

Dr Ruth M. Bancewicz, who is Church Engagement Director at The Faraday Institute for Science and Religion in Cambridge, writes on the positive relationship between Science and Christian faith.

A Scientist Reflects on God's Heart for the Suffering

It's difficult as a scientist to hear information that is fascinating, but which also involves so much suffering for other people. I worked for a time in a leukaemia research lab. We had to let other people's pain drive our research without it crippling our ability to concentrate on our work. But, writing this under lockdown, I have found myself – as a biologically-educated bystander – avoiding looking into the science of COVID-19 because the reminders of its impact on people's lives are everywhere that I look.

One of the ways I have been managing my own feelings during the pandemic is by digging deeper into what God has revealed to us about His character, letting that fuel my faith, my prayers, and my actions. For more academic types like myself, study – particularly of the Bible – can be one of the primary ways we connect with God and hear from Him. It's not wrong to be comforted by books, so long as the contents turn our eyes upwards and outwards.

First of all, God hears: "The Lord is close to the broken-hearted" (Psalm 34:18a). In Jesus God took on human form, and He showed us His heart for the world. When His friend Lazarus died, He wept (John 11). God is "the Father of compassion and the God of all comfort" (2 Corinthians 1:3).

Human sin has affected the whole of creation, and I believe this is largely the direct impact of our mismanagement of creation and mistreatment of each other. COVID-19 may well be another animal's friendly

virus, pushed by human activity into causing havoc in bodies where it doesn't belong.

But God's world remains good. It is still fruitful, praising Him, as Psalm 19 describes. Even pictures of a deadly virus can seem beautiful – especially to a biologist! These good things are hints of the promised "new heavens and new earth" mentioned in the New Testament. One day "creation itself will be liberated from its bondage to decay" (Romans 8: 21), and for everyone who follows God, "He will wipe every tear from their eyes" (Revelation 21: 4).

Behind the debates about suffering is sometimes the assumption that God doesn't care. My experience is that God does care deeply, and He invites His Church to care for those around them – especially the most vulnerable. He is with us, He hears us and grieves with us, He helps us and promises a better future.



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Elsa

Woody

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Thank you to Lisa Filmer

for this photo of her beautiful
Stalisfield garden.

Her relevant quote is
“Where flowers bloom, so
does Hope.”

Lady Bird Johnson.

I will be very pleased to receive
photos of other gardens in our
parishes, along with a quote or not.
Send to

goodnewsmagazine@me.com

by 21st June for the July issue.

Hilary Harlow (01795 890338)



**“Where flowers bloom,
so does Hope.”**

Remembering

by Audrey Keen

The house stands, empty silent still,
Upon the steep and grassy hill,
So perfect is the scented air
That drifts across the meadows there.

I turn my face towards the skies
And watch the cloud through
moistened eyes,

My vision blurred, but still I see
The loveliness in front of me.

In the distance, grey and hazy,
Cattle graze though ox-eye daisy,
Woodpeckers tap at trees nearby
While larks and wild wood pigeons fly.
Thrush and magpie, sparrow, jay
Pass this way.

The sun is shaded for a while
I turn and walk toward the stile
Where threads of scarlet pimpernel
creep

Upon the mossy bank so steep.
I stand,
And watch the dipping contours of the
land.

I note the clouds that pass,
They darken fields of summer grass.
Surely time will never sour
The loveliness seen with each hour
That passes here,

And when youth is gone
And these times seem far away,
I'll remember when the summer sun
shone
Brightly every day.

Otterden and Stalisfield W.I.

Now we are further in to the lockdown and like everyone else have put our activities on hold, there is a lot of concern being raised about mental health. Early last year our speaker was Yvonne Fernando NLP Master Practitioner and Life Coach, based in Charing. Yvonne taught us meditation and relaxation techniques, which I hope has helped us all over the past few weeks, and she has offered to return as soon as we can all meet up again, however small the group.

In the meantime we are looking at other ways to keep our group connected, and look forward to being able to be together again, however long that takes.

If you would like to join our group in the future please give me, Ellie, a call on 01795 892016.

Waiting...

Waiting, waiting, waiting...

Waiting in the queue at the Supermarket for one's turn to go into the shop to do our shopping, or perhaps now it is waiting at the Garden Centre to be able to go in and buy the plants for the garden that has, in turn been waiting for them.

I suppose those are two of the current 'waiting' scenarios.

However, there are many others.

Waiting to see family members and loved ones physically rather than, if we have been able to, virtually.

Waiting for the time when we might be able to go away on holiday - although holidays abroad do seem a little way off with the Quarantine rules coming in.

Waiting for some sort of new normality, whatever that might look like in terms of shops and amenities being open.

Waiting to be able to meet with friends.

Waiting for a Vaccine that works.

Waiting for our Churches to be re-opened for prayer, for worship, for a wedding...



Waiting for a Zoom or a Teams Meeting to start! (a new waiting for me in this lockdown)

Waiting for a delivery to arrive (perhaps more of those than we used to be doing)

There will be more to add to our own lists of what we might be waiting for.

As I write, I am doing so in the time between Ascension Day - the day we remember Jesus' ascension to heaven to be back with His (and our) heavenly Father - and Pentecost - the day when the gift of the Holy Spirit was given to all believers in Jesus. Jesus had told his followers then to wait in Jerusalem for the gift that was to come.

In their waiting the followers did not sit around doing nothing. We read in Acts, how the followers of Jesus, in this period of waiting, joined constantly together in

prayer. They also, elected a 12th apostle to replace Judas Iscariot, preparing themselves for the task Jesus had commissioned them to do, once they had received the gift they were waiting for - the Holy Spirit.

Whilst we have been waiting in this difficult time, we too, have been praying. We do so in our homes, in our walks out, wherever we are. We do so through our live-streamed Morning Prayer at 9am each day, as a good number join in each day. All are invited to join either through a computer or a smart phone/tablet and can do so either on Facebook (that is available at the bottom of the Homepage of the website: www.kingsdowncreekside.co.uk or on the YouTube channel 'Breakthrough at Lynsted,' also accessible on Smart TVs).

I am reminded, in a new fresh way of Psalm 46 and verse 10, He says, "Be still, and know that I am God;

I will be exalted among the nations,

I will be exalted in the earth."

In our waiting, be still and know the God who loves us day by day.

Steve Lillicrap

Prayer Pointers for June 2020

Mondays - Pray for honesty and integrity in those leading our country through the current pandemic.

Tuesdays - Pray for all working in our key services and give thanks for their courage, pray too for their families.

Wednesdays - Give thanks for the easing of lockdown restrictions and pray that folk respect continuing restrictions.

Thursdays - Pray for all living or working in care homes.

Fridays - Pray for inmates and those working in prisons.

Saturdays - Pray for the people of Yemen suffering from war, famine and now Covid-19. Give thanks for the valiant work of MSF and other aid agencies.

Sundays - Praise GOD for the LIGHT of the HOLY SPIRIT at PENTECOST.

During the current restrictions

we cannot welcome you into our churches right now but you are welcome to follow us on facebook.com/highdownsbenefice and [https://](https://www.achurchnearyou.com/church/11982/)

www.achurchnearyou.com/church/11982/

High Downs Parish

Parish Office Email: eastlingchurch@gmail.com
facebook.com/highdownsbenefice

Rector Reverend Canon Dr. Steve Lillicrap
01795 522510 highdownsvicar@gmail.com

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

Reader Caroline Ramshaw (07799 538809)
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)

St Sofa's

We worship at St Sofa's now
Since Covid came to stay
We don't dress up or do our hair
But still we come to pray!

Our Vicar is a clever chap
A Zoom with his IT
And so we sit down ev'ry week
And meet up virtually!

Our Parish Church stands empty
With praise she does not ring;
But still her people gather round
To pray, and praise, and sing!

The virus is a nasty thing
Yet it has helped us see
The church is NOT a building
But folk like you and me!

By Nigel and Carol Beeton

Daily Worship for our parishes

Daily online services are available on the Kingsdown and Creekside website - www.kingsdowncreekside.co.uk - also on the YouTube Channel 'Breakthrough at Lynsted'.

More information is also to be found on the St Mary's Eastling 'A Church Near You Page':

<https://www.achurchnearyou.com/church/11982/>

The preacher for **Pentecost Sunday, 31st May**, will be the Rt Rev Rose Hudson-Wilkin, Bishop of Dover.

Sunday Readings:

31st May	Pentecost	Acts 2. 1 - 21,	John 20. 19 - 23
7th June	Trinity	2 Corinthians 13. 11 - 14, Matthew 28. 16 - 20	
14th June	Trinity 1	Romans 5. 1 - 8,	Matthew 9.35 - 10.8
21st June	Trinity 2	Romans 6. 1b - 11,	Matthew 10. 24 - 39
28th June	Trinity 3	2 Timothy 4. 6-8, 17-18, Matthew 16. 13 - 19	



"Mike composes all his sermons on his iPhone - he uses something called Predictable Text..."

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From John Owen

HISTORY OF THROWLEY

As many of you know I have been accumulating material for a history of Throwley for 43 years. With more time here at home, as a result of 'Lockdown', I am pulling together the ideas and starting to write it all up. This will compliment my History of Throwley Church.

The story is intriguing.

The earliest settlers were drawn along the stream from Ospringe up into the inhospitable wooded valleys where they fanned out to put down roots and make a living from the cleared woodland. Institutions like manors, church and the village evolved, landowners and farmsteads grew, and a society developed. All these were constantly changing, then as now, as people moved in and out for the economy was never static.

Sources on information are legion

The fields and boundaries; the place names; the buildings; photographs; and pictures are to name but a few indicators of history and change.

However, knowingly or unknowingly everyone has little pieces of evidence of our past which, when put

ANECDOTES FROM THE THROWLEY ARCHIVES

by John Owen

War from the Air

Between 1940 and 1944 508 high explosive bombs, 2000 incendiary bombs, 10 oil bombs, 10 parachute mines and 20 V1s fell in the villages around Faversham. Nine enemy planes crash landed. Throwley suffered a range of near misses.

In August 1940 an incendiary bomb fell at Tong Green. In September a British fighter plane came down near Workhouse Cottage.

In July 1944 Throwley was the most bombed village in the Eastern Parishes of Swale Rural District. On 3rd July a flying bomb exploded in the air after being hit by machine gun fire from a fighter and fell in pieces at Tong Green. Another crashed in a field at Broomfield on the evening of 8th August and damaged farm buildings and cottages. On 16th August one house was damaged when a bomb fell on Snoad Street. On 17th August another bomb was shot down and damaged cottages at Belmont.

Throwley residents were indeed in the line of fire.

side by side with what others have, will give the more complete picture. With

everyone's help the accumulation and interpretation of these will provide a better understanding of what did happen over the centuries and why.

So I have the first three questions to start with please:

1. Where are/were the water springs and pools in Throwley?
2. Which houses have/had wells, and/or underground storages, and how deep are they?
3. Who has any pre 1950 property deeds or plans/maps or documents for Throwley houses and land?

I hope that sharing this will encourage us all to feel part of a project to understand why our village is as it is and to answer all the questions never answered before.

Please do get in touch.

Tel: 01795 890204 Email: j.o.throwley@gmail.com

Yours sincerely

JOHN OWEN



Police on the Ground

The photograph above is of the Throwley Special Constables taken on Throwley Forstal in 1940.

They are:

Back Row, left to right

Bill Manuel, Mr Briggs, PC Sharman, Sidney Brown, Bill Brenchley, John Pay, Frank Moat.

Front Row, left to right

Bert Wood, Mr Hills, Fred Robins, Tom Fennell, unidentified, Eddie Briggs, Arthur Nicolls

Eastling School News

At this time of year we would normally be sharing lots of wonderful news about the children's swimming lessons, school trips, outdoor learning, SATS and so much more but of course school life is very different at present. Eastling Primary School continues to be open for the children whose parents are key workers. The majority of our children and families are being provided with home learning by the wonderful dedicated team of teachers at Eastling Primary School. All the staff have worked so hard during these very challenging times from the office staff answering the

phones, responding to emails and updating the class pages with the children's activities to the cleaning staff preparing the school for a possible reopening.

As a staff we are looking forward to a time when the children are able to return to school, when it is safe to do so. The staff are also working on preparations for our new cohort of Reception children which we are looking forward to welcoming in September. We hope to do something

virtually for our Year 6 leavers as it is so important to celebrate their time at Eastling Primary School. There are a few spaces available across the school. Any prospective parents are welcome to call the office on 01795 890252. For further information please visit our school website where photographs and newsletters are displayed and updated regularly. Keep safe from everyone at Eastling Primary School.



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We are all very grateful
and full of admiration for
such excellent
workmanship.
Thank you.

Ed - You may have seen this poem on Facebook back in April - I thought it told the thoughts of many parents. It was written by Gemma Peacock from County Durham, who was concerned about any lasting impact of the lockdown on her two boys of 7 and 13.

The Rainbow Children

The history books will talk of now,
That time the world stood still.
When every family stayed at home,
Waved out from windowsills-
At those they loved but could not hold,
Because they loved them so.
Yet, whilst they did they noticed all the flowers
start to grow.

The sun came out, they can recall,
And windows, rainbows filled.
They kicked a football in their yards,
Until the night drew in.
They walked each day but not too close,
That time the world stood still.
When people walked straight down the roads,
That once the cars did fill.

They saw that people became ill,
They knew the world was scared.
But whilst the world stood still they saw,
How much the whole world cared.
They clapped on Thursdays from their doors,
They cheered for the brave.
For people who would risk their lives,
So others could be saved.

The schools closed down, they missed their
friends,
They missed their teachers so.
Their Mam's and Dad's helped with their work,
They helped their minds to grow.
The parents used to worry that,
As schools were put on hold,
Their children wouldn't have the tools,
They'd need as they grew old.

But history books will talk of them,
Now adults, fully grown.
Those little boys and girls back then,
The ones who stayed at home.
They'll tell you that they fixed this world,
Of all they would fulfil.
The RAINBOW children building dreams,
They'd dreamed whilst time stood still



Photo from the Warrington Guardian

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Colour, cut, glue, make, learn, play and praise

A collage of various Bible activity pages and illustrations. It includes a mouse, a girl, and a boy. There are also various icons and text elements, such as 'D P L S GLUE MAKE MY EN', 'I am sorry for...', and 'I am worried about...'. The overall theme is Bible activity pages for children.

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Pumpkin lottery

Phase one is now closed.

We have run out of seeds!

We have over 50 entrants and a great many supporters.

Eastling has so far raised over £600.00 for the NHS covid19 fund. (your contribution to the pumpkin lottery and Harry's appeal.)

Phase two has started.

So now it's time to help anyone of your friends and neighbours by asking them to join in.

Let's grow together.

Hopefully you may have 3 small pumpkins plants by now.

Eastling has a number of residents who may not be able or wish to grow a pumpkin, they might be in self isolation, have no access to a garden, to the internet or know about this fun Eastling NHS support initiative.

Could you offer to grow one for a neighbour?

Maybe your neighbour could adopt a pumpkin?

This is your chance to spread the word and help others join in.

Here is our journey.

Phase one:



Seed dispersal- complete.

Phase two:



Sharing plants- under starter's orders.

Phase three:



Village hall pumpkin display and competition.

Prizes.

Phase four:



Decorating your pumpkin for Halloween.

We hope to get more than 50 pumpkins on display for a glittering candle light display.

Hot pumpkin soup, plus scary things !

At any time you can make a contribution to the Eastling *help for the NHS COVID fund* by following this scan code. See below.

Just take a photo and your phone will link you to the Just giving website -
The pumpkin lottery.



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References available on request.

Eastling Neighbourhood Watch

Village Warden 07794 010 394

or 01795 890848

Police 101 Emergency 999



For probably 6 weeks now we have had the misfortune of vehicles with not the best of persons in the cab driving down in Newnham lane and dumping rubbish in Romany Rest. Not only have they been using it as a rubbish dump but it has been set fire causing consternation and distress to the residents living nearby. Swale council the police and fire brigade have been called many times and attended but yet no preventative action has been taken. We are hoping for action to be taken very shortly.

Powerlines came down at the junction of Newnham Lane and the street causing quite a problem. There were literally lives cables dancing in the wind down to the road and still people

decided to take a chance in passing them before the police arrived. Unfortunately the power was off for 5 hours to the north of Newnham Lane.

Beware the scammers are still hard at trying to con money out of us so be careful.

There have been reports of caravans, farm machinery being stolen within the Swale area so any suspicious vehicles around please report together with the reg no if possible.

Have a good month

Take Care,

Alan



Mend and Make Do

According to handicraft expert Kirstie Allsopp, a missing button was the number one reason why 350,000 tonnes of wearable clothing may end up in UK landfill this year.

But that was before lockdown.

Now you have time to make do – and mend! Rescue and reuse your clothes.

After all, it saves money and the planet.

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Stay Active during the Lockdown

In the current Covid-19 lock down it can seem harder to fit exercise and movement into your day. However, staying active is more important than ever at the moment, both for your physical and mental health. Even if when you're stuck at home there are still plenty of ways you can build movement and exercise into your day. Online exercise could be an excellent addition to your day.

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Learning to trust in times of trouble

by Tony Horsfall

A friend, writing about the challenges she is facing, says: "We never cease to have invitations to trust, do we?" I tend to agree. Almost every day we face circumstances that we cannot control, and for which the only way to find peace is to trust in the loving wisdom of our faithful God.

Yet trust is never easy. It seems easier – and more natural – to worry or to be afraid. It's as if we feel we *ought* to be anxious, as if we really *must* fret about things. Not to do so would be to not care. It's our duty to carry the weight of the world on our shoulders.

But is it?

Jesus seems to offer us an alternative. He says, "Do not let your hearts be troubled. Trust in God; trust also in Me." (John 14:1) He offers Himself to us as someone who is trust *worthy*, one who is absolutely reliable and who will see us through. We are invited to entrust Him with our concerns, and to

hand over to His care the things that trouble us.

In his book *Ruthless Trust*, the writer Brennan Manning says: "Sometimes it may mean more to God when we say, 'I trust you' than it does when we say 'I love you.'" When things are going well, the sun is shining and the sky is blue, it is easy to love God.

But when the storms are blowing, and the clouds are dark, it takes a very special kind of faith to say, "I don't understand God, but I do trust you."

This kind of faith delights the heart of God. Every trouble we face presents us with another invitation to place our trust in Him.



Help feed local people in crisis

Faversham Foodbank June 2020

Faversham Foodbank is continuing to open during lockdown at the Gospel Mission Church in Tanners Street, Faversham on Wednesdays and Fridays from 1.30 - 4.00pm. The coordinators have asked for their thanks to be passed on to all those who have continued to make contributions at the designated bins in local supermarkets or through gifts of money. If you wish to make a financial contribution details of how to do so are available at www.faversham.foodbank.org.uk

If you know of someone who needs to use our local Foodbank and is unsure of how to get the Foodbank vouchers please advise them to contact West Faversham Community Association on 01795 537321 or Faversham Salvation Army on 07771 045382.

Urgent items required for June

Tinned ham; long life sponge puddings; instant mashed potato; multipurpose cleaning spray; small boxes of washing powder.



Kent and Medway NHS Partnership Trust

Here to help all ages

www.kmpt.nhs.uk/information-and-advice/coronavirus-covid-19/

Resources to support your mental health and wellbeing

The Occupational therapy team has developed great resources that you can download to support your mental health and wellbeing during the pandemic.

Why not use a journal? Some people find it easier to write down their thoughts and feelings instead of talking to friends and family. At a time when phone calls and video chats are the only way of communicating with the majority of our address book, having a creative outlet to think about how isolation is affecting you and your mental wellbeing could be a really handy tool.

There is also have a self isolation booklet, which is full of handy tips and advice on ways you can protect you mental health during isolation. You can find a checklist from MIND and lots of contact details for organisations that are working to support people during the pandemic.

And finally, a special recovery pack provides a space for you to think about ways in which you can manage your anxiety during isolation. There are lots of exercises and advice for ways to keep your mind healthy. You'll find information about apps to download and exercise regimes to try and prevent stress building.

For people of all ages needing mental health support, just TEXT the word

'Kent' or 'Medway'
to 85258.

This is a 24/7 text service

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Staying connected and supported

Although usual face-to-face services might not all be able to run at the moment, there are lots of networks available virtually to continue support in our community.

Single Point Access (SPA) available on 0300 1234 496 for anyone who is struggling.

Kent and Medway **Safe Havens** offer telephone support for all residents over the age of 16, every day between 6pm - 11pm
07876 476703 or 07483 163953



The Kooth digital mental health support is FREE online support for

10 to 16 year olds:

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