

WHICH RULER

Quite a few kings and queens are mentioned in the Bible. Do you know which one is....

1. the title of the Egyptian ruler who argued with Moses?
2. the queen who visited King Solomon?
3. the shepherd boy who became a king and wrote psalms?
4. was king at the time that Jesus was born?
5. a queen who came from Phoenicia, worshipped idols and fed hundreds of pagan prophets of Baal at her table?
6. the Roman Emperor mentioned in Acts?
7. a queen who has a whole book of the Bible that tells her story?

Answers at the bottom of the page.



King Henry VIII went to heaven. St Peter said, 'Tell me, why did you have so many different wives?' Henry said, 'I like to chop and change.'



For the last time! - Which of the S Club members put bubble mixture in the organ-blower?!



- Answers: 1. Pharaoh
2. Queen of Sheba
3. David
4. Herod
5. Jezebel
6. Claudius
7. Esther

S Club
for all primary school aged children
on Sunday 17th January,
10am in Eastling Village Hall

Youngstyle
A half hour service for all
young at heart
Sunday 24th January,
10am in Eastling Church



God my guide

"Your word is a lamp to guide me and a light for my path." *Psalm 119:105*



God's World

"The world and all that is in it belong to the Lord;

the earth and all who live on it are his." *Psalm 24:1*



Praise the Lord!

"Let everything that has breath praise the Lord" *Psalm 150:6*



Give Thanks!

"Your constant love is better than life itself, and so I will praise you. I will give you thanks as long as I live; I will raise my hands to you in prayer" *Psalm 63:3-4*

Cut out and keep these cards to help you to thank and praise God.

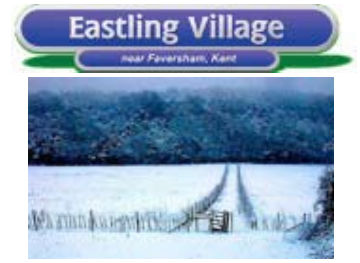


**STALISFIELD LIMELIGHT
Little Red Riding Hood**

A brilliantly produced and directed performance delighted a packed house on the evening of Saturday 12th December. The fabric of the original tale was stretched and moulded to accommodate an unfrocked Santa with two sprightly reindeer, a surgeon who eventually rescued Little R.R.H. from the wolf's belly with the assistance of his singing and dancing nurse and a surprise appearance of 007 James Bond himself. A cast of 11 children provided the chorus and acted as patients receiving the most implausible diagnoses from the G.P., who scattered corn to the groans of his audience. The basic saga of wicked skulduggery was carried magnificently by the ferocious alpha male wolf with his two scary pack members, who thoroughly earned their boos and catcalls whenever they passed through the audience. Virtue was upheld (just) by a skilfully overplayed, slightly wacky Little Red Riding Hood whose charitable conveyance of goodies through Spuckles Wood to her totally plausible granny, set the scene for the story. In the course of the action not a trick was missed

from traditional pantomime cues and response was guaranteed from the enthused audience. In order to frame all of this action, ingenious beautifully painted scenery seemed to expand the cramped Stalisfield stage to enable a woodland glade to be portrayed, which was finally transformed to an operating theatre in which the improbable surgeon rescued Little Red Riding Hood, who emerged pertly from inside the wolf, in a cunningly executed theatre scene. All this was ably backed by the backstage crew who performed their essential magic without perceptible hitch. Lighting and sound were provided by Alan and Maggie, who spent a lot of time installing their equipment for our benefit and to such good effect. The **Low Expectation Theatre Group** will never be able to play under that name again. This pantomime must rate as the very best of Village enterprise. The only regret is that it really was a one-night-only production. *Stalisfield Footnote.* Preliminary figures indicate that the pantomime raised around £450 towards Hut funds.

Great writing
There was once a young man who, in his youth, professed his desire to become a great writer. When asked to define "great," he said, "I want to write stuff that the whole world will read, stuff that people will react to on a truly emotional level, stuff that will make them scream in disbelief, cry in despair, howl in pain, and vent their anger in ways they've never dreamed of!"
He now works for Microsoft, writing error messages.



Do you have photos or news to share, perhaps events to advertise? Log on to the Eastling website: www.eastling.org.uk Loads of information on village history, services, school, local groups, all you need to know about the village. Also on-line forum.



Stalisfield Onion Society will be holding the "MAMMOTH ONION" competition in 2010.

This is open to all residents of the Parish of Stalisfield. A cup will be presented for the "Big " at the Stalisfield Fete. Special mammoth onion plants will be available from members of the Stalisfield Hall Committee (at a small fee) in April; all proceeds will go to the Stalisfield Memorial Hall fund. Watch this space in the spring for further information.

Good News Parish Magazine January 2010
The news magazine for the combined parishes of Eastling and Stalisfield with Otterden

New Year's Honours

We are all familiar with the Queen's New Year honours list, which celebrates peoples' significant contributions in life. But what would *God's* New Year honours list look like? Who are the people he chooses to honour?

Psalm 1 gives us an answer to these questions. The person who is blessed by God is compared to a tree: *'he is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers'* (3). They are strong and well-nourished, able to cope with drought and storms, while being fruitful.

Will this be a true of us during 2010? By contrast, we can be more like bonsai trees, whose growth has been stunted. They are starved of nutrients to ensure that they are perfectly formed, but miniature in size. So often the church today resembles a bonsai nursery rather than a forest of mighty trees! Like the bonsai, we are starved of nutrition. Instead, consider the alternative: *'his delight is in the law of the Lord, and on his law he meditates day and night'* (2). Here is the challenge for us during this coming year: to push our roots deeply down into his Word, meditating on it day and night. As we read and reflect on God's word we are constantly reminding ourselves of God's promises, character and acts.

The psalm promises us that as we do this the Bible will become a real delight, rather than an experience of learning multiplication tables! As we learn to do it,

Prayer Pointers January 2010

<i>Sunday</i>	That this New Year may be a new start in our Christian lives.
<i>Monday</i>	For places in the world where there is unrest and turmoil.
<i>Tuesday</i>	For the cold and the hungry during the winter months.
<i>Wednesday</i>	For the start of a new term in places of learning.
<i>Thursday</i>	For those without hope, that they may find Your love.
<i>Friday</i>	For our villages of Eastling, Stalisfield and Otterden.
<i>Saturday</i>	For those who minister in this benefice.



Eastling Christmas

Thank you to Emma and Nerys, and their joyful team of workers, for the splendid decorations in the church.

Special thanks to Emma Turner, florist, who have kindly donated the Christmas tree again this year.

Over 200 people squeezed into Eastling church for the Nine Lessons and Carols on Christmas Eve and we have to thank Andrew Baxter, organist, for his work for this special service.



Eastling Church Flowers January 2010

2 / 3 Christmas Flowers
9/10 Gaby Turner & Pippa West
16/17 Steph Youle
23/24 Steph Youle
30/31 Dorothy Reeves
Feb 6/7 Dorothy Reeves

St BATHILD: 30th January

No, I hadn't heard of her before either but Bathild, whose feast day is 30th January, had a very interesting life.

She was born in England in the 7th century and while only a young girl she was carried off by pirates and sold into slavery in France. She was bought by Erchinoald who worked for the king of the Western Franks, Clovis II

Bathild must have been very unusual because, in time, Clovis made her his wife. When her husband died she became Regent for their son. She built monasteries and nunneries, and did all that she could to stop the slave trade which had brought her to France.

From a slave to a queen is a big step. When her son became king, Bathild joined one of the nunneries she had founded. From a slave to a queen, to a servant of God



Winston Alexander WALLACE

died aged 65, on the 18th November 2009, after a long illness. Beloved husband of Gill, father of Peter and Robert, father in law of Beth and Sarah and grandfather of Rupert, James and Lucinda. Funeral service was held at St. Mary, Stalisfield, on the 25th November. Donations to the R.N.L.I., c/o C.W. Lyons & Sons Canterbury, CT1 1ND. 01227 463508. Mr Wallace was a parishioner in Eastling from 74-78 and then Stalisfield from 88-2000, when he moved down the hill to Charing, although he still attended Christmas eve services in Stalisfield. "In the bleak midwinter" seemed more appropriate at St Mary's Stalisfield than other less exposed spots. He felt particularly attached to the church in Stalisfield, since he walked the dog past it every day, and arranged several fund raising auctions for the church in the 90's.

Lynne Chandler, from the Bible Reading Fellowship, explores the idea of keeping a diary of your prayer life...

Using a diary to pray in 2010



Life without time for prayer and reflection can easily spin out of control. With so many pressures and demands pushing in from all directions these days, the need to step back and find ways to commune with the Divine is essential. Using a diary to pray is not just a resource for writers. There is no wrong way to do it. In this age of technology, it may be a much welcomed luxury to engage in writing several longhand pages each day you can carve out the time. Whether your words take the form of your own stream-of-consciousness, or a letter to God or to yourself, listen. Pay attention. Be honest. Pray.

Diaries are windows. They allow you to see a glimpse within the deepest part of you, and to let light shine into the darkest corners of your soul. These pages (and God) can handle anything you write in them. Try trauma, drama and self-pity. Then listen to the soothing echo of release. This is prayer. Try tantrums, confusion and anger. Then listen and let go. This is prayer. Try questions, hopes and dreams. Then listen and let your soul rest. This is prayer. Try gratitude, praise and wonder. Then listen and let yourself celebrate. This is prayer.

When you take time for inner reflection and waiting, quieting your inner self before God, you will see and hear the things of God. Turning your attention away from outer concerns, you will enter into light and discover God's kingdom within. Once things are visible and committed to the realm of conscious thought, then light can shine on its pages and offer a respite. All witnesses will be present – your heart, your thoughts, your spirit, your mind, your emotions, and God. The words in these pages prove you are human, alive, for better or for worse. They create honesty with yourself and intimacy with God. Prayer is a song of the heart and inside these words will be woven melodies of thought and explorations of discord, creating harmony and a wholeness of spirit, true freedom. A diary is a meeting place, a tool for prayer, where God can fill your memories with reminders of his faithful presence, enlighten understanding with healing, and centre your heart with a steady peace.

After Dinner Speaker

As part of his talk at a banquet, our minister told some jokes and a few funny stories. Since he planned to use the same anecdotes at a meeting the next day, he asked reporters covering the event not to include them in their articles.

Reading the paper the following morning, he noticed that one well-meaning cub reporter had ended his story on the banquet with the observation: "The minister told a number of stories, but they cannot be published."

SureStart

Faversham Children's Centres

The centres at St Mary's, in Orchard Place, and Bysing Wood, behind Bysing Wood School, work together to deliver a range of services in Faversham and the surrounding areas for all families with children under 5. As well as offering access to midwives, health visitors and other professionals, the centres also provide lots of opportunities for your child and you to socialise, learn and have fun, including messy play sessions, music groups, dads' groups, cooking sessions, and so much more! To find out more please call either centre, or why not pop in, where you will be given a warm welcome! To view our latest newsletter online visit: <http://www.faversham.org/upload/docs/Children%20centre%20newsletter%20Nov.pdf>



For more information for St Mary's Centre, call 01795 591109, for Bysing Wood Centre, call 01795 532555.



EASTLING PARISH COUNCIL

The Parish Council meeting was held on Wednesday 25th November, when Councillors discussed matters including the various hedges that require cutting back to give better sight lines along The Street and at Arnold's Oak and the repair required to the pothole opposite the church car park entrance.

A proposal for a donation to the Good News magazine was discussed and it was agreed to allocate £500 from the subsidiarity grant. There is £1000 of grant funding available for community projects to be used by the end of March 2010. Please contact the Clerk if you have any ideas for suitable projects.

Planning permission is now required for the village sign, Highway Services will also be asked for comment. Although representation has been made to the Conservation Officer and BT, if residents do not want to lose the telephone box more use is required.

The dates for the next Parish Council meetings were agreed as Wednesday 13th January 2010, Wednesday 17th March and the Annual Parish Meeting on Thursday 22nd April. All meetings are held in Eastling Village Hall. Members of the public are welcome to attend.

Jill Seaman, Clerk to the Council
mick_seaman@yahoo.co.uk

Eastling Neighbourhood Watch.



Contact numbers:
Parish/Village Warden 07794 010394
Crimestoppers 0800 555 111 (24 hours, free and anonymous)
Sittingbourne police station 01795 477055
Emergencies or crime in progress always use 999

Here we go into 2010 and let us make it another good year for keeping the undesirables out of Eastling Parish. I would like to extend my own, and the Parish Council's thanks for all the assistance from village people that we have received during the last year.

Again there have been reports of hare coursing in the locality, please keep any reports coming in and help rid our area of these persons.

Alan Wilson

Happy New Year to you all

CROSSWORD ANSWERS

ACROSS: 1, Cock. 3, Shackles. 8, Play. 9, Paradise. 11, Faithfully. 14, Enmesh. 15, Unseen. 17, Armageddon. 20, Benjamin. 21, Beri. 22, Capitals. 23, USPG.
DOWN: 1, Cup of tea. 2, Charisma. 4, Heap up. 5, Challenged. 6, Lois. 7, Slew. 10, The Servant. 12, Lewdness. 13, Unending. 16, Daniel. 18, BBFC. 19, Snap.



"We're looking for something to help us survive our church's early morning Winter services"

Services in our Churches

Ministry in our Parishes

3rd January 2010 Epiphany

1 John 4. 11 - 18, Mark 6. 45 - 52
 Eastling 8 am Holy Communion (BCP)
 Eastling 10 am Holy Communion (CW)
 Stalisfield 3 pm Evening Prayer

10th January Baptism of Christ

Acts 8. 14 - 17, Luke 3.15 - 17, 21 - 22
 Eastling 8 am Holy Communion (BCP)
 Eastling 10.30 am Freestyle
 Stalisfield 10 am Holy Communion (CW)

17th January Epiphany 2

1 Corinthians 12. 1 - 11, John 2. 1 - 11
 Eastling 8 am Holy Communion (BCP)
 Stalisfield 10 am Morning Prayer (BCP)
 Eastling 10 am Morning Prayer (BCP)
 Eastling 10 am S Club in Village Hall

24th January Epiphany 3

1 Corinthians 12. 12 - 31a, Luke 4. 14 - 21
 Eastling 8 am Holy Communion (BCP)
 Eastling 10 am Youngstyle
 Stalisfield 10 am Holy Communion (CW)

31st January Epiphany 4

1 Corinthians 13, Luke 2. 22 - 40
 Stalisfield 10 am Benefice Service

7th February 2nd Sunday before Lent

Revelation 4, Luke 8. 22 - 25
 Eastling 8 am Holy Communion (BCP)
 Eastling 10 am Holy Communion (CW)
 Stalisfield 3 pm Evening Prayer

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

Services at Whitehill Chapel

3rd January 10 am Brunch
 10.40 am Family Choice
 10th January 11 am Morning Service
 17th January 11 am Holy Communion
 20th January 9.30 am Prayer Meeting
 24th January 11 am People's Choice
 31st January 11 am Morning Service

For Baptisms, Weddings or Funerals at Whitehill, please contact Revd. D. Hodgson on 01795 532461

Priest in Charge
 Reverend Caroline Pinchbeck (01795 890487)
 The Rectory, Newnham Lane, Eastling
 Faversham ME13 0AS
 <caroline.pinchbeck575@btinternet.com>

Curate
 Reverend Angela Cheeseman (01795 892124)
 New House Farm, Eastling ME13 0BN

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

Reader
 Hugh Perks (01795 890603)
 Weald Cottage, Eastling

Churchwardens

Eastling Steve Youle (01795 890368)
 Audrey Smith (01795 890469)

Stalisfield with Otterden

Patricia Thompson (01795 890376)
 Martin Beckenham (01795 892079)

From the Registers

Baptisms

Kitty Madeleine BAKER
 5th December 2009 at Otterden

Funeral

Winston Alexander WALLACE
 25th November 2009 at Stalisfield

Trevor Robert SHANNON
 18th December 2009 at Charing Crematorium

Brenda NEWMAN
 23rd December 2009 at Stalisfield
 with committal at Charing Crematorium

Join us for

**SUNDAY
 FREESTYLE**

10.30am
 10th January
 Eastling Church

**NEW
 RESPONSIBILITIES**
 A Life Worth Living

All Welcome
 Breakfast from 10am



Remembering

by Audrey Keen

Taken from
 'My Stable Diary 1984'



Bluetits peck at mince pies suspended from the mounting block in net bags. The robin stands on the stable fence to request, politely, that I refill the bird table with crumbs and other morsels, while the rooks look on from the clock tower above the stables. Having obliged these requests, I saddle up and battle the windy weather. It looks set to be a frisky ride. I worried about snapping things and fallen boughs, though Numa was less jumpy than I thought he would be. The wild birds keep tight to the trees, but the grey wood pigeon hurried through the firs. The pathway through the valley is overgrown, but this is good news, for here, where ruts are deep, rainwater lies and the frogs come to spawn. Tremors of anguish run through Numa as we trot beneath Norway spruce and larch, because these trees are tall and the wind creates eerie sounds, like whispers that come closer and closer and move through the valley towards us. The hazel and elder boughs cross the tack and strike me hard, but Numa is unaffected. Calm again, his kind eye catches the smile on my face as I dismount, look at him and rejoice in the rapport that we share, as we take the last few strides to the stable yard. I make much of him and in return he uses my shoulder as a scratching post, and quells the irritation in his eye.

With friendly face and gentle manner
 And flowing equine grace,
 We canter through the wood
 At a steady even pace,
 His body moves obediently
 He responds to every aid,
 To me his days will never end
 Nor his memory ever fade.
 In my heart he'll always be,
 In my mind he stays,
 Always I'll remember him
 And his loving ways.
 The horse that really taught me
 What pleasant riding meant
 For there's many, many happy hours
 Upon his back I've spent. AIK.



GROWING TOGETHER IN WHOLENESS

Saturday 20th February
 Eastling Village Hall

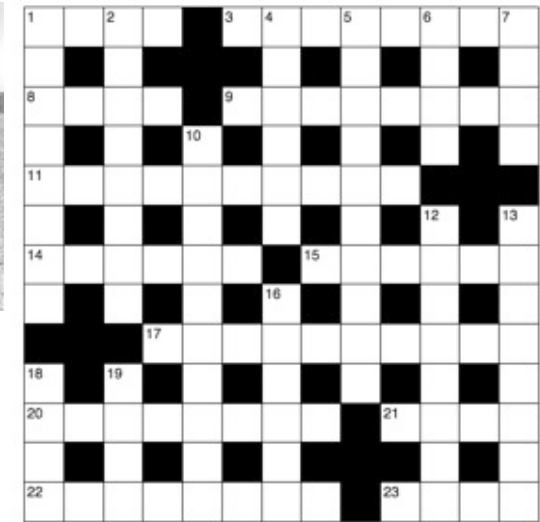
9.30am Registration and coffee
 10am Guest Speaker (to be confirmed)

Discussion and group work
 Lunch - bring your own or book
 home-made soup and bread.

Afternoon Speaker
Jennifer Rees-Larcombe
 3 - 4pm Service with prayer for
 healing
 in Eastling Church

To book a place, contact Jan Beckenham via The Rectory, Newnham Lane, Eastling, Faversham Kent. ME13 0AS
 01795 890487

Cost is £5 per person: cheques payable to Eastling PCC.
 (Please add £1.50 if you would like soup.)



JANUARY CROSSWORD

Across

- 1 'Again Peter denied it, and at that moment a — began to crow' (John 18:27) (4)
 3 Fetters (Job 33:11) (8)
 8 Perform on a musical instrument (1 Samuel 16:23) (4)
 9 Paul describes it as 'the third heaven' (2 Corinthians 12:2-4) (8)
 11 Loyalty (Deuteronomy 11:13) (10)
 14 Hens? Me? (anag.) (6)
 15 Not visible (Matthew 6:6) (6)
 17 Predicted site of the final great battle (Revelation 16:16) (10)
 20 Jacob's youngest son (Genesis 35:18) (8)
 21 One of Zophar's eleven sons (1 Chronicles 7:36) (4)
 22 For example, London, Paris, Rome (8)
 23 United Society for the Propagation of the Gospel (1,1,1,1)

Down

- 1 Favourite church activity: Fellowship round a — — — (3,2,3)
 2 Divinely bestowed powers or talents (8)
 4 Pile together (1 Thessalonians 2:16) (4,2)
 5 Commanded to justify (John 8:13) (10)
 6 Timothy's grandmother (2 Timothy 1:5) (4)
 7 Killed (Psalm 78:34) (4)
 10 One of Graham Kendrick's best-known songs, — — King (3,7)
 12 Indecency (Mark 7:22) (8)
 13 Unceasing (Jeremiah 15:18) (8)
 16 He prophesied 'the abomination that causes desolation' (Matthew 24:15) (6)
 18 British Board of Film Classification (1,1,1,1)
 19 Pans (anag.) (4)

Answers inside back cover

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FRIENDS OF EASTLING SCHOOL

Unfortunately, the Children's Christmas Disco on 18th December was cancelled due to the snow! Those children who got to school during the day had great fun throwing snowballs on the school field.

Events for January are:

Sale of cakes on Thursday 21st January, 3 - 4pm in the School Hall, when by Class 3 will be baking cakes earlier in the day.

Wine & Wisdom on Friday 29th January to be held at 6pm in the School Hall - £5.00 per head, tables of 6 to 8 people. Full details are available on the school website - www.eastling.kent.sch.uk

Jill Seaman, FOES Publicity
jill.b.s@hotmail.co.uk, 01795 890252

School News



Thank you for all the donations towards our latest 'Phil the Bag' textile recycling day. We raised our highest amount yet - £268!

A successful craft afternoon was attended by half of all children and they each made three Christmas items to take home.

All children in Key Stage One must be praised for two wonderful performances of their Christmas production.

Many friends and family joined us for a Carol Service when Key Stage One performed Away in a Manger and songs from their play. Tigers Class sang 'We Three Kings', while Leopards Class sang a Christmas medley including Jingle Bells... in French!

Cubs Class enjoyed their last visit with Mrs Pritchard before she leaves at the end of term. She took them for an unusual PE lesson - snow tubing at the Chatham Ski and Snowboard Centre.

The football team played against Davington on a difficult pitch and, despite scoring twice (Joe and Jonathan), ended as the losing team.

The FOES Christmas Concert with the Snowdown Colliery Band was a great success, many thanks to Pauline Gaston for arranging this event.

EASTLING VILLAGE HALL

To book ring Julia Bailey on 01795 890746



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.



Eastling Short Mat Bowls Club

On 19th November we were very successful in a Swale league game at home against Hornhill (Milsted) which we won 10 points to 4. On 22nd November we played the last of our club competitions, the triples. The runners up were Marina Neaves, Yvonne Wilkins, and Eileen Piles just beaten by the winners John Hobbs, Norman Addy and Norman Neaves. On Tuesday 24th we won a friendly match away to Boughton, in which 12 of our members took part, beating them by three shots. Our next engagement was the County Pairs knock out at Strood. Des Briggs and Albert Walker won two games and lost one, but Eileen Piles and Chris Smith and Mick Heath and Roy Piles both won their mats so go into the final on the 14th March 2010. Congratulations to all four of them.

The highlight of our year was our Annual Dinner. 37 of us enjoyed a very good meal and plenty of fun and laughter.

Happy new year to all Good News readers

The local Prayer Group, which meets on Thursdays; 10.30am - 12noon, welcomes new faces.

We start with coffee or tea and a chat and then some informal prayer, when you can pray out loud or silently.

Next group at Pinks Farm, Eastling on 7th January.

No previous experience needed. Call 890338 for more information.

Charing and District Local History Society

14th January 2010 - Stephen Prickett talks on

The Making of The King James' Bible
How our authorized version evolved out of repeated previous translations, and 50 years of controversy.

28th January - An extra meeting has been arranged when Graham Cooper, Guild Secretary to the Guild of Battlefield Guides, will give a talk on

The Battle of Waterloo.



Afterwards the possibility of arranging a trip to visit the battlefield, led by Mr Cooper, will be discussed.

Both meetings will be held at 8pm in Charing Parish Hall, doors open at 7.45pm. All welcome. Visitors £2.

Painters Forstal with Ospringe WI

Tuesday 19th January
A talk on the charity Dogs Trust

Competition: Photo of a family dog.

2.15pm in the Champion Hall
Guests and new members welcome.



Everyone welcome in Eastling Village Hall, 9 - 11am on Wednesdays.

Pop-In for a cuppa and a chat, toddlers welcome.

Next Cake / book sale day on 3rd February.

Contact number 890338.

The Painters Forstal COFFEE CLUB



The next coffee club will be on 20th January, in Whitehill Chapel, 11 am - 12.30pm. All welcome.

LEIGH MILES DANCE & FITNESS

CLASSES

Eastling Village Hall

WEDNESDAYS

7.00pm BUMS, LEGS & TUMS

8.00pm FIT DANCE

THURSDAYS

9.15am FITNESS PILATES

4.30pm CHILDREN'S FREESTYLE DANCE IDTA

NEW VENUES FOR 2010

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www.milesdanceandfitness.com

leigh.fitness@btinternet.com
01795 890149 or 07873 431952

Otterden WI

From January the WI Meetings will be held on the last Wednesday of every month, so the next meeting will be on Wednesday 27th January.

We'd like to say **Thank you** to everyone who came along to The Live Nativity on 6th December. It was a huge success with record numbers of over 60 people turning up. Thank you to everyone who contributed their time and cooking expertise with Mulled Wine, Home-made Soup, Hot Dogs and Cakes & Biscuits being enjoyed by all.

A Big Thank you to David & Julie Murray at Snoad Farm for hosting the event and setting the scene with the animals etc. A good time was had by all and we're looking forward to next year.

Date for your Diary

Wednesday 27th January at Stalisfield Village Hall 7.30pm "Recycled Christmas Swap Shop"

Please bring along any unwanted Christmas gifts to swap. Guests Welcome - and remember, One Lady's Junk is another Lady's Gold!

We are a very friendly group and new members and guests are always welcome. If you're a little shy of coming on your own, please contact us and we'll try to arrange for you to 'buddy up' with a member who lives nearby. If you would like any more details about us, or just a general chat about the WI, please don't hesitate to contact our Secretary Jenny Taylor on 01622 858322

Happy New Year from the Otterden WI

Becky Ward
Publicity Officer

Those New Year Resolutions

Some New Year resolutions can be bad for you. Mind, the mental health charity, has warned that New Year resolutions based on our insecurities - such as being overweight, feeling unhappy, or not living up to our family's expectations - can be doomed to failure. We can end up feeling worse than when we started.



Instead, here are three New Year Resolutions which will do you good: First, get more active. Even gentle exercise releases endorphins, which will lift your mood. Second, visit somewhere green: being in the countryside also promotes well-being. Thirdly, join a group with the aim of giving, not receiving. It seems that helping out in your community or church can help you as much as it does them.

Cardiac Risk in the Young

QUIZ NIGHT

Saturday 6th February 2010
Eastling Village Hall

7pm start

£5 adult £2.50 children

Bring own refreshments

Phone Jill or Caroline for tables
890665 and 892088

In aid of Cardiac Risk in the Young,
in memory of Carl Dawson.

www.c-r-y.org.uk



Eastling Gardeners' Club New Year's Party

Saturday 9th January 2010
at 7.30 pm in the Village Hall

To include a beer tasting provided by the Hopdaemon Brewery, Newnham
New Members welcome - call Clive on 890160



6 th Pop-In resumes	9am	Eastling Village Hall
6 th Fitness Classes resume	7 & 8pm	Eastling Village Hall
7 th Pilates classes resume	9.15am	Eastling Village Hall
7 th Prayer group resumes	10am	Pinks Farm
7 th Freestyle Dance IDTA	4.15pm	Eastling Village Hall
9 th Gardeners' Club	7.30pm	Eastling Village Hall
13 th Parish Council Meeting	6.30pm	Eastling Village Hall
14 th The King James Bible	8pm	Charing Parish Hall
15 th Deadline for February Good News		Pinks Farm
17 th S Club	10am	Eastling Village Hall
19 th Painters Forstal WI	2.15pm	Champion Hall
20 th Coffee Club	11am	Whitehill Chapel
21 st Cake Sale	3pm	Eastling School
26 th Magazine Folding	2pm	Pinks Farm
27 th Otterden WI	7.30pm	Stalisfield Village Hall
28 th The Battle of Waterloo	8pm	Charing Parish Hall
29 th Wine & Wisdom	6pm	Eastling School Hall
FEBRUARY 6 th Quiz Night	7pm	Eastling Village Hall
20 th Study Day	10am	Eastling Village Hall

Deadline for February 2010 Good News

If you would like to advertise in this magazine, submit articles, features or stories for publication, or would like any forthcoming events publicised, send your contribution by 15th January to Hilary Harlow, Pinks Farm, Eastling, Faversham ME13 0BA. Tel: 01795 890338. Where possible, please submit your entry by email: h.f.harlow@btconnect.com Past and current issues of the *Good News* may be viewed on www.northdowns.plus.com/goodnews