

The Botolph Bell



**The Magazine for the Parish of Heene
September 2017**

What's on at St. Botolph's

Look at the regular events we hold in addition to our Sunday morning services:

<u>Monday</u>	10.00 am - 11.00 am	Gentle Exercise Class
<u>Wednesday</u>	10.00 am - 11.45 am	U3A Inspired Instrumentalists
	12.00 pm - 1.00 pm	Instrumental Groups
	7.00 pm - 8.00 pm	Tai Chi
	8.00 pm - 9.00 pm	Kick Boxing
	7.30 pm - 9.00 pm	Bell Ringers' practice
<u>Thursday</u>	7.30 pm - 9.00 pm	Spring into Soul Community Choir
<u>Friday</u>	10.15 am	Prayer group
	10.30 am - 12 noon	Coffee morning
	7.30 pm - 9.15 pm	Choir Practice
<u>Sunday</u>	12.30 for 12.45 pm	Parish community lunch at The Beechwood Hall Hotel, Wykeham Road. Monthly - usually on 3rd Sunday of the month.

All events are weekly unless otherwise stated and contact details are shown at the back of this magazine.

*St. Botolph's Church, Lansdowne Road, Worthing BN11 4LY
[entrance on Manor Road for most mid-week events]*

Services

Friday, 1st September	10.15am	Prayer Group
Sunday, 3rd September	10.00am	Sung Eucharist
Friday, 8th September	10.15am	Prayer Group
Sunday, 10th September	10.00am	Sung Eucharist
Friday, 15th September	10.15am	Prayer Group
Sunday, 17th September	10.00am	Sung Eucharist
Friday, 22nd September	10.15am	Prayer Group
Sunday, 24th September	10.00am	Sung Eucharist
Friday, 29th September	10.15am	Prayer Group
Sunday, 1st October	10.00am	Sung Eucharist

Thought for the Month

The Diocese of Chichester has designated the period up until November 2017 as the “Year of the Bible” and this is reflected in our opening article this month.

The Bible is an extraordinary book - probably the most owned and most read and the most neglected in all the world.



It is not one book but a library of books, put together by the Christian Church towards the end of the second century A.D. The books selected span a period of over two thousand years, so they vary very much in contents and style. They include history, stories, myths, poetry, speeches, letters, and books of moral sayings and exhortation. They are put together, not in the order they were written, but with one firm intention: that they relate to Jesus Christ. Everything you read in the Bible points toward or draws inferences from the revelation of God through the human life of Jesus.

The Old Testament is the story of the Jewish people in their developing understanding of God and their expectation of Christ. The Gospels are about the ministry and teaching, the death and resurrection of Christ. The rest of the New Testament is about the first Christians, the way they spread over the Mediterranean world as far as Rome, and the advice they were given in the ordering of their lives, individually and together.



All this makes the Bible wonderful but confusing. When we read it by ourselves or with a study group it is helpful to have a commentary or notes such as those that the Bible Reading

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Fellowship publishes. In this way we can learn about the historical context of a particular passage and what it was the writer had in mind. This helps us to read with understanding as well as with warmth and love. So we find - in our mind and in our heart - the revelation of God's love through the story of the Jewish nation and the life of Jesus Christ, who was the Word of God, the Wisdom of God, the Human Face of God, the Love of God in Action.

The Very Revd Christopher Campling

This article is taken from the soon-to-be-published book "Christian Breadcrumbs" by the Dean Emeritus (retired) of Ripon Cathedral, the Very Reverend C.R. Campling, who lives locally. The book will support a local hospice and also raise funds for a number of churches in the Worthing area.



**SKY-LIGHT
HIGHLIGHTS!**

This fabulous picture of the electric storm over Worthing Pier in July - and the stunning image on our front cover - have been kindly provided by local photographer Lee Milner.

Take a look at Lee's website:
www.milnerpics.com
to see more of his work.

The views expressed in this magazine are not necessarily those of the editorial team.



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Try my ideas where the heat of the other ingredients cooks the vegetable or try the delicious salad. I first ate it in a restaurant on Madison Avenue, NY, hence its name.

Madison Avenue Salad (Serves 2)

Put 6 finely sliced spring onions, 1 ripe peeled, stoned and sliced avocado and 225g summer spinach leaves into a large bowl. Tip 100g chopped smoked bacon into a large frypan and cook until beginning to brown. Stir in a handful of fresh bread cubes and continue to cook, stirring, until crisp and brown. Remove from the pan with a slotted spoon and keep hot. Add 2tbs olive oil and some crushed garlic to the bacon fat in the pan, cook 1 min then stir in 1tbs red wine vinegar, 1tsp wholegrain mustard and 1tsp sugar. Bring just to the boil and season to taste. Add the bacon and bread cubes to the salad bowl and immediately pour over the hot dressing. Quickly toss together and eat immediately.

Lemon Butter Fish Rolls

For each portion you need a skinned white fish fillet such as plaice and a good handful of summer spinach plus the grated zest and juice of half an unwaxed lemon, a generous knob of soft butter and a handful of fresh breadcrumbs.

Preheat oven 180°. Roll the spinach leaves up (like a swiss roll) and place across the centre of the skinned side of the fish fillet. Season then lightly roll up and place folded side down in a shallow dish large enough to hold all your portions in a single layer. Combine the lemon juice and zest with half the butter and spread over the top of the fish.

Combine the breadcrumbs with the remaining butter and spoon on top of the fish. Bake for about 20 min until cooked through.

Creamy Fish Pasta (Serves 4)

Cook 300g fresh pasta (any shape) adding 225g summer spinach for the last couple of minutes cooking time. Drain well. Combine 125g cream cheese with a can of drained and chopped anchovies. Gently combine with the pasta, spinach and 225g cooked prawns. Tip into a shallow dish, top with buttered breadcrumbs and pop under a pre-heated grill until golden brown.

*Recipes by **Caroline Young from Eastbourne**, a food writer, who the editor met this summer at a conference hosted by the Macular Society on central vision loss.*



Footnote : In cartoons Popeye the Sailor man used to extol the virtues of spinach. Popeye used it for superhuman strength. Was he on to something? Its leafy green leaves contain lutein, an anti-oxidant that nourishes the eye and helps protect the retina.

An advertisement for 'Footplate Days & Ways Ltd'. The background is a detailed technical drawing of clock gears and mechanisms. The text is arranged as follows:
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Who's buried in Heene Cemetery?

Edith Elizabeth Matilda Falwasser (1832 – 1904)

HEENE St Botolph- SW section, ROW 5, No.10 Stone cross at west end. Stone kerb.

EDITH ELIZABETH MATILDA FALWASSER

Died 15th. February 1904 aged 71 Eldest daughter of

JOHN FREDERICK FALWASSER JP of SHERBORNE, DORSET

Edith Falwasser was an example of the single daughter of a landed Victorian family. She moved around, staying with relations and doesn't seem to have had her own home at any time.

She was born and baptised in 1832 in Cheltenham, the second child of Major John Frederick Falwasser, JP, educated at Wadham College, Oxford, and Rosetta Jane (nee Sewell). Major John was born in Maidenhead and Rosetta in Stockwell. They were married in Cheltenham in 1830. Their first child, John Frederick, was born in Florence in 1831. (He became a Clergyman, married Frances in 1859, and died at Privett Vicarage, Alton in 1890.)

In 1849 the family was at Cornhill, Sherborne, Dorset, Major John listed among the Gentry in the Post Office Directory. They were still living in Sherborne in 1861. Major John, County Magistrate and Landowner. Edith, Henry Charles, born Bishops Waltham in 1844, Florence Annie, born Sherborne 1849, and Edmund Grant, born Sherborne 1850. Plus a Nurse, a Cook, a Parlourmaid and a Housemaid. Brother Ernest, born in Hampshire in 1832, and John F (now married), were not then living with the family.

Edith was a Visitor at her Aunt Ellen Falwasser's home in Monkton Combe, Somerset in 1881. In 1891 she was living in Epsom with brother Ernest, then a Clerk in the War Office, and sister Florence, plus 3 Servants. In 1901 Edith was living in Winchester with brother Edmund, a Clergyman, and 2 Servants. She was described as 'living on her own means'. By 1911 Edmund was in a Lodging House in Tunbridge Wells.

When she died, Edith was living in Park Cottage in Shakespeare Road. Probate was given to Ernest Bateman Falwasser, Gentleman, and John Frederick Falwasser, Solicitor.

Edith's brother Edmund went on to become a 'Clerk in Holy Orders', moving around the South of England to several Parishes. Henry Charles died in Brazil in 1871. Florence Annie stayed single. In 1901 she was living on her own means, with one Servant, in Norfolk Road, Littlehampton. She died in 1934 in Winchester.

Liz Lane

Friends of Heene Cemetery (crossroads of Manor Road & St. Michael's Road)

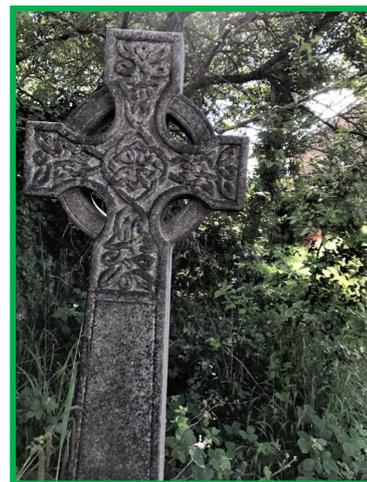


Nearly 50 people came to our Summer Open Day and Guided Tour to enjoy the beautiful day in tranquil surroundings. Stuart, our Bee Keeper, Brian Day, our Wildlife Guide, and Sue Standing, our Chairperson, gave information about flora and fauna that can be seen in Heene Cemetery and an introduction to the meanings of symbols on gravestones.



Passion Flower - The elements of the passion of Christ: the lacy crown - the crown of thorns; the five stamens - the five wounds; the ten petals - the ten faithful Apostles.

Celtic Knots - In or around 450 AD, before the Celts could be influenced by Christianity, Celtic culture took the form of knots, spirals, plait, braid, step and key patterns to depict richly symbolic seven creations. These creations were: man, mammal, plant, insect, bird, fish and reptile. Just as each of these symbolizes something important, so do the kinds of Celtic knots. This is why they are often used in Christianity to symbolize the Holy Trinity.



Anchor - Early Christians used the anchor as a disguised cross, and as a marker to guide the way to secret meeting places. A Christian symbol of hope, it is found as funerary symbolism in the art of the catacombs. Often set amongst rocks. It can also be an occupational symbol in sea-faring areas or the attribute of Saint Nicholas, patron saint of seamen, symbolized hope and steadfastness. An anchor with a broken chain stands for a life ended, perhaps prematurely.



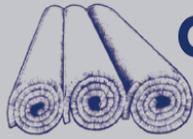
Chains - Medieval thinkers sometimes held that a golden chain bound the soul to the body. Broken links on a headstone can mean the severance and subsequent release of the spirit from the body. Chains are also the insignia of the International Order of Odd Fellows (IOOF) so called because of their dedication to giving the poor decent burials. This association can be clinched by the observation of the letters IOOF or FLT (Friendship, Love, Truth) either inside or near the chain.



Bat watching evenings are planned for September - please watch out on our notice board and Facebook for confirmation of dates and times as this will very much depend on the weather forecast.

Our volunteer working hours are Saturdays and Tuesdays, 2pm - 4pm. We will be opening every 3rd Saturday of the month 2:30pm - 3:30pm where you are welcome to visit the cemetery and enjoy the surroundings with us while we carry out our conservation and heritage work. Chairs will be available at various places in the cemetery, and also light refreshments for a small donation. There will not be a guided tour but volunteers are happy to answer any questions you may have.

For further information about Heene Cemetery please contact:
Sue Standing – email: suestanding@hotmail.com
mobile: 07771966846 or follow Heene Cemetery on Facebook -
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SATURDAY, 14th OCTOBER 2.30pm

Sussex Gravestones and Graveyards

Illustrated talk

West Sussex Archives Society, The Friends of West Sussex Record Office, are hosting this illustrated talk by Kevin Gordon at St. Botolph's Church (please use the rear entrance, in Manor Road), Worthing. Kevin has toured Sussex graveyards looking for odd and interesting gravestones from simple wooden crosses to huge pyramids. An unusual but fascinating subject!



The cost is £6 for members and £8 for non-members; tea or coffee and biscuits included. Enquiries: email wsascom@btinternet.com

Website: www.westsussexarchivessociety.webplus.net

Crusade and Jihad - Deceit and Distortion

We have been deceived about the terrorist organisation Isil (Islamic State of Iraq and the Levant) and led to believe that it is an authentic outgrowth of Islam. It is not. A skilful manipulator has taken the name Abu Bakr, companion of the prophet Muhammad who became the first Caliph, or successor, after Muhammad had died. Between 632 and 634 AD, by persuasion and force, he unified the Arabian peninsular under Islam. Westerners, the terrorist proclaims, are all still Crusaders, bent on subduing Muslims everywhere to their will.

On the morning of 15th July 1099 barons from the West, the First Crusaders, swarmed over the battlements of Jerusalem and indeed recaptured this Holy City from its Muslim garrison. The victory was long commemorated with passion. But not any longer. Christians have turned away from force and now only engage in peaceful pilgrimage.

The slander, that all Westerners in the Middle East are at least Crusaders, comes from the Ottoman Sultan, Abdul-Hamrd the second (1876-1909), trying to prop up his ramshackle Empire by smearing and dividing his opponents.



Christians and Jews in the Quran, are People of the Book, with a respected place. There is no ground for picking out Christians as targets for attack. The phoney Abu Bakr ignores the generous decision of General Moshe Dayan, the Israeli commander who in 1967 took the Old City of Jerusalem and the Temple Mount, sacred to both Jews and Muslims. The Chief Rabbi wished to blow up the Muslim sacred edifices on the Mount, the Dome of the Rock and the Al-Aqsa Mosque. General Dayan, who knew the Arab world well, rejected this and decided that Israelis should leave the Dome and Mosque exclusively for pilgrimage by Muslims. That still holds.

Isil claim that jihad in the Quran only means warfare for Islam. It does not. More often it means the battle against demons in the soul. The terrorists delude followers who kill themselves, exploding bombs with promises of Paradise. This is nonsense. Muhammad rejects suicide and condemns those who commit it to Hell. Those who crudely blame Islam for all atrocities would do well to read the Quran attentively.

Dr Malcolm Lambert

(See Malcolm Lambert, 'Crusade and Jihad', published in 2016 by Profile Books.) The author is a retired academic and lives in Heene.

Footnote: Newspaper reports in July 2017 point to Abu Bakr al-Baghdadi, the leader of so - called Islamic State, being killed in a Russian air strike in June whilst meeting Isil commanders in the city of Raqqa, Syria, the symbolic capital of Isil.

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Paradors and pilgrimage

Part 2: Leon to Santiago de Compostela

In our August Botolph Bell we journeyed from Bilbao to Leon with Charles and Pauline James, who are keen travellers and regular members of our congregation. Now we join them again - as they leave Leon and the celebrations of the Festival of St. Peter and St. John - on the final part of their Parador-based adventure and pilgrimage.

The following morning we are in Astorga on the Via de la Plata. Soaring above the ramparts of the town are the two principal monuments - the Cathedral and the Bishop's Palace.



The Cathedral was built between the 15th and 18th centuries in varying architectural styles. Among the many exhibits in its museum are the jewelled Reliquary of the

True Cross and a lavish silver monstrance studded with emeralds.

Opposite the Cathedral is a fairy-tale building of multiple turrets and quasi-Gothic windows, designed at the end of the 19th century by Gaudi, after a fire had destroyed the previous Palace of the Bishop. The cost of the new Bishop's Palace was so phenomenal that no Bishop has actually lived in it! Today it is a museum.



Travelling west, we stopped at Ponferrada for lunch and admired the majestic castle constructed between the 12th and 14th centuries by the Knights Templar to protect the pilgrims. It was one of the largest fortresses in North West Spain.

By the next morning, we were in Lugo, which has the finest surviving Roman

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(continued from page 19)

wall in Spain. The large Romanesque Cathedral is modelled on that in Santiago, and features a chapel containing the alabaster statue of Nuestra Senora de los Ojos Grandes (the Virgin of the Big Eyes).



Our night was spent in a Parador at Vilalba before we finally arrived at our pilgrimage destination - Santiago de Compostela. We stayed at the grand and imposing Parador of St. Mark (pictured on previous page), which was built by the Catholic monarchs as an inn and hospital for sick pilgrims. It has an elaborate Plateresque doorway. The Parador forms one

side of the Plaza do Obradoiro, the others being formed by the Cathedral of St. James, the late 18th century Town Hall and the Colegio de San Jermono.

Our morning was spent exploring the old town where we came across a church dedicated to Mary Salome, the mother of St. James. After lunch we continued our tour, this time inside the cathedral, starting with the museum. Then on to the body of this great church which, apart from the High Altar (pictured above), is quite simple, when one considers that this is the end of the Camino which, for hundreds of years, has brought many thousands of pilgrims to the Shrine of St. James.

One is able to pass under the high altar, where there is a silver reliquary chest containing the bones of St. James the Apostle. One is also able to go behind the high altar and up some steps to embrace the silver mantle of the 13th century statue of St. James, in gratitude for your safe arrival in Santiago.



In the evening we attended mass and were fortunate to witness the Botafumerio, a giant censer, swung high above the congregation by eight men at the end of mass, filling the great church with the heady aroma of incense. An inspiring and glorious way to complete our personal camino to Santiago de Compostela.

Charles J.E. James



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