon for you to 'drop-in' for a coffee, piece of cake and a chat.
A very warm welcome awaits you, so please do 'drop-in' we'd love to see you.**

KEYNOTES - HELP!

We are looking for some new material for Keynotes. Could you write a piece about something that interests you, something in our local area that you have knowledge of, a special holiday you have been on or anything else that you think others may enjoy reading. If you do then please send it to mandycgander@icloud.com at any time that suits you. Your support would be much appreciated.



WHAT'S HAPPENING IN YOUR GARDEN?

- 1) Fertilise your beds with compost, well rotted manure or general purpose fertiliser such as pelleted chicken manure or fish blood and bone.
- 2) If any of your plants need supporting this year, put them in now.
- 3) Feed Roses with special rose feed or a balanced fertiliser as they come into growth.
- 4) If you have not already done so, prune Roses now to encourage strong new growth.
- 5) Prune early flowering Clematis once their flowers have have finished.
- 6) Finish cutting back dead foliage from perennials and Ornamental Grasses to make way for new growth.
- 7) Prune over-wintered Fuschias back to one or two buds on each shoot. This will encourage a bushy habit.
- 8) Prune winter flowering Jasmine.
- 9) Keep an eye out for Slugs as the weather warms.
- 10) Cut out old leaves from Hellebores to remove any foliar diseases and make spring flowers more visible.
- 11) Deadhead Daffodils as the flowers finish and let the foliage die back naturally.
- 12) Deadhead Hydrangeas before new growth appears and cut back to the height you require.
- 13) Begin weeding as the weather warms.
- 14) Mow your lawn if it needs it. Choose a dry day and set your blades higher than usual.



COME INTO MY KITCHEN.....

At a recent coffee morning Christine treated us to a delicious **savoury** cake and I am delighted to share the recipe with you.

Grandma's Savoury Cake

125ml sunflower oil or olive oil and sunflower oil mix
275gram Self raising flour
1-2 carrots chopped very fine
1small red pepper finely chopped
100gram smoked ham or cooked bacon finely chopped
10gram Feta cheese crumbled or grated strong cheddar cheese
20 gram fresh parsley leaves finely chopped
3 medium eggs
150 ml kefir, Greek yogurt or buttermilk
100 gram finely ground cornmeal or polenta
Preheat oven to 210 C or 190 C fan oven, Gas mark 6
Grease a loaf tin with a little oil or line with baking parchment

Place the chopped carrot, pepper, ham, cheese and parsley in a bowl and add 3 tablespoons of the flour and mix to coat everything in flour.

Crack the eggs into a bowl and whisk with a high-speed mixer until well aerated, pale and frothy 2 – 3 minutes. Stir in the oil and kefir and mix again for 20 to 30 seconds until combined.

Stir the rest of the flour, cornmeal or polenta with some black pepper and salt into this wet mixture and fold through with a spatula.

Next fold in the vegetable and ham and cheese mixture ensuring it is well distributed but do not overwork.

Pour the mixture into the prepared loaf tin and bake in the oven for about 1 hour, turning halfway through, until the top is golden brown, and a skewer inserted comes out clean.

Cool in the tin for about 15 minutes, then turn out and allow to cool completely before slicing.

Delicious served spread with butter.

Some of the best recipes are those that have become family favourites like this one from my friend, Ali.

SAUSAGE PIE

Block of shortcrust pastry
1lb sausage meat
Bunch of sage
Tin of baked beans (or equivalent in frozen peas)
2 eggs

Preheat oven to 160C fan
Line a deep flan dish with the pastry.

Mix sausage meat with chopped sage leaves and seasoning and layer on top of pastry.

Drain away a little of the sauce from the beans if using.

Beat the eggs and then mix with the beans or peas.

Layer this mixture on top of the sausage meat and cook for approximately 40 minutes or until risen and golden brown.

Serve warm with jacket potato and salad or cold as part of a picnic.

Maggie





***The Parish Church of St. Peter
West Blatchington***

FREE LUNCHTIME CONCERT SERIES

Our afternoon concert series continues with

**Michael Maine - organ recital
1.10 p.m. on Friday 21st March**

The Recitals are for approximately 40 minutes

Refreshments provided.

**There is no admission charge, but donations to fund
future concerts will be gratefully accepted.**

All welcome!



Holy Days

1st March – St David's Day, time for daffodils

1st March is St David's Day, and it's time for the Welsh to wear daffodils or leeks.

Shakespeare called this custom 'an honourable tradition begun upon an honourable request' – but nobody knows the reason. Why should anyone have ever 'requested' that the Welsh wear leeks or daffodils to honour their patron saint? It's a mystery!

We do know that David – or Dafydd – of Pembrokeshire was a monk and bishop of the 6th century. In the 12th century he was made patron of Wales, and he has the honour of being the only Welsh saint to be canonised and culted in the Western Church. Tradition has it that he was austere with himself, and generous with others – living on water and vegetables (leeks, perhaps?!) and devoting himself to works of mercy. He was much loved.

In art, St David is usually depicted in Episcopal vestments, standing on a mound with a dove at his shoulder, in memory of his share at an important Synod for the Welsh Church, the Synod of Brevi.

4th March – Shrove Tuesday, Pancake Day

Ever wonder why we eat pancakes just before Lent? The tradition dates back to Anglo-Saxon times, when Christians spent Lent in repentance and severe fasting.

So on the Tuesday before Ash Wednesday, the church bell would summon them to confession, where they would be 'shriven', or absolved from their sins, which gives us Shrove Tuesday. At home, they would then eat up their last eggs and fat, and making a pancake was the easiest way to do this. For the next 47 days, they pretty well starved themselves.

Pancakes feature in cookery books as far back as 1439, and today's pancake races are in remembrance of a panicked woman back in 1445 in Olney, Buckinghamshire. She was making pancakes when she heard the shriving bell calling her to confession. Afraid she'd be late, she ran to the church in a panic, still in her apron, and still holding the pan.

Flipping pancakes is also centuries old. A poem from Pasquil's Palin in 1619 runs: "And every man and maide doe take their turne, And tosse their Pancakes up for feare they burne."

Some people have noted that the ingredients of pancakes can be used to highlight four significant things about this time of year: eggs stand for creation, flour is the staff of life, while salt keeps things wholesome, and milk stands for purity.

Shrove Tuesday is always 47 days before Easter Sunday and falls between 3rd February and 9th March.

5th March – Ash Wednesday, mourning our sins

Lent begins with Ash Wednesday. But why 'Ash' Wednesday? The reason has to do with getting things right between you and God, and the tradition goes right back to the Old Testament.

In the Old Testament, the Israelites often sinned. When they finally came to their senses, and saw their evil ways as God saw them, they could do nothing but repent in sorrow. They mourned for the damage and evil they had done. As part of this repentance, they covered their heads with ashes. For the Israelites, putting ashes on your head, and even rending your clothes, was an outward sign of their heart-felt repentance and acknowledgement of sin. (See Genesis 18:27; 2 Samuel 13:19; Job 2:8, 30:19; Isaiah 58:5; Jeremiah 6:26; Jonah 3:6)

In the very early Christian Church, the yearly 'class' of penitents had ashes sprinkled over them at the beginning of Lent. They were turning to God for the first time, and mourning their sins. But soon many other Christians wanted to take part in the custom, and to do so at the very start of Lent. They heeded Joel's call to 'rend your hearts and not your garments' (Joel 2:12-19). Ash Wednesday became known as either the 'beginning of the fast' or 'the day of the ashes'.

The collect for today goes back to the Prayer Book, and it stresses the penitential character of the day. It encourages us with the reminder of the readiness of God to forgive us and to renew us.

The Bible readings for today are often Joel 2:1-2, 12–18, Matthew 6: 1-6, 16 – 21 and Paul's moving catalogue of suffering, "as having nothing and yet possessing everything." (2 Corinthians 5:20b – 6:10)

The actual custom of 'ashing' was abolished at the Reformation, though the old name for the day remained. Today, throughout the Church of England, receiving the mark of ashes on one's forehead is optional. Certainly, the mark of ashes on the forehead reminds people of their mortality: "Remember that you are dust and to dust you will return..." (Genesis 3:19)

The late medieval custom was to burn the branches used on Palm Sunday in the previous year in order to create the ashes for today.

30th March – Mothering Sunday & Mother Church

The Fourth Sunday in Lent was called 'Mid-Lent' or 'Refreshment Sunday', when the rigors of Lent were relaxed more than was normal for a feast day. It is called Mothering Sunday as a reference to the Epistle reading for the Day (Galatians 4:21-31). The Lenten Epistles follow from each other with teaching about our life as Christians and how we are to follow Christ.

On Mid-Lent Sunday the Epistle talks of bondage and freedom; the bondage of the Law and the Old Covenant as compared to the freedom in Christ, "the promised one", and the New Covenant. Verse 26 reads "But Jerusalem which is above is free, which is the mother of us all." We gain our freedom from Christ and, as it was seen before the Reformation, the Church.

Thus, Mothering Sunday is about the freedom that we gain through the promise of Jesus Christ delivered through our Mother the Church. People were encouraged to go to their 'Mother Church' (their home church or their home Cathedral) to worship and give thanks. Hence apprentices, and others, went home for the weekend and often brought gifts (or accumulated pay) home to their family.

On the other hand, Mother's Day is a secular festival invented in 1904 and is celebrated on the 2nd Sunday in May in most countries in the world. The UK seems to be the exception. In recent years Mothering Sunday has been hijacked to take the place of a special, secular day to give thanks for our mothers.

MONEY MATTERS - Figures for January 2025

Receipts

Planned Giving	£ 3,958
Community Centre Income	£ 1,182
Payaz Donation Station/Sundry Donations	£ 300
Keynotes subs/adverts	£ 1,085
Collections/other giving	£ 71
Income tax recovered	£ 1796
TOTAL RECEIPTS	£ 8,392

Payments

Parish Contribution	£ 6,793
Salaries	£ 817
Utilities and Insurance	£ 498
Rectory	£ 341
Community Centre running costs	£ 565
SumUp/Bank Charges	£ 8
Printing costs	£ 161
Church running expenses	£ 219
Upkeep of services	£ 89
Funds sent to Aldrington School	£ 1,000
TOTAL PAYMENTS	£ 10,491

Year to date deficit : £2,099



Date	Reading and Intentions Calendar for March (Year C)
SAT 1ST	The Anglican church in Wales
SUN 2ND	Sunday next before Lent Exodus 34. 29-end 2 Corinthians 3. 12-4.2 Luke 9. 28-36
MON 3RD	Our Lent course
TUES 4TH	Family Social Work
WEDS 5TH	EPIC Youth Group
THURS 6TH	Our Community Police Officers
FRI 7TH	Hangleton & West Blatchington Foodbank
SAT 8TH	Bishops Council
SUN 9TH	First Sunday of Lent Deuteronomy 26. 1-11 Romans 10. 8b-13 Luke 4. 1-13
MON 10TH	Hove Deanery Synod
TUES 11TH	Our Churchwardens
WEDS 12TH	Diocesan Synod Members
THURS 13TH	Our Guides, Brownies and Rainbows and their Leaders
FRI 14TH	Our outreach through music
SAT 15TH	Sunday School and Creche

SUN 16TH	Second Sunday of Lent Genesis 15. 1-12, 17-18 Philippians 3. 17-4.1 Luke 13. 31-end
MON 17TH	Tea and Tots
TUES 18TH	All who teach and preach the Gospel
WEDS 19TH	All seafarers
THURS 20TH	All fathers
FRI 21ST	All those suffering persecution
SAT 22ND	All victims of violence
SUN 23RD	Third Sunday of Lent Isaiah 55. 1-9 1 Corinthians 10. 1-13 Luke 13. 1-9
MON 24TH	Our understanding of our faith
TUES 25TH	All mothers
WEDS 26TH	All theologians
THURS 27TH	All Religious Communities
FRI 28TH	Our understanding of the scriptures
SAT 29TH	Our prayer life
SUN 30TH	Mothering Sunday Exodus 2. 1-10 2 Corinthians 1. 3-7 Luke 2. 33-35
MON 31ST	The Dean and Chapter of Chichester Cathedral

And finally.....

Prayer for March 2025

Dear Lord,

In this month when Lent begins, we remember the difficult journey Jesus made to the cross, to take upon Himself our sins and the sins of the whole world, to bring us the hope of eternal life by His resurrection.

Lord, we bring to You our own journeys through our daily lives. We bring our disappointments, our bewilderment, our pain, as well as our happy times. We thank You that You are with us in and through all of it.

We thank you that the message of Christmas is the message of Lent and the message of every day – You, our God, are with us always, giving us hope and life, because of Jesus.

Thank You that He made that journey for us, and all we have to do is trust in Him. Help us to do that and to share His good news with others, especially those in distress.

We pray in His name.

Amen.

By Daphne Kitching



St Peter's, West Blatchington
Mission and Outreach Timetable 2025
Dates for your diary

**Sharing Jesus' love as we strengthen fellowship and serve
our community**

Saturday 8th March 10.00am	Blue Jeans Saturday - Churchyard Tidy up & Church spring clean	Team St Peters
Saturday 19th April 2.00pm	Arts and crafts afternoon	Christine
Saturday 17th May 6.30pm	Tim's hymns & pimms evening	Mandy
Sunday 25th May 2.00pm	Rogation Sunday- Parish Boundary walk followed by ice cream in Hove Park	Team St Peters
Saturday 14th June 11.30am	Summer Fair	Zanita
Saturday 12th July 2pm	St Peter's Bake off	Erica and Zanita

Sunday 21st September 2.00pm	Sponsored bike ride around Hove Park	Zanita
Sunday 5th October 11.30am	Harvest Festival Bring & share lunch in the Community Centre	Team St Peters
Saturday 18th October 7.30pm	Quiz Night	Christine
Saturday 8th November 10am	Blue Jeans Saturday- Church yard tidy up	Team St Peters
Thursday 4th to Sunday 7th December	Christmas Tree Festival	Mandy
Friday 12th 7pm and Saturday 13th December 2.30pm	Christmas wreath making workshop	Maggie and Christine

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