What's On

WEEKLY EVENTS:

Tuesdays

Table Tennis 7 - 9pm Stalisfield Hall

Wednesdays (Alternate)

Eastling Walkers 10.30am Call 01795 890703

Cribbage 7.30pm The Plough

Thursdays

Zumba 6.30pm Stalisfield Hall

Fridays

Short Mat Bowls 7.30pm Eastling Hall



8th Parish Council meeting

6.30pm

Eastling Village Hall

9th Gardeners' New Year Party 7.30pm

Eastling Village Hall

7.00pm

12th Café Church

10.30am

Eastling Village Hall

13th Parish Council meeting 7.30pm
Throwley venue to be arranged

Throwley, venue to be arranged

15th Copy deadline for February Good News goodnewsmagazine@me.com

28th Publication of February Good News

31st Quiz Night 7.30pm

Eastling School Hall



HAPPY NEW YEAR TO ALL OUR READERS

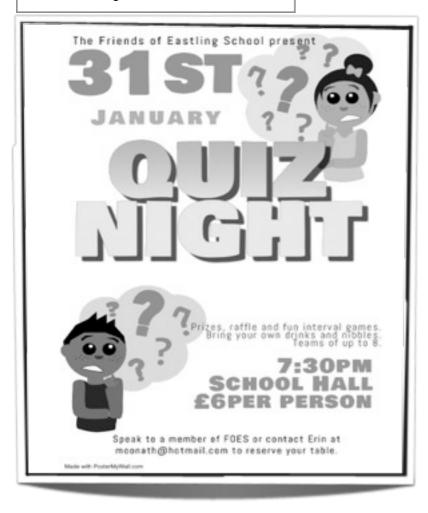
Thank you to our volunteers who contribute their news or deliver the *Good News* around our villages and especially to our advertisers whose revenue pays for the paper and the printing.

Good News Parish Magazine

High Downs Parish

Serving the villages of Eastling, Otterden, Stalisfield and Throwley

ccgi.northdowns.plus.com/goodnews





Eastling Gardeners' Club New Year's Party

Thursday 9th January 2020 in Eastling Village Hall at 7.30pm

Andrew Higgs will be giving a wine tasting, followed by yet more wine and home-made nibbles.

Free to members, non-members, who are very welcome, pay £4.

For further information contact Clive on 01795 890160

From our Priest in Charge

New Year, New Decade, New...

In the middle of December I was reading an introduction to an article in a newspaper Magazine which brought me up short in a way. It was an article reviewing the 2010s, because we are at the end of that decade. Wait a minute I thought... but then yes we are.

The article spoke about things like the rise of the Avocado (seemingly now in everything you eat in a café) to Uber, the taxi hailing app, to the use of Social Media is all its varieties. Politically (and this article appeared 2 days after our most recent election) there was the coalition government. In sporting terms there was the 2012 Olympics and its opening ceremony starring James Bond and the Queen; there was the rise of Park runs and people doing triathlons.

Importantly we could perhaps add that the 2010s were the decade where we as human beings finally became more aware of the need to care for God's Creation more carefully.

There may be many other things you would want to put in your reflection of 2010s - 9 of our 11 grandchildren arrived in this decade.

But also the 2010s will be for some of us marked by loss and sadness.

Not only are we, as I write, about to enter a New Year and to celebrate the start of 2020, but we are also starting a new decade in our calendar.

I wonder what we are looking forward to in the next year and/or decade?

I wonder what our expectations are for ourselves, for our families, for our nation, for the world around us, for science and technology, for our ability to care for one another.

And what about God?

Something I often find myself saying is: 'It is the God of love who comes alongside us in the midst of the good and the difficult times, in times of happiness and times of sadness, in times of joy and in times of grief and bereavement.' This is something I very much believe within my own life and for

In all the change over the years I have personally been comforted by the verse from Hebrews:

Jesus Christ is the same yesterday and today and forever. Hebrews 13:8

The same Jesus, whose birth we have just been celebrating, remains a rock, a foundation.

JESUS CHRIST

IS THE SAME

Uesterday

~~~ and~~~

**Goday** 

Forever.

Psalm 18 verse 2 reads: The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, mu shield and the horn of my

salvation, my stronghold.

Something to take with us into the New Year and the New Decade, for there is the hope of God for us in Jesus Christ, His Son sent to us as Lord and Saviour.

Whatever our expectations. whatever the unknowns that are before us, Jesus came as Emmanuel, God with us, and that applies for all things.

May you know God's blessings this New Year and New Decade Steve Lillicrap

## Eastling Church Flower Rota



5th Jan - Remove arrangements & dismantle Tree.

12th & 19th - Pippa and Gabrielle 26th & 2nd Feb - Bay

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

#### EASTLING VILLAGE HALL

To book ring Hayley on on 01795 890968

www.eastlingvillagehall.co.uk



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.

### **EPIPHAN** Wise Men

Once there were some wise men. They didn't know the way, But they were looking for it. They followed the star.

They were scholars, they were searchers, Who didn't know the truth, But they were looking for it. They followed the star.

Although they were wise, they were puzzled,

They didn't know the meaning of life, But they were looking for it. They followed the star.

The star stopped over Jesus.

They were wise men, They were wise men looking for The way, the truth and the meaning of life.

They found Jesus.

By Daphne Kitching



## Services in High Downs

## 5th January 2020 Epiphany

1 John 3.22 - 4.6, Matthew 4. 12-17, 23-end

Eastling 10.30 am Holy Communion by extension (CW)

## 12th January Baptism of Christ

Acts 10. 34 - 43, Matthew 3. 13 - end

Eastling 10.30 am CaféStyle in Village Hall

Throwley 10.30 am Morning Prayer

## 19th January Epiphany 2

1 Corinthians 1. 1 - 9, John 1. 29 - 42

Stalisfield 10.30 am Holy Communion (CW)

## 26th January Epiphany 3

1 Corinthians 1. 10 - 18, Matthew 4. 12 - 23

Eastling 8 am Holy Communion (BCP) Throwley 10.30 am Holy Communion (BCP)

## 2nd February Candlemas

Hebrews 2. 14 - end, Luke 2. 22 - 40

Eastling 10.30 am Holy Communion by extension (CW)

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

#### KINGSDOWN and CREEKSIDE SERVICES

#### Sunday 5th January - Epiphany

9.00am Lynsted Holy Communion BCP 9.00am Oare Holy Communion ext CW 10.30am Doddington Holy Communion CW

10.30am Norton Family Service 10.30am Teynham Family Service 6.00pm Lynsted Breakthrough

Sunday 12th January - Baptism of Christ

9.00amOareHoly Communion CW9.00amNortonHoly Communion CW trad

10.30am Lynsted Family Service

10.30am Teynham Family Service + Communion

3.30pm Teynham Holy Communion 6.00pm Lynsted Breakthrough

#### Sunday 19th January - Second Sunday of Epiphany

9.00am Newnham Holy Communion BCP 9.00am Oare Holy Communion CW 10.30am Doddington Family Service

10.30am Norton Holy Communion CW traditional 10.30am Teynham Family Service + Communion

6.00pm Lynsted Breakthrough

#### Sunday 26th January – Third Sunday of Epiphany

9.00amDoddingtonHoly Communion BCP10:30am LynstedHoly Communion CW10.30am NewnhamFamily Service

10.30am Oare Morning Worship

10.30am Teynham Family Service & Communion ext

3.30pm Teynham Evensong 6.00pm Lynsted Breakthrough

## High Downs Parish

Parish Office Email: eastlingchurch@gmail.com

facebook.com/highdownsbenefice

Priest in Charge Reverend Canon Steve Lillicrap

01795 522510 highdownsvicar@gmail.com

Reader Norman Fowler (01795 890412)

4 Meesons Close, Eastling

Reader Caroline Ramshaw (01795 892088)

4 Glebe Cottages, Eastling

#### **Churchwardens**

Eastling Andrew Baxter (01795 890598)

Administrator Janet Payne

E mail: eastlingchurch@gmail.com

Stalisfield with Otterden

Jean West (01233 712270)

**Administrator** Sheila Moger (01233 463746)

E mail: samhawksnest@aol.com

**Throwley** Gaynore Moss (01795 890995)

# Reorganisation of High Downs Benefice and Kingsdown and Creekside Benefice.

A notice giving details of a proposed pastoral reorganisation affecting this parish has been displayed in church porches in Eastling, Stalisfield and Throwley and on the Church of England website.

The notice includes the last day (22nd January 2020) by which representations regarding the proposed reorganisation may be made to there Church Commissioners".

The official dealing with this matter is Rex Andrew, who may be contacted by email - rex.andrew@churchofengland.org

## From the Registers

Wedding

Colin Guy and Angela Terry 21st December 2019 at Eastling

## Midweek Groups

**Tuesdays:** Study group: 14th & 28th January 9.30am.

at Garden Cottage, Eastling. 01795 890368

Wednesdays: Study group, weekly, 7.30pm, 18 Beech

Close, Faversham. 01795 890338

**Thursdays:** Prayer group, weekly, 10.30am, Pinks Farm Kettle Hill Road, Eastling. 01795 890338

Fridays: Study group, weekly, 10.45am, New House Farm,

Eastling. 01795 890629



#### Stalisfield Children's Party

27 children were kept busy at the craft table making cards, crackers and Christmas decorations and then they played plenty of silly party games; Parcels were passed, chocolate was eaten from under a woolly hat and gloves, hats were made, items were memorised and snowballs were collected in cups. Finally, at home time, confetti filled balloons were released for a last 5 minutes of mayhem.

Our village children must have been very good this year as Santa took time away from the North Pole to visit us with his sack laden with presents. We are all grateful to Graham and Nina who asked Father Christmas to come; as it was truly magical watching the children receive their gifts from him.

Lots of people offered their services to help make the day special for the children. It's so wonderful to live in a place where everyone is happy to help.

Thank you Cat and Tracy, for co-ordinating all the mails and volunteers, and Fran for painting some beautifully festive faces.

Thank you Tracey, for organising the buffet and Marianne and Richard for bringing yummy hot food over from The Plough. There were sandwiches, cakes, crisps, sausages, roast potatoes (Yum!), chips and all sorts of other lovely food.

Heartfelt thanks are due to all the 'elves' who arrived early to help set up and decorate the hall, or worked really hard throughout the party on whatever needed doing including staffing the kitchen, secret room and craft table, and to those who stayed later to tidy up.

We couldn't have all the fun without the various adults who joined in and were generally game for a laugh, and of course, thank you to our wonderful children of all ages, who turn up each year and join in cheerfully with whatever bizarre games they are presented with. Our wonderful hall filled with children from babies in arms right up to burly teenagers, all laughing and joining in together with the games, makes a delightful afternoon for all.

Thank you everyone! Su, Andy and Joe

## Stalisfield Carol Singing.

A big, big heart felt thank you to all of the hosts, who made us so welcome, and all of the village folk who braved the elements to sing so brilliantly.

A wonderful night was had by all, a real Stalisfield tradition. Again, well done Ray and Alan for your amazing music.

A staggering £226.22 was raised for the charity, Abbie's Army in the honour of Joey.

Thanks to all.



#### Otterden and Stalisfield W.I.

Happy New Year to you all.

Christmas will be just a memory by the time you read this, but the last meeting for 2019 entailed our Group making Wreaths to decorate our doors to welcome in Christmas. We all supplied our own foliage and decorations and it is just amazing how each wreath produced is so unique. It got us into the spirit of Christmas, together with the Prosecco and festive food provided by the Committee. We could all have a good chat at the same time.

Our New Year dinner at the Carpenters Arms has been booked for 16th January which will give us something to look forward to after all the festivities at the end of 2019. The 2020 calendar of events for the Otterden & Stalisfield W.I. has nearly been finalised, so we will be able to include the details in the next publication. We also have a Facebook Page for those of you who interact with social media.

It was a great shame to see that the Painters Forstal Group has gone into suspension. If any of your Members would like to come along and join us, you will be very welcome, as will anyone else who would like an evening out once a month. We meet generally the first Wednesday of each month from 7.30p.m. at Stalisfield Village Hall. The next Meeting will be held on 5th February 2020. Please contact either Ellie Cameron on 01795 892016 or Helen Brooks on 07477 580727.



The Plough Inn, Stalisfield; great food and drink from the pub on your doorstep.

**Our bedrooms are now ready -** ask us to look around or visit our website for more details.

#### **DIARY DATES**

British Yorkshire Pudding Day 2nd February, 12 noon - 3.30pm

Book your Sunday lunch and celebrate the day by indulging in a Yorkshire pudding with every roast!

#### Valentine's Day 14th February - 15th February

In classic romantic style, Richard will cook up culinary delights to melt your heart!

Keep up to date by following us on **Facebook, Twitter or Instagram** 

Stalisfield Road, Faversham, Kent, ME13 0HY Tel: 01795 890 256 theploughinnstalisfield.co.uk Email: info@theploughinnstalisfield.co.uk

### **THANK YOU**

To everyone who donated items, money and bid at the

# EASTLING AUCTION 2019

We raised a fantastic **£661** which was split between the KSS Air Ambulance and UNICEF.

A special 'thank you' also goes to the Carpenters Arms for hosting, Paul Adams for his auctioneering skills and everyone else who worked behind the scenes to make it happen.



## **Faversham Assembly Rooms**

First Sunday Concert Series
January 5th at 3 - 5pm
Alix Lagasse and Maria Tarasewicz
Violin and Piano

Mozart Sonata in A (K305), Brahms Sonata No1 in G Major, Wienawski Faust Fantasy.

Tickets £8, under 16s Free, on the door or from Faversham Music Club www.favershammusicclub.co.uk



## **Eastling Short Mat Bowls**

The club welcomes new members in Eastling village hall on Friday evenings, 7.30-9.30pm. No previous experience needed, just come along or contact Roy Piles on 01795 537162 for more information.

On 22<sup>nd</sup> November The Cherries played away at Minster (Thanet); Des, Bryan and Roy won 19 shots to 11, a good win away, sadly our other team lost by one shot on the very last end, which was very frustrating, but we came home with 4 points.

Friday 29<sup>th</sup> November saw us at home against Aylesham and both our teams played well. Roy's team won 29-7 and the two Johns with Eileen won by one shot, so we kept the 6 points and sent them home with none.

2<sup>nd</sup> December we played away at Barham with Des, Bryan & Roy

winning of their mat and the two

Johns and Eileen losing but, on their very last end, they got what is called a hot shot where all of their six woods counted - well done to them.

Our away game to Aylesham on 4<sup>th</sup> December was not so good, winning only one point but, on Friday 13<sup>th</sup> December, our last game until the new year, we played at home against Barham. Des, Bryan & Roy had a very convincing win of 29 shots to 4, but John Hobbs, Eileen and John Graham really struggled against a very strong side, it was a great team effort and they got 2 points making Eastling's win of 4 points. At the moment we are in third place in the second division.

That's all for 2019, I hope you enjoyed a very good Christmas and new year. Roy Piles.



#### The Reflection

by Audrey Keen
I gaze into the shallow pond
That once was filled with fish and
weed.

And think this place of which I'm fond

Is restful - indeed.

Though I see above me naked trees
With look of desolation,
Beneath the canvas blue of sky
Which brings some consolation.
I muse the wretchedness of life,
The woe and dull foreboding,
And gracelessly concede
That it is merciless and goading.
The pain of love, loss,
Unfulfilled desires,
Banished dreams,
Rejection.
But in the water there

# Antidepressants can really help

I see it is my own reflection That marks an image in the sky,

And warrant I could clear

This drudge depression if I try.

If you are ashamed that you need to take antidepressants, don't be, as even the Archbishop of Canterbury is now taking them.

Speaking at a recent event on mental health at Lambeth Palace, Archbishop Welby said: "I carry an inhaler everywhere, I take an anti-depressant every morning. Big deal... they are two sides of the same coin"

He went on to say that in 2018 he had been diagnosed with depression, and that his daughter helped him to see that it wasn't something to be ashamed of.

"It's just life - and I got help."

One day Jesus was praying in a certain place. When he had finished, one of His disciples said to Him,

## "Lord teach us to pray..."

He said to them, When you pray, say:

Luke 11:1

"Our Father in Heaven

**Sundays:** "Father, I come to You in prayer today thankful that I am Your child. I know I am a sinner, but You have forgiven me and adopted me as Your own, and I am so grateful to call you my Father. Thank you for loving me. I love you."

Hallowed by Your Name.

**Mondays:** "God I am in awe of You. Your name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your Name is great and I worship You."

Your Kingdom come, Your will be done on earth as it is in Heaven.

**Tuesdays:** "God, I recognise there is no better plan on earth than Yours and I pray for Your will be done in my life ... (name the areas of your life where you need more of God's presence today) and in our world.

I ask today for wisdom and clarity as You show me my next steps.

Give us this day our daily bread.

Wednesdays: "Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more capable of handling any situation I'm dealing with, so I give it to You completely. I look to You to help me, sustain me and give me Your peace. Remind me of Your hope and power today. Thank you for taking care of my needs."

And forgive us our sins, as we forgive those who sin against us,

**Thursdays:** God, thank you for offering me the gift of forgiveness. Show me any areas in my life that I need to bring to You in order to receive forgiveness and healing. I confess that I have been struggling with sin and I know that You want me to be clean again. Please forgive my sin. Thank you for showing me unfailing grace. As You have so freely forgiven to me, I also want to freely forgive others. Please help me let go of all my offences. I release to You those who have hurt me and I trust You to handle those situations according to Your perfect will."

Do not lead us into temptation, but deliver us from the evil one.

**Fridays**: "God, I recognise that my struggles today aren't against the people or circumstances around me but against the enemy. Please help me to see how the enemy is lying to me. While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper. I don't have to fear the enemy because the One who is in me is greater than the one who is in the world."

For Yours is the Kingdom

- all authority belongs to You and the power

- all mightiness flows from You and the glory
- Your victory will be complete forever and ever. Amen."

**Saturdays:** "Father God, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours and I know that Your victory will be complete. You are amazing and I worship You. I praise You for Your power and presence in my life. You are my God and You are worthy of all praise."

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#### CONTACT THE GOOD NEWS EDITOR

If you would like to advertise in the February 2020 magazine, submit articles 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: goodnewsmagazine@me.com

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

#### Weighed Down

After the Christmas and New Year festivities the wife gingerly crept onto the bathroom scales to weigh herself. She pulled a sad face. Her husband asked: "What's the matter? Are you overweight?" "Well, not if I were six inches taller."



#### THIS IS NOT.....

### Diabetes could 'bankrupt' the health service

Our appetites are killing us. Hospitals are now treating 5,000 type 2 diabetics a day. The head of the NHS, Simon Stevens, blames "our everexpanding waistlines", as obesity is the major cause of Type 2 diabetes.

More than 1.7 million people were admitted to hospital last year with type 2 diabetes. That cost the NHS an estimated £22 million a day. Health campaigners call the trend 'staggering', as two in three adults are now overweight or obese.

Overall, more than 10 per cent of all NHS drug spending is now devoted to diabetes. The NHS Digital Report shows the overall bill to treat diabetics has reached more than £1billion.

Tam Fry, of the National Obesity Forum, warns: 'The level of diabetes is a national crisis that is blighting millions of people's lives and could even bankrupt the NHS."

13million adults are now classified as obese.

## WHERE CAN WE GO FOR HELP?.....

## www.nhs.uk/live-well/

If you think you are overweight check the NHS website for many ways to get help, including the eat well guide which gives some healthy recipes and shows how much of what we eat overall should come from the different types of food.

www.nhs.uk/live-well/eat-well/the-eatwell-guide/

## Plasterer P. Hadley

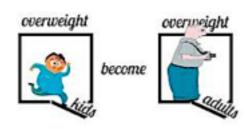
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### Eastling Neighbourhood Watch



Village Warden 07794 010 394 or 01795 890848 Police 101 Emergency 999

Many thanks to all the people who passed on their information either to myself or the police over the last year. It has contributed to making the village and surrounding areas a safe and relatively crime free area to live in. As we are coming into a time when the lambing time is upon us a reminder to keep your dogs on a lead in the vicinity of sheep. This is not a grey area but pure black and white as the farmers have a legal right to shoot any animal worrying sheep and the owner be prosecuted.

Although reports of scam telephone calls have dropped off in the last month, no doubt these people will be concentrating on line, so be careful in the the January sales.

No drink/drug driving, not only over the new year celebration but at any other time please.

Happy New Year and take care

## **Eastling Parish Council**

next meeting
Wednesday 8th January 2020
6.30pm in Eastling Village Hall
Residents are welcome to attend
www.eastlingvillage.co.uk/parish-council

#### **Throwley Parish Council**

Monday 13th January 2020, 7.30pm Venue to be confirmed www.throwleypc.kentparishes.gov.uk

### **Pest Control Services**

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## Eastling Primary School News

Term 2 at Eastling Primary School was filled with singing and rehearsals for the infant nativity, which took place on Wednesday  $11^{th}$  and Thursday  $12^{th}$  December. The children worked hard to learn their lines and take on many different roles to tell the story of 'The Inn-Spectors.'

Eastling Primary School were delighted to have three beautiful Christmas trees donated to the school. The first tree can be seen in the school grounds, the second has been placed in the corridor and the largest is in the school hall. The children bring in baubles from home to decorate the school tree.

FOES organised the annual school visit to Mother Goose at The Marlow theatre and the Christmas shopping afternoon. The children love being able to buy presents for their family and friends and have them wrapped ready for Christmas. There is a wonderful atmosphere in the school hall as the elves are busy wrapping.

The school choir took part in a local schools carol concert on Monday 9<sup>th</sup> December, which was held at Highsted Grammar school. Shooting Stars Entertainment visited on Tuesday 10<sup>th</sup>

December for the pantomime Sleeping Beauty. The FOES kindly contributed towards the cost of the pantomime for the school to enjoy.

Our infant classes went to the Gulbenkian theatre in Canterbury on 13<sup>th</sup> December to watch The Snow Dragon. On the same day, the school took part in the Christmas jumper day and FOES organised a Christmas craft afternoon.

Years 5 and 6 went to Horton Kirby Environmental Centre on 22<sup>nd</sup> November for a Victorian Day. The children spent the day in a Victorian classroom where they did observational drawing of taxidermy, maths on slate and participated in drill and playground games.

Eastling School's Christingle Service was held at St Mary's on 17<sup>th</sup> December. Macknade Fine Foods very kindly donated the oranges and the service was filled with singing with all the classes participating in different ways.

Miss Johnson, one of our teachers is spending Christmas day volunteering at the homeless shelter. As part of this, she decided to collect clothing and toiletries to donate to the homeless as presents on Christmas Day. The support from our families has been amazing and Miss Johnson wanted to express her gratitude.

We wish you a Merry Christmas and a Happy New Year. Term begins on Monday  $6^{th}$  January 2020.

FOES have orgainsed a Quiz Night, which open to all, 7.30pm in the school hall on Friday 31st January.

There are a few spaces available across the school for an immediate start. Any prospective parents looking for a Reception place for September 2020 are welcome to call the office on 01795 890252 to arrange a visit. For further information please visit our school website where photographs and newsletters are displayed and updated regularly. Melanie Dale, Headteacher.



During 2019 the food items left on the back pew in Eastling church provided over 365 Kilograms of food resulting in 868 meals.

#### **Faversham Foodbank January 2020**

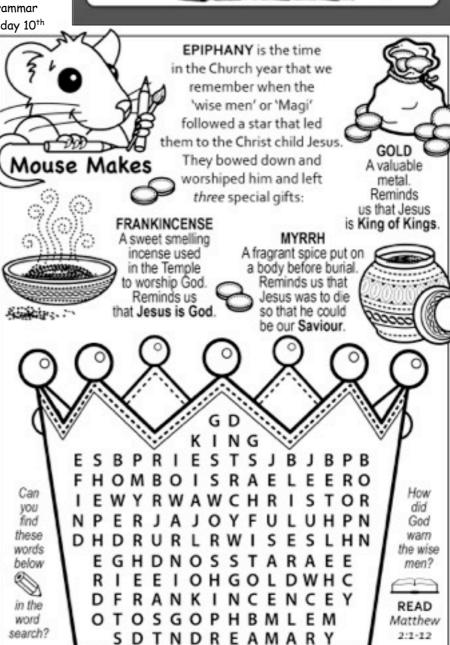
A happy new year to you all. Your extra contributions for December were very much appreciated. A special thank you goes to the children, parents and teachers at Eastling school who asked for the retiring collection at their Christingle service in church to be donated to Faversham Foodbank raising £92.74

#### Items required for January

Tinned ham; tinned chicken; tinned salmon; tinned tuna; hair conditioner; shampoo; shaving foam; washing powder/liquid







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