Good News Parish Magazine

for High Downs Parish

Serving the villages of Eastling, Otterden, Stalisfield and Throwley

www.goodnews.rf.gd



AUGUST 2025

6th Otterden & Stalisfield W.I. Stalisfield Village Hall

7.30pm

10th Drop off day for Fête donations Stalisfield Village Hall 9am - 3pm

20th Mid-week Holy Communion
Wychling Church 11am

20th Copy deadline for September 2025 Good News: goodnewsmagazine@me.com

23rd Stalisfield Village Fête 2 - 5pm Stalisfield Village Green

29th Together in Boots walking group Doddington Church leave at 2pm

SEPTEMBER

3rd Otterden & Stalisfield W.I.

Stalisfield Village Hall 7.30pm

10th Youth Group

Stalisfield Village Hall 7 - 8.30pm

13th Cycle Ride and Stride

Around Kent Churches 10am - 6pm

24th Youth Group

Stalisfield Village Hall 7 - 8.30pm

28th Harvest Festival

Throwley Church 10.30am

OCTOBER

4th & 5th Harvest Flower Festival
Eastling Church 11am - 5pm

5th Harvest Thanksgiving

Eastling Church 10.30am

11th Harvest Supper

Stalisfield Village Hall

12th Harvest Thanksgiving

Stalisfield Church 10.30am



Stalisfield Fête needs your DONATIONS please ...

All fête donations are very welcome ... particularly:

- * Bottles (any substance, especially non-alcoholic & alcoholic drinks)
 - * New Chocolate Bars of all varieties add one to your shop!
 - * Pre-loved designer clothes, shoes, accessories
 - * Beloved Bric-a-Brac
 - * Toys
- * Books

Drop off items at Stalisfield Village Hall: Sunday 10th August 9am – 3pm

Thanks everyone ... and see you at the fête ...!

Prayer for August.

By Daphne Kitching

Heavenly Father,

August – summer holidays and sunny skies.

All should be well and yet, around the world all is not well!

Every day, it seems, new wars begin, catastrophes occur, world politicians play power games - and people suffer.

It can feel overwhelming and we want to bury our heads in the sand, rather than build sandcastles on the beach.

Help us Lord, to look up; to see things with Your perspective; to remember that Jesus warned us that in this world we will have trouble. Then help us to remember that He told us to take heart, because He has overcome the world.

Father, help us to savor the summer, as we put our trust in You - our strength, our hope, our ultimate and unfailing security. In Jesus name, Amen.

Message for the Month

August is a time of change in the lives of our young people this month, the very young preparing to start school, many preparing for new classes and new teachers, some changing schools, some recently left school waiting for their exam grades to plan what they do next, some considering starting college, others just left college and planning their next moves perhaps preparing to leave home for university or a new job and then there are those who have left university and considering what they do next. So much change. Some find change daunting and frightening, the fear of the unknown whilst there are some who embrace change and like the challenge of the unknown. I wonder where you are; do you fear change or embrace it.

We live in a world where change is

inevitable, we cannot ignore it, we can't be like the ostrich who sticks his head in the sand waiting until the change has gone.



If you fear change or it causes you anxiety what can you do or how can you help someone who fears change, how can we support our children in facing change? The Bible gives us examples of how we can deal with the anxieties that change can bring, Philippians 4 says "I can do all things through him who strengthens me" and

1 Peter 5 says "Casting all your anxieties on him, because he cares for you".

We don't have to go through change alone, God walks with us, he can guide us and give us the skills and courage to face change and the challenges change can bring.

If you feel that you are alone, you feel that God isn't there then just read the Footprints poem:



One night a man had a dream.

He dreamed he was walking along the beach with the Lord.

Across the sky flashed scenes from his life.

For each scene, he noticed two sets of footprints in the sand:

one belonging to him, and the other to the Lord.

When the last scene of his life flashed before him, he looked back at the footprints in the sand.

He noticed that many times along the path of his life there was only one set of footprints.

He also noticed that it happened at the very lowest and saddest times in his life. This really bothered him and he questioned the Lord about it.

"Lord, You said that once I decided to follow you, You'd walk with me all the way.

But I have noticed that during the most troublesome times in my life, there is only one set of footprints.

I don't understand why, when I needed you most, you would leave me."

The Lord replied,

"My son, My precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I Carried You."

So when you are facing change and you feel that God isn't there, relax, stay calm because he doesn't leave you it is then that he is carrying you. I hope that this month as our children and young people prepare for the changes that are about to happen that they grow in courage and strength and face these challenges with confidence and that us parents encourage them and can look at them with a sense of pride.

"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you." Deuteronomy 31

Caroline Ramshaw

Prayer Pointers

Sundays - Give thanks for our freedom to worship in our village churches.

Mondays - Pray for our clergy and lay folk who lead our services.

Tuesdays - Give thanks for our emergency services and pray for all who work in them, both paid staff and volunteers.

Wednesdays - Pray for people in this country and abroad who are persecuted for their faith.

Thursdays - Give thanks for local charities and the volunteers who run them.

Fridays - Pray for those who live in despair, for themselves or for others.

Saturdays - Give thanks for our Parish Councils and Village Hall committees as they work hard for those living in their parishes.

Eastling Church Flower Rota



August 3rd & 10th - Steph 17th & 24th - Bay

31st & Sept 7th - Suzie

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



CHARING & DISTRICT LOCAL HISTORY SOCIETY

My Dearest, My Darling – Wartime letters between England and India

Marian and Andrew will read extracts from the letters Andrew's father and mother wrote to each other between February 1943 when he left for India and November 1945 when he returned. In all they exchanged some 350 letters but this small sample gives a flavour of wartime life in provincial wartime Britain and in pre-independence India, Ceylon and Burma. They are illustrated with contemporary photographs and Andrew's father's drawings.





Speakers: Andrew & Marion Bond When: 11th September 2025 Where: Parish Hall, Station Road Time: Doors open 7.30pm Talk starts promptly at 8pm

Members free - Guests £3 Membership from £10/year



Deanery Roadshow

The Next Steps to Growth

Taking place on Monday 15th September between 7 and 9pm at Tunstall School, Sittingbourne ME10 1YG.

Workshops include:

- Growing giving and generosity
- Leading the church into growth
- Children, young people and educationwelcoming the quiet revival

This event is not confined to PCCs - anyone is welcome.

Please let Andrew know if you might be interested incoming - 07749 403727.

Otterden and Stalisfield W.I.

Otterden & Stalisfield W.I. had the pleasure of another visit from Katherine Hook, who is a natural speaker chatting about her passion in life other than Sloe Gin Chocolates - Motorbikes. Katherine showed us photos of the various bikes she has owned over her lifetime and shared with us the rides that she has attempted and completed. Although not a mechanic, Katherine rebuilds her own collectable bikes that she has purchased and then delegates the fitting of the mechanical parts to one who is qualified. She started working in a Motorbike shop in Tunbridge Wells, then eventually married the owner and had a family. They still work together at the shop, ride out in the months when the weather is favourable and then in the winter Katherine makes her Sloe Gin Chocolates to sell at various Craft Fairs and W.I. events (she brought some along for us too!)

The outing in July was to South Foreland Lighthouse,

Dover, to which we car shared to make it more sociable and environmentally friendly there is not much parking either. Our Member Sylvia Beck and her husband Steve are volunteer guides at this National Trust Property. They very kindly gave up their day to show us this wonderful Lighthouse with a dual guided tour taking a



couple of hours. This brought to life the talk that Steve presented to our Group at the March Meeting. Steve spent many hours at Trinity House collating the information to enable him to give an extremely informative and enjoyable Tour. We all managed the steps to the top to enjoy the spectacular far reaching views over the Channel and the internal workings of the Lighthouse. The Tour was preceded by Tea on arrival and then concluded with a Cream Tea at the Tea Rooms. We would highly recommend a trip to this National Trust site.

The next Meeting will be held on Wednesday 6th August at Stalisfield Village Hall commencing at 7.30 p.m. It will be more of a social occasion to give us all a chance to chat and bring 'fare to share'. We will then be able to formulate future outings as well.

Guests are very welcome at a small donation of £5 to cover refreshments. If you would like to join our Group, please contact Helen Brooks on 07477 580727 or Secretary Ellie Cameron on 07775 649337.



Throwley Harvest Festival

Sunday 28th September

Holy Communion at 10.30am

A collection of food and other items will be made closer to the date which will be donated to Catching Lives in Canterbury

Harvest Flower Festival St. Mary, Eastling

Come and admire the Harvest arrangements and art work by the children from Eastling Primary School

> Saturday 4th October, 11am - 5pm Sunday 5th October, 11.30am - 5pm

Delicious homemade cakes and teas served 2pm - 5pm

Free entry but donations will go to St. Mary's church funds.

Sunday 5th October Harvest Festival in Eastling Church

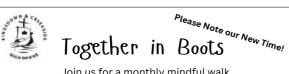
Communion Service at 10.30am With refreshments after the service. Everyone Welcome

Harvest Festival in Stalisfield Church Sunday 12th October at 10.30am

Stalisfield Harvest Supper

Saturday 11th October in the village hall.

More details to come next month.



Join us for a monthly mindful walk through woodland

Leaving Doddington Church at 2pm and returning for tea & cake at 2.45pm

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On Fridays 23rd May; 27th June; 25th July; 29th August

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North Downs Walk - the sun shone on the righteous

The Rotary Club of the Weald of Kent held its annual North Downs Walk on Sunday 8th June. After a week of dodgy weather, and a Met Office warning of thunderstorms the day before, the 340 walkers were blessed with superb weather – dry, sunny and with a cooling breeze.

The event is a sponsored walk in support of Cancer Research UK (CRUK) and of the walkers' own choice of good causes. With a variety of routes from 1 mile (fully paved, therefore suitable for wheelchairs or baby buggies) to 9 miles including a climb up the North Downs, we attracted a full range of ages and abilities of walkers, including Scouts, Guides, Air Cadets, keen hikers and some family teams.

Early indications, based on the pledges on walkers' sponsorship forms are that the Walk will have raised about £20,000 once Gift Aid is included, of which about two-thirds will go to CRUK and the rest to causes nominated by the walkers (many of which are also cancer-related).

Chas Bedford, chairman of the organising committee paid tribute to the small army of volunteers, drawn from families and friends of members, other Rotary clubs and the sixth form of Oakwood Park Grammar School, They acted as route marshals, greeted walkers at checkpoints, registered walkers and sponsor forms, and staffed the kitchen producing 450 ploughman's lunches, strawberries and cream,



and hot and cold drinks. "A lot of walkers have praised how friendly and professional our helpers were. I want to thank all of them. I also want to thank Family Funeral Service, our event sponsor, who have underwritten all our expenses again, meaning that every penny raised in sponsorship has gone to the charities and not to overheads."

Weald of Kent Rotary have been running the North Downs Walk since 1985, missing only 2020 due to lockdowns, and intend to continue running it as long as there are walkers. Planning for the 2026 walk has already started. Save the date: 14th June 2026.



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Services in our Benefice

3rd August Trinity 7

Colossians 3. 1 - 11, Luke 12. 13 - 21
Eastling 10.30am Holy Communion
Norton 10.30am Morning Worship

10th August Trinity 8

Hebrews 11.1 - 3, 8 - 16, Luke 12. 32 - 40
Throwley 10.30am Morning Prayer
Lynsted 10.30am All Together Now
Newnham 10.30am Holy Communion

17th August Trinity 9

Hebrews 11. 29 - 12. 2, Luke 12. 49 - 56
Eastling 10.30am Morning Worship
Norton 10.30am Holy Communion

20th August Wednesday

Wychling 11am Holy Communion

24th August Trinity 10

1 Corinthians 4. 9 - 15, Luke 22. 24 - 30 Throwley 10.30am Holy Communion Newnham 10.30am Morning Worship

31st August Trinity 11

Hebrews 13. 1 - 8, 15 - 16, Luke 14. 1, 7 - 14

Wychling 10.30am Benefice Holy

Communion followed by a Picnic (bring your own) in the grounds or in church if wet.

7th September Trinity 12



Online Daily Worship Continues

9am Morning Prayer every day on the Benefice Facebook Page via 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

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Parish Administrator Joyce Warren

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Reader Caroline Ramshaw (07799 538809)

Anna Chaplain Caroline Ramshaw

ramshawcaroline@gmail.com

Reader Pim Baxter (07710 116269)

Church Contacts

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Administrator E mail: stmaryeastling@gmail.com

Stalisfield with Otterden

Jenny King, Warden (01795 890366)

Chrissie Webster, Administrator

(07590 351977)

Throwley David Elvin, Warden (07973 837122)

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

High Downs Parish Safeguarding Officer

Mark Harlow (07979 864000)

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

From The Registers

Wedding

Henry Buckett and Emily Day 28th June 2025 at Stalisfield

CONTACT THE GOOD NEWS EDITOR

Hilary Harlow 01795 890338

If you would like to submit articles, or to advertise in the September 2025 magazine, send your submission by 20th August to: goodnewsmagazine@me.com.

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

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:

ramshawcaroline@gmail.com 07799 538 809

News from Citizens Advice Swale



How to spot parcel delivery scams

Parcel delivery scams are becoming increasingly common. They are known as phishing scams, and aim to trick you into giving away your personal information and financial details, so your bank account and money can be accessed.

One way scammers do this is by enticing people to click on links, which can lead to fake websites, in the hope that this information will be entered. This can be in the form of a text, or an email or phone call. There are also reports of fake 'Something For You' cards, which Royal Mail leave when a delivery is attempted, but no-one is home.

Here are some tips on how you can stay vigilant and spot the signs of a parcel delivery scam:

- If you're waiting for a parcel, and get a message that asks you to pay to get it, it's usually a scam.
- Don't click any links or attachments in the text or email. Delivery companies won't ask you to pay them through a link in an email or text.
- To check if a link is genuine, hover your mouse over the link without clicking on it, or press and hold on the link on a mobile device. You should be able to see the address the link goes to, and check it's the same as the company's official website address.
- Make sure you check the address carefully fake link addresses can look similar to the genuine address.
- Other signs of a message that is a scam include bad spelling and grammar, and when it starts with a general greeting instead of your name. But, scam messages can sometimes be sophisticated - so don't rely on obvious mistakes only.
- If you get an email, check if the email address matches the sender's name or organisation - you might have to click on their name to see the email address.
- If there's something you're unsure about, don't feel pressured to act. You can find the official details for the company the person who has contacted you says they're from, and ask the company if they've contacted you.

You can check if you think something might be a scam, using an online tool on the Citizens Advice website. If you have been scammed, you can report it on the Citizens Advice website, and check what else you need to do - including protecting yourself from further risks. Find out more at www.citizensadvice.org.uk/consumer/scams

Being targeted by a scammer or falling victim to a scam can make people feel anxious or embarrassed, but it's important to remember scammers are clever and scams can happen to anyone. Reporting them helps track down and stop scammers, and prevent other people from ending up in the same situation.

How can we help you?

Drop-in sessions (no appointment necessary)

Monday: 10am-12pm: Swale House, Sittingbourne

Tuesday: 10am-12pm: Sheppey Gateway, Sheerness (except the second Tuesday of every month, which is held at Sheerness East Working Mens Club)

Tuesday: 11.30am-1.30pm: Murston Family Hub, Tonge Road **Wednesday**: 10am-12pm, 43 Stone Street, Faversham

Thursday: 10am-12pm, West Faversham Community Centre

Friday: 10am-12pm, 43 Stone Street, Faversham

Telephone advice: Call Adviceline on freephone 0808 278 7979

(Monday-Friday 10am-3.30pm)

Email advice: Contact us online at www.citizensadviceswale.uk/ email-general-advice (Monday-Wednesday)

Debt advice: Request a call back from our specialist 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.



Heaven's Ultimate Gift

by Audrey Keen

And how can I define The fragrance that exude From a summer's day in the country.

Smells of flowers, dry grass, corn.

Wet undergrowth and hot trees.

Earth and bracken Honey and herbs, Where the earth is infused With sweet things And the heat rays Draw perfume from every Wood, grass bank, field, Meadow, hedgerow, heath, Rare and treasured scent Sought after, but uncapturable Is this, heaven's ultimate gift.

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Kent Fire and Rescue Service

is inviting people across the county to give their views on its forward plans to protect rural residents and businesses. The consultation closes on 1 October 2025.



prepare · act · protect

From 8th July 2025, people across Kent and Medway are being invited to have their say on Kent Fire and Rescue Service's (KFRS) forward plans to protect rural residents and businesses from the risk of fire or other emergencies.

And with around 85% of the county classed as rural, it's important to give your views.

The plan outlines how KFRS already supports people who live and work in the countryside, and how the service intends to enhance its response to risks associated with rural living.

The proposal also considers the relocation of a water rescue vehicle.

The rural plan has been approved by the Kent and Medway Fire and Rescue Authority - the body that governs KFRS and is now open for public consultation.

People have until 1 October 2025 to take part here: https:// eu.surveymonkey.com/r/ kfrspublicconsultation2025

Helping rural communities to prepare, act and protect

Rural homes and businesses face unique risks, including timber-framed buildings, thatched roofs, isolated properties, mobile homes, wildfires, and limited water supplies.

To help alleviate these hazards and reduce the chance of a fire or other emergency, KFRS' rural plan aims to support people in rural communities to prepare, act and protect themselves, by:

Prepare – Helping you to understand the risks in rural areas and provide you with guidance and advice on how to stay safe.

Act – Supporting you in putting measures in place and taking action to improve your safety.

Protect – Protecting you and your home in times of need.

To achieve this over the next four years, KFRS is proposing a number of targeted prevention and protection activities, including:

Positioning dedicated wildfire response teams at key locations, with the right vehicles and equipment to reach incidents in difficult rural areas quickly and safely.

Working with local people, landowners and other organisations to manage green spaces, helping to stop fires from reaching homes and businesses.

Work with farming and local community groups to increase awareness of fire safety issues

Helping people to prepare for and recover from emergencies within rural communities.

Exploring ways to recruit more on-call firefighters for daytime shifts, and how they can offer more local support.

Increase our business engagement, working with small business groups and rural organisations, to improve awareness of building safety legislation and responsibilities for business owners.

"Reflect the ever-changing needs of our rural communities"

KFRS Chief Executive Ann Millington said: "To help us provide the very best service, it's important to identify the unique risks associated with living and working in small towns and villages.

"We want to ensure the support we deliver reflects the everchanging needs of the people we serve across Kent and Medway.

"And with one in three people living in rural areas, it's vital we have your views on our proposed plans to enhance our operational response and prevention work."

Many people living in the countryside are in isolated locations, with some residents who might not have access to the internet.

Ann added: "To help us reach as many people as possible, we're asking everyone to share the link to our survey.

"Or, if you know of someone who doesn't have access to the internet, please pop by and help them to give their views."

Take part in the survey today: https://
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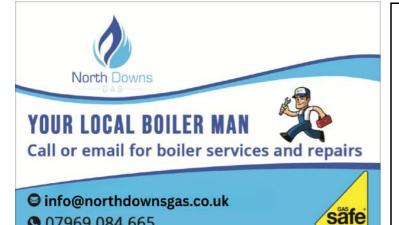
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The Revd Dr Jo White considers ...

Last month we considered how we are welcomed at the beginning of a church service, as we come together to enter into the real presence of God.

This month let's consider how we say 'goodbye' at the end of the service.

For the leader of the service doesn't just say something like, "Thanks for coming, lovely to see you - have a great week." Rather, there's a promise and a blessing for each of us as we take what we have 'received' from the service into the world.

So the crunch question is: what do you get out of coming to a church service?

Reflecting Faith: Saying 'Farewell

The ideal is: You have been met with a friendly welcome followed by music you love, played at the perfect speed with no squeaky singers in the congregation. Then, an inspiring sermon which gives you something to think about for the coming week. After that, prayers that speak of what is on your heart and what you have heard on the news that week. Finally, good fellowship and a cuppa after the service, where you can feel part of 'them', rather than ignored because you are only visiting.

Following all that good stuff, you go out of the church with a spring in your step!

Of course, in the real world not all those boxes get ticked.

But still we can go to church with hope, and ideally, we leave it in peace. The time that we spend together is the 'easy' bit. The real challenge begins when we go out the door and back into the daily round of home life and work. But we can be sure that we do not leave God at the church door. He always comes home with us, and He is there to help us throughout the coming week. That is why we can indeed 'go in peace'.

This month

When you next go to a church service take note of the leader's closing words and your expected responses to them. How heartily can you agree with them? How do they make you feel?

//M & J ELECTRICAL KENT

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- Yellow Fever Vaccination

Contact:

WhatsApp: 07761313828 Telephone: 01795 70 22 54

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



Ride & Stride For Kent Churches

The Friends of Kent Churches Sponsored Ride & Stride takes place on the second Saturday in September each year.

This year it will take place on **Saturday 13th September 2025.**

To register as a participant, for further information, or to download a sponsorship form, contact a local church or go to:

www.kentrideandstride.co.uk



Ostier at Faversham Golf Club Restaurant

Open to the public for breakfast and lunch everyday from 9am.

Private events at FGC individually tailored & catered for.

For bookings, please call 01795 890561 option 1. FGC, Belmont Park, Throwley Road, ME13 0HB



Eastling Neighbourhood Watch



Village Warden 07794 010 394 or 01795 890848

Police 101 Emergency 999

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

With only a few crops harvested before the rain the idiots have been around the village hare coursing and driving through the fields. Not only is it barbaric but again the hard work the farmers are doing getting their fields ready for the next crop having them destroyed.

If hare coursing is seen to be carried out please ring 999 and mention Operation Galileo and give all details so that those carrying out this crime can be apprehended.

Be tolerant over the next few weeks as the harvest will be gathered in so do not be surprised to see a tractor around the next corner.

Plan any journey that you may be making as there are many major road works going on in our area for about 6 weeks.

Had a couple of minor incidents in the village this month one a number plate being stolen and the other a minor crime at the village hall.

Take care driving around the lanes as the hedge rows are rather overgrown and makes the roads rather slimmer.

Have a good month and take care Alan

Defibrillators in our Villages

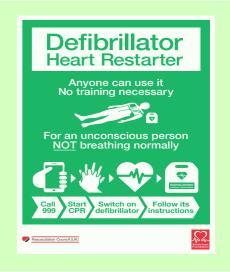
Ready for anyone to use in an emergency, please find the nearest to you:

Eastling sited at 1 Manor Lees, the Street, Eastling. ME13 0BE

Eastling School (School days only, 8am - 4.30pm) sited in the corridor of Main Building. ME13 0BA

Stalisfield sited at Stalisfield Village Hall, ME13 0HY

Throwley sited in the old Telephone Box outside the Old Post Office. ME13 0PJ







Summer Holiday Fun for Families!

August 5th on the Front Brents
13th on Faversham Recreation ground,
21st at Perry Court

26th at West Faversham Community Centre.

Join us for fun-filled days of activities, entertainment,

and Faversham community spirit! 10am till 2pm

Faversham Town Council organised, community event featuring:

- Children's Entertainment
- Face Painting
- Arts & Crafts
- Food & Refreshments
- Fun Activities for the Whole Family
- ...and much more!
 Don't miss out on the ultimate summer jam-boree!



Youth Group in Stalisfield

for 11-17yr olds.

We meet on Wednesdays, usually twice a month, 7 - 8.30pm in the village hall AND it is free to come.

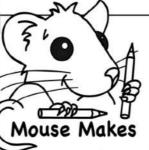
Youth group takes a break during August
But we're back

Wednesdays 10th and 24th September

Contact Catherine 07929 928 046 or clnorwood@doctors.org.uk or see our Facebook page for more details.



New Members Welcome



"Just as a **body**, though **one**, has **many** parts, but all its many **parts** form one body, so it is with **Christ**. For we were all baptised by one **Spirit** so as to form one body...

Even so, the body is not made up of one part but of many...

...Now you are the body of Christ, and **each** one of you is part of it."

from 1 Corinthians 12:12-27



Just as the different parts
of our body need each
other to make a whole,
living person so
Christians need each
other to make a
whole living church!

KNEES
JOWHOLE
TEETHHQJV
EAFHEADOE
YCFMANYIR
HEBODYNY
CEYESDEF
HTKCPMDI
RUQUIOIN
INFTRUFG
SIMOITFE
TOGETHER
ONOSEARS
NGDBQIEN

Look in the Bible verses for the words written in **bold** then look for these words too!

GOD • TOGETHER • EQUAL • ALL • EVERY HEAD • EYES • EARS • MOUTH • TONGUE TEETH • NOSE • ARMS • HANDS • FINGERS LEGS • KNEES • FEET • TOES • GIFTS



"Though we are many, we are one body in **union** with Christ, and we are **joined** to each other as

parts of one body."

from

Romans 12:1-7

