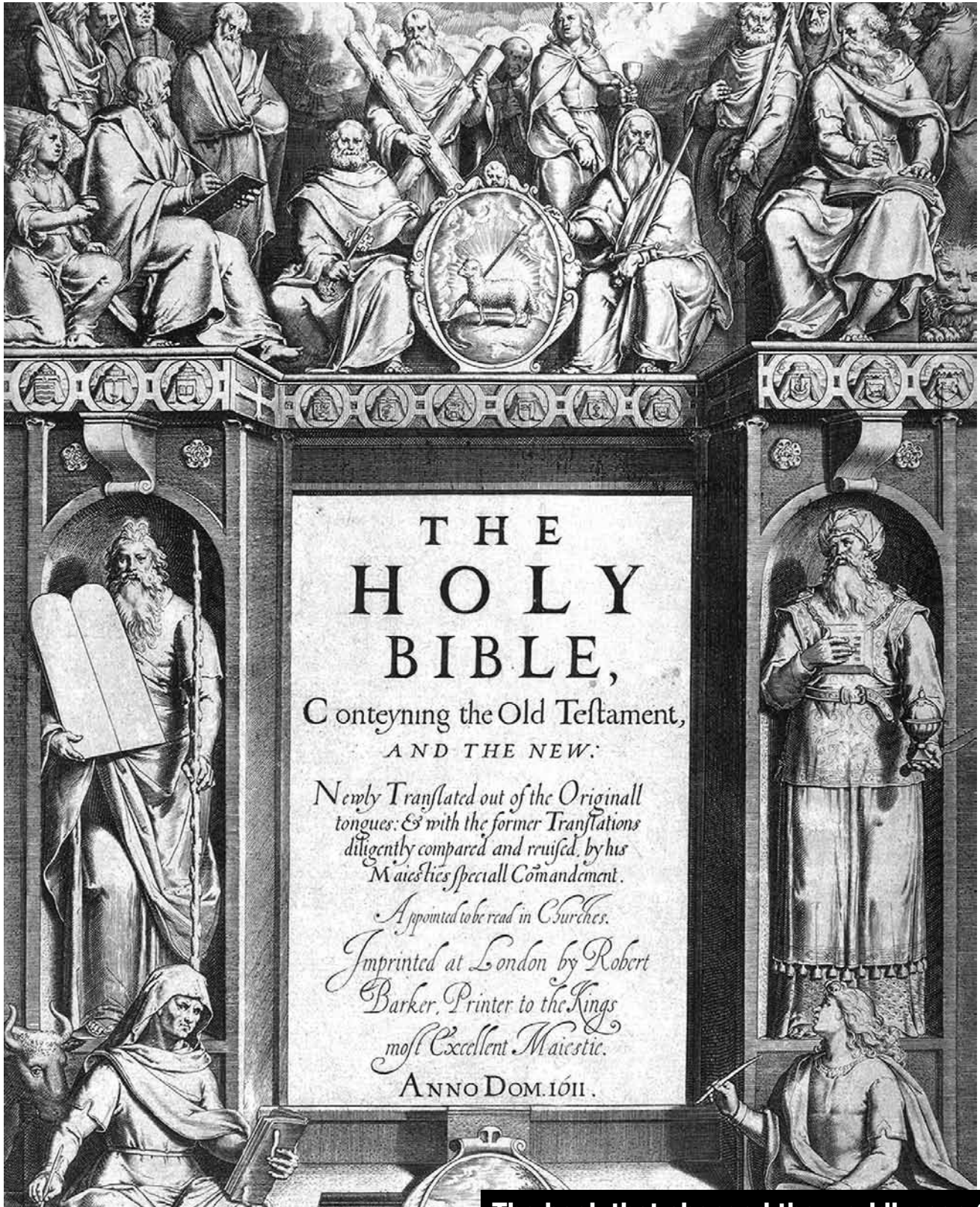


Directions

The magazine of the parish church of St Nicholas, Brighton

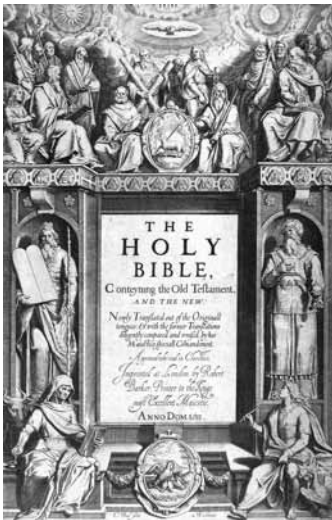




Father Robert writes

The book that changed the world!

Happy New Year to our reader's but probably by the time you receive your copy of the parish magazine we shall already be in to February and beginning to think about Lent! Thank you to Ros Addison our editor and Julian Howell who formats Directions and Lynn Rashid who prepares the distribution to those who receive their copy by post; they work tirelessly to produce each edition bi monthly; thank you.



The title page of the first edition of the authorised King James version of The Bible

I am sure it will not have escaped your attention that another publication celebrates an anniversary this year – the King James Bible, sometimes known as the Authorised Version, which came into being in 1611. I believe 2 May is the date being kept as the actual anniversary, but all through the

year we will be hearing about events, courses, lectures, radio and TV programmes marking the event. Indeed, BBC Radio 4 has already started broadcasting about it. Please visit www.2011trust.org

People will celebrate this 400th anniversary for a variety of reasons. For Christians, the bible is an essential part of our faith, and most will have more than one version of the bible, or at least, the New Testament, in their homes. The King James Version will probably be among them. In my study, a cursory glance reveals 13 copies of the bible, in at least 8 different versions, plus one in Greek! I do not refer to the King James Version very often now, having

got used to more contemporary editions and finding them easier to use.

But many people who would not regard themselves as Christian believers will also celebrate this anniversary. The 'KJV' is a great work of literature, and speaks to many as representing something of the best of our culture. As you probably know, if you are interviewed on Desert Island Discs, you will be offered the bible and the complete works of Shakespeare to go alongside another book and a luxury for your time in exile. So a year that champions the bible gives a great opportunity to encourage people to look more seriously at this book, which has inspired, encouraged and sustained countless people since bibles became widely available for 'ordinary' people to read.

But what about us? It may be a good time to examine our own use of the bible. I am often surprised how relatively ignorant many practicing Christians are about the scriptures. That is a shame. We should make every effort to study the bible intelligently, and there are a number of ways we can do this – 'the daily reading' scheme, which can be ordered through Jean Player, among them.

Some people I know bring their own personal bible to church with them to follow the readings as they are being read to us week by week, perhaps more of us could do that. Bibles are available from the St Nicholas library in church should you not have your own.

Perhaps you could be resolved to follow the readings week by week, so that you discover more of the riches of the bible, and so can join in the King James anniversary celebrations (even if using modern translations now) that so many others are keeping. How would it be if we had no access to the bible – as is sadly the case for many people across the world attempting to grow in the Christian faith?

Lent

The word Lent comes from an old Middle English word 'Lente' which means 'Springtime'. It is the period of forty days preceding Easter. Lent begins on Ash Wednesday and ends on Easter Day.

Why is Lent important?

Lent gives us an opportunity to reflect on the meaning of the Easter story. It is a special time when many Christians make an effort to eat simply, to pray and read the Bible more and to think very seriously about their lives in the light of Jesus' teaching.

Ash Wednesday: 9 March

The first day of Lent (except in the Orthodox Church). In a special service, the palm crosses left from the previous year's Palm Sunday service are burnt and the ashes are used to make the sign of the Cross on the worshippers' foreheads. Ashes are a symbol of penitence and sorrow for sin. The Christian marked with ashes in this way shows his or her wish to observe Lent seriously.

This year Ash Wednesday is on the 9th March. There will be the Imposition of Ashes at both the 10.30am Eucharist and the 8.00pm Sung Eucharist at St Nicholas'. Like Good Friday, many Christians observe Ash Wednesday, as a day of both fasting and abstinence. Some people try to give up something.

Also during Lent there will be home study groups, this year focusing on *RICH INHERITANCE – Jesus' legacy of love* – in this 'Year of the Bible'.

We have used the York courses before and this Lent *RICH INHERITANCE – Jesus' legacy of love* brings these leading Christian thinkers into your 2011 Lent Group.

Dr David Hope (Archbishop of York from 1995-2005) introduces the course and the course booklet is written by best-selling author, Bishop Stephen Cottrell. Simon Stanley puts questions to the participants – Archbishop Vincent Nichols – RC Archbishop of Westminster, Paula Gooder – Writer and lecturer in Biblical studies, and Jim Wallis – Author and public theologian. Each of the five sessions closes with a reflection by Theologian and Methodist minister, Inderjit Bhogal.

Rich inheritance – Jesus' legacy of love

Jesus didn't write a will. He left no written instructions. He didn't seem to have a plan. At the end, as he hung dying on the cross, almost all of his followers had abandoned him. By most worldly estimates his ministry was a failure. Nevertheless, Jesus' message of reconciliation with God lived on. It is the central message of the Bible. With this good news his disciples changed the world. How did they do it? What else did Jesus leave behind – what is his 'legacy of love'? This course addresses these questions in five sessions:

1. An empty tomb
2. A group of people
3. A story
4. A power
5. A meal

The course booklet is written this year by best-selling author Bishop Stephen Cottrell and each of the five sessions ends with questions designed to stimulate lively group discussion.

As in other years the groups will be listed on the board at the back of the church, so have a look to see where they meet, what day of the week, the leaders and hosts etc. Please don't delay your decision too long or you may find the group you want has filled up.

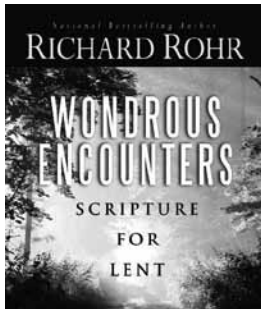
The only cost, apart from everyone bringing something for a simple shared meal, is a contribution of up to £3.00 each towards the York course material. Many people have found the easy social setting and the 'bring and share' meal has led to new friendships forming. House groups are an important part of life at St Nicholas'. Please feel free to contact one of the clergy or the group leaders if you want more information.

continued ...

In addition, you might prefer to make a special point of coming to one of the other daily or weekly services or, if you prefer to work on your own, get hold of a good spiritual book. See the list of suggested reading below. St Nicholas' Library is there for your convenience too; please feel free to browse.

Whatever you might choose, I hope your search will be rewarding. Remember, God has already found us and wants to make himself known. For our part, if we want to continue on the road, we simply have to find the time and space to listen.

Suggested reading for Lent



Wondrous Encounters

Scripture for Lent

RICHARD ROHR

Rohr's meditations on the daily readings of Lent (not specific to a liturgical year) are not for the sake of mere information, or even for academia, but for the sake

of our transformation into our original image and likeness, which is the very image of God. £5.99

Christian life, exploring themes such as The Call, Shaking the Dust, Finding Acceptance, Divided Loyalties, Real Repentance, Facing Temptation, The Lost Son and Accepting Release. The much-loved characters of Mole, Rat and Toad become the perfect allegory for the grand adventure of faith, from our terrifying first steps into and beyond the riverbank, to the challenges, temptations and triumphs that await us as we journey into the world, with Jesus by our side. £5.95



The Things He Said

The Story of the First Easter Day

STEPHEN COTTRELL

The follow-up to the author's highly successful *The Things He Carried*, this book takes the post-resurrection sayings of Jesus as starting-points and uses the same reflection

format. The meaning and significance of the resurrection how it was first communicated and how it is communicated to us today, are explored by piecing together these sayings of Jesus. £6.99

Barefoot Disciple

Walking the Way of Passionate Humility

STEPHEN CHERRY

The Archbishop of Canterbury's Lent Book 2011. This title shows that when genuine humility is energised by real passion, fresh and exciting light is shone on the challenge of following Jesus Christ and humility is rediscovered as a healthy virtue. £9.99

Lent Sticker Books

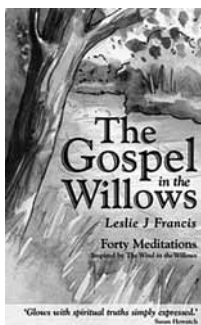
Stories on the way to Jerusalem

Lenten Children's Game with Devotional Booklet

ELEANORE SUDBROCK

Help your children to hear Jesus' parables in a new way and have fun playing a game too.

Price: £1.30



The Gospel in the Willows:

Forty Meditations Inspired by

The Wind in the Willows

LESLIE J FRANCIS

This beautiful book, which may be used as a daily devotional through Lent or any other period of the year, reopens Kenneth Grahame's classic children's

novel *The Wind in the Willows* for a new audience. Combining a daily reading from the literary classic with a gospel passage, a short meditation by Leslie Francis and a prayer, *The Gospel in the Willows* takes us on a journey through the

Let God's People Go!

Lenten Sticker journey to freedom

On this Lenten sticker journey children will discover that through the saving grace of Jesus we are led from slavery to sin and death into freedom and life everlasting. £1.30

Jonah this Lent!

A daily sticker activity for Lent

Children and their families will enjoy these daily Lenten devotions as they follow Jonah through his amazing journey. £1.30

St Nick's in Pics

Christmas musical 'Come follow the Star' performed in church on 9 December. Church packed with supporters. Producer: Amanda Easton. Director: Fr Robert



MATTHEW ANDREWS



MATTHEW ANDREWS



MATTHEW ANDREWS

Ministry team Xmas Jolly



Deacon Betsy at Christmas

Brighton College boys cleaning



Called by Christ to heal

Fr Robert

Just towards the end of 2010 someone asked me, as they were leaving the church if I would write an article on what 'healing - the laying-on of hands' really means? Here goes!

After speech and facial expressions, the most powerful vehicle of human communication must surely be the hands. Pop Stars use sweeping gestures to the tumultuous roars of an hysterical crowd. The hands of a conductor chart rhythmic movements as the orchestra is guided at one moment into soft and peaceful melodies, at another into passionate fortissimos. When a policeman raises his hand the traffic comes to a halt. A wave goodbye or welcome home. A caressing hand says, 'You are beautiful'. An embrace says 'I love you'.

The liturgy of the Church is full of bodily gestures which are rich in meaning but which may easily escape our notice. The laying-on of hands in the sacrament of the sick is such a gesture. This gesture comes from Jewish tradition and it has many meanings. It is a sign of blessing, as when Jacob blessed the sons of Joseph (Genesis 48:13). It is also a sign that the Spirit of God is coming to consecrate someone for a special task, for example, priests (Numbers 8:10). Another example is that it is a symbol of union: when a sacrifice was to be offered, those making the offering would lay their hands on the victim as if to say, 'I am one with you: you are to take on my sentiments of thanksgiving or sorrow or adoration; and so, I will be united with you when you are offered in sacrifice'. (Leviticus 1:4).

Some of these meanings are still preserved in the other sacraments like Baptism, Reconciliation, Confirmation and Ordination. The Church's healing ministry is also expressed through the laying-on of hands. Here it signifies blessing and healing. Jesus blessed the children in this way. He healed the

sick. He also promised that His 'disciples will lay hands on the sick and they will be healed' (Mark 16:18) and straight away we see this practice in the early Church in Acts 9:12.

The Christian healing ministry is central to the Gospel and of first importance to the Christian community today; and, as we can see, it can be traced back to Scripture and Apostolic times. So when the priest lays hands on the person's head, the priest is following the instructions of Jesus and the practice of the apostles. The priest is praying not only with words but with a gesture for healing. The healing, of course, will not be brought about just by a gesture or even by the priest. The gesture or action is what we see. What we don't see is the internal, hidden thing that is happening. The Spirit of God is released in the person who is disposed to receive the Spirit. The Spirit of God comes with healing and peace for the body, mind and soul. For the Spirit, after all, was called 'the Comforter' by Jesus.

As already stated, the laying-on of hands is normally done by a priest, but it is increasingly being seen as a joint ministry in which the laity can also share, symbolic of the healing ministry of the whole church and from time to time, some of our St Nicholas' folk – Mike, Alison, Lesley, - share in this particular ministry.

We can also receive the laying-on of hands not only for ourselves, but on behalf of another; we have seen that in baptism a child is strengthened by the faith of the whole Church; in prayer, we offer to God, in faith, somebody who may not even know that we are praying for them; so, with the laying-on of hands, God uses our own faith as one of the channels of His healing power.

Just over the border from the Chichester Diocese into the Rochester Diocese, at Groombridge, there is a house of healing - Burrswood - founded by Dorothy Kerin and when I served in that diocese I had the privilege of sharing in the work of that house. On my first visit I came across words of Dorothy Kerin speaking before a service for the sick; I commend them to you. She said:

'I believe that some of you are coming to receive the laying-on of hands. Before you come I would ask you to remember three things. First, there is

no magic about the healing of our Lord Jesus Christ. It does not come immediately, sometimes it does not come at all in the way we hope. Therefore we must come with one prayer in our hearts and minds, and that is that God's will may be done in us and for us.

'Secondly, the one thing our Lord asks of us is that we should come in faith. So unless through the grace of God, you can come believing you are coming to touch the hem of His garment and hear Him say 'Go thy way, thy faith has made thee whole,' remain in your seats, and pray for those who do come in faith.

'Thirdly, and perhaps most important of all, that you lose sight of Dorothy Kerin, who is nothing, has nothing, who can do nothing, except offer herself as an empty channel.

'There is only one Healer, our Lord Jesus Christ, who in His love uses His human instruments, unworthy though they are.

'It is His Power, and His Power only'.

And by services in our parish churches devoted to the theme of healing, by our intercessions, by words and sacrament, we seek to be a vehicle by which God's love can be felt by those afflicted in many ways. As a church and as individuals we have considerable power and capacity to bring healing and new life to the people of God.

The opportunity to receive the laying-on of hands for Healing is available to everyone on the first Wednesday and Sunday of each month at the Eucharist at 10.30am.

Prayers

In the name of God most high, may release from your sickness and pain be given you and your health restored according to His will. In the name of our Lord Jesus Christ the Prince of Life may new life quicken your mortal body; in the name of the Holy Spirit may you be given inward health and strength and the peace which passes all understanding; and may the God of Peace himself sanctify you wholly. *Amen*

Or

In the name of God and trusting in his might alone,

Receive Christ's healing touch to make you whole.

May Christ bring you wholeness of body, mind and spirit, deliver you from every evil, and give you his peace. *Amen*

Fit for Heaven Amanda Hyatt

New to St Nicholas Church is a fitness programme specially designed for every imaginable level of 'unfitness'! Yes. EVERY level. That includes those with arthritic knees, dodgy ankles, achy elbows and/or even a broken nail!

"Ah, but what about the older population", you say? Well, Fit for Heaven is exclusive to those aged between 30 and 101! Run by me, Amanda Hyatt of You Choose Fitness Ltd, this very special fitness class has been designed to leave you absolutely NO excuse not to come along and try out.

You can find us in the church every Tuesday from 1 to 1.30 p.m. Don't be shy. If in doubt, look out for Father Robert donned in gym gear and leading the way with faultless push-ups! Straight after that, listen for the laughter. There's plenty of it.

Are you tempted? I hope so! Your first class is free and if you like it then it's £25 for a further 6 classes. You work within your own capabilities and at your own pace, so drop by, join in the laughter AND get Fit for Heaven!

Need more information? Call 07940 897192 or visit the website: www.youchoosefitness.co.uk

Dates for your diary

Events at St Nicholas Church

- Sat 12 Feb 10.30am – 4.00pm
Art and Craft Fair
- Sun 13 Feb 3.00pm **Romance** – A song recital for Valentine's Day by two special artists, Penelope Randall-Davis, soprano, and Lada Valesova, piano. Tickets £12.00 (£10.00 concs) available in advance from 01833 631838 or on the door. Interval tea and cake extra (all proceeds to St Nicholas Church)
- Sun 27 Feb 3.30pm **Coffee Concert**
Henschels Quartet
- Fri 11 Mar 7.30pm **Bach's St John Passion**
The Choir of Somerville College, Oxford. Tickets £10.00 available from the Parish Office. Refreshments available during interval
- Sat 12 Mar 10.30am – 4.00pm
Art and Craft Fair
- Sat 20 Mar 3.30pm **Coffee Concert**
Elias Quartet
- Sat 9 Apr **Friends' of St Nicholas Quiz Night**
- Sat 16 Apr **CMPCA Festival Launch and AGM**

Regular events

- Five Rhythms Dance** Wednesdays 8.00pm
- Julian Group** First and Third Thursday of every month, 1.00pm. Led by Rev Jessica Aidley
- St Nicholas' Nippers** Every Tuesday in term time
- Youth Group** Every Wednesday in term time
- Junior Choir** 7.00pm Thursdays
- Choir Practice** 7.30pm Thursdays

Affirming Catholicism

ALL ARE WELCOME TO ALL EVENTS

- Feb 19 St Nicholas' Church, Dyke Road, Brighton: 11:00am Mass
Speaker: The Venerable Christine Wilson, Archdeacon of Chesterfield, Diocese of Derby
- NO MEETINGS DURING LENT
- May 21 Chichester Cathedral: Conference at George Bell House. 0:30am-3:30pm – to include Mass at the Shrine of St Richard at Noon. Limited places: contact David Thunder on 01444-417103 or email chidio-affcath@tiscali.co.uk. Small charge for room hire on the day. Please bring lunch/ drinks or buy from the Cloisters Café at the Cathedral.
- June 18 St Alban's Cathedral: National Pilgrimage to St Alban's Shrine. Pilgrimage to St Alban's Cathedral. Procession at 10.30am; Mass 11.30am; Festival Evensong 4pm. Further information Colin Somerville 01273-721104 colin@zvi.gotadsl.co.uk
- June 29 – July 1 National Residential Conference at Liverpool Hope University. For details and a booking form see national web site or contact David Thunder
- July 23 St Nicholas' Church, Dyke Road, Brighton: 11:00am Mass. Speaker: David Storey of Modern Church
- Aug 9-12 Silent Retreat - St Mary's Abbey, West Malling: Conductor: Br Colin Wilfred, SSF. Limited places: contact Colin Somerville 01273-721104 colin@zvi.gotadsl.co.uk
- Sept 24 St Nicholas' Church, Dyke Road, Brighton: 11:00am Mass. Speaker: The Revd Dr John Pridmore. Former Rector of Hackney, Church Times writer and author

Parish Pilgrimage

FOLLOWING IN THE FOOTSTEPS OF
THE NORTHERN SAINTS

17 – 22 JULY 2011

Come and stay at Shepherds Dene, an Edwardian House (full board) in the heart of the Tynedale Valley and keep company with such people as St Aidan, St Bede, St Cuthbert and St Hilda. Travelling by luxury coach, from the A1 we shall glimpse tantalising views of the sea and the Farne Islands and dramatic panoramas across Fenham Flats to Holy Island. On warm summer days, with several hundred people along the Bay – you may be a quarter of a mile or so from the next person. We shall visit amongst other places, Durham and Lindisfarne. Single and twin rooms available. Cost: £480 (approx) Please book early by signing the list on the board in church.

The Annual Parish Weekend at Wychcroft



The Annual Parish Weekend in 2011 will be 21 – 23 October. Please make a note of these dates in your dairy now!

From the registers



Baptism

We welcome in to the family of the Church...

Howie Lou Norris 12/12/10

Betty Jane Norris 12/12/10

Stanley Stirling Kevin Munro 12/12/10

Music at the heart of the city



Lunchtime recitals at St Nicholas'

Every Wednesday 12.30pm-1pm. Minimum donation £2.00 towards expenses is appreciated. Refreshments served, but bring your own sandwiches.

FEBRUARY

9 The Laplace Trio *String Trio*

16 Red Gray *Soprano*

23 Jennifer Aird and Eleanor Carr
Sopranos (pupils of Sue Mileham)

MARCH

2 Jennifer Jones and Jonathan Leigh
Soprano and Piano

9 Sarah Denman *Piano*

16 Janet Ormerod and Fiona Baines
Mezzo Soprano and Soprano

23 Ingrid Cusido *Piano*

30 Mary Chappelle and Nicola
Grunberg
Soprano and Piano

APRIL

6 Geoffrey James Bass *Baritone*

13 James Shenton and Glen Capra
Violin and Piano

20 Watch this space

27 Lucy Green and Charles Economou
Soprano and Piano

The beautiful ancient setting of St Nicholas' Church with its flexible space is an ideal venue for all occasions. If you would like to be considered for a concert, lunchtime recital or other event at St Nicholas', please contact the Parish Office 0774 619 8026.

Good stewardship

Please consider placing your monetary gift in the yellow envelope in your seat and completing the details. We can then reclaim the tax. Thank you. Also if you feel called to help with the running of St Nicholas', which includes such things as flower arranging, serving, reading in church, leading intercessions, leading a discussion group, providing a welcome at the church door as a steward, teas/coffees, etc, etc, etc. Please do speak with Fr Robert, in the first instance, and he will point you in the right direction.

St Nicholas away giving

St Nicholas' Give-as-you-go- scheme
Please do support the charities you have chosen. On the third Sunday of the month there is plate at the door for your donations. Thank you.

FEBRUARY **Lorica St Patrick's Night Shelter**

The Lorica St Patrick's Night Shelter is a real 'place for change' for people who are rough sleeping and works with a variety of local agencies. The Night Shelter has the facilities to provide safe, temporary emergency accommodation for 14 homeless men.
www.lorica.org.uk

MARCH **Brighthelm Drop In Centre**

Every Sunday afternoon from 2-4pm there is a drop-in at the Church, which is run by volunteers and is open to all. www.brighthelm.org.uk

Donations board at the back of the church

Letters of thanks from charities are posted on this board for members of the congregation to read and to remind you their work. Your continued prayers are asked for the charities we support.

Did you hear about our Silent Auction?

Cheryl Brown

A Bose sound system, a Victorian chest of drawers and hand-delivery of your local Christmas cards. Where else would you be able to buy these items, but in a community auction? And what kind of auction would include such a variety of expertise as portrait painting, coaching, upholstery, and preparing of fine cuisine, than the St Nick's Silent Auction? Around 25 items and services were donated by the St Nicholas Church community and during the end of November and beginning of December, our congregation and visitors were invited to make their bids. Well done givers and buyers. You raised over £1400 (even before Gift Aid is added) to help maintain our beautiful, historic church and help us to continue offering a warm welcome to all of our visitors.

The Silent Auction is one of a number of activities taking place to help increase our income. The PCC are preparing a number of grant applications and hopefully we'll be able to report on some success in this area in forthcoming issues of 'Directions'. Last summer, nearly 50 of us enrolled in the Talents Scheme last summer to use our skills and imagination to raise money among our family, colleagues and friends outside of St Nicholas Church. A creative range of talents emerged: from selling home-grown begonias to organising pogo-stick races. There'll be an update on the success of this scheme in the next issue of 'Directions', including news of the winners of the "St Nick's Got Talent" prizes.

At this particularly challenging time in the economy, churches need plenty of creativity, commitment and a variety of skills to secure their future. Fortunately these happen to be three things that St Nick's has a wealth of. We each have a duty as parishioners of one of the oldest (and loveliest!) buildings in Brighton to take care of it for future generations and keep its mission alive in the city. Thank you to everyone who has and continues to donate their time, money and talents to help us do this.

Ladies with typewriters Thank God for church ladies with typewriters. These sentences (with all the bloopers) actually appeared in church bulletins or were announced in church services (I think):

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

The Fasting and Prayer Conference includes meals.

*The sermon this morning: 'Jesus Walks on the Water.'
The sermon tonight: 'Searching for Jesus.'*

St Nicholas' Julian Group

Contemplative meditation influenced by Mother Julian of Norwich

Just be yourself – in the silence

Unite in prayer with other Christians

Learn to let go and *let go*

Invoke others to join

Adore the Living Creator

Now

Join this contemplative prayer group in the church on the 1st and 3rd Thursdays of the month at 1.00pm. All welcome, of whatever denomination or none. More information from the Revd Jessica Aidley (j.aidley@btopenworld.com 07807 080652)

St Nicholas' Youth Club

The Youth Club of St Nicholas' Church, meets at 6pm every Wednesday in term time. Come and join in with our great games, activities and treats, including:

- Ping-Pong
- Fooseball
- Board Games
- Arts and Crafts
- Cooking
- Tuck-Shop

and many other activities. All children, from all schools and any denomination, are welcome – from age 8 years and older. Adults who would like to help please contact Deacon Betsy 327 474.

Church choir

St Nicholas' Singers: rehearsals are held in church on Thursday evenings: children at 6.45pm and full choir at 7.30pm.

New singers always needed – soprano, alto, tenor and bass. We sing each Sunday at the 10.30am Parish Eucharist and on other special occasions too. Come and be part of this dedicated team – it's fun and we always seek to enjoy ourselves.

Contact Nicolas Rabson-Common 730727 or Cara Barseghian 07944 344108



Flower Festival

Martin Auton-Lloyd

Over the weekend of 8 – 10 July we are holding our 4th festival of flowers and music. This year the theme is The Holy Sacraments.

The festival weekend is being staged for two reasons: firstly it gives us an opportunity to offer our various skills to the glory of God. This is acted out by the arrangers portraying the Holy Sacraments in flowers, by our amazing band of musicians giving recitals and concerts, our bell ringers who will proclaim their gifts to the wider community, our caterers who will feed the masses and our whole church family by offering the gift of friendship and welcome to all those who visit the festival. This will allow us the opportunity to share our wonderful building and community to the stranger in the street.

Secondly this is an opportunity to raise much needed funds for the building and our whiteness and mission to the wider community. Over the coming weeks you will be given more information as to how you can get involved in the weekend. I hope that this festival will draw us closer to each other as a community as we work together to make this the best Festival weekend St Nicholas' has held.

Gardening

Sarah Carlisle (Sarah runs Stanmer Nursery)

Community Groups

I gave a presentation to a horticultural society out of town, on a cold January evening and was really impressed with the turn out. The hall was packed with enthusiastic gardeners there was a real buzz in the room. My thoughts turned to Brighton and what is on offer here by way of societies and gardening community groups and made a resolution to get more involved and join up. The groups often have guest speakers, swap seeds, cuttings and advice, run competitions and organise trips to gardens. It is a really inspiring way to spend an evening and a good time of year to do it.

Stanmer Nursery

Up at Stanmer we are ready to start the new season and take delivery of all our seeds and cutting stock to pot on for sales and for the parks. The glasshouses have been cleansed. A new glasshouse has been ordered to replace the one that the snow broke last winter – the build will start in April.

St Ann's sensory garden

I am busy designing planting plans for St Ann's sensory garden and old rose beds which is coming together nicely and will be presented for consultation to the Friends group this week. The planting is scheduled for March. The sensory garden is a challenge for me. Each plant has to earn its place in the border with all the senses catered for. The sloping beds need to be raised so plants can be touched and appreciated by visually impaired visitors and wheelchair users. Grasses and bamboo will rustle in the breeze, Viburnum will emit winter scent, Stacys will provide soft furry leaves and contrast with the spikes of Echeveria. Bright orange and yellows of Echinacea will contrast with the purple Salvias yellow is the last colour visible when sight loss occurs. Finally there will be plenty of Herbs that can be tasted but also used for medicinal purpose. Check the big 4 below.

Herbs

Fennel

Use the seed here pour over boiling water, then strain before drinking. Appetite suppressant, gut cleanser and breath freshener.

Peppermint

Try a cup of peppermint tea for indigestion. Use fresh leaves, pour over boiling water in a mug and allow it to stand for five minutes cover the top to stop the loss of essential oils.

Rosemary

An occasional cup of tea made from fresh rosemary leaves helps stimulate the memory and helps hangovers.

Lavender

Lavender has many uses calming and healing - an antidote to insomnia. Place the flowers under your pillow or in your bath.

Local Horticultural Societies and Community Groups

West Hove & District Horticultural Society
01273 723695

Meetings with speakers held on 3rd Tuesday every month at 7.30pm at St Leonard's Hall, Glebe Villas, Hove. Outings to places of interest. Plant Sale held in May. New members and guests welcome.

Brighton & Hove Food Partnership (BHFP)
www.bhfood.org.uk

Brighton and Hove Organic Gardening Group (BHOGG)
www.bhogg.org

Hove Horticultural and Allotments Association
Shop and advice Sat and Sun mornings only
01273 772684

Bevendean Community Garden
bevendeancommunitygarden.blogspot.com

Alpine Garden Society Sussex Weald Group (AGS)

Illustrated lectures and practical demonstrations on growing and propagating alpine and rock garden plants. Meetings held on the second Monday of each month (Sept-May), 7.30pm at the Village Hall, Herstmonceux.

RHS Dig Together Day (DTD)

Community gardening activity in September 2011, societies can join the uk wide campaign. Check out the RHS website.

Top ten jobs

- Cut down Salix (willows) and Cornus (dogwoods) to their base to promote fresh, coloured stems.
- Start ordering seed. Watch out for **Seedy Sunday** in February at Hove Town Hall.
- Plant bare-root roses, hedging, trees and shrubs much cheaper than potted. We have these in stock at Stanmer.
- Tidy up flowering Hellebore leaves can blotch, this is a symptom of leaf spot disease.
- Prune shrubs and wall climbers away from window.
- Cut back ornamental grasses, new growth will soon spring up.
- Cut and tidy perennial beds.
- Prune roses hard taking off crowded growth.
- Check seed packets for January sowing. Some salad leaf crops can be sown now.
- Spring clean the garden or patio, compost waterlogged soil in pots, scrub down the decks or pavers and fix trellis and fence panels.

St Nicholas Green Spaces Association

Big thanks!

Thanks to everyone who came along to plant bluebells with Dom, the park ranger. The ground was soft and it didn't rain. Around 20 people turned up, and it was lovely to have some fresh air and get together in the Churchyard. Many thanks to Marion Huang for all the tea and coffee and Jane Dalloway took some lovely photos.

Sarah Crisp



Bluebell bulbs



Plenty of spades for volunteers – and there were more people than spades, which is a good sign



Dom, the park ranger, gives instructions



Skitters pays attention to the instructions – so she knew where to dig the bulbs back up from

Cookery

Pancakes

Ros Addison

It seems to come round quickly but Pancake Day is looming. Here are a couple of good – relatively healthy – pancake recipes. Enjoy!

American blueberry pancakes

200g self-raising flour
1 tsp baking powder
1 egg
300ml milk
knob butter
150g pack blueberries
sunflower oil or a little butter for cooking
golden or maple syrup

Mix together the flour, baking powder and a pinch of salt in a large bowl. Beat the egg with the milk, make a well in the centre of the dry ingredients and whisk in the milk to make a thick smooth batter. Beat in the melted butter, and gently stir in half the blueberries

Heat a teaspoon of oil or small knob of butter in a large non-stick frying pan. Drop a large tablespoonful of the batter per pancake into the pan to make pancakes about 7.5cm across. Make three or four pancakes at a time.

Cook for about 3 minutes over a medium heat until small bubbles appear on the surface of each pancake, then turn and cook another 2-3 minutes until golden. Cover with kitchen paper to keep warm while you use up the rest of the batter. Serve with golden syrup and the rest of the blueberries.



Apricot pancakes with honey butter

For the butter
100g butter, softened
2 tbsp clear honey
For the pancakes
140g self-raising flour
pinch bicarbonate of soda
25g caster sugar
1 egg
150ml milk
handful ready-to-eat dried apricots , finely chopped
oil, for frying

For the honey butter, beat the butter with the honey and spoon onto a large piece of cling film. Squeeze into a sausage shape, then wrap tightly and chill until ready to use. Will keep in the fridge for up to a month.

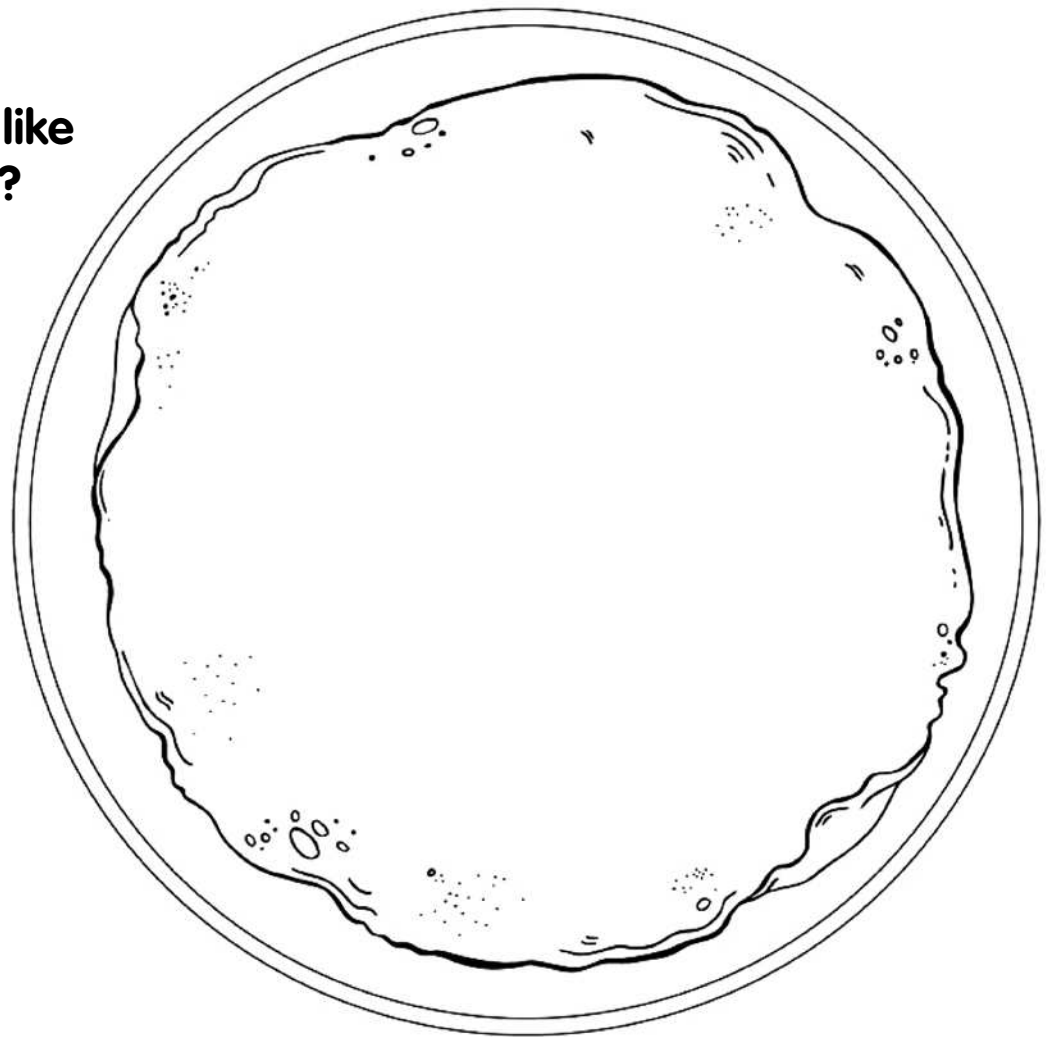
Sift the flour, bicarbonate of soda and a small pinch of salt into a bowl, then stir through the sugar and make a well in the centre. Beat together the egg and milk, then gradually pour into the well, stirring slowly, to avoid creating lumps. Stir in the apricots.

Heat a non-stick frying pan over a low heat and add a little oil. Drop in 4 tablespoonfuls of batter and cook for 1 min or until the surface of each pancake is covered in bubbles. Flip with a palette knife or fish slice, and then cook for a further min. Repeat with the remaining batter. Serve warm or leave to cool, then toast and spread with the honey butter to serve

Childrens Corner

What would you like on your pancake?

There will be a yummy prize for the most creative pancake topping. Just hand in your pancake picture to Ros Addison by Sunday 6th March



Why not colour this picture in too?



Reflections on Stewardship

Matthew Burrows, Stewardship Officer

The Switching on Stewardship campaign is now fully up and running. The development of the Switching on Stewardship forms earlier last year, and the introduction of stewardship issues into our regular prayers and notices, has been designed, to give us all an opportunity to acclimatise ourselves to a culture of stewardship. The stewardship service held on Sunday 28th November put stewardship at the centre of our worship, celebrating the activities of St Nicholas Church, giving thanks for the gifts given to us, and the efforts and commitment of all involved making those gifts available to all. It was a time to reflect on how our own time talents and money impact upon church life and our local and wider community. It was a time to raise awareness, highlighting the role of stewardship to newcomers and those looking for a role to play or an opportunity to take. In the end it was a time when many of us made a pledge, a pledge of time, talent and money for the forthcoming year to the glory of God and the manifestation of his will in our community.

Of course there are always two parts to any event and campaign. There is, of course, your response to the many meetings and hours we spent trying to work out; what we meant by stewardship, and how we could make this accessible to the rest of the church members. It is not an easy job to ask people to give things up, especially when we may not be aware of what if anything they have to offer. The response was mixed, some were prepared, some bewildered, some welcomed the advice available and for some it created fear. A fear that they couldn't respond with the generosity they would hope. Perhaps they were pensioners, families on a budget, out of work or fielding debt, their reasons no doubt real and varied.

It is all too easy to forget, when delivering campaigns like this, that the body of Christians we call church, crosses many boundaries and personal contexts. For me, being on the receiving end of your responses, there was one clear unifying feeling, care. You cared that your preparation had been prayerful and generous, you cared that when being caught unawares your response could be genuine and authentic and you cared that you could respond even if your circumstances didn't allow.

What I can report is that your response was genuine, authentic and generous. We had nearly one hundred offers of time and talent and over forty new or renewed financial pledges. It is worth remembering that I or any other Stewardship Officer does not see how much money you pledge, this is rightly a matter of conscience. But it is also worth remembering, that for those of us in a more privileged position, Gods will is that we care for the vulnerable and those in need. When we all give what we can (no matter how small) we are assured that there will be enough for all to have their fill.

So where do we go from here? What can be done to make a stewardship campaign appropriate and sensitive to the needs of church members and the community? Well in short keep doing what we are doing, imagining a community of opportunity, praying for a genuine and appropriate personal response to giving, and doing what it is we do best here at St Nicks sharing what we can in action. Finally for the stewardship officers we will be looking at ways of making available to the community appropriate information on giving and developing ways of creating a more inclusive sense stewardship for all.

Matthew Burrows



What brought you to St Nicholas Church?

I moved to Brighton with Liz and Noah my wife and son from London four years ago. For the first year we rented a flat on Dyke road whilst we decided if life out of London was for us. Of course it didn't take long to realise that Brighton was a place we could call home. St Nicholas was our nearest church and, given this, seemed the best place to start when looking. Four years later I haven't felt the need to go further afield.

What is your earliest memory?

Drawing at the kitchen table whilst my mother washed the dishes and I attempted to manifest a growing creative appetite, whilst wrestling with a very itchy woollen jumper.

When were you happiest?

The happiest days were when I proposed to Liz at the monastery of St John the Divine (she said yes). And the day of Noah's birth. The happiest period of my life is now.

What is your greatest fear?

I fear a narrow mind, my own and others. As an artist I spend a large part of each day maintaining the conditions necessary to keep an open mind. Art can't happen without it.

What do you consider to be your greatest achievement?

My greatest achievement is maintaining the above. The more you know the harder it gets, the more successful you become the greater the temptation to give in to expectation, the expectation of the market and the words of your audience/critic.

What do you think is the best thing about your local community?

Without doubt its generosity and tolerance.

Who has been the biggest influence in your life?

There are those who have influenced through what they left behind and perhaps my biggest influence from these is the 18th century Spanish painter Goya. In the land of those still making that contribution I would have to say my friends. I count myself blessed to call friends some very exciting and significant artists.

Have you always been a Christian and how important is your faith to you?

I grew up in a Christian household. It was a positive and enriching context in which to grow. Despite this, there was a time in my teens and early twenties when I had to find my own response to God's calling. I don't do anything by halves, so spent a good five years reading my way through the history of theology and philosophy, before I could walk through the doors of a church again. It was a few years later before I recognised the trust necessary to call my experience faith. I realise now that Christ was always there. Faith is central to all I am and do. I am not sure that I can do anything fully without it.

What was your most embarrassing moment?

There so many from my secondary school days that I wouldn't know where to start. I think the whole experience of school, for me, was one long act of humiliation. After seven years of further education (which I loved) I now rarely if ever suffer from embarrassment.

To whom would you most like to say sorry and why?

Too many to single out, but generally, anyone who has suffered the times when I represented the institution and not the person.

What is the best job you've done?

The one I do now. Being an artist is a great privilege, there are few jobs that you can live with and in. Of course it has its down sides, reinventing the wheel each week is emotionally tiring, there can be months and years with no reward artistically and financially. It takes nerves of steel, good friends, and an understanding family and bank manager, just to give you the courage to get out of bed.

What do you like most about St Nicholas Church?

St Nicholas has that range and depth of community that I think best characterises a truly Christian church. I genuinely feel that anyone could walk through the doors and be welcome. Religion is a difficult issue for many people who have grown up in a secular culture. Its history gives rise to many examples of why suspicion of such groups might be a very natural response. I feel and believe that Churches like St Nicholas make a potent place to explore faith, and show what imitating Christ looks like today.

SINGING

More skill = more enjoyment!!
Professional (ex Covent Garden,
WNO etc) offers expert tuition
to all ages, all voices.

NICK RABSON-COMMON

01273 730727

niccom@tiscali.co.uk

PurpleRhino

Window Cleaning

Do you require a regular window
cleaner for your home or business?

Please call us on

0800 1577484 for a quote.

www.purple-rhino.co.uk

Darran Smith 07766243171



ATTREE & KENT

Funeral Directors & Monumental Masons

Offering the
sensitivity of service
that only a
family owned
business can...

2 Hollingbury Place, Brighton, BN1 7GE

T: 01273 542454

E: attree.kent.brighton@cpjfield.co.uk

108 Church Road, Hove, BN3 2EB

T: 01273 821985

E: attree.kent.hove@cpjfield.co.uk



Windlesham School

Independent Day School for boys and girls aged 3 to 11 years old
with strong links to a range of secondary schools at scholarship level



- The spiritual, moral, social and cultural development of pupils is outstanding
- Behaviour is outstanding
- All pupils from Nursery upwards have the benefit of subject specialist teachers
- Teachers' subject knowledge is used successfully to challenge pupils

Ofsted

December 2008

Telephone: 01273 553645

info@windleshamschool.co.uk

www.windleshamschool.co.uk



The Regency Restaurant

The Regency Restaurant is the oldest and arguably the most popular family friendly seafront restaurant in Brighton, serving fresh locally caught fish, shellfish, pasta, meat and vegetarian dishes.

Highly recommended by well known chefs Rick Stein and Antony Worrall Thomson.

Extensive wine list, superb views of the West Pier and seating for 140.

For reservations call Emilio or Roberto on 01273 325014.

131 Kings Road
Brighton BN1 2HH

www.theregencyrestaurant.co.uk

A & F Pilbeam LTD

BUILDING AND CIVIL ENGINEERING CONTRACTORS

- NEW WORK
- EXTENSIONS AND ALTERATIONS
- REFURBISHMENTS
- REPAIRS AND MAINTENANCE
- HERITAGE WORK

Contractors to Health, Education and Local Authorities, Housing Associations, Ecclesiastical Bodies, Commercial and Industrial Clients.

81 UNDERDOWN ROAD,
SOUTHWICK,
BRIGHTON, BN42 4HA.
Telephone: (01273) 593494
Fax: (01273) 870337
E-mail: construction@afpilbeam.co.uk

**BRIGHTON & HOVE
STREAMLINE TAXIS**

747474

202020

**Over 370 vehicles
& over 800 drivers**

(01273) streamlinetaxis.org 24/7/365

Please support our advertisers and encourage others to take space

Subscribe to Directions

The annual subscription for *Directions* is only £9.00. Please consider reserving your copy by completing the form below and sending it to: Directions, 11 St Nicholas Road, Brighton, BN1 3LP

I should like to subscribe to Directions for one year (six issues) and enclose payment of £9.00. (cheque made out to 'St Nicholas' Church')

Name

Address

Postcode

Those who can are asked to collect their copies from the church. Copies can be posted out to you at an additional charge of £3.00. Please tick your choice:

- I am happy to collect my copy from the Church
- Please post my copy to the address above



St Nicholas' Parish Church, Dyke Road, Brighton

The Ancient Mother Church of Brighton

Website: www.stnicholasbrighton.org.uk

Sunday worship

8.00am Holy Eucharist
10.30am Parish Eucharist
with Junior Church and Creche
6.00pm Evening Worship as announced

Weekday worship

Wednesday 10.30am Holy Eucharist
Saints and Holy Days as announced
Morning Prayer is said every weekday in church at 8.30am (Saturday 9am)

The laying on of hands for healing is offered at the Parish Eucharist on the first Sunday of each month and at the Eucharist on the first Wednesday of each month

Holy Baptism, Banns of Marriage, Weddings and Funeral Services should be arranged with the Vicar

Sacrament of Reconciliation and Counselling – confessions can be heard after any Eucharist or by arrangement with the clergy

Vicar

Fr Robert Chavner TSSF
St Nicholas' Vicarage
8 Prestonville Road,
Brighton, BN1 3TL
01273 709045
Fr Robert is available to help at all times. He is happy to visit parishioners at their hospital beds or at home, and is grateful to be advised of any need. Whenever possible he will keep Friday as his 'free' day.

Assistant curate

Rev Betsy Gray-Hammond
30 Bigwood Avenue, Hove
01273 327 474
Whenever possible Deacon Betsy will keep Thursday as her 'free' day

Hon assistant priests

Rev Canon Robin Protheroe
01273 687822
Rev Andrew Henderson
01273 327829
Rev Jessica Aidley 07807 080652
Rev Robert Easton (Chaplain,
Brighton College) 07793 417431

Churchwardens

Veronica Thomason 01273 205004
Stephen Tucker 01273 207685

Deputy churchwardens

Michael Fisher 01273 729139
Alan Beckenhem 01273 818512
Jo Baker 01273 708708

Verger

Matthew Suter 07878 928684

The Parish Office

Mon, Tue, Thur, Fri: 9am–12 noon
Lynn Rashid 0774 619 8026
saintnics@talktalk.net

St Nicholas Choir

Nicolas Rabson-Common 730 727
Cara Barseghian 07944 344108

Organist

Jonathan Leigh 07904 658083

Church bookings

Parish Administrator:
0774 619 8026
saintnics@talktalk.net

Churches Together in Central Brighton and Kemp Town

Chairman: Fr Jerome Lloyd OSJ
Reps: Jonathan Ockenden, Louise Schweitzer

Servers

Heather Wilkin (adults) 207394
Amanda Ogilvie (children) 709385

Bells

Marion Huang 01273 728343
Practice night Mon 7.45–9.15 pm
2nd and 4th at St Nicholas'
1st, 3rd and 5th at St Peter's

Church flowers

Gaye Harris 01273 203418

Junior church

Peggy Guggenheim 01273 841723
Anne Cross 01273 737652
Joanne Morrell 01273 242836

St Nicholas Youth Club

Deacon Betsy 01273 327 474

St Nicholas' Nippers

Joan Rayment 01273 672526

Safeguarding

Nigel Nash 01273 689765

Friends of St Nicholas

Richard Hall 01273 775393
richard@hallogram.freemove.co.uk

Electoral Roll officer

Sharon Baxter 01273 778750

PCC

Matthew Burrows, Margaret Funnell, Lucy Grout, Rebecca Morgan, Sharon Baxter, Martin Auton-Lloyd, Roberta Woodhouse, Michael Fisher, Anthony Holden, Heather Wilkin (Governor)

PCC Secretary

Anna Golawski 01273 738534

PCC Treasurer

Julian Laing 01273 731969

PCC Sub-Committee Chairs and Champions

Fabric: Kevin Westgate
Finance: Mike Jackson
Social: Veronica Thomason
Home & Overseas Giving: Jo Baker
Church Bookings: Julie Watson
Organ: Veronica Thomason
Stewardship: Matthew Burrows, Richard Hornby
Fundraising: Cheryl Brown

Deanery Synod representatives

Cheryl Brown, Julie Watson, Kevin Westgate

Gift Aid Secretary

Jennifer Westwood 01273 723015

Website

Karim Hyatt 07985 991199 khyatt@pantheonmanagement.co.uk

Directions (parish newsletter)

Editor: Ros Addison 01273 778152
rosalyn.choate@btinternet.com

Articles for the next edition of Directions to reach the editor by Wed 30 March for publication on Sun 17 April.

St Nicholas' Church is in Covenant with Brighthelm URC, Chapel Royal and Dorset Gardens Methodist Church and all are member churches of Churches Together in Central Brighton and Kemp Town