

Home - safe and sound

Travelling is supposed to broaden the mind, although in my case it usually seems to broaden the waistline. This year has been no exception but perhaps worth it for the relaxation and sense of renewal that comes from putting to one side all the ordinary things, the routines and responsibilities that can become such a chore.

This year we were able to visit some of the Greek Islands, and among them Delos. Delos was revered in the ancient world as the birth-place of Apollo, the god of light, harmony and balance, and his twin sister Artemis, the moon-goddess. As such it was a place of pilgrimage from at least a thousand years BC. Later, when the Romans made it a free port it flourished as a place of commerce, and grew very large and rich.



During its hey-day many temples and monuments were erected to honour the gods. Amongst these were the 'Lions of the Naxians' which were placed on the roadway approaching the most holy sites. They were obviously meant to impress visitors to the city, and convey a message about the strength and security of the city and its inhabitants.

It seems to me that these are qualities that we all want to foster at a personal level. We want to be seen as strong and secure, not necessarily physically but mentally and even spiritually. It make us feel more complete as human beings. Holidays can help restore this sense of wholeness, and are certainly mentally and spiritually beneficial. Christians have always believed that faith in Jesus Christ gives us these qualities, which is why one of His titles is 'The Lion of Judah'. His presence makes us more complete individuals.

Sadly folk lore and reality often diverge and Delos was attacked and sacked twice, once in 88BC by Mithridates, the king of Pontus, and then in 69BC by the pirates of Athenodorus, allies of Mithridates. After this the island declined in popularity until it was eventually abandoned. However, Christ is no stone lion that will become broken and fall over. Instead He offers us everlasting security in His Kingdom.

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• PARISH NEWS

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Today

Strawberry Fayre

The annual PTA Strawberry Fayre will be held at the School today (Saturday) from 1pm - 4 pm. Delicious strawberries and cream! And lots of other goodies, stalls and fun. Everyone welcome.

From Bruce and Margaret at the Queen's Head.

Many thanks for rallying round with your contributions towards the welfare and upkeep of the geese. We would also like to take this opportunity to inform the Village that we are retiring on Tuesday 10th July. Mr & Mrs Grant Burberry will be taking over. We are sure you will make them feel welcome. We will be having a farewell party on Saturday 7th July.

Next week ...

Juvenile Diabetes.

The JDRF (Juvenile Diabetes Research Foundation) is to broadcast on Radio 4 on July 8th at 7.55 am and 9.26 pm and July 12th at 3.27 pm. This is an appeal for funds which are urgently required to help find a cure for childhood diabetes. Please listen,

respond if you will, and tell all your friends. Anthea & David Post. 870590

... and beyond

School Summer Show

Years 3,4,5 and 6 will be putting on a performance of 'Gel!' on Wednesday, 18 July and Friday, 20 July at 7 pm in the Village Hall. Make sure you keep the dates free!

More news from the School next week.

Friendship Club

You are invited to an afternoon tea at The Bistro on the 26th of July at 2.30 till about 4.30. You can stay the whole time or pop in when you like. The idea is to talk about the work of the Friendship Club and to explore any ideas that you may have.

We have been given the opportunity by Help the Aged to offer 'Extend' for a trial period of three months subject to support and numbers.

Extend provides recreational movement for men and women over 60. The mission is to improve health, increase mobility and to improve strength, co-ordination and balance, thereby enhancing the Quality of Life. Extend is a social event.

TRINITY 5 The Readings: Isaiah 66.10-14 Psalm 66 Galatians 6.7-16 Luke 10. 1-11, 16-20	
Services and Meetings this week	
SEDLSCOMBE St John the Baptist Sunday, Trinity 5 [8]	WHATLINGTON St Mary Magdalene Sunday, Trinity 5 [8]
10 am Parish Communion, Junior and Youth Church, including Holy Baptism. Tuesday [10] 6.30 pm Rootz 'n' Shootz at Chapel Hill Church	10.30 am Family Service
Sunday, Trinity 6 [15]	Sunday, Trinity 6 [15]
10 am Parish Communion, Junior and Youth Church	8.30 am Parish Communion
Chapel Hill Church - United Reformed	
Sunday 8 July 10.30 am Morning Worship led by Melvin Nolan Wednesday 4 July Coffee Morning 10.30 am - 12 noon in the Meeting Room Sunday 15 July 10.30 am Morning Worship led by Mike and Judith Welch	

Juliet Williams, the Extend tutor, will be there to discuss and hopefully to take phone numbers for contact when the date has been arranged. Do not feel obliged in any way; we will be pleased to see you.

Looking back ...

A few words from Rosemary

Words cannot convey my very grateful thanks to John & Jenny, the staff

and all the customers and friends who came to the Village Hall to wish me a Happy Retirement.

I was very overwhelmed to see so many people and members of my family. It was a truly happy occasion. I thank all who contributed to my gifts. I am staying in the village so will see many of you around.

Rosemary.

Royal British Legion Sedlescombe Branch

Our much anticipated Garden Party was overtaken by the weather and before a Glastonbury type venue was created at "Durud", we altered the event to an Afternoon Tea Party in the Sedlescombe Village Hall. Despite the change, the event proved to be extremely popular with over 90 guests attending. Presentations were made to Poppy Collectors, to Veterans and to Mr Burgess for all his work in building up the Branch. Despite some solemn moments there was an air of celebration as the trophy won at a national level was proudly displayed and there was no modesty in the celebration cake which bore the legend - "WE WON THE CUP". After a buffet tea with strawberries and cream, the best hat competition was judged. The ladies had been urged to wear headgear for the occasion and many did despite the deluge outside. So it was "hats on" after tea and the prize for the best headgear went to Mrs Valerie Wright. I personally would like to say thank you to the very many people who helped set up, run the event and who cleared up afterwards. Without them it would not be possible and their hard work was appreciated by all who attended.

Just a reminder to say that the next meeting will be at the Queens Head on Wednesday 18th July at 10.30.

Irene Ferguson

Well done, Lauren!

Lauren Sharp, age 11, did the Run for Life at the park and raised £290 for St Michael's Hospice in the memory of her nan (Marion Selmes). Well done! Congratulations! H.L.

Eunice Russell

With sadness we report the death of Miss Eunice Russell on Wednesday morning, 4th July. Eunice lived in Sedlescombe for more than 48 years, moving into her parents home in Balcombe Green on her retirement from nursing.

She was an active lady, intensely interested in plants and gardens, and loved developing new corners in her very large garden. In her time she was involved in the music of the parish Church, played the organ, and also ran her own small separate choir. She enjoyed helping at the library when it was in the old Village Hall. Each year it was a delight to her to celebrate her birthday with friends and this year she was shortly to be 99 years old. She moved to Whitegates Residential Home a year ago and enjoyed her time there until her health rapidly deteriorated. A funeral service is being arranged at Hastings Crematorium by Arthur Towner Ltd and information will be made available in the Village Shop as soon as it is known. M.S.