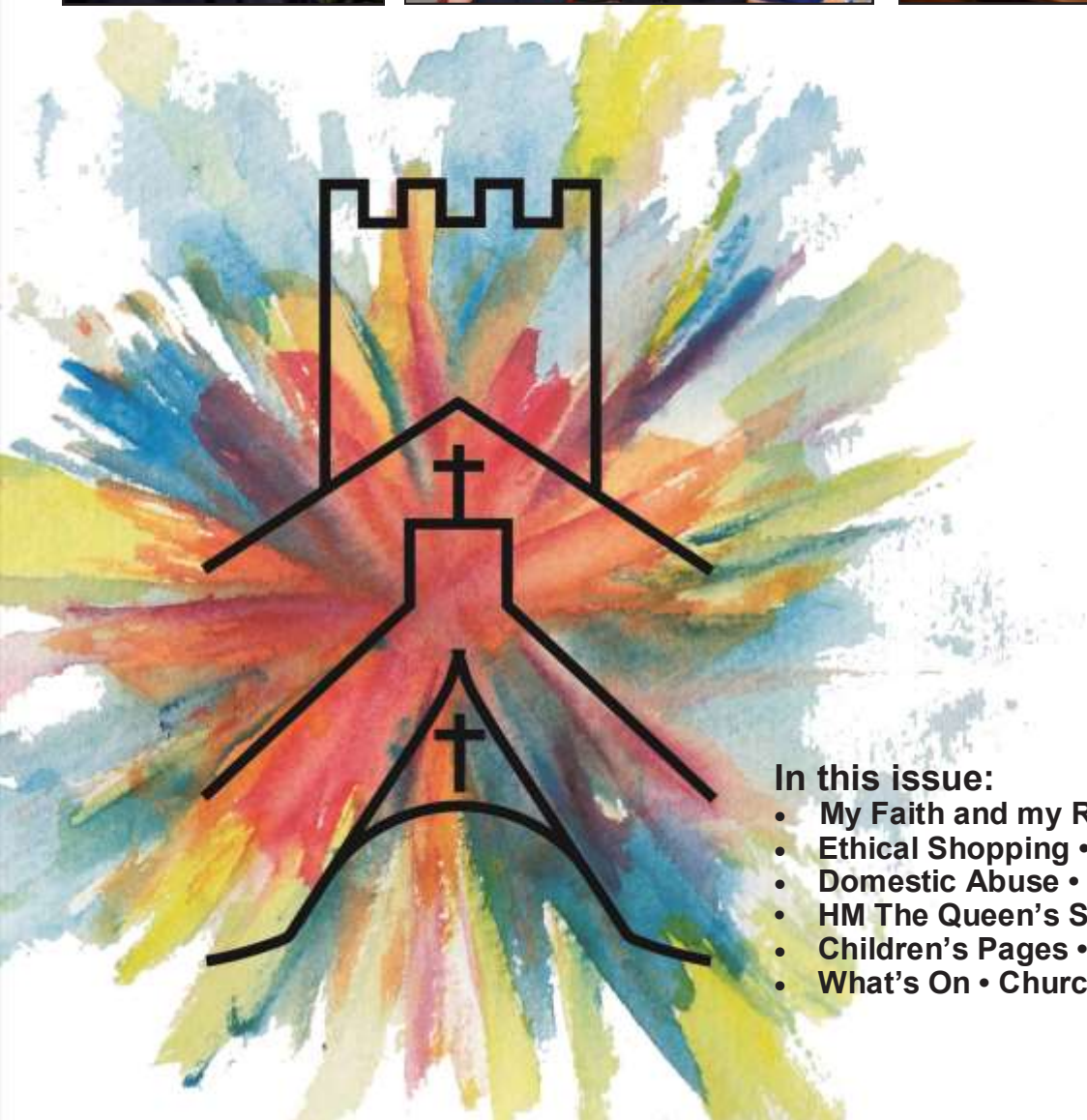


perspectives

Issue 36 Summer 2017
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.**



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.

Dear Friends,

One of the most intelligent and creative people of recent years once said: "God does not play dice". Albert Einstein, famed for his theories about the nature of our universe, has expressed very simply a profound and, it seems to me, difficult truth that God does not leave things to chance. He does not do random!



The difficulty of course is how can we respond with love and trust in a God, who seemingly has a plan, but it feels like to us (or those we care for) that he seems to have fallen asleep or taken his eye off the ball.

Life seems for a time, and for some a long time, to be a lottery, a game of chance that is going against us. You will see in our summer magazine reference to Robots... Now God, of course, could have made us all robots designed to respond with precision and speed to his every command and wish, since surely that would make certain that everything would go according to his plan?! He has not, though, and our belief and experience of having free will means that we have choice to discern him through the good times and the hard times.

I admire people of faith who hold onto our Loving Lord against many of the drifts and vagaries of our contemporary world. My admiration grows still further when even the loving purposes of God seem hidden from view because of challenges at home, work or in daily living. The freedom to follow God when it seems he has forgotten you is truly inspiring.

Thank you if you are one of the great cloud of witnesses who are living such a life. If you are like me and need encouragement to hold on and hold fast to our faith when challenges come then I trust you will find our news and perspectives aids you to choose the path of Christ in all things.

The Revd Canon Mark Brown

Vicar and Rural Dean of Tonbridge

Les Naylor

Les is a retired IT manager, husband, dad and recent grandad, who is about to undertake a three month Pilgrimage from Southern France to Santiago in Northern Spain.

Have you always been interested in walking?

My interest in walking started when I was in the scouts, in my home town of Bolton, and has stayed with me ever since.

I came to Tonbridge through my work in IT for Midland Bank in the 80s, and my wife Ceri and I have lived here ever since. Following 25 years with Midland Bank/HSBC, I continued in IT with various companies and charities locally including the Port of Dover Harbour Board and Hospice in the Weald. I've also served as the Parish Treasurer for two terms.

When I retired from work in July 2015 aged 60, I still felt quite young. Doing the three peaks challenge with the church men's group last year inspired me to research a walk I first heard about whilst on holiday in Northern Spain several years ago; the Camino de Santiago de Compostela.

What is the Camino de Compostela?

The Camino de Compostela (known in English as 'the Way of St James') is a pilgrimage route leading to Santiago de Compostela in Northern Spain, where the remains of St James (Santiago) were discovered in the ninth century.

In total I will be walking the pilgrimage route for three months - starting at Arles in Southern France on 10th April and finishing in Santiago by mid-July.

Will anyone be joining you?

My daughter lives just outside of Montpellier, so we are going to walk together on Good Friday and Saturday before resting on Easter Sunday. I will return to the pilgrimage on Easter Monday, but she has to go back to work!

Ceri enjoys walking too, our first ever holiday together was walking in the Lake District, and she will be joining me in week four of the pilgrimage. Andy Kirkpatrick will join me in week six.

Undertaking the pilgrimage on my own will give me time for contemplation and meditation, with time-out to consider how I can do the Lord's work now I'm retired.

Les will be writing a blog about his pilgrimage: litespeedles.wordpress.com.

Look out for our follow-up feature with highlights from the pilgrimage in September's issue.

Interviewed by Natasha Stille



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The Woodland Trust

Hucking Estate

If you, like me, were saddened to see the clearing of around 22 acres of beautiful and ancient woodland necessitated by the widening of the A21 then you may have wished to do something to help preserve woodland. The Woodland Trust is the UK's largest woodland conservation charity. They work to purchase vulnerable woodlands and, where possible, to restore, extend and plant new areas of woodland. They also provide free tree packs for schools and community organisations and support farmers or landowners who wish to plant more trees on their land. All Woodland Trust woods are open for the public to visit. You can find more details at www.woodlandtrust.org.uk.

One of the closest Woodland Trust woods to Tonbridge is the **Hucking Estate**, near Maidstone. This was originally bought by the Trust in 1997 and has been restored by the planting of thousands of native trees. This year the Trust are seeking to extend by raising money to buy adjoining land. The Hucking Estate is located near Hollingbourne, around 9.5 miles from the centre of Maidstone.

There is a Woodland Trust car park and the nearby Hook and Hatchet Inn provides opportunities for refreshments or a comfort break! There are two way-marked trails to follow: a shorter blue route (1.1 miles) and a longer red route (3.1 miles). In summer it's a great spot to enjoy sunny woodland glades, perfect picnic spots and an abundance of butterflies.

OS Explorer 148, Landranger 188, TQ843575

Morwenna Fernandez



SUNDAY FUNDAY

16th July 11am – 4pm

The idea is simple: our churches are part of our community and Sunday Funday is quite simply the Church's gift to the community it serves. We love God and we love the people he has created. He is a generous God, so we want to be generous to the community in which we live, making everyone feel welcome and have a free fun family day out.

SUNDAY FUNDAY will be held at Tonbridge Angels stadium, hosted by Tonbridge Angels Football Club, organised and financed by TACT (Tonbridge Area Churches Together). The day will consist of traditional fete activities, a carousel, bouncy slide, pony rides and a photo booth. Children's workshop in collaboration with all the churches children's workers will be running children's activities during the day.

There will be football activities, a craft fair, a dog show, a cake competition, music, dancing and parades. At 3pm there will be a short gospel service, starting with a huge gospel choir from all the churches. Evangelistic pop-up events include Revd Tim Saiet from Hildenborough Parish who will be explaining the gospel through the media of a magic show! We are inviting Community service providers (such as Debt Advice & Bridge Trust) so that they can let our town know what help is available. We are hopefully having Daniel Cutting, a Professional Football Freestyler and 5x Guinness World Record Holder, show off his incredible skills and share his testimony with us.

This event will be completely free except for the purchase of items from the craft fair, food and drink. For more details and volunteering opportunities please check www.tonbridge-funday.co.uk.



Please join us for a wonderful, free family day out!



Dear Ijeawele

Chimamanda Ngozi Adichie

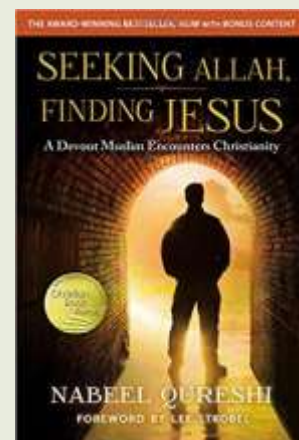
I wish I could have read this warm, funny and hopeful book years ago. Written in response to the question: "How do I raise my daughter as a feminist?", Adichie's measured, thoughtful suggestions are applicable to everyone, of all ages and genders. The book is framed as a letter to a dear friend, and I really enjoyed this aspect - it fills the text with love and optimism.

You don't have to be a feminist to enjoy Adichie's writing, which is honest, direct and has great charm. I loved this passage in particular:

"Praise her especially when she takes a stand that is difficult or unpopular because it happens to be her honest opinion. Tell her that kindness matters. Praise her when she is kind to other people. But teach her that her kindness must never be taken for granted. Tell her that she too deserves the kindness of others. Show her that she does not need to be liked by everyone."

On the last page she writes that she wishes for the little girl to grow up to be "full of opinions, and that her opinions will come from an informed, humane and broad-minded place", I think that's something we should all aspire to.

Lucy Bullett



Seeking Allah Finding Jesus

Nabeel Qureshi

Have you ever wondered what it is like to live in a devout Muslim family?

This book will help you understand the difference between an Eastern and Western way of thinking and show how the heart and mind of devout Muslims connect and how their faith leads them to see the world the way they do.

You will meet Nabeel, a Doctor and devout Muslim, raised in a loving home and enter into his journey from Islam to Christianity. His struggles, including friendships, investigations and the inner turmoil of not wanting to deny his family are real.

The turning point came at university, when Nabeel became best friends with David, a Christian who loved Jesus and shared his life with him.

Nabeel said that after years of friendship and hours of David praying for him, and almost against his will, he finally encountered Jesus in 3 dreams and a vision. He then knew the peace of God in his heart.

You will not want to put this book down!

Jean Bowring

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Ethical shopping

Shopping with our Conscience

What is Ethical Shopping and why is it important?

Ethical shopping looks at **what** impact the goods we buy have on **who** made them and the **where** they were made.

When we shop we are telling the suppliers what we want to buy more of and it's this supply and demand that can really drive change through the market place. In recent years Fairtrade, which pays its suppliers a living wage and gives support to its source communities, has grown and is now available in most supermarkets. It has a distinctive logo on the products it produces, such as coffee and chocolate, and is a clear alternative to other similar products and brands which may not pay its workers fairly.

"Money is a vote which you can use every time you go shopping. By using your spending power wisely you can help in the struggle towards a better world" (ethicalconsumer.org)

The fashion industry, on the other hand, can be harder to trace the production of a garment and if it is ethically made. The international news coverage in April 2013 of the collapse of a garment factory in Dhaka (Bangladesh) highlighted the cost of cheap labour on human lives, and still today they are many people exploited in industries, for a low salary and working in unsafe conditions.

The cosmetic industry too has recently been exposed in its exploitation of child workers in mining the mineral mica which is used in many beauty products, from eyeshadow to car paints. Whilst some of the big cosmetic companies are now working on providing education and better conditions for these children it remains an issue which will not be solved without global pressure for ethical change.

How can we shop Ethically?

- **Research and Support** brands and companies that pay their workers a living wage and avoid those who don't. The factory collapse in Bangladesh showed that brands will follow the supply and demands of its consumers.
- **Buy pre-loved, vintage or second-hand.** This cuts down on waste and the environmental impact of making new goods. It also supports charities and can save you money. **Moralfibers.co.uk** has some great advice on this as well as known ethical retailers and brands.
- **Buy Fair-trade.** It may cost a little more but it provides people with a decent wage and safe working conditions.
- **Buy locally** - support local farmers and businesses and this helps cut down the carbon footprint of buying goods from further afield. The monthly farmers' market in Tonbridge is one source of local produce.
- **Buy mindfully.** Do you really need those fashionably ripped jeans, or will they disappear into your wardrobe, be forgotten about and then thrown-away as the fashion trend changes? If you do like to follow fashion or are having a clear out, consider having a clothes swapping party with your friends or co-workers.

In our town: **Tonbridge Town Team** is in the process of making Tonbridge a fair-trade town, which is very exciting to see develop.

Charli Stockdale



Community Domestic Abuse Programme CDAP

2 women are killed every week in England and Wales by a current or former partner

Office of National Statistics, 2015

Globally, **1 in 3 women** will experience violence at the hands of a **male partner**
State of the World's Fathers Report, MenCare, 2015

Domestic violence has a higher rate of repeat victimisation than any other crime

Home Office, July 2002

In **90% of domestic violence** incidents in family households, **children** were in the same or the next room
Hughes, 1992

20% of children in the UK have been exposed to **domestic abuse**

Radford et al. NSPCC, 2011

On average, a **woman is assaulted 35 times before** her first call to the police

Jaffe, 1982

1 in 4 women in England and Wales will **experience domestic violence** in their lifetimes and 8% will suffer domestic violence in any given year

Crime Survey of England and Wales, 2013/14

The 2001/02 British Crime Survey (BCS) found that there were an estimated **635,000 incidents of domestic violence** in England and Wales. **81%** of the victims were **women** and **19%** were **men**. Domestic violence incidents made up nearly 22% of all violent incidents reported by participants in the BCS

Home Office, July 2002

Every minute police in the UK receive a domestic assistance call – yet only 35% of **domestic violence incidents** are reported to the police

Stanko, 2000 & Home Office, 2002

62% of children in households where domestic violence is happening are also directly **harmed**

SafeLives, 2015

I am Peter, a CDAP Facilitator in Tonbridge with my colleague Kelly, delivering a potentially life-changing programme for men who identified themselves as needing to change their abusive behaviour, giving them alternative behavioural strategies to avoid or manage situations in a non-abusive manner. The 3 local authorities serving West Kent fund the 27-week programme in Tonbridge, a sister programme operates in Folkestone, which approximately 50 men per year join CDAP and choose to access every 3 weeks. The Women's safety worker, Julie, liaises with the men's partners throughout the programme.

Domestic violence is the abuse of one partner within an intimate or family relationship, the repeated, random and habitual use of intimidation to control a partner through physical, emotional, psychological, financial or sexual abuse.

Anyone altering their behaviour because of fear of their partner's reaction is being abused.

These two men recently completed the programme.

What have I learned from CDAP?

MP: *It's been really good, eye opening. I've learned a lot about myself and how to handle situations differently. I've not previously had people to talk to about the way I behave. Without being judged, I had time to get my head around things.*

AG: *I learnt a lot about myself and how I can apply the knowledge I have gained from CDAP into present situations.*

Have I changed?

MP: *I've definitely changed. I don't go all guns blazing, I take a step back, listen more. I'm more calm, I'm not so selfish.*

AG: *I now feel equipped to keep myself out of trouble positively.*

What would you say to men who are considering attending CDAP?

MP: *Definitely do it, go with it, listen and you'll definitely benefit from it.*

AG: *The course will open your eyes into different aspects of a relationship. We're never too old to learn.*

What has been the effect of CDAP on your relationship?

MP: *In the past I'd wind her up and we'd bicker about it. I now manage my drinking. It's made me a better Dad. I see my daughter more and I don't hold back money out of spite any more.*

AG: *I learnt many skills to apply to any future relationship. I'm now more tentative and listen more to her thoughts and feelings.*

Any other comments?

MP: *It's really good. It opens up your eyes and you've got other people around you. I'd like to say a massive thanks to you all because without you I don't think I would have been here enjoying all this and my new baby boy.*

AG: *CDAP made me realise the importance of a strong and positive impact on children's lives, as they learn from what they see. Thank you so much for investing your time in me.*

A healthy adult relationship

is one where both people in the relationship give and both receive.

There is a safe and open exchange of ideas, feelings and thoughts and all perspectives are considered and valued.

There is also the freedom to respectfully challenge, confront, and strengthen one another.

Leslie Vernick

If you wish to refer yourself to CDAP please contact me: 07596 228 891 or

Kentcdap@gmail.com

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CDAP Facilitator

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Joseph and his Amazing Technicolour Dreamcoat



Tonbridge closed its collective eyes and pulled back the curtain to see, for certain, a wonderful production of Joseph.



As someone who worked for Tim Rice and Andrew Lloyd Webber in the early '70s, I can tell you that they would be delighted with St Peter & St Paul's Joseph. The use of space, with the cast moving around the church and mingling



with the audience, worked very well to draw you into the unfolding story and added to the spectacle. Special mention reserved for Fin Rawsthorne as a wonderful Joseph and Musical Director



Steve Minton. The whole cast, young & old, were in fine voice and the costumes must have taken ages to craft. Production Director Helen Longley can feel very proud of all her team and has set the bar very high for next year. It's a shame that there were only 3 performances, as the

audience all left with smiles on their faces whilst singing "Any Dream Will Do" and vowing to tell friends & family to book a ticket.

*Fred Long
Chair, Angel Community Garden
Tonbridge Community Champion*

Great news: over £1,200 was raised at these performances, towards our partners in Kondoa, Tanzania

Photos courtesy of Yolanda Frost, www.yolandafrost.co.uk who has donated her fees to Rays of Sunshine charity.



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1952-2017: 65 Years of Change and Continuity under Elizabeth II

What happened in 1952 and hasn't happened again in the UK since? The answer is a change of monarch for Britain. On 9th September 2015 Queen Elizabeth II became the longest ever reigning British monarch (surpassing her great-great-grandmother Queen Victoria) and on 6th February 2017 she became the first British monarch to celebrate a sapphire jubilee, commemorating 65 years on the throne. These 65 years have seen great changes in Tonbridge and in Britain.

To celebrate, Perspectives took a look at the back copies of our Parish Magazines for a glimpse of life in Tonbridge in 1952.

Much has remained the same with the church conducting the major life events of baptisms, confirmations, weddings and funerals as well as day-to-day services and meetings of familiar groups such as the Mother's Union and Bible Society. In the advertisement pages we see the familiar name of John Angell, Jeweller – although the telephone number given is only 4 digits long. Also in the advertisements we see J. D. Hunt Studio & Commercial Photographer – “Kodak Agent” and Edgar M Dent who had “vacancies for a few keen students for Organ, Piano and Theory of Music”. Local business J. P. Mooring & Daughters, Hadlow Road, P.O. & Stores sells “Ices, Minerals, Cigarettes” as well as “Fresh Fruit, Vegetables, Salads” and offers “Personal Service and Quality”.

In March of 1952 the vicar, Rev. Russell B. White, mourns “the passing of our dear and much beloved King” which “came as a grievous shock” and commending him for his “complete unselfishness”. He then speaks of their hope for the future of the nation and for the new Queen that “the prayers of all her peoples will surround her in the difficult and onerous task that she has accepted” and “that in her day the world may return to sanity, and the nations be led into the paths of peace”.

In 1952 World War II was still a recent memory, rationing was still a part of daily life and the destruction wrought by the war was still visible in Tonbridge. In May of 1952 the Vicar tackles the subject of renovation and restoration of the Church buildings, one of the issues being the “the replacement of the East Window with stained glass” (the previous window had been destroyed by a flying bomb in 1944). His closing words are as good a message for the days of 2017 as they were in 1952: “Lift up your hearts, face the crisis, accept the challenge and seize the opportunity”.

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month of March as follows:—
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7th. Lent Service.
10th. Invitation Evening.
14th. Lent Service. Play
17th. Record evening (St.
18th. Corporate Commu
19th. Annual Parochial C
21st. Lent Service.
24th. Free Games evenin
28th. Lent Service.
31st. Annual General M
ing at which all

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Morwenna Fernandez



MY LONDON MARATHON

GEORGIANA COOPER HAD A SPECIAL REASON TO ENTER.....

In the run-up to the Marathon, Georgiana told us about what gets her round:

This time last year I was watching the London Marathon and realised that it was exactly 10 years since I had been diagnosed with Relapsing/Remitting Multiple Sclerosis. I decided there and then that I would run in the 2017 London Marathon for MS research. It was the realisation that after 10 years I wanted to achieve something special as by now I had expected to be in a wheelchair. I had always been a non-sporty person with no desire to run but from that day my personal mantra has been "I still have legs that work, so I should use them!"

I was diagnosed with MS exactly six months prior to our wedding at St Peter & Paul. After the births of our two girls we decided not to have any more babies as it always resulted in a relapse. I also had no idea what my deterioration prospects were and whether I would be able to look after the children we already had. Having made that decision, my neurologist was keen that I should start taking disease-modifying medication, of which there were several choices. I chose to take Avonex, which is a once a week injection into alternate legs - since taking this, I have had no major relapses. It encourages me that the research being done into MS is achieving great things for the future.

Since signing up to run the Marathon for the MS Society, I have met others with this disease and it has encouraged me to raise as much money as I can to go towards future research for all types of MS. My faith has helped me when I have "Why me" moments, I know that He is looking after me.

If you would like to donate to my sponsorship page please go to uk.virginlondonmarathongiving.com/georgianacooper or speak to my mother, Christine Highland.

Georgiana Cooper

STOP PRESS: Georgiana made it in 5 hours 40 mins, and told us "I feel blown away by all the attention I am getting. It makes me realise what an incredible achievement it is".



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Agapé

Memories from our childhood often shape us. I must have been less than 10 years old. I remember clearly a sermon preached by Michael Perry, former Vicar in Tonbridge. My parents took me to an evening service at St. Peter and St. Paul's and I recall having my own book to read during the less interesting parts of the service! Michael talked about the need for people to meet Jesus and closed with a challenge from the book of Isaiah:

"Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?" And I said, "Here am I. Send me!"

Nothing changed then, but the memory stuck.

I spent 26 years growing up in Tonbridge. I went to Tunbridge Wells Grammar school for boys, did my GCSEs and A Levels, but I was never one to study at university. I got a job at West Kent College doing computer support. That started seven years working in this industry and, for a time, doing the commute up to London every day.

In 2002, I sensed God was calling me to something different. I knew of the ministry of Agapé and went up to Birmingham to explore working with students. I met a student at the University of Birmingham and we started to talk about Jesus. I instantly knew this was the direction God was taking me.

It took some risks. I had to develop a team of partners (friends!) to pray regularly for me, encourage me, and financially support me in my work. I don't get central funding from Agapé. By the grace of God, and the generosity of this team, this is how I've lived for the last 15 years.

Agapé's mission is to help people encounter God's unconditional love. It's a unique blend of communicating the facts about Jesus, helping people follow Him, blended with a love and care for people. Agapé focus on students, families and the work place. The mission is also global: Agapes' global movement, known as Campus Crusade for Christ International, is in over 190 countries worldwide.

Today I am focused on supporting the work of Agapé around the area of Operations. Just as the early Church in the book of Acts set apart men, full of faith and the Holy Spirit, to oversee the distribution of food among the widows so that the apostles could continue the preaching of the Gospel, there are people set apart to support Agapé operationally. My specific focus is on technology. I love how God shapes each of us and we can each use our skills and passions for His Kingdom work.

To find out more about the work of Agapé visit the website, <http://www.agape.org.uk>.

I also have my own website, <http://www.whitfield-online.co.uk>, where you can read more personal updates, and discover ways you may wish to partner further in this work.

Or email me, peterwhitfield@agape.org.uk. I love hearing from you.

Peter Whitfield



Visit to the Seaside

Can you find two full words in each of the following jumbles? The letters are in the right order, and you must use all the letters up.



C S R A H E L B L = Crab and Shell
Now try these:-

1.. S B U P A C D K E E T

(Two things you may play with on the beach.)

2. B T O O W O K E L

(Two things you may have in your bag)

3. S S H U A N D E

(Sometimes you play in the , sometimes in the)

4. D I R C E I C R N E K A M S

(You can usually buy these near the beach)

5. S S R A T O O N D N E C S K S

(Three things the beach may have)

6. P P R O I M E N E A D R E

(Two places to walk along)



Holiday Club:
24-28 July 2017

The Razzle-Dazzle Robots are coming to town and many have booked to join in. In our next edition you will see some of the things which happened.

Robots can :-

handle dangerous materials

explore distant planets.

they can handle delicate objects

perform eye operations guided by a human surgeon

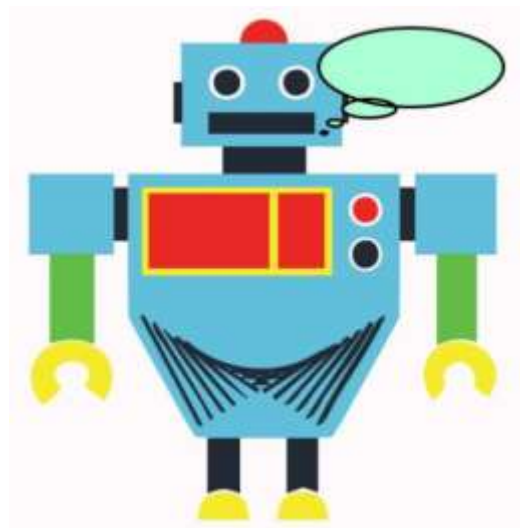
assemble a car.

judge how hard to grip an egg.

think like human brains

do dangerous jobs

send messages



Find the words coloured in green in the word search.

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| S | D | G | G | E | Z | H | O | E | S | A | A |
| P | E | A | O | H | V | W | X | A | F | S | K |
| G | R | N | N | B | P | P | P | Y | J | S | L |
| F | C | I | D | G | L | U | R | I | X | E | L |
| S | A | R | Y | O | E | F | D | Y | M | M | J |
| I | T | M | R | O | F | R | E | P | B | B | E |
| O | P | E | R | A | T | I | O | N | S | L | L |
| O | N | H | N | K | C | D | S | U | J | E | D |
| G | E | X | N | A | X | I | Z | S | S | C | N |
| D | R | I | R | N | L | J | U | D | G | E | A |
| I | H | T | C | O | M | P | V | M | C | Y | H |
| T | E | X | A | E | B | G | G | B | T | E | M |



Design your own robot and think of a job you would like it to do

Our Worldwide Discoveries



'Bathing Portuguese style'
Open-air bath spotted in Portugal
by Jean Bowring

Summer is a time when many of us venture further afield and encounter new or unexpected sights. Here we've included a few holiday photos of the unusual and unexpected from around the world, which members of our congregation have seen recently.



'No overtaking?!'
Close encounters in Addo National Park, SA, by Aneta van Bodegom



'When in Rome...'
Ingenious parking spotted by
Barry Stagg

We'd welcome stand-out photos from your travels this year!

Please email them to
Perspectives@
tonbridgeparishchurch.org.uk

More photos can be found on our website:

[www.tonbridgeparishchurch.org.uk/
Groups/277367/
Perspectives_magazines.aspx](http://www.tonbridgeparishchurch.org.uk/Groups/277367/Perspectives_magazines.aspx)



'Spot the Post Office!'
Yorkshire Post Office ready for Tour de France, by Andy Mata



'And that's for real...'
Chilling New Zealand information sign noticed by Linda Beesley



'Skytrees in Singapore'
Giant tree structures with solar panels, hanging gardens and rainwater catchers, illuminated at night - amazing sight, seen by Morwenna Fernandez



'Queen of the steep streets'
Lombard Street in San Francisco, experienced by Aneta van Bodegom

Views from the Potting Shed



Well, summer's here and our plants are beginning to put on a show and hopefully the British weather will allow us to relax in the garden, reading a good book, having a barbeque and the odd glass of chilled vino.

Whilst we relax, however, weeds and pests will continue to exploit every opportunity to thrive so the gardener must be vigilant - I would suggest a 10 minute wander around your garden every few days looking out for unwelcome intruders. Summer bedding plants are now in the garden centres, so you can add instant colour to borders and containers but don't forget to regularly water them and established plants, adding a plant food (such as concentrated seed weed extract) to the watering can. Stake any tall or floppy plants to protect them and neighbouring plants and deadhead fading flowers to

promote continuing flowering. Grass should now be growing well so cut it once a week, although if we have a very hot spell it is best to leave the grass longer. A summer grass feed can now be applied but check the container for usage recommendations. If growing plants in greenhouses it is best to put up shading to prevent the plants from being scorched and don't forget to ventilate the greenhouse during the day, closing it back down in the evenings. Ponds suffer at this time of year from algae and blanket weed, as well as general debris blown in, so deal with it as soon as possible and don't forget to top up your pond and bird baths, preferably with water from the rain butt. If using tap water, let it stand outside for a few days so that its chemical composition can break down.

Our new vegetable beds are going well as mentioned in the last edition. We left the black plastic in place and planted potatoes through them and they appear to be doing well and the proof will be in digging up the early spuds in a few weeks' time. However, the plastic was removed for the cauliflower, cabbage, carrots and onions as well as the salad crops and again all appear to be thriving. We are starting to pick lettuce, radish and other salad crops and are continuing successional sowing to prolong the season. I love tomatoes and have got outdoor plants Shirley,

Moneymaker and Gardeners Delight on the go and its preferable to remove side shoots on cordons (single stemmed plants), allowing only 4 trusses to form, although bush tomatoes are generally left to do their own thing. As an experiment I am growing some tomatoes plants very close together mimicking those that I have seen growing in Italy and I will allow some of the side shoots to develop. The idea I think is that the close planting produces shade for the roots and hopefully



prevents water evaporation.

Now where did I put the corkscrew for my vino, happy gardening.

Arthur Mow



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Tonbridge Athletic Club Training Programmes

With all eyes again on London for the IAAF and IPC 2017 World Championships in athletics, it can be easy to overlook Tonbridge's own National Championship winning athletics club and all the work it does training amateur athletes, both young and old. Club members travel the country to compete at events, and perform well thanks to the excellent training and preparation available at the club. Support in running, jumping, throwing and sprinting is available for budding athletes of 6 years and above.

Here is an account of dad, Mark, who made the commitment to support his children in their extra-curricular athletics training, as well as joining them and becoming a coach for the club:



"Back in 2012 my daughter had a good race for her secondary school and asked if she could join a running club. TAC seemed to be a vibrant club that was the one to join. I tended to take my daughter to training and would sit in the coffee shop or look down from the balcony. My daughter enjoyed the training groups and was very excited to race. My son also expressed an interest and started a few weeks later.

It was about that time that I became hooked and started to join in at the back of one of the training groups.

Over the last 3 years I realised that I like being part of a team and enjoy running with and for the club. But I also realised that this successful club relies on volunteers and I wanted to be part of that team as well.

I decided to help with home matches and then moved on to become a Level 2 Official. This involved a one day course and getting involved at athletics

competitions where my children were participating. It is by far and away the best place to watch from, not just your own children but to see some very impressive performances: last year an Under 17 threw the javelin 69 metres at one of the events we were measuring for, easily missed if you are sitting round the edge.

I am also now an Assistant Coach with a middle distance group. The club paid for a two day course that was entertaining and a good learning experience. I get to train

with the group while assisting and the result is that I have taken 2.5 minutes off my 10 kilometre personal best.

I am so pleased I am not sitting in the coffee shop."

There are so many ways to be involved in the club: become an official, help with a training group, run with a group, compete or find any role you can assist with. A full range of training opportunities can be found on the TAC website at: <http://www.tonbridgeac.co.uk/training/landing.html>, however in brief, the 6-8 year olds train as the Tonbridge Tornados and meet at Tonbridge School track on Sunday mornings; 9-10 year olds train on Monday and Wednesday evenings; 11 year olds and upwards train on Tuesday and Thursday evenings. If you are interested, enquiries can be made through their website or by emailing memberadmin@tonbridgeac.co.uk.



Summer with South African flavours

You are invited for the first time for a BBQ to your new South African friends here in UK. What can you expect? Well... first of all that they would call it a 'braai' and it is not necessarily going to happen in summer as South Africans are well known for braaing all year round! Food wise? We present a few classic braai dishes:



Boerewors
(Farmers' Sausage)

It wouldn't be a proper braai without it. This is a traditional rough sausage, which varies in taste depending on the region as secret meat ratios & spice mixes in recipes are passed on for generations. It is getting more & more popular in UK - ask your local butcher.



Braai broodjies
(Toasties)

Choose your toast bread, spread with butter & mayonnaise, fill with thin layered slices of onion, tomato & cheddar. Add salt and pepper if desired. Grill it slowly till golden brown. Simple but delicious.



Milk tart

Ingredients

1 tin condensed milk
c.1/3 pint milk, 1/2 cup of sugar
1.5 pack of biscuits (Nice or Malted Milk), 3 eggs
6 tbsp maizena or corn flour

Method

Empty the condensed milk into a pan and use the tin to measure 1 tin milk and 3 tins water. Heat gently, add the sugar, flour & water. Allow to thicken but



Sosaties
(South African kebabs)

Ingredients

Chicken thighs or lamb - cubed
Peppers and onions - cut in blocks
Jar of ready made Tikka Masala sauce
Pack of soft dried apricots

Method:

Mix the meat, sauce and apricots and leave overnight in a fridge. Soak skewers and assemble your kebabs. Grill until the meat is cooked to your liking.



Indoor braai

not boil. Take off the heat, stir in the butter and gradually add the beaten eggs, stirring quickly and thoroughly. Return to heat and boil for approx. one minute. Line a 30cm tin with half the biscuits. Pour half over the biscuits, add another layer of biscuits and the remaining mixture. Sprinkle with cinnamon and allow to cool.

ENJOY! - GENIET!

June

| | |
|---------------------------|---|
| Sat 10, Sun 11 | Tonbridge Football Fiesta Tournament for Under 6 - Under 15 year olds. Racecourse Sportsground, behind High Street, Tonbridge TN9 1DS. Kick-off 9am. Adult spectators £2 Children Free mark.roberts64@hotmail.com or www.tjfc.co.uk |
| 16-18 | The Great Get Together - holds an event this weekend in memory of Jo Cox. Organisations from the RNLI to the Premier League are joining in. Info and packs from greatgettogether.org. |
| Sat 17 | Coffee Morning, 10.00am - 12.30pm St Andrew's Church. With music and Rwandan goods. |
| Tues 20 - 24 | "The Life of Christ" 10am - 3:30pm Open-air production (age 8+) Wintershall, Bramley, Guildford GU5 0LR http://www.wintershall-estate.com Ticket Helpline: 01793 418299 |
| Thurs 29 | 7.30pm St Peter & St Paul - Emergency Life Support talk and chance to use a defibrillator. Book via Church office. |
| Sat 24 - Sat 1 July | Oast Theatre: Murder, Margaret and Me 8pm (Sunday 3pm). £10 01732 363849 www.oasttheatre.com |

July

| | |
|-------------------|---|
| Sat 1 | Tonbridge Philharmonic - concert performance of Carmen at St Stephen's Church, 7.30pm. Tickets £15 (£7 students) boxoffice@tonphil.org.uk or Wolfits, Country Garden or on the door. |
| Sat 8 | Cream Tea, St Philip's Church, 2.30-4.30pm |
| Sat 15 | Tea at St Saviour's, outdoors if fine (otherwise in the church) with the Bishop of Rochester 3-4.30pm |
| Sun 16 | SUNDAY FUN DAY - see page 4. |
| Sat 22- Sat 29 | Oast Theatre-Three Men in a Boat, nightly 8pm, 3pm on Sundays. Tickets £9/£10 oasttheatre.cloudvenue.co.uk 01732 363849 |
| Mon 24- Fri 28 | Holiday Club at St Saviour and St Peter & St Paul. Booking essential; holidayclub@tonbridgeparishchurch.org.uk |

September

| | |
|--------------|---|
| 9-10 Sept | Heritage Weekend: St Peter & St Paul and St Saviour's open for tours, plus crafts and refreshments at St Peter & St Paul. 10-5 Sat; 11-4 Sunday (check times on website). |
|--------------|---|

Baptisms

| | |
|----------|----------------------------|
| March 5 | Olivia Rosalie Myles Brown |
| March 19 | Elouise Marian Peterson |
| April 3 | Oralia Oyinolawa Aladewolu |

Deaths

| | |
|-----------|--------------------------------|
| 14-Jan-17 | Peggy Thomson |
| 02-Feb-17 | Agnes Jean Meade |
| 04-Feb-17 | Ann Constance Atken |
| 05-Feb-17 | Linda Mary Balcombe |
| 09-Feb-17 | Judy Burr |
| 23-Feb-17 | Ruth Enid Hemsted |
| 24-Feb-17 | Mary Andrews |
| 12-Mar-17 | Graham Mervyn Harrison |
| 14-Mar-17 | William Stanley Bowerman |
| 17-Mar-17 | Doreen Ruth Groombridge |
| 22-Mar-17 | Joy Debney |
| 03-Apr-17 | John Henry Burbage |
| 04-Apr-17 | Beryl Kathleen Baker |
| 04-Apr-17 | Irene Moya Knaggs |
| 05-Apr-17 | Kenneth Frederick Charles Butt |
| 16-Apr-17 | Charles Noel Westover |



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| | St Peter & St Paul | St Philip | St Saviour |
|------------------|---|---|---|
| Daily | Coffee Shop 10am to 12pm Monday to Saturday | | |
| Monday | Merry Makers: needlecraft and quiet time 10am, Upper Lounge Prayer for young people 9.30am main church 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 For pre-school children and their carers, 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 | |
| Wednesday | Holy Communion 10am  Tiny Acorns under-1s 10.30am -12pm, Upper Lounge (Term time) Cubs at Ridgeway | Tots and Co. For toddlers and their carers, 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 ages 7 - 10, 5pm - 6.30pm | |
| 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 (Age 10 - 13) Refresh (14 - 18) from 5.30pm fortnightly | |

For more details, please contact the Church Office 01732 770962 ext 24.





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)

| 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 Mike Seaman Sara Tompson | 01732 770962 01732 356430 |
| 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 Ray Tanner | 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, Barry Stagg (Advertising) | 770962 |

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Who is alongside me as a Christian ?
Why things get hard at times
God can use me
Things we must do

Morning services 10am at St Peter & St Paul's,*
St Andrew's & St Saviour's
10.30am at St Philip's*

* All-age services

Holy Communion at St Saviour's on 6 August
Evening and early services - see page 22



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