

WORRY NOT!

Worry is a very common factor of every walk of life, young and old, rich and poor. This is understandable. We live in a dangerous and uncertain world. Bad things can and do happen to people and we have no way of predicting when or to whom. Put those two factors together, and some degree of worry seems almost inevitable.

Worry is a dangerous and potentially deadly enemy. It wastes energy, undermines happiness and brings life to a standstill. Once we have recognised worry for what it is - a serious threat to effective living - we need to take some practical steps to overcome it. This is where our Gospel reading can help us. Here in a few brief, well-chosen sentences, Jesus talked with His followers about the problem of worry. The things that He said are so simple and make so much sense. If we will take them to heart and put them to work in our lives, we can overcome worry instead of being overcome by it.

Most of our anxiety about life grows out of an awareness of our inadequacy. Instinctively we know that this business of living is too big a challenge for any person to handle by his or her own strength; and the longer we live, the clearer that knowledge becomes. So many of the things that affect our lives are seemingly beyond our control. To some extent, we can control the way we react to certain events; but we cannot control the events themselves. This is where we need to remind ourselves of the presence and providence of God.

In the midst of our worries, we need to remember that we are not alone. Everything does not depend upon us. We have a heavenly Father who is with us all the way. He has brought us safely to this point, and we can place our future in His hands. All God expects of us is that we do our best.

One of the most foolish things that anyone can do is to sit and worry. It achieves nothing. As Jesus said, "Which of you by worrying can add one moment to his life-span?" If we have a problem to solve, a job to do, let us get up and go to work on it. If it is beyond our reach, if there is absolutely nothing we can do about it, then let's have the good sense to turn it over to God and go on to other matters.

We would probably do well to memorise a prayer that was originally written by Dr. Reinhold Niebuhr of New York, "God, give me the courage to change the things I can, the serenity to accept the things that I cannot, and the wisdom to know the difference."

What a difference it would make in our lives if we could learn these simple lessons from Our Lord--one, to remember that God is with us; two, not to fret about things over which we have no control, and three, to live one day at a time. We might not completely solve our problem of worry; but at least we could handle it, instead of allowing it to handle us.

SCRIPTURE

Read Saint Matthew's Gospel chapter 6 verses 25-34

PARISH NEWS

February 6th, 1999

SEDLESCOMBE WITH WHATLINGTON

Vol.32 No. 6

Second Sunday before Lent

10p

TODAY Matinee and evening performances of the Sedlescombe Players' Old Tyme Musical Hall and melodramas. Evening performance is sold out but there are still seats available for the afternoon show, when tea will be served in the interval (tickets from the Post Office, £3.50 each).

If you haven't seen the show, do come along. It would be a pity to miss the fun and the sight of respected villagers making fools of themselves.

MOTHERS' UNION Our next meeting is on **Tuesday, 9 February** and will be held at Roselands at 2.30 pm. Our speaker will be Mrs Joy Davenport. Her subject is the Hospital Chaplaincy. Please come and join us, a warm welcome awaits you.

BONUS BALL Subscriptions of £4 for February are now due. Winner last week was number 47, Ray Spurrell.

SEDLESCOMBE & DISTRICT FLOWER CLUB At our meeting on **10 February** in the village hall at 2.30 pm Mrs L. Schaffer will be

demonstrating "The Pleasure of your Company". Members' competition, "Woodland Walk". Visitors and new members very welcome.

SEDLESCOMBE DISTRICT SENIORS

Thanks to the efforts of the former secretary of the Sedlescombe District Seniors, Mr Geoff Pexton, an interesting series of speakers have signified their willingness to come to meetings in future weeks. One of these is Linda Lewis, the Assistant Manager of the De la Warr Pavilion who will, undoubtedly, lay bare some of the complexities of the famous entertainment centre.

Another is Mr Michael Hoad, an observant countryman, who will be using some stunning slides for a talk, Roaming the Cuckmere Valley. And there are many more fluent speakers lined up for the time ahead.

On bringing these bookings to public attention it may be mentioned that the files of the SDS go back a long way and a pretty rare piece of paper exists which announces the 28th edition of the Parish News which is dated 18 July 1970 and it is typed.

The Theme: God's intimate care for each person and thing
The Readings:
Genesis 1:1-2:3 God knows and understands all of creation
Romans 8:18-25 Our troubles will not last for ever.....
Matthew 6:25-34 Concentrate on seeking God in all things.

Services and Meetings this week
The Second Sunday before Lent February 7th, 1999

SEDLESCOMBE	WHATLINGTON
2 before Lent [7] 8.00am Holy Communion 10.00am Parish Communion Junior and Youth Church Monday [8] No service today Tuesday [9] 2.30pm Mothers' Union Meeting - <i>Roselands</i> Wednesday [10] S.Scholastica 10.00am Holy Communion - in church	2 before Lent [7] 9.00am Holy Communion Thursday [11] No service today Sunday before Lent [14] 8.00am Holy Communion
Sunday before Lent [14] 10.00am Parish Communion and Holy Baptism Junior and Youth Church	
Please return last year's Palm Crosses to make the ash for Ash Wednesday	

The Chapel Hill Church {United Reformed}
Morning worship and Junior Church 10.30 am taken by Dave West and followed by Holy Communion.
7pm Prayer & Praise in the church
Weekly meetings: Men's Fellowship, Monday 7.30 pm
Home Group, Tuesday 7.30 pm

single spacing, and tells of many things ... Bishop Stainton's visit to Whatlington where he spoke of the church in South Africa and J Cornford making 149 runs for Sedlescombe CC. At the W.I. meeting of 9 July Mrs Lavender of the W.I. congratulated members on their exhibit of "Hop Picking" shown at Ardingly.

Needless to say the Sedlescombe Seniors, meeting at the Old Coach and Horses, were reminded that in their inaugural year they had speakers on such subjects as "30 years with the BBC", "The Culture of Hops", "Coral Islands and Seas" and "Teak and Elephants". And there is a long dissertation from the vicar (Revd D Prince?) on the influences coming through TV. What is absent is the appeal for more people to join one or another of the local organisations. Some of today's people don't know what they are missing.

SEDLESCOMBE RANGERS JUNIOR FOOTBALL CLUB Despite a hard battle against a very strong Tackleway side last Sunday, the Under 10's lost 2-0 away from home. Manager Jamie Glen was pleased with the whole team's performance and determination but awarded J C Hanagarth Man of the Match.

The Under 12's beat Langney Point at Eastbourne 1-3 in the Wayne Russell League Cup to go on to the

SEDLESCOMBE AND DISTRICT GARDEN SOCIETY
ALPINES & THEIR CULTIVATION
AN ILLUSTRATED TALK BY
KEITH MOORHOUSE
PLANT SALE AND RAFFLE
SEDLESCOMBE VILLAGE HALL
2.00 P M WEDNESDAY
17 FEBRUARY
VISITORS ARE WELCOME TO ATTEND
AT A CHARGE OF £1

Quarter Finals. The team worked well together to get the goals. Z Nathan's header put the Rangers into the lead followed by a solo effort from H Sullivan and a poached goal for D Smith after a goal-mouth scramble. A well deserved Man of the Match for A Ford.

FUTURE EVENTS
1. SEDLESCOMBE OLD TYME & MODERN SEQUENCE DANCE CLUB celebrate 50 years of dancing in Sedlescombe with an anniversary dance on **19 February**, 7.30-11 pm in the village hall. Admission, including refreshments, £2. Music by Maurice Endersby on the organ. A warm welcome awaits you all.

2. SPORTS ASSOCIATION Quiz Night on **13 March** in the village hall. £3.50 per head to include a Ploughman's Supper. Book your team of 6 early (last time we had to turn teams away!) Phone Sarah on 01424-870707.