



CORNERSTONE MAGAZINE

August - September 2019

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From Rev.Amanda Roper (in her absence)

Some people have expressed concern about our programme of lunches, which I understand, but there are a few things to consider here.

Firstly, everything is being done that is possible to make contact with those who are 'needy in our town'; this is done via contacting the local schools and invitations through the foodbank. There are also posters and flyers distributed. Members of Cornerstone, of course, have a role in talking to people about the lunches and raising their profile also. There are complex reasons why some people won't respond to the invitation, often connected with perceiving accepting charity, and this takes time and patience to overcome.

Secondly, we have shifted from our original concept of these lunches so that they would become more 'fellowship' style community lunches. I remember encouraging our own congregation on the Sunday's leading up to the last set of lunches we offered to come and be part of them and grow in relationship with each other, but many have been slow to respond - I think because they consider them to be for those in 'need'. We need to break down this thinking. For people to come from outside the church, it is important that the meals are seen more as a community event rather than meals for those who may be struggling. We have many within our own church who would benefit from the company of such lunches.

Thirdly, it is an opportune way to build relationships with those who let our building. At the moment, it is one of our weaknesses that we don't maintain relationships with our hirers and this is one way of addressing this, for example. with the toddler group, who have stayed for all the lunches so far. It is a chance to chat and get to know them and then earn the right to invite them along to 'specials' at the church when the opportunity allows - the Christmas crib service for example would be a good way forward.

Fourthly, there are no short cuts to outreach. It takes time to build relationships, but first we have to have a vehicle for getting to meet people. We need to start casting the seed wider than we do at present if we want to see growth. People are not just going to turn up at church - they need pathways in. The lunches are one of these. Our calendar of social events should be too, but only if the church members invite their friends and neighbours along.

I really think mission and outreach needs to be high on our agenda in the year moving forward, and I hope that everyone who is able will see fit to engage with us in this.

Blessings,

Amanda

2019 Health and Safety Reminder

If you spot anything amiss with the premises please do let the trustees and me know. Health and safety are the responsibility of the trustees but they may not have noticed that sharp edge, uneven floor or leaky fridge; so please do raise the issue before it causes an accident.

There are first aid boxes in both kitchens and in the South Porch entrance. Please follow the instructions for recording accidents (and near misses) in the accident books within the boxes. Please also use the headed note paper to list anything you may have used, so we can easily make sure nothing runs out.

There are notices with a green cross in the hall, meeting room and South Porch listing those that have up to date First Aid training.

Chairs should be on stacks of no more than 5. If you notice a taller stack, please let me, or a sturdy trustee, know so we can put that right.

Similarly, fire extinguishers and doors should not be blocked.

Many thanks,

Linda

There are, throughout this edition, quotations from a book called *Disorder in the American Courts*, and are things people actually said in court, word for word, taken down and now published by court reporters that had the torment of staying calm while these exchanges were actually taking place.

ATTORNEY: What was the first thing your husband said to you that morning?

WITNESS: He said , 'Where am I, Cathy?'

ATTORNEY: And why did that upset you?

WITNESS: My name is Susan!

ATTORNEY: This myasthenia gravis , does it affect your memory at all?

WITNESS: Yes.

ATTORNEY: And in what ways does it affect your memory?

WITNESS: I forget..

ATTORNEY: You forget? Can you give us an example of something you forgot?

"UCKFIELD CARNIVAL"

"As you may be aware Uckfield Carnival is being held on Saturday 7th September and in common with recent years, we will be supporting this with drinks at the church gates from about 6-00p.m. until 8-00p.m.. This always goes down well and it is also an opportunity for us to enjoy watching the parades in relative comfort from the area in front of the church. As ever, your presence would be welcomed."

From Commitment for Life

Commitment for Life, in conjunction with **Christian Aid**, works in four countries - Honduras, El Salvador, Nicaragua and Guatemala. We work with around 30 partner organisations. These range from community-based groups to larger organisations operating across the region and beyond. Partners include indigenous communities, small farmers' associations, development organisations, research institutions and faith-based organisations.

Please continue to pray for and advocate for these poorer countries. Let us work towards an economy of life that brings fullness of life to all.

"Food doesn't grow here anymore"

Ana Jorge lives in west Guatemala in the hillside village of Canquintic, near the town of Nentón. Constant drought has devastated her community. "Food doesn't grow here anymore," she said. "That's why I would send my son north."

Her husband borrowed thousands to migrate north to the United States. He found work cutting flowers but then caught an infection and died. He left behind his hungry family. Two of their sons, aged 7 and 14, soon died through malnutrition-related illnesses. Ana was forced to pull her son Juan out of school in the second grade. He had to work in the fields to help pay off the debt.

Another Guatemalan, Julio Mateo Mateo, 42, also sent his children to the US. "There's no rain. There's nothing for us here."

The evidence is very clear that aid programmes are effective in enabling small farmers to deal with some of the worst effects of climate disruption. The US policy of cutting aid to Central America simply exacerbates migration, while US carbon emissions continue to worsen the suffering of farmers in the global south.

Wickedly Welsh

Recently Teresa and I spent a very happy week on the Pembrokeshire coast with two of our grandchildren. While we were there they “persuaded” us, with great difficulty (sic!), to take them to a chocolate factory. They explained the whole process, which was extremely interesting - with some chocolates it takes five days! - and the children had the chance to make their own “chocolate pizza”.

I thought you might benefit from knowing:-

“The alleged health benefits of chocolate”.

Raw cacao has a higher antioxidant rating than blueberries, acai and even goji berries. It really is a superfood!

Eating dark chocolate every day reduces the risk of heart disease by 1/3. The smell of chocolate increases theta brain waves that trigger relaxation.

Recent research has shown that chocolate contains flavonoids which are good for your heart and assist in preventing the onset of cancer.

Researchers also found that dark chocolate was great for reducing blood pressure and can reduce the risk of diabetes by improving insulin sensitivity.

Studies show that people who consume cocoa regularly have lower blood pressure than those who did not, that they are less likely to die from cardiovascular disease and have better peripheral blood flow.

Why eat dark chocolate? It has the potential to have the largest quantity of cocoa solids, meaning that more of the chocolate is from the cocoa bean and less from added sugars, oils and other additives. Thus the antioxidants in dark chocolate can surpass pecans and red wine.

Why eat chocolate dipped nuts? Beside the wonderful benefits from natural chocolate, nuts are a great food and in general are loaded with protein.

Peanuts have the most, followed by almonds, cashews and walnuts.

Protein is essential for healthy brain and muscle function and, for vegetarians, are a great substitute for animal protein. Nuts also contain omega-3 fatty acids, anti-oxidants and fibre. Thus with all the added benefits of chocolate, chocolate-dipped nuts are a great snack.

Please note that there is NO WAY in which I can check the veracity of the above, so please take it in the spirit in which it is intended.

However the thing of which I am confident is the wonderful range of **TRAIDCRAFT** chocolate – with that you cannot go wrong!

John

There are also some exhortations from the factory walls on the following pages, and in the next edition as well.

Make Do and Mend

The 'make do and mend' culture that wartime Britain was famous for is alive and well in most developing countries today. When resources are scarce, people tend to eke as much life as possible out of the things they buy. However, in many wealthy, industrialised countries, people have more disposable income to 'upgrade' their belongings more regularly, and the power of advertising has meant that repairing items that might be considered 'out-of-date' has become unfashionable. Everyday items like washing machines, televisions and toasters have become transient visitors to our homes, which, once they break, are often cheaper to replace than repair.

In 2009 a Dutch journalist called Martine Postma ran an experiment in her home town of Amsterdam. She brought together a group of handy friends and ran what she called a 'Repair Cafe' – a free event where people could bring their broken belongings and volunteers would help to try and fix them. Following the huge popularity of the events in Amsterdam, Martine set up the Repair Cafe Foundation and published guidance to help other volunteers do the same in other places. A decade later, there are 1,700 repair cafes offering their services in 35 countries around the world. The grassroots movement to bring repairing back into our economy is growing and making political demands too, taking on the world's biggest companies through legislation that will force them to make products that are repairable and live longer.

In 2017 1.9 billion mobile phones were sold – the total carbon footprint to manufacture those phones is equivalent to Austria's annual carbon emissions. And yet in the EU in 2010 only 6% of phones were being reused and only 9% were disassembled for recycling. By simply using a phone for longer we can radically reduce carbon emissions – if we used every phone sold this year for one-third longer, we would prevent carbon emissions equal to Singapore's annual emissions. So if you have a phone which is totally defunct consider taking into a charity shop for recycling, or put it in the plastic box on the Traidcraft stall, from where it will be sent to a recycling centre.

Our local Repair Cafe is in Chailey Village Hall (next to the Five Bells pub on the A275) and is held on the second Saturday morning of each month. Take your clothing/textiles, electrical appliances, computer and IT devices, bicycles, furniture and household objects, and volunteers will do their very best to repair them. And while you are waiting, have a cuppa and some cake! The service is FREE OF CHARGE (although donations are welcome). Full details are on the notice board in the hall, and if you have a problem with transport, please speak to Teresa.

What are you doing in August and September?

Communion: 18th August -

Trustee:

September -

Trustee:

Ushers:

Trustee

Welcomers

'Door'

'Inside'

4th AUGUST

Clare Warren

Doug Scott

John Lane

11th

Norman Wood

Clare Warren

Monica Budgen

18th

Jeremy Hallett

Lynne Coates

Christine House

25th

John Harriyott

Teresa Lane

Tony Budgen

1st SEP'BER

Christine House

Bernard Cook

Hazel Cook

8th

Carole Marchant

John Lane

Teresa Lane

15th

Doug Scott

Christine House

Coretha McCreery

22nd

John Lane

Clare Warren

Doug Scott

29th

Clare Warren

Tony Budgen

Monica Budgen

Readers

Refreshments

4th AUGUST

Derek Thorogood and Doug Scott

Carole Marchant

11th

Coretha McCreery and Norman Wood

Coretha McCreery

18th

John Lane and Sheila Warner

Teresa Lane

25th

Kathy Weller and James Walton

Sylvia Scott

1st SEP'BER

Richard Green and Monica Budgen

Clare Warren

8th

Lynne Coates and Chris Evans

Tony / Monica Budgen

15th

Christine House and John Lane

Bernard / Hazel Cook

22nd

Teresa Lane and Doug Scott

Linda Hallett

29th

Derek Thorogood and James Walton

Christine House

Diary dates for August and September 2019

August

Saturday 3rd 10-12pm Fairtrade coffee morning at the Source

Sunday 4th 10.30am Morning Worship: Mr Jeremy Hallett
12.30pm Picnic (and optional walk) in Ashdown Forest
4pm Songs of Praise: United, Crowborough

Sunday 11th 10.30am Morning Worship: Mr Robert Hinchliffe
Saturday 17th 6.00pm Beetle Drive

Sunday 18th 10.30am United Worship (HC): Rev Amanda Roper
Saturday 24th 9am-12pm Cornerstone Work Party

Sunday 25th 10.30am Morning Worship: Rev Michael Davies

September

Sunday 1st 10.30am Morning Worship: tba

Saturday 7th 10-12pm Fairtrade coffee morning at the Source

Sunday 8th 10.30am Morning Worship (HC): tba

Sunday 15th 10.30am Morning Worship : tba

Sunday 22nd 10.30am Morning Worship: tba

Sunday 29th 10.30am Morning Worship: tba

Future dates:

Saturday 26th October Concert Brass **and** Emerging Talent concert

Sunday 27th October Bring and Share lunch

Saturday 9th November Whist Drive

IN REMEMBRANCE

Melvyn Pelling	5th August 2018
Fred (Chig) Cooper	10th August 1987
John Burgess	10th August 2015
Kathleen Hart	13th August 1998
John Crock	17th August 1994
Gina May Isobel Smith	17th August 2011
Ann Crock	19th August 2005
Margaret Hyde	23rd August 2010
Walter Bond	27th August 2002
Theresa Bullock	28th August 1993
Cyril Leddingham	29th August 2013
Eleanor Manvell	August 2017
Rosa Thorogood	13th September 2014
Keith Nock	15th September 2016
Sydney Wiginton	18th September 1994
Mary Wiginton	18th September 2001
Olive Orchard	September 2000
Irene Gasson	September 2000

We remember them with gratitude and give thanks to God for them – and for all those who worked and worshipped here.

Christian Aid Exhibition on Climate Change

A very big thank you to all who supported this exhibition, whether by stewarding so that others could come and see for themselves, or by attending the talk on the Tuesday. Not only did it give the people of Uckfield and surrounding areas the chance to learn more about this vital subject, but showed that Cornerstone Church is concerned about the future of our Planet.

Teresa

Christian Aid's work in Bangladesh

Lack of clean water poses real challenges throughout Bangladesh. This is particularly problematical with sea level rises affecting the low lying regions. Water supplies that were once fresh are now full of salt water, and clean drinking water is often up to 24 hours' walk away. Women can spend hours carrying heavy pots of water to their families, while children lose out on education.

In one village, Rekha Biswas, a 34-year-old woman, wanted to address this situation. She decided to travel from house to house, talking to each family in her village. She tried to persuade people that working together to tackle the problem was the answer. If the men of the household wouldn't listen, she spoke to the women.

After a year of persistent lobbying, she succeeded in getting every family in the village to join the local Pani Parishad, or village water council. Through it, people learnt how to harvest rainwater using simple tanks and pots. These now provide the community with a supply of clean water for drinking and washing. Rekha explains: 'We give training to help people understand what they need and then how to achieve it. But most important is that they understand that they can do things for themselves.'

With the support of Christian Aid's partner organisation, the Bangladesh Centre for Advanced Studies, Pani Parishads are now providing a forum for communities across Bangladesh to tackle all their problems. As Rekha tells people: 'If they come together, they can achieve things that they couldn't if they were alone.' This spirit will be vital as the country tries to deal with the devastating effects of climate change.

Commitment for Life continues to support people like Rekha in their quest for practical answers to enormous problems.

THREE MEMORIES

The older I get, the more there is to remember, and the less reliable is my memory. They say that it helps to put it in writing.

My Spring holiday stirred memories. I went to South Wales, to see the chapel from which Daniel Edwards, the begetter of our church building, came. (For more about him and his family, see last October's edition). Margaret Craig, Secretary of Caerphilly URC, most kindly met me and did a wonderful job of welcoming a complete stranger. She drove me up the narrow lane from Caerphilly to Groeswen Chapel, the Edwards' spiritual home. It is a square, grey, stone building with large, round-headed windows. The dressings around the window and door openings are crafted in a lighter stone. Today, the people have a service there once a month. Margaret had arranged with the Chapel Secretary to open up specially for us. They have a Welsh hymn book. Behind the pulpit is a plaque in memory of Daniel's grandfather, William. (see below) Above the text, there is a bas-relief of the gentleman himself, looking craggy and determined. The seating is in box pews. It is a simple building, but the iron columns which support the galleries have surprisingly ornate golden capitals. I think Margaret, who wants everything done right in her own immaculate church, would have liked more spit and polish. There are two organs, one a modern electronic device, and the other an ancient harmonium. There are large galleries on three sides, so the claim of a seating capacity of 600 may not be far out if everyone squashes up. In the galleries, I was amused by the notices- NO CHILDREN ALLOWED TO SIT IN FRONT PEWS. Too many paper darts gliding down onto bowed heads?

Outside, there are fine views, a pub, a house or two, and an extensive graveyard. Over the years, many of the great and good of Wales have been laid to rest there. Some stones are simple, some richly carved. In the centre, there is a huge monument, but the name meant nothing to this Englishman. I was intrigued by stones which bore the words ENTRANCE TO THE VAULT. One of these was a bit creepy, because the cover was broken and we peered down into a black hole. It reminded me of Stanley Spencer's amazing painting, *Resurrection, Cookham*.

The Chapel as it is today is not as Daniel knew it. There was a rebuild in 1831 - about 15 years after he had left for London. Perhaps he came home when he could, to see the family and check on the building work. The date "1742" is still proudly displayed on the front gable.

Two days later, I visited Aberfan. Derek Nuttall had given me an introduction to Ken Roberts, church organist when Derek was serving there. It was great to see Ken's wife, Doreen, coming out of her house to greet me as I left the railway station.

During my lifetime there have been many tragedies and disasters, at home and abroad, which have been big news. But for me Aberfan 1966 is the one that stays burning in my mind. That might be because my own children were the same age as the children killed in their classrooms that morning. With Ken's daughter acting as chauffeur, we visited the beautiful garden which now blooms where the boys and girls learned their lessons. It is well planted, and lovingly cared for. A Silver Birch weeps near the entrance. Beside the garden they have built a new Community Centre, with a swimming pool, and a doctors' surgery, and much more. It seemed almost indecent to take snaps, but I did take one or two, to help me remember. Doreen Roberts spoke to a couple who were sitting quietly there. I was glad that the garden is a help for them - and many others.

Then we drove up the side of the valley to the town cemetery where long lines of white marble arches mark the graves, and link each to the next. Stones on the graves bear names, and the words that the parents wanted to say. These stones are not all the same, as war graves are, but in a rich variety. Just so, in a good school, every individual is part of the whole. It happened that at the Sunday service at Caerphilly URC, the preacher had concentrated on the passage from 1 Corinthians 12, where Paul wrote about the different parts of the body *...if one part suffers, every part suffers with it.*

From the cemetery, Ken pointed out the scar in the valley floor where the mine had been, with its winding gear and engine house. A ropeway had carried barrels of spoil up the valley side to be tipped at the top of the mountain. What hit the school on that October morning was a great avalanche of stone and slurry. It is a memorial of human incompetence.

My holiday was not all sad. The Roberts family in Aberfan, and Margaret Craig in Caerphilly were perfect hosts, going far beyond the limits of conventional hospitality. I was glad I had been, and deeply grateful.

And now, a happier memory. It would have been 1937 or 1938 when my parents took my brother and me on a summer holiday to Teignmouth in South Devon. Well-travelled readers will know that, across the Teign estuary, is little Shaldon. The ferryman takes us across. We walk over the sand to the lane and turn toward the sea. But our way is barred by a steep hill. Suddenly, with great excitement, we reach the TUNNEL. Someone long ago - I suppose smugglers - dug a tunnel right through the hill out to the shore.

It is a joy to report, 80 years later, that the tunnel is still there, still damp and mysterious, perhaps big enough for a loaded donkey, now with a few electric lights. At the seaward end there are several flights of steps down to the beach. And what a beach! Backed by red cliffs topped with a green frieze, floored with red sand, and with blue sea stretching in the distance. Neither house nor shop nor ice cream stall. If you want an ice, you must go way back up through the tunnel.

To be fair, I ought to admit that I visited in May. It might not be so quiet in August. How the peace and tranquillity have been preserved for so long in this commercial age, I do not know. There was just one family on the beach when I visited. I wondered if the little lad will remember it when he is 90, and if then he will return as I did, and rejoice.

*I will weep when you are weeping,
when you laugh I'll laugh with you,
I will share your joy and sorrow
till we've seen this journey through.*

Richard Gillard
R&S 474, StF 611

DJT

TO THE MEMORY OF THE REV WILLIAM EDWARDS, THE SELF TAUGHT ENGINEER AND BUILDER OF THE WORLD FAMED BRIDGE OVER THE RIVER TAFF AT PONTYPRIDD AND OF OTHER IMPORTANT BRIDGES IN SOUTH WALES.

HE WAS THE FIRST MINISTER OF THIS CHURCH WHICH HE FAITHFULLY AND EARNESTLY SERVED FOR FORTY YEARS.

BORN AT BRYNTAIL EGLWYSILAN 1712, DIED AUG 1780

ATTORNEY: The youngest son, the 20-year-old, how old is he?

WITNESS: He's 20, much like your IQ.

ATTORNEY: How was your first marriage terminated?

WITNESS: By death..

ATTORNEY: And by whose death was it terminated?

WITNESS: Take a guess ...

The Hall and/or the Meeting Room and/or the Sanctuary are used by the following groups:

Sundays:

5.00pm – 9.30pm (MR) Social Services

Mondays:

4.30pm – 7.15pm (H) Deb's Dancers

Tuesdays:

9.30am – 10.30am (H) Pilates and Tone
4.00pm – 5.00pm (H) Deb's Dancers
8.00pm – 9.00pm (H) Circuit training group

Wednesdays:

10.00am – 12 midday (H) Baby and Toddler Group
5.30pm – 6.30pm (MR and S) Youth Theatre
7.00pm – 9.00pm (H) Social Services
7.30pm – 9.30pm (MR and S) Adult Theatre Guild

Thursdays:

9.00am – 10.30am (H) Mini Motion
7.30pm – 10.00pm (H) Uckfield Photographic Society
(First **and** third Thursdays)

Fridays:

6.00pm – 7.00pm (H) Jujitsu

