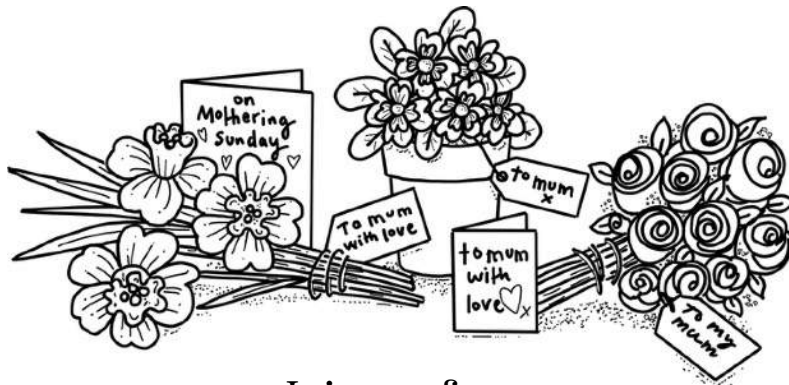


# ***Good News Parish Magazine***

*for High Downs Parish*  
*Serving the villages of  
 Eastling, Otterden,  
 Stalisfield and Throwley*  
***www.goodnews.rf.gd***



Join us for our  
**Mothering Sunday Service**  
 at Stalisfield  
 with Holy Communion  
**at 10.30 am on March 30<sup>th</sup>.**  
 Enjoy refreshments afterwards,  
 bring the family!



**MARCH  
2025**

- 5th Otterden & Stalisfield W.I.  
Stalisfield Village Hall 7.30pm
- 5th Ash Wednesday Holy Communion  
Eastling Church 7.30pm
- 9th Throwley Lanes Clean Up  
Throwley Village Green 11.30am
- 11th Eastling Parish Council meeting  
Eastling Village Hall 6.30pm
- 12th Arts Society lecture, Egerton  
Millennium Hall, Egerton 2.30pm
- 12th Youth Group  
Stalisfield Village Hall 7 - 8.30pm
- 13th Local History Society talk  
Charing Parish Hall 7.30 for 8pm
- 19th Talk "What is the use of Wasps?"  
Lynsted Church 8pm
- 20th Copy deadline for April 2025 Good  
News: goodnewsmagazine@me.com
- 25th Throwley Parish Council meeting  
Sheldwich Village Hall 6.30pm
- 26th Youth Group  
Stalisfield Village Hall 7 - 8.30pm
- 27th Arts Society lecture, Faversham  
Alexander Centre 11am
- 28th Together in Boots walking group  
Doddington Church leave at 11.30am
- 30th Mothering Sunday Service  
Stalisfield Church 10.30am

## **APRIL**

- 2nd Otterden & Stalisfield W.I.  
Stalisfield Village Hall 7.30pm
- 10th Eastling Annual Meetings  
Village Hall Trustees 7.30pm  
Parish Council 8pm
- 21st Stalisfield Village Hall  
Children's Easter Egg Hunt 12 noon  
Fare to Share Lunch 1pm

## **LENT 2025**

Wednesday 5th March - 17th April  
 Lent Course details in our parish will soon be  
 available on <https://kc-hd.org.uk>



**Ash Wednesday 5th March**  
 Holy Communion  
 at 7.30pm in Eastling Church

# **SUNDAY 9TH MARCH THROWLEY PARISH LANES CLEAN UP**

**PLEASE COME ALONG TO  
 THE VILLAGE GREEN AT 11.30**

**CHOOSE YOUR LANE & COLLECT GLOVES  
 RUBBISH BAGS ETC BEFORE SETTING OFF.  
 RETURN WITH YOUR SPOILS FOR A  
 DELICIOUS FREE LUNCH OF HOMEMADE  
 SOUP, HOT SAUSAGES, FRENCH BREAD,  
 CHEESES ETC AND THE CHANCE TO MEET  
 OTHER THROWLEY VILLAGERS. PLEASE  
 BRING THE DRINK OF YOUR CHOICE**

# Message for March



March holds a unique position in the calendar, it marks the change from winter to spring. This month is not just a period of changing weather; it carries deep spiritual meanings and symbolism, March carries significant biblical implications, symbolising themes of renewal, hope, and spiritual growth.

March marks the beginning of spring, symbolising rebirth, renewal, and new beginnings. Walking around the village we can see the first colours coming through, crocuses, daffodils and snowdrops. Life beginning to show through.



March is a time of renewal and rebirth, as the cold grip of winter loosens its hold and gives way to the budding of new life. Nature awakening from its winter slumber, bursting forth with vibrant colours and fragrant blooms. The dormant seeds and bulbs buried beneath the frozen earth begin to stir, ready to burst forth with vitality and colour. It is a period of transition, where the darkness of winter is gradually replaced by the light of spring. March is a time for shedding old patterns and embracing fresh perspectives and opportunities.

The spring equinox marks a pivotal moment when the scales of day and night find equilibrium. The days getting longer, more hours of light, it is nice to walk the dog in the light rather than having to use a torch.

This month resonates with the transition from winter to spring, mirroring the transformational journey found in faith. Understanding the spiritual meaning of March can offer insights into our own lives, guiding us through transitions and encouraging growth and renewal.

This rejuvenation serves as a powerful metaphor for our own ability to shed the confines of the past and step into a new phase of growth and reinvention.

March ushers in a profound opportunity for self-reflection, enabling us to identify aspects

of our lives that require revitalisation.

By aligning ourselves with the rhythms of nature, we can cultivate the courage to let go of what no longer serves us and make space for fresh perspectives and experiences to take root.

March is named after the Roman god of war, Mars. March encourages us to tap into our inherent strength and assertiveness. This month challenges us to confront our fears head-on, embrace our authentic selves, and take decisive steps towards manifesting our aspirations.

By embodying the courageous spirit of March, we can overcome self-doubt and hesitation, propelling ourselves forward with unwavering determination.

Whether it's pursuing a long-held dream, standing up for our beliefs, or embarking on a transformative journey, March empowers us to act boldly and confidently, trusting in our abilities to create meaningful change.

Symbolically, this time of renewal and rebirth can be seen as an opportunity for personal growth and spiritual transformation. Just as the natural world around us is undergoing a profound change, we too can shed the old and embrace the new. It is a time to let go of past burdens and limitations, and to embrace the potential for growth and expansion.

Another spiritual theme that permeates the month of March is that of balance and harmony. As the equinox approaches, day and night become equal in length, symbolising a moment of perfect balance. This balance extends beyond the physical realm and into our spiritual lives.

Lent begins in March, a period of 40 days dedicated to reflection, prayer, and fasting. It prepares us for Easter, reminding us of Jesus' sacrifice and resurrection. We are encouraged to seek harmony within ourselves and with the world around us. It is a time to

reflect on the delicate balance between our inner desires and external responsibilities. By finding this balance, we can cultivate a sense of peace and harmony that allows us to navigate life's challenges with grace and ease. To help us reflect, and seek change in ourselves. Consider setting aside time each week for reflection. I encourage you to engage in prayer, dedicate time to read scripture or start a personal journal to explore inner self. This practice deepens our understanding of March's spiritual relevance and renewal. We can ask ourselves how God is prompting growth in our lives this March.

March embodies hope. The arrival of spring signifies God's ongoing promise of new life, encouraging us to cultivate hope in our faith journey. Lent offers an opportunity for self-reflection, urging us to seek forgiveness and extend it to others, enhancing our spiritual growth.

By embracing the biblical meaning of March, we can enrich our spiritual journey and discover deeper connections to faith and renewal.

March invites us to embrace renewal and growth in our spiritual journey. As we reflect on the themes of hope and transformation this month brings, consider how we can deepen our connection to our faith. Engaging in prayer, reflection and reading our bibles can be powerful ways to cultivate compassion and understanding.

Let this month inspire you to seek personal change and a closer relationship with God. This month is a beautiful reminder that just as nature awakens from winter, so too can our spirits flourish. Embrace the opportunities for reflection and renewal that March offers, and watch your faith blossom.

Caroline Ramshaw



## Prayer Pointers



- On **Sundays** - Give thanks for our freedom to worship the Lord, pray for those living under persecution.
- On **Mondays** - Give thanks for our freedom to walk in the countryside, pray for those living in the turmoil of war.
- On **Tuesdays** - Give thanks for the food we eat, pray for those living in poverty and undernourished.
- On **Wednesdays** - Give thanks for our schools and colleges, pray for those unable to gain an education.
- On **Thursdays** - Give thanks for good health, pray for all who are unwell.
- On **Fridays** - Give thanks for our health service, pray for all working to save lives, here and abroad.
- On **Saturdays** - Give thanks for Jesus who died giving us the hope of eternal life with our Father in heaven.

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## Paul Ryan

Please join us to celebrate the life of Paul Ryan on Tuesday 4<sup>th</sup> March, 11.30am at Charing crematorium then back at The Plough Inn Stalisfield afterwards.

Paul was a true gentleman with a cheery disposition at all times.

Devoted husband to Judy

Retained fireman from Charing Fire station (still proudly owning his uniform)

Chairman of Egerton over 60's club

Chairman for the British Legion Pluckley

Skilled mechanic & MOT assessor in Faversham  
Motorcyclist enthusiast

And a successful racing driver of his MG midget since 1973.

## Eastling Church Flower rota



2nd March: Bay / Gaby

5th March - Lent, no flowers

## Easter Lilies

**20th April 2025**



Contributions to the display of beautiful Easter Lilies in memory of loved ones will be gratefully received by Bay Lees.

Your contribution and the names of your loved ones can be placed in the secure postbox outside The Manor or contact Bay on 07922 484648.



## Faversham Feet

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Email: [gemma@favershamfeet.co.uk](mailto:gemma@favershamfeet.co.uk)  
Website: [favershamfeet.co.uk](http://favershamfeet.co.uk)



## WITH ROSIE

Tuesdays - Lenham Community Centre  
6:45pm

Thursdays- Stalisfield Village Hall 6:30pm

Fridays - 1st + 3rd Lenham Community  
Centre 6:45pm

£7.50 per session

Get in touch for more info:

[Rosiezumba2017@gmail.com](mailto:Rosiezumba2017@gmail.com)

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## CHARING AND DISTRICT LOCAL HISTORY SOCIETY

Thursday 13th March 2025

Charing Parish Hall

Doors open 7.30pm,

talk will start at 8pm prompt

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**Speaker: Simon Marsh**

Members free - Guests £3

Membership from £10/year.

[www.charinghistory.co.uk](http://www.charinghistory.co.uk)



Clocks go forward  
Sunday 30th  
March  
At 1am

### ***Pulling out the stops!***

I'm giving up eating  
chocolate for Lent.

Oh, wait, sorry, bad  
punctuation.

I meant;

I'm giving up.  
Eating chocolate for  
Lent.



## Stalisfield

### **EASTER EGG HUNT & COMMUNITY FARE-TO-SHARE**

Bank Holiday Monday - April 21<sup>st</sup>

Join us for a fantastic Easter celebration in Stalisfield. Enjoy a fun-filled Easter Egg Hunt for the little ones followed by a delicious community lunch where we can all gather, feast and enjoy the start of spring.




**12pm: Children's Easter Egg Hunt** on the Village Green.

**1pm: Fare to Share Lunch** in the Village Hall - bring a plate of food to share with the village and your favourite tipple for yourself.



And, if you fancy it, wear your easter

 Lynsted with Kingsdown  
Society



**Wednesday 19 March**

8.00pm in Lynsted Church

**"What is the use of Wasps?"**



A Talk by environmental educator,  
Dr Clive Nuttman

Admission Free to members, £3 for non-members

Includes light refreshments

[www.lynsted-society.co.uk](http://www.lynsted-society.co.uk)



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07754 114670

**See our availability here:** <https://www.eastlingvillagehall.co.uk/calendar>

## Eastling Quiz Report

On 25<sup>th</sup> January, the village hall committee hosted another of their very successful quiz nights to raise money towards the upkeep of the hall. Our quizmaster Barrie Neaves did a sterling job as ever and gave us some challenging questions to grapple with.

We also had a very well supported raffle resulting in many very happy villagers going home with bottles of alcohol!

A clever and well informed team from **OUTSIDE THE VILLAGE** (shock, horror!) narrowly stole the first prize. We have resisted the temptation to bar them from all future quizzes.

The evening raised a fabulous £460 (this includes an extra £25 raised from the auctioning of Hilary's bread pudding!)

A huge thank you to everyone that came and made it such a fun evening.  
Your Village Hall Committee.

## Otterden and Stalisfield W.I.

Simon Clark from Kent, Sussex & Surrey Air Ambulance gave a very informative and interesting talk regarding the Charity to our February Meeting. He was a natural speaker on the subject as he has been involved with KSSAA for some years. They have 3 helicopters at their disposal with an operating theatre on board each of them, which can be relocated into another situation e.g. someone's bedroom if required. The filmed interviews with the highly medically trained staff and recipients of their care on board these mobile hospitals was quite humbling and moving to hear. They do receive a donation of a mere 10% from the NHS towards the cost of running the service. The rest has to come from donations from corporations and individuals such as ourselves. Our small group was able to donate £250.



The next Meeting for our Group will be

Wednesday the 5<sup>th</sup> March when Stephen Beck, husband to one of our members, will be coming along to talk to us about the National Trust property, the South Foreland Lighthouse at Dover. We plan to make a visit to the Lighthouse later in the year when the weather improves.

The programme for the coming years Meetings has been finalised and will shortly be posted on the Notice Board outside the Village Hall. Otterden & Stalisfield W.I. meet the first Wednesday of each

month at Stalisfield Village Hall at 7.30 p.m. Guests are welcome at a charge of £5 to include refreshments.

If you would like to join us contact our President Helen Brooks on 07477580727 or our Secretary Ellie Cameron on 07775649337.



## THE ARTS SOCIETY EGERTON

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 12<sup>th</sup> March at 2.30 pm: The kingdom of Hawaii and the Iolani Palace. The only one of the United States to have its own royal residence, the former Kingdom of Hawaii had brave kings and queens who travelled the world. Pauline Chakmakjian: author and lecturer, Pauline is a Freeman of The City of London. She was on the Board of the Japan Society of Hawaii from 2015-17.



Visitors are always very welcome at £6 (just turn up and pay on the door), refunded if you join. For further information please contact Christine Willis, our Membership Secretary via [cmwillis75@gmail.com](mailto:cmwillis75@gmail.com) or 01233 756377.

See also our website

[www.theartsocietyegerton.org.uk](http://www.theartsocietyegerton.org.uk)

Images provided by lecturer

## The Arts Society Faversham



The Arts Society is the UK's leading arts education charity that brings people together through a shared curiosity in the arts. We enjoy illustrated talks on a

fascinating wide range of topics, outings to galleries and historic houses and an elegant annual Society Dinner. Meetings are held at The Alexander Centre in Preston Street, Faversham on the 4<sup>th</sup> Thursday of the month. Come along for a complimentary coffee at 10.20am for the 11am start. You can try us out for a modest fee and no doubt will want to become a member!

### Thursday 27<sup>th</sup> March 2025:

Our lecturer is Frank Woodgate, and the subject is **'From pre-history to the present day—the bird in art'**.

'The glories of American Impressionism.' The lecturer will be Julian Halsby.

American Impressionism has been unjustly neglected by European art historians. It is very different from its French equivalent.

### SPECIAL INTEREST DAY

"What do they get up to in there?" On May 8<sup>th</sup> 2025 10.30-3.15pm. Lyndon Jones, Roy Campbell.

Learn from two senior Masons about the history of the Masons and take a private tour of the Masonic Lodge of Faversham. £38.00 including a light lunch.

Contact Maureen Bush, Membership Secretary: [tolly@clara.co.uk](mailto:tolly@clara.co.uk) or visit our website: [www.theartsocietyfaversham.org.uk](http://www.theartsocietyfaversham.org.uk)





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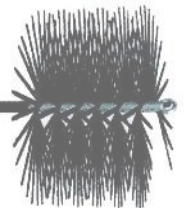
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## Services in our Benefice

### 2<sup>nd</sup> March Sunday before Lent

2 Corinthians 3. 12 - 4. 2, Luke 9. 28 - 36 [37 - 43a]

Eastling 10.30am Holy Communion

Norton 10.30am Morning Worship

### 5<sup>th</sup> March Ash Wednesday

2 Corinthians 5.20b - 6.10, Matthew 6.1-6,16-21

Eastling 7.30pm Holy Communion

### 9<sup>th</sup> March Lent 1

Romans 10. 8b - 13, Luke 4. 1 - 13

Throwley 10.30am Morning Prayer

Newnham 10.30am Holy Communion

### 16<sup>th</sup> March Lent 2

Philippians 3. 17 - 4.1, Luke 13. 31 - 35

Eastling 10.30am Morning Worship

Norton 10.30am Holy Communion

### 23<sup>rd</sup> March Lent 3

1 Corinthians 10. 1 - 13, Luke 13. 1 - 9

Throwley 10.30am Holy Communion

Newnham 10.30am Morning Worship

### 30<sup>th</sup> March Mothering Sunday

2 Corinthians 1. 3 - 7, Luke 2.33 - 35

Stalisfield 10.30am Mothering Sunday

Service with Holy Communion

### 6<sup>th</sup> April Lent 5

Philippians 3. 4b - 14, John 12. 1 - 8

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 will continue 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

**Rector** Revd Paula Jardine-Rose

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

**Parish Administrator** Joyce Warren

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

**Associate Priest** Reverend James (Jim) Pye

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

**Reader** Caroline Ramshaw (07799 538809)

**Anna Chaplain** Caroline Ramshaw  
ramshawcaroline@gmail.com

**Reader** Pim Baxter (07710 116269)

### Church Contacts

**Eastling** Andrew Baxter, Warden (01795 890598)

**Administrator** E mail: stmaryeastling@gmail.com

### **Stalisfield with Otterden**

Jenny King, Warden (01795 890366)

Chrissie Webster, Administrator  
(07590 351977)

**Throwley** David Elvin, Warden (07973 837122)

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

### **High Downs Parish Safeguarding Officer**

Mark Harlow (07979 864000)

E mail: [mark.harlow@kc-hd.org.uk](mailto:mark.harlow@kc-hd.org.uk)

\*\*\*\*\*

### **CONTACT THE GOOD NEWS EDITOR**

Hilary Harlow 01795 890338

If you would like to submit articles, or to advertise in the April 2025 magazine, send your submission by 20th March to: [goodnewsmagazine@me.com](mailto:goodnewsmagazine@me.com).

Past and current issues of the Good News may be viewed on [www.goodnews.rf.gd](http://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](mailto:ramshawcaroline@gmail.com) 07799 538 809



## News from Citizens Advice Swale

At Citizens Advice Swale we help people sort out their problems, by giving all kinds of advice – and it's all totally free. Did you know, we rely on donations and grants in order to change the lives of local people? We're a totally independent small charity, and we don't get money from central Government.

In 2024 we advised 2,058 clients on 15,951 issues, wrote off £238,796 debts, and helped our clients gain income of £1,644,793. We issued 307 foodbank vouchers and 464 fuel vouchers.

In 2023/4 every £1 invested in Citizens Advice Swale was worth £17.89 in public value. The smallest contribution really can make a big difference.

We're grateful to all our current supporters who help us continue to provide a service in Swale. There are several ways you can help.

Cashback when you shop online: <https://www.giveasyoulive.com/charity/citizensadviceswale>

One-off or regular cash donations: <https://donate.giveasyoulive.com/charity/citizensadviceswale>

Become a Friend of Citizens Advice Swale:  
<https://citizensadviceswale.uk/support-us/>

Choose us as your local charity through the Faversham & District Community Lottery:  
<https://www.favershamdistrictlottery.co.uk/support/citizens-advice-swale>

Consider leaving us a gift in your Will:  
<https://citizensadviceswale.uk/support-us/leaving-a-legacy/>

Here's how to contact us for advice:

### 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 & Friday, 10am-12pm, 43 Stone Street, Faversham

**Telephone advice.** (Monday-Friday 10am-3.30pm)

Call Adviceline on freephone 0808 278 7979

**Email advice.** (Monday-Wednesday)

Contact us online at [www.citizensadviceswale.uk/email-general-advice](http://www.citizensadviceswale.uk/email-general-advice)

**Debt advice** Request a call back from our money advice team at

[www.citizensadviceswale.uk/debt](http://www.citizensadviceswale.uk/debt)

**To stay up to date with our opening times, please visit**  
[www.citizensadviceswale.uk](http://www.citizensadviceswale.uk) **or follow us on Facebook.**

citizens  
advice



## On the Hills

by Audrey Keen

And as the dawn comes dim and  
chill

A sudden calmness stills

The restless wind that tussles  
with

The grass upon the hills.

I saw the storm clouds struggle

As they try hard to impede

The vernal sky, so equally  
determined

To succeed.

I stroke the silver willow

Growing overhead

And lean upon the gate to watch

The lambs as they are fed,

I'll peep into the hedgerow

Where I hope that I shall see

A nest of baby birds looking

Back at me.

But I feel as one with nature

And I could write a tome

About this place I love so much,

The countryside - my home.

Several Church of England dioceses  
have deserted the social media platform  
X, formerly known as Twitter.

## Dioceses deserting X

According to a recent story in Premier Christian News, their exodus  
follows concerns over the direction of the platform and its content since  
Elon Musk took over as owner in 2022.

Musk has praised the site as being now a bastion of free expression. But  
many disagree, and feel it is becoming more polarised, with content of an  
extremist nature being shared. There are also several posts  
supporting the far-right activist Tommy Robinson.

Social media is seen by the churches as being a valuable way  
to engage with parishioners, and over the years Twitter  
became a go-to way of connecting Christians.

But now, dioceses such as Winchester, Salisbury, and Bristol  
have left the platform.

In a statement on its website, the Diocese of Salisbury said:  
"This decision has arisen from growing discomfort about the  
current direction of the platform, and also from the negative  
effect that some debate has had on social cohesion and church  
unity. We believe that, on balance, it serves polarisation and  
profit rather than connection and understanding."

A spokesperson for the Diocese of Truro said while it hasn't  
left X, it isn't posting material because "the content and tone  
of X is quite toxic a lot of the time."

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## "TRUSTEES' ANNUAL GENERAL MEETING AND ANNUAL PARISH MEETING

The combined Annual General Meeting of the Trustees of the Village Hall and the Parish Council's Annual Parish Meeting will be held on Thursday 10th April in the Hall. The Trustees' meeting will start at 7.30pm followed by the Parish Council's meeting at 8pm.

Please do come along to support these organisations and their members who put time and effort into looking after the interests of villagers. It's a great opportunity to raise any issues and free drinks and nibbles will be served - what an incentive!"



### Eastling Parish Council

The next meeting of the Parish Council will be in Eastling Village Hall at 6.30pm on Tuesday 11th March 2025 All residents are welcome to attend.

## Eastling Neighbourhood Watch



**Village Warden** 07794 010 394  
or 01795 890848

**Police 101 Emergency 999**

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

Again I must mention about the importance of keeping dogs on a lead in the vicinity of sheep and cattle especially this time of the year. I will emphasise that a farmer has the legal right to shoot any animal either attacking or harassing any of their sheep or cattle. It is something they have no wish to do.

There are still persons driving around the fields destroying crops and hare coursing, is seen please ring 999 reporting vehicles and location.

There was a report of 6 males with dogs being arrested by Rayners Lane this side of Lenham attempting hare coursing, it seems that they came down on the train from London, after official cautioning they were escorted back to the station.

Again we have road closure at the motorway bridge at Brogdale. Advice says that there will be traffic lights from 6 am to 8 pm thereafter the road will be closed so please take care.

Please make sure all gardening equipment and tools are all safely locked away as we are now coming into the season of bad will when the villains will be looking for any opportunity to help themselves.

Have a good month  
Take Care  
Alan

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**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

## Helpful Snippets

### Don't make your children finish their food

If you do, you could make them obese.

So says a recent poll for the British Nutrition Foundation (BNF). It found that half of parents force their children to eat everything on their plate at least some, if not most, of the time.

But it was found that often, these parents pile an enormous portion of food on the plate and then get angry when their children don't want it all.

Instead, the BNF advises that parents should start by putting a small amount of food on their children's plates, and then allow them to have seconds, if they are still hungry.

Bridget Benelam, nutrition communications manager for the BNF, points out: "Research has shown that large portions of food encourage both adults and children to eat more, so getting portion sizes right is an important element of having a balanced diet that supports a healthy body weight."

### Why a glass of milk may help save your life

Drinking a glass of milk a day could cut the risk of you getting bowel cancer by almost a fifth.

So say researchers at the University of Oxford. They have found strong evidence that calcium protects against the deadly disease.

According to the data, it takes only an extra 300mg of calcium a day (found in a large 240ml of milk, or a couple of pots of yoghurt) to result in a 17 per cent lessening of the risk of bowel cancer.

Currently, one in 20 women and one in 17 men in the UK will be diagnosed with bowel cancer during their lifetime. It affects around 44,000 people each year in the UK.

## 1<sup>st</sup> March is St David's Day, and it's time for the Welsh to wear daffodils or leeks.

Shakespeare called this custom 'an honourable tradition begun upon an honourable request' - but nobody knows the reason. Why should anyone have ever 'requested' that the Welsh wear leeks or daffodils to honour their patron saint? It's a mystery! We do know that David - or Dafydd - of Pembrokeshire was a monk and bishop of the 6th century. In the 12th century he was made patron of Wales, and he has the honour of being the only Welsh saint to be canonised and culted in the Western Church. Tradition has it that he was austere with himself, and generous with others - living on water and vegetables (leeks, perhaps?!) and devoting himself to works of mercy. He was much loved.

In art, St David is usually depicted in Episcopal vestments, standing on a mound with a dove at his shoulder, in memory of his share at an important Synod for the Welsh Church, the Synod of Brevi.



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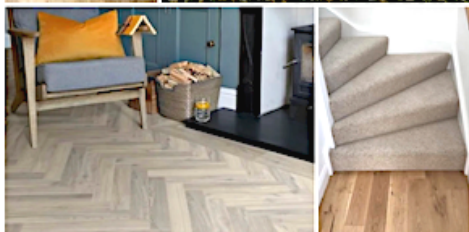
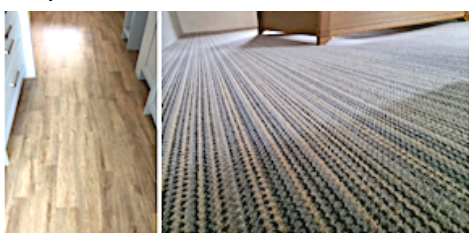
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Unit C The Market Place, Brogdale Farm,  
Brogdale Road, Faversham, ME13 8NX



In the midst of the dreaming spires and Gothic splendour of Oxford stands the Ashmolean Museum. Its classic proportions are a contrast to the buildings around. Within, the addition of thirty new galleries has doubled the exhibition space, and the visitor to the museum will discover a wealth of beautiful and impressive works – Renaissance drawings, Eastern art and British paintings.

The last category includes this month's work: 'Menorah' by Roger Wagner. It was painted in 1993 and at that time it was the largest contemporary painting acquired by the Ashmolean. It is now on loan to St Giles' Church at the northern end of the city.

Roger Wagner was born in 1957. He graduated from Oxford and now worships at the Romanesque church of Iffley. He works on a small scale with book illustrations, but also creates large canvases that juxtapose traditional religious images with contemporary symbols in a startling and arresting way.

The background of 'Menorah' is Didcot Power Station, which can be seen from the windows of the Oxford-London train. The central chimney and the cooling towers around form the shape of the seven-branched candlestick of Judaism. In front of them are the three crosses of Calvary. Around the scene of crucifixion we can see a couple consoling each other in the foreground and isolated individuals wandering in the mud in grief and perplexity. They are dressed in Hasidic robes.

## God in the Arts

*The Revd Michael Burgess surveys works of sacred art that can be found in various museums...you can see the image by entering the title of the painting and the artist into your search engine.*

### 'He gave us eyes to see them': 'Menorah' by Roger Wagner

An earlier work of Roger Wagner's is 'The Burning Furnace' where angels are painted in the setting of a Victorian iron works. It is the same contrast of ancient and modern in this painting: the Good Friday of 2000 years ago and an industrial, bleak landscape of today. The artist is also contrasting the menorah of Judaism and the cross of Christianity – the suffering of the Holocaust and the suffering of the Saviour.

The menorah would burn in front of the Holy of Holies as a sign of God's invisible presence. In the book of Revelation, St John describes his vision of Jesus the Lamb in the midst of the same seven flaming torches, moving with grace and glory. Here in 'Menorah' the figure of Jesus is insignificant against the immense scale of industrial buildings spewing out pollution into the bright sky.

But it is that figure of Jesus on the Cross who draws us this month in Holy Week and draws us in this painting. The mourners around look like figures in a concentration camp: victims of man's inhumanity to man. The cooling towers are a vivid reminder of our violation and destruction of mother earth.

And in the centre we see our crucified Lord. We hear Isaiah's song of the suffering servant

that there is no sorrow like this sorrow. We also hear Jesus crying 'My God, my God, why have you forsaken me?' And we can ponder this painting as we ask, Is it a sign of the absence of God, or, like the Menorah lit in the temple, a sign of the presence of God? There is human chemistry creating the destruction of life and earth as depicted by Roger Wagner. Can we proclaim a divine chemistry at work which will transform suffering and death into the new life of Easter in the power of the Resurrection?

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## The latest in flower fashion? Go chocolate



How do you choose the colour of flowers for your garden?

This year, it seems that many of us will pick up on Pantone's 'colour of 2025' for our homes, and

plant variations of its 'mocha mousse' into our gardens. That means flowers in various soft chocolate hues of burnt browns, complemented by deep maroons and purplish taupes.

According to Guy Barter, chief horticulturist at the Royal Horticultural Society (RHS), this year is all about "quite a boost for chocolatey plants".

He adds, however, that "I do suspect a chocolatey garden with nothing but chocolatey plants would seem poor."

Some garden designers believe that the more neutrally coloured flowers will be around for some years to come. As one consultant Jake Croft explained: "I think people are looking for a slower pace of life and more balance and I think soft browns and neutral colours give off that cosy, warm, comforting feeling, as opposed to bright, in your face, clashing colours."

But some experts have doubts. Karl Harrison, a professional landscaping consultant, says that brown is "not a happy colour. It's a bit depressing. You are going to have to do wonders in a garden to make someone happy with brown flowers."

And Mike Palmer, a columnist for Amateur Gardening magazine, finds dark brown plants and flowers are "reminiscent of dying plants".

The Pantone colour of the year is selected annually by the paint brand's colour institute.

'Mocha mousse,' PANTONE 17-1230, is supposed to evoke "thoughtful indulgence," and be "sophisticated and lush, yet at the same time an unpretentious classic."



## Stalisfield Youth Group!

Stalisfield Youth Group is 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.

We have music, gaming, craft, table tennis, table football, outside games in the Summer, craft table, tuck shop (everything 10 - 50p), free cake and drink.

It is a time when young people can relax, hang out and catch up.

**New Members Welcome**

### Upcoming Dates:

Wednesday 12th and 26th March

Contact Catherine 07929 928 046 or [clnworwood@doctors.org.uk](mailto:clnworwood@doctors.org.uk) or see our Facebook page for more details.



**Mouse Makes**

### THE TEMPTATION OF JESUS

After Jesus was baptised who led him into the wilderness?

-----

Luke 4:1

Who did Jesus say you should ONLY worship and serve?

-----

Luke 4:8

**Jesus said not to put the Lord your God to the...**

-----

Luke 4:12

For how many days was Jesus tempted by the devil?

-----

Luke 4:2

What did the devil tempt Jesus to turn a stone into?

-----

Luke 4:3

What happened after the temptation of Jesus? see Luke 4:14-15

**READ**

the story in

**Luke 4:1-13**

JESUS • LED WILDERNESS DESERT TEMPTATIONS DAYS • DEVIL HUNGRY • SON STONE • ROCK KINGDOMS WORLD • GLORY WRITTEN SCRIPTURE WORSHIP • ONLY SERVE • LORD JERUSALEM HIGH • TEMPLE THROW • DOWN JUMP • ANGELS HANDS • HOLD LIFT • FOOT

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