Network Harrietsham's Village Magazine





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Harrietsham Fish Scheme Who's Who

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Telephone 859352	Ridgedown, Marley Road, Harrietsham ME17 1AU Email andrew.rogers3@btinternet.com	
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Visit our website: www	v.harrietshamfishscheme.org	

Fish Scheme-Helping Hands

Harrietsham Network is published by the Harrietsham Fish Scheme

Network Magazine March 2024 deadlines:-

Thursday 1 February 2024 12 noon advertising and copy deadline for March Network.

In addition to printing the magazine and distributing it to all homes in the village, Network is uploaded to our website by the 1st of each month.

Please send advertising contributions to <u>adverts@harrietshamfishscheme.org</u> Please send copy to: <u>editor@harrietshamfishscheme.org</u>.

Thank you.



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Message From the Editor

As I am writing this we have just had a sprinkling of snow. It looks very pretty at the moment but the cold snap has well and truly arrived. If you were able to and wanted to I hope you enjoyed the snow. Whilst I was out in the village walking the dog I was very pleased to see a Snowman on the Glebe Field so thank you to whoever managed to make that.

This month we have some new articles and pieces of information for you as well as our regular Quiz on page 13.

Who can answer Mike's question on page 28? And we have a new regular item from the school.

Hope everyone is keeping warm!

Cover photo by Monstera Production: https://www.pexels.com/photo/set-of-paper-hearts-on-table-5874721/

Please remember to email any photographs, articles of interest about Harrietsham, or anything else that could be considered for inclusion to:

E-mail: editor@harrietshamfishscheme.org

Visit our website: www.harrietshamfishscheme.org

Whilst every effort has been made to include as wide a variety of information as possible, the editor reserves the right not to publish, or to edit, any item. The editor's decision is final. Responsibility for the information and views set out in articles and notices in this publication lies entirely with the authors.

Any opinions expressed are those of the contributors and not necessarily those of the officers or committee of the Fish Scheme.

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Harrietsham Gardening Society

December started off with a Christmas lunch for members at The Wagon & Horses, Charing, organised by Pam and Mike Flawn. We all chose from the Christmas menu in advance. The food and service were superb and everyone who attended enjoyed it.

On Tuesday 12 December, we held our Christmas Social. It was well attended. The afternoon started with several games of 'Sprout Bingo' which was organised by Angela Gatland and Christine Bone. A quiz with questions set by Mike Flawn followed. There were two sets of questions, the first all related to gardening the second set were all general knowledge. An assortment of festive food was provided by members and tea/coffee was served. A raffle was held, again with a festive theme.

Our next meeting will be at 2.30pm on Tuesday 20 February in the Village Hall. Our speaker will be Victoria Golding with a presentation on constructing and maintaining garden ponds.

New members always welcome.

Pam Flawn - Secretary

Harrietsham In Bloom

Apart from weeding and tidying, the volunteers have had minimal tasks during January.

Harrietsham in Bloom is made up of a small group of volunteers who provide and maintain the planters, and the flowers in them, along the Ashford Road (plus one in Church Road). The group also provided the displays on the village green for the Jubilee in 2022 and the Coronation in 2023.

Harrietsham in Bloom is supported by local businesses and the Parish Council but is always looking for volunteers to "adopt" a planter – weed it when necessary and plant it in the Spring and Autumn. All plants etc. are provided by the group so there is no financial cost, only time.

If you can spare the odd half-hour and are willing to help improve the look of the village, please do contact Andrew Rogers (Chair) on 01622 859352.

Audrey Joy MBE





I hope some of you were able to get to our afternoon meeting on Thursday 11 January to hear my talk on the history of the village but for those who were not able to make it we have arranged to repeat this on Monday 19 February at 7.30pm in the restaurant area at Percival's Rest.

There will also be an opportunity to find out more about what the history society are doing to provide an accessible Archive of the history of the village for the future.

Just before Christmas I was asked about our logo. This was designed to represent the village connection with the Water Mills which were mentioned in the Domesday book, and the early name of the village. This was written as 'Heriagierdeshamme' which means 'Heriagierde's water meadow' which emphasises the importance of water to the village. The two mills mentioned were Fairbourne and Holme mill, the latter was actually proved to be Polhill Mill by its position on a later map and the location of the river which drove the water mill.

Membership of the society is still only £15.00 a year which we believe is very good value with five further meetings planned for this year with some excellent speakers.

Visitors are also welcome to attend any of our meetings for just £3.00. Details of our meetings will be available at Percival's and on our website in the near future.

Peter Brown

Harrietsham Ladies Group

We held our AGM in the scout hut a week later than usual. Sixteen members attended and all the committee were re- elected for a further year. Once the business side of the meeting was completed we all had tea and cake with a chance for a chat and catch up.

Our next meeting on February 7th will be at 2.30 pm and will take the form of our annual auction for charity. Please bring along any unwanted Christmas presents or unused items that have been hiding in a cupboard for a while. No books or clothes though.

It would be lovely to see some new faces this year.

Elizabeth Welchman - Chairman 01622 850735



February 2024

Countryways Quilters and Stitchers

Our new year started with friends all around as the first Quilter's meeting was on the 2 January. It was nice to just relax and chat after all the work involved over the holiday preparations.

Some of us are on a diet. You know how New Year's resolutions go. Are you still on yours? Maybe some of you didn't actually get started on them yet. Maybe we can help. If one of them was to become more sociable and another was to learn a useful skill then you've hit the jackpot. We're a two for one deal.

Since lockdown we've all become more stay at home types and it's kind of lonely and depressing really. Nothing lifts your spirits more than chatting over a cup of tea with a friend (or coffee) and even better when you have some sewing to catch up on while you chat.

If you don't know how to sew and would like to learn, we can teach you. Hand stitching, embroidery, or even the sewing machine if you want to learn. Yes we are Quilters (mostly) but we do lots of other things. But it's all about the company too. If you are lacking in inspiration, well that's my job, I come up with ideas of what would be fun to learn. Or you can just bring along what you want to work on. Even your knitting if you like. Just come join the fun.

This month we meet on 6 and 20 February. We will be making a quilted wall hung organizer for your sewing room or office. If you'd like to come along call me for a supplies list.

Come learn more about our stitching group and spend some quiet time stitching. Learn new skills and share old ones.

We have our meetings on the first and third Tuesdays of every month except December and would love to see you.

We meet usually in the Appleton room in the Lenham Community Centre from 1:30 to 4:30.

If you would like more information on our group or would like a copy of our 2024 Program please contact me, Pamela Gillard at 01233-877453 or e-mail <u>moonbeamspinner@gmail.com</u>

Pamela Gillard - Countryways Quilters and Stitchers



Harrietsham Church of England Primary School Update

Our children are once again knuckling down and are absorbed in their lessons for this term. Term 3 will be packed following the curriculum guidelines set by the government; hence giving our pupils the tools to broaden their minds for their future education, not only as they progress here in Harrietsham but for their future years of learning.

Every month here in our Network Magazine I thought we could include a different subject matter and the topic the children are focusing on regarding this topic. Plus, to inform you of any other set activities we may have planned. For example, when there are national events, such as Children in Need, Comic Relief, and The Royal British Legion Poppy Appeal, to name but a few. This will hopefully not only enlighten you all as to our studies during the academic year, but we are also fully aware Harrietsham is packed full of very knowledgeable, talented, and interesting villagers who may be able to provide artefacts, stories, or known facts the children could relate to, especially if it entails our surroundings.

So, let's start this month by explaining our vision as a Church of England School

Vision Statement for Harrietsham Church of England Primary School

We are a warm, welcoming, and inclusive school rooted in our rural community. Like the mustard seed we grew from tiny beginnings and our branches are now spread wide –providing support and taking our values beyond the school gates. All those in our community feel safe and nurtured - able to flourish and grow academically, spiritually, emotionally, and physically to achieve their full God-given potential.

'Nurtured We Flourish'

Our Christian Values:

Love Forgiveness Fellowship

Biblical Link

'The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches'. *Matthew 13 31-32*

Jill Bishop - Foundation Governor

Quiz Corner

Round 4 - Pot Luck

- 1. Who drove the car in which Princess Diana was killed?
- 2. In which English county is Blenheim Palace?
- 3. Who is the alter-ego of Sir Percy Blakeney?
- 4. What colour is most toilet paper in France?
- 5. Which is the fifth planet from the Sun?
- 6. Which famous guitarist's original name was Brian Rankin?
- 7. Who wrote Snow White and the Seven Dwarfs?
- 8. A paradiddle is a playing technique for which instrument?
- 9. What do Sumo wrestlers throw into the ring prior to a match?
- 10. In Kent , there is a signpost which points to 2 places describing a quick lunch

- what are they?

Answers on page 14

Lenham Library

From Monday 5 February, Lenham library will be closed on Wednesdays but open all day on a Thursday. The library will close at 5pm for each afternoon session, rather than 6pm, hours have been added to a Monday morning, so it will be open all day on a Monday as well going forward. There is no change to the amount of hours the library is open.

Sunday Closed			
Monday	9am-1pm 2pm-5pm		
Tuesday	9am – 2pm		
Wednesday	Closed		
Thursday	9am-1pm 2pm-5pm		
Friday	9am - 2pm		
Saturday	9am - 1pm		

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White Squirrel Spotted

On 6/12/23 whilst walking along the path on the west of Pilgrim's Lake I disturbed a white squirrel. On 16/12/23 I saw a white squirrel, possibly the same squirrel, in the back garden of our house in Lakelands.

White squirrels, according to the internet, are very rare. "Just 50 in U.K. Only 1 in 100,000 squirrels is white".

Gordon Belcher

- 4. Pink
- 3. The Scarlet Pimpernel
 - 2. Oxfordshire
 - 1. Henri Paul

4 bnuoЯ

Quiz Corner Answers

- 10. Ham Sandwich
 - 9. Salt
 - 8. Drums
- 7. The Brothers Grimm
 - 6. Hank Marvin
 - 5. Jupiter

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If the answer to any of these questions is "yes" then the Culpepper Charity may be able to help.

Founded in the seventeenth century, the Culpepper Charity was created to help those people of Harrietsham with financial needs. It has been dormant for a long time which may be why you haven't heard of it.

However, the Charity has limited funds available to provide monetary assistance to those people of Harrietsham who are worried about how they will pay all their bills. The Trustees believe that in the current financial crisis the Charity needs to be back in the limelight to help the people of Harrietsham.

If you are claiming benefits of any kind, or even if you are not, and want further help with your family finances, do write to us explaining how you are in need and requesting a Grant claim form to be sent to you.

We are at either: Culpepper.Charity@outlook.com or to: The Culpepper Charity C/o The Church Office Harrietsham Village Hall Church Road Harrietsham Kent ME17 1AP



We cannot guarantee to provide every applicant with money, but we do hope to help those with most need.

The Trustees of the Culpepper Charity are known to the publishers of this magazine..

History of Harrietsham





Local resident Peter Brown will be giving a talk on the history of the village on behalf of the Harrietsham History Society.

Location: Percival's Rest, Harrietsham, ME17 1HX Date: 19th February 2024 Time: 1900 – 2030 (talk starts at 1930)

Info Contact: Martyn Avis - chairmanhhs@gmail.com

Local Directory A-Ha

Art Classes (Drawing/Painting Improvers)

Art Classes (Drawing/Paintir	ng Improvers)	
Tutor - Amanda Thesiger	Kent Adult Education	amanda.thesiger@cls.education
Beaver Scouts		
Leader	Ann Seales	01622 859829
Bell Ringers		
Captain	Ken Leach	01622 851173
Captain	Graham Cuthbert	01795 886365
Bible Reading Fellowship		
Co-ordinator	Mrs J Bevan	01622 859310
Booth and Baldwin Charity		
Secretary		boothandbaldwin@hotmail.co.uk
Brownie Guides		
Brown Owl	Louise Ayres	07590 037693
Community Support		
PCSO	John Boyd	101
Conservative Association		
Faversham Office		01622 758053
Countryways Quilters		
And Stitchers	Pamela Gillard	01233 877453
Craft and Chat/Crafternoon/		
Knit Crochet and Natter	Hazel Roots	01622 851885
Cricket Club		
Chairman	Mr A Hubble	01622 859692
Cub Scouts		
Leader	Mrs A Seales	01622 859829
Explorer Scouts		
Leader	Mark Horlock	07789 226516
Friends of St. John the Bapt		
Chairperson	Audrey Joy	01622 850806
Gardening Society		
Chairman	Mr David Oversby	01622 859674
Girl Guides		
Leader	Andrea French	07901 667018
Golf – Bill's Round for Chari		
Secretary	Mr T Grimes	01622 850632
Harrietsham Academy of Ba		
Organiser	Deborah Nankivell	07775 716714
Harrietsham History Society		
Chairman	Mr M Avis	chairmanhhs@gmail.com
Harrietsham in Bloom		04000 050050
Chairman	Mr A Rogers	01622 859352
Harrietsham Preschool	Charlee Guy	07897 821399

Local Directory Ha-Z

Harrietsham Social Club		
Secretary	Jed Stone	07759 8771198/whipacres2@gmail.com
Harrietsham Ladies Group		
(formerly Wives Group)	Gill Whent	01622 859426
Health Walks		
Organiser	Ms M Darby	01622 850657
Helpers		04000 050440
Chairman Karate Club	Mr T Sams	01622 859412
	Mr.Lourin Tuokwall	07912 090204
Organiser	Mr Lewin Tuckwell Mr M Sherwood	07812 089304
Kent Community Warden Kent Messenger	wir wi Snerwood	07977 981993
"Your Local Pages"		
Village correspondent	Charlotte Lingard	miss lingard@hotmail.com
Lenham and Harrietsham Yo	Ũ	miss_ingard@notinali.com
Contact	Katie at KCC	01622 755044
Liberal Democrat Assoc.	Mr David Naghi	07970 626829
PTFA (Harrietsham School)	Wir David Hagin	01010 020020
Chairman	Rachel Slaughter	harrietshamptfa@gmail.com
Rainbows	· ·····	······
Leader	Kate Davies	07971254029/beaukate@btinternet.com
Scouts		C
Group leader	Mr E Seales	859829
Leader	Mr N Still	880139
Short Mat Bowls		
Chairman	Phil Gooda	01622851217/p.gooda@btinternet.com
Tai Chi Class	Angela Akast	07754454030/akast.a@btopenworld.com
Tennis Club		
Chairman	Mr A Rogers	859352
The Lenham School		
Head of School	Mr Chris Foreman	858267
Ulcombe Preschool		
Chairperson	Helen Leat	07511657828/
		ulcombepreschool@live.co.uk
Village Hall	Booking Clerk	07393 030409
		bookingclerkhvh@outlook.com
Yoga	Helen Kacperek	07762761905/helenpurpleyoga@gmail.com



Len Valley Benefice February 24

Everybody is welcome



'The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches.'

Matthew 13:31-32

Sunday 4 February

- 9.30am Boughton Malherbe: Holy Communion (BCP)
- 9.30am Lenham: Breakfast Church
- 11.00am Harrietsham: Family friendly Morning Worship
- 11.00am Lenham: Holy Communion

Wednesday 7 February

9.30am Lenham: Holy Communion (BCP) **11.00am** Harrietsham: Chippendayle

Sunday 11 February

9.30am Harrietsham: Holy Communion
9.30am Lenham: Breakfast Church
11.00am Lenham: Holy Communion
11.00am Ulcombe: Holy Communion
3.30pm Boughton Malherbe: Choral Evensong

Sunday 18 February

- **8.00am** Lenham: Holy Communion (BCP)
- 9.30am Boughton Malherbe: Holy Communion
- 9.30am Harrietsham: Holy Communion
- 9.30am Lenham: Breakfast Church
- 11.00am Lenham: Morning Worship
- 11.00am Ulcombe: Holy Communion

Sunday 25 February

10.30am Benefice Holy Communion at All Saints, Ulcombe

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The Friends of the Church of St John the Baptist, Harrietsham

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Soup Saturday

The Soup Saturday on 10 February has been cancelled due to the church being used for the annual "Marriage Prep Day".

We look forward to seeing you on Saturday 9 March between 12 noon and 2pm.

100 Club Lottery Results

The results of the Eighty-fifth Draw of the Friends of St John 100 Club, drawn on 9 December 2023 by Denise Williams, under the supervision of Michael Gear (Independent Adjudicator) and Chris Roots (Promoter) are:

- First prize £82.00 number 162 Kevin Harlock;
- Second prize £49.20 number 51 June Allen-Westbrook;
- Third prize £32.80 number 139 Michael Flawn.

There were 164 numbers included in the draw giving a prize fund of £164.

What do the Friends do?

I have been asked what the Friends do? Although the Friends are a secular organisation, many people believe it is an extension of the church itself. However, the Friends is a separate registered charity raising money to improve the Grade 1 Listed building for the benefit of ALL the people of Harrietsham. Whilst it is true that the Friends work with the church authorities, we are independent of them being concerned with the building itself. The Friends' aim is to ensure the church's contribution to the character, life, and amenity of the whole community of Harrietsham continues well into the future.

Since our formation in 2001, our fundraising efforts have enabled us to support several projects. Between 2017 and 2020, the Friends provided funding of £25,600 towards a new internal toilet and kitchen replacing the Victorian lean-to outside toilet attached to the north of the church. In addition, we have also been able fund a new organ (£26,000), repairs to the weathervane (£6,000), provision of disabled access (£3,900), internal redecoration of the north and south aisles (£4,700) and the installation of glass entrance doors (£13,000).

New members are always very welcome. Annual membership costs $\pounds 10$ per person or $\pounds 15$ per couple.

If you would like further information or an application form to join either the 100 Club or as a Friend, write to me at <u>friendsofstjohnharr@outlook.com</u> or phone 859 885.

Chris Roots - Acting Secretary

Local Churches

Parish Church of St John the Baptist

Vicar: Revd. John Huggins 01622 850280 vicar@lvb.org.uk (Day off: Wednesday) Assisting priests: Revd. Millie Hart 01622 297296 revmilliehart@lvb.org.uk Readers: Pamela Cuerden 01622 859442 pamela@lvb.org.uk Benefice Office: Sarah Hills 01622 850604 churchOffice@lvb.org.uk

churchOffice@lvb.org.uk For details of services see p.23

United Reformed Church

Week Street, Maidstone <u>Minister</u>: Rev Andrew Royal Sunday Service at 10.30am with creche. No evening service. 01622 686053 maidstoneurcoffice@talktalk.net

Baptist Church

Knightrider Street, Maidstone <u>Minister:</u> Bill Miller Office: 01622 686013 Sunday Services at 10.30am with creche, and at 6.30pm www.maidstonebaptist.net

Bearsted and Thurnham Methodist Church

Bearsted (next to Station) <u>Minister</u>: Revd. Robert Zachar 117 Crossways Sittingbourne ME10 4RN 01795 422573 Sunday Service 10.30am

Church of the Good Shepherd Roman Catholic Church

Rectory Lane, off East Street, Harrietsham

Parish Priest: Fr Geoffrey Pointer Deacon: Rev Cyril Durbin 736100 Mass every Sunday at 8.45am and Wednesday at 10.00am Holydays Mass 7pm

St Peter's Roman Catholic Church

Button Lane, Bearsted 736100 Confessions, Saturday 5 – 5.30pm Saturday Evening Mass 6pm Sunday Mass 10.30am Weekday Mass generally Monday and Tuesday 7pm and Friday 10am Holydays Mass 10am and 8pm

Pathways Church, Maidstone

1st and 3rd Sundays of each month at 10.30am in Lenham Community Centre. Wednesday evenings in homes in Lenham and Harrietsham.

<u>Church leaders</u>: Ben and Kaat Doggett info@pathwayschurch.org.uk www.pathwayschurch.org.uk

For all church services please see information on page 23 or contact your own church for up to date information.

Public Services and Emergencies Directory

Doctors' Surgery (Lenham and Harrietsham)	01622 858341
Dentist, Lenham	01622 858204
Dentaline (out of hours emergency treatment)	01634 890300
Saxon Warrior Pharmacy	01622 858287
Hospitals:	
Maidstone ME16 9QQ	01622 729000
The Tunbridge Wells Hospital, Pembury, TN2 4QJ	01892 823535
William Harvey Hospital, Ashford	01233 633331
Councils:	
MP - Helen Whately	01622 758053
Kent County Council	03000 414141
Maidstone Borough Council - all departments	01622 602000
Harrietsham Parish Council - Parish Clerk	01622 850089
Police:	
Emergencies only	999
Non emergencies	101
Samaritans, 48 Grecian Street, Maidstone	01622 674444
Citizens Advice Bureau, 2 Bower Terrace, Maidstone	0808 2505704
Childline	0800 1111
KCC Children's Social Services	03000 411111
KCC Adult Social Services	03000 416161



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February 2024 Diary

Abbreviations:

HVH = Harrietsham Village Hall LCC = Lenham Community Centre

Thurs 1 Fri 2		Harrietsham Short Mat Bowls Ladies Group Coffee Morning	HVH HVH
Mon57pmKnit, Crochet and VedWed72.30pmHarrietsham LadThurs 87.30pmHarrietsham ShoThurs 87.30pmLenham WI		Harrietsham Short Mat Bowls Knit, Crochet and Natter Harrietsham Ladies Group Harrietsham Short Mat Bowls Lenham WI Ladies Group Coffee Morning	HVH HVH Scout Hut HVH LCC HVH LCC
Mon 12 Mon 12 Wed 14 Thurs 15 Fri 16	2pm 1.30pm 7.30pm	Purple Yoga Harrietsham Short Mat Bowls Craft and Chat Harrietsham Short Mat Bowls Ladies Group Coffee Morning	HVH HVH LCC HVH HVH
Mon 19 Mon 19 Mon 19 Mon 19 Tues 20 Thurs 22 Fri 23	2.30pm 7.30pm	Harrietsham Short Mat Bowls Knit, Crochet and Natter Harrietsham History Society Harrietsham Gardening Society	HVH HVH Percival's Rest HVH HVH HVH
Mon 26 Mon 26 Thurs 29	9.45am 2pm 7.30pm	Harrietsham Short Mat Bowls	HVH HVH HVH

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Queen Jane

On the morning of 12 February, 470 years ago a young girl was led from her rooms in the Tower of London, to a scaffold on the Tower Green and beheaded. In her terror, once blindfolded she needed to be helped to find and lay her head on the block. Only a year earlier she had been proclaimed Queen of England, much against her own wishes, to serve the ambitions of her own father and family. She would rather have stayed in her Leicestershire home surrounded by her beloved books.

History remembers her as Lady Jane Grey, but here's my question. Why do we not know her as Queen Jane?

We acknowledge Edward V, one of the Princes in the Tower, as King, even though he was only proclaimed and never crowned or anointed. Equally the history books record Edward VIII as King, even though again he was only proclaimed but never crowned or anointed.

So why is Queen Jane not Queen?

If anyone out there can tell me please reply to the next edition of the Network.

Mike Bishop





Harrietsham Network Accessible Well-being: Savouring



In the last article, I promised to talk about a simple way to practice self-love that will bring more joy into your life. The practice I want to bring your attention to is Savouring. When I first came across this practice and consciously put it to the test, I was astonished by how simple and yet powerful it is. But what is Savouring?

In his book "Savouring: A New Model of Positive Experience", Fred Boyd Bryant describes it as follows, "Savouring is the concept that being mindfully engaged and aware of your feelings during positive events can increase happiness in the short and long run." In other words, savouring is

noticing when you encounter something good and connecting with what you feel at that moment. How long do you need to be "connected"? A few seconds at a time. It could be even just one second and still, it will bring a powerful change to your life, and make you happier. How does it work? It is very simple. The more you pay attention to things that make you feel happy (be it for one second) the happier you'll become. It is so simple, that you could hardly call it a practice. It is not about DOING something. It is all about NOT IGNORING something good or beautiful you encounter, and the feelings it awakens in you. That could be anything: a flower, an interesting cloud, a magical colour that the setting sun brings to all surroundings or a beauty that a sincere smile brings to someone's face. There is magic in numerous tiny forms that surround us all the time. All we need is to notice it.

In the fast-moving modern life, the art of savouring has diminished. We "don't have time" to stop and attention small pay to and "insignificant" things, let alone to what we feel. As a result, not only do we become disconnected from the magic of this world, but we also are losing connection with our inner world, our emotions. This affects our happiness, our wellbeing, and our mental health. But it could be easily rectified.



Here is a practice for you - Set yourself a challenge to pay attention to three (at least) good things every day, let's say, for a week, or, if you are well-organised and feel adventurous, for a month.

At the end of each day write about what you have noticed, describing what it was, and, most importantly, about what you felt during those brief moments. (Write about your feelings using free writing – write for 3-5 minutes without stopping to think.)

Try it. It may surprise you. Next time we will talk about how we can train ourselves to savour.

Vladimir Barkanov

Lenham WI

Well it is lovely to see the days getting longer and know that Spring is round the corner. We have all been busy booking speakers for this year so that we have an entertaining programme. This month we have the Women's Institute Federation Green Team coming to talk to us about their work.



On 17 October last year, members came together in Westminster at the WI's Climate Conference to explore different aspects of climate change and take part in discussions about women's participation in climate leadership schemes, climate science and political responses, building an inclusive climate movement, ways to improve the UK's biodiversity, and community climate action.

The findings of the conference outlined the climate priorities of members, identified current climate policy gaps and formed the basis of The WI's future climate campaigning. Watch this space!

We meet at Lenham Community Centre on the second Thursday of the month at 7.30pm. Please come along and see what we get up to. If you want to find out more please contact me on <u>rrgodden@btinternet.com</u>

Chris Godden

Lenham Film Club at Lenham Community Centre, Groom Way



Friday 9 February Performance begins 19.30, doors open 19.00

Running time 2hrs 4 mins

Three Oscars were awarded to the highly acclaimed **Green Book** (12, 2018), including the Best Picture award. And no wonder. The African-American snobbish classical pianist Dr Don Shirley hires Italian-American tough nightclub bouncer Tony Lip as his driver for his upcoming concert tour of America's Deep South. The two men lead very different lives and so barely manage to get along with each other at first; but this changes to an unexpected friendship by the time they reach their destination. In 1962, racism and segregation are at a peak and the guide that they take with them on the drive, *The Negro Motorist's Green Book*, is all too necessary. Based on a true story and with brilliant performances especially by the two leading actors, **Green Book** deserves all the awards it won. It's a fabulous and moving film.

Directed by Peter Farrelly.

Our March performance takes us on another journey, this time of 450 miles on foot in Britain in the unforgettable **The Unlikely Pilgrimage of Harold Fry.** Jim Broadbent stars as Harold Fry who sets off from his Devon home to see his dying friend Queenie.

Please get in touch for more information or to join our mailing list.

Admission: members £4, non-members £5, under 16 £2, under 5 free.

lenhamfilmclub@gmail.com

www.lenhamfilmclub.org

@lenhamfilmclub



Peace on earth and goodwill toward men



By the time that this article is published we will be well into 2024, and all thoughts of Christmas will be as far away as ever.

But what has Christmas meant to you? Has it been a round of Christmas parties celebrating with friends or work colleagues? It has been a time for meeting up with family and having a beautiful roast Turkey or similar for Christmas lunch. Of course, there is much more to Christmas than all of this, and it is the message of the angels that first Christmas time that keeps on recurring in my mind.

I am often asked the question "Why is there so much evil in the world?" My answer tends to come back to the message of the angels who said that it was one of "Peace on earth and goodwill toward men."

It is true to say that we see extraordinarily little peace and goodwill around in the world today. For the past two years or so we have seen the devastation that war between Ukraine and Russia has brought to our TV screens. Mothers and children fleeing the war zone into Poland leaving behind their husbands to fight for their country, and not knowing whether they will see them again. Currently we have been faced with newscasts etc. of what happened on the 7 October in Israel, and the consequent horror of what is happening in Gaza. Further afield there have been attempted coups in Africa; mass shootings in the United States where shooters have opened fire on schools of innocent children. Politicians in the US have a gun law which entitles every citizen to bear arms, but little control as to who owns them.

In our own country we have seen, on a regular basis, news bulletins of murder all too often. Some as young as 12 years of age have been taken to court because they have plotted to murder another teenager. There is an epidemic of knife crime in our own land.

Where is society going wrong? I come back to the title of this article, that the world has totally ignored, it would seem. There can be no peace or goodwill in this world unless individuals come to have a relationship with the "Prince of Peace." Such a relationship does not just come about just because of going to church. To have such a relationship, we must listen to the words of Jesus when he spoke to a man called Nicodemus. He told him that he had to be "Born again." That is the only way that we can be assured of knowing the "Prince of peace" in our lives.

Phillip Robling, B.Sc. (Hons); PGCE; Pastor (retired). <u>phillip.robling@sky.com</u> 33

Christian Message

Love is in the air!

This month we celebrate Valentine's Day and many will prepare elaborate displays of love for those nearest and dearest to them! Perhaps you'll be writing a card, buying a gift or presenting some flowers to someone special in your life? Valentine's Day can also serve as a welcome reminder that even our most sincere displays of love cannot come close to the love that we have received from God.

In the Gospel of Luke (15:11-32) Jesus shares the parable of 'The Prodigal Son'. It tells of a son who asks his father for his share of the inheritance whilst his father is still living. Despite how hurtful this would have been, the father agrees and gives his son the money. The son soon moves away and squanders the inheritance on wild living. He runs out of money, hits rock bottom and eventually decides to return home and ask his dad to live as one of his servants. The incredible twist comes in the father's response to his son and it is designed to show us the love of our Heavenly Father towards us. Rather than reject or berate his son, the father ran to meet him and embraced him in a huge bear hug. He bestowed gifts upon him and laid on an extravagant feast to celebrate that his son had returned home.

Beyond displaying God's love through parables, Jesus demonstrated it through his life and ultimately through his death. The theologian Thomas Goodwin put it this way; "Christ is love covered in flesh". Jesus showed that there is no length that our Father God won't go to in order to lavish love upon us. All we need to do is begin the walk home and receive the embrace of the Father who runs to meet us.

I'll give the final word to the author Dane Ortlund who beautifully states; "Even the most intense human love is but the faintest echo of heaven's cascading abundance. His heartfelt thoughts for you outstrip what you can conceive."

Ben Doggett - Pathways Church



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