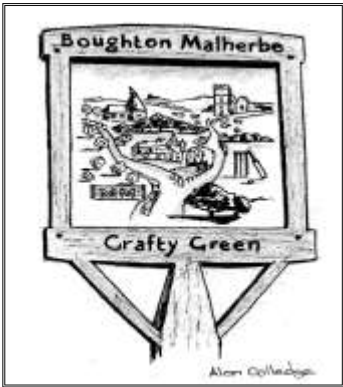


# Malherbe Monthly

Number 181  
August 2019



**Incorporating Liverton Street & Platts Heath**

Useful contact names and telephone N<sup>os</sup>.  
BOUGHTON MALHERBE/GRAFTY GREEN

County Councillor	Shellina Prendergast <a href="mailto:Shellina.Prendergast@kent.gov.uk">Shellina.Prendergast@kent.gov.uk</a>	07970 461160
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Gardening Club	Sue Burch	850381
Church Choir	Doreen Hulm	850287
Dazzle	Gail Kelly	850671
Yoga	Sue Burch	850381
Neighbourhood Watch	Sue Burch	850381
Parish Council Website	<a href="http://www.boughtonmalherbe.co.uk">www.boughtonmalherbe.co.uk</a>	
Priest in charge	Dr John Huggins email: <a href="mailto:vicar@lvb.org.uk">vicar@lvb.org.uk</a>	850280
Associate Priest	Mille Hart (Weds - Sun) email: <a href="mailto:revmilliehart@lvb.org.uk">revmilliehart@lvb.org.uk</a>	297296
Reader	Joan Drury email: <a href="mailto:jdrury23@btinternet.com">jdrury23@btinternet.com</a>	853766
Benefice Office	Sarah Hills email: <a href="mailto:churchoffice@lvb.org.uk">churchoffice@lvb.org.uk</a> Answer phone available out of hours	850604
St. Edmunds Centre	Kate Stansfield	07500 895831
Fresh Fish delivery	Tuesday at approx 3pm by Post Office	01580 754300
<b>Malherbe Monthly Production Team</b>		
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Mike Hitchins	Editor: <a href="mailto:mfhitchins@btinternet.com">mfhitchins@btinternet.com</a>	858937
John Collins	Treasurer	850213

The views expressed in "Malherbe Monthly" are not necessarily those of the  
Production Team; publication of articles/adverts  
does not constitute endorsement and we reserve the right to edit!  
Anything for the **September** edition should be left in  
Grafty Green Shop, or contact Mike on  
01622 858937 ([mfhitchins@btinternet.com](mailto:mfhitchins@btinternet.com)) by **20<sup>th</sup> August**

**Front Cover:** Historic enclosed yew at Boughton Malherbe - planted by Queen Elizabeth 1

## News from St. Nicholas Church

**Prayer requests** can be left in the 'Prayers' tin in the church porch. They will be collected and prayed for in church as soon as possible.

**Morning prayers** for our local communities, and beyond, take place on Wednesdays in St. Mary's, Lenham and on Fridays in St John the Baptist, Harrietsham, both at 9.30am-10am.

**Bible Study** at Wierton Villa, the home of Joan Drury, is taking a break till September. Will let you know more details next month.

**The Village Coffee Morning** will be from 10.30am-12noon on Wednesday 14th August and will be at the church, not in the Village Hall as kitchen renovations are taking place. We will be hoping for a lovely sunny morning to enjoy the beautiful scenery. If you feel like bringing a pair of secateurs for a little gentle gardening that would be great! But no pressure!

**Cream teas** are now well underway, with record-breaking numbers of guests already. What an amazing three Sundays we have had, beautiful weather and lovely friends visiting. We hope our three new helpers, Margaret, Jane and Grace, have enjoyed their time. Many thanks for all they have done, while Sylvia took time to visit Laura in Oslo.

**Laura** As we welcome Laura home, we are looking forward to hearing all about her year in Norway and the connections she has made between St. Edmunds Church in Oslo and the people in St. Nicolas Church here.

**Diary reminder.** The Harvest Supper will be in the Village Hall on Saturday 12th October followed by The Harvest Festival at the church on Sunday 13th at 6.30pm.

**Baptism.** We will be updating next month with the baptism of Jack Biggin at St.Nicholas church on Sunday 28th July.

**Eco-spot.** Anne has been making home-made Lemon Cordial for us to have freely available for our guests at the Cream Teas and for refreshments after the Sunday services. She has been making it fresh for us each week, but we know it keeps for weeks in our home fridges. This means we no longer need any plastic squash bottles in church, as Anne delivers it in glass bottles. Nothing new here then, as all squashes were in glass bottles when I was a child!

Feel free to let me have any of your ideas.

**Sally Alexander**

**Grafty Green Summer Fete - 31<sup>st</sup> August**  
**Mad Hatter's Tea Party**  
**2 - 5 pm**



Display of birds of prey by Soaring  
High,

Magic show

Punch and Judy



Great stalls and games lined up  
for the fete one being the Tombola  
for which we need contributions,  
please, which can be left at the Post  
Office. Thank you in advance.

Grateful thanks also to our sponsors who have given generously towards the Grand Draw; prizes include £100 cash courtesy of Airnesco, a 'Who'd a Thought It' luxury hamper plus a £50 voucher for the 'Who'd a Thought It' boudoir, £80 Leeds Castle vouchers from A W Court, King's Head Fish and Chip supper, Amigo alarm system, Chilston Park Tea for Two, a hamper from Thorneloe Solicitors, Amazon Echo Smart Speaker from Ashley Law, Pluckley Tea hamper who have also donated the tea for serving on the day, bottles of wine from Ward and Partners and hampers from Jan and Steve and The Bowling Club. Strawberries from Shaun Charlton.

**Boughton Malherbe  
Parish Council  
Contact Details**

**Ron Galton, Chairman**

- Tel: 01622 850369

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(Finance, Planning)

**Chris Hume, Parish Clerk**

- Tel: 07972 630555`

[boughtonmalherbepc@gmail.com](mailto:boughtonmalherbepc@gmail.com)

**Grafty Green Short Mat Bowls Club**

New Members Always Welcome - Join Us

Every Tuesday at 2.00pm in the Village Hall,  
Gentle exercise, easy to learn, loan bowls  
available. Further information - Joan Marriott  
01622 858100 or Robert Turner 01622  
850325

**Yoga Classes at Grafty Green Village  
Hall**

Yoga Classes will be taking a break whilst the  
new kitchen is fitted in the village hall. The  
new term details are as follows:-

Wednesday evenings at 7pm – first class will  
be 4<sup>th</sup> September (no class on 18<sup>th</sup>  
September) £36 for the term.

Thursday mornings at 9.30 – first class will  
be 5<sup>th</sup> September (no class on 12<sup>th</sup>  
September.) £36 for the term.

Pay as you go £8 a session.

The benefits of yoga are many, regaining or  
maintaining strength and stamina, flexibility  
and range of movement through the joints  
plus releasing stress and tension.

Call me on 850381 or email  
[grafftyyoga@gmail.com](mailto:grafftyyoga@gmail.com) if you would like to  
enrol.

**Sue Burch – British Wheel of Yoga Teacher**

**Boughton Malherbe Parish Council**

The next Parish Council meeting will be in Grafty Green Village Hall on 9<sup>th</sup> September  
2019 at 7.30pm



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01580 892037  
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**Ken and Eve Sweet  
extend a warm welcome to**

**The Kings Head  
Grafty Green**

**A  
16th Century  
Coaching Inn  
haunted by  
"Dover Bill" -  
the Highwayman!**



**Traditional Sunday Lunches**

**Fresh Fish Fridays  
Lunches and Suppers**

**Booking Advisable  
01622 850259**

**Children's Room      Beer Garden**

# Monday to Friday

Route number  
Notes

Grafty Green Kings Head  
Ulcombe The Harrow  
Kingswood Village Hall  
Kingswood Ashford Drive  
Warmlake Crossroads  
Chart Sutton Buffalo's Head  
Boughton Monchelsea Cock Inn  
Boughton Monchelsea Albion  
Linton Corner  
Loose, Loose Road/Old Loose Hill  
Wheatsharf, Loose Road  
Maidstone King Street  
Maidstone Cannon Stop B  
London Road, Somerfield House  
Tonbridge Road, Oakwood Park

89 Sch  
59 KCC  
#Sch  
0645 0711 0930 1325  
0652 0719 0937 1332  
0658 0723 0942 1337  
0702 0726 0944 1339  
0709 0732 0950 1345  
0714 0735 0953 1348  
0719 0739 0956 1351  
0722 0741 0958 1353  
0727 0746 1003 1358  
0743 0750 1006 1401  
0752 0756 1012 1407  
- 0804 1020 1415  
0804 - - -  
0815 - - -  
0826 - - -

# Saturday

Route number  
Notes

Grafty Green Kings Head  
Ulcombe The Harrow  
Kingswood Village Hall  
Kingswood Ashford Drive  
Warmlake Crossroads  
Chart Sutton Buffalo's Head  
Boughton Monchelsea Cock Inn  
Boughton Monchelsea Albion  
Linton Corner  
Loose, Loose Road/Old Loose Hill  
Langley Plough  
Sutton Road Morrisons  
Wheatsharf, Loose Road  
Maidstone King Street

59 59 59 59  
KCC KCC KCC KCC  
0733 0930 1336 -  
0740 0937 1343 -  
0745 0942 1348 1604  
0747 0944 1350 1606  
0753 0950 1356 1612  
0756 0953 1359 -  
0759 0956 1402 -  
0802 0959 1405 -  
0807 1004 1410 -  
0811 1008 1414 -  
- - - 1614  
- - - 1619  
0815 1012 1418 1624  
0820 1020 1426 1632

# Sunday and Public Holidays

Service 59 does not run on Sundays or Public Holidays

## Notes

Sch - School days only  
#Sch - Non-School days only

KCC - These buses are provided on behalf of Kent County Council. If you have any comments or suggestions, please write to Kent County Council, Public Transport, PO Box 441, Aylesford, ME6 9HJ or email public.transport@kent.gov.uk.



# Maidstone - Boughton Monchelsea - Chart Sutton - Kingswood - Ulcombe - Grafty Green 59

## Monday to Friday

Route Number	59	59
Notes	Sch	KCC
Maidstone King Street, Stop L2	-	1745
Maidstone Bus Station Stop J4	1232 1612	1747
Wheatsharf, Loose Road	1239 1619	1754
Loose, Loose Road/ Old Loose Hill	1243 1623	1758
Linton Corner	1247 1627	1802
Boughton Monchelsea Albion	1252 1632	1807
Boughton Monchelsea Cock Inn	1255 1635	1810
Chart Sutton Buffalo's Head	1258 1638	1813
Warmlake Crossroads	1301 1641	1816
Kingswood Ashford Drive	1309 1649	1824
Kingswood Village Hall	1311 1651	1826
Ulcombe opp The Harrow	1316 1656	1831
Grafty Green Kings Head	1323 1703	1838

## Saturday

Route Number	59	59	59
Notes	KCC	KCC	KCC
Maidstone King Street, Stop L2	0845	1241	1525
Maidstone Bus Station Stop J4	0847	1243	1527
Wheatsharf	0854	1250	1534
Loose, Loose Road/ Old Loose Hill	-	1254	1538
Linton Corner	-	1258	1542
Boughton Monchelsea Albion	-	1303	1547
Boughton Monchelsea Cock Inn	-	1306	1550
Chart Sutton Buffalo's Head	-	1309	1553
Sutton Road Morrisons	0859	-	-
Langley Plough	0904	-	-
Warmlake Crossroads	0906	1312	1556
Kingswood Ashford Drive	0914	1320	-
Kingswood Village Hall	0916	1322	1604
Ulcombe opp The Harrow	0921	1327	-
Grafty Green Kings Head	0928	1334	-

## Sunday and Public Holidays

Service 59 does not run on Sundays or Public Holidays

### Notes

Sch - School days only

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## **Grafty Gourmet**

This is a great Summer Dessert, and as usual, so simple to make.

### **White Chocolate & Strawberry Mouse Cake**

175g digestive biscuits  
75g butter, melted  
400g white chocolate  
400g strawberries  
300g tub full-fat soft cheese  
200ml double cream

1. Crush the biscuits with a rolling pin to fine crumbs, add the melted butter and mix well. Tip the mix into a 20cm lined, loose-bottomed cake tin, smooth with the back of a spoon and put in the fridge for 30 minutes.
2. Melt 375g of the chocolate in a microwave or glass bowl set over a pan of simmering water, then allow to cool slightly.
3. Take out 6 strawberries and set aside. Blitz the remaining strawberries in a food processor until smooth, then add them to a bowl with the soft cheese and cream. Beat until really smooth and thick, then stir in the melted white chocolate. Pour on top of the biscuit base and smooth the top. Place in the fridge and chill overnight.
4. Halve the reserved strawberries and place on top of the cheesecake. Melt the remaining 25g chocolate and drizzle over the top, then keep chilled until ready to serve.

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## **Citizens Advice Bureau**

On the first Tuesday of every month representatives of the Citizens Advice Bureau are available from 1.15pm to 3.15 pm in the Library, Kings Road, Headcorn. There is no charge and appointments are not needed.

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## Grafty Green Gardening Club

The gardening club generally meets the first Tuesday of the month at 7.30 pm in the village hall for talks. Membership is £5.00 for the year which entitles members to a reduced fee when attending meetings; take advantage of subsidised coach outings (excluding weekend away) and club members will be entitled to discounts at Rumwood Nursery and The Potted Garden. Non members are most welcome at any meeting for a small fee of £2.00.

### Programme 2019

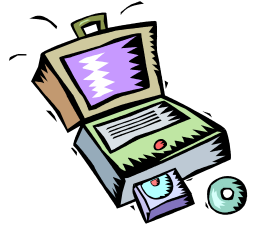
Date	Speaker and talk or venue for outing
January 8	AGM and Linda Ford - Sandown Castle community garden
February 5	Tim Ingrams - Snowdrops
March 5	Maureen Rainey Kent Wildlife Trust- Wild about Gardens
April 2	Spring Show, - Jean and Brian Waterman, Wild flowers of Kent
May 4	Plant Sale - village green if weather fine 10 am.
May 7	Outing - Warren Street House
June 4	Outing -Hucking, Sue Blacker- Peonies
June 6 - 9	Weekend, <u>Thurs</u> ; Ulting Wick, <u>Fri</u> , East Ruston Old Vicarage and Fairhaven Woodland and Water Garden, <u>Sat</u> . Oxburgh Hall and a seaside visit for tea. <u>Sun</u> . Harvey's Nursery, Bury St. Edmunds and Fullers Mill Garden.
July 2	Outing - Pheasant Barn, Oare
<b>Aug 3</b>	<b>Coach trip Nymans and High Beeches (lunch at Nymans)</b>
Sept 3	Autumn Show, Mr. Raggett, Hambury's Gardens.
Oct 1	Sue Shaw - Travels in Peru
Nov 5	Andrew - Hops
Dec 3	Coach trip to Wisley for Christmas lights leaving GG at 2pm

On August 3rd we are having our coach outing to Nymans and High Beeches. There will be time for lunch at Nymans and then you are free to wander the lovely gardens. Two buggies are booked in the name of Grafty Gardening Club leaving at 2.45 and 3.00pm prompt to enable those who wish to see the gardens in a more leisurely manner to do so in comfort. Please let Sue know when you arrive if you would like to take advantage of a seat on one of the buggies.

The Garden in August:- There is still time to give wisteria its summer prune, trim hedges and rambling roses after flowering. It is time to take flower cuttings and collect seed from most hardy annuals. Ponds and water features will need topping up in hot weather so watch the weather forecast for hot spells. Container plants will need to be fed and regularly watered. Herbs can be cut and dried now for winter use and lift and dry onions too.

**Carole Frost - Secretary - Grafty Green Gardening Club**

# Top 10 keyboard shortcuts you should know!



Are you spending too much time moving your cursor, pointing and clicking just to accomplish simple tasks on your PC? Did you know that you can use your keyboard to work more efficiently?

**Below is a list of 10 keyboard shortcuts that will help you increase your productivity by eliminating the need to reach for the mouse.**

<b>CTRL + A</b>	Select all items in a document
<b>CTRL + B</b>	Bolds the selected text (if already bold, it will remove the bold)
<b>CTRL + C</b>	Copy text after it has been highlighted
<b>CTRL + P</b>	Takes you to the Print menu
<b>CTRL + V</b>	Paste text that has been copied
<b>CTRL + Z</b>	Undo any change that has been done
<b>SHIFT + DELETE</b>	Delete an item immediately without placing it in the Recycle Bin
<b>ALT + TAB</b>	Brings up a Window with a list of icons representing programs which are currently running on the computer. While holding the ALT key, press and depress the TAB button to move between each icon task
<b>ALT + ESC</b>	Switch to the next task running on the computer. Hold down the ALT before pressing and depressing the ESC key to cycle to the next task
<b>CTRL + ALT + DELETE</b>	Brings up Task Manager and allows you to end a process (terminate a program) if it has crashed or has stopped responding. Select the process which has stopped responding, and then press "END PROCESS".

**Don't forget F1 - the Help key which will take you to the Help function of any application you are running**

If you need any help, please visit the Egerton Telecottage on Saturday morning between 10am and 12noon <http://www.egerton-kent.co.uk/telecottage>. Advice is free and there is always someone there it help you. If you would like any topics covered in this magazine please email me at [carolhulm@gmail.com](mailto:carolhulm@gmail.com)



**Lenham Film Club**  
**Friday August 9th at 7.30 pm, doors open 7 pm**  
*at Lenham Community Centre, Groom Way*

Our August comedy-thriller film, Hitchcock's **North by North West** (A 1959), features the blonde Eva Marie Saint, starring Archibald Alexander Leach. *Who?* He quickly changed his birth name to Cary Grant! In **North by North West**, cited as one of the greatest films of all times, he is at his charming best. Join us on **Friday, 9<sup>th</sup> August**, for a fun evening.

**AND on Monday 19<sup>th</sup> August**

**A Special Holiday Treat: Matinee performance at 2.30 pm, doors open 2 pm**

Yes, it's the newly updated and much acclaimed **DUMBO** (PG 2019), directed by Tim Burton and starring Colin Farrell, Danny De Vito and Eva Green.

For more information or if you'd like to be added to our mailing list, then please contact us at [lenhamfilmclub@gmail.com](mailto:lenhamfilmclub@gmail.com). Keep an eye open for our posters, follow us on Facebook (@LenhamFilmClub), perhaps consider becoming a member or just come along on the night!

***North by Northwest** (A) Running time 136 minutes. **Dumbo** (PG) 112 minutes. Refreshments available at reasonable cost. Entrance fee (cash at the door) £5 for non-members; members £4. For matinee performances, £2 for children under 16. Annual membership £6 (over 16's only); pick up a form at our ticket desk.*

## August Music Notes

In August the "Proms" are in full swing; they started on 19<sup>th</sup> July and continue through to 14<sup>th</sup> September. As well as the daily live performances, there are daily broadcasts on radio 3, and some of the most popular concerts are shown on TV. For this month look out for Prom 9 on BBC4 on 9<sup>th</sup> August with a programme of famous film music.

I have to admit that having mentioned what is probably well known to many of my readers, I have struggled to find recommendations locally this month. All major local choirs and orchestras are all "on holiday" so I have included two items from the Hever Castle Festival, and that actually runs throughout the month with a variety of events (not all musical).

- **Thursday 8th August**, at Hever Castle Festival Theatre (TN8 7NG) at 8.00pm, a performance of Gilbert & Sullivan's *Ruddigore*. Box office 01732 866114. Gates open 6.30pm It may be possible to book for dinner as part of the evening
- **Friday 9<sup>th</sup> August**, 12.00 at Canterbury cathedral – lunchtime concert by The Priory Singers from Northern Ireland. Normal nave entry fee.
- **Friday 16<sup>th</sup> August**, 12.00 at Canterbury cathedral – lunchtime concert by De Netezonen men's choir from Belgium. Normal nave entry fee.
- **Saturday 17<sup>th</sup> August** 7.45pm Otham Church welcomes the Hitchin Concert Wind Band who will be performing a varied programme. The band has around 40 adult members and they will be including a solo by Joseph Pickard, a very fine young trumpet and cornet player. Free entry, retiring collection for church funds.
- **Sunday 25<sup>th</sup> August** at Hever Castle Festival Theatre (TN8 7NG) at 8.00pm, The last night Festival Prom Concert. Box office 01732 866114. Gates open 6.30pm.
- **Saturday 31<sup>st</sup> August** at All Saints' Church Ulcombe (ME17 1DN) the Invicta Wind Orchestra present "Entente Cordiale" an evening of music for winds commemorating the 150th anniversary of the death of Hector Berlioz and the 75th anniversary of the allied campaign in Europe. The programme includes Berlioz *Symphonie Funebre et Triomphale* and Addison's *music from "A Bridge Too Far"*. Tickets 01622 844010.

### More from the musician's alphabet:

**Performance** – The main reason the getting-together of any number of musicians, usually to perform a piece of music, and ideally all at the same time.

**Brian Hardy**



*Friends of St Mary's Lenham*  
*Presents*



**The Annual Village  
Barn Dance**



**Saturday 21<sup>st</sup> September**  
**The Fabulous Tithe Barn, Lenham**



Dancing to

**‘Whirling Skirmish’**

**Dancing starts at 7.30pm**

**Tickets: £10.00 per person (children under 16 years £5.00)**

**Bring your own drinks and nibbles**  
or order your supper from Chequers Fish Bar, Lenham Square.

**Tickets are limited**, pre purchased only from either:

- Len Valley Newsagent, High St, Lenham
- Lenham Village Stores
- St Mary's church coffee morning 10.00 am every Saturday

## Success comes from working together

Our speaker this month is Joseph from Fit & Healthy Solutions Limited and he's here to give you an idea of how to live a life based on your terms. He's a nutritionist and gives both practical advice on diet, prevention of diabetes and obesity prevention. He wants to give advice on some of the following topics that I feel you will benefit from and enjoy learning about.

- Water & how it helps to prevent health issues when we use it to cleanse our organs and digestive system
- How to eat right for better sleep & why we need magnesium
- Why fats are healthy & help us live well
- What to eat & what not to eat
- When to eat & when not to eat
- Why we need less white breads/flours carbs?
- Eating for energy
- Diabetes & how to avoid type 2
- Obesity isn't the main reason for diabetes
- Eating for optimal health performance.

Josephs' half hour minute presentation will be followed by business networking giving you plenty of time to meet Joseph and all the other attendees.



**TBC**  
**September**  
**6.15 to 8.30pm**  
Venue tbc



*Great speakers and  
great networking.*



[www.maldstonebusinessnetworking.co.uk](http://www.maldstonebusinessnetworking.co.uk)  
Book by telephone 01622 820841 or email  
[dottall@maidstonebusinessnetworking.co.uk](mailto:dottall@maidstonebusinessnetworking.co.uk)

See the website! [www.maldstonebusinessnetworking.co.uk](http://www.maldstonebusinessnetworking.co.uk) ROAR.

## Link Word Puzzle - Answers at the back (don't look first!)

	Word 1	Word 2	Word 3	Answer
1	Season	Class	Trap	<b>Tourist</b>
2	Studio	Cap	Tyre	
3	Checker	Magic	Bound	
4	Estimate	Pull	Shadow	
5	Opinion	Though	Split	
6	Foreign	Strong	Barrier	
7	Stream	Water	Land	
8	Wrapping	Weight	Touch	
9	Mirror	Body	Self	
10	Stepping	Corner	Age	
11	Hopping	Traffic	Desert	
12	Family	Spin	Witch	
13	Medical	Meeting	Filling	
14	Bitter	Sole	Squash	
15	Coat	Cliff	On	
16	Exchange	First	Birth	

	Find the missing word?
1	_____ O'Donnell, Comedian
2	Hugh _____, Former comic partner of Stephen Fry
3	_____ Tart, Pastry case lined with Raspberry Jam & Almond Sponge
4	Al _____, Singer of Spanish Eyes
5	_____ Willoughby, This Morning presenter with Phillip Schofield
6	Return of the _____, A Star Wars Episode
7	____ Root, England Cricketer
8	Gunpowder _____, Plan to blow up Parliament in 1605
9	_____ Saddles, 1974 comedy western
10	Educating _____, Comedy drama 1983

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- Call **01622 602202** (Environmental Issues MBC)

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**TO REPORT** non-domestic Water Leaks:

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or click: <http://www.midkentwater.co.uk>

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## Christian Message August 2019 by Rev Millie Hart

I read recently about the oldest bungee jumper. According to the Guinness World Records he is Mohr Keet who, on 10<sup>th</sup> April 2010 completed this jump when he was 96! Wow!

At the time of writing I have been sent a photo of one of my granddaughters, who at 6, has just been on the London Eye. As someone who doesn't do heights, even that is impressive as far as I am concerned!

I was also told recently of someone, about my age, who had accompanied his niece on a roller coaster at the fairground. My observation is that as we get older most of us seem less inclined to seek out frightening experiences. My feeling is that enough of them arrive just in the normal course of a day without opting to actually pay for extra ones at the fairground.

However, this man's niece had suddenly discovered the thrills of adrenalin. He described her as a little bundle of joy who had, only a year before, cried at the thought of getting on to something fast and furious. But now she was pleading with her uncle to join her on the roller coaster and so he did! He looked around anxiously at the snarling twists and turns that lay before him as he took his place next to her on the front seat.

He was petrified and closed his eyes. He said that, in the words of St Paul he 'prayed without ceasing' as they soared up and down several times in the space of a few minutes. As others screamed and cheered with excitement he just prayed that it would all be over as quickly as possible. And then, just as they glided to a stop at the end of the track he heard those terrible words so familiar to parents when their children are having fun: 'Let's do it again! 'We have to do it again!' How could he refuse? They did it again and again FOUR times. But he said that the strange thing was that each time they set out it all seemed less frightening, certainly more bearable and even he admitted to it being a little fun!

None of us knows what we are going to face today or tomorrow. I can't imagine that there won't be at least a few unexpected twists and turns. Most of us will be facing lives that occasionally feel like a roller coaster.

Now as I face retirement in the next few weeks I will not be actively seeking out those experiences that I find frightening but I do look forward to whatever the future may bring. It won't include the London Eye or a bungee jump but I know there will be exciting experiences, even roller coaster one, that will bring purpose and meaning to my life, things that I will be called to as a retired priest.

Thank you for all the experiences, including thrilling adrenalin ones, that you have given me over the years. I look forward to many more knowing that **'I can do all this through him who gives me strength. (Philippians 4:13)**

Please join me at St John the Baptist church, Harrietsham for a Thanksgiving service on Sunday September 1<sup>st</sup> at 10.30am. I look forward to seeing you there.

***Lord, as we face whatever comes to us today; grant us the ability to face it with courage. May one of the benefits of getting older be that we become wiser and less afraid of the twists and turns of life. Give us calm amid the storms and peace in all things. Amen.***

***The Len Valley Benefice***  
***Lenham & Boughton Malherbe; Harrietsham & Ulcombe***  
**Sunday/Main Services – August 2019**

*Everyone is always welcome to any of our services or events.*

**Sunday 4<sup>th</sup> August**

**9.30 am** Lenham: Breakfast service  
(with informal Holy communion)

**9.30 am** Boughton Malherbe: Holy Communion

**9.30 am** Harrietsham: Family-friendly Morning Worship

**11.00 am** Ulcombe: Morning Worship

**11.00 am** Lenham: Holy Communion

**Wednesday 7<sup>th</sup> August**

**9.30am** Lenham: Holy Communion

**Sunday 11<sup>th</sup> August**

**8.00 am** Lenham: Holy Communion  
(Book of Common Prayer)

**9.30 am** Lenham: Breakfast Service

**9.30 am** Harrietsham: Holy Communion

**11.00 am** Ulcombe: Holy Communion

**11.00 am** Lenham: Morning Worship

**6.30 pm** Boughton Malherbe: Evensong

**Sunday 18<sup>th</sup> August**

**9.30am** Lenham: Breakfast Service

**9.30am** Harrietsham: Morning Worship

**9.30am** Boughton Malherbe: Holy Communion

**11.00am** Ulcombe: Morning Worship

**11.00am** Lenham: Holy Communion

**Wednesday 21<sup>st</sup> August**

**11.00am** Chippendayle Lodge

**Sunday 25<sup>th</sup> August**

**8.00am** Lenham: Holy Communion  
(Book of Common Prayer)

**9.30am** Harrietsham: Holy Communion

**9.30am** Boughton Malherbe: An Informal Service

**9.30am** Lenham: Big Breakfast Service

**11.00am** Ulcombe: Holy Communion



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First Aid Support – when ***an ambulance has been called using 999*** - Interim emergency support (first aid and AED defibrillator), prior to arrival of paramedics / ambulance, may be available (not 24/7) by calling Chris Wheal on 01622 858100 -this is a voluntary 'good Samaritan' facility for residents. It is hoped a SECAMB (ambulance) community first responder scheme may start in future

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Maidstone & Pembury Hospitals	<b>0845 155 1000</b>
William Harvey Hospital	<b>01233 633331</b>
Headcorn Surgery	<b>01622 890294</b>
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### KCC Community Wardens:

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General Enquiries	01622 692121
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## Answers to the Quiz and Missing Word Puzzle

	Word 1	Word 2	Word 3	Answer
1	Season	Class	Trap	Tourist
2	Studio	Cap	Tyre	Flat
3	Checker	Magic	Bound	Spell
4	Estimate	Pull	Shadow	Over
5	Opinion	Thought	Split	Second
6	Foreign	Strong	Barrier	Language
7	Stream	Water	Land	Main
8	Wrapping	Weight	Touch	Paper
9	Mirror	Body	Self	Image
10	Stepping	Corner	Age	Stone
11	Hopping	Traffic	Desert	Island
12	Family	Spin	Witch	Doctor
13	Medical	Meeting	Filling	Cabinet
14	Bitter	Sole	Squash	Lemon
15	Coat	Cliff	On	Hanger
16	Exchange	First	Birth	Rate

	<b>Find the missing word?</b>
1	Rosie O'Donnell, Comedian
2	Hugh Laurie, Former comic partner of Stephen Fry
3	Bakewell Tart, Pastry case lined with Raspberry Jam & Almond Sponge
4	Al Martino, Singer of Spanish Eyes
5	Holly Willoughby, This Morning presenter with Phillip Schofield
6	Return of the Jedi, A Star Wars Episode
7	Joe Root, England Cricketer
8	Gunpowder Plot, Plan to blow up Parliament in 1605
9	Blazing Saddles, 1974 comedy western
10	Educating Rita, Comedy drama 1983

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