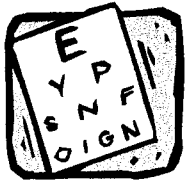


Better Sight



Last week I went for a routine eye test. You know, you wear the most unsightly pair of spectacle frames, which can pinch you a bit if they are not correctly adjusted, and you peer one eye at a time at a board of letters to see which is the smallest line you can read. Then comes the circles of dots and the red and green squares — "Which is the clearest? The red or the green?" — and they both look the same to you, and so on. Then comes the puffs of air to test for glaucoma and these days they take a picture of the back of your eye to see that it is healthy. It is all a reminder as to how complicated and intricate sight is. At the end comes the prescription for the new glasses, and, of course, the bill!

Dr William Bates was an American eye doctor who was very concerned as to how poorly people looked after their sight. He gave up his orthodox practice so that he could discover ways in which people could improve their sight without glasses. He taught his patients to relax their eyes through a technique called 'palming', that is, cupping the palms of your hands over your eyes, and 'colour days', when you focus for a day on looking for one particular colour, say, red or blue. These and other simple exercises allowed the eye to relax, recover naturally and, for some people, to discontinue their need of spectacles.

Dr Bates' method is holistic, that is, it examines the whole issue of seeing and not just what goes on in the eye. The idea is to cure the sight problem rather than alleviate the symptom with a pair of glasses. When Jesus talked about seeing in Luke chapter 11 verses 33-36, he was talking about more than optics. 'Your eye is the lamp of your body. When your eyes are good, your whole body also is full of light. But when they are bad, your body also is full of darkness.'

We can see the world around us, so beautifully created, and yet not see the creator; we can receive a gift of healing or love and yet not see the giver. Jesus wanted everyone to see God. So if you are having difficulty seeing God at work in the world, check your vision! Get a spiritual sight test!

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• **PARISH NEWS** •

• **September 29th, 2007** •

• **SEDLSCOMBE WITH WHATLINGTON** •

• **Vol. 41 No. 39** •

• **Trinity 17** •

• **20p.** •

• **Macmillan's World's Biggest Coffee Morning** - Friday 28th September - Today 10am-12.30pm This event is running along with thousands throughout the UK to raise funds for Macmillan Cancer Support. There will be a Bring and Buy stall, Cakes and produce for sale and a Raffle. Tea and coffee expertly supplied by Sedlescombe Green WI Please make a date for coffee and cakes with friends at Asselton House on The Green in support of this worthy cause

• **"Fayre on the Green"** - the event last Saturday in aid of the building of the new village Sports Pavilion. We asked for your support and you gave it! A huge Thank You to all those who came along and all the team who worked so hard to put the event together, especially Ralph Dellow and Bob Harris. Margaret adds her thanks to those who left Tombola prizes in her porch (Tombola total £80) and for the orchid donated by the Stoolball Club to the silent auction, which went for £30. A total of £1043 was raised from the afternoon. *This was obviously a hugely successful event - we received 3 independent reports here edited into one. —Ed.*

• **Sedlescombe Players**

A highly successful "Looking for Talent" evening was held at the Village Hall on Monday (24th) when 23 possible newcomers from within the village and the surrounding area came to enjoy some friendly hospitality and to hear existing members outline the group's background history plus its aspirations for the future. A guided tour of the hall followed so

that general facilities and special arrangements already in place for drama could be seen at close quarters.

Those who attended potentially offer a variety of talents and abilities giving much hope for Sedlescombe Players to present more frequent and more challenging productions. Everyone agreed that the outcome of the evening was most encouraging.

Almost without exception those attending became subscribing members 'on the spot' and arrangements are now in hand for a 'follow-up' meeting on Monday 22nd October when some detailed planning will be embarked on. More details will be given in the Parish News nearer the date.

• **Neighbourhood watch.**

We have received a report from a NHW co-ordinator that duster sellers and picture sellers have been operating in the Village. They may be genuine but be very careful under no circumstances invite these people into your home. Your NHW co-ordinator or a member of the NHW committee can provide stickers for your window to warn doorstep sellers not to call. Also, small items have been stolen from front gardens.

• **"1066 Trail Hastings"** - Raising money to help beat heart disease Sedlescombe Surgery's Jill and Sarah will be walking 9 miles this Sunday in aid of the British Heart Foundation. The route takes the participants through country lanes and tracks, over stiles and wire fences and on all sorts of terrain, so it's not just a straightforward casual walk. There are sepa-

TRINITY 17	
The Readings: Amos 6.1a, 4-7 Psalm 146 1 Timothy 6.6-19 Luke 16.19-31	
Services and Meetings this week	
SEDLESCOMBE St John the Baptist Sunday [30]	WHATLINGTON St Mary Magdalene Sunday [30]
10 am Parish Communion, Junior and Youth Church	8.30 am Parish Communion
6.15 Rootz 'n' Shootz at Chapel Hill Church [2]	
Next Sunday - Harvest Festival [7]	Next Sunday [7]
10 am Parish Communion, Junior and Youth Church	8.30 am Parish Communion
Chapel Hill Church - United Reformed	
Sunday 30 September. Morning Worship led by the Rev Roy Smith.	
Tuesday 2 October	No Home Group meetings during October. 6.15 pm Rootz 'n' Shootz
Wednesday 3 October	10.30 am - 12 noon. Coffee Morning in the Meeting Room.
Sunday 7 October.	10.30am Service of Holy Communion led by the Rev Roy Cole.
At the Harvest Festival Service on 23 September a collection of £66.48 was made for farmers who have been affected by the floods.	

rate distances of 16, 9 and 4 miles involved for those taking part and Jill and Sarah have gone for the middle distance starting in Boreham Street. There are two checkpoints on the way and all of the routes finish in Battle. Through their efforts it is hoped that a generous sum can be raised in aid of the Foundation. The Sponsor Form remains at the Surgery Reception area awaiting supporters to make their pledges. Like all diseases that affect humans, you will know of a family member or a friend who has been affected by Heart Dis-

ease. The BHF is at work in our community and is worthy of support especially with an event like "1066 Trail Hastings".

John Durnford.

We are sorry to report the death on 24th September, after a short illness, of John Durnford, aged 91, late of Streetlands. The funeral will be held at Hastings Crematorium on Wednesday, October 3rd at 1.45pm. John's family have requested "No flowers please". Donations may be made to English Heritage via the undertakers, Arthur C. Towner, 19 Market Square, Battle. Tel. 01424 775515.

Ernie Burgess adds:-

John died peacefully in the Conquest Hospital on Monday 24 September. He had served during WW2 in the Royal Artillery And had continued afterwards in the Peace Keeping Force in Germany.

Our sincere condolences go out to Gill and David Fosse, E. Burgess.

Branch Chairman, The Royal British Legion.

Thursday Club.

This month's talk on 4th Oct is by Alan Malpass who will be telling us about "A Little Bit of Down Under". Village Hall, Committee Room 2, 1000 - 1200.

Mini-Market will take place on Thursday, October 4th, 10am-11.30am in the Village Hall. Come and enjoy a cup of coffee.

Parish Church Harvest Festival, 6-7th October.

Saturday, October 6th - Harvest Supper in the Church at 7 pm with an audio-visual digital show for 30 minutes by Anthony Sherwin, followed a traditional supper of cider or fruit juices, cold meats and salad with various sweets, including home-made apple pies and cream. There is no charge but a retiring collection at the Church door for Church Funds will be made.

Sunday, October 7th. Harvest Festival Services - see Church Notices, page 2. PE

Gifts of fruit and vegetables and flowers to decorate the church will be gratefully accepted on Friday, October 5th at the church. If you would like them collected, phone 870688 or 870808.

The Friends of Sedlescombe Church Heritage Trust Jumble Sale this annual event will take place on Saturday 27th October at the village hall. Please collect up your jumble ready for the day, which we will be pleased to accept on the morning of the sale but not prior as there are no storage facilities available for this purpose. If you are unable to deliver, we have a limited collection service available by calling 870722 -thank you.

Dates for your Diary.

14th October. Antique Fair 9.30-3.30.

27th November. The Friends of Sedlescombe Church Heritage Trust will be holding their AGM - details will be published nearer the date.

Lost. A pair of ladies glasses on Saturday 22nd September at the Fayre on the Green. If found, please contact 870475.

Love in a box Last year the village sent 12 shoeboxes to Eastern Europe filled with Christmas goodies for children, through Chapel Hill Church. We would like to do even better this year. If you would like to fill a shoebox for a child between 3 and 15 years old, please contact Margaret Smith on 870431 to ask for details. We have till the end of October to fill them and start them on their journey to countries such as Romania, Bosnia and Ukraine. 'Love in a box' is a local charity based in Eastbourne.

Items for Parish News. Will contributors please give their name and a telephone number on their contributions so that we know the source of items and so that we can contact you. Names and numbers will not be published unless it is clear that this is required.

-Ed.