

A Challenge from Monika at Guestling : Scripture Cake

225g Judges 5:25, last clause

225g Jeremiah 6:20

1 tablespoon 1 Samuel 14:25

3 Jeremiah 17:11

225g 1 Samuel 30:12

175g Nahum 3:12

85g Numbers 17:8

350g 1 Kings 4:22

1 teaspoon 2 Chronicles 9:9

1 teaspoon Amos 4:5

A pinch of Leviticus 2:13

6 tablespoons Judges 4:19



20cm round deep take tin, greased with butter and lined with greaseproof paper Pre heat the oven to 170°C/325°F/ gas 3.

Using a wooden spoon, electric whisk or mixer, beat the Judges 5:25, lasts clause3, with the Jeremiah6:20 and the 1 Samuel 14:25 until creamy, lighter in colour and fluffy. Gradually beat in the Jeremiah 17:11 beating well after each addition (following Solomon’s advice in Proverbs 23:14 to beat well). Stir in 1 Samuel 30:12. Using kitchen scissors chop up the Nahum 3:12, discarding the stalks, and stir into the mixture with the Number 17:8.

Mix Kings 4:22 with 11 Chronicles 9:9, Amos 4:5 and Leviticus 2:13 and fold into the mixture with Judges 4:10, using a large metal spoon. When thoroughly combined, spoon the mixture into the prepared tin and spread evenly. Bake in the preheated oven for about 2 hours, or until a skewer inserted into the centre of the cake comes out clean. If the top browns too quickly, cover with a sheet of greaseproof paper.

Stand the tin on a wire cooling rack and leave to cool completely before turning the cake out of the tin and removing the paper.

Wrap in foil and keep for a couple of days before cutting.

THE BENEFICE OF WESTFIELD AND GUESTLING

A letter from Rev Joy 28 February 2021

Boris has spoken and we now have the Roadmap to consult—all 68 pages of it! Unless we are advised otherwise by the Government, health authority or diocese, we are working on the assumption that we will return to church on 14th March, Mothering Sunday, which is the first Sunday after the schools will have returned. Both churches are in need of a Hoover and dust and general refresh so offers of help will be very welcome. Once we know who is willing to help we will get dates in the diary.

I hear, nearly every day, stories from you about getting your first vaccinations. It is very encouraging but do remember that your protection begins to kick in three weeks after your first jab and you are obviously much safer after your second dose. When we go back to church other COVID 19 precautions will still be in place—social distancing, masks, hand sanitizing, no singing, no refreshments etc.

In regard to church services, the Roadmap has most impact on weddings. Currently they may only take place in an emergency. From 8th March, 6 people can attend a wedding and it does not need to be an emergency, from 12th April, 15 people can attend a wedding, from 17th May, up to 30 people can attend a wedding, and from 21st June, the summer solstice, hopefully all attendance restrictions will be lifted.

If all goes to plan we will be able to open the Hall at Westfield for bookings from 21st June as we return to whatever the new normal is going to be. What a strange time we are living through. I’ve found that as soon as we start to plan for the future time suddenly goes much faster. The week

seems to have flown by.

Susan Mulford sent me a copy of a thoughtful Lent reflection from their Archdeacon in Exeter Diocese. Here is his closing thought.

“The Pandemic has forced many of us to think about our priorities. As we pray that we are coming to the end of this stage of the virus, let’s get our priorities right as a country, society, communities and as individuals. Priorities I would like to suggest based on kindness, hospitality, welcome, equality and faith. Priorities not about self but about serving others with joy.

This comes with every blessing for a holy and happy Lent, Joy

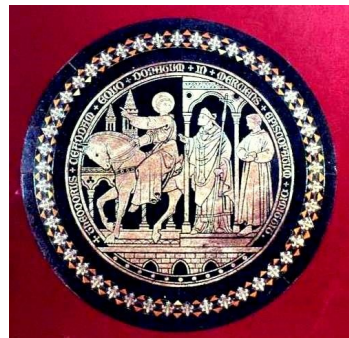
This is the next in Jim’s series on
THE SAINTS OF ENGLAND

ST CHAD died 672

Feast Day 2 March

Chad was Abbot of Lastingham on the North York Moors when he was called to be the first bishop of the Mercians with his seat at Lichfield. He was a much-loved and holy man of great humility who travelled on foot around his Diocese, until the Archbishop of Canterbury, noticing Chad’s frailty, bought him a horse.

Lichfield Cathedral is dedicated to St Chad, the Diocese having 27 churches similarly dedicated, but there are very few outside the Midlands. Last year the present Bishop made a three-week walking pilgrimage around all his churches bearing the name of St Chad.



Isaiah 35:1

**The wilderness and the dry land shall be glad;
the desert shall rejoice and blossom like the crocus;
² it shall blossom abundantly
and rejoice with joy and singing.**

Thank you to Sue Howard for this wonderful collage of churchyard crocuses



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LUNCH BOX Roast Chicken

Chicken is inexpensive and a good source of protein. A whole chicken costs under £4 for 2.25 kgs and will serve four PLUS another meal AND enough left over for sandwiches AND you can make stock for soup out of the carcass.

Roast a large chicken in the oven set at 180C for 1 hour 45 minutes. To keep the bird moist you can add a cup of water (and a sliced garlic clove if you like) to the roasting pan. Buttering the breast and top of the legs helps too. A covering of butter paper or foil, loosely laid, can be taken off ½ hour before the end of cooking time to allow the breast to brown. Pierce a thick part of the thigh to check that the juices flow clear, not pink (underdone). Leave the cooked chicken somewhere warm while you make the gravy.

Gravy granules make a very good gravy with the addition of the pan juices. **Roast potatoes** can be cooked alongside the chicken.

Creamed Chicken and Rice

500g cooked chicken	30g plain flour
30g butter	600 ml milk
salt & pepper	200g frozen peas or sweetcorn
300g long grain rice	

Chop up the chicken into bite-sized pieces.

Melt the butter in a saucepan large enough to take the above ingredients. Add the flour and cook for a minute or so. Gradually pour in the milk, little by little, stirring all the time. Bring to the boil and simmer, stirring for five minutes. Add salt and pepper to taste. Add the chicken pieces and simmer for 10 minutes. You can either cook the frozen peas or sweetcorn separately or tip them into the chicken pan. The end result looks better if the dish is surrounded by a pretty ring of green or yellow!

Serve in bowls with **long grain rice** (approx. 75g per person).

Place rice in saucepan, cover with twice the amount of water, a little salt, and bring to the boil. Simmer until cooked (15-20 minutes).

The Dinnerladies

Second Sunday of Lent 28 February 2021

Collect

Almighty God,
you show to those who are in error the light of your truth,
that they may return to the way of righteousness:
grant to all those who are admitted
into the fellowship of Christ's religion,
that they may reject those things
that are contrary to their profession,
and follow all such things as are agreeable to the same;
through our Lord Jesus Christ,
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

Genesis 17:1-7, 15-16 Mark 8:31-38

BCP Readings First Sunday of Lent

1 Thessalonians 4:1-8 Matthew 15:21-28

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

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

Almighty God,
by the prayer and discipline of Lent
may we enter into the mystery of Christ's sufferings,
and by following in his Way
come to share in his glory;
through Jesus Christ our Lord.

Amen

More news from Austen Way.

Beryl was looking through things that we had done before at St. Andrew's, Fairlight and she found a lovely poem. Back in the early days of my ministry at Fairlight we used to hold a Prayer and Praise service. Various folk would contribute something to the service like poems, meditations, prayers etc. I relooked at a couple of the poems and I would like to share one particular poem that meant a lot to us at the time. We also think that it is appropriate for what we all have been going through during the past year and into 2021.

It is entitled **It's in the Valley I grow** by Tracy Mayfield and used with permission.

Sometimes life seems hard to bear,
Full of sorrow, trouble and woe.
It's then I have to remember,
That it's in the valley I grow.

If I always stayed on the mountaintop
And never experienced pain,
I would never appreciate God's love
And would be living in vain.

I have so much to learn
And my growth is very slow,
Sometimes I need the mountaintops,
But it's in the valleys I grow.

I do not understand
Why things happen as they do,
But I am sure of one thing.
My Lord will see me through.

My valleys are nothing
When I picture Christ on the cross.
He went through the valley of death;
His victory was Satan's loss.

Forgive me Lord, for complaining
When I am feeling very low.
Just give me a gentle reminder
That it's in the valleys I grow.

Continue to strengthen me, Lord
And use my life each day
To share with others
And help them find their way.

Thank you for the valleys, Lord
For this one thing I know;
The mountain tops are glorious
But it's in the valleys I grow.

I hope and pray that you find this poem useful to you during this time of pandemic. Now I have a little challenge for you. The Bible says incredibly that we are made in the image of God (Gen. 1:26), and that if we belong to Jesus, we are a temple of the Holy Spirit (1 Cor. 6:19). That of course means that God is in you and wants to reveal Himself through you to others (Gal. 15:16). So, the challenge is this, ask God how you might reveal who He is to someone in these days of lockdown, whether in word, deed or prayer.

Sent to you all with lots of prayer and blessings.
Your friend and Lay Minister,
Ken.