

Here is a weary Hetty after her long walk not only through St Helens Woods but also from home to The Ridge as we couldn't get a cab at the right time for her vet appointment!



And here is our lovely band of pilgrims after prayers in church as they prepare to set off for Rye and the end of their Pilgrimage. We wished them Godspeed.

Thank you to Sue for the photograph.



THE BENEFICE OF WESTFIELD AND GUESTLING

A letter from Rev Joy 5th September 14th after Trinity

It's Friday morning and the sun is shining. I visited Maureen yesterday in Eastbourne Hospital and realized it was the longest journey I've made since the first lockdown. I felt like a real country mouse! I'm off to a Chapter meeting of clergy on Monday at Ewhurst Green but that won't have the same feel of urban busyness.

I'm looking forward to the wedding in Westfield this Saturday. I discovered that I had worked with the bride's aunt a few years ago. She sadly passed away at far too young an age. I enjoyed working with her and she was great fun. So in one of those unexpected coincidences, it's special for me to renew our connection through this wedding.

Tuesday this week saw Clem and I and the two dogs yomping our way down through St Helens Woods from Coopers the Vets on the Ridge. Hetty had needed a check up and review of her medication. We've met various vets in the carpark since the pandemic, but this time she was taken in by a young vet she hadn't seen before. She was a bit reluctant at first but soon followed him willingly. She surprised him once in the examination room as she leapt on to the table straight away. He was most impressed and we were happy she'd remembered this trick from 2 years ago.

The woods were beautiful but the arrival of autumn was very clear as it was on the journey to Eastbourne. Hawthorns laden with crimson haws or berries and brambles weighed down with blackberries of various shades. It reminded me of when my father was alive and we would always do a walk through Broad Oak Park in Bexhill to pick blackberries for a

crumble to celebrate Clem's September birthday. We've been adding shop bought blackberries to our strawberries lately but it's just not the same as wild ones you've picked yourself.

There has been news this week of a joint project between the University of Sussex and BBC Radio 4 aimed at understanding the role kindness plays in our lives. You can take the Kindness Test which explores how kindness is viewed across society. www.thekindnesstest.org 'No act of kindness, no matter how small, is ever wasted'. Aesop said this in his fable of *The Lion and the Mouse*.

This comes with my love and prayers for you all, Joy

Westfield Church Services

Sunday 5th September Trinity 14

8.30am BCP Communion
10am Holy Communion

Wednesday 8th September

9.30am Holy Communion Birth of the Virgin Mary

Sunday 12th September Trinity 15

8.30am BCP Communion
10am Morning Praise

Guestling Church Services

Sunday 5th September Trinity 14 online service only

Thursday 9th September 11am Choir Practice

Sunday 12th September Trinity 15

11am Holy Communion

Sunday 19th September Trinity 16 on line service only

Thursday 23rd September 11am Choir Practice

Sunday 26th September Trinity 17

11am Holy Communion



Eco Tip - Remember wildlife this September

Cooler temperatures, darker evenings, falling leaves, Autumn is fast approaching! There are a number of things that we can do to provide food and shelter for wildlife, now and in preparation for next year.

- Resist the temptation to clear up your garden; allow vegetation to die back naturally and leave seed heads, especially on plants such as teasels, thistles and sunflowers. This provides food and shelter for birds through the coldest months.
- Don't totally cut back your perennial plants but trim them instead and leave plenty of foliage at or near ground level for insects and birds. Piling up leaves and other vegetation to create an open compost heap could provide the perfect hibernation spot too.
- Clean all your bird feeders to avoid the spread of disease to winter migrants and put up a nest box well in advance of breeding season. A nest box could also prove a cosy spot for small birds to spend the night on particularly cold winter evenings ahead.
- For early spring 2022 flowers, plant Alliums, daffodils, tulips, grape hyacinth, crocus, snakes head fritillary, and bluebells this Autumn. Other wildflowers seeds which can all be sown now include: cowslip, chamomile, common knapweed, betony or meadow buttercup. Alternatively, you can buy a wildflower mix which includes all of these.

Thank you to A Rocha UK for this information

At the start of the fungi season Sue has made these fantastic discoveries in the churchyard.

Common Earthball
Scleroderma citrinum



Rooting Shank
Hymenopellis radicata



Sue and Terry used the bat logger in the Churchyard for 90 minutes on Monday evening. The results are through already.

The numbers are visits rather than actual animals.

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|-------------------------------|--------------------------|
| Long winged bush Cricket...15 | Brandt's Bat...1 |
| Common pipistrelle...2 | Eurasian pygmy shrew...2 |
| Soprano pipistrelle...14 | Dark bush Cricket...5 |
| Speckled bush Cricket...9 | |

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Trinity 14 Sunday 5th September 2021

Collects

Almighty God,
 whose only Son has opened for us
 a new and living way into your presence:
 give us pure hearts and steadfast wills
 to worship you in spirit and in truth;
 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

James 2:1-10,12-14, Mark 7:24-37

BCP Readings: for Fourteenth Sunday after Trinity

Galatians 5:16-24, Luke 17:11-19

Current COVID Guidelines in Church

Local infection rates are climbing again so we are maintaining our cautious approach and will review it again this month. We will keep wearing masks, keep the socially distanced seating but we will SING! Hand sanitizer and masks will be available. We will also keep the Track and Trace registers as we have been doing. I will continue to wear a mask for distributing communion. Coffee has restarted out of doors if the weather permits. Collect your paper cup from the Hall foyer or bring your own mug and take it home afterwards. Please be mindful of other people who may be more nervous or vulnerable than you are.

PLEASE THINK ABOUT COMING ON THE COFFEE ROTA SO THAT NO-ONE HAS TO DO IT EVERY WEEK

Earlier in the year Clem got a commission to make a Christmas bauble from someone who had bought one of her creations at a craft fair before lockdown. She wanted it for her mother who is passionate about Christmas. Emails and photographs were exchanged and eventually it was decided to model her mother's house in all its Christmas finery. On the back of the bauble is a Christmas label crafted in ceramic with a message from both daughters to their Mum. It's been an epic marathon for Clem to make this and it will be packaged up and posted on Monday. It's price in no way reflects the work that's gone into it but as Clem says all the making is a learning experience. As it will leave home on Monday I thought I'd share it with you today. We will all miss it!



Cynthia Bourgeault shares how her early exposure to a simple form of quiet prayer impacted her spiritual journey. “Prayer is talking to God”: with these words nearly all of us receive our first religious instruction. Certainly I did. As a child, I learned the usual first prayers and graces (“Now I lay me down to sleep” and “God is great, God is good. . .”), followed, a bit later, by the Lord’s Prayer and the Twenty-Third Psalm. I was also encouraged to speak to God in my own words and instructed that the appropriate topics for this conversation were to give thanks for the blessings of the day and to ask for assistance with particular needs and concerns. But for all this, I was also one of the relatively rare few who also had it patterned into me that prayer was *listening* to God. Not even listening for messages, exactly, like the child Samuel in my favourite Old Testament story [1 Samuel 3:3–10], but just being there, quietly gathered in God’s presence. This learning came not from my formal Sunday School training, but through the good fortune of spending my first six school years in a Quaker school, where weekly silent “meeting for worship” was as an invariable part of the rhythm of life as schoolwork or recess. I can still remember trooping together, class by class, into the cavernous two-story meetinghouse and taking our places on the long, narrow benches once occupied by elders of yore. Occasionally, there would be a scriptural verse or thought offered, but for long stretches there was simply silence. And in that silence, as I gazed up at the sunlight sparkling through those high upper windows, or followed a secret tug drawing me down into my own heart, I began to know a prayer much deeper than “talking to God.” Somewhere in those depths of silence I came upon my first experiences of God as a loving presence that was always near, and prayer as a simple trust in that presence..... As the sixteenth-century mystic John of the Cross intimates, “Silence is God’s first language.”

Cynthia Bourgeault, [Centering Prayer & Inner Awakening](#) (Cowley Publications: 2004)