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perspectives

Issue 42 - Winter 2018

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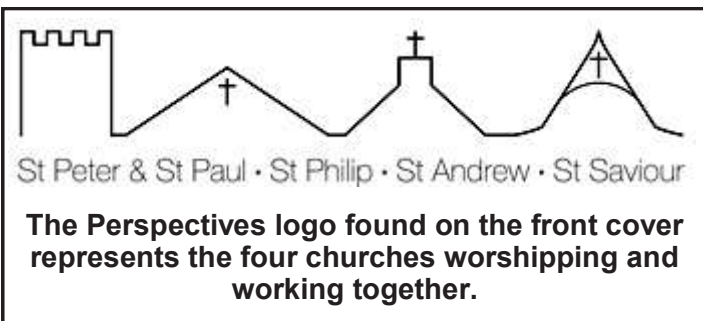
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If you have any comments or questions, would like to make any contribution to the next edition of Perspectives or would like to receive this magazine on a quarterly basis please contact the editorial team via:

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Dear Friends,

So when are your Christmas moments?
 I know one dear friend who struggles with the whole busy-ness of the season and that it is the day after, St Stephen's Day or Boxing Day, that is his favourite. At last one can collapse, exhausted by meeting everyone else's idea of a perfect Christmas that is their moment!

The observation that many of us strive or hope for a precious moment is, I think, illustrative of a wider and deeper longing within our spirits not for something passing like a moment but something permanent and lasting. The family meal and having everyone together, the atmosphere of a carol service, a chance to enjoy good food, the selfless moment of giving to charity or generously to family and friends, the quietness of otherwise busy streets, the rest from work, the joy of children exploring new presents, the surprise gift that actually brings pleasure and I am sure there are more... These are all moments that happen almost in a split-second, but seem almost timeless for the pleasure and connection they give us with our own lives and something beyond us.

However, in our society these moments have emerged and point indeed to something beyond ourselves: "Our hearts are restless until they find their rest in thee....", as the prayer goes. There is an illusion, so it seems, of this rest that can be ours and one day we trust will be granted to those full of faith. Jesus came from heaven to earth so that those from the earth can share something of heaven's life. Enjoy your Christmas or heavenly moments and, as you read and reflect upon these articles and pictures, may you too know something of Jesus who came to be with us in all our moments and our days.

"Peace to all on whom his favour rests"
 Luke 2:14

Yours sincerely,
The Revd Canon Mark Brown
 Vicar and Rural Dean of Tonbridge

IF JESUS WAS BORN NOW, IT MIGHT BE LIKE THIS...

In their war-torn country, Mary and Joseph had travelled to what seemed a safer area, from where Joseph's family had originally lived. It was not an easy journey because Mary knew that her baby would be born soon. She did not want to complain to Joseph, who had saved her and her family of the humiliation of an illegitimate child. They did not even have a definite place to stay. Although Mary remembered the angel's words from months ago, she sometimes wondered if they could be really true, but she was a virgin and she was about to give birth, so she put her trust in God and felt more confident.

The light was brilliant and they could make out angel-like forms - they must be seeing things and were scared. Then one angel spoke and told them to go and find a very special baby, one the world was waiting for, one that God had sent. They would find the family in a shed on the other side of town. To confirm it was the right child it would be wrapped in cloths. Angels in this day and age? But they had all seen and heard the message so they agreed to set off, scruffy as they were, leaving their tools behind. They found things as they were told. The baby had been

named Jesus. As they returned to their labour, everyone they met was told of the events.

When they reached the town it was jam-packed and there was nowhere to stay. At last they were directed to a lean-to shed, which at least had a solid roof. There was some old broken furniture and the only preparations they could make was to put some hay in an old drawer.

The baby was born and wrapped in a cloth that Mary had brought with her. The old network of shops had gone and friends with children had escaped earlier, so she had no baby clothes.

That night there were workmen still labouring in the moonlight. Any bomb-damaged building that could be repaired was important, as people had nowhere else to go. Suddenly there was a dazzling light. They were terrified it must be another air attack.

SYRIA

Aid workers in Syria came from many countries. One well-off trio also received a message from God. They followed Facebook

reports of strange happenings some way away and went to see. They brought provisions and some other gifts, some of which seemed odd for a baby and family but it was later realised what they represented.

Reports came that the fighting was coming nearer and the area was unsafe, especially for children. With much trepidation but encouraged by a dream, Mary, Joseph and Jesus set off on the long journey to Lebanon, where they lived as refugees.

Written in 2013 but sadly it could have been written each year since.

Judy Adam



A THOUGHT FROM REVEREND CANON MARK BROWN:

**“Remember Jesus Christ, raised from the dead,
descended from David. This is my gospel...”**

2 Timothy 2:8

“The cross is always our contemporary”

said the famous Jewish theologian Jeremias. The baby born to die, our precious Lord Jesus, is contemporary to us and always alongside us. Our Emmanuel. Our God with us. We remember this Jesus who appeared in the body, and we re-connect with the timeless and factual Christmas story in lots of ways each year at Christmas time.

The helpful story opposite brings to life our current world stage, with its possibilities and tensions, and shows us that Jesus was born into a world even such as ours. May we continue to believe and trust in him, praying too for troubled spots of our fragile world, that Christ by His Spirit might be born into their lives too.

“BEYOND ALL QUESTION,

The mystery of godliness is great:

He appeared in body,

was vindicated by the spirit,

was seen by angels,

was preached among the nations,

was believed on in the world,

Was taken up in GLORY.”

1 Timothy 3:16



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KONDOA



We were very blessed to attend the formal opening of the kindergarten in Kondoa (*top-right*) with Bishop Given on Sunday 14th October, an exciting event for our brothers and sisters there. Bishop Given passes on his sincere thanks for all the prayers of support.

A huge amount of work has gone into this project from our parish over the past 5 years, which has involved planning, fundraising and site visits to provide advice and guidance on the build – and even to make the odd brick or two. In addition to the 5 of us, another 22 visitors from 3 other parishes in Diocese of Rochester joined the ceremonies and celebrations. The opening attracted a lot of attention from the local population.

The kindergarten is situated midway between Kondoa town and the main road through central Tanzania. The town lies about 1km west of the main road, which is now paved with tarmac and making it much easier for people to travel up and down the country. The improvements to the main road have brought additional activity to the Kondoa district and to the town's immediate vicinity.



Photo: The team: Clare, Devon, Hilary and Paul.

What were their impressions?:

"The wonderful hospitality from people who haven't got much"

Clare

"A feeling of everyone being valued and having importance"

Devon

"Life is fragile, but they are warm and generous" Hilary

A head teacher will be appointed shortly and the kindergarten will soon be ready to accept pupils. The diocesan office and Pastor Julius Kaka – the pastor of the Church of the Good Shepherd in Kondoa town – have received enquiries for enrolments that far exceed the 70 places available in 2 classes. Furniture is onsite already, so the kindergarten is very close to being fully operational. Adjoining portions of land have been purchased by the Diocese to enlarge the kindergarten's overall site, enabling future expansion without having to relocate.

11 young people from our parish visiting Kondoa next summer will spend much of their time at the kindergarten and the bishop will perform a 'baptism' of the building. Unlike in the UK, August is not a month for school holidays in Tanzania so there will be plenty for them to do.

Alongside evangelism, Bishop Given, the clergy and the laity are working to improve the economic situation of their congregations, including through education.

The kindergarten is a very visible sign of how the Holy Spirit is working through everyone involved to achieve this aim. In addition, a site for a primary school in Kondoa town has been allocated by the local council to the Anglican Diocese. In nearby Chemba, the Diocese is building a secondary school and a centre for vocational training.

Hilary & Peter Ruxton,
Devon Francis,
Clare Page,
Paul White



Photo: Pastor Kaka by his house

**LOOK OUT FOR FUNDRAISING ACTIVITIES BY OUR YOUNG PEOPLE
IN ADVANCE OF THEIR 2019 VISIT. THEY ARE STAGING A QUIZ
NIGHT AND SUPPER ON 8 DECEMBER - SEE PAGE 20**

Anniversaries of interest

January - March 2019

Year long: The Law society is celebrating the centenary of the 'sex disqualification act' (1919) and the 10th anniversary of the UN convention of the elimination of all forms of discrimination against women with "The first 100 years" project. The project remembers the inspirational women of the legal profession from 1919 to today. For more information see: first100years.org.uk

23rd January: 30 years since the death of the Spanish surrealist painter Salvador Dali (11.05.1904 - 23.01.1989). He painted one of his most renowned works 'The persistence of time' in 1931.

28th January: 80th anniversary of the death of the Irish poet and playwright William Butler Yeats (13/6/1865 - 28/1/1939).

25th February: 55 years since the widely celebrated American boxer Muhammad Ali (17.01.1942 - 3.6.2016) became World Champion in 1964. He has been recognized as the greatest athlete of the 20th Century and the greatest heavyweight boxer of all time by the BBC and the American sports magazine Sports Illustrated.

2nd March: 50th anniversary of the maiden Concorde flight in 1969. The BBC reported that first pilot, Andre Turcat, said: "Finally the big bird flies, and I can say now that it flies pretty well".

The test flight reached 10,000ft (3,000m), but Concorde's speed never rose above 300mph (480kph). The plane was eventually to fly at a speed of 1,300mph (2,080kph).


Charli Stockdale




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In 2014 The Greater Good Science Centre at Berkeley University set up a free online Science of Happiness course, exploring the roots of a happy and meaningful life through science and practice during eight one-week segments over up to six months. I found some of the content very interesting and directly and immediately applicable to everyday life. Beyond funding our basic needs plus a little extra, research suggests that more money doesn't necessarily equate to more happiness. It is neither possible nor healthy to feel intensely happy all the time. It is better to allow ourselves to experience emotions like anger, sadness, and disgust at appropriate times. 40% of our happiness is within our power to control and can improve our wellbeing, according to psychologist Sonja Lyubomirsky. Each person needs to find the happiness-boosting activities that align best with their own personality and life situation.

Perhaps some of the ideas that I found most useful will be helpful to ward off the January blues! Read an article on a topic of interest, watch a podcast, do a quick quiz or you can sign up to try course for yourself: greatergood.berkeley.edu.

Five happiness-boosting ideas that I gained from the course:

- **Perform random acts of kindness**

Neuroscience studies suggest that altruism (promoting someone else's welfare with no obvious benefit to ourselves) activates the brain in regions that signal pleasure and reward in a similar way to when they eat chocolate. A random act of kindness may be big or small, and many are free and take very little time: giving someone a genuine compliment, letting a car out at a busy junction, providing a meal to a person in need, donating blood.

- **Take time to wonder at something that amazes you**

Awe is the feeling we get in the presence of something vast that challenges our understanding of the world: other people and nature, music, art or architecture, religious experiences. Awe can also be

found in the everyday. I attended some of the lunchtime classical music concerts in the church and was amazed by the incredible beauty of the music and the different images that flowed through my mind as I sat and listened.

- **Each day before bed, write down three things that you are grateful for that day**

As humans we can often quickly begin to take the good things in our life for granted while focusing on those things that we desire to have. Even after an awful day, when I took the time to reflect it was not very hard to find things that were good and might otherwise have been forgotten or overlooked.

- **Make a conscious effort to connect with the people around you; consider joining a group or organisation**

Scientific evidence strongly suggests that social connection (the feeling that you belong to a group) is a core psychological need, essential to feeling satisfied with your life. Humans are a deeply social species. The pleasures of social life register in our brains in a similar way to physical pleasure. I have found a great deal of companionship and encouragement through joining Stepping Stones (a Women's group that meets at Tonbridge Parish Church).

- **Look after yourself physically - Try to get enough sleep and take regular exercise**

Research has consistently linked lower sleep to lower happiness, which is bad for our health, mood and mental performance. A study of more than 900 women, led by Nobel Prize-winning psychologist Daniel Kahneman, found that getting just one more hour of sleep each night could have a greater effect on happiness than pay rise. Exercise can be an instant mood booster: regular physical activity increases happiness and self-esteem, reduces anxiety and stress, and can even lift symptoms of depression. It can be as simple as taking a brisk walk daily: see www.kentsport.org/campaigns/active10.

Morwenna Fernandez



Photo: KCBalletMedia

THE NUTCRACKER

Disney's new feature film won't diminish the popularity of the ballet. It remains a beautiful festive experience, and a wonderful way of introducing children to dance, music and theatre as powerful storytellers.

Set on Christmas Eve, the story begins at a family party, with Clara, her brother Fritz, and their (sometimes sinister) uncle Drosselmeyer, who presents a series of mechanical dolls he has created. Among them is a nutcracker, which Clara affectionally rescues from Fritz.

That night she creeps downstairs to check on the nutcracker and as the clock strikes midnight, begins to be afraid. There are shadows, and rats scuttling under floor-boards, then eating sweets on the Christmas tree. Soon they are over-running the room, led by the fearsome Rat-King. Coming to life, the Nutcracker leads toy soldiers into the fight, but it is Clara herself who defeats the Rat-King – bashing him on the head with her slipper. In return, the Nutcracker escorts her to a magical Christmas kingdom of snow and sweets, where the Sugar Plum Fairy (Queen of the Kingdom), dances an almost impossible solo to the ethereal music of a celeste, (an instrument only invented a few years before the original ballet), and a beautiful Grand Pas de Deux with the Nutcracker Prince, before Clara is returned to her family. This final Pas de Deux is generally the only choreography from the original ballet.

First performed in December 1892, in St Petersburg, *The Nutcracker* was conceived by master of the Russian ballet Marius Ivanovich Petipa, who also choreographed *The Sleeping Beauty*. Illness, however, meant that most of the ballet was completed by his assistant Lev Ivanov. But it is Tchaikovsky's music that has really stood the test of time. Full of energy and magic, humour and mischief, it brings life to E.T.A. Hoffman's fairy tale. Published in 1816, four years after *Grimm's Fairy Tales*, *The Nutcracker and the Mouse King* may well have been forgotten, without the music that has made it as enduring a part of 'Victorian Christmas' as the Christmas tree itself. And it is this soulful music that still inspires new productions and re-imaginings of the central story.

Not immediately popular, *The Nutcracker* really found success in the 1950s, quickly becoming a Christmas tradition. Peter Wright has reworked it three times in the last thirty years, gently evolving a classic and drawing out different elements of the story like an alchemist. But Matthew Bourne has been the most reinventive. His 2002 *Nutcracker!* incorporated Busby Berkeley-style routines, and proved so popular it was the first ballet to be screened on BBC One for 20 years.

In all its guises, *The Nutcracker* remains a festive joy. This year it is at the Royal Albert Hall and the Opera House – live streamed to Odeon cinemas.

For me, however good the Disney film is, nothing will compare to the immersive experience of live theatre and storytelling beyond words.

Abi Dunn



Local Charities

This Christmas, our collections at the festive services will be for two local charities helping with Domestic Abuse, a hidden crime which can happen to anyone at anytime, with a serious impact on the health, safety and well-being of all those involved.



DAVSS: Domestic Abuse Volunteer Support Services

Domestic abuse is a hidden crime that affects 1 in 4 women and 1 in 4 men.

DAVSS is an award winning West Kent charity supporting women and men experiencing domestic abuse. We cover Sevenoaks, Tonbridge & Malling and

Tunbridge Wells local authority areas. DAVSS offers an easily accessible helpline, face-to-face support and assistance in addition to support to court on a range of family matters. Ensuring the safety and security of our clients and their children is our priority. Please support us so we can support them.

www.davss.org.uk

Kent Community Domestic Abuse Programme (CDAP)

Is a small, established, independent charity based in Tonbridge, providing support services for men who need help to change their abusive behaviour. It runs a rolling programme of evening sessions to help men who feel their behaviour towards their partner has been, or still is, abusive.

CDAP supports the safety of women and children involved by offering associated services to them.

Feedback from some people who've been helped:

'CDAP has certainly helped me to look at situations from a different perspective - to be honest a perspective I didn't know was in me'.

'I have learnt to stop and think before reacting to situations - this has helped to prevent a lot of conflict between my wife and I.'

Finally, from a partner of a man who attended the programme:

'I just want to thank you for all your hard work with my partner, I really appreciate it. He has learnt so much and values you a lot. I can see a real change in him. So keep doing what your doing it's working well and changing people's lives. Thank you so much.'

See the KCC site: www.domesticabuseservices.org.uk/perpetrators/how-can-i-get-helpadvice-and-support

What is #Follow The Star?

It's the Church of England's Christmas campaign this year.

There's a free pocket-sized booklet, #FollowTheStar:

A journey through the 12 days of Christmas, inviting you to travel in the footsteps of the Wise Men this Christmas.

It contains 14 daily reflections, one for each day from Christmas Eve throughout the 12 days of Christmas, ending with the Epiphany on 6th January. These are days when the joy of Jesus's birth can start to fall away as real life resumes – which is why we are so excited at this help to make “real life” more God centred.

Each day includes a picture, a short Bible passage, a simple prayer and a challenge to reflect or act differently. Together, they form a journey through Jesus' early life – a journey that will help you take the joy and wonder of Christmas into the year ahead.

The books will be available in all 4 of our churches (see p22) in the run up to Christmas.

If you don't get to church, there will also be: an app for Android & iOS; Family activities for Advent including an interactive calendar; A sign-up for receiving the book in daily email format.

All from www.churchofengland.org/followthestar



Bluewater Chaplain: "Like raindrops on the fields"



A Christmas trip to Bluewater might not seem likely to fill you with Christmas peace, but chaplain Jan Foreman works year-round with staff, and offers a *place of quiet to shoppers...*

Where are you based, Jan? For the past 10 years it's been the lower Guildhall and sometimes the upper Guildhall.

What is your role? Listening, befriending and showing the love of Christ in the workplace, like Christ we inhabit where people are. We serve the people because God loves them.

Conversation ranges from everyday issues (family life, shift work, long hours, bereavement, sickness, mental health problems) and good news (university placements and results, new jobs, births and other milestones). If matters turn to faith we are equipped to help people recover or find faith.

I've had training on debt advice, bereavement, listening skills and mental health training. A chaplain's directory provides further signposts for problems that require professional care. Extra visits are made in the case of an incident or if a member of staff would like input outside of their shift. The chaplains have business cards with personal phone number and email for contact.

There is a memorial garden at Bluewater and chaplains also participate on the community forum at Bluewater (the business, local leaders and reps), meeting to improve areas around the location (charity projects etc).

Is your work just for staff or can the public benefit? Mainly employees, but there's a Place of Quiet for staff and guests (shoppers), with a dedicated prayer/quiet space for people of all faiths or none. Also there's a side room with soft seating for private talking or just sitting away from it all. The local Anglican church at Greenhithe offers emergency accommodation for staff caught at work in the inclement weather, including a bed and breakfast in their church hall.

What about Christmas? Hours are long and exhausting, so visits to support the staff happen in quieter periods of the early morning or the late shift (ending at 11pm). Mostly the staff want to discuss Christmas holiday plans and work pressure. During the sale times I normally just prayer walk the shops, to add a voice of quiet over the place, bringing God's peace with me.

What's it like working in that setting? Bluewater feels safe, with plenty of security and their own Police station onsite, and its fabulous architecture can feel like a cathedral: when on the ground floor outside Marks and Spencer, turn the bend with Marks on your left look upwards to the vaulted ceiling, poetry and quotes on the walls, great chalk cliffs on the outside and lakes and wildflower areas, with much recycling and care poured into it - if you walk it deliberately with God in your heart it feels spiritual. People have employment and purpose here (tiring yes), families can have fun (costs - but you can keep it simple), transport links are good here (parking areas are free and many but can be busy), chaplains and the place of quiet here can make a difference.



Small acts of kindness - like raindrops on the fields - soften the earth where God in Christ is walking.

Jan Foreman & Jane Mata

Coming soon to St Philip's:

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There's chance to ask anything, but you don't have to speak, sing or pray—just come and see what it's about.

BIG QUESTIONS AND BACON BUTTIES

6 sessions starting Saturday 12th January 9.00—11.00

Booking and more information from Wendy Carr (see page 22)

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family matters

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The Space Age and the Space Race

Following on from George Gilbert-Smith's article in our previous issue, here is his account of progress in the late 1950s and the 1960s:



Dark side of the moon

With the launch of Sputnik 1 in October 1957, the Space Age began and the Russians had taken a convincing early lead in the space race. But could the Americans catch up?...

For a while, no. In October 1959, the Russians again stunned the world by launching a rocket which went right round the Moon and produced photographs of its hitherto unseen far side. And by the time Alan Shepherd became "the first American in space" in May 1961 with a sub-orbital launch from Cape Canaveral, Yuri Gagarin had already completed a full orbit of the Earth, famously announcing that he didn't find God in space. In 1961 I was working as a gap year student at a radio observatory in West Virginia so I experienced first

-hand the devastating effect these events had on the morale of American professionals and ordinary people. The Americans, after what seemed an eternity, eventually managed to place John Glenn in orbit in February 1962.

Throughout the late 1950s and the 1960s the Space Age and the space race were having a significant cultural impact. It became standard jargon to tack "-nik" on to the end of a word to refer to a person : beatnik, peacenik, refusenik, computernik, rather as one might say "freak" or "geek" today. Pop songs with "space" content or connotation abounded, and names for jazz bands like *Sigue Sigue Sputnik* persisted well into the 1980s. Some of this still has an influence, conscious and subconscious. The "ice-white cube" interior design of many public buildings owes its origin to the clinically

sterilised rooms in which astronauts dressed, and Stanley Kubrick's *2001: A Space Odyssey*, based on several brilliant short stories by the late Arthur C Clarke, has shaped science fiction films ever since. Its theme tune, the opening bars of Richard Strauss's *Thus Spake*

Zoroaster, has become universally synonymous with space travel. In popularising science, who alive at the time can forget the constant news updates on the space race from the legendary Patrick Moore? Today's presenters like Brian Cox owe everything to the space race and Sir Patrick for permanently opening the eyes of Britons of all ages to both the wonders of the universe and the excitement of space exploration.



Yuri Gargarin in Sweden 1964



John Glen

During the 1960s the US and Russia adopted different strategies in their race to the Moon. The Americans were dead set on placing a person on the Moon and began the Apollo programme; the Russians rightly thought more scientific information would be obtained by unmanned Luna orbiters and landers. Apollo

got off to a tragic start in 1967, when the Saturn launch rocket blew up on its launch pad, killing the three astronaut crew. Among these was Virgil "Gus" Grissom, who was the second American in space with his sub-orbital launch in July 1961 (while I was still out there in my gap year). But subsequent Apollo missions successfully orbited first the earth and then the Moon in the full blaze of worldwide publicity, and culminated in the landing of Apollo 11 in the Sea of Tranquillity on 16 July 1969. Meanwhile the Russians' Luna probes were also being surprisingly successful, returning a huge amount of valuable scientific information about the Moon and its surface (accompanied by a large number of unannounced failures). But, by placing human beings on the Moon, in the eyes of the West at least, the Americans were at last leading the space race!

For an amusing musical analysis of the impact of the arrival of the space age, visit

<https://www.youtube.com/watch?v=o-mZ9pKvCmk>

Make a set of finger puppets for a story you would like to tell.

Choose a story with no more than 8 characters.

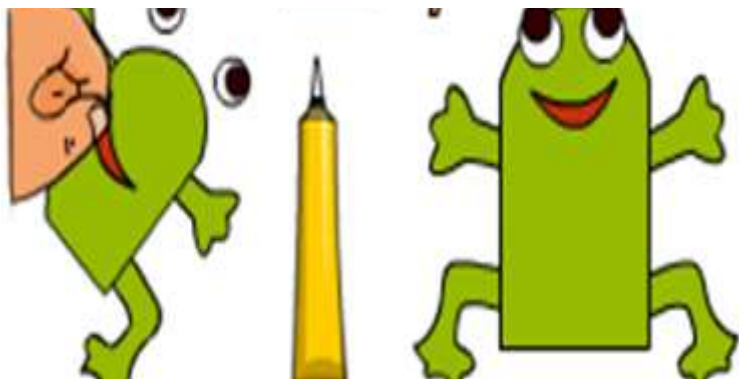
1. Lay the template on a piece of felt and draw around it twice.



3. Spread a fine line of glue around the curved edge of one piece of the body, leaving the bottom edge free. Press the two body pieces together.



5. Arrange the cut out features on the body to see how they look. If any part doesn't look quite right, try making another version of it.



7. Make the puppets look as though they are talking by moving your fingers.

Now you have your own troupe of puppets!!!

What you will need:

Brightly coloured felt, fabric, scraps, or paper
Pieces of paper for designing your puppets
Strong glue in a tube with a fine nozzle
Scissors
Poster paint

Draw your designs for puppets on paper before you make them. Look at pictures of animals or people to get some ideas, then simplify them. You may also use fairytale characters. Or if you like our pictures, use them! Once you've drawn out the design, it is called a 'template'.

2. Draw the puppet features on other pieces of felt. Cut out the body pieces.



4. Now carefully cut out the puppet's features that you drew on the other pieces of felt. Remember to cut out two arms, two legs, etc.

6. First glue the legs and arms (or wings and paws) to the back of the body. Then glue the rest of the animal's features on to the front.



Unscramble the words from the Christmas Story

YMAR

YJNERUO

JEHOPS

MLBEEETHH

BLSEAT

IBHRT

ASNGLE

HEREHSDSP



NGKIS

DOGL

ESIFRENNCKA

YRRMH



MARY, JOSEPH, JOURNEY, BETHLEHEM, STABLE, BIRTH, ANGELS, SHEPHERDS, KINGS, GOLD, FRANKINCENSE, MYRRH

Dementia Friendly Tonbridge

Dementia is becoming a growing problem of global concern. The Alzheimer's Society (2015) reports there are over 850,000 people currently living with dementia in the UK and it is estimated this figure will rise to over 1 million by 2025. Dementia is an umbrella term used to describe a range of conditions affecting brain function. It is one of the leading causes of disability later in life. There are many different types of dementia, of which Alzheimer's disease is the most common. Symptoms vary for each person but often include memory loss, confusion and problems with speech and understanding.

Tonbridge Dementia Friendly Community (Tonbridge DFC) is a community group aiming to make Tonbridge a better place for us all to live by enabling local individuals, businesses and groups to better understand and be able to support those affected by dementia. They recently won an award at Kent Dementia Action Awards for their excellent work. They hold regular free workshops for anyone who likes to learn more about becoming a dementia friend. Local businesses can apply to be recognised as "Working to become Dementia Friendly". You can find out more by following them on Facebook or Twitter or contacting them: 07887 553467, dementiafriendstonbridge@gmail.com, www.dementiafriendlykent.org.uk



Here is a list of some of the great local activities and events now available which we hope will help those suffering from memory problems to continue to take an active role in the local community.

Dementia Friendly Cafés

Hildenborough Forget me not Café Foxbush, Hildenborough, TN11 9HT

Meeting on the second Wednesday of each month at St John's Church Centre from 11.00am to 12.30pm. Open to anyone with memory or cognitive issues. Free to attend.

Contact Symone Salwan on 01732 759854 or email hello@forgetmenotcafe.org.uk

Dementia Café at Angel Centre, Angel Lane, Tonbridge, Kent Every other Thursday 14:00-16:00

The Dementia Café provides information about living with dementia and other services available locally in an informal and comfortable environment. It provides a place to relax, socialise and meet other people with dementia and their carers.

Contact information: 01892 835498 (Office opening times: Monday-Friday, 09:00-17:00)

Email: kentandmedway@alzheimers.org.uk

Health and Fitness

Poult Wood Golf Mornings Poult Wood Golf Course, Higham Lane, TN11 9QR

Dementia friendly golf mornings take place in the second Tuesday of each month from 11am onwards. The session includes a round on the 9-hole course, tuition on the driving range and coffee/tea in the bar after the game. The morning costs £6 per person and carers go free.

To sign up, or for more information, please contact David Copsey: 01732 364039

Dementia-friendly Multi-Sport Session @ The Angel Centre £4, carers go free.

A dementia-friendly Multi-Sport Session takes place at the Angel Centre on the first and third Friday of the month from 2pm to 3.30pm. Sports on offer include golf putting, boccia, cycling on a static bike and table tennis. The instructor begins each session with a warm up and finishes with a stretch.

Email suzy.abbott@tmactive.co.uk or telephone Angel Centre reception 01732 359966.

Dementia-friendly Swimming @ Tonbridge Swimming Pool £3.10, carers go free.

Dementia-friendly Swimming Session at Tonbridge Swimming Pool each Friday between 12.15pm and 1.15pm. A Dementia Friend will be available throughout the public swim session to guide participants to the changing rooms, meet them on poolside and to suggest activities for participants to try in the water. Participants will receive a FREE centre membership when they register at Reception for their first session.

Worship Services

Hope Service Burrswood, Bird in Hand Lane, Groombridge, Tunbridge Wells TN3 9PY

First Sunday of every month at 2.30pm. Well-known hymns, simple prayers and fun creative activities.

Mrs Julia Burton-Jones julia.burtonjones@rochester.anglican.org

Rev'd Carol Morrison - carol.morrison@burrswood.org.uk

Morwenna Fernandez

Views from the Potting Shed

Well the end of the year is upon us and what a year it has been. I suspect 2018 will be remembered for the summer heat, which on the one hand was glorious but played havoc with our plants - particularly our lawns that quickly resembled rush mats, although they have now recovered. As I write this we are enjoying an Indian summer extending the good weather into autumn and a joy to appreciate the late flowering plants and autumn tints. However as can be expected not all the weather was good and if we cast our minds back to the early part of the year we had the "Beast from the East" bringing snow, so over the year we really did have a mixed bag of weathers to content with.



It was only a couple of decades ago that climate scientists were telling us to prepare for a mini ice age and now we are told greenhouse gases are warming the planet and I suspect they are right as we are clearly seeing the seasons change and extremes of weather both here in the UK and overseas.

Gardening will always be an interesting challenge so we can review our garden usage and planting schemes as temperatures increase. I suspect some much loved plants will succumb as temperatures increase but this also brings

opportunities perhaps using more drought tolerant plants from the Mediterranean, South Africa and Australia and more exotic fruits and vegetables. I have a particularly troublesome flower bed that given its position tends to be bone dry and everything really struggles to grow there so this coming year I am filling it with drought tolerant sun-loving plants and hopefully this will resolve the problem.

I have in the past gone on about establishing compost bins and the mulch from them around your plants apart from improving the soil structure would have helped moisture retention during the hot summer. You have even more incentive for a compost bin now as TMBC are proposing to change their rubbish bins collections during 2019 and an additional charge will be made for collecting garden waste, so avoid the charge and get composting.

Many of us are now on water meters, so another way to reduce potential costs is to install a rain butt for watering our plants and now's the ideal time to install one to collect those winter and spring rains.

Winter is always a good time to review what you want to do in your gardens, not just for plants but also life style like extending the patio or putting up shading etc. too make the most of the plus and minuses of global warming.

Whatever you do this winter and in the coming year enjoy your gardening.

Arthur Mow



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A Winter Olympic sport since 1998, **the spectacular skills of**

Snowboarding

are a challenge that Jono Woods of St Philips church is enjoying...

Your age?
13

How and why did you get started?

After watching the Winter Olympics in February 2014 on TV I was captivated and had a sudden passion to learn Snowboarding. As my birthday is in March, I was given a set of snowboarding lessons for my 9th birthday at Bowls Activity Centre near Crowborough. I loved it – despite having to constantly carry a snowboard as tall as me back up the slope until I had learnt how to use a button lift, which is not easy with a solid board attached to your feet! My Mum videoed me doing a 180 degree turn on my first session!

Have you been in any competitions?

NO, but when possible I go to the Snowdome at Hemel Hempstead for Freestyle Academy coaching sessions. They begin at 8am so it's an early start, leaving home before 6:30am.

What snowboarding discipline is your favourite? Are you more of a freestyle rider, or do you prefer speed events?

I enjoy both. I like learning tricks and freestyle moves such as Ollies, Nollies, 360 jumps, rails, box, but I also like to go fast straight down the slope.

What is the personal and financial cost of learning snowboarding?

The equipment is quite expensive – snowboard, boots, clothing, waterproof mittens and helmet, although you can pick things up second hand which is useful while I am still growing! You can also hire all the equipment and clothing from the Snowdome. Sessions at the Snowdome are also quite expensive which is why I Snowboard more in the summer months when you can buy a month's pass cheaply.

You fall over a lot learning to snowboard! You have to be determined to get back up and try again. It can really hurt falling over on a dry slope, so I'm glad to now be able to learn in a snowdome where it's usually a bit softer unless it's icy. It takes a lot of effort to learn how move and to control a solid board strapped to your feet but it has to become a part of you to manage the turns.

And what is it that keeps you going?

I find it relaxing. I like the feel of the cold and I love the feeling of achievement when I master a skill.

What sort of person makes a good snowboarder?

Be relaxed! I read that snowboarders are not brave, they are fearless! Snowboarders usually listen to music through headphones on the slopes so they are in a very relaxed mood. You have to be determined to try and try again to perfect a skill or move and be able to put up with doing many face plants in the snow! It can take a long time to learn the basics, much longer than learning to ski.

What are your ambitions for snowboarding, and how will you fulfil your goals?

My dream would be to take part in the Snowboard Cross event in the Olympics. In this event four snowboarders race at the same time to be the first to reach the bottom, negotiating jumps and fighting your way through to be first to the bottom. I hope to have a week's work experience in a couple of year's time at the Snowdome in Hemel Hempstead and perhaps join the Academy there when I am 16.

Cheeseboard Soufflé

Serving a cheeseboard before or after a meal is particularly common over the festive season.

- A classic selection of cheeses contains a cheese from each of the main styles, including a contrast of textures, tastes and shapes; mild to strong, rounds and wedges, light against dark, soft and hard.
- The classic way to present cheeses is clockwise in order of flavour intensity but they can also be arranged to compliment the cheeses' different shapes, colours and textures.
- While it is traditional to mix cheeses from different animals – goat, cow and sheep – it's possible to base a board purely on cheeses from one animal.

However it's presented, there is often an amount of leftover cheese to deal with. This soufflé recipe can turn leftovers into another impressive dish in its own right.

Ingredients for 4 people

- 45 g unsalted English butter
- 20 g fresh breadcrumbs, made using leftover white bread

Method

Preheat the oven to 200°C, fan 180°C, gas 6. Place a baking tray on the top shelf of the oven to get really hot. Melt 10g of the butter and use it to brush the base and sides of a 1-litre soufflé dish, then coat it with the breadcrumbs.

Melt the remaining butter in a saucepan and stir in the flour, mustard powder and cayenne pepper. Cook for 1 minute, then remove from the heat and slowly add the milk, whisking all the time to prevent lumps. Return to a medium heat, stirring continuously until the sauce thickens.

Allow the sauce to bubble for 2 minutes – it will become very thick – then remove from the heat. Stir in the stilton, brie, cheddar and egg yolks, and season generously with plenty of freshly ground black pepper. The mixture should be about the consistency of Greek yogurt.

In a separate bowl, whisk the egg whites until you have medium to stiff peaks, then quickly mix 1 tbsp of the mixture into the cheese sauce. Carefully but quickly, fold the rest of the egg whites into the cheese sauce using a large metal spoon, trying to keep as much of the air in the mixture as possible.

Carefully pour the soufflé mixture equally into the prepared dish, then run your finger around the mixture at the top – this will give a 'top hat' effect to the cooked soufflé.

Put the dish on to the preheated baking tray, then cook in the oven for 20-25 minutes. Don't open the oven door until the soufflé has cooked for at least 20 minutes. If it still wobbles a lot, leave it in the oven for another 5 minutes. Serve immediately.

The soufflé can be served with a salad garnish, or vegetables of your choice.

Natasha Stille



- 40g British plain flour
- ½ tsp mustard powder
- ½ tsp cayenne pepper
- 280ml semi-skimmed milk
- 30g blue stilton, crumbled
- 40g Somerset brie, roughly chopped
- 30g mature British cheddar, grated
- 4 medium British free-range eggs, separated



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What's On?

Join us for Advent!

Sunday 16 December
4pm Lessons & Carols at St Saviour
5.30pm Carol Service at St Philip
with mince pies & mulled wine

Thursday 20 December
12.30pm Lunchtime Carols at St Peter &
St Paul: music, a thought from Mark
Brown, and light lunch - free - all welcome

Sunday 23 December
6.30pm Carol Service at
St Peter & St Paul



What's Coming up...

QUIZ FOR KONDOA

Saturday 8th December 6-8pm
St Saviour's Church Our young people are
fundraising for their visit to Kondo in 2019 - join this
family event and help them reach their target. Tables
of 6-8; £12.50 a head including fish & chip supper.
Booking essential: Vienna Francis 07854884051
Vienna_francis@btinternet.com

COFFEE MORNING

Saturday 8th December 10am-12 noon St Philip's
Church
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JANE AUSTEN BIRTHDAY TALK

Wednesday 12th December
Professor Emma J Clery talks on 'The Importance of
Being Henry': The influence of Jane Austen's banker
brother on her novels.
2.30 - 4.30 pm St Peter & St Paul
Tickets £5.50 including tea & cake, from Susan
Adams Business Services or on the door.

From the Parish Registers

Baptisms

9th September	Delilah Diane Moss
9th September	Darcie Christine Alice Beaney
16th September	Ellie Ann Goldup
22nd September	Gabrielle Margaret Christine Flynn
30th September	Oliver Thompson
14th October	Edith Joan James
14th October	Frederick Kenneth James
14th October	Beatrix Christina Caitlin Metcalfe

Weddings

31st August	Joshua Homewood & Emily Carpenter
27th September	George Alexander Barker & Charlotte Elizabeth Geldhart Launder
20th October	Joseph John Nunnery & Fiona Elizabeth Nunnery

Deaths

21st July	Patricia Ann Iredale
21st July	Ronald Iredale
31st July	Shirley Ann Ruck
9th August	Donald Gregory
13th August	Thomas William Francis Donaldson-Cramer
12th August	Elsie Elizabeth Robinson
15th August	James Sstephen Buchan
16th August	Arthur Raymond Overell
20th August	Gordon Eric Bevan
26th August	June Woolger
29th August	Doris Clematis Stahlberg
7th September	Elaine Francis
8th September	Kathleen Joan Marshall
19th September	Stella Edith Goosey
25th September	Andrew Nesbit
3rd October	Otilie Woods
8th October	Sarah Jane Brunger
12th October	Kenneth Alfred Rosson
13th October	Gillian Rosemary Smith
15th October	Pamela Edwards



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FOR HOME & GARDEN

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 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 Knitting & Natter, 2nd Thursday monthly, 10am - 12pm. Afternoon Workshop (crafts) 1.30pm Upper Lounge 1st Tonbridge Guides		
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.
 Some groups do not meet during school holidays. Check our website tonbridgeparishchurch.org.uk



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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Parish Administrator Jane Higgs	770962 X24
St Philip's Administrator Jane Mata	352416
Youth and Children's Minister Andy Page	770962 X22
Parish Treasurer Ray Tanner	770962
PCC Secretary Sally Musson	838411
Perspectives Team Jane Mata (Chair), Tessa Szczepanik (Editor), Dick Longley, Margaret Brandham & Aneta Van Bodegom (Composition & Design), Barry Stagg (Advertising)	770962



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Join us for Christmas!

Christmas Eve

4pm Children's Nativity at St Saviour
4pm Family Carols at St Peter & St Paul
11.30pm Midnight Holy Communion
at St Peter & St Paul

Christmas Day

8am Holy Communion at St Peter & St Paul
10am Christmas Family Service at St Peter & St Paul
10am Christmas Family Communion at
St Andrew, St Philip and St Saviour

See inside on page 20 for services
and events earlier in December.

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