

Good News Parish Magazine

for High Downs Parish

Serving the villages of
Eastling, Otterden,
Stalisfield and Throwley
www.goodnews.rf.gd

August

- 7th Otterden & Stalisfield W.I.
Stalisfield Village Hall 7.30pm
- 18th Open air theatre - Beauty and the Beast
Belmont House 4pm
- 20th Copy deadline for September Good News
goodnewsmagazine@me.com
- 24th Stalisfield Village Fête
Stalisfield Hall and Green 2 pm
- 25th Choral Evensong
Throwley Church 4pm

SEPTEMBER 2024

- 4th Otterden & Stalisfield W.I.
Stalisfield Village Hall 7.30pm
- 11th Stalisfield Youth Group
Stalisfield Village Hall 7 - 8.30pm
- 11th Arts Society lecture, Egerton
Millennium Hall, Egerton 2.30pm
- 12th Charing History Society
Parish Hall, Charing 7.30pm
- 26th Arts Society lecture, Faversham
Alexander Centre 11am

Evensong

Throwley Church

Will host a
Benefice Evensong
Sunday 25th August
4pm

All welcome

Refreshments
after the service



**STALISFIELD GREEN
VILLAGE FETE
AND FUN DOG SHOW**

SATURDAY 24th AUGUST
Fete opens 2pm

BBQ **STALLS** **STALLS** **STALLS**

FUN & GAMES **FUN DOG SHOW** **ICE LOLLIES**

TEA AND CAKE *** LOTS OF CLASSES** ***ENTRIES ON THE DAY**

SPLAT THE RAT **RACES**

CROCKERY SMASH **BRIC-A-BRAC** **CRAFTS**

DISPLAYS **HOME PRODUCE** **BOOKS, AND MUCH MORE**

Get involved in Stalisfield Fete Competitions!

1. **PICTURE/PHOTO OF THE LOCAL AREA**
2. **GARDEN FLOWER ARRANGEMENT**
3. **VEGETABLE WITH A FACE**
4. **DRAWING OF YOUR DREAM PLAYGROUND**

These competitions are open to all ages, but if you are under 14 please include your age.

Bring to Stalisfield Hall at 2pm on Saturday August 24th

Stalisfield Fête needs you!

De-clutter for us...

Donations are needed ... we would welcome: your bottles (especially non-alcoholic and alcoholic drinks), chocolate bars of all varieties, pre-loved designer clothes and beloved bric-a-brac.

Please leave items at Stalisfield Village Hall on Friday 23rd August.

And, of course, we would love donations of home produce which can be left on the day (Saturday 24th August) between 10am and 12pm.

We will also do a door to door collection in Stalisfield on the afternoon/evening of Friday 16th August ... your 21st century 'rag and bone men', so have your items ready.

Please see the website for other details: www.stalisfieldvillagehall.co.uk

Stalisfield Harvest Supper

Saturday 12th October
at 7pm.

Save the date.



Message for August

Charles Plumb was a US Navy jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and



parachuted into enemy hands. He was captured and spent 6 years in a communist Vietnamese prison. He survived the

ordeal and now lectures on lessons learned from that experience.

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!"

"How in the world did you know that?" asked Plumb.

"I packed your parachute," the man replied. Plumb gasped in surprise and gratitude. The man pumped his hand and said, "I guess it worked!"

Plumb assured him, "It sure did. If your chute hadn't worked, I wouldn't be here today."

Plumb couldn't sleep that night, thinking about that man. Plumb

said, "I kept wondering what he had looked like in a Navy uniform: a white hat; a bib in the back; and bell-bottom trousers. I wonder how many times I might have seen him and not even said 'Good morning, how are you?' or anything because, you see, I was a fighter pilot and he was just a sailor." Plumb thought of the many hours the sailor had spent at a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know.

There are two, maybe more, lessons to be learned from this.

Some people may feel they are "packing parachutes". Doing a job that is difficult, or repetitive and thankless. If you feel like that, what you are doing could make a lot of difference to someone else. Even save their life.

Everyone has somebody who "packs their parachute". Who does something to help them make it through the day. In our busy world it is easy to forget those people who contribute to our lives and we can miss what

is important. We may fail to say "hello", "please", or "thank you". To congratulate someone who has achieved something or to listen to and sympathize with someone who is unwell or has a problem. After all, isn't this how we would like to be treated?

Jesus said, 'Do to others as you would have them do to you' (Luke 6:31).

Who is packing your parachute today, and in the future ?

Yours in Christ,
Revd Jim Pye

Jesus Online

Sundays, 3-3:30pm

Online, hosted by Seasalter, St Alphege.

Jesus Online is an online service open to any young person (secondary age) and their parent/ carer across our diocese. It is particularly aimed at those who's cognitive understanding is around reception/preschool age and who find it difficult to access church in person. As it's on Zoom, even those who are in hospital or unable to leave the house can join in. Each week we have some worship, a Bible story and prayer. We also have a WhatsApp group for the parents so that we can share prayer needs, support each other and build community.

Email Revd Paulette Stubbings
paulette.stubbings@stalphegesesalter.org for more details.

Prayer for August

By Daphne Kitching

Dear Heavenly Father,
In this month of August, thank you for your presence. Whether we're at home or on holiday, in one place or travelling, working or resting, happy or sad, young, middle-aged or elderly, you are with us.

As we journey through the different stages of this life on earth, help us to know that wonderful assurance of your presence, by putting our trust in Jesus now.

No matter what ups and downs come our way, we will never be alone. You are with us, sharing it all day by day - and leading us home.

Thank you, Lord of all our journeys, In Jesus' name.

Amen.



Eastling Church

Flower rota



4th & 11th August - Steph

18th & 25th - Julia & Marion

1st Sept - Gabby & Pippa

If you would like to join the flower arranging rota, please call Bay on 01795 892036.



CHARING & DISTRICT LOCAL HISTORY SOCIETY

www.charinghistory.co.uk



The Wreck Hunter

Since 1961 Terry Parsons searched for lost aircraft and memories of the Battle of Britain and the Blitz. He discovered over decades thousands of RAF and Luftwaffe artefacts and unearthed an intricate weave of life stories. This talk shows us how one man's pioneering commitment to aviation archaeology serves as a tribute to thousands of young souls lost in the Battle of Britain and the Blitz.

Speaker: *Melody Foreman*

Thursday 12th September 2024
Parish Hall, Station Road, Charing
Doors open at 7.30pm,
talk starts at 8pm

For our July meeting we welcomed back local artist and printmaker, Judith Westrup, who gave us a wonderful presentation about her real work as a Speech and Language Therapist. None of us had any idea how involved and varied this would be. Judith specialises in Autism but also works with many other conditions to enable communication. A therapist can be involved with babies and very young children especially after damage during birth, adults with communication difficulties and through the generations assisting with stroke sufferers and conditions like Parkinson's and Dementia. We all had a go at trying to communicate using symbols and diagrams which proved to be extremely difficult. Judith spoke for well over an hour and we could have listened to much more about her extremely important role.

Our next meeting on August 7th is a really social one where we all

bring some finger food to share, hopefully we will be able to enjoy the evening al fresco overlooking the lovely view from the village hall!

Future events are a Handbell session in September, one of members showing photos of local history in October, and then in November, a presentation from KCC safety team focusing on driving and the updated Highway code. If you would like to join our lovely village group please contact Helen Brooks 07477 580727 or Ellie Cameron 07775 649337.

Finally we will be hosting a Craft Fair at the village hall on October 19th at 13:30 to 16:00 both as a fundraiser for our group and an opportunity for local creative arts and crafters to promote their business and pre Christmas sales. If you would like to join us and have a table at this event for £10 please contact us.

The Pride of The Plough

We pledge for 2024 to gift two Sunday roast lunches on a fortnightly* basis to someone who really deserves it; an unsung hero whose act of kindness, commitment and passion to the community or a person in the community means they deserve to get something back, please see our catchment area.

Send your nominations to community@theploughinnstalisfield.co.uk before Thursday 5pm to add them to the following weeks Sunday lunch booking at 12.30pm, check out our social media & website for the dates and a list of the winners.

Please include the following to add your nomination to the list

- The name of the person
- Postal address, email address & mobile phone number
- The reason for the nomination
- How they have made a difference
- Any supporting information
- Your contact number

NB for nominations under 18 years olds please confirm that you have obtained consent from the parent of guardian of the nominee to nominate them and add their details to the nomination information for us to contact them first.

Catchment area includes all of the villages but not as far as Faversham.

*may exclude some dates but we will offer alternative

Can't wait to hear from you all!



The Plough Inn, Stalisfield;

a family run, independent, award winning pub & restaurant offering an extensive menu of both 2 AA rosette dishes and your traditional pub classics.

Don't forget that we offer a **take away Fish & Chip service** Wednesdays & Thursdays 5.30 - 6.45pm.

The Pride of Plough Last month's winners were Alan and Marion from Eastling and Kathy and Simon Davies from Stalisfield. Please don't forget to send in your nominations to:
community@theploughinnstalisfield.co.uk

Job Opportunities available for Housekeeping, Pot wash and weekend Bar/ Restaurant. Please email CV or pop in.

Keep up to date by following us on Facebook, Instagram or X (twitter)

Stalisfield Road, Faversham, Kent, ME13 0HY
Tel: 01795 890 256 Email:
info@theploughinnstalisfield.co.uk

Would you like to learn how to display your flowers?

There's going to be an afternoon class that you can sign up for.

Especially for the petrified!

Bay and Sally have agreed to pass on some of their knowledge to us.

This can be for your home or church displays.

To be held in Lynsted Church in August - date to be confirmed.

If you are interested please contact
joyce.warren@kc-hd.org.uk



Stalisfield Harvest Supper

Saturday 12th October at 7pm

Stalisfield Village Hall

Save the date.



Belmont House & Gardens What's On

Falconry on the lawn

Thursday 8th & Thursday 22nd August

Kent Falconry Centre will be here flying a variety of birds on the front lawn, you will be in for a real treat. Falconry shows are included within all admission types to Belmont House & Gardens and will take place at 12.30pm & 2.30pm.

Gardens open from 10am. Self-guided tours will be available between 1-3.30pm.

Open Air Theatre: Beauty and the Beast

Sunday 18th August, 4pm

Presented with lively original music and sparkling humour in a delightful setting, Chapterhouse Theatre Company's rollicking new adaptation of Beauty and the Beast is perfect for all the family! Picnics are welcome in the gardens. Adult £20, Child 5-16, £12, Child under 5 Free and Family (2 Adults & 2 Children) £55.00.

Wild Classroom Family Cooking Class

Tuesday 27th August, 10am-1.30pm

Step outside this summer with Wild Classroom, where you can indulge in the art of cooking over an open fire using fresh produce from our Kitchen Garden.

This is a hands-on workshop, so that even the youngest and smallest members of your family can get involved to create some delicious dishes cooked over fire. £70.00 includes the registration of 2 adults and 2 children aged 4 - 15 years.

www.belmont-house.org

Eastling Neighbourhood Watch



Village Warden 07794 010 394
or 01795 890848

Police 101 Emergency 999

For any scam or cyber attacks or calls
please report it on
0330 123 2040

With the harvest being gathered in and the fields being ploughed, please take care driving in the local areas as there are some very large farm vehicles about.

Fly tipping is on the increase all around Kent so, without endangering yourself, if seen please try and obtain a vehicle registration and pass on to the appropriate council or police.

With the fields being cleared no doubt the unpleasant people will be about chasing the very few hares that are left so, please again if seen report it.

Unfortunately there is a long wait if you dial 101 for the police so for non urgent crime it is easier to post on line at www.kent.police.uk

Urgent crime dial 999.

Take Care

Alan

P.S.

Alan and Marion would like to thank the kind people whom nominated them for the Pride of Plough presentation and the Richard and Marianne at The Plough for organising and their hospitality.

It was a kind thing to do and very much appreciated

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The Slide

By Daphne Kitching

As I watch

She climbs the steps steadily,
Holding the handrail,
Her two-year-old feet following each other

Rhythmically, unhesitatingly

To the platform at the top

Where she sits down

And freezes.

Holding tight to the sides,

Knees up, feet flat

She judders down a little way

Then looks up.

Her eyes meet my smile, my

outstretched arms –

And she takes her hands off the edge
of the slide,

Shooting forward with a squeal of
delight,

Trusting the love she knows.

Lord, I have climbed so steadily,
I have come so far, in my own
strength,

Holding on, holding back,

Sometimes freezing.

But I am Your child,

Today I will lift my eyes

And meet Your smile, Your

outstretched arms,

I will lift my juddering feet -

And take my hands off the edge of
the slide

Released to ride, by Your Spirit,

Into the freedom of Your will,

Trusting the Love I know.



Ride and Stride

14th September,

10am-6pm

Ride and Stride is one of the largest community events in Kent each year. You walk, cycle or even drive between churches and chapels of all denominations in any part of Kent of your choice. You select your own route and visit as many buildings as you wish from a list of 700 participating churches and chapels. Go alone or with members of your family or your friends and have an enjoyable day out.

The aim is to raise money for our wonderful legacy of church buildings by asking people - your family, friends, other members of the congregation and community - to sponsor you, giving either a fixed sum or an amount for each church you visit. Half the money you raise goes to your own church or chapel, the rest to the Friends of Kent Churches to help fund their grants for repairs and facilities at churches and chapels in the county.



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Unit C The Market Place, Brogdale Farm
Brogdale Road, Faversham
ME13 8XZ

News from Citizens Advice Swale

What can you do if a tradesperson doesn't carry out work to the expected standard?

Can you challenge it?

It's always frustrating when you run into problems with home improvements.

If you consider a job unfinished or unsafe, you should be able to get the tradesperson to come back to fix it. If the tradesperson considers the work complete, it's worth knowing you're protected by the Consumer Rights Act 2015, which says they should've completed the work with 'reasonable care and skill'. If they haven't done this, they've broken the law. The Act means you're legally entitled to ask the tradesperson to fix the problem (if they provided the materials as well as the service) or get money refunded (if they just provided the service and you bought the materials).

They should fix the problem or refund you in a reasonable amount of time, without causing too much inconvenience. If you've received the invoice for the work but not paid yet, you can ask them to fix the issue or you can negotiate a lower price for the work.

Let the tradesperson know you understand what you're entitled to. Speak to them in person, or contact them in writing/over email. There are template letters on the Citizens Advice website (citizensadvice.org.uk).

Make sure you have a written copy of anything agreed. Before you contact them, it's a good idea to take photographs to use as evidence of the problem.

Make notes about what happened, including dates and times. You should also gather any paperwork and receipts, including prior written agreements.

If the final cost wasn't in line with estimates or quotes given to you at the outset of the work, there is advice on the Citizens Advice website about steps you can take.

If you're struggling to come to an agreement with a tradesperson, there are other steps you can take to solve your problem including using 'alternative dispute resolution', which is a way of solving disagreements without going to court.

You can find out more on the Citizens Advice website.

If you'd like support dealing with consumer issues, or for for general advice, we run drop-in sessions which you can attend without an appointment:

- Monday 10am-12pm, Swale House, Sittingbourne
- Tuesday 10am-12pm, Sheppey Gateway, Sheerness (except the second Tuesday of every month, which is held at Sheerness East Working Mens Club)
- Wednesday & Friday 10am-12pm, 43 Stone Street, Faversham

Alternatively, email us at www.citizensadvice.org.uk/email-general-advice (Monday-Wednesday) or call Adviceline on freephone 0808 278 7979

For debt advice:

Request a call back from our specialist debt team at www.citizensadvice.org.uk/debt/

citizens
advice



The Rose

by Audrey Keen

Breathe deeply and inhale
The scent hidden behind walls,
Or touch a floating petal
From the rose tree as it falls.
View with pleasure
Buds unfurling from the stamens clasp,
And watch the sharpened spurs
For they will pierce and make you gasp.



Open Gardens in August

**1 Fox Cottages, Fox Lane,
Overland ME13 9PG
Saturday 3rd August
11am - 4pm**

Organic, informal cottage garden, productive fruit trees and vegetable garden, apple arches, meadow and wildlife pond. Lovely views from top of garden. Home-made refreshments in aid of Faversham Umbrella.

Adm with Hoppickers East £7, child free.

**Hoppickers East, Hogbens Hill, Selling
ME13 9QZ**

**Saturday 3rd and Friday 16th August
11am - 4pm**

A new garden, started in August 2020 on the edge of a field. No dig principles. Emphasis on plants for pollinators and other insects. Can be viewed on Middle Sized Garden blog. Flat grass paths.

Adm with 1 Fox Cotts on 3rd £7, child free:
On 16th - Adm £5, child free.

**Avalon, 57 Stoney Road,
Dunkirk ME13 9TN**

**Saturday 10th & Sunday 11th August
11am - 4.30pm**

Sloping edge of woodland garden, overlooking the Thames Estuary, with mixed planting and some unusual plants, including dahlias.
Adm £6, child free.

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Services in our Benefice

4th August Trinity 10

Ephesians 4. 1 - 16, John 6. 24 - 35

Eastling 10.30am Holy Communion
Norton 10.30am Morning Worship
Lynsted 6pm Cornerstone

11th August Trinity 11

Ephesians 4. 25 - 5.2, John 6. 35, 41 - 51

Throwley 10.30am Morning Prayer
Oare 10.30am Holy Communion
Lynsted 10.30am All Together Now

18th August Trinity 12

Ephesians 5. 15 - 20, John 6. 51 - 58

Eastling 10.30am Morning Worship
Norton 10.30am Holy Communion
Lynsted 6pm Cornerstone

25th August Trinity 13

Ephesians 6. 10 - 20, John 6. 56 - 69

Newnham 10.30am Morning Worship
Throwley 4.00pm Benefice Evensong

Wednesday 28th August

Wychling 11.00am Holy Communion

1st September Trinity 14

James 1. 17 - end, Mark 7. 1-8, 14-15, 21-23

Eastling 10.30am Holy Communion

Online Daily Worship Continues

As well as the services in our churches, the daily 9am Morning Prayer will continue via Benefice Facebook Page

<https://kc-hd.org.uk> .

More information is updated weekly on St Mary's Eastling 'A Church Near You':

<https://www.achurchnearyou.com/church/11982/>

Anna Chaplaincy

Please contact our Anna Chaplain, Caroline Ramshaw, if you know of someone who is isolated, alone or unable to attend church.

An Anna Chaplain can offer a listening ear and company.

Communion can be brought to you in your own home.



Contact your local Anna Chaplain on:

annachaplaincy@kc-hd.org.uk 07799 538 809

High Downs Parish

Rector Revd Paula Jardine-Rose

07516 411269 paula.jardine.rose@kc-hd.org.uk

Benefice Administrator Joyce Warren

01795 521831 joyce.warren@kc-hd.org.uk

Associate Priest Reverend James (Jim) Pye

01795 890726 jim.pye@kc-hd.org.uk

Reader Caroline Ramshaw (07799 538809)

Anna Chaplain Caroline Ramshaw
AnnaChaplaincy@outlook.com

Reader Pim Baxter (07710 116269)

Church Contacts

Eastling Andrew Baxter, Warden (01795 890598)

Administrator E mail: stmaryeastling@gmail.com

Stalisfield with Otterden

Jenny King, Warden (01795 890366)

Chrissie Webster, Administrator
(07590 351977)

Throwley David Elvin, Warden (07973 837122)

E mail: david.j.elvin@gmail.com

High Downs Parish Safeguarding Officer

Mark Harlow (07979 864000)

E mail: mark.harlow@kc-hd.org.uk

From The Registers

Wedding

Agnes Kenny and Martin McGarvey
6th July 2024 at Throwley

Funerals

Patricia Buckett
10th July 2024 at Throwley

CONTACT THE GOOD NEWS EDITOR

Hilary Harlow 01795 890338

If you would like to submit articles, or to advertise in the September 2024 magazine, send your submission by 20th August to: goodnewsmagazine@me.com.

Past and current issues of the Good News may be viewed on www.goodnews.rf.gd

OPEN FAVERSHAM

<https://openfaversham.info/>

17th - 25th August 2024

Lots of events for all ages.

The Big Bash!



JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS



ONE STORY WAS ABOUT A RICH MAN WHO DECIDED TO HAVE A PARTY

HE SENT OUT LOTS OF INVITATIONS

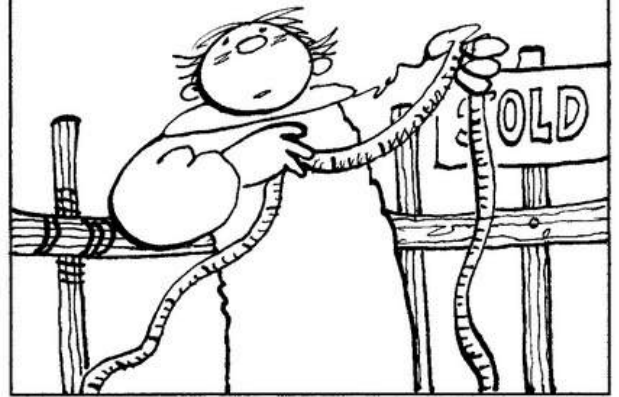


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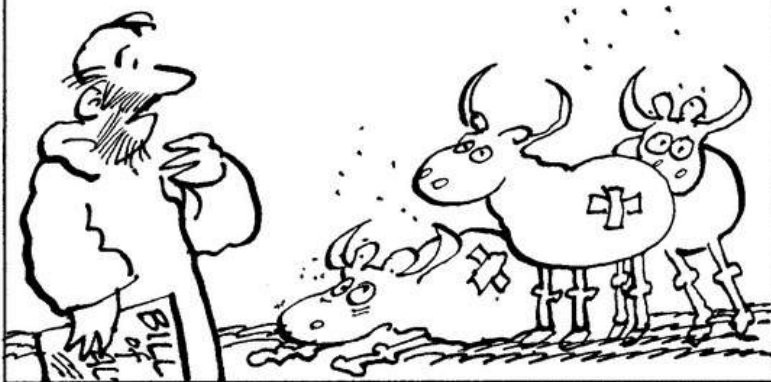


BUT PEOPLE STARTED MAKING EXCUSES

ONE MAN SAID HE HAD BOUGHT A FIELD, BUT NEEDED TO MEASURE IT



ANOTHER MAN SAID HE NEEDED TO TEST DRIVE THE OXEN HE HAS JUST PAID FOR



ANOTHER MAN SAID HE HAD JUST GOT MARRIED - AND HIS WIFE WOULDN'T LET HIM OUT!

SO THE RICH MAN INVITED ALL THE POOR AND NEEDY INSTEAD.



YES - I CAN
COME TO YOUR
PARTY

THE PARABLE MEANS WE SHOULDN'T MAKE EXCUSES FOR NOT FOLLOWING JESUS.

Inability does not equal inactivity

It is perhaps a well-polished truth, but one well worth remembering again: when it comes to salvation, "We were justified by faith alone, through grace alone, *but we are not sanctified by faith alone*".

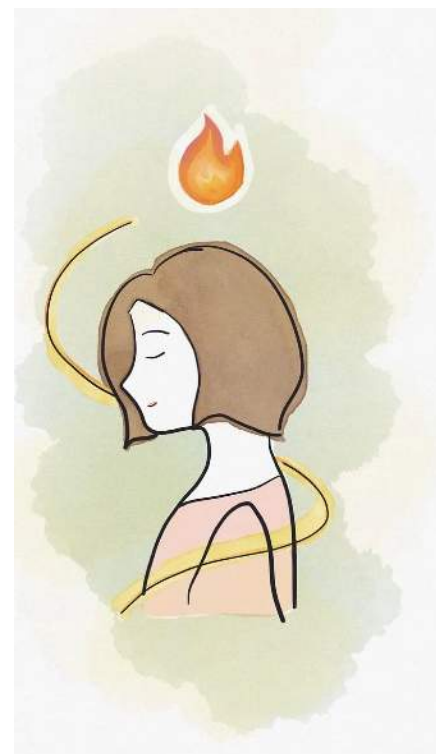
In other words, we are made acceptable to God only through the death and resurrection of Jesus, who dealt with our sin. But then the Bible calls on Christians to take their transformation into Christlikeness very seriously. Repentance and conversion and receiving the Holy Spirit into our lives is just the beginning. Now we need to do all we can to allow the fruit of the Spirit to grow in our lives.

From now on, our daily walk is never alone: we are to keep in

step with His Spirit, and to 'work out' our salvation in our daily lives. In other words, *obedience* to God is fundamental in our Christian pilgrimage.

St Paul stressed this again and again. In Romans 12 he set forth 23 directives to clarify what we must do as we cooperate with the Spirit in our transformation. St Peter adds (2 Peter 1:10,11) "...make every effort to confirm your calling and election. For if you do these things, you will never stumble, and you will receive a rich welcome into the eternal kingdom of our Lord and Saviour Jesus Christ".

When we truly want to "know Christ and the power of his resurrection", we will see the



Holy Spirit beginning to transform us. As Augustine wisely noted about the walk into a sanctified Christlike life: "Without us, God will not; but without Him, we cannot".

As someone once put it: "Each morning we must raise the sails of our boat and go where the Spirit leads. He brings the wind and He governs the speed and direction, but we must cooperate by ensuring that we join Him on the journey."



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"Finally, we're still waiting for someone from last week's Parent & Toddler Group to come and claim this lost property..."

News from Rich Lehmann, Swale and Kent County Councillor



This month's piece is a little more functional than usual, and is primarily an update with the latest on the bin situation.

Waste Update

At the Environment and Climate Change Committee meeting on 16th July, the committee agreed to undertake a Scrutiny Review of the Suez contract, which will examine the performance and implementation of the new waste and street cleansing contract, focusing on key areas such as resources, staffing, data management, contract and project management, and communications. To facilitate the review, a Scrutiny Panel has been established, consisting of five members of the Environment Committee, with one representative from each political party.

The review will involve a thorough collection and analysis of data. Members of the panel will engage with officers from all of the departments involved in the contract mobilisation and representatives from Suez. Resident and stakeholder engagement will be a crucial component of the review. The Panel will be seeking input from

residents through area committees, online questionnaires, and a Parish Councils Liaison Forum scheduled for September. Public discussions will be facilitated during Area Committee meetings in September, and an online resident survey may be conducted to gather structured feedback.

The review will focus on several critical areas. It will assess resources and staffing, examining recruitment, training, culture change, staff welfare, fleet and vehicles, and the delivery of new and replacement bins. Data and rounds will also be scrutinised, including an evaluation of pre-contract data, the IT systems, round routing processes and road access issues.

Contract and project management will be another key focus. The review will investigate the project setup, ongoing monitoring, contract documents, default and rectification processes, and the Recovery Plan created by Swale officers after the first few weeks of the new contract. Additionally, the effectiveness of communications, both internal and external, will be evaluated. This will include pre-service resident communications,

reporting forms, social media, and the overall communications plan. The outcomes of the review aim to provide assurances on project delivery, gather and address resident feedback, identify lessons learnt and highlight areas for improvement.

Local Transport Plan Consultation

A consultation has recently opened to invite views on Kent County Council's new draft of their Local Transport Plan.

The consultation is open from now until the 8th October 2024 and more details can be found online at www.kent.gov.uk/ltp5.

Rich Lehmann
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<http://kentgreencouncillors.news/>

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Resuscitation Council (UK)

Reflecting on the Bible (or 'Meditating on scripture')

Many children enjoy boiled sweets – especially trying to see how long they can make them last. The pleasure of holding the flavoured sweet in your mouth is far better than crunching it up in a few seconds!

There is a way of doing much the same with a Bible passage, and it is called *Lectio Divina* or 'holy reading'. Centuries ago, before Bibles were widely available, the abbot of a monastery would gather his monks together and read to them the Bible passage that was set for the day. He would read it three times and the brothers were encouraged to listen attentively and choose a phrase to remember. They would then go about their daily work in the garden, in the kitchen, in the infirmary or wherever. Through the day they would meditate on the phrase they had chosen and, rather like sucking a boiled sweet, would draw out the meaning for themselves.

You might like to try something similar: choose a passage from the Bible and begin to read it very

slowly as if it were addressed to you. A few verses from Psalm 103 would be a good place to start.

Stop when a phrase captures your attention. Maybe it touches you in some way, attracts or even disturbs you. Repeat the phrase slowly over and over again, taking its meaning into yourself. Let it sink slowly. What does it have to say to you? Why do you think it caught your attention? Where is the connection for you? What memories does it evoke? Is there a word, a phrase, a sentiment, or an image that you can hold on to?

Move into prayer, expressing to God the thoughts and feelings that have spontaneously arisen in you. Let your mind be at rest and your heart open to the love and peace of God. When you are ready, carry on with reading the next bit of the passage or just leave it there for the day.

Follow the example of the monks and return to your phrase or phrases during the day.

Ann Persson has written a book for BRF entitled *Time for Reflection*:

meditations to use through the year, which may be helpful. The meditations are based on the Christian calendar, the seasons of the year in nature, and also the theme of time. They will offer you further ways of exploring the greatest book ever written.

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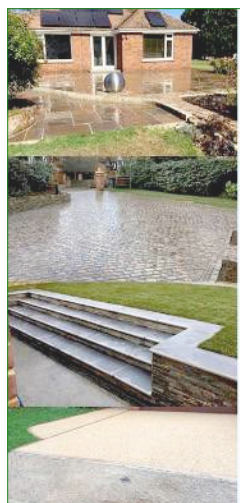
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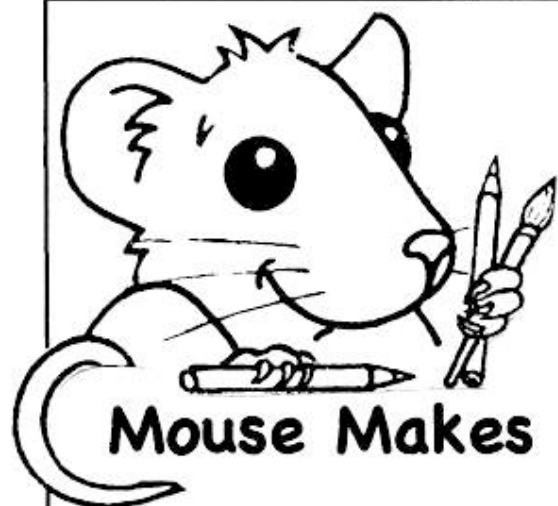
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Mouse Makes

Do you remember to
PRAISE and **THANK**
God for all He is and
all He does?

Psalm 89 verse 52
says:

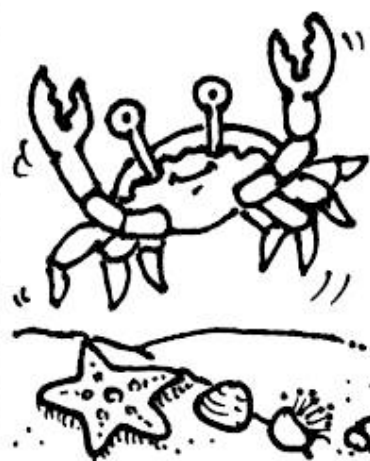
**"The Lord
deserves praise
for ever more"**

Cut out and keep
these cards to remind
you to praise God at
all times!



**"You are my
source of
strength -
I will sing
praises to you"**

Psalm 69:34



**"Praise God,
O heaven
and earth,
seas and all
creatures in
them"**

Psalm 69:34

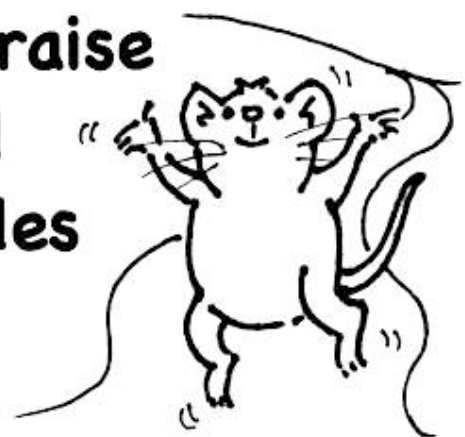


**"Shout out praise to God
all the earth!"**

Psalm 66:1

**"I will praise
the Lord
who guides
me"**

Psalm 16:7



**"O God..
..I will
sing and
PRAISE
you!"**

Psalm 57:7