Good News Parish Magazine High Downs Parish

Serving the villages of Eastling, Otterden, Stalisfield and Throwley

www.goodnews.rf.gd



	Doddington Church	1.30pm
25th	Quiz Night	
	Eastling Villago Hall	Znm

Eastling Village Hall 7pm

MARCH

- 1st Otterden & Stalisfield W.I. Stalisfield Village Hall 7.30pm 10th & 11th Treasure Island Pantomime
- Stalisfield Village Hall 7.30pm
- 19th Mothering Sunday Service Stalisfield Church 10.30am



at EASTLING VILLAGE HALL

Saturday 25th February 2023 – 7pm start

By popular demand, the famous **QUIZ NIGHT** at Eastling Village Hall is returning!

> Tables of up to 8 people Bring your own food, drink, plates and glasses £5 per person, payable on the night.

To book, please email Annie on jacksonandadams@btopenworld.com

(Please let us know who is in your team to avoid duplicate bookings) If you'd like to come but don't have a team, please book anyway and we'll try and put you in a team.

There will be a raffle on the night so raffle prize donations gratefully received.

And remember, the Quizmaster's decision is final – regardless of what Google might say!!



Pancake Day Shrove Tuesday -21st February

Service of Holy Communion On Ash Wednesday 22nd February 7.30pm Newnham Church



Ash Wednesday, a good time to admit you are sorry

Have you done something which haunts you? Which makes you feel restless and defensive, every time you think of it? Why not deal with it this month, and put it behind you? Whatever your mistake has been, consider what the Bible has to say to you: 'I have not come to call the virtuous but sinners to repentance' (said Jesus). (Luke 5.32)

God is inviting you to come to Him this Ash Wednesday. What a wonderful offer! Make the most of it and remember how the prodigal son was welcomed back by his compassionate father.

February Message

'All you need is love'. So sang the Beatles and in various ways so say all the Valentines cards that are exchanged this month. Love is surely the most powerful thing in the universe. Nothing else can make us feel so happy or so miserable. And there are those who believe that one day scientists will discover that love is the basic energy force of the planet.

Throughout history, millions of people have believed that God is love. The idea that God is our parent is present in ancient Hebrew writings and crosses religious and cultural boundaries. If we are God's children then we will want to be loved by our God. In fact I suggest we need to be loved by our God in order to thrive, just as we need the love of earthly parents in our early years. Of all the relationships in our lives, I think that the connection we have with God is the most vital. So how do we encourage that connection? We may, or may not know that God loves us, but do we feel that God loves us? How, if at all, are we receiving God's love?

In order to answer that, we need to look at our human relationships and how we give and receive love through those. Dr Gary Chapman has spent a counselling career looking at this and concluded that there are 5 main ways in which we

express our 'love language'. Maybe you feel loved when someone speaks words of affirmation – telling you how wonderful you are and how much they love you. Maybe you feel loved when someone sets aside time to devote just to you, creating a quality time together. Maybe you feel loved when someone gives you a gift - it doesn't have to be expensive, perhaps just a posy from their garden or a stone from the beach. Maybe vou feel loved when someone performs an act of service for you - making you tea or washing your car. Or maybe you feel loved when someone gives you a hug, or touches your arm. When we understand our preferred ways of giving and receiving love, we can not only express love more fully to each other, we can feel loved and begin to find the ways that God is communicating his love to us and through us.

In the bible, John writes: 'God is love' and 'We love because he first loved us'. So as we celebrate the gift of love this Valentine's Day, I would encourage you to think about how you feel loved and how others around you feel loved too so that we can harness its amazing power to do good in the world and thank God for it!

With love & light and the blessings of Christ Lissie Bayford

Prayer Pointers February 2023

Mondays - As winter continues, pray for those unable to heat their homes.

Tuesdays - For a helpful resolution for workers seeking better pay and conditions

Wednesdays - Give thanks for those who help us during difficult times.

Thursdays - For all suffering from disease or mental health problems.

Fridays - For local food banks and all who need to use their services.

Saturdays - Give thanks for early signs of Spring.

Sundays - During Lent, pray for a deeper understanding of our faith.



Penny Fenton

Many of you will remember Revd. Penny Fenton who was Priest-in-Charge in past times to the churches and communities here in High Downs, although then part of the Ospringe Benefice. Penny led services and immersed herself completely in parish life with her own very approachable and generous style. In later years, you may have seen her in Faversham where she would always stop for a chat and want to know how you are - for many she would be the go to person with the highest integrity, a wise head and a sharp wit.

Sadly, we received the news of Penny's death on 18th January. We can all give such thanks for her friendship, her life of service and her love for her Lord Jesus with whom she now rests. As soon as we have news of her funeral arrangements, we will post them on the website: www.achurchnearyou. com/church/11982/

Revd Canon Jonathan Russell,

vicar of Throwley parish for many years in the past and Area Dean for Ospringe Deanery, died a short while ago . His funeral will be on 17th February in Canterbury Cathedral at 11.00 and afterwards in the conference facility there.



Eastling Church Flower Rota February 2023



Feb 5th & 12th - Susie Feb 19th - Di Feb 26 - Lent, no flowers

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



Home from Home Dog Boarding also Doggy Day Care and animal taxi now available, safe and comfortable transport for your pets

Fully Insured, Enhanced DBS Check Canine first aid course. Also Dog Walking service for the surrounding areas. For more details please contact: Trudie on 01795 890114 or 0771 4455 769





Nail cutting, corns and callus, fungal foot and nails, verrucas, ingrown toenails and care of the diabetic foot

> Rebecca Lapslie MCFHP MAFHP Foot health professional Home visits

01795 486849 07734 698792

New pew cushions at Eastling church

Those who have visited St Mary's over the Christmas period will have found the nave and choir pews have been given a makeover with the purchase of new and very comfortable pew cushions. These will greatly enhance the comfort and worshipping experience for all.

It was possible to make this purchase helped by donations given in memory of Wendy Allen who died last year.

A D Pink Electrical

All types of domestic electrical installations undertaken, from full rewires to single sockets. Garden and security lighting. Landlords' Electrical Safety Certificates. Fully insured

NICEIC Part P Domestic Installer



Local Tradesman Tel: 01622 884774 07761 559 744 Email: andypink1@aol.com



84 Preston St, Faversham, ME13 8NU

Independent Family Run Funeral Directors

Help and Advice 24 Hours a Day

01795 515212

- Home Visits
- Pre-Paid Funeral Plans
- Private Chapels of Rest
- New Jaguar Fleet

Faversham@Bournes-Funeral.co.uk



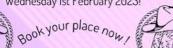


Absolute Beginners: 10-11am £6 Improvers/ Intermediates: 11-1pm £8



Stalisfield Village Hall Stalisfield Road, Faversham, ME13 0JE

Brand new class starting on Wednesday 1st February 2023!



Carla & Gary : 07961 090233 CandGlinedance@outlook.com

Contact Details:

Find us on: facebook @C&G Line Dance eazihealth 😤

always there for you

EaziHealth is a UK registered online pharmacy with a focus on healthcare and customer service

Our services

- Erectile dysfunction, Emergency contraception
- Free delivery service
- NHS repeat prescriptions
 Private prescriptions
- Private prescrij - Stop Smoking
- Stop Smoking - Video Consultations
- Weight Loss Management

Our contact:

Telegram & WhatsApp: 07761313828

Tel: 01227 913 444 / 01795 597801 Unit C The Market Place, Brogdale Farm Brogdale Road Faversham ME13 8XZ www.eazihealth.co.uk

Otterden & Stalisfield W.I

We are well into 2023 now, but as this is the first W.I. column for this year - Happy New Year to you all. Otterden & Stalisfield W.I Group did not have a meeting in January, but instead we had two outings for those that wished to come along. On Tuesday 17th January a good number of us met up at Dobbies Garden Centre for an informal lunch, which was most sociable. It was particularly good to see a returning Member who had not been able to attend our gatherings for some time, as she had been caring full time for her husband. It also gave us the opportunity to collect our tickets for an outing to the Marlowe Theatre in Canterbury the following evening. Our President, Helen Brooks, efficiently organised reserved seats for the production of The Best Exotic Marigold Hotel performance, which had several well-known actors in the cast. Helen had also contacted other neighbouring W.I. Groups, so not only were our Group attending, but also ladies from Hucking and Lenham. There were over 20 of us altogether, which meant we were able to purchase the seats at a reduced rate. Everyone enjoyed themselves, so many thanks must go to Helen for a good evening's entertainment.

Our first proper Meeting of the year, will be at Stalisfield Village Hall, commencing at 7.30 p.m. on Wednesday 1st February. It won't be too strenuous as Helen has contacted Peter from East Kent Yoga who will take us through Chair Yoga, which will be most helpful to those of us who are not as flexible as we once were.

If you wish to join our monthly meetings on the first Wednesday of each month, please contact either Helen Brooks on 07477580727 or Ellie Cameron on 01795 892016. Guests are always welcome at a small cost of £3.

Thank You

To the Dad's Army Shoot, in particular Peter and Graham, for the beautiful Christmas tree which was so visible on the village green at Stalisfield.



Eastling Defibrillator Update

As many of you are aware, we are lucky enough to have a community defibrillator in Eastling. Whilst we all hope that we never need to use it. it can be life-saving in the event of a cardiac arrest, especially given our

Defibrillator

rural location and the well-publicised difficulties that the ambulance service finds itself in. It seems timely, therefore, just to remind everyone of its availability and how to access it.

If you find someone collapsed and not breathing normally, the most important thing is to call for help and dial 999. The emergency call handlers are very used to talking people through these situations and will also know the location of the nearest defibrillator. You do not need any training to use a defibrillator, once you have switched it on, it will tell you what to do.

The defibrillator in Eastling is at | Manor Lees, which is about 70m from the Carpenters Arms, heading towards Otterden. It is in a white cupboard, at the front of the bungalow and clearly marked with a green AED (Automatic External Defibrillator) sign. In addition to the defib, there is also a first aid kit. No keys or codes are required to access it.

As already mentioned, you do not need any training to use a defibrillator and its use can save a life. However, learning CPR is a fantastic skill and online training is available for free from The British Heart Foundation at revivr.bhf.org.uk. It covers CPR and use of a debrillator. Well worth doing if you have a spare 15 minutes.

Cllr Caroline Gilbert

The Plough Inn, Stalisfield; a

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

Celebrate Valentines at The Plough Inn this year, with a special menu running from 11th throughout the week, stay in one of our luxurious suites, spoil your loved one with champagne & chocolates, book now to 'bank your brownie points'!

Remind your Mum on Mothering Sunday how special she is. Book now for our traditional Sunday roast and let her relax, minimum 2 courses and if you can't make it on Sunday 19th then why not buy her a gift voucher to enjoy at her leisure.

See our Facebook page and our SHINY NEW website for more details.

Keep up to date by following us on Facebook or Instagram

Stalisfield Road, Faversham, Kent, ME13 0HY Tel: 01795 890256 Email: info@theploughinnstalisfield.co.uk



The Arts Society brings people together through a shared curiosity for the arts

We meet at Egerton Millennium Hall on the second Wednesday of each month at 2.30 p.m. (doors open from 2.00). Our next lecture will be:

Wednesday 8th February at 2.30 p.m.

SINGING IN SECRET: William Byrd, Queen Elizabeth and worship under wraps

Four hundred years ago in July 1623 saw the death of the outstanding English composer William Byrd; prolific and successful, he was a favourite at the court of Queen Elizabeth. But Byrd led a complicated existence as a devout Catholic in troubled Tudor times, when to infringe strict religious rules ran the risk of imprisonment or even death. Forced underground, he created some of his most expressive music for fellow Catholics to use in secret worship. This talk celebrates the best of Byrd's awe-inspiring work and reflects on what it means to create superb art in circumstances of great danger

Our lecturer, Sandy Burnett, is one of the UK's most versatile music commentators, enjoying a career that combines broadcasting, performing and lecturing. After studying at St Catharine's College, Cambridge and working as music director for the RSC, National Theatre and in London's West End, Sandy Burnett spent a decade as one of the core team of presenters on BBC Radio 3.

Visitors are always very welcome at £5, refunded if you join. 6 months membership costs £24. For further information please contact Christine Willis, our Membership Secretary via cmwillis75@gmail.com or 01233 756377. See also our website www.theartssocietyegerton.org.uk



The Arts Society Faversham

We run regular monthly lectures on the fourth Thursday at the Alexander Centre, Faversham. Subjects cover all aspects of the Arts in its widest sense and are given by experts in their chosen field and include university lecturers,

broadcasters and tour guides. Come along to a lecture as a guest (£5 fee) or join for a year's lectures.

Our next lecture is on the 23rd February 2023 at 11.00am on "History of Cartoons from Hogarth to Private Eve" by Ian Keable. Coffee and biscuits will be served from 10.20am

The first time the word cartoon was used in the sense that we know it today was in 1843 in *Punch* magazine. But the employment of satire, caricature, speech bubbles and the writing of captions had been around long before then. In this talk Ian tracks the early stages of cartoons and how, through the works of Hogarth and James Gillray, they gradually evolved. Copious illustrations abound from the masters of their craft such as John Tenniel, John Leech, David Low, Vicky, Ronald Searle, Heath Robinson and Giles; and, bringing it right up to date, with Gerald Scarfe, Steven Bell and Peter Brookes. Biography: Ian gained a First Class degree from Oxford University, qualified as a Chartered Accountant and then became a professional magician. He is a Member of The Inner Magic Circle. In 2014 he published Charles Dickens Magician: Conjuring in Life, Letters & Literature. He now divides his time between performing magic, giving talks and researching and writing. His latest book, *The Century* of Deception: The Birth of the Hoax in Eighteenth-Century England, is to be published in September 2021.





'Happy times with old songs, tea & chatter'

Come and join us in singing for fun on Thursday afternoons: 9th Feb, 9th March, 13th April from 2pm – 3pm at Newnham Village Hall £5 per person pay-as-you-go

> ALL WELCOME suitable for dementia sufferers (carers attend free of charge)

Enguiries to Lissie on 07790 287878 or email lissiebayford@gmail.com

Witchcraft in 17th Century Kent - Murder and Mercy at the Maidstone Assizes

This talk examines a single trial in the 1650s uncovering the experiences of those involved and unpicks the way rumour, accusation, indictment and trial engulfed communities and destroyed lives.



Speaker: Rebecca Warren When: 9th February 2023 Where: Parish Hall, Station Road Time: 7.30pm doors open Talk starts promptly at 8pm



CHARING & DISTRICT LOCAL HISTORY SOCIETY www.charinghistory.co.uk

EASTLING VILLAGE HALL

To book ring Annie on 07754 114670



Email:Jacksonandadams@btopenworld.com www.eastlingvillagehall.co.uk 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.

TRUSTEES OF EASTLING VILLAGE HALL ANNUAL GENERAL MEETING

Tuesday 11 April 2023 at 7.30pm

The Annual General Meeting of the Trustees of Eastling Village Hall will be held on Tuesday 11 April 2023 at 7.30pm in the Village Hall. The Village Hall meeting will be followed at 8pm by the Annual Parish meeting of Eastling Parish Council. All Eastling residents are invited to attend both meetings.

At the Village Hall meeting the Members of the Committee of Management will be elected. The Trustees have recently updated the Trust Deed as it relates to membership of the Committee. Formerly the Committee was made up of representatives of user groups. However, many of the original user groups no longer exist and the Trustees felt the Trust Deed should better reflect the current position. Consequently, the Committee will now consist of up to 10 and no less than 5 members elected at the Annual General Meeting. Representatives of the Parish Council and current user groups are encouraged to put forward candidates for election and any villager interested in joining the Committee may also come forward as a candidate for election at the AGM. The period of office will be for one year with all members retiring at the AGM although existing members may be reelected.

People may not serve as Trustees if they are:

- under 18 years of age;
- adjudged bankrupts;
- making a "composition or arrangement" with creditors or
- convicted for dishonesty or deception.

If you wish to put up a name as a candidate for election (by show of hands) at the AGM, please complete a nomination form, duly supported by a proposer, obtainable online at

www.eastlingvillagehall.co.uk or by contacting Sue Parry, Honorary Secretary to the Trustees, on tel: 01795 890254 or <u>sueandpeter@live.co.uk</u>. Completed nomination forms should be returned to Sue by Tuesday, 4 April 2023

ROOTS Kitchens Bedrooms

Bathrooms

Celebrating 20 years

www.roots.uk

We specialise in the **design**, **supply and installation** of complete **kitchens**, **bedrooms and bathrooms**. Our **fully managed service** includes all skilled trades right through to final decorating. Discover more at www.roots.uk and visit our showroom. Roots. For your forever home.

Showroom open Mon-Sat 9am-5pm 01227 751130 Vine Farm, Boughton-under-Blean, Faversham, ME13 9AB

Eastling Neighbourhood



Village Warden 07794 010 394 or 01795 890848

Police 101 Emergency 999

There have been a couple of serious incidents over the last month .

One was at Spuckles Cottage which is on the footpath down to the valley from the S bend into the village. This property was severely vandalised by its windows being shot out by ball bearings, probably via catapults. This weapon is mostly used by persons poaching within the locality. So if anyone person with information relating to this please advise the police or give me a ring.

The other incident occurred around the Tonge Lane area at the back of the farm buildings there. A small caravan which had been stored there for quite a long time was set on fire. If this fire had spread to the farm buildings there would have been a massive explosion which would have probably caused injuries and damage to property. If any person has any information as to who may be responsible, please pass it on as usual it will be treated in confidence.

We are now into the animal breeding season so please keep your dogs on a lead when in the presence of farm animals especially sheep. Always keep in mind the farmers have the right to shoot any dogs attacking or worrying their livestock. Again keep in mind not to go into a field especially with a dog where there are cattle as there is a danger they will attack especially if they have young with them.

Again a reminder that we do have a defibrillator in the village which is owned and maintained by the community. This is for the use of everybody who lives in the village or is visiting or passing through, there are no restrictions. The machine is simple to use and does issue vocal instructions to assist. Chest compressions are a must in conjunction with machine.

It is imperative to dial 999 and request medical assistance before any other action is taken as the call handler will provide the necessary advice.

The defibrillator is situated at no 1 Manor Lees which is the first white bungalow past the Carpenters Arms going towards Otterden or just before The Carpenters if coming from Otterden. It is held in the cupboard next to the front door marked 'Emergency Defibrillator'. Open the unlocked cabinet and remove defibrillator. If assistance is needed please call me as this is my property and I will do my utmost to assist.

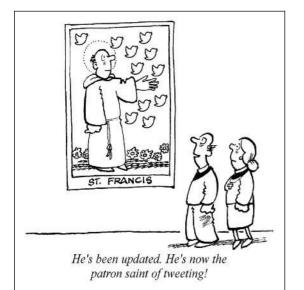
Let us hope it is not needed but is available just in case.

Please be extra aware as there are many scams going around at the moment and do not pass on any of your private information.

Have a good month

Take Care, Alan





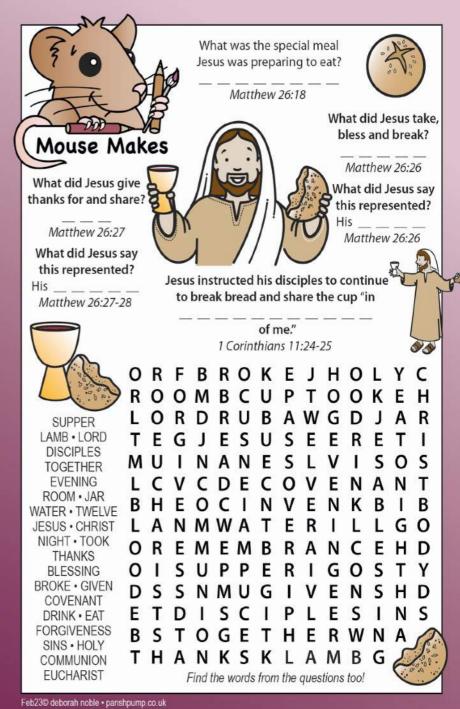


Mothering Sunday Service at Stalisfield Church on 19th March at 10.30am. Join us afterwards for light refreshments.



activities. All welcome! See our Facebook Page or contact Catherine on <u>clnorwood@doctors.org.uk</u> for any more information.





News from Citizens Advice Swale

We're currently experiencing a significant increase in the need for energy advice. People struggling the most are having to choose whether to heat their homes or eat - many can't afford to do either. Even with government support measures, we know it's going to be an incredibly tough winter for the people we help.

The government's support with energy bills will go some way to help, but it won't be enough to reverse the devastating trends in people seeking our support. Our staff and volunteers are working flat out to help people, but there's still a lot of people out there who find it difficult to get through to us. And we need to make sure they have somewhere to turn.

Following the success of our Faversham drop-in sessions, we're pleased to announce that from Monday 16 January we'll be holding face-to-face sessions at Swale House 10am-12pm every Monday. Our new opening times are as follows:

Drop-in sessions (no appointment necessary)

Mondays 10am-12pm, Swale House, East Street, Sittingbourne Wednesdays & Fridays 10am-12pm, 43 Stone Street, Faversham

Telephone advice Call Adviceline on freephone 0808 278 7979 Monday-Friday 10am-4pm

Email advice Contact us online at

www.citizensadviceswale.uk/email-general-advice,

Debt advice Request a call back from our money advice team at www.citizensadviceswale.uk/debt

To stay up to date with our opening times, please visit www.citizensadviceswale.uk or follow us on Facebook or Twitter.

FOR CLASS DETAILS

CONTACT YOUR LICENSED ZUMBA INSTRUCTOR:

ROSIE BAKER

07809 490 982 - rosiezumba2017@gmail.com



FACEBOOK: @ZUMBAWITHMEROSIEB

ZUMBA $^{\textcircled{B}}$ is a fusion of Latin and International music/dance themes which create the principle that a workout should be "FUN AND EASY TO DO". The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body!

Join me at:

Stalisfield Village Hall, ME13 0HY - Thursdays 18.30 - 19.30

Lenham Community Centre - Tuesdays 6.45 - 7.45pm and Saturdays 9-10am

NO DANCE EXPERIENCE REQUIRED! 16 & OVER

GET IN TOUCH TO BOOK YOUR SPACE or USE BookFit APP - ONLY £7.50pp! Copyright © 2014Zumba Fitness L.L.C : Zumba® and the Zumba logos are trademarks of Zumba Fitness L.L.C.

JM WEBSTER

PLUMBING AND HEATING SERVICES **OIL TANK INSTALLATION AND INSPECTIONS** OIL GAS LPG INSTALLATION SERVICE AND REPAIR

BATHROOMS AND GENERAL PLUMBING OFTEC AND GAS SAFE REGISTERED

jimwebster5778@btinternet.com





safe

E: hello@benbarnett.co.u

Fb: @HTbyBB



Drop-in sessions

Speak with our advisers face to face. No appointment needed.

Mondays 10am-12pm Swale House, East Street, Sittingbourne

Wednesdays & Fridays 10am-12pm 43 Stone Street, Faversham



Alternatively you can call Adviceline on 0808 278 7979 (10am-4pm Mon-Fri) or email us at www.citizensadviceswale.uk/get-advice



RELIABLE & PROFESSIONAL SERVICE AT REALISTIC PRICES BY CERTIFIED ENGINEERS WE COME TO YOU!

JKF Computer Services, Est 2000

• PC Repairs, Upgrades & Rebuilds Virus Detection and Removal.

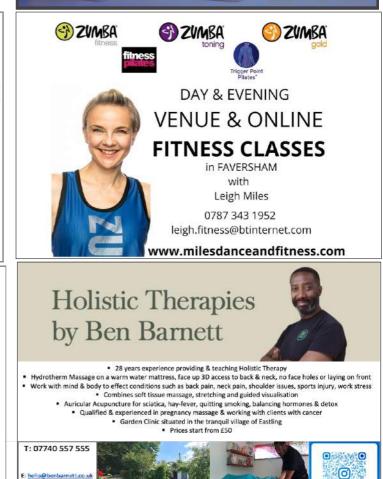
On- Site or Workshop Repairs

Computer Installation & Maintenance

Ô

- Spyware Detection & Removal
- PC's Built To Your Specification Collect and Return Service as needed
 - Data Recovery and Backup
- Hardware & Software Troubleshooting
 Small Business or Home Networks

CALL US ON 01795 531623 or 01227 290131 / Mobile 07880 602823



Canon Paul Hardingham considers what showing love can mean in everyday life.

The Language of Love

Valentine's Day reminds us of the importance of expressing our love to those close to us. But how can we go beyond simply offering 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 like Jesus in our everyday relationships to our partner, children, neighbours or work colleagues?

Listening

We need to listen to others, just as Jesus did. He asked questions of people and waited for them to process their answer. According to James, 'everyone should be quick to listen, slow to speak and slow to become angry' (James 1:19). How well do we listen to others? How often do we find ourselves already thinking of what we want to say before somebody's finished speaking? Listening takes time; don'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. For us today, a warm handshake may be of value. Of course, it should always be an *appropriate* touch – helpful for the other person, not just for ourselves.

Speaking

Jesus' 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?



Plasterer P.Hadley

All aspects of plastering covered 18 years experience

- Ceilings or Walls, Old or New
- Lime Plastering & Heritage Work
- Plaster Boarding
- Over skimming of Artex
- Tiling
- Property maintenance

No job too Large or Small Friendly Clean and Reliable Service For a no obligation free estimate or advice call Paul on

Ospringe 07740 530426



Sunday Services

5th February 3rd Sunday before Lent

1 Corinthians 2.1 - 16, Matthew 5.13 - 20 Eastling 10.30am Holy Communion Norton 10.30am Morning Worship

12th February 2nd Sunday before Lent

Romans 8. 18 - 25. Matthew 6. 25 - 34 Eastling 9am Holy Communion BCP Throwley 10.30am Morning Prayer Lynsted 10.30am All Together Now

19th February Sunday before Lent

2 Peter 1, 16 - 21, Matthew 17, 1 - 9 Newnham 9am Holy Communion BCP Eastling 10.30am Morning Worship

22nd February Ash Wednesday

2 Corinthians 5.20b - 6.10, Matthew 6.1-6, 16-21 or John 8. 1-11

Newnham 7.30pm Holy Communion

26th February Lent 1

Romans 5. 12 - 19, Matthew 4. 1 - 11 Throwley 10.30am Holy Communion Newnham 10.30am Morning Worship

5th March Lent 2

Romans 4. 1-5,13-17, John 3. 1 - 17 Eastling 10.30am Holy Communion Norton 10.30am Morning Worship

Online Daily Worship Continues

As well as the services in our churches, the daily 9am Morning Prayer at Lynsted and Sunday Breakthrough at 6pm, will continue and be live online on 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/

High Downs Parish

Rector	Reverend Canon Dr. Steve Lillicrap	
	01795 522510 steve.lil	licrap@kc-hd.org.uk
Associate F	Priest Reverend James (Ji 01795 890726 jim.pyer	, ,
Curate	Reverend Caroline Turvey	
	01795 886351 caroline.t	urvey@kc-hd.org.uk
Reader	Caroline Ramshaw	(07799 538809)
Anna Chap	olain Caroline Ramshaw	
	AnnaChaplaincy@outloo	ok.com
	Pim Baxter	(07710 116269)

Church Contacts

Andrew Baxter, Warden (01795 890598) Eastling Administrator E mail: eastlingchurch@gmail.com **Stalisfield with Otterden** Jenny King, Warden (01795 890366) Administrator Shirley Pritchard Stmarystalisfield@gmail.com Email[.] Throwlev Alison Young, (contact) (01795 890213) **Parish Office** Email: eastlingchurch@gmail.com

facebook.com/highdownsbenefice *****

CONTACT THE GOOD NEWS EDITOR

Hilary Harlow 01795 890338

If you would like to submit articles, or to advertise in the March 2023 magazine, send your submission by 20th February to: goodnewsmagazine@me.com.

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

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@outlook.com

07799538809



Barnie's Sweeps Professional Brush & Vacuum Chimney Sweeping Service for Open Fires and

Wood Burners **Clean Efficient Service** Institute of Chimney Sweeps Trained and Fully Insured Certificate Issued after Sweeping For Further Details please call Berni on 01795 581755 or 07751 109300 Visit me at www.barniessweeps.co.uk

GARDEN CLEARANCE No job too small. Mowing, strimming. Trees topped/removed.

Fences and gates erected. For a free quote call Nick Swatland 01795 886814

mobile 07713 766141





Prayer is instinctive for human beings, even those who don't regard themselves as religious. You are standing at a bus stop in the wind and the rain, thinking 'I do hope the bus will come soon'. It's an inner yearning. It defies logic: either the bus is coming, or it isn't. But we all do it. It's instinctive and it's the raw material of prayer. Hoping for something better is basic. Like all instincts, it needs to be trained.

To whom do we pray? What you pray, and the way you do it will be shaped by your view of God. Christian prayers are fashioned by what we know of Jesus and what He taught about prayer.

Some hints about prayer this Lent

We pray by invitation. Again and again, Jesus encouraged His companions to pray. A couple of His parables on the subject have been misinterpreted as instructions to persuade a resistant God to do what we want. Have a look at Luke 18. verses 1-8, about a widow whose perseverance finally persuaded an unwilling judge to rule in her favour. The lesson is that God is not like that! Similarly, an unwelcome neighbour who persistently calls for help in the middle of the night gets what he wants (Luke 11:5-13).

The lesson?

If tenacious lobbying can overcome human unwillingness, how much more our gracious God will heed His children's cry.

Pushing at an open door. Jesus is already praying for us. So, when

Pest Control Services 🛁

Rats, Mice, Wasps and Bee Swarms removed **Discreet & Prompt Service** Local Tradesman Contact Andy Pink 01622 884774 / 07761 559 744

RELAXATION MERLDETA

FREE Taster Sessions at Charing Surgery Thurs 26 Jan 9.30-11am & Mon 6 Feb 5-6.30pm

Evening 8 week programme Every Monday, weekly Stalisfield Village Hall 27 Feb - 24 Apr (exc 10/4 for Easter)

Daytime 8 week programme Every Thursday, weekly 9.30am-11am | £195

Yvonne Fernando T: 01233 878474 M: 07968 785714 www.yvonnefernandonlp.co.uk

we start to pray, we step on to an already moving staircase.

Sometimes prayer seems tougher than it need be. Jesus invited us to be linked to Him, in the way an inexperienced bullock is voked to a mature ox. Have a look at Matthew 11:28-29, which concludes "for my yoke is easy and my burden is light". When Marion Bartoli unexpectedly won the 2013 Women's Wimbledon final, she said "I believe if you put all your heart and effort into everything you are doing, then God is there to help you."

Is your prayer on the right lines? Try adding "for Christ's sake" at the end. "Please let my marrow win the Gardening Club competition"? No. "Not my will but yours" is the key. So when praying, don't give God instructions, just report for duty.

//M & J ELECTRICAL KENT Domestic & Commercial

Marcus Hammond

Tel: 01795 473959 Mob: 07592511612

Email: info@mandjelectricalkent.co.uk



<u>Southern Cesspool</u> Services



Tank Emptying Treatment Plant Servicing and Jet Washing Regular Empties Clean Quick & Efficient British Water Accredited

01233 646767 / 732407 07773 491356

www.southerncesspoolservices.com

We Pride Ourselves On First **Class Service**

theLeap Hypnotherapy

Catherine Scarlett BA(Hons), AFHEA, HPD 07887 350613 - cscarlett9@aol.co.uk

Help with -Anxiety, Depression, Phobias, Sleep, Smoking, Weight Loss etc.



SOLICITORS • SINCE 1989 Now part of Hallett & Co

01622 859 416 lenham@hallettandco.co.uk www.hallettandco.co.uk

St Mary's House, The Square Lenham, Kent ME17 2PH

Authorised and regulated by the Solicitors **Regulation Authority Registered No. 50485**

What the temptations mean for us

by Canon David Winter

Immediately after His baptism in the River Jordan, Jesus faced and resisted three powerful temptations during 40 days in the wilderness of Judea.

This time of testing and temptation was His preparation for the work God had sent Him to do on earth. It's the principle behind the season of Lent, which begins on 22nd February.

Although the temptations were personal to Jesus, many of us will recognise their relevance in our own lives. The first was simple. *'You're hungry. You can do miracles. Well, turn these hot stones at Your feet into loaves of bread'.* It sounds quite plausible, but in fact it's an invitation to put one's own needs first. Temptation rejected.

Then came the second: 'throw yourself off a pinnacle of the Temple. You know that God will send His angels to catch you before you hit the ground'. Again, it's plausible (there was even a verse from the Bible to back it



up). But this would be to substitute one spectacular publicity stunt for the hard slog of travel, preaching, healing and touching individual lives. Temptation rejected.

The third was outrageous. '*Fall down and worship corrupt and evil power, and You will have infinite worldly power and success*'. In other words, the divine Son of God should deny His Father and worship the devil, to glean success without going to the Cross. For the third time, temptation resisted.

I know these temptations were tests of the Messiah Jesus, but can't we see in them temptations that come to all of us from time to time? Look after number one, and all will be well. Take the short cut to success and avoid all the hard slog. Compromise your integrity, in order to fulfill your ambitions. Or choose the hard way: walk the narrow path of honesty, commitment, and truth. That's really the Lenten choice.





A Nice Place to be Born

By Audrey Keen

When I was a child in the 1950s, it was not unusual for a cottager to keep a pig in a sty. We did and our pig lived beside the wood shed, some way from the house. We also kept chickens, geese and lambs that were hand fed and kept as pets.

It was on the roof of the wood shed that a blackbird chose to stand and sing. He would call for us from spring through to the following winter. He was always there and his loyalty to us reminds me of the love given to me by my mother who cared so much for her family. It also reminds me of the happy times I spent with my father and sister, specially at holiday time or Christmas, when we would gather holly and other evergreens to decorate the cottage walls.

The blackbird even makes me think of log fires in winter afternoons and coming home into a warm room. drinking hot milky drinks from a special mug with a blue plastic lid. My mother would be baking cakes or getting ready the evening meal. It was a cosy time and the blackbird was always outside, on the roof, singing. We would often go for walks as a family into the woods by the cottage, or on the narrow pathway close to the farm - our neighbour. I would enjoy the mysteriously winding track, the snow topped hedges and the brown leaves underfoot, sporting a coat of frost. I would take note of the colours of the pheasant, the rabbit, the hare and every creature, wild and free, that passed by. I would be aware of the meagre sunlight which, to be fair, did try hard to warm the afternoon. But, all the while the blackbird, this enchanting friend, would sing from his place on the shed roof.

And, even though time has passed, over seventy years in fact, and I have moved on, a blackbird, whether he sings from branch or fence post, roof or hedge, is still a comfort to my country soul.

