

St Mary's Church West Chiltonton

Faithful Hopeful Joyful Prayerful

What's Next?...That's Up To You!

So here we are. Your rector is now the interim editor. It was right that David Burnett should be allowed to retire with our thanks and gratitude after a distinguished 15 years as editor. As I said, when making a brief speech in his honour in St Mary's: *'Growing a culture requires a good storyteller but changing a culture requires a persuasive editor'*. Another well-known quote was also shared with David that morning in church: *'A good editor is someone who cares a little less about the writer's need than the reader's'*. David's encouragement and support of my ministry since I arrived in the village last March, is so appreciated. Please don't expect the same brand of wit and erudition from my brief tenure in the editor's chair- I won't even come close!

A few months ago I shared with you the results of the survey conducted in this magazine and made it clear that some changes would be introduced to 'freshen up' the magazine. Well, true to my word here we are: with a new title, cover design and a smattering of new content woven in with some familiar features- I hope you welcome them, along with this new slightly larger and more open typeface.

In this issue we also say goodbye to Edwin Preece's *Village Voices*- West Chiltonton's own version of The Archers in print. Thank you, Edwin for introducing us to Luke, Sally, Patricia, Esme, Melanie, Judy, Amy, John and many other

colourful characters from your imagination. You'll now have more time to spend at *The Singing Kettle* and in *Casa Ciro* with a well-earned G&T and custard slice!

It's going to be an interesting few months. Although it is said that a good magazine should be a sound not an echo, through this editorial I would like to urge you once again to consider if you could play a role as editor for this publication. The harsh reality is that if a suitable person(s) does not come forward by September (to allow enough time for planning for 2020) then our village magazine will cease.

If there's to be a 'What's Next?' then it's a case of over to you....

Every prayer and blessing

David

Rev'd David Coleman

Editor Needed URGENTLY

If volunteer(s) do not come forward to assist **SOON** then it will not be possible to run a Parish Magazine into 2020. If you think you can help please get in touch with the rector by email at rectorwestchilts@gmail.com or call him at the Parish Office on 01798 813117 or call/text his mobile 07710 688033.

St Mary's Church West Chiltington

Faithful Hopeful Joyful Prayerful

What's on at St Mary's in June?

St Mary's continues to offer a range of services and opportunities to gather, reflect, pray and learn to suit a range of approaches and traditions. Remember St Mary's is usually open 8am-5pm every day for quiet prayer, reflection and to visit. We're always happy to see you.

Sunday 2nd June – 8am *traditional said communion* with tea/coffee following in the vestry (45 minute service).

10am- *informal family service* (no communion) with band and suitable for all ages. Tea/coffee following in the hall (60 minute service).

Monday 3rd June– 7.15pm-8.45pm screening of *Everything is Spiritual* in the Church Hall

Wednesday 5th June- 10am *traditional said communion*.

7.30pm- *Archdeacon's visitation service* – worship and swearing in of church wardens from the Deanery.

Saturday 8th June– Weddings at 1pm & 4.30pm (best wishes to Daniel and Jules and Nick and Jocelyn).

Sunday 9th June – 8am *traditional said communion* with tea/coffee following in the vestry (45 minute service).

10am - *Pentecost Sunday – sung eucharist and organ led worship with choir*. Tea/coffee following in the hall (75 minute service).

6pm - *Pentecost Sunday – sung evensong with organ and choir* (60 minute service).

Wednesday 12th June - 10am *traditional said communion.*

Sunday 16th June – *Trinity Sunday- 8am traditional said communion*
with tea/coffee following in the vestry (45 minute service).

10am- *Trinity Sunday – informal communion* with tea/coffee following
in the hall (60 minute service).

Wednesday 19th June - 10am *traditional said communion.*

Thursday 20th June - Friendship Lunch.

Meet at church hall by 2.15pm to be taken to Liz and Chris Williams
garden. Followed by tea in the Church hall from 4pm.

Sunday 23rd June – 8am *traditional said communion* with tea/coffee
following in the vestry (45 minute service).

10am - *sung eucharist and organ led worship with choir.* Tea/coffee
following in the hall (75 minute service).

6pm - *Watch, Think, Reflect – informal gathering, film, music, poetry, reflections* (45 minute service).

Tuesday 25th June – 7.30pm *Mother's Union Service with organist.*
Led by the Rector.

Thursday 27th June - noon *traditional said communion.* Led by the
Bishop of Horsham.

Sunday 30th June – 8am *traditional said communion* with tea/coffee
following in the vestry (45 minute service).

10am- *sung eucharist and organ led worship with choir.* Tea/coffee
following in the hall (75 minute service).

6pm-8pm screening of *The Gospel of Luke (part 1)* in the Church Hall

*We hold a range of groups meeting midweek. For details of these, see the weekly pew
sheet available in church which also contains details of the Bible readings.*



West Chiltington Theatre Arts Club

Our thriving club hosts talks on many aspects of the Arts and other subjects. We meet on the second Tuesday of each month (except August) at the West Chiltington Village Hall at 2.30m. Every month we have a speaker or entertainer and almost every month we visit a local theatre to see a carefully chosen production. These outings are very popular and tickets sell very quickly; they avoid travel problems and parking.

Each month we circulate to members a Newsletter giving details of forthcoming events and we also have a website of our own reachable through our club title.

On 5th June we are going to The Connaught Theatre, Worthing to see a thriller “ The House on Cold Hill” by Peter James, a firm favourite. This will be a continuation of our excellent and varied types of theatre experience with more to come. Our coach leaves the Village Hall Car Park at 1.30pm. Plans have been made for theatre visits in July and August. Our speaker on Tuesday 11th June will be Neil Sadler with an intriguing talk “ Goongozling for Beginners”.

Should you wish to join us please telephone our Hon. Secretary Geoff Adams on 01798 812984. The annual subscription is £16 reducing as the year marches on. Visitors are always welcome.

Geoffrey Adams

The Arts Society West Sussex

**On Tuesday June 4th, Imogen Corrigan will give a talk on
The Bayeux Tapestry**

Scenes in the Tapestry will be studied in detail and
explored as turning points in our history.

**On Tuesday July 2nd Alexandra Epps will give a talk on
As Good As Gold**

A Special 50th Anniversary Talk

Experience the story of gold and its significance and
symbolism in the history of art - all that glitters is certainly gold.
Teas and cakes following the talk.

Meetings held in Fittleworth Village Hall at 2pm

Doors open 1.40. Tea and coffee after the talk

Please call 01903411086 or contact jackiebuckler@sky.com

Visitors most welcome - £5

www.theartssocietywestsussex.org



50 YEARS OF THE MAN BOOKER PRIZE 1969– 2019

As a former librarian and a voracious reader, you would imagine that books have always held a fascination for me. What makes a good book- critical acclaim, longevity in terms of print run, superb characters, detailed description of setting and location, a compelling plot?

I have set myself the challenge of reading every winning novel, in chronological order, to commemorate the 50th anniversary of the inception of the Man Booker Prize.

The prize is worth £50k as well as £2.5k awarded to each for the shortlisted authors. Both the winner and shortlisted authors are guaranteed a worldwide readership plus an increase in book sales. As this article goes to press I don't know who has won the award for 2019 (due to be announced on 21st May).

This is a serious undertaking, for there are more than 50 books to read (there were joint winners in 1974 and 1992 before the panel had to settle on a single winning entry).

Of course I'd read some before and there would be the joy of re-acquainting myself with an old friend, but there would be some real challenges ahead. There'd be the books I'd managed to avoid for decades but would now confront me like a gathering storm...and many of them so long! Those books I should have read, indeed wanted to read, but never quite got round to it. Those more 'controversial' novels that scooped the prize ahead of some great authors who never won it such as Beryl Bainbridge. And, of course, those authors whose reputation was cemented with the winning of the award such as Salman Rushdie, whose novel *Midnight's Children* won the coveted 'Booker of Bookers'.

How am I doing? Well as I write this piece, I have read/re-read 21 titles, so I've got some way to go before the end of 2019. I really enjoyed David Storey's *Saville* (1976) and Stanley Middleton's *Holiday* (1974 joint winner) and the great Iris Murdoch's haunting book *The Sea, The Sea* (1978). Of those read so far, the standout favourite for me has to be the controversial *Schindler's Ark* from Thomas Keneally (1982)-

was it really a novel after all? This book went on to become the best-selling Booker prize winner ever and the film it inspired scooped seven Academy Awards.

Some Man Booker Prize facts

- The first winner was P.H. Newby's *Something To Answer For*.
- In 1975 there was a shortlist of just 2 out of 83 submissions. *Heat and Dust* won that year
- The shortest winning novel was *Offshore* by Penelope Fitzgerald (132 pages) in 1979.
- The longest winning entry was Eleanor Catton's *The Luminaries* (832 pages) in 2013. She was also the youngest winner at the age of 28.
- Only one author has won the prize with their first and only novel: Keri Hulme's *The Bone People* (1985)
- 2013 was the first time that women outnumbered men on the shortlist.
- Authors who have won the prize twice include Hilary Mantel, JM Coetzee and Peter Carey.

Some Church Pew Sheet Typos (not from St Mary's)

- *Chris is Risen*
- *Lord, graciously heat us*
- *Deliver us from email*
- *Remember you are butt dust*
- *Please stay and join us for some mice pies after the service.*
- *Make flowers that look like satan*
- *I know that my Redeemer lies*

THE ARTS SOCIETY- SOUTH DOWNS

Wednesday 5th June- Paul De Jager will give a talk on The Civic & Livery Company Arms of The City of London

Wednesday 3rd July- Marc Allum will give a talk on The Anatomy of Collecting

April talk on Opera, The Melting Pot of Culture is rescheduled for Wednesday 7th August

**Meetings at Fittleworth Village Hall
Coffee from 9.50am Lecture 10.45am
New Members, Visitors (5) warmly welcomed
Please call Hilary 01403 785302
www.theartssocietysouthdowns.org.uk**

***WEST CHILTINGTON
FLORAL CLUB***

(Affiliated to NAFAS)



At our April meeting we were entertained by Lucinda Knapman with her excellent demonstration entitled 'Anything Goes'. Lucinda created a beautiful collection of colourful arrangements.

Our next meeting at West Chilton Village Hall will be on **June 18th 7:00pm for 7:30pm** when we look forward to a demonstration by Carole Norman 'Two of a Kind'.

Visitors are always most welcome at our club meetings. If you would like more information about the West Chilton Floral Club, please contact Brenda Bull on 01798 813712.

We also have our members' annual garden visit to Old Erringham Cottage, Nr Shoreham on **Tuesday 25th June**



**'Stan and Ollie'
Tuesday 25th June,**

7.30pm West Chiltington Village Hall
***"Steve Coogan and John C Reilly excel in this
bittersweet film about the twilight years of the great
double act." – The Guardian***

**Tickets cost £6.00. Loyalty card: watch 6 films and get your
7th free! Sign up for your free monthly Film Society e-news – your chance
to watch trailers and see what's coming soon.**

Contact: clare.flexman@maryhowtrust.org

Tickets available on the door, and from-

The Mary How Trust screening rooms & office on: 01798 877646

The Mary How Trust charity shop in Pulborough

The Card Centre, Storrington

Cherilyn/Nisa Local, West Chiltington

**Would you like to sponsor a movie? Receive VIP tickets to the film
and help the Trust's important health screening work. Please contact
the Mary How Trust for details.**



VENUE No 14 on the ART TRAIL

Painting and Mosaics

Open Garden, Plant Sale and Refreshments

in aid of the Aldingbourne Trust,

supporting people with a learning disability

FRIDAY 14 June 2.00-5-30pm

SATURDAY & SUNDAY 15/16 June

10am -5.30pm

**THE GARAGE ON THE GREEN, CHURCH STREET
WEST CHILTINGTON, RH20 2JW**

NOW A STANDING FIXTURE ON THE SUMMER CALENDAR FOR ARTS AND CRAFTS LOVERS, THIS IS ONE OF 15 VENUES IN AND AROUND HORSHAM, SHOWING AND SELLING THE WORK OF SOME 40 ARTISTS, SCULPTORS, CREATORS AND MAKERS, DURING THE FIRST TWO WEEKENDS IN JUNE. IF YOU ENJOY ART IT REALLY IS WORTH PUTTING THIS IN YOUR DIARY AS THERE IS PLENTY TO SEE

For a full list of venues and times

www.horshamartistsopenstudios.co.uk/2019/04/2019-art-trail/



West Chiltington Croquet Club

Fine weather at Easter and our social on 1st May saw the season off to a good start. Twenty-four of us enjoyed an excellent buffet in the sports pavilion after an afternoon of croquet and we then learnt our fate in the draws for the in-house competitions. We are also entering a number of inter club competitions in Sussex again this year and members have been enthusiastically signing up for these.

We will be holding taster sessions again on **19th June and 17th July** at 1.45pm in the Recreation Ground, Mill Road, when newcomers can learn more and try out the game.

Mallets may be borrowed so no equipment is required.

We are a friendly club with hosted sessions on Mondays and Fridays at 9.45am and Wednesday at 1.45pm. There are also other opportunities to play during the week, and the possibility of Saturday morning play until 11.30am.

Further information can be found on our website westchiltingtoncroquet.com, John Kelly on 01798 368941 or the club email: wchiltcroquet@gmail.com



Bring Me Sunshine! How lovely it was to hear children from West Chiltington Community School's Orange Class serenading their teacher, **Mr David Bailey**, and his bride **Siobhan**, with 'Bring me Sunshine' at their wedding service at St Mary's back in April.



THE MOTHERS' UNION

West Chiltington & Storrington Branch

Members met at Jeannie Watten's home on 23rd April for our fund-raising Coffee Morning. Members and guests had a great time and raised £167 for branch funds- a tremendous effort!

In May Diane Clack explained how the **Mothers' Union Parenting Programme** benefits parents and grand-parents. Diane is part of a 3- woman team led by Marion Pope, Training Officer at Mary Sumner House. Their role is to train facilitators to lead Parenting Groups and she demonstrated techniques that help parents improve their skills.

The course is for **ALL** parents who want to be the best possible parent or grandparent they can be. Over 6 weeks you'll learn skills and make friendships for life- one group got on so well that they all got together for a family picnic!

Should any parent or grandparent wish to know more about the MU Parenting Programme please contact Jean Hunt (01798 813681).

On 6th June Rob Wall will tell of his recent trip to Bethlehem, which is sure to be a fascinating subject.

We meet at 2pm in West Chiltington Church Hall- visitors very welcome.

St Mary's Church West Chiltonton

Faithful Hopeful Joyful Prayerful

ANNUAL PAROCHIAL CHURCH MEETING 2019

On Sunday 28th April our Annual Parochial Church Meeting (APCM), was held at St Mary's Church, West Chiltonton. The word 'parochial' simply means relating to a church parish. Two meetings must be held each year before 30th April. The first is the annual meeting of Parishioners at which Churchwardens are elected; the second meeting is the APCM at which the Annual Trustees' Report and Financial Accounts are received and nominated parishioners are elected to serve on the Parochial Church Council (PCC).

The meetings are usually held consecutively on the same day and at the same venue. The election of church wardens saw Pam Wells and Diane Bennett re-elected to serve for another year. Six new members were elected to serve on the PCC.

Every six years electoral rolls in the Church of England are completely revised. This year is such a year of revision. The electoral roll is a list of the members of a parish church. The revised electoral roll for St Mary's currently stands at 124 members.

The Annual Trustees' Report and Financial Accounts were received and a report on the activities and initiatives undertaken throughout 2018 was given by the rector, the Rev'd David Coleman. One of the highlights of the year was the successful flower festival at St Mary's which raised £7,000 towards the maintenance and upkeep of the fabric of the church. A key achievement has been the successful installation of a new heating system in the church. The rector's full report and a copy of the Annual Trustees' Report and Financial Accounts can be found on the noticeboard in the church porch and also on the church website www.stmaryswestchilt.co.uk

Ali Littleboy, PCC Secretary

VILLAGE VOICES – The Final Chapter

The story so far: Handsome Luke Turner has returned to the village to look after his mother Esme. Patricia Hobday, who is separated from her husband, and Melanie Pritchard, owner of The Singing Kettle teashop, are both vying for his attention.

Joseph Harrison is slowly forging a friendship with Sally Armstrong and has suggested that he moves in with her on a purely platonic basis. She has put her house on the market.

John Hobday has split up with his wife, Patricia, and is living in a small flat with Julie, his girlfriend. They have just had their first holiday together.

Judy Lancaster's pregnant daughter Amy and her boyfriend Liam have got married and are now waiting for their baby to be born.

After their kiss on New Year's Eve, Pam Stuart's builder Brian has moved in with her but seems reluctant to contribute financially to their new arrangement.....

Now that she is heavily pregnant, Amy Lancaster is finding each day a monumental effort. She almost fell asleep in one of her 'A' level exams at school today and really had to concentrate in order to complete the paper. At the moment she feels she is the ugliest person in the world although every night Liam tells her she is his beautiful wife.

Melanie Pritchard discovers that it is Luke Turner's birthday this month. She invites Sally Armstrong for a free coffee in The Singing Kettle and tells her she wants to surprise him with a trip out. However, the only way this can happen is if Sally agrees to sit with his mother on Saturday night. Sally says she will but wonders if this is going to be a regular role for her.

John Hobday and his girlfriend Julie have returned from their holiday in Kos. During their time away they have agreed that Julie's flat is too small for two people and they need to move. John is particularly pleased as the flat will always be Julie's and this has meant him feeling like her lodger rather than her partner. Julie buys a local paper and sees a two-bedroom house has become available in the village and wonders if they should ask for a viewing.

In the June sunshine the roses in people's gardens are in their prime and the long days enable villagers to work long into the evening without realising how quickly the time passes. Pam Stuart takes an early evening walk around the village and as she passes Brian's caravan hears the sound of music playing. Thinking he may have squatters she moves closer and is surprised to see a man inside cooking his lunch. She wonders if she should use her mobile to call the police but the man shouts a cheery Hello through the open door and doesn't seem at all bothered by her presence.

Melanie Pritchard has lit candles in The Singing Kettle and prepared an Italian-themed, three course meal for Luke. There is a birthday card and a small present on one of the tables. When he arrives, he seems genuinely pleased and thanks her profusely saying he wasn't expecting anyone to make a fuss of his birthday. As she is clearing away the desert he thanks her again for a wonderful evening and she gives him a birthday kiss which lasts longer than it should.

Now that they are married, Judy Lancaster is enjoying having Amy and Liam in the house. It means she can monitor Amy's pregnancy and also assess the health of their relationship. She is still adjusting to having a male presence in the house, surprised to find shaving foam and a razor in the bathroom, a copy of a motor bike magazine in the living room and, of course, she is constantly putting the toilet seat down.

Julie tells John Hobday that she has booked a viewing of a house in the village on Saturday afternoon. As they walk round with the estate agent, they are both impressed by the amount of space. Although not enormous the house is much bigger than the flat they are both currently living in. Julie is particularly pleased there is room to park both their cars although John hadn't realised it was so close to the house he used to share with Patricia. They ask for a second viewing and although they don't tell the estate agent their intentions, the following day they make an offer on the house.

Patricia Hobday asks Luke Turner if he and his mother would like to visit a garden with her on Wednesday. It is only open on Wednesdays and is a thirty minute drive away. He looks doubtful saying that Wednesday is when his mother goes to the day care centre in town. Seeing this unexpected window of opportunity she seizes the moment

and invites Luke on his own. He agrees on the condition that they are back in time to collect his mother from the day centre. Patricia thinks this is a small price to pay.

Liam Cotterill visits his grandparents. Although they were deliberately absent from the wedding, he has a lot to thank them for as they brought him up and he doesn't want to lose contact. He shows them photographs of the wedding and also the surprise trip to the coast that Amy's mother organised. They look at the pictures on his mobile and pass polite comments although neither tells Liam he looks rather smart in a suit. Liam feels conversation isn't as easy as it once was.

Sally Armstrong tells Joseph Harrison that she has received an offer on her house and has accepted it. Joseph would have liked to be involved in the negotiations but is pleased that this means Sally is closer to moving into his house. Sally contacts Brian, the builder, who comes round as if dressed for the beach and Joseph hears them talking about wallpaper and colours for her rooms. He thinks that if Brian's work is as casual as his dress sense, then he will need to monitor the work closely.

John Hobday visits his building society and asks for a mortgage. As he gave his house in Peacehaven Close to Patricia as part of the divorce settlement he would like to be able to get back on the property ladder in any way he can. He envies Julie who has the luxury of the money from the sale of her flat.

As they walk around the garden, Patricia is surprised by how knowledgeable Luke is regarding the plants and flowers they see. Although they cannot spend as long in the garden as she would like there is still time for Luke to treat her to lunch at a nearby pub. They have a ploughman's lunch and their knees touch under the table although she is unsure whether this is deliberate or merely an accident. They arrive back in the village in good time for Luke to collect his mother and as he gets out of the car he tells Patricia how much he has enjoyed the day and goes to give her a kiss on the cheek. At the last moment she turns her head and their lips meet.

Edwin Preece



1919 – 2019 Something to Celebrate
Saturday 13th July

Pauline Lugton, Chairman writes.....

We want to make this a fun afternoon for everyone and to encourage as many people from our community as possible, to take part.

The Show Committee are particularly delighted to have the school children playing a major part in the Show. A team of volunteers and parents are helping them to create “picture patches” to be included in the Banner, representing aspects of the village that are important to them. The children, along with parents, and anyone else wishing to take part, will follow the spirit of the 1919 show and parade the Banner. In 1919, the banner was paraded down the Hollow, up Little Hill and back in a loop to Gadd’s Meadow. The recreation field is an important village facility and we have decided to start the parade in the car park, parade around the show ground with a grand finale in the main ring supporting the Rev David Coleman as he opens the show.

To see village life through the eyes of children is interesting. Simple, perceptive, colourful, imaginative and to the point. They have drawn pictures of what appealed to them on paper, e.g., the school, village hall, windmill, trees, flowers and the Kenyan flag (they have links with a school in Kenya). Their pictures were traced onto material to be coloured, painted, cut out in fabric or felt and then completed in the weeks to come. The patches will then be sewn together to form the Banner. The headmaster Mr. Rose, the teachers and children have all embraced taking part in our Village Show with dedication and enthusiasm and I am really looking forward to seeing the completed Banner being proudly paraded. Afterwards, following the Show, it will be hung in the school hall for all to see and admire in the future. Thank you and well done to you all.



From the Headteacher's Desk...

We are officially designated as a "community school" and think of ourselves as community driven. For the most part, community has meant the children, their families and the staff. These increasingly close and supportive relationships really do help the growth and development of

the youngsters.

We also make opportunities for children to develop healthy relationships with other people in their local area who they wouldn't usually come into contact with. Each week we welcome a group of ladies who have taught groups of children to knit. A range of people from the village and beyond come into read with and to children and more recently, Russell and his father Ray – from Pulborough have been spending time on a Tuesday keeping our library in shape.

Invariably, new community contacts and volunteers means new friends. Children really look forward to talking and working with them and we know that this enjoyment works for all. So the opportunity to launch another project in the form of the banner for the Village show was one we seized with both hands.

Scarcely a day goes by when a child doesn't ask when their banner partners are visiting again. Groups of children and community volunteers have been working on designs which eventually will be united in the form of a large patchwork banner. Each square is distinctive to the children and grown-ups who have been working on it. They are an amalgam of all the things that they value and cherish about West Chiltington.

So, there's a great deal to celebrate in the artistic processes and the relationships but more still in parading the finished article to the Village show ground. It will be a very public celebration of some of the things that a community can achieve together. We hope it symbolises our friendship and the desire to do things together.

Julian Rose, Headteacher

Confirmation Course at St Mary's

This six-week FREE course is an opportunity to explore some of the elements of the Christian Faith necessary for confirmation in the CofE. There is no obligation to be confirmed at the end of the course, so please do take the opportunity to find out about the key components of the Christian faith, all over coffee and cake in the church vestry. The course is led by Rev'd David Coleman, rector of St Mary's, with support from others. You won't be alone- we already have 3/4 people signed up!

Session 1- Sunday 2nd June 2-4pm

Session 2- Sunday 9th June 11.30am- 1.30pm (evensong at 6pm that day)

Session 3- Sunday 16th June 2-4pm

Session 4- Sunday 23rd June 2-4pm (Watch, Think & Reflect at 6pm that day)

Session 5- Sunday 30th June 2-4pm

Session 6- Sunday 7th July 2-4pm

To book please contact the rector by email at

rectorwestchilts@gmail.com or phone/text him on 07710 688033

.....

Confirmed at 99: 'Never too late'

When Joyce said 'yes' to confirmation, aged 99, it was not the first time she'd been asked.

'I had been asked on many occasions before and I had always said no, because I didn't feel it was necessary,' she said.

'But this time I said yes. As you get older, you start to think. Older people grow quite quickly in faith once we start coming back to church...you shouldn't write us off, whatever our age.'

First reported in The Church Times 15.2.19

Inspiring, exhausting and rewarding – life as a mental health chaplain

By Fr Simon Hobbs (first published in Faith in Sussex)

ONE thing you can say about being a mental health chaplain is that it is not dull.

Challenging, rewarding, heartbreaking, inspiring, exhausting and energising – all these things certainly. I have been the lead chaplain for the Sussex Partnership Trust, the mental health NHS Trust for Sussex, for five years now and work with two other colleagues in the spirituality team, one a Baptist minister and one, like me, an Anglican priest. We also work with Buddhist, Muslim and Jewish colleagues who are on our bank team.

We work, of course, for a secular organisation and therefore abide by equality and diversity legislation – one of the advantages is that religion and belief are protected characteristics which means practising a faith is an acknowledged human right.

One of the things we do as chaplains is seek to ensure patients in our care are able to practise their faith. Indeed research and evidence show practising a faith and being part of a faith community are beneficial to our mental wellbeing. Being part of a supportive, non-judgemental community, having a faith to believe which gives meaning and purpose to our lives, which helps us practise compassion, and the rhythms and routine of a life of prayer and worship, all help

us through the good and bad times of life with greater mental ease.

Even though the majority of people now have no religious affiliation as such, when crisis hits, those spiritual questions arise – where is God, why am I ill, how can I make sense of my life, what purpose can this suffering have?

My colleagues and I spend most of our time helping people think through these questions. We do this non-judgementally and in a person-centred way. We are not there to proselytise for our own faith but we seek to help all people, whether Christian, Muslim or atheist, discover their own answers and way forward.

Our most important task is to offer what the psychologist Carl Rogers called “unconditional regard”. I know that for all three of us, our own faith is the foundation of our work – we are privileged to sit alongside some of the most vulnerable and marginalised people in society, often misunderstood and often traumatised by life events. To offer a kind of sacramental presence is simply to treat each person as if they were Christ and I can think of nothing more fundamental to our faith than that.

As well as helping people with spiritual questions and resources, we also seek to look after people’s more specific religious needs. This may mean taking people communion or the sacraments, praying with them, reading the Bible, conducting services and for people of other faiths, calling in one of our other faith chaplains. We also try to put people in touch with their own faith community or introduce them to

one if they ask. Mental illness is often very isolating for people and becoming part of a community can literally be a life saver.

It is important for us to work with partners in the community, especially the Church and other faith groups, and it is wonderful to see the enormous good the churches do in their communities to support people. My colleague, for example, is a trustee of Peace In Mind which runs courses in Brighton and Hove to equip congregations to understand and support mental health issues.

The churches and clergy in particular are at the forefront of care for people with mental health issues. That non-judgemental acceptance of each other, opportunities for conversations about our struggles, space for peaceful reflection – all these aspects of the Christian life are part of what keeps us well. The church in its spiritual and communal life in fact has a healing potential for wellbeing for us – that wholeness and healing of life which Jesus constantly spoke about and lived out himself.

.....

Could you be a mental health and wellbeing contact?

VOLUNTEERS are needed to become mental health and wellbeing contacts for their churches. **Elle Weaver** is Chichester Diocese's mental health and wellbeing facilitator and is focused on the Church's understanding and support for those with concerns about mental health and wellbeing.

She said: *“In our churches we can play a vital role in challenging the stigma, fear and misunderstanding surrounding mental health. Volunteers are needed to be a contact for their church - this is the first step to increasing awareness and responding well to anyone who has a mental health and wellbeing concern.”* The initiative is supported by the diocese through Together In Sussex.

The contact is not expected to address mental health issues themselves but to offer a listening ear, support the person and signpost them to other sources of help. To ensure their effectiveness, the contact will have the backing of their incumbent and PCC. They will receive mental health first aid awareness training and will be supported in the role. It would be helpful to have personal and/or professional experience of mental health and wellbeing issues.

To find out more, email Elle at Elle.weaver@chichester.anglican.org or call 07751873735.

.....

A Thankful Reader writes

Dear Editor, Assuredly, the parish owes a great debt of gratitude to the former Editor, David Burnett, who, during his time at the helm, elevated it to a consistently high standard; all at the well-worthwhile cost of 50 pence! A hard act to follow!



WEST CHILTINGTON PROBUS CLUB

The grass is cut, the annuals planted and beds weeded, there's not much more to do in the garden, it is midweek and you are looking for something new. If you are semi-retired or retired and would like to meet like-minded people, why not come and relax and enjoy yourself at our monthly lunch meeting. We are not just a lunch club, we are a hub for lunches, events, visits and for making new friends or renewing old acquaintances.

We enjoy high quality speakers at our monthly members' lunch meetings; partners are welcome to all other activities, visits and the monthly coffee mornings.

This month **Martin Hayes** gave a very interesting and enjoyable overview of the life and times of **William Penn**. Penn had strong local connections and was instrumental in writing the constitution for Pennsylvania. This became the blueprint for the American Declaration of Independence- a rare copy of which is held at the Sussex archive. Penn was a radical thinker and major force in the Quaker movement, the Blue Idol in Coolham was one of his places of worship. For further details www.westsussexpast.org

During April, 22 members/partners journeyed to the Horsham MBT (mechanical-biological treatment) waste processing centre where they enjoyed a detailed explanation of the workings of the facility followed by an excellent site tour.

Summer activities include the inter probud golf and croquet days, lunch at the Chichester Yacht club, an exclusive visit to Durrance Manor and a BBQ at the Roundabout Hotel – the first event last year was a great success, despite a little rain! - we are relying on the chairman to make great improvements in this area.

Our lunch meeting is on the first Wednesday in the month. Membership is open to retired **PRO**fessional and **BUS**iness men. Over the last two years we have enjoyed the company of 7 new members but currently have two vacancies, if you would like to know more please contact our Secretary Rodger Hunt at:- rodger.atsj77@gmail.com



West Chiltington Horticultural Society

for people who enjoy gardens and gardening

Peter Knight, from the Norfolk Estate, shared at our May meeting that in 2003 it was decided to improve the biodiversity of the estate with the intention of trying to re-establish the partridge population which had declined to a mere handful. A range of measures was taken including: reducing field sizes, planting new hedges, sowing seed producing plants at the field margins and not using insecticides and herbicides in a wide strip around the fields. The result was to increase the number of insects which lived at the edges of the fields as well as providing food sources in form of seeds and berries. Partridges are up now to 268 pairs.

Other bird species have benefited, including barn owls, who prey on the small mammals who also occupy these field margins. In the areas which are no longer sprayed with herbicides a number of rare plant species have returned, including prickly poppy and cornflower. The reinstatement of a dew pond which had long since disappeared has seen the return of a large number of species of plants, insects, mammals and amphibians.

This talk explained how even large farming estates can make significant contributions to improving biodiversity.

There is no meeting next month but we will be holding our **Summer Show at the Village Hall on Saturday 15th June at 2.30pm.**

Every year we are amazed at the quality of the flowers, vegetables, and plants entered in the show. Come along and join us for this annual village event. Everyone is welcome to attend, entry is free, and you can also enjoy a cup of tea, some home-made cake and buy plants from the plant stall.

For more information contact Carys Pickett 01798 815371 or go to the website www.westchiltingtonhorticulturalsociety.co.uk

THE LAST WORD- REST IN PEACE & RISE IN GLORY

A new feature highlighting tributes for those whose thanksgiving service was held at St Mary's Church

***Air Commodore David Allen Cowley AFC BA FIEE RAF
(ret'd)***

15th April 1936- 5th March 2019

This is an edited version of the tribute given by Mark and Kimberley at the service of thanksgiving on 28th March.

Dad, from Leeds, wanted to be a vet but they didn't have the money to pay for the 7 year training course, so he joined the Air Cadets Corps and started gliding. He loved it! He won a scholarship to RAF College Cranwell and trained to be a fighter jet pilot. His career led him all over the UK and would see him flying over 40 different types of aircraft.

The ultimate of these was the Lightning. The fastest jet of its era with a top speed of 1300 miles an hour- twice the speed of sound. One pilot described it as, "like being strapped to a rocket". Mum was afraid it was going to blow up - such was the amount of fire which came out of the afterburners.

Dad went on to run a squadron of Lightnings for 11 Squadron, one of the oldest squadrons of the Royal Air Force. Later on he took charge of a whole station, at RAF Binbrook, which included two battle ready Lightning squadrons and a training flight. Around Mum and Dad's house there are numerous pictures of the Lightning, as well as model aircraft and other memorabilia that were permanent reminders for him of the good times :

- good times with the plane
- good times with his flying buddies and
- good times serving his country of which he was very proud

Mum met Dad on a blind date with her friend in Darlington and it was love at first sight. They married in 1965 and Mum immediately left her hometown at the age of 21 to go to Texas to join my Dad, who was instructing budding American pilots to fly F16s. Imagine leaving a cold northern town to go to brash, hot Texas at the age of 21! To top it all off 2 years later Kimberley was born. After that Dad was posted back to the UK back to Dagenham where Mark was born. Dad was awarded an Air Force Cross by the Queen for his work as a Wing Commander.

After this, Dad returned to London to work in the Ministry of Defence and whilst there, we lived in Camberley. He also studied for and achieved a First-Class Honours Degree in Engineering.

Dad retired with the rank of Air Commodore and was asked by Price Waterhouse Coopers to join them as a consultant to assist them in winning government technology contracts. He remained there for the next 10 years until his full retirement. Dad played bridge with mum and their many friends, joined Probus and helped out at various charity events. He also carried on flying at two gliding clubs. Sometimes he flew for fun, sometimes he flew the tug to help the gliders get up in the air and at other times he took cadets up – so repaying the favour that others had done for him so many years ago.

