Something old, new, borrowed and blue!

Next July year the youngest and last of our three children will be getting married – in Church. I look forward to presiding over their service; as I did for his older siblings. People love a wedding. Just look at the media fuss over minor royal weddings let alone the Sussex' one in 2018. We have seen many changes in Church marriages since I was ordained thirty-three years ago.

Even a quarter of a century ago most marriages were in Church. The were held in (frequently rest unattractive) Registry Offices. Despite the fact most 'Royals' have traditional language services ('something old') weddings most Church contemporary language. In my ministry I've never 'done' a traditional language one. Other than language weddings style and content also used to be quite traditional. Over two decades there's been dramatic change.

Foremost among the changes ('something new') is the option of many more attractive wedding venues for civil ceremony marriages. This was a good move for couples who have little or no faith. It saw a significant dip in Church weddings but at least those who come want a Church service. Also new and helpful was the 2008 law which widened the criteria for getting married in Church. This too was a good move and saw a slight increase again in wedding services. Though somewhat restrictive it enabled people to get married in Churches where they have a close personal or family connections.

The most *dramatic* change is in music. The traditional Bridal Chorus (in) and Wedding March (out) are frequently replaced by pop C.D.s or classical pieces. This is true too at the registration. That's OK, none of these are technically part of the **service**.

Most schools haven't sung hymns for a *very* long time and, as children no longer attend Sunday school, couples today have no knowledge in choosing wedding hymns - which are not obligatory. The odd 'modern-ish' songs recalled from school are used but some weddings have NO singing at all.

Church law allows 'borrowing' from other Christian traditions when a marriage is 'mixed'. Requests to replace Holy Scripture with poetry or readings from some 'meaningful' book however are met with a 'no' and 'yes'. Scripture can't be replaced but, at the registration, after the service, other things may be read. Marriage services, in the end, are an act of worship not a personal wish list event. We do try to blend old, new and borrowed - but not at the expense of the integrity of Christian worship.

So, it has got a little awkward in some ways; but we always do our very best to make it a truly memorable service and start to *Holy* Matrimony.

Fr James

P.S. 'Something blue'? We'll leave that your imaginationand the best man's speech!

The Bridge

Monthly Magazine of the Parish of Higham (Ss. John & Mary) with Merston

WORSHIP AT S.JOHN'S PARISH CHURCH

EVERY	Morning Prayer	(said) 8.45 am	
SUNDAY	PARISH MASS	(sung)	9.30 am

with Junior Church & Very Junior Church

Evening Prayer (said) 6.00 pm

HOLY DAYS OF OBLIGATION: Said Mass 9.30 am & Solemn Mass 7.30 pm Solemn Evening Prayer & Benediction on Sundays - as announced.

Monday 6.30 pm DAILY MORNING PRAYER

THE Tuesday 7.30 pm Each day at 9 am

DAILY Wednesday 9.30 am * * * * * * * *

MASS Thursday 7.30 pm DAILY EVENING PRAYER

TIMES Friday 9.30 am Each day at 6 pm
Saturday 9.30 am (except Tue. & Thur. at 7 pm)

PLEASE NOTE: FATHER JAMES IS NOT NORMALLY AVAILABLE ON THURSDAY

Marriages, Banns of Marriage, Baptism, Confirmation and other general enquiries:

Father James is usually available, in Church, for initial enquiries about these on

TUESDAYS 8.15 pm and SATURDAYS 10.30 am

It is always advisable to telephone and make an appointment in each case.

The Sacrament of Reconciliation (Confession and absolution) is available on Fridays at 6.30 pm or by appointment with Fr. James

Information/requests relating to funerals, ministry to the sick and dying, Holy Communion at home or in hospital should be given to Father James.



<u>In an emergency</u> please contact him at any time or, if he is not available, one of the Churchwardens (details below).

HON ASST PRIEST FATHER PETER BOLTON 17 HERMITAGE ROAD, HIGHAM TEL: 01474 822726

THE Mrs Teresa Joblin Hill Cottage Telegraph Hill, Higham Tel: 01474-823186
CHURCHWARDENS Mrs Helen Walker 11 S. John's Road, Higham * Tel: 01474-396569
CHURCH HALL BOOKINGS Mrs Liz Croker, 81 Oak Drive, Higham Tel: 07811 028803

^{*} Evening calls only on these numbers please

July 2019 at S.John's, Righam Calendar and Mass Intentions

MASS	-	SUNDAYS: WEEKDAYS:	Mon.	6.30pm; Tu. & Th., 7.30pm;
TIMES)		Sung Mass 9.30am	Wed, Fri. & Sat. 9.30am	
DAY	DATE	CELEBRATION		INTENTION
Mon	1st	Feria Ord. Week 13		New converts /disciples
Tue	2nd	Feria		All seafarers
Wed	3rd	S.Thomas the Apostle	(f)	Churches of India
Th.	4th	Feria		The sick & disabled
Fri	5th	S.Anthony Zaccaria Priest	(m)	Single clergy
Sat	6th	Feria		Sacrament of Marriage
SUN	7th	14th Ordinary Sunday	(+)	THE PARISH
Mon	8th	Feria Ord. Week 14		Chronically/dangerously ill
Tue	9th	The Martyrs of China	(m)	The Chinese Churches
Wed	10th	Feria		The bereaved
Th.	11th	S.Benedict Abbot	(f)	Church in Western Europe
Fri	12th	Feria		Ministry to Social outcasts
Sat	13th	Feria OF OUR LADY	(v)	Shrine of O. L. Walsingham
SUN	14th	15th Ordinary Sunday	(+)	THE PARISH
Mon	15th	S.Bonaventure Bishop, Teacher	(m)	Parish Council meeting
Tue	16th	Our Lady of Mount Carmel	(m)	The P.C.C.
Wed	17th	Feria Ord. Week 15		Christian teachers/schools
Th.	18th	Feria Monthly requiem	(v)	+ RIPs & July anniversaries
Fri	19th	Feria		Soc. of the Holy Cross
Sat	20th	Feria		The persecuted Church
SUN	21st	16th Ordinary Sunday	(+)	THE PARISH
Mon	22nd	S.Mary Magdalen	(f)	All who seek Christ Jesus
Tue	23RD	S.Bridget of Sweden; Abbess	(f)	Church in Northern Europe
Wed	24th	S.Sharbel Makhluf priest	(m)	Middle-Eastern Churches
Th.	25th	S.James the Apostle	(f)	Pilgrimage Centres
Fri	26th	Ss. Joachim & Anne	(m)	Christian Grandparents
Sat	27th	Feria Ord. Wk 16 elected 26.7.	10	The Bishop of Rochester
SUN	28тн	17th Ordinary Sunday	(+)	THE PARISH
Mon	29th	S.Martha of Bethany	(m)	SSM Sisters at Walsingham
Tue	30th	Feria Ord. Week 17		Diocesan Evangelists
Wed	31st	S.Ignatius Loyola priest	(m)	Retreat Conductors/centres

KEY: (+) Holy Day of Obligation; (S) Solemnity; (f) Feast; (m) Memoria (v) votive mass

THE JULY REQUIEM

is on Thursday 18th July 2019 at 7.30pm

The recently departed (and those named below) will be prayed for at this Mass. Those named below are remembered on the Sunday before <u>and</u> the actual date itself.

1^{st}	Ivy <u>Joan</u> Miles		Derek Albert Clark
	Sheena Wilkie Dallas	19 th	Malcolm David Ivory
	Alan William Michael Taylor	20^{th}	Peter Anthony Hilton Kelly
3^{rd}	Annie Morphew		Caroline Way Quigley
4^{th}	David Ian Gillingham	21^{st}	Yopé Clarke
7^{th}	Olive Beard		Sr Catherine O.H.P.
9 th	Susan Linda O'Grady		Nellie Mathilda Dodd
11^{th}	Nicholas Austen child	23^{rd}	Frederick George Holt
	Ronald Alfred Cole	24^{th}	Eileen Renwick
	Robert Runcie BISHOP		Shirley Margaret Blake
12^{th}	Dennis Roy Clarke		Denis John Charles Gilchrist
13^{th}	Benjamin Thomas Rogers	25^{th}	Frederick John Still
15^{th}	Peggy Eileen Peters	26^{th}	Kathleen Mary Stevens
16^{th}	Geoffrey Earl Raven PRIEST *		Freda Stanley
	William Henry Wenham	28^{th}	David Sherwen
17^{th}	Edward William Mahy	30^{th}	GladysShipman
	Beatrice Margaret Baker		Frank Oliver Randall
	Mavis Winifred Reason		John Leslie Austen

PLEASE NOTE: Except for previous Incumbents* of this Parish (and where it is known that people attend this mass to pray for someone) the names of those deceased more than 20 years have been removed from the list. However should someone attend this requiem mass AND request the inclusion of other names these will be included in the list of those for whom we pray.

Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.

~ DAILY BIBLE READINGS ~

ONLY A FEW MINUTES EACH DAY and following the readings used at the Daily Mass in Church - even if you can't be there. Choose one or both readings.

There are three readings assigned for Sundays and special holy days.

M Genesis 18.16-33 Matthew 8.18-22 T Genesis 19.15-29 Matthew 8.23-27	F Exodus 11.10-12.14 Matthew 12.1-8 S Exodus 12.37-42 Matthew 12.14-21
W S.THOMAS THE APOSTLE JULY 3RD	
Ephesians 2.19-22 John 20.24-29	SUNDAY - WEEK 16 JULY 21ST
Th Genesis 22.1-19 Matthew 9.1-8	Genesis 18.1-10 Colossians 1.24-28
F Genesis 23.1-4,19	Luke 10.38-42
& 24.1-8,62-67 Matthew 9.9-13	M S.MARY MAGDALEN July 22ND
S Genesis 27.1-5,15-29 Matt. 9.14-17	either Song of Songs 3.1-4
SUNDAY – WEEK 14 JULY 7TH	or 2 Corinthians 5.14-17
~ · · · · · · · · · · · · · · · · · · ·	with John 20.1-2,11-18
Isaiah 66.10-14 Galatians 6.14-18	T S.Bridget of Sweden July 23rd
Luke 10.1-12. 17-20	Galatians 2.19-20 John 15.1-8
M Genesis 28.10-22 Matt. 9.18-26	W Exodus16.1-5,9-15 Matthew 13.1-9
T Genesis 32.23-33 Matt. 9.32-38	Th S.JAMES THE APOSTLE JULY 25TH
W Genesis 41.55-57;	2 Corinthians 4.7-15 Matt. 20.20-28
& 42.5-7,17-24 Matthew 10.1-7	F Ss Joachim and Anne July 26th
Th S.BENEDICT of Monte Cassino JULY 11TH	* Ecclesiast <u>icus</u> 44.1,10-15 Matt. 13.16-17
Proverbs 2.1-9 Matthew 19.27-29	* Only found in bibles with apocrypha S Exodus 24.3-8 Matthew 13.24-30
F Genesis 46.1-7,28-30 Matt. 10.16-23	S Exodus 24.5-8 Matthew 15.24-30
S Genesis 49.29-33;	CHADAY WEEV 17 HILV 10mm
& 50.15-26 Matthew 10.24-33	SUNDAY - WEEK 17 JULY 28TH
	Genesis 18.20-32 Colossians 2.12-14
SUNDAY - WEEK 15 JULY 14TH	Luke 11.1-13
Deuteronomy 30.10-14 Colossians 1.15-20	M S.Martha July 29th
Luke 10.25-37	1 John 4.7-16 with
M Exodus1.8-14,22 Matthew 10.34-11.1	John 11.19-27 <i>or</i> Luke 10.38-42
T Exodus 2.1-15 Matthew 11.20-24	T Exodus 33.7-11;
W Exodus 3.1-6,9-12 Matthew 11.25-27	& 34.5-9,28 Matthew 13.36-43
Th Exodus 3.13-20 Matthew 11.28-30	W Exodus 34.29-35 Matthew 13.44-46

End by using the Sunday Bulletin 'Collect' or this 'Prayer after Reading Scripture' Lord God, we thank you for the gift of your holy word. May it be a lantern to our feet, a light to our paths, and a strength in our lives. Take us and use us to love and serve others in the power of the Holy Spirit, and in the name of your Son, Jesus Christ our Lord. Amen.

HIARA MAY REPORT

HiARA members welcomed Carla from Winterdale Cheese makers based in Stansted, nr Meopham, who took us through the family farming history and how the farm changed to cheese making, when they were only getting 1p per pint of milk from the wholesalers.

Using milk from the herd of Friesian cows, the milk is in the cheese vats in 20 minutes, and, three days later, after being pressed, is wrapped in muslin and sent to the cool caves under Kent's North Downs and left to mature for 10 months.

Winterdale Cheeses have won Gold, Silver and Bronze medals for their variety of cheeses. Carla emphasized that cheese should be taken out of the refrigerator at least ½ hour before eating. Winterdale Cheesemakers are installing a ground heat water pump to ensure they will be completely zero energy free.

All our other activities, (weekly and monthly) continue to be well supported along with several very talented members bringing the results of their work along for sale. We have several new members who seem to be enjoying their time with us, so I hope they will enjoy our next meeting on June 28th, which is a "social" afternoon with musical entertainment, with members bringing their own drinks and nibbles.

Pat Oakeshott
HiARA publicity

A Garden Mystery

A garden is a mystery
It makes me question 'why?'
The plants I nurture with such care
Just shrivel up and die?
While seeds that I don't know about
All vigorously thrive
And grow like fabled beanstalks
From cracks within my drive!

Source: Parish Pump, Nigel Beeton



The Kettle's on, the tea brewed, all we need is **YOU.**



First Saturday
of the Month
10.30-12.30
In the Vestry Hall

Next date Saturday 6th July

Not churchy, just chatty!
Open to all

Lonely? Isolated? Know someone who is? This community event provides a friendly welcoming space to meet new people.





"The priest prays with hands extended"

These words are taken from the "rubrics" of the Mass (the instructions given to the priest and other ministers on how to perform liturgical actions correctly). It is also to be found in the rubrics for other liturgical actions

The posture – sometimes called the "Orans Posture" – is in fact a very ancient posture for prayer and can be seen in images of ancient religions that pre-date Christianity. It can be found in places in the Old Testament for example (such as when Moses prays while Joshua does battle, and when Aaron must hold up his arms). It is an outward sign of supplication. The word orans comes from Medieval Latin and can be translated as, "One who is praying or pleading".

We Brits don't tend to use our hands much when we talk but we can nevertheless imagine us holding out our arms in front of us as we say, "I beg of you" when we ask someone for help. Turn that reach towards heaven and we have the Orans position. However, in the Christian tradition the 'extended hands' takes on an even deeper significance. The priest praying with hands extended reminds of Our Great High Priest praying that most perfect prayer to His Father when He offered Himself on the Cross. The priest – especially at the Mass – stands as the icon of the one High Priest.

Interestingly, in the Ambrosian Rite (an ancient rite that differs slightly from the Roman Rite) the priest stands in an explicitly cruciform posture at particular points of the Mass. This makes the "priestly" nature of the posture even more explicit.

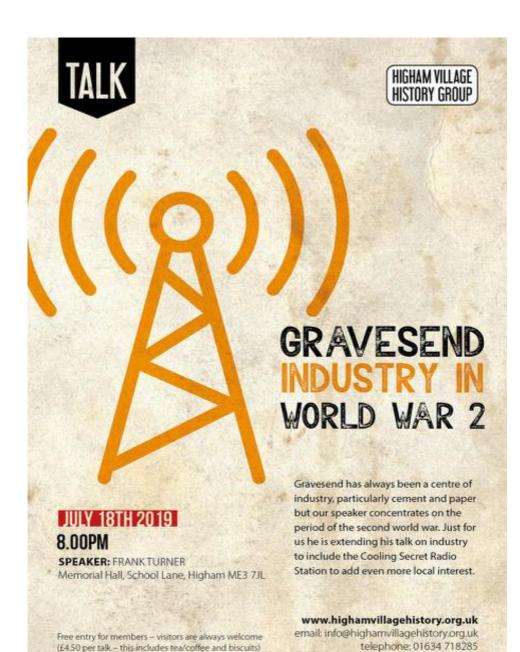
So, the priest, unlike other ministers such as the Deacon or Acolytes, stands and prays not only on his own behalf but on behalf of the whole community gathered around him. He stands for Jesus himself within that community. The other ministers assist the priest and the rubrics do not allow such ministers to stand with hands extended. They, and the rest of the congregation, pray with hands joined together pointing to heaven.

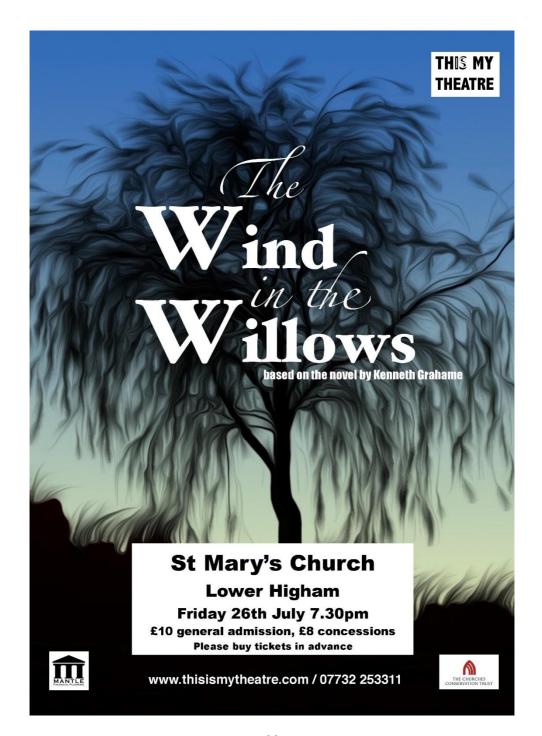
Concelebrating priests also pray at crucial moments of the Mass with hands extended because each concelebrating priest offers that one sacrifice as priest; not only on his own behalf but on behalf of all the faithful.

It has become fashionable for lay people to use the Orans posture (or something similar) for praying the Lord's Prayer. It is something that has come to us, I believe, from the charismatic movement. I can see why people do it: there is a sense that as we say, "Our Father" we are, each of us praying for ourselves and for each other. But my own view is that it should be discouraged. If all (or worse, if only some) adopt the hands extended posture, the distinction between priest and people is lost and the particularity of each vocation is lost too

God bless you all,

Fr Peter





HIGHAM CHORAL GROUP SUMMER CONCERT

'As long as I have music'

The Higham Choral Group performs songs from stage and screen and choral favourites both sacred and secular

St. John the Baptist Church, Meopham
7.30pm
Saturday 6th July

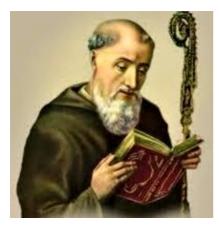
Admission £8 - Pay at the door

Refreshments available

For further information phone 01634 718285 or email kateiw@tiscali.co.uk www.highamchoral.org.uk



ST BENEDICT

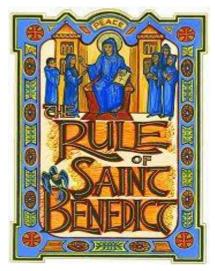


A young theological student in Rome, about 500 AD, was appalled at the behaviour of many of his fellow students. They were more intent on carousing, drinking and fighting than the pursuit of their studies. The whole city was for the young Benedict fell short of what he had expected when he came to Rome to study. Rome was the resting place of the Apostles St Peter and St Paul. It was the centre of Western Christianity but

it made him very unhappy. "The world is too noisy a place" he said. In due course he left the city and sought solitude in the quiet empty wooded hills south of Rome. He aimed to live in simplicity, study and pray looking after himself. Other young men followed him and wanted to join him. He didn't welcome this at first but gradually felt that God intended him to look after them and live in communion with them. He organised his followers into groups of thirteen. One, the leader, took the place of Christ, the others were the twelve apostles around them. The leader, the abbot, was elected by the others. They lived in caves and huts but soon had to settle in more permanent buildings. They always sought quiet remote places away from towns and population. The monastic life existed before St Benedict but he adapted it as part of the Western Church. To strengthen his followers and to guide them in their community life he composed the "Rule" which covered the whole life of the individual monk and his community. A parallel movement for women was established for women under the guidance of Benedict and Scholastica, his spiritual sister. The Rule starts by saying that it is a 'school' for growth in the Christian faith. St Benedict was clear that it steered a moderate path between extreme ascetism and an easy comfortable way of life. It also balanced prayer, study and manual work. He saw them as part of a whole daily round. Prayer was work and manual work was a form of prayer. At one point in the day the monk might be at prayer in the

church, at another praying in his cell and at another working in the field or the laundry. Individual monks owned nothing. The community provided everything. Monks had to renounce all ideas of marriage and embrace celibacy. They had to be completely obedient to the abbot. In fulfilling these three precepts, poverty,

chastity and obedience, they would find great inner peace of mind and be free from intrigue and worldly worries. St Benedict was not unaware that disagreements or personal squabbles might arise among individuals. He stresses in the rule the need for charity above all things and obedience to each other within the monastic family. The monks were to look after each like brothers. Guests were to be welcomed. Communities had schools to educate boys and to encourage them to consider the monastic life.



St Benedict's Order grew rapidly after him. Communities became much larger than the original thirteen. The buildings were permanent and reflected the increasing 'power' of the Order. It spread into every Christian country. The schools educated the future leaders of society. The libraries were important centres of learning on many subjects. The 'Scriptoria' ensured that literacy flourished. Many monks were trained as scribes both in copying existing documents and in preparing new ones. One of the early Benedictine monks was Pope Gregory (d.604) who sent monks led by St Augustine on the mission to the Anglo-Saxons. The English Church was strongly established in the Benedictine tradition.

In due course the Holy Roman Emperor, Charlemagne, entrusted all learning and monastic life to the Benedictines. The Order's power and influence became enormous and influential in the formation of Western society and culture. As time ensued many felt that power

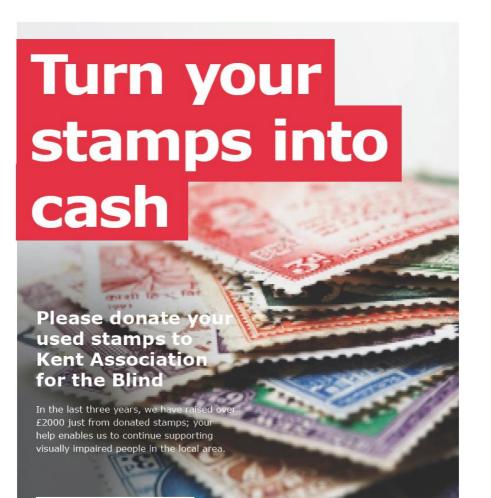
and wealth had overshadowed St Benedict's original vision and reform movements (e.g. the Cistercians) arose, especially in this country. In the later medieval period many people felt that this was only way, the way of worldly renunciation, to live the Christian life. Kings wanted to die as monks. Queens 'took the veil'. (King Stephen and Queen Mary dedicated their youngest daughter, Mary, to the 'religious life'. She was the first prioress of Higham).

All the communities in this country were closed at the Dissolution (1536 -38). This was an immense loss to the spiritual life of the nation. Some of the monastic schools continued as King's schools, as at Canterbury and Rochester. Since then various communities of Benedictines have been established in the Church of England but hardly exist at the moment. In this ultra-worldly age the monastic life does not appeal to young people but let us pray that in due course there will be a revival.

However, the ideas and 'Rule' of St Benedict still speak to us all. The world is very noisy, loud and brash. We all need to find silence and quietude in our practice of the presence of God. We all need to follow the 'balanced' life, benefitting from a spiritual discipline that is neither too hard nor too easy. We need to be moderate in our habits and approach to material goods. Prayer is a vital part of life. Work, including manual labour, is dignified and as important as prayer. All is offered to God as part of a regulated life. Charity towards each other, especially in the face of the difficulties of living in close proximity to each other in families, communities and neighbourhoods.

Because of the influence of the Benedictine Order in the Christian and cultural growth of Western Europe St Benedict has been declared a co-patron of Europe, particularly Western Europe (other co-patrons are St Cyril and St Methodius, particularly Eastern Europe). I hope his prayers might help us out of our present European impasse.

St Benedict died in 547 AD. His feast day is 11 July. Fr Andrew



kab.org.uk/support-us

For more information about KAB visit

to live independent lives

Kent Association for the Blind is a registered charity no. 1062354

Please place your used stamps for the Kent Association for the Blind Supporting sight impaired people in the RED box at the rear of St John's Church by the lighting box.



ARE YOU BOOKING A SHORT BREAK OR HOLIDAY IN 2019?

At the end of May 2019 you had raised over £460

Did you know that whenever you buy anything online - from your weekly shop to your annual holiday - you could be raising a free donation for St John's Church - Higham, Kent?

There are nearly 3,000 retailers on board ready to make a donation, including Amazon, John Lewis, Aviva, the



Trainline and Sainsbury's – it doesn't cost you a penny extra!

It's really simple, all you have to do is:

1. Join.

Head to https://www.easyfundraising.org.uk/causes/stjohnschurchhigham/and sign up for free.

2. Shop.

Every time you shop online, go to easyfundraising first, pick the retailer you want and start shopping.

3. Raise.

After you've checked out, that retailer will make a donation to your good cause for no extra cost to you whatsoever!

There are no catches or hidden charges and St John's Church - Higham, Kent will be really grateful for your donations.

Look at the next page to see how much your family could raise for St John's by shopping online for those items that we often buy.

Raise over £200 a year for

St John's Church

by shopping online through easyfundraising

We're fundraising this year for:

Christian work in the community



Shopping list	соѕт	RETAILER	ANNUAL DONATION
Weekly groceries	£53.20 per week	Sainsbury's	50p x 52 = £26
Family summer holiday	£1,310	€£ippedia.co.uk	7% = £91.70
Fashion	£101.80 per month	Boden	3% x 12 = £36.65
Takeaways	£21.14 per month	hungryhouse	2% x 12 = £5.07
Car insurance	£462	FLAVIVA	£30 x 1 = £30
Home insurance	£230	AA	£30 x 1 = £30
Switching Energy Supplier	Free	Ц	£12 x 1 = £12
			



20 FAMILIES = £4,628

100 FAMILIES = £23,142

Join today and help us make a difference through your every day shopping www.easyfundraising.org.uk



John Lewis Est M&S ebay JUST EAT Stepeda.could











Thank you for your support.

Liz Croker EasyFundraising Administrator

THE ABSENT-MINDED WILLIAM SPOONER

William Archibald Spooner, university lecturer, dean and priest, was born 175 years ago, on 22nd July 1844, in London. Known for his absentmindedness, he sometimes mixed up the syllables of words, to comic effect. These are now known as spoonerisms.

Spooner was an albino and suffered from defective eyesight. He studied at New College, Oxford, and then lectured there for 60 years in history, philosophy and divinity. He was well liked and respected, kind and hospitable. He was also highly intelligent, and it was suggested that his mind was occasionally too quick for his lips to follow – resulting in the unintended plays on words that made him famous.

Many of those attributed to him are undoubtedly apocryphal, but it is fairly certain that in 1879 he gave out from the pulpit the first line of a hymn as "Kinkering Kongs their titles take". He is said to have disliked the reputation he gained for getting his words muddled, but at the same time he is believed on occasion to have made the "errors" deliberately.

According to Roy Harrod, Spooner exceeded all the heads of colleges at Cambridge or Oxford that he had known in "scholarship, devotion to duty and wisdom". He died in 1930.

Too grand a piano

The story is told how after the concert hall at Broadcasting House was built there was doubt whether the door would admit a concert grand. "Try it," said somebody. But the musical director objected on the ground that if his beautiful Bechstein got stuck it would be damaged. So they instructed the carpenter to take measurements and make an exact replica in plywood. This was done, and then they found they couldn't get the model out of the carpenter's shop. (from Alexander Donald)

Sky fright

An airliner flew into a violent thunderstorm and was soon bumping around in the sky. One very nervous lady happened to be sitting next to a clergyman and turned to him for comfort. "Can't you do something?" she demanded forcefully. "I'm sorry ma'am," said the minister gently. "I'm in sales, not management."

Source: Parish Pump



July 2019 Donation Guide

PLEASE NOTE: FOR THE MONTH OF JUNE THE FOODBANK HAVE SPECIALLY REQUESTED THAT WE GIVE PRIORITY TO THE HIGHLIGHTED ITEMS BELOW.

- √ Smash (instant mash)
- √ Tinned meat products ham, corned beef,
- √ Tinned macaroni cheese
- ✓ Custard
- ✓ Instant packets of cous cous
- ✓ Tinned fish
- ✓ Rice
- √ No fridge/UHT milk
- ✓ Instant noodles
- √ Shampoo

Iso required:

- · Household cleaners, washing up liquid, spray polish
- Deodorants, toothpaste, toothbrushes, bars of soap, shower gels
- Ladies personal toiletries, toilet rolls
- Nappies size 4 & 5
- Shower gels
- Laundry tablets
- All types of tinned vegetables incl. Tinned potatoes Tinned spaghetti
- Packet soup
- Vegetarian foods
- Coffee, tea, hot chocolate, sugar.
- Jars of pasta sauce
- · Cereals, cereal bars, sweet & chocolate biscuits
- Tinned rice pudding, tinned fruit, sponge puddings, Shaving foam/gel
- Body spray
- Squash/ fruit juices
- Marmite, Jam/peanut butter

THE COLLECTION BOX WILL CONTINUE TO BE IN ST JOHN'S CHURCH DURING THE LAST WEEKEND OF JULY FROM FRIDAY TO MONDAY

Thank You very much for your support

Gravesham Foodbank hosted by RCCG Life Start
Connections & supported by Gravesham Churches Together
Registered charity number 1135341 Registered in England & Wales
eshamfoodbank@gmail.com www.gravesham.foodbank.org.uk



NORTH KENT EMBROIDERERS' GUILD

There is a Chinese legend which tells of the origin of Silk. In the 27th century BC, a silkworm's cocoon fell into the teacup of the empress Leizu, the young wife of the Yellow Emperor. As she lifted out the cocoon it began to unravel in one very long continuous thread, and she was enthralled by the softness and beauty of it. She found that by wrapping several threads together, she could make a strong thread that could be woven. The Empress is credited with inventing the first loom and starting the production of silk. It is said that silk was more prized than gold or Jade and fortunes were made along the silk road.



Whatever the truth of how silk really came into our lives, it has certainly added some beauty to it. When we met Ellita Fell (www.mouseline.co.uk) at our last meeting, we were treated to a gorgeous array of hand painted silk. Ellita explained how she was able to create such beautiful designs by using stencils and wax and by adding colour. She makes original and bespoke designs, that are amazing. The

talk was entertaining as well as

educational and was enjoyed by all.

We often have guest speakers, who talk about their experiences with all things creative. They show us how they became obsessed with their craft and give us an insight into a world we can only wonder at and sometimes wish to emulate. What starts off as an interest can become a hobby and sometimes a



fulltime career. Most, if not all of the members in our guild, started off in a small way, gaining in confidence as experience took us further into our chosen craft, and along with the help and support of fellow members we reach our goals in the end.

If you would like to join us and be a part of our stitching adventure, you can find all the information you need on our web age... www.northkentembroiderers.co.uk or come along to a meeting where you will receive a warm welcome, a cup of tea and slice of homemade cake.

We meet at Gravesend Library on the third Saturday of each month except August where we will be happy to meet you.

Happy Stitching

Antoinette

(all links and photographs used with permission)

GRAVESHAM HISTORICAL SOCIETY FOOTPATHS COMMITTEE

Events in July and August

Monday 1st July: Circular evening walk to Shorne and Claylane

Woods. Leader; Peter Willis - 01474 534889

Meet: 7 pm on junction of Thong Lane, Vigilant Way, DA12 4AA

Sunday 28th July: Circular walk Cobham to Henley Street

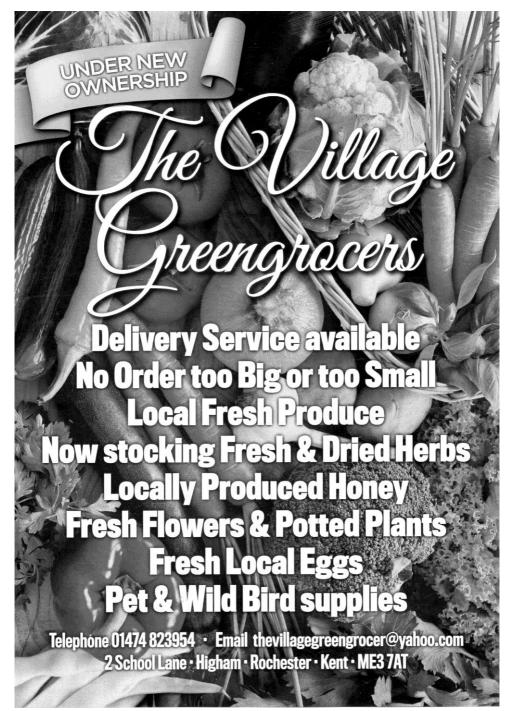
Leader: Jenny Ellert – 01474 361977

Meet 2.30 pm at Cobham church, The Street, Cobham, DA12 3AY

Sunday 25th August: Circular walk around Higham

Leader@ Anne Waugh 07969 055243

Meet: 2.30 pm Mill Barn, Hermitage Road, Higham, Me3 7 ND



VILLAGE DIARY JULY 2019

3 rd 4 th 5 th	Brownies and Rainbows- Memorial Hall - 5.30pm W.I. meeting - Memorial Hall 7.30pm HiARA Activities- Memorial Hall - 1.30-4pm Beavers - Memorial Hall - 5.30pm
6 th	Coffee & Conversation - Vestry Hall 10.30 -12.30pm Higham Choral Group Concert, Meopham 7.30pm
10 th	Brownies and Rainbows- Memorial Hall - 5.30pm
12 th	HiARA Activities - Memorial Hall - 1.30-4pm
	Beavers - Memorial Hall - 5.30pm
15 th	Higham Parish Council - Memorial Hall 7.30pm
17 th	Brownies and Rainbows- Memorial Hall - 5.30pm
18 th	July 'Requiem' Intention at 7.30pm
	Higham Village History Group - Memorial Hall - 8pm
	Speaker: Frank Turner Subject: Gravesend Industry
	in WW2
19 th	HiARA Activities - Memorial Hall - 1.30 -4pm
	Beavers - Memorial Hall - 5.30pm
26 th	HiARA Monthly Meeting - Memorial Hall
	4 th 5 th 6 th 10 th 12 th 15 th 17 th 18 th

CHURCH DRAW RESULTS JUNE 2019

£50 114 Mrs Hurrell £10 040 Mrs Simmonds

NEXT DRAW 29TH JULY