



A Poem for Winter

by Audrey Keen

I did not see the early snowdrops
Awake from the woodland green,
Or the dainty catkins wriggle
from their boughs.

I did not lift my eyes to look
Onto the beautiful scene
of gentle sheep or equally placid cows.

And even the kindest breeze that blew
Could not tempt me to raise my head,

And my ears did not hear
The cheerful birds in the sky,
For my joyful spirit recoiled
And my mind was only fed
On how it was
That precious time flew by.

Prayer for the pandemic *By Daphne Kitching*

Dear Father God, You promise to hear us when we come to you in prayer, thank you! We so need Your listening ear at this time – and your help, Lord. Winter always brings challenges, but this winter is exceptional as the effects of the pandemic continue. When we are afraid, or lonely, or grieving, or in despair, help us to trust You and to know that You are with us in the middle of it all, sustaining us. You are not social-distancing, You are very, very close, full of love and compassion.

We pray for our National Health Service and ask for Your special strength and protection for all staff. Thank you for the skills You have given to scientists all over the world. Thank you for the hope which the vaccines bring. Most of all thank You for the hope which Jesus brings. This earthly life is a whisper in the light of eternity and Jesus is the key to that eternal life. Thank You, Father, for meeting all our needs in Jesus. Amen.

Good News Parish Magazine February 2021

High Downs Parish

Serving the villages of Eastling, Otterden, Stalisfield and Throwley

for current and past editions go to: <http://www.goodnews.rf.gd>

Hard pressed but not crushed...

Going out for a walk recently has proven to be very muddy and slippery with the wet weather and for the most non-freezing temperatures. It can be quite an adventure walking across the fields or in the woods locally.

Or when I have had to be out driving locally negotiating the huge puddles across the roads has also felt to be a bit of adventure.

Both these involve taking extra care.

I suppose that is what life is about at present - taking extra care of ourselves and taking extra care of each other as well. Here we are in lockdown 3 as it has been called, with some guidance that was in tier 4 now made the rules of lockdown.

This brings with it some difficulties; some potential slippery areas for us in coping with the restrictions in life, coping with lockdown (even if it isn't quite as stringent as lockdown 1).

It is affecting all of us.

I have watched my eldest granddaughter coping with all her lessons online via her Chromebook - she is doing very well with it but it is a lot of hours in front of the screen. I thank God for her PE teacher who says



what I want you to do is to shut your laptop and take some exercise, which she diligently does, by coming and taking our dog out for a walk. (We are a child care support bubble).

We have been learning how to do things differently - 10 months ago I hadn't heard of Zoom; now Zoom appointments seem to fill my diary. We have had to learn to worship in different ways too; to be and to do Church differently. In the Parish we live-stream a time of bible readings and prayers every morning at 9am (you can find this through Facebook @kingsdowncreekside or at the bottom of the home page of the website at www.kingsdowncreekside.co.uk)

We have been posting a new service for every Sunday to either replace or complement our services in Church, again found on the website. The Breakthrough Service that took place at 6pm every Sunday at Lynsted now takes place at 6pm on YouTube - Breakthrough at Lynsted. Currently we have made the

decision to not hold physical services in our buildings as we care for each other by not meeting up, physically.

I don't think I would call this an adventure as I did the walks and car journeys, but one thing I do know is that God is with us throughout it all. He is a loving God and cares for us as He calls us to care for each other. In that sense life remains an adventure with God.

As I was writing this I had a virtual meeting and we read together part of Paul's second letter to the Corinthians which we felt appropriate for now and even encouraged by:

7 But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. 8 We are hard pressed on every side, but not crushed; perplexed, but not in despair; 9 persecuted, but not abandoned; struck down, but not destroyed. (2 Corinthians 4:7-9)

Paul is talking about completely different circumstances and experiences to us at present but for the 10 of us meeting on Zoom they spoke into our lives.

God bless,
Steve Lillicrap

Stop Press: I m delighted to announce that Caroline Turvey will be ordained at the beginning of July and will be joining us in the Benefice as a Training Curate, living in the Doddington Vicarage.

Prayer Pointers *February 2021*

Mondays - Pray for love in your heart to care for others.

Tuesdays - Pray for wisdom when making decisions.

Wednesdays - Pray for patience when dealing with difficult situations.

Thursdays - Pray for compassion for those around you.

Fridays - Pray for truth in the face of adversity.

Saturdays - Pray for strength against temptation.

Sundays - Give thanks and praise to our God who loves us and gave us life.



Ted Uren

Many villagers will remember Ted as selling us the most wonderful fresh fish from his van, for many years before he retired.

Sadly we have heard news of Ted's death, just weeks before his 90th birthday.

As the most enthusiastic Christian we can be sure he has joined wife, Rose, in the company of our Lord.

'Thank you Ted,
enjoy singing with the angels!'

Eastling Primary School

Happy New Year from everyone at Eastling Primary School. The children were due to return to school on Monday 4th January which unfortunately did not happen due to the National Lockdown. The children have returned to learning and this is all taking place online.

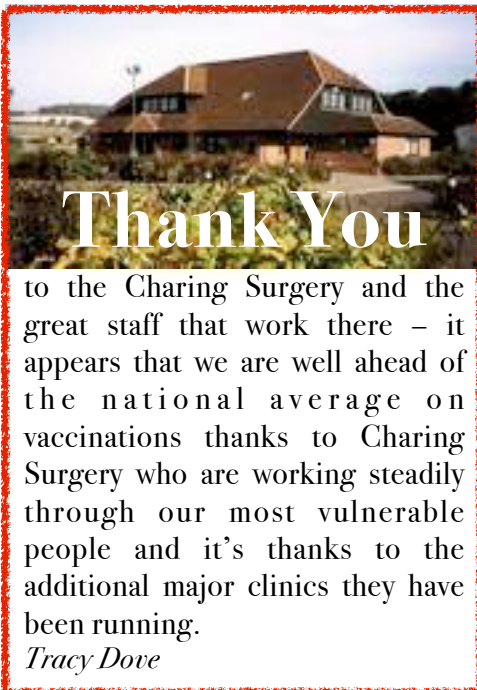
We have a number of children in school whose parents are critical workers. The staff are working hard to support all of our children whether they are learning at home or in school. We enjoy seeing the wonderful work which our children are completing at home and the videos which they send to their

teachers. It is very difficult for the whole community and we are very much looking forward to the time when it is safe for all our children and staff to return to our wonderful school.

We were delighted that the infant children were able to take part in the nativity and we had a professional company record the performance so all our families and the children in school were still able to watch it.

We do have a few spaces available across the school for an immediate start. Any prospective parents looking for a Reception place for September 2021 are welcome to call the office on 01795 890252 for further details. For further information please visit our school website where newsletters are displayed and updated regularly.

Melanie Dale, Headteacher.



to the Charing Surgery and the great staff that work there – it appears that we are well ahead of the national average on vaccinations thanks to Charing Surgery who are working steadily through our most vulnerable people and it's thanks to the additional major clinics they have been running.

Tracy Dove

Eastling Neighbourhood Watch

Village Warden

07794 010 394
or 01795 890848



Police 101 Emergency 999

There were a couple of reports of electric cable being stolen from the far end of the village from the waterworks just by Hockley, if anybody has any information on this please give the police a call.

Unfortunately there were a few hiccups in the village over Christmas where a few people completely flouted the covid rules and I understand calls were made to the relevant authorities.

If we all follow the rules the wretched virus will be defeated.

Sadly there has been loss of life (2) in the village due to this virus and has reared it's ugly head here.

Fortunately the families and people where it had been located immediately went into isolation and stopped the spread.

Please obey the rules, keep safe there is a light at the end of the tunnel.

Take care, Alan.

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Quest.

We have just soft-launched an app to help get people outside more. With kids now at home until at least half term and you've exhausted ways to get them out the house, why not take a stroll through Eastling village to try out **Quest**.

Quest will lead you on adventurous expeditions, reaching checkpoints, collecting clues, solving puzzles and learning a little along the way.

It's completely **FREE** to use too

Complete to Win!



All those that reach ALL 9 checkpoints AND solve the puzzle will be entered into a prize draw for a chance to win a £50 voucher for a meal at the Carpenters Arms.

The prize draw will take place on 6th March and all email addresses from completed Quests will be entered into the draw.

Additionally, we are asking explorers to share their best 'village poses' and share your images on Instagram with the hashtag #eastlingquest and make sure you tag us too, @questapps.

Details of these challenges can be found in the app.

GOOD LUCK!

Getting started is easy!

Step 1: Download the app

App Store



apps.apple.com/us/app/quest-app/id15163336610

Play Store



play.google.com/store/apps/details?id=redbullet.quest.com

Step 2: Request your Quest access code

Here's a link to the Eastling Quest questapp.co.uk/quest/eastling

If you have any other questions feel free to e mail me on graham@questapp.co.uk Enjoy!



Graham Holmes MCIMSPA, M.Dip. FTST Co-FounderQuest

Hope for 2021: Celebrating the now and future creation

I find that watching buds swelling on trees and plants during the winter months gives me a tremendous sense of hope. We may all need some extra hope for 2021, after the events of 2020. By the time you read this a number of us may have been fortunate enough to receive a COVID vaccine, but all of us will probably still be under various kinds of restrictions. After creation's winter shut-down, the sight of tiny flowers poking out of brown earth may be more important than ever.

Getting outdoors during daylight hours, enjoying green spaces and getting some fresh air and exercise are great ways to keep ourselves healthy at any time of year. A psychologist colleague wrote, "Attending to the details of nature can also inspire awe, which has been linked to positive mood and increased life satisfaction." I expect it is this sense of awe that makes it easier for many of us to connect with God outdoors.

Helping ourselves and others to thrive is a good start to 2021, but it is also vital to

have hope for the future. The COVID-19 pandemic was caused by an animal virus jumping into the human population. Diseases like this are not 'natural disasters', but are almost certainly caused by environmental destruction and poor farming practices - either from greed or the desperation born of poverty. Part of the answer to the current crisis is for us to care for all of Creation, both human and everything else, with God's help.

Our ultimate hope is in God's promise that He will bring about a new heaven and new earth. We can look forward to the day when Creation will be fully redeemed and liberated from evil. The Greek word used to describe the new creation is the same as that used to describe someone who becomes a Christian, whose humanity is restored and renewed. There will be continuity between the old and new earth as it is cleansed and purified, surpassing and perfecting what has gone before. There will also be some discontinuity, as there will be no more suffering or death.

Joe McCarron

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So, one source of hope for 2021 is that we can enjoy both caring for and meeting God in Creation. But the parts of Creation that we find most beautiful, giving us a sense of awe and helping us to worship, are also a reminder that there is something much better to come.

By Ruth Banciewicz, Church Engagement Director, The Faraday Institute for Science and Religion, Cambridge

Kent County Council Coronavirus - COVID-19

With 24 sites now up and running across Kent and Medway, people who need to leave their home for work or other purposes are encouraged to book a regular COVID test.

Symptom-Free testing

<https://www.kent.gov.uk/social-care-and-health/health/protect-kent-and-medway/test-and-trace/symptom-free-testing>

Coronavirus

Get tested

Even if you have no symptoms

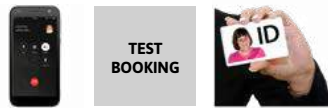


I am having the test

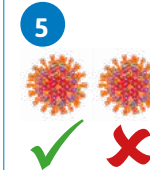


Turn up 15 minutes before your test.

4 Take:



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GOV.UK/coronavirus

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NHS Counter Fraud Authority

BE ALERT TO VACCINE FRAUD

Action Fraud is warning the public to remain vigilant as criminals begin to take advantage of the roll out of the COVID-19 vaccine to commit fraud.

How to protect yourself:

In the UK, coronavirus vaccines will only be available via the National Health Services of England, Northern Ireland, Wales and Scotland. You can be contacted by the NHS, your employer, a GP surgery or pharmacy local to you, to receive your vaccine. Remember, the vaccine is **free of charge**. At no point will you be asked to pay.- The NHS will never ask you for your bank account or card details.

- The NHS will **never** ask you for your PIN or banking password.
- The NHS will **never** arrive unannounced at your home to administer the vaccine.
- The NHS will **never** ask you to prove your identity by sending copies of personal documents such as your passport, driving licence, bills or pay slips.

If you receive a call you believe to be fraudulent, hang up. If you are suspicious about an email you have received, forward it to report@phishing.gov.uk. Suspicious text messages should be forwarded to the number 7726 which is free of charge.

If you believe you are the victim of a fraud, please report this to Action Fraud as soon as possible by calling 0300 123 2040 or visiting www.actionfraud.police.uk.

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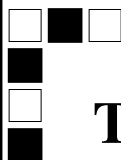
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Reader Caroline Ramshaw (07799 538809)
4 Glebe Cottages, Eastling

Churchwardens

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E mail: eastlingchurch@gmail.com

Stalisfield with Otterden

Jean West (01233 712270)

Administrator Sheila Moger (01233 463746)
E mail: samhawksnest@aol.com

Throwley Gaynore Moss (01795 890995)

Parish Office Email: eastlingchurch@gmail.com
[facebook.com/highdownsbenefice](https://www.facebook.com/highdownsbenefice)

From The Registers

Funeral

Margaret Mary Jones
21st January 2021 at Throwley

We are sorry that our
**Sunday Services in church
have been cancelled until further
notice.**

However thanks to our Rector, Revd Dr Steve Lillicrap, 9am Morning Prayer will continue daily and be live online on www.kingsdowncreekside.co.uk - also on the YouTube Channel 'Breakthrough at Lynsted'.

More information is updated weekly on St Mary's Eastling 'A Church Near You':
<https://www.achurchnearyou.com/church/11982/>

7th February Second before Lent

Colossians 1. 15 - 20, John 1. 1 - 14

14th February Sunday before Lent

2 Corinthians 4. 3 - 6, Mark 9. 2 - 9

17th February Ash Wednesday

2 Corinthians 5. 20b - 6. 10, John 8. 1 - 11

21st February Lent 1

1 Peter 3. 8 - 17, Mark 1. 9 - 15

28th February Lent 2

Romans 4. 13 - end, Mark 8. 31 - end



.... relax Miss Pugh.... he's not introducing incense - his phone's overheating with all the Zoom invitations he has to send out!

CONTACT THE GOOD NEWS EDITOR

Hilary Harlow 01795 890338

If you would like submit articles or stories, or to advertise in the March 2021 magazine, send your submission by 20th February 2021 to:
goodnewsmagazine@me.com.

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

Churches Open for Private Prayer

Throwley and Eastling church buildings will continue to be open for private prayer.

St Michael and All Angels,
Throwley
Wednesdays and Sundays
10am till dusk

St Mary, Eastling
Tuesdays, Thursdays
and Sundays
11am - 2pm





The Arts Society, Egerton

Our Society has a membership of over 180 and covers a wide area across the Weald and North Downs. Although we have been unable to meet in The Millennium Hall, members have continued to enjoy lectures via Zoom, from the comfort and warmth of their own homes.

Although not the same as meeting in the Hall, lectures have lightened many a dull and cold afternoon. The following lectures will be available on Zoom:

Wednesday 10th February, 2.30pm

Andrew Prince will lecture on

'From Downton to Gatsby - Jewellery and Fashion 1890 to 1929'.

10th March, 2.30pm Chris Alexander -

'The Silk Road: A Journey of Wool, Cotton and Silk'.

13th April, 2.30pm Denise Heywood -

'Stamford Raffles - Art Collector and Discoverer of Singapore'.

12th May, 2.30pm Helen Ritchie -

'Making Visions - The Jewellery of Artist Charles Rickett'.

9th June, 2.30pm Giles Ramsey -

'Shakespeare and Birth of Modern Show Business'.

More information is available on our website:

www.theartssocietyegerton.org.uk

If you would like to become a member or if you would like to watch one or any of the above lectures as a guest, please contact Christine Willis, Membership Secretary, on 01233 756377, email: cmwillis75@gmail.com so that log-on details can be forwarded to you. There is a small charge of £4 per lecture. As soon as Government Guidelines permit, lectures will resume in the Millennium Hall, Egerton.

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What's Love got to do with it?

Back in 1984 Tina Turner asked a question that we're going to look into. That year she released her hit song "What's Love Got to do With It?" In this song she tells us that love is nothing "but a second-hand emotion." That's not at all true. Objects that are "second-hand" are things that have been used before and are of lesser value. The value of love is great. Love is at the very heart of Christian belief. Scriptures of God's supreme love are found throughout the Bible. He loves every one of us so much He paid for our salvation by sacrificing the life of His own Son Jesus Christ.

Love has its basis in Creation. We are made in the image of God - that is who we are. God loves us and goes to great lengths to save us. This tells us that we have great value in God's sight. Everyone you know has great value in God's eyes. This is the basis of the two greatest commandments.



When Jesus was asked "Teacher, which is the greatest commandment in the Law?" Jesus replied, " 'You must love the Lord your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbour as yourself.' The entire law and all the demands of the prophets are based on these two commandments."

Showing kindness to the least, the last, the lost, the lonely and the unloved - extending God's grace in its various forms to the hurting, hated and heartbroken people He brings into our lives is our calling.

In this pandemic where we have been isolating - and now slowly re-entering into public life - there

are challenges to love. Here are seven practical ways to love your neighbour.

Love others as you want to be loved

The spirit of the command is that we show genuine concern for others.

Do to others whatever you would like them to do to you. (Matthew 7:12)

We generally think of ourselves first, we know what makes us feel loved, accepted, and encouraged.

When we wonder how we can express love to others during this pandemic, we may find our answer when we ask what would make us feel loved? Then do that.



Love with empathy

Empathy is identifying with the feelings and hurts of another as if it were happening to you.

Be happy with those who are happy, and weep with those who weep. (Romans 12:15)

Love sometimes means we weep with those who are sorrowful, sitting with them in their sorrow and not trying to fix it. At other times we rejoice with those who are happy.

There are many different reactions to the coronavirus pandemic. Trying to see the other person's point of view is how we love with empathy.

How can we do this? Listening to others, paying attention to what is going on in their lives, genuinely asking how they are doing. That will help us do the next thing..

Love by praying

Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for

all believers everywhere. (Ephesians 6:18)

This can include not only our personal prayers, but also expressions of prayer. Prayer Cards; praying with people over the phone; intercession on their behalf.



Just as everyone needs love, everyone needs prayer. Pray for the ones who do not want the gospel. Pray for the ones who have not found Jesus. Pray for Christians to grow in discipleship. Pray for those who are ill, or who have family that are ill.

Love by encouraging others

You must warn each other every day, while it is still "today," so that none of you will be deceived by sin and hardened against God. (Hebrews 3:13)

During this pandemic, we all need some encouragement. The economy, family problems, personal failure, fear, illness, loss - all leave us thirsty for encouragement.

Kind words are like honey—sweet to the soul and healthy for the body. (Proverbs 16:24)

Find a way that is natural to you - a phone call, a card, an email, text.

Love when others hate

A friend loves at all times. (Proverbs 17:17)

We live in a cynical, sometimes hate-filled world. That is never more evident than in social media. It seems some people think that since they are behind the keyboard, they can be mean to other people. We may disagree on politics, face masks, how we deal with the virus - and we can discuss anything - but our conversation should be brighter and better than the hateful world around us.

(Continued overleaf)

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What's Love got to do with it? (Continued)

Love with words

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. (Ephesians 4:29 (NIV))

The guiding principle of the words we speak is this: Will it encourage the one who hears it?

How many people need to hear "I Love You?" Or "I Care" or even just "I hear you"?

Love when opportunity arises.

Multiple opportunities to share love and mercy will present themselves. Getting shopping or prescription for a neighbour, putting a bin out, waving from a distance.



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Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith. (Galatians 6:10)

The greatest example of the love of God is found in Jesus Christ. Jesus came to bridge the gulf that sin created that spanned between God and man. He is the way for all to have access to God the Father and spend eternity in fellowship with Him. God sent Jesus into the world to show love to all.

In conclusion

What is my Christianity doing for another person?

What is my Christianity doing for the people that God has placed in my path?

Or in my neighbourhood?

Or in my family?

Seven ways to love our neighbour: Love like you want to be loved, love with empathy, love by praying, love by encouraging others, love when others hate,



love with your words and love when opportunity arises.

The most well-known verse is John 3:16 that says, "For God so loved the world that He gave His only begotten Son, that whosoever believes in Him should not perish but have everlasting life." We could replace the word *whosoever* with our own name and it would still be true. That's how much He loves us.

Miss Tina, you asked what's love got to do with it. When you know the meaning of love from the greatest love story ever told, you will see that love has everything to do with it!

Caroline Ramshaw

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NEW YEAR NEWSLETTER

In case anybody did not see my last newsletter can I repeat my wish that you all have a safe and happy 2021. Certainly, for most of us 2020 will be neither be forgotten nor remembered with any great joy.

Let us hope that 2021 brings happier times. For me it should bring great changes. In January last year (2020) I informed the Constituency Chairman and election agent for the Conservative Party that I would not be putting my name forward for selection to contest the Kent County Council elections due in May 2021. There is never a right time to go nor is it ever easy to decide to do so. I

decided that 45 years of Public Service was enough. Time to prioritise my wife and family who have sacrificed so much of my time and energies.

I gave my Party the greatest possible notice in order to attract the widest possible field of Candidates. As I had hoped a large number of excellent Candidates applied from which the Party Members selected Charlotte Whitney-Brown. A lifelong resident of Boughton Charlotte will be well known to many of you, not least for her work for Helen Whatley MP. She has sought to add to her already considerable knowledge of local issues by attending as many Parish Council meetings as possible. I wish her well.

Local Government is a far different world than when I started. I believe the two major parties were further apart then, however we respected the sincerity of each other's views.

Robust debate could be followed by a friendly drink together. Lifelong friendships were forged across Party lines. Today's Politicians seem to prefer insults, lies and threats instead of reasoned debate.

I hope I do not need to reassure you all that until the Election takes place I shall continue to work on your behalf whatever your politics. I have no intention of ceasing my membership of any of the Committees I currently serve on. Likewise, I shall continue to attend as many Parish Councils as possible. One advantage of the current inability to hold meetings face to face is that it is more possible to attend two, sometimes even three Parish Councils in one evening. Indeed, if the current pandemic causes any delay to those elections I shall continue as always.

Currently I am dealing with many flooding issues, requests for possible 20 MPH speed limits and other Highways issues. Also I am spending one day a week Charing Home to School Transport Appeal Hearings.

Andrew Bowles
KCC Member – Swale East

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CLIMATE CHANGE IS HAPPENING.

by Pat Crawford

According to the UN, developing countries are using a variety of Covid-19 related packages as a springboard towards a greener recovery and some ambitious initiatives are planned. Meanwhile a reminder that the United Nations COP26 UN climate conference that was postponed due to Covid-19 will now take place in Glasgow in November.



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Researchers working at McGill University project the threshold for dangerous global warming is likely to be crossed 2027 – 2042. This is considerably earlier than the IPCC (Intergovernmental Panel on Climate Change) projection. McGill's approach to projecting the Earth's temperature is based on historical data and is said to reduce uncertainties when compared with earlier methods.

Researchers from the Norwegian University of Science and Technology together with Oxford University have modelled how some of our currently most common garden birds could be affected by climate change. Citing Great Tits, will the species be able to respond to the earlier emergence of caterpillars on which their chicks are fed? It is estimated that parent birds need to find about 1,000 caterpillars a day in order to feed their offspring. Way back in the

1990s work undertaken by Dr Humphrey Crick at the British Trust for Ornithology revealed that birds were responding to climate change by breeding earlier and this pattern has continued. The question is: will a tipping point occur? At the same time, it is reported that some species once confined to Europe mainland are already beginning to colonise the UK.

Sir David Attenborough gave an upbeat speech recorded for the BBC. ".....This could be a year for positive change, for ourselves, for our planet and for the wonderful creatures which share it. A year the world could remember proudly and say 'we made a difference'...."

Good news from Bulawayo, Zimbabwe where the operating theatre at a hospital has installed an uninterrupted electricity supply powered by solar energy.

Let's remember that lots and lots and lots of little changes add up to big changes!

“Knowing the price of everything but the value of nothing” (accd Oscar Wilde)

In December's Reith Lectures Dr. Mark Carney talked eloquently about the value we give things in life and how recent world events - the financial crash, Brexit and COVID have caused us to stop and think about what we value and how this shapes our priorities and direction differently. He explained how our emphasis on market forces and value in terms of monetary or desirability standards have led us away often from what is valuable just for itself. He described how we tend to measure the success or progress as a nation by its annual GDP or financial growth rate

I sometimes think we should measure our health by measuring our nation's wellbeing - I wonder how we would measure this - how we care for the elderly - how we deal with poverty - how we view funding our NHS and we could go on....

Most of our treasures might not sparkle like diamonds, they cannot be sold and have no price tag, but more often than not they turn out to be the priceless things that make our lives worth living and you also have very wealthy people (in a non-materialistic sense).

To discover the most valuable foundations of your life starting from scratch can be really helpful. In my opinion, the basic requirements of life are:

- 1 Shelter
- 2 Food and water
- 3 Health
- 4 Clothing
- 5 [Perhaps] *belongingness & love and true friendship*

If you have all of these basic requirements you're not only very lucky, but you can already consider yourself very wealthy (*again, not necessarily in a materialistic sense*). These five elements are everything you'll ever need; everything else is pure luxury!

Walk through life with open eyes and (re-) discover the true value of the things you've taken for granted. To most people in the western world, a constant water supply is completely normal, but one might only realize its virtue when considering that (for example) African nomads have to walk for hours to the next source of water.

Learn to appreciate the little things, like the hot meal you have day after day, to see how fortunate you are already. It takes no luxury or wealth to live an amazing life. The true bliss of life lies not so much in materialistic things, but in the wonderful moments you share with your family, beloved ones, and friends. Do we take notice of these fantastic moments, even if they have become totally ordinary to us, and learn to appreciate the value of these moments?

Whenever possible, try to remind yourself of everything that you hold in high regard, like being able to have a shower, cooking a meal each day, for the sun to rise in such an epic way, for having wonderful friends and family members who support you.

Learn to discover and give value to every aspect of your life, even if it has become mundane to you. Be thankful for what you have right now and use it as the fundament to build your future upon. Never stop dreaming about your goals and visions, but don't worry about the things you currently don't have. Always keep in mind that it is a waste of time to focus on what you don't have – for it is that time which could be spent in taking pleasure in what you have.

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National Nestbox Week - time to help your garden birds



Our birds are short of nesting holes, and no wonder: gardens, parks and woodland are much neater than they used to be, and modern homes offer few crannies for nest building.

National Nestbox Week, which is celebrated from 14th February each year, aims to

encourage us to put up more nestboxes, and to consider planting shrubs or trees with fruit that birds eat. These can make all the difference to birds struggling to survive, especially blue tits, great tits, house sparrows, robins and starlings.

The British Trust for Ornithology (BTO) offers a variety of ideas for building and placing nestboxes. Go to: <https://www.nestboxweek.com>



WHAT AM I?
The last letter of one word is the first letter of the next ...

Mouse Makes

FIND THE CREATION PAIRS
from Genesis 1 and 2

EARTH	MORNING
LIGHT	FRUIT
DAYS	SEA
TREES	NIGHT
LAND	FISH
EVENING	YEARS
ADAM	HEAVENS
DAY	DARK
BIRDS	WATER
SKY	EVE

WHAT AM I?

• What two things did God create first? Genesis 1:1

• What was the Earth without? Genesis 1:2

• What came before morning? Gen 1:5

• Who is the creator? Genesis 1:1

• What was separated from light? Gen 1:4

• Which day did God finish work? Gen 2:2

• Who was created God's image? Gen 1:27

• Who moved over the water? Gen 1:2

DID YOU KNOW?
The first word of the Old Testament in Hebrew is **bereshith** which means 'In the beginning'. The Greeks translated this word as **GENESIS** which means creation, origin and generation.

Can you find these words in the word search?
GOD • HEAVEN • SPIRIT
FLY • DEEP • EARTH
DARK • DAY • LIGHT
NIGHT • STARS • SKY
SEA • LAND • BIRD
CREATURE • HUMAN
TREE • PLANT • SEEDS
FRUIT • GOOD • TWO

16th Feb: Shrove Tuesday, Pancake Day

Ever wonder why we eat pancakes just before Lent? The tradition dates back to Anglo-Saxon times, when Christians spent Lent in repentance and severe fasting.

So on the Tuesday before Ash Wednesday, the church bell would summon them to confession, where they would be 'shriven', or absolved from their sins, which gives us Shrove Tuesday. At home, they would then eat up their last eggs and fat, and making a pancake was the easiest way to do this. For the next 47 days, they pretty well starved themselves. Pancakes feature in cookery books as far back as 1439, and today's pancake races are in remembrance of a panicked woman back in 1445 in Olney, Buckinghamshire. She was making pancakes when she heard the shriving bell calling her to confession. Afraid she'd be late, she ran to the church in a panic, still in her apron, and still holding the pan.

Flipping pancakes is also centuries old. A poem from Pasquil's Palin in 1619 runs: "And every man and maide doe take their turne, And tosse their Pancakes up for feare they burne."

Some people have noted that the ingredients of pancakes can be used to highlight four significant things about this time of year: eggs stand for creation, flour is the staff of life, while salt keeps things wholesome, and milk stands for purity.

