

you see what I mean, and it's not always easy. But we have to move on. When circumstances change or new opportunities arrive we need to do something. It can take courage. We can't be sure how things will turn out, but we need to take a deep breath and jump. Fortunately God is always around waiting to help.

Lord of the future hold out your hands and catch me when I jump. Amen.



My friends, are you ready to take a leap of faith for whatever reason into the loving arms of God. It is important to tell yourself today that you are valuable, and that you have something to give and know that God loves you.

Your friend and Lay Minister
Ken



Thank you to Naomi for drawing my attention to this **sparrow terrace** nesting box. It's available from the RSPB on-line shop for £29.99. Clem and I feel it's the least we can do for our gang in Croft Road!

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THE BENEFICE OF WESTFIELD AND GUESTLING

A letter from Rev Joy 24 January 2021

It's Saturday morning and Sainsbury's have just delivered so I'm making the most of the lull before we have to rally and put everything away. It's been a hard week with a friend testing positive for COVID and news of the death from COVID of one of my mother's friends. They had worked together for the Gas Board in Hastings in the 'olden days' when they still had showrooms! My Mum and Margaret, who was a lot younger, hit it off straight away. She and her husband were friends with Yasmin and Philip, my All Saints Street friends, and when Clemency was a toddler and having tea at Yasmin's Margaret instantly recognized her as my Mum's granddaughter - it was the eyes and eyebrows apparently!

I was shocked to hear this week that Westfield folk were having to travel to Etchingham with appointments after 5pm for your COVID vaccination. I'm glad you are being offered it at last and can only pray for safe journeys for you and encourage you to attend despite the difficulties.

In next week's newsletter there will be details about arrangements for FSW donations from February onwards and some information from their newsletter as to how they are coping in the current circumstances.

This week we have the first of a series of recipes from The Dinnerladies at Guestling. The inspiration for this came from the publicity around the food packages being sent to families instead of vouchers. Realizing that many parents had never been taught how to prepare easy cheap meals from scratch the Dinnerladies got to work....

Remember God is good all the time. All the time God is good! This letter comes with my love and prayers for you all, Joy

LUNCH BOX

“What’s for lunch?” A cry often heard from cooped-up children during lockdown. Over the coming weeks we plan to make a few suggestions for parents struggling to home-school, entertain, exercise, AND make healthy meals for their family. Getting them involved in the weighing, mixing or rolling processes will add to their enjoyment of the meal that they have had a hand in.

Beefburgers (makes 8 and costs £2.19 plus buns)

You will need:

300g minced beef

200g pork sausage meat (or 4 large sausages, skinned)

1 onion, grated **½ teaspoon salt**

black pepper **½ teaspoon dried mixed herbs (optional)**

Place all ingredients in a bowl and mix together thoroughly. Let them get their (washed) hands into the bowl and squidge to their hearts’ content! Put about a tablespoon of flour on a flat plate. Then, with lightly floured hands, divide the mixture into 8 equal balls. Flatten these out to about 1 cm thick and dust with flour. Put in the fridge until ready to cook.

Heat a large frying pan, adding a squirt of cooking oil, and cook for 4-5 minutes each side. Slice the buns open, pop in a burger, top with ketchup or other favourite sauce.

TIP: If you want extra onions, peel, halve and thinly slice **one onion**, slide it into a small saucepan, just cover with water. Bring to the boil, cooking until the water has gone (10 mins,). Then add a knob of butter and a teaspoon of sugar, stirring the pan on the heat until onion is slightly coloured. This method takes away the pungency of an onion.

Any contributions on the theme of budget meals suitable for children would be gratefully received by Joy and passed on to us.

The Dinnerladies

Hebrews 11 verse 8 which I thought that I would share with you.

Hebrews 11: 8

By faith, when called to go to a place he would later receive his inheritance, obeyed and went, even though he did not know where he was going.

Eddie Askew writes,

Grey squirrels look very attractive bouncing around that garden, but they have lost their popularity with me when one of them chewed its way into our loft. It caused several hundred pounds worth of damage biting through electric cables. The house insurance didn’t cover it – squirrels are classed as vermin. It is important to read the small print of the insurance.

But yesterday I watched one squirrel in the garden. He was on the flat roof of a garage just the other side of our hawthorn hedge. He was a bit agitated, running one way, then another. Suddenly he took a massive leap, out and up, to the branch of tree that must have been ten feet away. An enormous jump for such a small animal. He made it – just. Then with a twitch of his bushy tail he was away into new territory.

I don’t know why he jumped. Maybe he had been scared by something I couldn’t see. Perhaps he saw an opportunity ahead of him. Whatever it was he had the total courage to take a leap of faith. To move on from where he was. A leap into the unknown, into the future.

When we’re faced with problems we all have to make decisions. Even not making a decision is a decision in itself, if

needs and illnesses, but also to pray for spiritual healing and wholeness. Pray that they and we may know that we have peace with God through the death of Jesus. Pray that they and we will know the power of the Holy Spirit within our lives. Pray that they and we will, at the time of God's choosing, end our lives in peace, trusting in God and ready to enter His heavenly kingdom.

*For example, see Ephesians chapter 1 verses 16 to 19a and Colossians chapter 1 verses 9 to 12.

Love Cathy

More news from Austen Way.

I was delighted a few days ago when I received a telephone call from one of our Guestling congregation. This person told me just how much they appreciated my last reflection by Eddie Askew which was all about trust. It was something that was required for this person at the certain time of their Christian walk. Not only that I was encouraged to put another reflection in the news sheet, so here goes.

This dismal Tuesday morning, Beryl and I were looking out of our kitchen window and we noticed that there was a grey squirrel on our shed roof trying to get at the bird seed that we put out. Fortunately, the feeder that he was trying valiantly to get to the seed was one of the squirrel-proof ones. So, all he did was to leap to another one where the fat balls were. I expect that plenty of you with gardens will see these little creatures quite often like we do. But this reminded me again of one of the reflections by Eddie Askew from his book 'Love is like a Wild Bird'. This one is based on

Third Sunday of Epiphany Sunday 24 January 2021

Collect

Almighty God, your Son revealed in signs and miracles the wonder of your saving presence:
renew your people with your heavenly grace,
and in all our weakness
sustain us by your mighty power;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen

Westfield and Guestling

Lectionary Readings

Revelation 19:6-10 John 2:1-11

BCP Readings Third Sunday after the Epiphany

Romans 12:16b-end Matthew 8:1-13

Online services: <http://www.westfieldchurch.co.uk/online-services-for-westfield-church/>

Guestling <https://www.westfieldchurch.co.uk/online-services-for-guestling-church/>

Come, creator Spirit, source of life;
sustain us when our hearts are heavy
and our wells have run dry,
for you are the Father's gift,
with him who is our living water, Jesus Christ our Lord.

Amen.

Westfield Church and Guestling Church Services on Sundays in both churches and Wednesdays in Westfield are suspended until the end of January when we will re-view the situation.

CV19 Homegroup

Dear Everyone,

I am sure that during this last year, we have all prayed for people who are seriously ill. Westfield Church has a strong tradition of praying for the sick, and many can testify that God has healed them or their friends or relations. Yet we all know that our prayers are not always answered, or perhaps, not answered in the way we have asked. Jesus healed many people while he was on earth and encouraged them to trust God for healing, but he did not spend all his time doing this and, in several encounters, the physical healing was not the most important part of his interaction with someone in need (see, for example, Luke chapter 5 verses 17 to 25). So how do we know what to pray for those who are ill? The gospel of Luke, who was himself a doctor, may give us some clues.

Luke chapter 4 verses 31 to 44

Verses 31 to 36

Jesus is teaching in the synagogue when he is interrupted by a man who is demon possessed. Jesus heals the man instantly. The crowd are overawed by the dramatic healing, but notice the question they ask; *'What is this teaching?'* They want to understand Jesus' *teaching* better. They had already felt the authority of his message (verse 31) and the healing has confirmed that this person has authority and power. They want to know what he is all about. **Perhaps, when we pray for healing, we should also pray that everyone involved will be drawn closer to Jesus.**

Verses 37 to 41

The next person Jesus encounters is the mother-in-law of one of his own disciples. She has a high fever and, again, Jesus heals her instantly. By then, the news has spread far and wide and we see Jesus faced with huge crowds of people with a wide variety of illnesses. Jesus healed all those who came, individually. Presumably, he could have healed them all at once, but we see that Jesus deals with individuals. **An encounter with Jesus may be part of our bodily healing but our interaction with Jesus is even more important. Another reason to pray for people to meet with Jesus personally in their hour of need.**

Verses 42 to 44

Jesus would not use his power to heal at the expense of his relationship with his Father. Immediately after this intense period of teaching and healing, Jesus got up early to avoid the needy crowds and went away to a quiet place to pray. Even so they soon found him, but he did not agree to their request to continue his healing work among them. He tells them that his mission is primarily to preach the good news about the kingdom of God to as wide an audience as possible. They cannot distract him from this however great their earthly needs. Physical healing is a gift from the Father and Jesus offers it on many occasions, but he has not been sent to earth to heal only physical ailments. For Jesus, our long-term spiritual well-being is most important. Jesus will continue to reach out to those who have not yet heard the good news, that God is bringing peace and forgiveness through Jesus himself. **As we pray for those we care about, the bible encourages us* to bring to God their everyday**