

GIVING UP FOR LENT

It is easy to forget (or to ignore) the fact that “Pancake Day” and the eating of pancakes on Shrove Tuesday came about as a way of making sure that all the eggs and fat had been eaten up before the Lenten fast. In stricter times than our own Lent meant abstinence from meat, dairy and oil. Indeed, Eastern Orthodox Christians still observe that sort of Lenten discipline and make us Western Christians look quite feeble by comparison.

Today in the West we are encouraged to decide for ourselves what our Lenten discipline should be but we should be aware of spiritual traps that we might easily fall into in making that decision. It would be a good idea to think about these possible traps before we decide what we are going to “do” for Lent.

The first danger is making our discipline all about ourselves and what we want. Going on a diet is going on a diet and has nothing at all to do with Lent. Dieting is about making us feel good about ourselves; it is something we do for ourselves and we mustn’t pretend that we are doing it for God. Dieting is undoubtedly good if one is overweight, but it is not what Lent is for.

The second danger is choosing a discipline that is simply impossible or too hard to achieve. Of course, we want to please God, but we must be realistic. The danger of choosing something that is too hard is that we give up after a couple of weeks and get to Easter having achieved nothing except to gain a sense of failure and sinfulness. So when you are thinking about your Lenten discipline be certain that you will be able to sustain the discipline for the whole six weeks. Be humble in your estimation of yourself and realistic about the practical realities.

The third danger is just not bothering. Because we choose our discipline for ourselves rather than doing what everyone else is doing, it is very easy just not to bother at all and the shops are filled with chocolate temptations! But that would be a terrible missed opportunity. Our Lenten discipline is all about drawing closer to Jesus in his Passion and Death so that we might experience His Resurrection. If Lent passes us by unobserved, Easter will also be meaningless.

The fourth danger is spiritual pride. Don't show off about what you are doing!

So, having looked at four dangers, perhaps I might offer four positive tips in helping you to decide what you could do for Lent:

Remember that the aim is to draw you closer to Jesus in his self-giving love. If you think about this before anything your decision about what you should do will be a good one.

Think of the needs of others. How can my "giving up" help others who are suffering. It is a very good thing to combine the discipline of abstinence with acts of charity. So, for example, you might decide to give up one meal on a Friday each week in Lent and give the money to a charity that cares for those who live in poverty. If you give something up for Lent, then others, not you, should benefit from what you might save financially.

Discuss your decision with your spiritual guide (perhaps one of the priests in the parish). It needn't be a long conversation, but it is helpful to check with someone else that your discipline is realistic and honest. And, of course, saying it out loud makes it much harder to escape: if we have told someone that we will refrain from chocolate for Lent then eating chocolate will be more difficult!

It maybe, of course, that you might want to take something on in Lent rather than (or as well as) giving something up. Lent is a good opportunity to breathe new life into your prayer life. How about starting that daily bible reading that you always meant to do?

And finally! Don't forget the Sacrament of Penance (Confession). It is a VERY good idea to start Lent (Shrove Tuesday) and end Lent by making a good Confession and receiving the forgiveness that God gives so freely. And Confession is always there if you find that mid-Lent your discipline has gone astray. Just ask one of the priests.

May God bless you and your Lenten Observance.

Fr Peter

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
	<i>with Junior Church & Very Junior Church</i>		
	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)

<u>PARISH</u>	The Rev'd. Canon James F. Southward	The Vicarage, Hermitage Rd.
<u>PRIEST</u>	Telephone 01634-717360	Higham, Kent, ME3 7NE.
	Email saintjohn.higham@yahoo.co.uk	* * * * *

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.



In an emergency 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 MANAGER	Mrs Julie Healey -	* Tel: 01474-822008

* Evening calls only on these numbers please

March 2019 at S. John's, Higham

Calendar and Mass Intentions

MASS) SUNDAYS: Sung Mass 9.30am; Said Mass at 6.30pm [in Lent only]
 TIMES) WEEKDAYS: Mon. 6.30pm; Tu. & Th., 7.30pm; Wed, Fri. & Sat. 9.30am
 EXCEPTIONAL TIMES - SEE MARCH 25TH

DAY	DATE	CELEBRATION	INTENTION
Fri	1st	S. David Patron of Wales, Missionary Bishop (f)	Welsh Christians
Sat	2nd	Feria	The retired
SUN	2ND	8TH ORDINARY SUNDAY	(+) THE PARISH
Mon	3rd	Feria (Wk 8)	'Reluctant' Christians
Tue	4th	Feria Shrove Tue.	Penitents & confessors
WED	6th	ASH 9.30am WEDNESDAY 7.30pm	<i>for</i> Lenten Grace The Parish
Th	7th	Lent Feria ~ Ss. Perpetua & Felicity, Martyrs (c)	The suffering church
Fri	8th	Lent Feria (after Ash Wed.)	Society of the Holy Cross
Sat	9th	Lent Feria (after Ash Wed.)	Social outcasts
SUN	10TH	1ST SUNDAY IN LENT	(+) THE PARISH
Mon	11th	Lent Feria (Wk 1)	The Judiciary
Tue	12th	Lent Feria	Lenten prayer/study groups
Wed	13th	Lent Feria	* Orthodox vocations/ordinands
Th	14th	Lent Feria	The Diocese
Fri	15th	Lent Feria	* The hungry & needy
Sat	16th	Lent Feria <i>monthly mass 'for the departed'</i>	* +RIPs & anniversaries
SUN	17TH	2ND SUNDAY IN LENT	(+) THE PARISH
Mon	18th	Lent Feria ~ S. Cyril Bishop, Teacher (c)	Catechumens & Confirmands
Tue	19TH	S. JOSEPH Spouse of Our Lady	(S) Step-/Foster families
Wed	20th	Lent Feria (Wk 2)	Religious Orders
Th	21st	Lent Feria	Unrepentant Christians
Fri	22nd	Lent Feria	The unemployed
Sat	23rd	Lent Feria~ S. Turibius Bishop, Missionary (c)	Victims of Exploitation
SUN	24TH	3RD SUNDAY IN LENT	(+) THE PARISH
Mon	25TH	THE ANNUNCIATION 9.30am OF THE LORD 6.30pm	(S) The Unborn Marian Societies
Tue	26th	Lent Feria (Wk 3)	The unforgiving
Wed	27th	Lent Feria	Christian educators
Th	28th	Lent Feria	The Congregational Chapel
Fri	29th	Lent Feria	Care organisations
Sat	30th	Lent Feria	The blind/partially sighted
SUN	31ST	4TH SUNDAY IN LENT MOTHERING SUNDAY	(+) THE PARISH

KEY: (+) Holy Day of Obligation; (S) Solemnity; (f) Feast; (m) Memoria; (c) Commemoration

MARCH 'REQUIEM' INTENTION

is on Saturday 16th March 2019 at 9.30am

The recently departed, and those named below will be prayed for at this Requiem.

*Those named below are remembered on the Sunday before
and the actual date itself.*

1st	Anne Thompson	Monica Joan Barrow
	Bryan David Stringer	Winifred Calmels
2nd	William John Smith	15th Stanley Hope Philpot
	Frances Smith	17th Francis Searle <i>PRIEST</i>
	Doris Irene Haselden	19th William Green Boyd <i>PRIEST</i>
	Zachary Benjamin David	21st Michael Peter Beek <i>PRIEST</i> *
	Holman <i>BABY</i>	Sheila Constance Gibbs
3rd	Maureen May Whitehouse	22nd Bruce David Newton
4th	Betty Kernahan	23rd Rachael Emma Loft <i>INFANT</i>
	Edward John Christmas	Ethel Elizabeth Whattler
5th	Marjorie Joan Cornell	Freda May Wren
6th	Elsie Edith Chesterton	24th William Branch
	Albert Frederick Martin	Alice Elizabeth Emily Goldsmith
8th	John William Palmer	25th Henry <u>John</u> Eldridge
9th	John Reginald Harmer <i>BISHOP</i>	Marjorie Isabel Eagle
	Dorothy Isabelle Palmer	27th Arthur Richard Pigden
10th	Christopher Chavasse <i>BISHOP</i>	Stanley Eric Oake
	Elsie Pamela Chilmaid	28th Elsie <u>May</u> Shipman
11th	Sheila Kathleen Haselden	29th Iris Branch
12th	Eileen Agnew	Joyce Lily Parker
13th	Patricia Ann West	30th Tommy Thompson
	Grace Margaret Wardell	

*PLEASE NOTE: The names of those who have been deceased
more than 20 years have been removed (except for * previous Incumbents)*

*They will be remembered IF someone attends this requiem mass
AND requests their inclusion in the prayers.*

** = This priest was a former Vicar of Higham*

SAVE US, SAVIOUR OF THE WORLD,
FOR BY YOUR CROSS AND RESURRECTION
YOU HAVE SET US FREE!

~ DAILY BIBLE READINGS ~

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

There are three readings for Sundays and special holy days.

F S.DAVID *Patron of Wales* **MARCH 1st**
Philippians 3.8-14 Matth. 5.13-19

Eccl'sticus = Ecclesiasticus NOT Ecclesiastes
and is only found in Bibles **with** Apocrapha

S Eccl'sticus 17.1-15 Mark 10.13-16

SUNDAY OF WEEK 8 MARCH 3RD
Eccl'sticus 27.4-7 1 Corinth 15.54-58
Luke 6.39-45

M Eccl'sticus 17.24-29 Mk 10.17-27

T Eccl'sticus 35.1-12 Mk 10.28-31

ASH WEDNESDAY MARCH 6TH
Joel 2.12-18 2 Corinthians 5.20-6.2
Matthew 6.1-6,16-18

Th Deuter. 30.15-20 Luke 9.22-25

F Isaiah 58.1-9 Matt. 9.14-15

S Isaiah 58.9-14 Luke 5.27-32

1ST SUNDAY OF LENT MARCH 10TH
Deuteronomy 26.4-10 Romans 10.8-13
Luke 4.1-13

M Levit. 19.1-2,11-18 Matt. 25.31-46

T^h Isaiah 55.10-11 Matthew 6.7-15

W Jonah 3.1-10 Luke 11.29-32

Th Esther 4.17 Matthew 7.7-12

F Ezekiel 18.21-28 Matt. 5.20-26

S Deut. 26.16-19 Matt. 5.43-48

2ND SUNDAY OF LENT MARCH 17TH
Genesis 15.5-18 Philippians 3.17-4.1
Luke 9.28-36

M Daniel 9.4-10 Luke 6.36-38

T^h S.JOSEPH Spouse of BVM **MCH 19th**
2 Sam 7.4-5,12-16 Romans 4.13-18,22
Matthew 1.16, 18-21,24

W Jeremiah 18.18-20 Matth 20.17-28

Th Jeremiah 17.5-10 Luke 16.19-31

F Gen. 37.3-4,12-28 Matt. 21.33-46

S Mic 7.14,15,18-20 Lk 15.1-3,11-32

3RD SUNDAY OF LENT MARCH 24TH
Exod 31-8,13-15 1 Corinth 10.1-6,10-12
Luke 13.1-9

M THE ANNUNCIATION MCH 25TH
Isaiah 7.10-14, 8.10 Hebrews 10.4-10
Luke 1.26-38

T Daniel 3.25,34-43 Matt. 18.21-35

W Deuteronomy 4.1,5-9 Matt. 5.17-19

Th Jeremiah 7.23-28 Lk 11.14-23

F Hosea 14.2-10 Mark 12.28-34

S Hosea 5.15-6.6 Luke 18.9-14

4TH SUNDAY OF LENT MARCH 31ST
Joshua 5.9-12 2 Corinthians 5.17-21
Luke 15.1-3

End by using the Sunday Bulletin 'Opening Prayer' or this 'Prayer after Reading Scripture'

Almighty 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 everyone in the power of the Holy Spirit,
and in the name of your Son, Jesus Christ our Lord. Amen.

From the Church Registers

HOLY MATRIMONY

Lyam Harry Peter SUTTON
with Amy Louise CALNON
on Friday 2nd November 2018

FUNERALS RITES

At the Crematorium only
Dennis James Charles CAYLEY (91)
on Tuesday 8th January 2019

In S.John's Church
followed by Cremation at Thamesview Crematorium, Chalk, Gravesend.

Betty Pamela WELLER (95)
on Friday 12th October 2018

followed by Burial in S.Mary's Churchyard
Ruby May VIDLER (91)
on Monday 4th February 2019

Memorial Service following Cremation
Guy Warwick BATCHELOR (74)
on Friday 12th October 2018

USE OF ST MARY'S CHURCH AND CHURCHYARD, HIGHAM

You will see elsewhere in this Bridge that a Sunday Evening Service in LENT is being celebrated in S.Mary's Church; and above that a burial took place in the Churchyard. In 1987 the church was declared redundant and the building was vested in the care of the Churches Conservation Trust and is no longer the responsibility of the Church of England in Higham anymore. A few public services are held each year with the Bishop's permission. It is NOT licensed for marriages and, as there is a Parish Church in the centre of the village, no baptisms or funerals take place there either. The Churchyard HOWEVER remains open and in the care of the Parish Church Council so burials of bodies and ashes at S.Mary's can still take place with Christian prayer. There are limitations as to who may be buried/interred there in order to preserve space for the village's Christian residents.

Mentoring

Only 60mins of your time
each week could make a real difference
to the lives of students in Medway.
Could you listen and offer appropriate
support to students?

All training and support provided. For more
information contact:
kayleigh@rainhamchurch.co.uk



We are committed to safeguarding
and promoting the welfare of children
and expect all staff and volunteers
to share this commitment. References
and an enhanced DBS will be required.



*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

Lent lunches
only 6th March
– 13th April

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.



RSCM Rochester

SINGING DAY FOR TEENAGE SOPRANOS

Saturday 16 March 2019: 11.30am—5.30pm
Rochester Cathedral, Boley Hill ME1 1SL

Director: Adrian Bawtree
(Interim Director of Music, Rochester Cathedral)

Girls aged 14-18 singing soprano are invited to attend this one-day workshop on choral technique, which will conclude with a service of Evensong sung with the cathedral girls' choir.

The repertoire list will be circulated in advance so that singers can familiarise themselves with the music, and can use the workshop to focus on technique and good performance.

Those considering entry for RSCM Awards will find the day particularly helpful.

Cost: £5 per Singer*

* Please bring a completed parental consent form for each singer.

*Robes will be worn for the service, so please bring smart black shoes.
Singers will need lunch, or are welcome to visit the crypt café or local coffee shops.*

Please complete and return this form with cheque payment to Sue Moore, 55 Avery Hill Road, New Eltham, London SE9 2BJ or email rscmrochester@outlook.com to confirm number of participants by Friday 8 March.

Name of church _____

Would like to send Soprano singers aged 14-18

I enclose a cheque for £ _____ payable to RSCM Rochester

Name of contact: _____ Telephone _____

Email address: _____



Interested in Local History?
**Want to find out about the history
of your house?**

**Our fantastic collection of photographs, maps and
other items about the village is now stored in
Higham Library**

**Come along to the Library on the First Friday of every
month to take a look, or ask a question
Drop in any time between 11.00am and 1.00pm**

Enquiries: info@highamvillagehistory.org.uk or Phone 01634 718285
www.highamvillagehistory.org.uk

HIGHAM CHORAL GROUP

On a very cold, wet and windy Saturday in December the choral group gave their Christmas concert at St John's Church.

The event was well supported with several traditional carols sung by all and accompanied on the church organ by our guest organist, Graham Feast.

The choral group's programme was sung "A Capella" ie without any accompaniment - Follow That Star (arranged by Gritton), a mixture of 9 well-known Christmas songs, plus piece three pieces of music either written or arranged by our own Fraser Westmorland. These were accompanied by Richard Shackleton, our Musical Director with Fraser conducting. The now regular rendition of his arrangement of this year's John Lewis advertisement music was well-received despite him only having a few days to arrange it and us 3 weeks to rehearse!

The young singing group, Voice Rejoice, joined us and sang "When Christmas comes to town" (The polar express) and "It feels like Christmas" (the Muppets Christmas"). They meet on Thursdays during term time in the Vestry Hall from 5-6 pm. Come along if you are interested in singing and would like to know more.

The concert raised a donation of £329 to St John's Church.

The next concert is being held on Saturday 30th March at St Nicholas Church in Strood – see next page for further information.

The summer concert will be held at St John the Baptist Church, Meopham on Saturday 6th July.

If you would like to join the choral group or find out more the details these are available on our website www.highamchoral.org.uk.

'As long as I have music'

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

St. Nicholas Church, Strood

7.30pm

Saturday 30th March

Admission £5 - Pay at the door

Refreshments available

For further information phone 01634 718285 or email

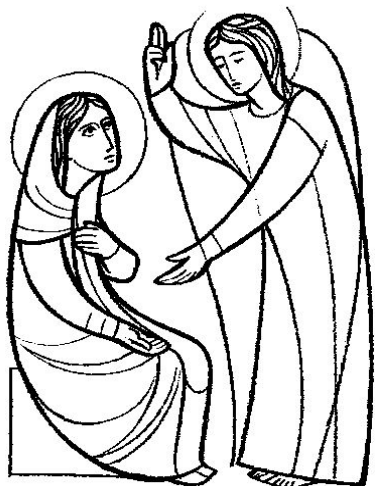
kateiw@tiscali.co.uk

www.highamchoral.org.uk

The Solemnity of
The Annunciation
of Our Lord
Jesus Christ

to the Blessed Virgin

Commonly called 'Lady Day'



Monday 25th March 2019

*This feast celebrates the
beginning of the
Incarnation of Our Lord
and Saviour Jesus Christ.*

*This is a major day
in the calendar of the
Church of England*

**There will be TWO masses:
9.30am and 6.30pm**



SERVICES at
lovely old
S.MARY'S
Church Street, Higham



Candlelit Vespers on
Mothering Sunday
at 5.pm on Sunday
31st March 2019

Depending on availability of the
Church in the summer we aim to a
said Mass on
Saturday 29th June at 11.30am
Mass of The Immaculate Heart

The Dedication Festival of
the Church (and Parish)
Solemn Mass at 10am on
Sunday, 6th October 2019

This will be the last service in the
Church this year until
Mothering Sunday - 22 March 2020



MOVIE MOMENTS

Nick and Carol Pollard from EthosMedia.org share thought-provoking reflections on the latest films.

People in our way?

A Dog's Way Home tells the story of Bella, a beautiful dog who becomes separated from her beloved human family and embarks on an epic 400-mile journey home. For those of us who have despaired at films filled with ear-splitting explosions or salacious storylines, *A Dog's Way Home* will be a breath of fresh air (indeed you can almost feel the fresh air as Bella travels through wonderful scenery beautifully filmed). But this is more than a feel-good movie for dog-lovers, as it illustrates important lessons for our own journey through life.



Though Bella is ceaselessly focused on her goal, yet she still stops to provide comfort and support to those she meets along the way. And, although her love for others is unconditional, the help she provides subsequently leads to assistance for herself in her own time of need. Sometimes this is reciprocated directly, as with the orphaned baby cougar whom she adopts and feeds. At other times the benefit is tangential, as with the man she digs out of an avalanche. But, in each case, her gift of love is selfless and the benefit is serendipitous.



Written by the animal-loving husband and wife team Bruce Cameron and Cathryn Michon, this film does not claim to be a true story, but the underlying principles certainly are true-to-life. And it might cause us to reflect upon how we, as humans, treat others. When we are resolutely focused on a goal, how should we respond to the needs of those we meet along the way? Might apparent distractions turn out to be blessings in disguise?

ETHOS MEDIA.org

EthosMedia.org provides free resources to help people explore spiritual, moral, social and cultural issues through the latest feature films.



A WEALTH OF PRAYER

Our daily prayers are a mixture of our own personal prayer, addressing God in our own words and pouring out to him our wishes, gratitude, hopes and fears and frustrations. This is as it should be. We can also use the prayers of other people or the words of the liturgy compiled over the ages. Sometimes we find that these express what we feel better than our own words and take us into a deeper understanding of ourselves and of our approach to God. There is an infinite number of prayers and we can pick and chose as we find useful and helpful. We get to know them, and their words become our words. Here are just a few which you may know already or may find 'useful':

The ancient prayer for Ash Wednesday and Lent:

**Almighty and everlasting God,
Who hatest nothing that thou hast made,
and dost forgive the sins of all them that are penitent; c
reate and make in us new and contrite hearts, that we,
worthily lamenting our sins and acknowledging our wretchedness,
may obtain of thee, the God of all mercy,
perfect remission and forgiveness; through Jesus Christ our Lord. Amen**

A Prayer of St. John Chrysostom

**Almighty God, you have given us grace at this time with one accord
to make our common supplication to you;
and you have promised through your well-beloved Son that,
when two or three are gathered together in his Name,
you will be in the midst of them:
Fulfil now, O Lord, our desires and petitions as may be best for us;
granting us in this world knowledge of your truth,
and in the age to come life everlasting. Amen.**

An Evening Prayer from the Divine Office

**Stay with us Lord Jesus, as evening falls;
be our companion on our way.
In your mercy inflame our hearts and raise our hope,
So that, in union with our brethren,
We may recognize you in the scriptures, and in the breaking of Bread.
Who live and reign with the Father, in the unity of the Holy Spirit,
One God, now and forever. Amen**

A Night Prayer (Compline) from the Divine Office

**Lord Jesus Christ,
Meek and humble of heart
You offer to those who follow you
A yoke that is good to bear,
A burden that is light.
Accept, we beg you, our work and prayer of this day,
And grant us the rest we need
That we may be ever more willing to, serve you,
Who live and reign...**

A prayer for those we love – St Ambrose

**Lord God, we can hope for others nothing better
than the happiness we desire for ourselves.
Therefore, I pray you, do not separate me after death
from those I have loved tenderly on earth.
Grant that where I am they may be with me,
and that I may enjoy their presence in heaven
after being deprived of it so often on earth.
Lord God, I ask you to receive your beloved children
immediately into your life-giving heart.
After this brief life on earth give them eternal happiness.**

The Nunc Dimittis (the Song of Simeon)

**Lord, now lettest thou thy servant depart in peace, according to thy word. For
mine eyes have seen thy salvation
which thou hast prepared before the face of all people,
to be a light to lighten the Gentiles and to be the glory of thy people Israel.**

A prayer to Our Lady (the Salve Regina)

**Hail Holy Queen, Mother mercy, hail, our life, our sweetness and our hope. To
thee do we cry poor banished children of Eve;
to thee do we send up our sighs mourning and weeping in this vale of tears.
Turn then, most gracious advocate, thine eyes of mercy towards us
and after this our exile, show unto us the blessed fruit of thy womb, Jesus,
O clement, O loving, O sweet Virgin Mary.**

Fr Andrew

HIARA DECEMBER MAIN MEETING.

On Friday, December 14, over 100 members gathered together to enjoy a Christmas Tea Party. The hall was dressed with Christmas decorations and the tables had been arranged, by the committee and helpers, with matching cloths, napkins, crackers and pots of cyclamen as table centres.

Upon opening the afternoon, Percy was presented with a long-awaited new teapot! He was quite taken aback! And you never know? He may even get another in 2019.

This year saw the return visit of a local acting Company: Pretending People, who presented their interpretation of the pantomime, Sleeping Beauty. The 3 actors played all the parts! From the King to the magic frog! It was certainly different and created a good Christmas spirit. Rebecca, who played Sleeping Beauty, had the challenging task of selecting a winner of the Christmas hat competition. This was won by Stephanie Davies, who received her prize from the Prince. Well done to all those who took part.

Following this, we were served with a delicious range of sandwiches, cakes, tea and coffee. Our Chairman, gave a special thank you to the members of the committee and helpers as none of this would have happened without them before proceeding with drawing of the free raffle and quite a few members went home with prizes. A lot had been packed into a short enjoyable time.

The main meeting programme of speakers (4th Friday of the month) is already organised and has a variety of different interesting topics. Also, we have three coach day trips planned. Please continue to support these along with the social evening events. Meetings are held each Friday afternoon in Higham Memorial Hall beginning at 2.00 pm. If you would be interested in joining, do come along, speak to a committee member for further information.

Liz Jeffery
HIARA Chairman

HiARA JANUARY REPORT

“Fraud Awareness” was the subject at the January meeting of HiARA. Nationwide Building Society’s “Take Five” project was given by Kim Randall and 3 members of the Gravesend branch. Aided by several short films giving instructions of how people are parted from their savings, which resulted in £48 million pounds being stolen by scams in the first 6 months of 2017. The team proceeded to show how very many ways crooks can dupe people. These included: Charity scams in streets (bogus). Telephone frauds: very easy if you are not aware and give your bank number. Credit card deception; never give your PIN number out. Refund scams: on items bought online. Health scams: prepaid treatment! Investment offers where many of the various ways rogues can part you from your cash.

The team emphasised that every branch has a fraud department to try to help you and stop these various scams and frauds. Branches of banks never ring and ask you for your information – they have already got it. If anyone rings and purports to be from a bank, put the telephone down and ring your bank back after 5 minutes to check. Your credit cards are protected, so keep them safe and be careful in shops and public place where there are crowds.

This was a very informative afternoon making us all aware of how easily this can happen to us all

Pat Oakeshott

HiARA Media and Publicity

The editors of The Bridge Magazine disclaim any responsibility for inaccuracies submitted in advertisements, announcements and articles in this voluntary run magazine. All information is received in good faith and if a reader should find a problem they are asked to approach the responsible subscriber directly. We reserve the right to refuse items sent to us and any written complaints received by the editors will be considered public property and publication will be dependent on the discretion of the editors.

HIGHAM WRITERS GROUP

ATTENTION ALL WRITERS, READERS AND LISTENER

We meet monthly in the Higham Village Club from 10.30 am to 12.30 pm.

We are a small group of mostly retired people who enjoy writing, reading our stories to each other, and listening to what others produce. Some of us enter competitions or get published. Others just enjoy the process.

If you are interested in joining us, please contact Denise by telephone or email, and we would be glad to see you.

Deniseleppard@btinternet.com

telephone: 01474 822881

EVENTS

EVENING QUIZ-GRAVESHAM TOWN TWINNING ASSOCIATION

On: Saturday 30th March 2019

At: St George's church hall, Church Street, Gravesend

Begins: 7.15pm for 7.30pm

Cost: £5 – please bring your own drinks and nibbles.

Contact for bookings: Jill Clucas 01474 873536

SWANSCOMBE & GREENHITHE IN WORLD WAR ONE (AND WHAT HAPPENED ABROAD) (ILLUSTRATED TALK)

Speaker: Christoph Bull (Local historian)

On: Friday 1st March 2019

Begins: 7.30pm

At: Church Centre, opposite St Peter & St Paul's church, Swanscombe Street

Cost: £4 – refreshments available to purchase.

Swanscombe & Greenhithe Local History Group invite everybody to this open event – all welcome. No need to book, just turn up.



St John's Church

Lent Lunches

We are hosting a series of Soup Lunches for charity on these Saturdays

9th March

16th March

23rd March

30th March

6th April

13th April

All in support of



At the
Vestry Hall
12- 1.30 pm

**YOU make
the difference**

Lunch includes:

Homemade soup, bread,
cheese, grapes, tea/coffee

Come and join US!

£5.00

GRAVESHAM RECYCLING

There is so much confusion about what we can and cannot recycle but the website for Gravesham provides the following handy guide with regard to plastics. More information on other recyclables is available on their website <https://www.gravesham.gov.uk/home/bins-and-recycling/recycling-and-reducing-waste/what-can-cant-be-recycled>

Plastic Bottles

What can be recycled	What can't be recycled
Cleaning product bottles (e.g. bathroom cleaners, bleach)*	Anything that looks like a pot, tub, tray or tube
Detergent and soap bottles (please remove the pumps from the bottles, as these are not recyclable)	Black plastic bottles (sorting equipment cannot detect the colour black and therefore it is not recycled)
Fizzy/non-fizzy drinks and water bottles	Plastic bottles containing chemicals (strong chemicals that are highly poisonous are hazardous to staff and can damage the recycling equipment)
Milk bottles	
Ready-to-use plant food and pesticide bottles (check the label)	
Shampoo/shower gel bottles	
Skin care product bottles	

* Triggers can also be left on to be recycled

Please remember:

- Empty and rinse items before recycling - left over food or liquids can contaminate other recyclables.
- Leave on labels - these will be removed in the recycling process.

GRAVESHAM RECYCLING

Mixed Plastics

What can be recycled	What can't be recycled
Chocolate and biscuit tubs and trays	Black plastics (sorting equipment cannot detect the colour black and therefore it is not recycled)
Clear plastic packaging	Crisp and sweet packets/wrappers
Non-black plant pots	Expanded polystyrene (e.g. packaging inserts)
Trays/punnets (e.g. raw meat, take-away trays, fruit and veg trays)*	Film lids from the pots or trays
Tubs (e.g. margarine, ice cream)	Laminated pouches (e.g. cat food/coffee pouches)
	Medicine packs (e.g. headache pills)
	Plastic toys

*Please remove any film lids and absorbent pads in the bottom of the trays and put these in your general rubbish.

Please remember:

- Rinse food packaging - left over food residue can contaminate other recyclables.
- Labels and bottle tops can be left on - these are also recyclable.
- Separate any cardboard and paper from plastic packaging and recycle separately.

TALES AND TASTING WALK

An alternative food history guided walk around the town of Swanscombe with tastings, **led by Christoph Bull in collaboration with artist Nicole Mollett.**

Saturday 23rd March 2019 from 2 pm-3 pm

Meet Outside on the pavement - (Not in) the George and Dragon pub, Galley Hill, Swanscombe

Parking - The Grove Car park Swanscombe DA10 0AH
(7 minutes walk from the starting point)

Please note there is no parking directly near the start of the tour.

Imagine a community who lived off the land, eating locally grown fresh fruit and vegetables with zero food miles. A place where you can buy delicious fresh homemade ice cream with your pocket money. A place with a factory which makes exotic drinks. Welcome to Swanscombe!

Join us on a walk where you will get to eat history. Taste the flavours of the local produce and listen to stories of manufacturers, farmers and shop keepers who sold edible produce to the surrounding areas.

On the walk we trace the history of food and its influence on culture, politics and architecture.

This walk is funded by Ebbsfleet International Development and is part of the Gathering event.

This tour is primarily designed for adults Please do wear comfortable walking shoes as you can expect to be standing or walking for the whole tour. Strong footwear is advised as it may be muddy in places and be prepared for rain or shine!

Walks begin at 2 pm and last approximately 1 hour and start outside the George and Dragon Pub. We will set off promptly so please arrive a little early to be sure not to miss us.

Wheelchair user friendly. The walk will be going along roads inside the village, there will be no steps.

The tasters will be small sized and optional. Do eat lunch before you attend!

There is no charge but you need to book a place.

Either email Nicole ; nicole@nicolemollett.co.uk, Phone 07445 497 401

Or book on the Eventbrite page - www.eventbrite.co.uk/e/tales-and-tastings-in-swanscombe-tickets-55399112236



March 2019 Donation Guide

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

- **Rice**
- **Instant smash potato,**
- **Tinned meat products – ham, corned beef, and tinned meals**
- **Tinned tuna**
- **No fridge/UHT milk**
- **No fridge/uh milk**
- **Custard**
- **Instant noodles and Instant cous cous**
- **Shampoo and conditioner**
- **Laundry tablets**
- **Shower gels**

Also required:

Household cleaners, washing up liquid' spray polish

Deodorants, toothpaste, toothbrushes, bars of soap

Ladies personal toiletries, toilet rolls

Nappies size 4 & 5

Squash

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,

- Marmite, Jam/peanut butter

THE COLLECTION BOX WILL CONTINUE TO BE IN ST JOHN'S CHURCH DURING THE LAST WEEKEND OF FEBRUARY 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

graveshamfoodbank@gmail.com www.gravesham.foodbank.org.uk



**Our thanks to everyone for the 46 kg of food which was donated
in January**

NORTH KENT EMBROIDERERS' GUILD

When you think of postcards, do you like me think of holidays and sunshine, wish you were here messages and memories? Or are they a thing of the past, so that instead of sending a physical postcard, we send messages and pictures via our phones, tablets and social media? Have we lost a part of our history, or is it just progress? Or perhaps some of us still send a postcard because traditionally we have always done it.



Cards with messages had been sporadically created and posted by individuals since the beginning of the postal service. The earliest known picture postcard was a hand-painted design on card, posted in Fulham in London by the writer Mr Theodore Hook in 1840, bearing a Penny Black stamp. He probably created and posted the card (which he sent to

himself) as a practical joke, since the image is a caricature of workers in the post office. Who can say? but in 2002 the postcard sold for a record £31,750.

During the first world war, soldiers sent embroidered postcards back home to loved ones and family. They were made by women in Belgian villages, who saw an opportunity to make some money. These postcards are sought after and collected today, not just for the beautifully skilled embroidered front, but the heartfelt messages on the back and I often wonder when I see them, if the soldier made it home.





We at the North Kent Embroiderers' Guild decided that as a project each month, we would make a postcard with a theme, collect them into a bag and each person takes out a card that someone else has made. Although we all had the same instructions, what came back was as diverse and imaginative as the person who created it. Our first project

was Trees, our second counted threads, our third Christmas and the last one so far is Seascape. With three more months to go, it has been an exciting project.

If you would like to come along and see for yourself what we do, you will always have a warm welcome, a cup of tea and home-made cake. Please see our web page at www.northkentembroiderers.co.uk for more information and where you will find a link to our Facebook page.

Happy Stitching

BAGS2CHURCH



Well done to everyone for their contributions to the collection in January. A total of 350 kg was collected with £140 raised for St John's. Our thanks go to Julie Healey for organising this.

The next collection will be 16th-18th June.

LENT LUNCH

Lent lunches are being served in the Vestry Hall every Saturday from 9th March to 13th April inclusive from 12 noon to 1.30 pm. Come along and join us. All donations are contributed to Christian Aid.



VILLAGE DIARY MARCH 2019

Wed	6 TH	ASH WEDNESDAY - Said Mass 9.30 am & 7.30pm Brownies and Rainbows- Memorial Hall - 5.30pm
Thurs	7 th	W.I. meeting Memorial Hall 7.30pm
Fri	8 th	HiARA Activities - Memorial Hall - 1.30-4pm Beavers - Memorial Hall - 5.30pm
Sat	9 th	Lent Lunch - Vestry Hall 12.00 - 1.30pm (Details on page 21)
Sun	10 th	Boot Fair - Memorial Hall
Wed	13 th	Brownies and Rainbows- Memorial Hall - 5.30pm
Fri	15 th	HiARA Activities - Memorial Hall - 1.30-4pm Beavers - Memorial Hall - 5.30pm
Sat	16 th	March Requiem Intention - 9.30am Lent Lunch - Vestry Hall 12.00 - 1.30pm
Wed	20 th	Brownies and Rainbows- Memorial Hall - 5.30pm
Thurs	21 st	Higham Village History Group - Memorial Hall - 8pm Speaker Mary Smith Subject: A Schoolgirl's War
Fri	22 nd	HiARA Activities - Memorial Hall - 1.30-4pm Beavers - Memorial Hall - 5.30pm
Sat	23 rd	Lent Lunch - Vestry Hall 12.00 - 1.30pm
Mon	25 th	THE ANNUNCIATION OF THE LORD - Masses 9.30am and 6.30pm
Wed	27 th	Brownies and Rainbows- Memorial Hall - 5.30pm
Fri	29 th	HiARA Monthly Meeting - Memorial Hall - 2pm-4pm Beavers - Memorial Hall - 5.30pm
Sat	30 th	Lent Lunch - Vestry Hall 12.00 - 1.30pm
Sun	31 st	MOTHERING SUNDAY - SOLEMN MASS S.JOHN'S 9.30AM CANDLELIT VESPERS S.MARY'S 5PM

CHURCH DRAW RESULTS

£50	298	Mrs Wilber
£10	269	Mrs Kelly
NEXT DRAW	25th February	