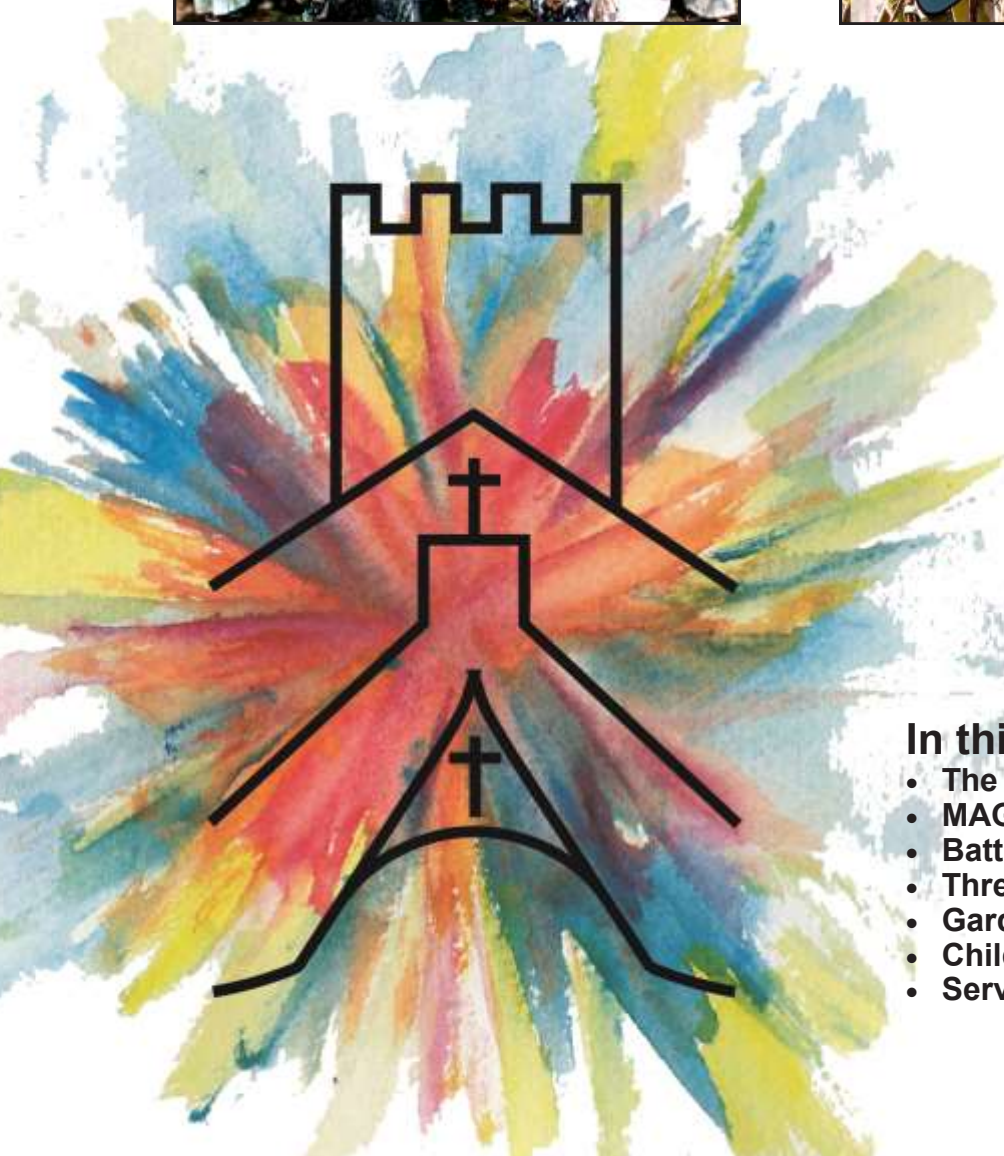


perspectives

Issue 33 - Autumn 2016
Suggested Donation £1



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If you have any comments or questions, would like to make any contribution to the next edition of Perspectives or would like to receive this magazine on a quarterly basis please contact the editorial team via:

Perspectives@tonbridgeparishchurch.org.uk
or

Perspectives Editorial Team,
The Coach House, Church Street,
Tonbridge, TN9 1HD
tel.no: 01732 770962 extension 25.

Dear Friends,

"Our times are in your hands" say the Psalms. For some, time passes slowly - this can be the case for the lonely, the ill and depressed or indeed for those in any form of trouble. No wonder people often say time flies when you are enjoying yourself! However our mood takes us, the facts remain unchangeable: it passes at the same rate for each of us.



I came across a very good reflection upon the passage of time recently that made me think and I hope it gives you a fresh insight or perspective: "Sabbatical is God's way of helping us to make friends with time". I wonder, is time a friend to you? Some people never seem to be able to sit still and rest: others it seems always need a poke or prod to see that something is done.

Time and its passage can be a good friend to us when we see God in all our moments: neither hurried nor aimless but restful, purposeful, enriching and life giving to others. The perspective is to see that time is given to us as a gift from God. Time to respond to what he is calling us to do, time to know him and allow the so-called tyranny of the urgent to find a re-ordered priority further down the to-do list so that the important non-urgent things are attended to. Each of us will have our own ways of being at peace with the time given to us but one thing is certain: reflecting upon how we use our time is important. Perhaps taking time to read will be a rest for you and our Perspectives magazine can even be a friend to you!

May you know God's guidance and blessing as day by day we live within the shelter of His hands.

The Rev'd Mark Brown, Vicar

*The Parish of St Peter & St Paul, Tonbridge
with St Philip, St Saviour and St Andrew,
Rural Dean, Tonbridge Deanery*



St Peter & St Paul • St Philip • St Andrew • St Saviour

The Perspectives logo found on the front cover represents the four parish churches worshipping and working together.



Sandy Chapman

Often wearing a badge in the Tunbridge Wells hospital or an apron in the Church centre, Sandy Chapman retired from nursing but is still looking after everyone....

We are all "locals" - my husband Mick and I

attended Pembury primary school together, my twin sister Yvonne & my son Sean live in Tonbridge too. I'd been a hospital orderly at weekends and some evenings at school, so at 17 I went straight into nursing and lived in a residential training home.

Believing for myself probably got real when my brother became disabled after a serious accident aged 10. Church people prayed with us. My faith has gone up and down but God has sent people to pray for me at the right times, helping me let some past events go. I pray a lot at odd moments, mostly while walking the dog.

I volunteer on the Tunbridge Wells Hospital

Chaplaincy Team, visiting a ward each Friday – chatting to patients, getting drinks and papers, sometimes praying with the staff too. I love meeting people and being back in the hospital setting. I'm also on a team that takes Holy Communion to folk in a residential home and in retirement flats. Managing the Parish Church coffee lounge includes getting supplies from the cash and carry, organising lunches for special events and concerts, and serving on the counter. It helps that Mick supports my church and community work.

My interests include painting, drawing and singing. I am a member of the Parish Church choir and recently participated in a show with the Absolute Gospel Company. The song lyrics really keep up my faith. I represented my school in netball, hockey, swimming, cross country and athletics but I still love sport on TV! A favourite day out would be to go to a show - Les Mis is a favourite!

Interview by Jane Mata



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THE TONBRIDGE CHILDREN'S WORKSHOP

We share the Good News of the Gospel with all the children in the local area. We affirm and challenge children through the Christian faith in partnership with church communities and in service to local primary schools.

One Million!

This September is the 22nd year that The Tonbridge Children's Workshop has been evangelising to children across the town. During the past year we had our millionth encounter with children (some of whom are now adults - and we work with their children!) - that's a million times the Bible has been heard, a million prayers that have been said, a million songs of worship sung, and a million times that lives have been changed in Jesus' name.

We never take this ministry for granted and our thanksgiving to God is more earnest this year than any previously – it has felt like a rocky road leaving our previous umbrella organisation and restarting in January. But God has been our shelter and the local church have been our cheerleaders – with leaders and laity from across the town rallying together to save this outreach mission on our doorsteps.

The Greatest Commandments

During our visits to schools we have been following a theme of the Greatest Commandments: 'Love the Lord your God with all your heart, soul, mind and strength, and love your neighbour as much as you love yourself'. We broke down Jesus' summary into loving God, loving others (friends and enemies) and loving yourself. That final section has been our best-received work recently – the message of being kind to oneself has resonated very well across all the schools as children face enormous school pressures, many with difficult home lives and/or personal challenges, and low self-esteem being the cause of many problems in later life.

This year we will likely follow a theme of positive Christian habits. Inspired by smartphone apps (which give your phone added abilities), we shall introduce the children to 'spiritual apps' such as praying, reading the Bible, doing good etc.

Outreach to children in schools has always been our primary goal: even with our reduced capacity, this year we have been able to lead various lessons, two holiday clubs, school festivals and services, lunch and after-school clubs, Sunday school training days and prayer nights.

Holy Moley

Having been involved in setting Holy Moley up 5 years ago, it's a real pleasure to support its revival under Andy Page's stewardship and see a fresh generation of children be welcomed into St. Philip's for what amounts to 'Thursday Church' (or even just 'Church') for many of them. We've seen numbers slowly and steadily grow and we're looking forward to seeing them and their families grow closer to Jesus and the church.

Support

We are still looking for prayer Supporters, church Champions, financial Backers and Trustees. If you believe that children deserve to be welcomed, affirmed and challenged in Jesus' name, then I urge you to get in touch with us – we believe that this mission is the one you're looking for!

Mike Harrowing

Email highhopes@childrensworkshop.org.uk Phone 0772 556 1154 Website highhopes.childrensworkshop.org.uk



MISSION ACTION GROUP

Retrak

No child forced to live on the street

Starting as outreach to Ugandan street children, Retrak now works in several other African countries and recently Brazil. Their effective end-to-end charity procedures and policies (recognised by the UN) train other Christian and non-Christian NGOs, using existing local knowledge and government links. Once contacted, children are given shelter and catch-up with their education to prepare them to return to school. Basic healthcare and psychosocial support is given and some basic income-generating ideas and life skills are offered. Contacting families to resettle them and prevention work through Self Help Groups (SHGs) and Child Well-Being Clubs is the next vital step. One of these SHGs helped Ester Wolgeno and this is her story.

In the 3 years since Retrak's community worker Ruth Aschalew started working with the community of Soro, in the Hosaena district of Ethiopia, her 6 SHGs have transformed the lives of more than 120 women and their families. This simple but effective model helps women learn new life skills: save money each week and take control of their own finances and use their resources better. This is part of Retrak's prevention work, helping to deal with the issues that drive children to the streets and helping keep them at home by strengthening families and communities both economically and socially. Ruth also helps the women talk through issues that they face, including the dangers of allowing their children to go to the city to work and protecting them from child traffickers.

Ester Wolgeno is the Treasurer of the group (*bottom right*), recording deposits as each of the women bring their money for the week. Each has a small blue savings book that shows how much they have saved and also records any loans they are repaying. "We were in a bad state," says Ester. "We didn't know how to manage our money or to teach our children." Ester's husband died a few years ago and left her with 2 small children. Before she joined the Self Help group she couldn't afford to send the children to school. Once Ester started saving and learn to manage her money, things became much

better: she had saved enough to take out a loan to buy a lamb, which they raised and then sold at a profit. More income-generating schemes followed and, as a result of becoming economically active, Ester was able to make enough money to send her children back to school and her eldest now to university. Before Ester joined the SHG, she had never had a bank account and never saved anything. "All the money she had was in her pocket" said Ruth "and she spent it all. Now she has an account book and saves to help her family have a more sustainable future."

Each group member saves an average of 5 Birr a week but in 3 years the 6 groups have accumulated capital of around 144,000 Birr. When people come to visit the Soro Woreda local government's women's office, they send them to look at the effective Retrak self-help groups.

If we are to achieve our vision of a world where no child is forced to live on the streets, prevention will be key. These self-help groups are proving an effective method of achieving that and preventing many more children being driven to live on the streets.

*Introduction by Robin Dunn;
article by Mike Chesterton, Church Partnerships Manager*





“Time For Everything?” Matt Fuller

“Do you ever feel constantly pulled in too many directions? As though the to-do list is never ending and ever extending? Let me pass on some simple words of Jesus that I’ve always found encouraging: ‘Do what you can’.” This is a small part of

what Matt Fuller says in his book. The subtitle for *Time for Everything* is *How to be busy without feeling burdened*.

This book is practical, wise and easy to read. The first few chapters focus on different aspects of time including “Why are we worn out and weighed down?” and “A waste of time?” Matt combines biblical truth with amusing illustrations.

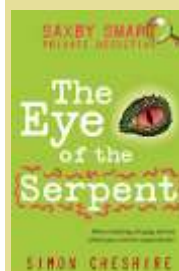
I found *Time for Everything* extremely useful, thinking through my priorities in different areas of my life.

Matt has chapters on work, family, church and leisure. For each area he uses the illustration of a house. He gives a floor to obedience, with examples of neglect below this level. There is also a ceiling to obedience, giving examples of idolatry above this. In between there is the freedom to do or not to do different activities. Matt gives guidance rather than being prescriptive.

Most of us wish we had more time. We cannot get

more time, but I recommend reading this book to help to see how we can use time more wisely. I certainly appreciated the time I spent reading it.

Patricia King



“The Eye of the Serpent” Simon Cheshire

The Eye of the Serpent is a fascinating book that is the fifth one in the Saxby Smart series. I didn’t want to put it down until I’d finished reading it.

Saxby Smart is a schoolboy detective.

He does his detective work in his garden shed, solving various cases and he needs you to help him solve the mysteries by answering questions.

In this book there are three cases. These are: a work of art being stolen; a crook who fell off a cliff seems to have started robbing again; and a case of stolen identity.

My favourite case in the whole series is when Saxby’s worst enemy, Harry, is out for revenge.

Trying to take revenge isn’t a good thing to do, as Harry finds out.

This series is aimed at nine to twelve year olds, but a lot of older children and adults find it just as much fun.

Isaac King, age 10



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¹One Poll, 2014 The Good Care Group is registered with the Care Quality Commission in England and the Scottish Care Inspectorate in Scotland.



Sharing the Bible with children

Not quite sure where to start? Worried about awkward questions? What is the best age? Each term, parents with small children join parents of bigger ones on a Sunday afternoon and swap ideas on sharing the Bible and praying with children. One such meeting in June started with cake, refreshments and a relaxed time as children played and adults chatted. After a while the adults were able to move into a neighbouring room, their children absorbed in activities supervised by young leaders.

Many questions, confessions and ideas were shared and here are the top tips:



Just have a go!

Use a very simple Bible and start with a story alongside the normal bed time or story routine. It gets children used to the Bible narrative and makes a welcome addition to the same book you always have to read.



Try a prayer.

Parents often feel inadequate but just a simple sentence, a "sorry" or "please" or "thank you" that the child can repeat or add to is a start, at any time – not just bed time or meal time.



Having made a start: join in.

Come on a Sunday, or to Holiday Club or a family service (Good Friday and Christmas children's services for example). Your child will have the encouragement of seeing other children and families. A photo album of family and friends can be a good start for prayer.

From age 4-5:

- Storyteller Bible, and Stories Jesus told (Bob Hartman)
- Beginning with God - Bible discovery for pre-schoolers: colourful Bible notes with stickers and activities, based on the Beginner's Bible

Age 5-6:

- Lego Bible
- My First Hands-on Bible (Group Publishing & Tyndale)

Age 7+

- Apps for an iPad: Bible for Kids (collect stars!);
- Guardians of Ancora
- Treasures of the Snow (Patricia St John) - a Christian theme book applying faith to real life, at a simple level
- Minecraft Bible (unexpectedly good!)
- Hands-on Bible (Tyndale) - stories with activities

Books and resources to share.

Youngest children:

- The Beginner's Bible (illus. Kelly Pulley);
- God & Me (Thomas Nelson): 365 stories with photos of real children and a prayer
- Tiny books of single Bible stories

Teenagers: Graphic Bibles

Watch the church notices and website for details of the next meeting – or ring the Parish office: 01732 770962 x 24. These books and many more are available in the upstairs children's department of Tonbridge Christian bookshop.

Judi Hammill, Alison Bleakley





Battle of Hastings

950th anniversary

In England, 1066 was a year of three kings. First we had the saintly Edward the Confessor, who died without an heir. He was succeeded by Harold Godwinson, after whose death in battle, Duke William of Normandy was crowned in Westminster Abbey on Christmas Day. At that time the population of Saxon England was about 1,500,000.

On Edward's death in January the crown was taken by Harold. There were, however, two further legitimate claimants to the throne. Harold Hardrada, King of Norway, was one; the other was William, Duke of Normandy. These two leaders at once gathered armies to invade England and take the throne by force. Harold knew what was coming and prepared to meet them, keeping a special watch on the south coast. But the first danger came from the north where Harold Hardrada landed and won a victory near York. The Saxon Harold had to force-march his men northwards to meet this threat and utterly destroyed the Viking army at Stamford Bridge on 28 September. News then arrived that William's forces had landed at Pevensey Bay.

Unwisely not waiting for reinforcements, Harold brought his tired warriors south, reaching London in four days. From the capital he followed the later route of the A21, through the great forest of Andredsweald towards Tonbridge, where the Medway was traditionally crossed. Some local men joined his cause. The Saxon army emerged from the forest some six miles inland from Hastings, where

Battle stands today. William's army, perhaps 1,000 strong, had been carried with horses and equipment in 696 ships. It included barons and knights from Normandy, Flanders and Brittany who wanted a share of English lands.

The battle occurred on 14 October. The Saxons held a hill-top position, behind a shield-wall with dismounted house-carls fighting on foot, wielding battle-axes, protected by chain-mail armour, a formidable force. The Normans were more advanced in warfare. Their knights were cavalry, fighting from the saddle, charging to break the shield-wall. To help them were archers, whose arrows rained down on the Saxons. After hours of fierce engagement, the wall was finally broken, Harold's men overwhelmed and the king slain. William then advanced towards London, destroying villages as he went, so that soon the Saxons submitted to him. He rewarded knights and barons with grants of land, where they built motte and bailey castles, from which they could control the surrounding area. Tonbridge was awarded to his kinsman, Richard FitzGilbert who had fought at Hastings. His motte and bailey can still be seen, erected to guard the important road and river crossing.

Later rebellions in the north were treated savagely by massacres of people and animals, so that soon William had absolute power over his kingdom, which he ruled until his death in 1087. His victory at Hastings saw the end of Saxon times and the start of the Norman age.

Dr John Ray



John Ray's annual "War Talk" will be held on Friday 11th November - see page 20 for details.

Photo left: Much can be learned of that momentous year's events from the **Bayeux Tapestry** (size: 70m x 0.5m), embroidered by Norman ladies soon after the battle, possibly in Canterbury and displayed in the Musée de la Tapisserie de Bayeux in Bayeux, Normandy, France.

Photo above: Courtesy of English Heritage. See the dramatic re-enactment at Battle Abbey on Sat 15 – Sun 16 October: www.english-heritage.org.uk

Destination: Inner Mongolia

Jenny Macpherson was considered a curiosity, travelling alone in a country on the verge of big cultural changes.

I visited China several times during my son's decade there, including Beijing, Xian and Shanghai, but this year I visited somewhere very different: Inner Mongolia (a Province of China, separate from the independent state of Outer Mongolia).

Day 1. After a 2-hour flight from Shanghai to the capital Hohhot, I became a curiosity: it wasn't hard for my English-speaking Guide to identify me, the only pale-skinned, white-haired passenger. Using a booked car and driver we sped to lunch at HotPot before visiting a new Mongolian Museum with excellent exhibits.



Next, a breath-taking Buddhist Temple with highly-decorated rooms containing numerous, and some huge, female representations of the Buddha, with a strong Tibetan cultural influence. Then we went to a Muslim Culture street full of curios for sale and to a Chinese restaurant for dinner.

Day 2. We drove east out of the city, parallel to the surrounding mountains, passing many areas of poly-tunnel horticulture and arboriculture. Many trees are transplanted on the arid mountainsides to prevent erosion. The snowmelts had ended, revealing dry watercourses, and huge engineering projects took power lines along and over the mountains as we travelled to the grasslands. The people have abandoned the nomadic, horse-herding lifestyle and converted their culture to Tourism. Horses are now used to give rides or pull carts and the once portable skin Yurt has become a circular, concrete hotel bedroom.



The arid ground is snow-covered in winter and a huge solar farm was visible in the distance. We lunched in a tiny village café (served with a delicious meat dish, green vegetable and dough buns) that was also the local tech shop with Wifi available and mobile phones for sale. Here, as everywhere, I learned, my Guide and driver were asked, "How old is she; what is she doing on her own; where is her family?" Yes, I was a curiosity! During a stroll in a beautiful Park back in Hohhot we saw live entertainment and whip-cracking skills before supper in a Mongolian Restaurant, including one dish of pancakes filled with camel meat.



Day 3. Crossing the Yellow River, we saw huge numbers of high-rise blocks of flats - my guide kept repeating "No people, no people", probably reflecting a change in the economy. At the resort on the edge of the Kubuqi desert, I was whisked by cable car, truck and wee train to the 'Visitor Centre', entering a huge Yurt-shaped 'tent' theatre for a very professional dance show depicting a Mongolian Wedding.



After a camel ride, we chose delicious meat in sauce from the large array of stalls, then by train again to another cable car and a drive into the Ordos region for the next hotel.



Day 4. Think of Mongolia, think of Genghis Khan, the man who built the largest-ever empire. Briefly we saw the site of the famous Mausoleum (his burial site is unknown) and in the extensive museum one is faced by huge, iron sculpted horses, Genghis Khan's body guard, and others pulling his yurt-shaped mobile headquarters.

A curiosity I may have been, but throughout this amazing and stimulating visit I never once felt uncomfortable or threatened; I was truly welcomed and impressed by a hardworking people, proud of their culture and history.

Jenny Macpherson



Sarah Ingle, a member of the Tonbridge Julian Meeting, writes:-

"Are you drawn to sitting in silence with God? Do you like simply being quiet and waiting? Not everyone can cope with this, but some people find it the most natural way of praying and recognize that being still with God can be transformative – inner healing takes place.

Jesus spent whole nights alone in prayer and the Desert Fathers and Mothers and our own Celtic hermits sought places to be alone with God. However it is not easy to do, either to make the time or to enter into a really deep silence. That is why I've found it helpful to join the local Julian Meeting. The purpose of the Meetings is to meet regularly in order to grow in the practice of contemplative prayer in the Christian tradition. The Meetings are named after the Anchorite Mother Julian of Norwich.

The Tonbridge group meets twice a month on a Wednesday afternoon, alternately in two different homes. One person leads with a short reading, sometimes with a piece of music, leading us into a half hour's silence during which we seek to be in God's presence and open to Him. We end with a short prayer and the Grace said together, followed by a cup of tea and a chat. The shared silence is profound and I have found it rewarding to meet with people from other churches."

If this appeals to you and you would like to give it a try, with no commitment, please contact the local leader, Sally Watts (01732 351585) or Roxanne Robins (01732 503654). If enough people are interested it might be possible to start another group on a different day and time.



HERITAGE OPEN DAYS

10th & 11th
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3 Peaks Challenge

Back in our December issue, the parish Men's Group reported on their intention to tackle the notorious 3 Peaks: Snowdon, Scafell and Ben Nevis, in 24 hours. How did they manage on the real thing?

As many of you will know, for the past 18 months a group of men from across our Parish have been taking part in various training walks with the aim of completing the National 3 Peaks challenge. During these walks we have grown not only in numbers but also in fellowship and many new friendships have been made as we walked and talked, sharing our faith together.

On Friday 1st July, 13 climbers and 2 drivers set off in a very cramped minibus departing St. Philip's at 6am arriving at Inchree, just outside Fort William, Scotland at 6.15 pm for our overnight accommodation. A long journey made much easier by Steve's song sheets and Neil's quizzes. After an evening meal together, and watching Wales win their football match in the pub next door we had a good night's sleep followed by a hearty breakfast.

We arrived at the foot of Ben Nevis and started our climb at 8am. To say it was cold on the top would be a serious understatement! Once we'd made our way through a snowfield we were bombarded with sleet followed by hailstones and despite the mist, found the cairn on the peak. Our descent completed around 1.30 pm. We set off for Cumbria at 2pm arriving at Scafell Pike at 8.45 pm starting the climb at 9.10 pm. The 2nd half of this peak we climbed in darkness, and with the aid of head torches and Chris's amazing ability to map read in the dark, we found the top in spite of the mist. This descent was the most difficult with loose shale and slippery rocks but the good Lord helped to cool us down with some more rain.



"I was not following a map in the dark. I was just looking for the rocks that had been trodden on, amongst the rocks that hadn't been trodden on" – Chris



We reached the minibus at 2am, and departed for Wales at around 2.20 am. Arriving at Mount Snowdon at 9am we started our final climb at 9.15. As you can see from the photo, Dave, Steve, Simon, J, Andy, Grant, Adrian, Neil, Peter and Chris all made it to the peak in glorious sunshine. After a few photos we started our descent arriving back to be greeted by our two intrepid drivers, Mike and Phil at 3.15 pm. We got back to Tonbridge at 10.45 pm.

"Ben Nevis wasn't the steepest but it felt much the longest" - John

Our total climb time, due to various setbacks was 31 hours 15 mins and the total height climbed was just short of 11,000 feet. A huge 'thank you' to all our supporters.

Andy & Dave

The parish mens' group, CVM, meets fortnightly at St Philip's church or sometimes in more adventurous locations. All welcome: contact Nige or Tom: nige@allisons.org.uk

Explorers 2: an epic new adventure

The last week of July saw around 220 children, 100 volunteers and 22 young helpers at St Peter & St Paul and St Saviour's churches for **Holiday Club!** During the week the children learned about who Jesus was and why he came, why he died and why it is important. Woven around film and talk on Jesus's ministry was a drama about a mixed group of explorers who variously give up, get stuck, experience fear, and endure hardships. Competitions, songs and challenges at St Peter & St Paul caused such a noise as to be audible in the High Street. Meanwhile the 4-5 year olds had stories, songs, games and craft at St Saviour's church while parents and grandparents could watch from the coffee area.

Hoping that children and leaders had learned something as well as having a lot of fun, we asked a few what they had liked best:



"When we got the competition results each day"

"Making things in our den, and the BBQ"

"Seeing some 8 year old girls in our group take part in a really determined game of football" (a leader)

"The outdoor games and the songs"

"Making a prayer"

"Seeing Andy [leader] dressed to climb mountains when it was really hot"

Leaders are presently too exhausted to contemplate next year, but we love this ministry and pray it brings families to join us – look out for 2017!

Jane Mata



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Count the Acorns

How many times can you find the word “acorn” in the grid below?

d	q	n	r	o	c	a	g	m	z
d	n	r	o	c	a	c	o	r	n
r	n	e	s	n	r	o	c	a	n
n	n	r	f	y	a	r	r	r	r
r	n	r	o	c	a	n	o	o	n
o	n	r	o	c	a	c	o	r	n
c	n	r	o	c	a	c	o	r	n
a	n	r	o	c	a	c	o	r	n
o	n	r	o	c	a	q	n	r	n
c	n	r	o	c	a	f	d	r	n



- 12 Times

16 Times

19 Times
- Good

— Very good

— Excellent

The Glory of the Garden

***Our England is a garden and such gardens are not made
By singing 'Oh, how beautiful and sitting in the shade' (Kipling)***

I am the true vine and my Father is the gardener. ... every branch that does bear fruit he prunes so that it will be even more fruitful' (John 15)

We gardeners know the importance of pruning. Our orange azalea was a thing of splendour until it caught a fungal disease which I failed to eradicate. I tried digging it out and failed again; so I cut it down to within two inches of the soil, expecting it to shrivel and die. Not a bit of it! New shoots defiantly appeared from the stump and within two years produced a magnificent display of colour. The power of pruning!

Oh, Adam was a gardener; and God who made him sees
That half a proper gardener's work is done upon his knees.

Yes, half a proper gardener's work is indeed done upon his – or her – knees – weeding! But I wonder if you know that plantain, a very common garden weed, which I used to attack with a gardening fork, was once considered an indispensable cure-all? Its vast range of medicinal uses include the relief of diarrhoea, coughs, colds, bronchitis, asthma, bee stings, eye inflammations, ulcers and insect bites. So, one less weeding job on your knees! Let the plantain have its place in the sun and enjoy the gifts of this healing herb.

Healing herbs have flourished in our gardens for centuries, intrinsic to the planning of every monastic garden where people came for both physical cures and spiritual healing. There are many herbs growing in our front garden – dill, chervil, purslane, rosemary, thyme, sage, marjoram, parsley, lemon balm, bergamot - to name just a few. Easy to grow from seed, they can be used in salads, soups and stews but they all possess a range of medicinal uses. One of my favourites is borage. I love their star shaped blue flowers, which can decorate salads; their leaves may be eaten raw, steamed or sautéed. They self-seed and spread to cover unsightly areas – if you have any! Medicinally, they can be used for throat infections, skin problems, mouth and eye washes. But that is not all. Historically, borage had the reputation of making people happy and giving them courage. Just an old wives' tale? Perhaps. Interestingly, recent research reveals that borage, high in calcium, potassium and mineral salts, may stimulate the adrenal gland, which is where courage begins.

Borage is also beloved of bees and this is where we can really make a difference in healing fragile earth. Growing herbs and flowers which attract bees is vitally important for the green health of God's beautiful world. Without pollinators, there is no life on earth. It is a source of wonder to me that God chose the smallest of creatures to make the biggest difference – bees flying above ground to pollinate our plants; worms aerating the soil below so that roots can take in the nutrients the plants need.

Blue is my favourite colour. The beautiful blue cornflower is now an endangered species in the wild so I'm growing cornflowers and poppies together hoping they will spread to be part of a wildflower area in the garden.



*Then seek your job with thankfulness and work till further orders;
If it's only netting strawberries or killing slugs on borders.*

This has surely been the year of the slugs. The slugs and I are engaged in a daily battle of attrition as they line up to destroy the seedlings I've carefully nurtured; and if it's not the slugs, then I watch birds fly in to carry off plants for their nests or black fly suddenly appear to throttle flower heads. Vigilance is all part of a gardener's work to display the glory of the garden.

*So when your work is finished you can wash your hands and pray
For the Glory of the Garden that it may not pass away!*

And the Glory of the Garden it shall never pass away!

Helen Longley

Views from the Potting Shed

A typical summer - rainy days, dull days, warm days and blazing hot days - but mixed weather conditions benefitted my plants, with vigorous growth resembling a jungle. Large oak trees sucked up the moisture and provided shade, so the vegetable pots are consigned to the house's sunny side. The tomatoes grew like trees and are loaded with fruit. There is a plentiful supply of courgettes and lettuce. We have been eating new potatoes for weeks, although the ridge cucumbers sulked and died. I'm still persevering with my outdoor grapevine, lots of leaf growth and three bunches of very small grapes (unlikely to mature into anything edible). There is always next year for optimistic gardeners.

Autumn conjures up images of colder misty days with the garden beginning to look tired but late flowering



summer plants extend the season. The beauty of the autumn tints as the leaves turn their golden yellows, browns and reds with the rustle of them underfoot as reminders of childhood. Time to tidy up - removing dead plants and leaves, cutting back spent or overgrown plants for the compost bin (provided they are not diseased). Collect any necessary seed pods, placing seeds in paper bags and labelling them. Leave any architectural plants to sway in the coming winds to give interest.

Plant bulbs in the garden for Spring flowering and also stagger planting indoor pots over a number of weeks to try to ensure some bloom for Christmas. The garden centres will have an array of bulbs with planting

instructions from daffodils and tulips to more exotic flowers, so you will be spoilt for choice. British Summer Time ends on Sunday 30th October with the clocks going back an hour - it takes me weeks to get used to it.

Happy gardening!!

Arthur Mow



Exclusive! Play Without Fear

While England crashed out of Euro 2016, Tonbridge-raised Jonny Williams was having the time of his life playing for Wales.

The Crystal Palace midfielder is now back in training for a tough season ahead but the memories of his adventure playing in France will stay with him forever.

The 22-year-old cannot pick a favourite moment from his rollercoaster month

but is proud to have started Wales' opening group game against Slovakia, to have beaten Russia and lined up against Cristiano Ronaldo.

"Playing against Ronaldo was a special moment," he said, "and seeing him get a yellow card for a foul on me was a bit surreal."

As well as playing against global superstars Jonny could count on the likes of Real Madrid winger Bale and Arsenal midfielder Aaron Ramsey as his team mates.

"It was an absolute pleasure," he said. "Everyone knows how good they are not only as players but as people too. They give you confidence to believe in yourself and play without fear."

"They are both world class and we were blessed to have them fit and at the top of their game."

Born in Pembury, Jonny attended school locally but has played for Wales at every level up from under-17 and qualifies to play for the Reds as his father Peter was born in Anglesey.

Euro 2016 was the first time Wales had ever qualified for the continental tournament and was the nation's first appearance at a major 'finals' since the 1958 World Cup.

Competition was high just to make manager Chris Coleman's 23-man squad and after a season spent on loan at Nottingham Forest and Milton Keynes Dons Jonny was relieved to have made it.

Thinking back, he said: "To be called up to the squad for the Euros was an amazing feeling as I had worked so hard

throughout that season to play games, perform well and stay fit.

"I also felt relieved as the tournament was getting closer and closer all the time and everyone wants to make sure they're fit and ready at the time the squad is announced.

"I have to thank God I was able to do that."

Qualification was achievement enough for some, but Wales made it clear early on they were not just there to make up the numbers by beating Slovakia 2-1.

A late rally from England saw the Three Lions win a memorable grudge match but an emphatic victory over Russia saw Wales win the group.

And while England were humiliated by Iceland, their neighbours defeated Northern Ireland in the round of 16 before pulling off a surprise victory over much-fancied Belgium in the quarter-finals.

"It was a great feeling to top the group after we had already lost to England," said Jonny.

"England are our rivals and to do better was great for the whole nation."

However, the brave Reds found a Ronaldo-inspired Portugal too hot to handle in the semi-finals as the eventual champions downed Wales 2-0 in Lyon.

Jonny said: "Initially I was down and disappointed as we had become so close to the final and I think everyone could see how devastated we were.

"But we had a team huddle on the pitch and a get-together in the changing room afterwards to kick ourselves and say 'hold on a minute, we've just reached a semi-finals at a major tournament' .

"It really is something special. To see the fans after was amazing and to see how proud they are of us as players, it gives me goosebumps."

Photos courtesy of David Rawcliffe, official Football Association of Wales photographer.

Will Mata



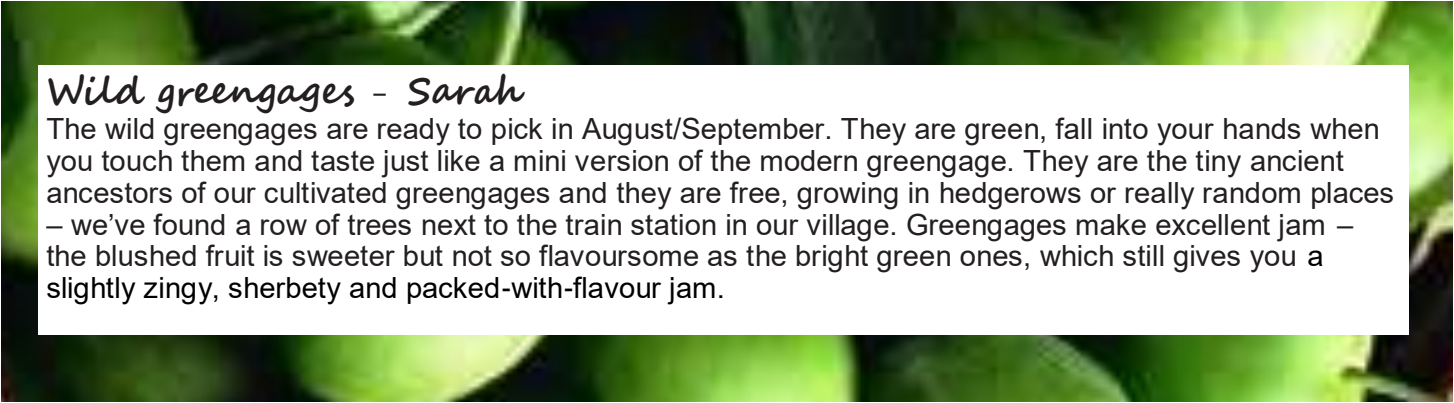
FORAGING

I am sure we all have heard about foraging. You might have even tried to forage some foods/fruits/herbs/nuts/mushrooms yourself. No? Not ever? Well – let us tell you about some people who are doing it in our local area, what they enjoy to gather and what they like to do with it. First of all though, let us clarify how foraging is treated by law: it is the common law right to collect the four 'f's – fruit, flower, fungi and foliage for personal use, if it is growing wild or you have permission from the landowner to gather the foods on their land. As long as you stick to the rules – have fun and enjoy the results.




Blackberries – Louise

Blackberries grow all around us in hedgerows, shrubs or woodlands. It is very easy to collect them (kids love to do that!) and there is a lot you can do with them: juices, cordials, cakes, wine or ice cream. Our family enjoys them as a jam, blackberry/apple jelly or as blackberry sauce - either savoury to accompany roast meats, especially game, or sweet sauce to add to desserts.



Wild greengages – Sarah

The wild greengages are ready to pick in August/September. They are green, fall into your hands when you touch them and taste just like a mini version of the modern greengage. They are the tiny ancient ancestors of our cultivated greengages and they are free, growing in hedgerows or really random places – we've found a row of trees next to the train station in our village. Greengages make excellent jam – the blushed fruit is sweeter but not so flavoursome as the bright green ones, which still gives you a slightly zingy, sherbety and packed-with-flavour jam.



Wild mushrooms – Aneta

Welcome to my favourite foraging mission – wild mushrooms. They grow across most of the UK in parks and woodlands and autumn is the prime mushroom picking time. It is, of course, essential to know what you are picking, so go with somebody who knows what they are doing rather than rely on photos. My favourite mushroom is the cep (a.k.a. Italian porcini), which is great simply sliced and fried with some salt, pepper and dill. Excellent for mushroom sauces or side dishes are chanterelles: small yellow caps with fruity smell and nutty taste. Mushroom foraging is great exercise. We usually combine it with picnics in the forest to keep the energy and motivation levels high.

Foraging has seen a revival in recent years. We can see famous chefs using the foraged ingredients in their recipes on our TV screens and in their restaurants. We have our lifestyle-gurus stressing the benefits of relaxing in nature whilst getting inspired by being able to collect food from our 'edible landscape'. We can book ourselves on a foraging course, which shows us what to pick and how to prepare the four 'f's. Personally I think it is a wonderful thing to realise that there are still so many 'wild' foods around us and I hope that this brief article will encourage you to try to experience it for yourselves.

Aneta van Bodegom

September

Sat 3	Balcombe family concert at St Peter & St Paul, 7pm. Collection for Kondoa and church. Tickets in churches or 357734 or saintphilips@tonbridgeparishchurch.co.uk
Sat 10 - Sun 11	Heritage Weekend - see page 12
Sat 24	Women's Breakfast with talk by Alyson Bleakley, Rose & Crown, 9 -10.30am. Book: sarajthomson.plus.com or 01732 356430

October

Sat 1	Tonbridge Music Club: VOCES vocal ensemble with Tonbridge School motet choir. St Peter & St Paul 7.30pm. Book www.tmc.org.uk; (01732) 838698
Sun 2	Harvest Festival services across the parish at usual service times.
Sat 8	Harvest Coffee Morning, St Saviour, 10am - noon
Sat 15	Quiz Night, St Philip, 7.30pm. Bring your own drinks and nibbles. Make a table of 6 or join others. Book: 01732 352416
Sat 29	Tonbridge Music Club: Mark Simpson (clarinet) & Richard Uttley (piano); St Peter & St Paul 7.30pm. Book www.tmc.org.uk; (01732) 838698

November

Sun 6	Time to Remember, Time to Give Thanks, St Peter & St Paul 3pm. Light a candle and remember a loved one you have lost. Refreshments.
Fri 11	The Outbreak of War 1939; Dr John Ray's annual talk on aspects of WW2. St Peter & St Paul 8pm
Sat 19	Orpheus Male Voice Choir in aid of Hospice in the Weald, St Peter & St Paul 7.30pm
Sat 26	Lunch for Kondoa, St Philip, 12 - 2pm. All welcome.
Sat 26	Tonbridge Music Club: Alexander Ullman plays Bach, Schumann, Stravinsky, Liszt. St Peter & St Paul 7.30pm. Book www.tmc.org.uk; (01732) 838698
Sun 27	Tonbridge Christmas Carnival. Special service after fireworks at St Peter & St Paul, 6.30pm. Mince pies and mulled wine.

Baptisms

29 May	Oliver Henry Jack Snuggs
5 June	Harriet Rose Holbourn
5 June	Theo Alex Lever
3 July	Faith Katherine Ivey
3 July	Shona Katherine Milton

Weddings

18 June	Scott Nicholas Saunders & Emma Louise Clements
2 July	Joel Stewart Anthony Levitt & Sarah Jane Leftley
30 July	Gareth Emrys Thomas & Charlotte Phoebe Decker

Deaths

14 March	Malcolm Arthur Bates
17 April	Bernard George Wallis
19 April	Muriel Swane
20 April	Beryl Rees
24 April	Rosemary Kathleen Argyle
4 May	Mary Jean Marsh
5 May	Jean Mercer
6 May	Dorothy May Higgs
18 May	Eric Leonard
12 June	Doreen Spooner
14 June	Keith Richard Hammond
19 June	Elizabeth Ellen Bowyer
21 June	Davyd Power
26 June	Lesley Elizabeth Parsons
29 June	Graham Frederick Waterhouse



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FOR HOME & GARDEN

	St Peter & St Paul	St Philip's	St Saviour's
Daily	Coffee Shop 10am to 12pm Monday to Saturday		
Monday	Merry Makers: needlecraft and quiet time 10am, Upper Lounge Rainbows, Brownies, Guides, Seniors	Men's Forum 8pm fortnightly. For more info contact Ray Tanner on 01732 351422	Coffee Break 10.30 - 11.30am Keep Fit 5.30pm
Tuesday	Teddies 9.30am, Upper Lounge (term time) Beavers at Ridgeway	Stretch, Tone & Relax Class 1pm Grapevine Drink, chat and activities. 2.15pm to 4.15pm Brownies 6pm	
Wednesday	Tiny Acorns under-1s 10.30am -12pm, Upper Lounge (Term time) Cubs at Ridgeway	Tots and Co. 1.15pm - 2.45pm (term time) Open Prayer 8 - 9pm First Wednesday of month	
Thursday	Stepping Stones (term time) Bible Study, crèche available 10am Afternoon Workshop (crafts) 1.30pm Upper Lounge 1st Tonbridge Guides	Holy Moley club Fun and games for children Age 7 - 10, 5pm - 6.30pm Heavenly Hands puppets, 8pm	
Friday	Rummikub Players 10.00am -12.30pm, Upper Lounge. Bell Ringers at Parish Church 7.45pm Scouts at Ridgeway	Women's Fellowship 7.30pm - 9.30pm, 2nd and 4th Friday of the month	
Saturday	Parish Prayer , 9am Lower Lounge Coffee Shop 10am - 12pm Open Church 10am - 4pm		CONNECT for school years 6-8

Merry Makers meets on Monday Mornings for an enjoyable, relaxed start to the working week in the Upper Foyer at St Peter and St Paul. After 10am coffee/tea, we have a sort of quiet time at 10.15am before starting on our craft, either our own creations or working on a theme (e.g. patchwork, blackwork, cross-stitch, tapestry etc.), and we are all there to help each other.

Thursday Afternoon Workshop meets at 1.30pm, doing similar crafts and also meeting on special occasions (e.g. outings, tea parties, Christmas Dinner etc.) but we do not have quiet time and there is more card making.



Our work is shown at the craft exhibition for the Heritage Weekend in September. We would love you to join us as a member and/or contribute items for our exhibition, or volunteer during the Heritage weekend - contact Yvonne Burgess (01732 350651).



St Peter & St Paul Church Lane, TN9 1HD

Sundays:
8am Holy Communion (1st and 3rd Sundays of month)
10am Morning Service (with Holy Communion on 4th Sundays) and Sunday Club for ages 4-11 each week in term time
6.30pm Evening Service
Wednesdays:
10am Holy Communion

St Philip's Salisbury Road, TN10 4PA

Sundays:
9am Holy Communion (1st Sunday of month)
10.30am Morning Service (with Holy Communion on 3rd Sundays) and Sunday Club each week in term time

St Andrew's Hadlow Road, TN10 4LS

Sundays:
10am Morning Service (with Holy Communion on 2nd Sunday of month)

St Saviour's Dry Hill Park Crescent, TN10 3BJ

Sundays:
8am Holy Communion (2nd, 4th, 5th Sundays of month)
10am Morning Service (with Holy Communion on 1st Sunday and informal service on 3rd Sunday)

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Wednesday 19 October 2016 from 5pm to 9pm

Rehearsals will take place on the first three Wednesdays in November with a break then until the New Year.

Performances will be on 24 and 25 March 2017

To book your audition or to find out more please contact Helen Longley
Email: helenlongley@btinternet.com Tel: 01732 352580

CONTACT	PHONE NUMBER
Parish Administration The Coach House Office, Church Street, Tonbridge, TN9 1HD	770962
Vicar The Rev'd Mark Brown	770962
Associate Vicar The Rev'd Anthony Hammill	07743661252
Curate The Rev'd Simon Couper	355200
Churchwardens Patricia King Ray Tanner	01732 366179 01732 351422
Vicar's PA Yolanda Roberts	770962 ext 25
Parish Administrator Jane Higgs	770962 ext 24
St Philip's Administrator Jane Mata	352416
Youth and Children's Minister Andy Page	770962 ext 22
Parish Treasurer Erna Wessels	770962
PCC Secretary Sally Musson	838411
Perspectives Team Jane Mata (Chair), Tessa Szczepanik (Editor), Anna Couper (Sub-editor), Dick Longley, Margaret Brandham & Aneta Van Bodegom (Composition & Design), Natasha Stille (creative and contributor), Barry Staggs (Advertising)	770962

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perspectives

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The magazine is written, designed, produced and delivered entirely by volunteers, and relies on donations and advertising to keep it running.

Launched in Autumn 2008, this is our 33rd issue.

2,000 magazines are printed 4 times a year.

That's 96,000 magazines to date - 50,000 of which were distributed as part of our community outreach programme, with one issue a year being delivered to every household in the parish.

Our aim is to extend a welcome to you with news of our local and wider activity.

Do share a copy of Perspectives Magazine with your friends and family.

We can arrange for copies to be delivered each quarter.

Please contact Jane Mata 01732 352416 if you or someone you know might be interested.

Perspectives is free but donations are appreciated.

**For more information on volunteering or advertising contact
perspectives@inbox.com or St Philip's office: 01732 352416**