

Eastling School News

We start February with our special Literacy week in school when children are involved in a whole range of special activities including a reading challenge, literacy workshops ("A night at Maidstone museum") and the well known phenomena of the village suddenly being full of princesses, Harry Potters and super heroes on our "Dress as a character" day.

Our Year 3 children are developing their swimming skills whilst our Football team continues in its series of matches against other schools in our group league.

February also sees the school close for the respite of the old half term between February 13th and 17th, immediately preceded by our Valentines' Disco on the Friday night where our children enjoy a great social evening with music, food and friends. We're keen to see all their parents at our consultation slots on Tuesday and Thursday (7/9th Feb) to let them all know how well their children are doing and how much effort they're putting into their work!

After our half term we return on Tuesday 21st February (with a staff training day on the 20th) for the term up until Easter. During this second half of the month we are visited by the England Female Rugby squad captain for a special sports event.

Dave Walsh, Head teacher



Help feed local people in crisis

faversham.foodbank.org.uk

Thank you for your donations

A really big thank you to everybody who contributed to our extra appeal for Christmas. The response was amazing. The organisers were delighted to be able to add some extras to the Christmas food parcels. We look forward to continuing to work together to help provide food for those in need. Your contributions can be left in the box on the back pew in Eastling church.

Food list for February

Urgent items: tinned minced beef; tinned stewing steak; coffee; tinned fruit; tinned vegetables; tinned sponge puddings.







Good News



Prayer of thanks for God's light

Father of all creation,

Thank you for signs of life and light, even in the dark and sometimes difficult days of winter. Thank you for Jesus' victory over darkness and death – and for the assurance that, if we put our trust in Him - nothing can ever separate us from you.

Help us to hold onto the hope you have given us and to walk on with Jesus as our guiding light. And may His light attract others who don't yet know Him and whom the darkness threatens to overwhelm.

Shine on us, Lord, that we may reflect your light and receive your peace.

In Jesus' name. Amen.

By Daphne Kitching

'To think we grumbled when the Church

used unintelligible archaic language!"





St Mary's is looking for a new Treasurer

St Mary's, Eastling is urgently seeking a new Treasurer to take over from Liz Bell, who is stepping down in April, after many years loyal service.

We advertised this role in November and are delighted that Clarissa Tames, who has recently moved to the village with her husband and young family, has agreed to become Gift Aid Secretary.

This still leaves the role of Treasurer to be filled. The role involves some simple bookkeeping, including entering monies received and paid out and the preparation of the annual accounts each January. The job is made easier through the use of online banking.



The role would suit someone with a few hours to spare every few months. You do not have to be an accountant, however, some computer literacy and access to the internet would be an advantage. Liz is happy to provide further information – her email address is lizbell12@outlook.com or you can contact Andrew Baxter, Churchwarden, on 01795 890598

The news magazine for the parishes of Eastling, Stalisfield with Otterden, and Throwley

www.northdowns.plus.com/goodnews

Canon's Column

Recently, our morning newspaper had a photograph showing Prince Harry and the Duke and Duchess of Cambridge involved in an activity related to their mental health charity, Heads Together. Several days later there was an article about the great problem of loneliness amongst the elderly and how it is becoming a mental health issue. We regularly see articles about young people's mental health issues such as disillusionment. risk behaviour, disenfranchisement and addiction. In other segments of society, the mental health issues are related to employment, stress, finances, social acceptance and abuse.

When I read the gospels, I come across story after story of how Jesus ministered to peoples' mental health as well as their physical health. The story of the woman taken in adultery (John 8: 1-11) is a story about acceptance rather than condemnation about the intrinsic value of each person and the reality of the lives of each of us. Tradition has shown that this woman became a changed person

and followed Jesus to stand at His cross, prepared to minister to Him after death. In the story of Jesus and the Samaritan woman at the well (John 4: 1-42) we have the story of a woman whose lifestyle had isolated her from others so much that she came to the well in the heat of the day to avoid others and to be alone. She found acceptance in Jesus who respected her questions and engaged with her in a positive way.

In one community where I lived, several phone chains were started for elderly people where each received a call from someone each day and in turn, that person was to call the next person on the chain and so on. When it was first started these people jokingly called it their "I'm still alive" call but after a while the calls developed into relationships and became a significant support network for these previously lonely people. One woman told me that these calls kept her sane when there was nothing else happening in her day.

Contributors to good mental health are respect and self-respect, a sense of accomplishment or achievement, security of place, safety and affection,

LEN

Dethroning Mammon: making money serve grace

The Archbishop of Canterbury's Lent Book 2017, Bloomsbury Continuum,

In his first full-length book Justin Welby looks at the subject of money Dethroning and materialism. Mammon reflects on the impact of our own attitudes, and of the pressures that surround us, on how we handle the power of money, called Mammon in this book. Who will direct our actions and attitudes? Is it Jesus Christ, who brings truth, hope and freedom? Or is it Mammon, so attractive, so clear, but leading us into paths that tangle, trip and deceive? Archbishop Justin explores the tensions that arise in a society dominated by Mammon's modern aliases, economics and finance, and by the pressures of our culture to conform to Mammon's expectations. Following the Gospels towards Easter, this book asks the reader what it means to dethrone Mammon in the values and priorities of our civilisation and in our own existence. In Dethroning Mammon, Archbishop Justin encourages us to use Lent as a time of learning to trust in the abundance and grace of God.

Lenten Book Club with soup and a sandwich at the Rectory

This year's Archbishop of Canterbury's Lenten book is Dethroning Mammon: Making Money Serve Grace, written by Justin Welby Remember that before ordination, he had a successful career as a financial officer for a large multinational corporation. The book has been well reviewed in the press and on Amazon and I am enjoying my kindle sample while awaiting my ordered copy to arrive. We will meet, at the rectory, from 1145 to 1315 each Wednesday of Lent, beginning Ash Wednesday, 1 March, to read a chapter of the book while we enjoy a bowl of soup and a cheese sandwich. So that we know how many soup bowls and sandwiches to put out, please register by phone (01795 890 or by e m a i l (donaldjlawton@gmail.com). If you would like your own copy of the book, it might be easiest to purchase your choice new, cut price, kindle, directly from Eden.co.uk, Amazon or your favourite supplier.

knowing that one has an accepted place in a society or community, and having some sense of control in one's life. Mental health problems grow when enough of these are lacking that people begin to feel devalued, isolated, incapable and at the mercy of outside

The work of many of the organizations supported by Prince Harry and the Duke and Duchess of Cambridge focus on providing people of all ages and circumstances the opportunities and facilities to enhance their mental health often through involvement with community and social activities in their own local areas. Such facilities and programmes can make a life changing difference to people's lives: these programmes are available locally as well.

Whenever we talk about mental health concerns, it is important to remember that there are local resources to help when people are having problems or are in crisis. Our local medical clinics have resources available and there is the Faversham Counselling Service (www.fcstalking therapies.org) as

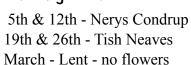
Many employers have confidential **Employee Assistance Programmes** (EAP). Information about this resource is usually available in the employee handbook or through a union representative. There are national help lines such as Samaritans (24hr helpline 116 123 or Canterbury branch - 01227 457777), and Mental Health Matters Helpline (0800 107 0160). The Live It Well website (www.liveitwell.org.uk/) lists a myriad of resources to help with debt and financial problems, grief, youth concerns, eating disorders, and addictions to name a few.

If you know someone who is having mental health concerns, walk with them on their journey to support, healing and wholeness just as you would with someone recuperating from a serious accident, operation or illness. It is what Jesus did and what His followers have been doing for centuries.

Blessings,

Canon Donald Lawton

Eastling Church February 2017

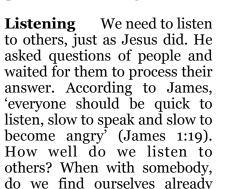


The Rev Paul Hardingham considers Love...

How will you express love this Valentine's Day?

Valentines' Day reminds us of the importance of expressing our love to those close to us. But how can we go beyond simply flowers and a

card? Jesus says: 'A new command I give you: Love one another. As I have loved you, so you must love one another' (John 13:34). How can we express love in our everyday relationships like Jesus i.e. spouse, children, neighbours or work colleagues?



thinking of what we want to say

before they've finished

speaking? Listening takes time;

you can't rush it!

Touching Jesus reached out to touch the untouchables in his world, including lepers, the sick and children. This was completely out of character for rabbis of his day. One survey has suggested that we all need at least 8-10 meaningful touches a day to maintain emotional health! A warm

handshake, touch on the arm or hug can be of real value. Of course, it should be appropriate touch – helpful for the other person, not just for ourselves.

Speaking J e s u s conversation was always full of grace and truth (John 1:14). Do we speak words of grace, by offering comfort, giving encouragement or expressing care and concern? However, we should also be ready to speak words of truth, in asking for forgiveness, seeking reconciliation or addressing conflict. As Paul urges us, don't avoid: 'speaking the truth in love'.

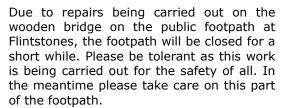


Where is the challenge for us in expressing love this Valentine's Day?

or 01795 890848 Police 101

Emergency 999

Village Warden 07794 010 394



Eastling Neighbourhood Watch

There have been many shed break-ins around the local town and villages so please be vigilant and report any unusual sightings.

Reports of scams, cyber and door calling, are still being reported so please continue to be vigilant and report anything which seems suspicious.

Unfortunately there have been two reports of horse carcasses found in fields locally, this is obviously happening in the night time so please be alert to any vehicles parked up which seem unusual.

Have a good month Take care, Alan

THROWLEY PARISH COUNCIL

The Parish Meeting of Throwley Parish Council will be at 7.30pm on Monday 27th March 2017 at Throwley Church.

The order of the meeting will be;

- 1. The Chairwoman's Report
- 2. Speaker Clive Foreman from the Fleur de Lis Museum, Faversham, on the subject of 'A Memorial for Throwley Airfield'
- 3. Open Forum for Parishioners Questions All Residents welcome.

Janani Luwum, Archbishop of Uganda, Martyr 16 February 1977.

The Most Reverend Janani Luwum (d 1977) was the sitting Archbishop of Uganda, Rwanda and Burundi and Boga Zaire when 35 years ago this month he was murdered by the dictator Idi Amin. At the time the Church in Uganda was on the verge of centennial celebrations of its birth through the seed of the early Ugandan martyrs, and so Luwum became the first martyr of the second century of Christianity in Uganda. A statue of him stands in Westminster Abbey London.

Janani Luwum was greatly loved in Uganda. He was by all accounts an exceptional leader with a great personal godliness, a holistic vision, pastoral compassion and evangelistic fervour. Janani was been born in 1922 at Mucwini in the Kitgum District of Uganda. He spent his childhood and early youth herding goats. Given an

opportunity to attend a local school, he learned quickly, and was soon teache himself.

Janani Luwum was converted to Christianity on 1st January 1948, started at theological college in Buwalasi the following year, became a deacon in 1955 and was ordained a priest in 1956. He served in the upper Nile Diocese of Uganda and the diocese of Mbale, and was consecrated Bishop of Northern Uganda in 1969 and Archbishop of Uganda in 1974, three years after Idi Amin came to power in a military coup. His death was mourned by millions in East Africa.



The Plough Inn, Stalisfield; a family run, independent, award winning pub & restaurant offering an extensive menu of restaurant

quality food and pub snacks as well as a large range of unique & locally produced drinks.

Dates for your diary . .

5th **February** Yorkshire pudding dayyorkies with every roast

11th & 14th February - Valentine's Day menu for those who don't want to go out on a 'school night'.

28th February - Shrove Tuesday

3rd March - Chillbillies playing live from 8.30pm

26th March - Mothering Sunday

Stalisfield Road, Faversham, Kent, ME13 0HY Tel: 01795 890 256

Email: info@theploughinnstalisfield.co.uk



Services in our Churches The High Downs Benefice

5th February 4th before Lent

Isaiah 58. 1-12, 1 Corinthians 2. 1-12 (13-20), Matthew 5. 13 - 20

8 am Holy Communion (BCP) Eastling Eastling 10 am Holy Communion (CW) Stalisfield 10 am Morning Prayer (BCP)

12th February 3rd before Lent

Deuteronomy 30. 15-20, 1Corinthians 3. 1-9. Matthew 5. 21-37

Eastling 8 am Holy Communion (BCP)

Eastling 10 am CaféStyle Throwley 10 am Morning Prayer (BCP)

19th February 2nd before Lent

Genesis 1.2 - 2.3, Romans 8. 18 - 25, Matthew 6. 25 - 34

8 am Holy Communion (BCP) Eastling 10 am Morning Prayer (BCP) Eastling Stalisfield 10 am Holy Communion (CW)

26th February Sunday before Lent

Exodus 24. 12-18, 2 Peter 1. 16 - 21, Matthew 17. 1-9

Eastling 8 am Holy Communion (BCP) Throwley 10am Holy Communion (BCP)

1st March Ash Wednesday

Isaiah 58 1-12, 2 Corinthians 5, 20b-6, 10, John 8, 1-11 Stalisfield 7.30 pm Holy Communion (CW)

5th March Lent 1

Genesis 2. 15-17, 3. 1-7, Romans 5. 12-19, Matthew 4. 1-11

Eastling 8 am Holy Communion (BCP) 10 am Holy Communion (CW) Eastling Stalisfield 10 am Morning Prayer (BCP)

(BCP) Service taken from the Book of Common Prayer, 1662. (CW) Service follows Common Worship Liturgy, 2000.

Revd Canon Donald J. Lawton (01795 890487) Rector The Rectory, Newham Lane, Eastling ME13 0AS

(01795 890412) Reader Norman Fowler 4 Meesons Close, Eastling

Reader Caroline Ramshaw (01795 892088) 4 Glebe Cottages, Eastling

Churchwardens

Eastling Andrew Baxter (01795 890598)

Parish Administrator

(01795890487)Janet Payne E mail: eastlingchurch@gmail.com

Stalisfield with Otterden

(01233712270)Jean West

Parish Administrator

(01233713212)Sheila Moger

E mail samhawksnest@aol.com

Throwley Vacant

Midweek Groups

Tuesdays: Study group, 9.30am on 14th February at Garden Cottage, Eastling. 01795 890368

Tuesdays: Weekly study group, 7.30pm Pinks Farm, Kettle Hill Road, Eastling. 01795 890338

Wednesdays: Weekly during Lent starting 1st March at the Rectory, 11.45am - 1.15pm. 01795 890487

Thursdays: Weekly prayer group, 10.30am Pinks Farm Kettle Hill Road, Eastling. 01795 890338

Fridays: Weekly study group, 10.45am, New House Farm, Eastling. 01795 890629

You will be welcome at any of our groups.

Lent is usually about 'giving stuff up', isn't it? What if you could add something transformational



to the traditional? More details in March Good News or go to: 40acts.org.uk

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Memories of Eastling - Ruby Droseher (ree Eyles)

Schooldays I went to the School in the vellage -When I was there the Headmaster was Mr Harris and he lived in the house next door - the School house. The teacher was Miss Pincott - must have been the previous Headmaster's There were 3 classrooms - Infants Standard 1 and 2. Standard 2 was Mr Hams's class. You had to go there When you were II and stayed in this class with you were 14. There was a clever boy, named Raymond Clackett - He passed the 11+. This was rare because we were all poor children, the children of Cabourers. Raymond's parents couldn't afford for him to go to Grammor School, which was in Favershom, so Mr Hams

gave him individual tecition.

Jo's Diary of Country Walks

(A dog tells the story of her life in the countryside)

by Audrey Keen



As Connie becomes tired so quickly when walking, Rhoda has designed a carry-bag for her comfort and safety. The bag is

made from a pair of old jean's, lined with warm material and has a good measure of cord so the bag can be attached to Rhoda's back with Connie inside, her head and shoulders protruding from the top so that Connie is well able to to catch all the lovely country smells she passes. Rhoda says that it is unfair to leave Connie at home when we go for a walk, but adds that we cannot expect her to walk and keep up with us. It is late November and winter is coming, the ground is sprinkled with frost but here, by the high hedge, it is sheltered and the weak sunlight feels warm to our chilly bodies.

We all wear our winter coats and Connie is snugly tucked up in her carry bag. The landscape of

skeleton trees and frost covered fields looks blissfully at rest.





Education, Hope and Health for Vibrant Malagasy Communities

I am very excited about my trip to Madagascar this winter! There is a lot to accomplish in the three months I'll be there. Our hopes are:

1. To improve the agricultural practices we use by terracing the land on the side of the mountain to stop the torrential rains from washing away the nutrients in the soil which we have added through animal manure, organic, vegetative and worm compost. We plan to dig long ditches, (swales) on the contour on the mountainside.

We will plant trees, bushes and annuals hoping to hold the soil in place through vine type vegetation, produce

humus, keep the soil moist and thus extend the growing season, producing more fruits and vegetables We now have 750 students to feed.

- 2. Teacher training is the second endeavour with instructors from France coming for 2 weeks to work with the teachers in creative pedagogy.
- 3. We hope to buy a small rice field, dig a moat type channel around the periphery in which to raise fish and grow vegetables in the middle section. It is hoped that spawning, raising and selling fish may be a big part of the solution to selfsustainability for the project.

News from Kathy Lucking about the Madagascar School Project

> 4. There is much work to do with the school committee to mentor their transition from being workers/ employees to being a self-led administrative body for the whole school and project. They will be the group that will lead this school forward towards financial and administrative self-sufficiency.

On behalf of the children of Madagascar I thank you for your faith in us, your work, your donations and your prayers that make all this work possible.

www.madagascarschoolproject.com

4front theatre present: Reckless Abandon

Sunday 26th Feb 2017 - West Faversham Community Centre, Kent, 4pm

For the Waodani people living deep in the Ecuadorian jungle, murder, revenge and death by spear were a way of life. In 1956, 10 missionaries launched 'Operation Auca' to share God's love with this previously unreached stone age tribe. Stepping into the jaws of death, the world watched on to see how the story would end.

2016 marks the 60th anniversary of 'Operation Auca' and an inspiring story of love, forgiveness and fearless faith.

4Front Theatre are excited to present 'Reckless Abandon,' a feature-length stage adaptation of this incredible true story.

The show is approximately 1hr 45 (including a 15 minute interval), and is suitable for all ages, but is primarily aimed at 12+ audiences. Tickets cost £10.

4front-theatre.com

The Gardening Group at Charing Surgery

Firstly, we would like to thank all the kind people who over the past months have called to bring us plants, together with their words of encouragement. The Garden is now in its second year, and is really beginning to take shape. We enjoyed a wonderful harvest of fruit and vegetables last autumn, with courgettes taking pride of place (oh to have some now!) With SPRING just around the corner the group is hoping the bulbs and wallflowers which were planted in the autumn will produce a display to please all. The Rose Walk (path from the A20), being in its second year, will give colour and scent in the early summer through to autumn.

There is a display of photos in our Garden Room documenting the progress of the garden from the beginning - do please take a look if you have time when visiting the Surgery.

If anyone has second hand garden tools they no longer need, such as hand trowels, grass rakes, garden brooms or loppers, the Group would be very grateful. And if anyone out there is looking to dispose of a greenhouse, we would be delighted to hear from you!

Finally, if you are a patient of Charing Surgery, and think you might be interested in joining the Group to help with the garden, you would be most welcome to visit us any Tuesday morning between 10-12 to try it out. Alternatively, you could ring Jo'anne on 01233 713582 for more information.

BBC Radio 4's **Gardeners' Question Time**

The Alexander Centre, Preston Street, Tuesday 14th February.

The Radio 4 gardening programme comes to Faversham to record a broadcast at the Alexander Centre. Tickets are £4.50 and available from the Alexander Centre.

When: 6.15pm (doors 5.30pm) Contact:

bookings@thealexandercentre.com / 01795 594460

THROWLEY WALKERS

Weekly Wednesday Walks and Fortnightly Friday Walks Tailored to suit pace and length preferences.

> Please email me for details annhutt52@gmail.com

Eastling and Stalisfield walkers also welcome!

Eastling Walking Group

Our first walk of the year will be on Wednesday 1st March, 10.30am from Eastling Village Hall, and will be a local walk of about 2hrs. New faces will be very welcome. Come along and have a chat and a stroll through our beautiful Eastling countryside, and bring the "waggy tails" too.

Best wishes to you all for 2017, Happy walking!

Eastling Gardeners'

Club

Thursday 23rd March

'More Garden Impact

for Less Effort'

A talk by Alison Marsden

At 7.30 p.m. in Eastling Village Hall

Followed by wine and nibbles

Colin Bell 01795 892194.

Women's Institute

Painters Forstal with Selling branch meeting in Eastling Village Hall

Are you at a loose end on the 3rd Tuesday afternoon each month? If so why not come along to Eastling village hall at 2 pm and join a group of welcoming and friendly ladies of all ages for a chat and a cuppa. We have a good variety of speakers, such as RNLI on 21st February, but we welcome new ideas.

For further information call the president on 01795 890020 or email tombar72@hotmail.co.uk

Otterden and Stalisfield W.I.

The WI did not have a meeting in January but members enjoyed their 'post' Christmas meal at Posillipo's in Faversham. At our February meeting, local resident, Leigh Miles will be giving us a talk on her busy and exciting career as a choreographer while running her dance and fitness business.

For information about our very friendly group please contact: Lesley Andrews (01795 890581) or Stephanie Culver (01795 890748).

Next meeting is on Wednesday 1st February in Stalisfield Village Hall at 7.30pm.

7 - 9pm Stalisfield Village Hall

9.15am Eastling Village Hall

Stalisfield Village Hall

Charing Parish Hall

Eastling Village Hall

Eastling Village Hall

See below

Throwley Walkers 10.30am see separate ad.

Throwley Walkers 10.30am Call 07948 038993

Short Mat Bowls 2.30pm & 7.30pm Eastling Hall

Alternate Wednesdays Eastling Walkers 10.30am Call 01795 892194

Charing and District Local History Society.

On Thursday 9th February,

THE CAMPBELLS - SPEED KINGS

Donald Stevens - A film composite showing Sir Malcolm and Donald Campbell winning their world speed records, both land and water (cars and boats).

Meetings are held in the Parish Hall, Station Road, Charing TN27 oJA. The lecture starts at 8pm. Non-members: £3 per meeting.

Table Tennis

Fitness Pilates

Breath deep

Now here's a trick that you probably haven't tried before: next time you forget something, try taking some deep breaths.

It seems that inhaling stimulates our brain, creating electrical activity where emotions, memory and smells are processed. In a recent American study, individuals were able to identify a face two seconds more quickly if they were breathing in through the nose, rather than breathing out.

The study was carried out at Northwestern University in Chicago, and may also explain why we breath rapidly when afraid. "If you are in a panic state, you spend proportionally more time inhaling. Faster breathing could have a positive impact on brain function and result in faster response times."



A beautiful hall in a lovely village location for your wedding, club, sports or meetings. The large hall has pretty grounds, car parking, meeting

rooms and fully equipped facilities for professional or self-catering occasions.



Bowls We have put 2016

behind us, and looking to play better in 2017. On January 2nd we played Wingham at

Short Mat

home and both teams played well winning six points to nil, then on January 11th we were away for the return game, and came home with 4 points winning on one mat, and losing on the other, but gaining overall shots, this left them with 2 points.16th January away to Whitstable who are top of the division, after two very close games on both mats, we came home with nothing. They are coming to us on 24th January, so we hope to turn the tables. Our next two games in February will be against the other Whitstable team, let's hope both teams have good games.

New members are always welcome - come and give it a try on Fridays 2.30 - 4.30pm then 7.30 - 9.30pm in Eastling Village Hall. Roy Piles, 01795 537162.



Fridays

Tuesdays

Thursdays

Fridays

Wednesdays

WEEKLY EVENTS:

FEBRUARY 1st Otterden & Stalisfield WI 7.30pm 9th Charing History Society 8pm 12th CaféStyle 10am 15th Deadline for March Good News 21st Painters Forstal W.I. 25th Race Night 7.30pm

February_&

Eastling Village Hall 28th Magazine Folding Pinks Farm 2pm MARCH 1st Walking group start 10.30am from Eastling Village Hall

1st Lenten Book Club 11.15am The Rectory, Eastling 1st Ash Wednesday Service 7.30pm Stalisfield Church

FROM THE EDITOR

If you would like to advertise in the March 2017 magazine, submit articles or stories for publication, or would like any forthcoming events publicised, send your contribution by 15th February to: Hilary Harlow, Pinks Farm, Eastling, Faversham, ME13 0BA. Tel: 01795 890338. Where possible, please submit your entry by email: goodnewsmagazine@me.com

Past and current issues of the Good News may be viewed on www.northdowns.plus.com/goodnews



Shrove Tuesday 28th February

A mother was preparing pancakes for her sons, Owen, 5, and Bill, 3. The boys began to argue over who would get the first pancake. Their mother saw the opportunity for a moral lesson. If Jesus were sitting here, He would say, "Let my brother have the first pancake. I can wait." Owen turned to his younger brother and said, "Bill, you be Jesus.

source: www.jokes4us.com



THURSDAYS 9.15am FITNESS PILATES



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