

WEALD VIEWS

In the Three Suttons

June 2020







Please join us for our online services every Sunday from 10am, services also can be viewed at any time after that.

Visit: www.handschurches.org

Or to view Fiona's "thought for the day"

Search for: Headcorn and the Suttons on facebook

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CLERGY LETTER

Dear Friends

Well, here we are, entering yet another month in lock down. How long will it last? I have heard many people asking exactly that same question. Of course the answer is that we really don't know. Having said that, I think that we can all agree that however much

we would like to be able to return to normality - whatever that might be — we shouldn't rush into going out and about and socialising again until the threat of the virus has truly abated, lets face it the last thing that any of us want is a second wave of infections and deaths. So we have to be patient.

Patience. I have a funny feeling that this is something that we haven't been too good at in the recent past – I know that I haven't. Prior to the current crisis, we seemed to live in a society where just about everything we wanted was available to us at a moments notice. We want a new household appliance/ furniture/computer/phone/item of clothing or whatever - order it on-line today for delivery tomorrow – Oh and you can have interest free credit if you want. Want to watch a particular film – stream it now to the luxury of your own home. Fancy a burger in the middle of the night – Surely a McDonalds drive through will be open?....the list goes on.



The problem is, I believe that when it is so very easy to obtain whatever we want at a moments notice, we fail to appreciate it properly. I'm sure I am not alone in remembering times, long past, when I saved for weeks, or even months, for something that I really wanted. And as I saved and

drew closer to the time when I could actually have whatever it was, so the feelings of excited anticipation grew until the fateful day arrived when I could really enjoy it.

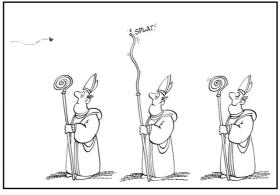
And enjoy it I did.

Of course, patience was an unavoidable necessity then, however we mustn't forget that it is also a virtue and with it, I believe flow several other virtues. For a start, patience gives us the time and ability to truly appreciate things as they are now— the natural world around us, our homes and family, friends, neighbourhood and all those who care for us in any way at all.

Then, having gained that sense of appreciation we are more likely to truly care for and look after those things, which in turn leads us to a sense of achievement which, I am sure, can do no harm to our own sense of well being and mental health. I am sure that the list doesn't stop there.

I believe that God is patient – he

showed it when he created the world and everything in it – stopping at regular intervals to check on what he had done and to plan for the next stage. He has certainly shown a great



deal of patience with his people throughout history. While his son Jesus Christ waited 30 years before embarking on his earthly ministry – if that isn't a sign of patience I don't know what is. And we are told that we have been created in the image of that very patient God.

So, let us all see if we can use this time of lock down as a time to regain and embrace the spirit of patience and all those

virtues that stem from it. God Bless & Stav safe



Sweet dreams?

From large pink hamsters that smile and wave at you, to cars that can't get off roundabouts, a lot of us are reporting weird, vivid, and intense dreams just now.

Experts say that financial worries, cabin fever and boredom may all be factors. But – on the plus side, there is also the fact that many of us are finally catching up on our sleep. And by waking up without an alarm, we will have better recall of our dreams.



Upset? Chill out...

A recent survey carried out by YouGov, on behalf of the Mental Health Foundation, found that more than one in five adults in the UK had felt panicked by the coronavirus, three in 10 had felt afraid, and more than six in 10 had felt anxious. And that was even before lockdown.

One therapist suggests that if you are suffering high anxiety, then turn off the news and social media for a while. Dig out those old films you've always loved, cook a favourite recipe, and get some exercise, to help you relieve the tension in your body.

Beware soft drinks

Having just one soft drink a day in middle-age could increase your risk of suffering a heart attack or stroke.

Recent research has found that the sugar-laden drinks



raise cholesterol levels, increasing the risk of clots that cut off blood supply to the heart or brain. It was found that daily consumers of soft drinks were 53 per cent more likely to have large amounts of a fat called triglycerides, that collects in vessels and arteries, compared with people who rarely touch sugary soft drinks. The study was done at Tufts University in Boston, Massachusetts.

Keep an eye out for the elderly

When did you last see your elderly neighbour? Seriously: are they okay?

During this time of social distancing, it is all too easy to assume that the elderly person you never see is simply safe indoors. But are they?

Isolation can be dangerous: it is too easy for them to have had an accident and be unable to call for help. Why not arrange a system with them whereby you agree that you will give them a quick ring once a day, or even stand outside their house and wave? It only takes a few seconds to make sure they are still on their feet, and that all is well.

If you have several elderly neighbours, why not ask a few of your local friends to help you keep in brief touch with them each day?

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The final deadline for the submission of material is the 14th of the preceding month. Acceptable formats for articles are MS Word, MS Publisher or text files. PDF files can sometimes be used, but as their proportions cannot be altered without distortion, they can't always be used. Suitable picture formats include: Jpeg, BMP, PNG, GIF, etc.

Smile Lines

One-line quiz questions

- 1. What time of day was Adam created? Just a little before Eve.
- 2. Who was the fastest runner in the race?

Adam. He was first in the human race.

- Why are atoms Catholic?Because they all have mass.
- 4 Why didn't they play cards on the Ark? Because Noah was always standing on the deck
- 5. Why didn't Noah ever go fishing? He only had two worms.
- 6. Did Eve ever have a date with Adam?No just an apple.
- 7. Does God love everyone? Yes, but He prefers 'fruits of the spirit' to 'religious nuts'.
- 8. What kind of man was Boaz before he married Ruth?

Absolutely ruthless.

9. The good Lord didn't create anything without a purpose.

Mosquitoes come close, though.

10. What's so funny about forbidden fruits?

They create many jams.

What it says on the sign



At an optometrist's office: "If you don't see what you're looking for, you've come to the right place."

In a podiatrist's office: "Time wounds all heels."

On a house's fence: "Salespeople welcome! Dog food is expensive."

At a car dealership: "The best way to get back on your feet - miss a car payment."

In a veterinarian's waiting room: "Be back in five minutes. Sit! Stay!"

At the electric company: "We would be de-lighted if you pay your bill. However, if you don't, you will be."

In a restaurant window: "Don't stand there and be hungry. Come on in and get fed up."



Now that the weather conditions have warmed up and the risk of frost passed, plant out summer bedding and tender vegetable crops, winter cabbages, sprouts and broccoli can be planted if not already completed in March, Plant savoys and continue sowing peas, French beans and salad

crops, as well as salad and summer vegetables, like carrots, spinach, sweetcorn and marrows. Cover young crops with cloches to encourage speedy growth. In prolonged dry weather ensure lettuce and salad crops are well watered.

Plant outdoor tomatoes and position canes for support.

Tie in shoots of climbing plants, feed roses and be on the lookout for pests and diseases!

Start picking early crops of gooseberries and strawberries.

Immediately after flowering, prune late spring flowering shrubs like kerria, philadelphus, weigela, escallonia and pyracantha.

Trim lawns at least once a week from now on, adding clippings to the compost





heap. Feed your lawn. Treat weeds as soon as possible.

Flowers from Seed

– Finish planting
half-hardy
annuals. Water
those which were
planted
recently. Support
taller plants and
spray with
insecticide.

Weed beds.

Sow hardy

perennials outside. Sow wallflowers and sweet Williams in chosen position.

Display hanging baskets and patio pots.

General Jobs – Pests and diseases are becoming more of a problem as the weather gets warmer. Keep spraying every week to control aphids, mildew and mould.

Make sure herbaceous plants are staked properly. Secure ties on roses and other plants climbing on walls and fences etc. As the sun's heat increases the soil dries out more and plants transpire at a faster rate, so watering regularly during dry weather is essential.

Enjoy your gardening and it should now be getting warm enough to have your cup of tea outdoors!

Enjoy your garden best wishes from Keith and Jean



Don't overdo the exercise

During this period of staying so much at home, how much exercise is good?

According to immunologists, regular bouts of moderate-intensity exercise can help build our resistance to infection. "Regular moderate exercise ensures that our lymph, which is the circulatory system of our

immune cells, keeps flowing," says Dr Jenna Macciochi, of the University of Sussex.

Regular moderate exercise can also improve our sleep, help control weight, and prevent muscle loss. Some experts suggest that mild to moderate is for 20-45 minutes up to three times a week. However, avoid exerting to exhaustion, which decreases your immunity.



Conservation Foundation wants to hear stories from your garden

Have you been gardening during lockdown? If so, you may have a story or some advice to share. In that case, the Conservation Foundation would love to hear from you. It has recently launched a virtual *Gardening Against the Odds* network on Facebook @gardeningagainsttheodds and on our website at:



https://conservationfoundation.co.uk/projects/gardening-against-the-odds/

As David Shreeve of the Conservation Foundation explains: "Over the years running our GATO Awards we have made many friends and now we are making more virtually every day. If you or anyone you know would be interested in sending news and information to us especially if it doesn't involve an actual garden or somehow it's against the odds. We hope to be adding news every day and giving details of plant availability, tricks of the trade and offer the odd prize."

Noticeboard

Mend and make do

According to handicraft expert Kirstie Allsopp, a missing button was the number one reason why 350,000 tonnes of wearable clothing may end up in UK landfill this year.

But that was before lockdown. Now you have time to make do – and mend! Rescue and reuse your clothes. After all, it saves money and the planet.



Sutton Valence WI will not be meeting this month. Any queries please ring:

Rosie on 01622 842034.



100 Club

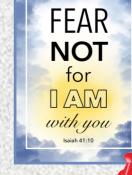
St Mary's Monthly Draw

Winners of the May 2020 draw

First Prize - Mrs Vanessa Pickle

Second Prize - Mr Lionel Marchant

Congratulations!!!





"Mike composes all his sermons on his iPhone – he uses something called Predictable Text..."



THE FRIENDS OF KENT CHURCHES RIDE AND STRIDE 2019 RAISED THE MAGNIFICENT SUM OF

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or see www.friendsofkentchurches.co.uk

Event Co-ordinator: Deborah Robinson 07745 120140 rideandstride@friendsofkentchurches.co.uk

In aid of Friends of Kent Churches, and your local Church or Chapel FKC Registered Charity No 207021

St Mary's 100 Club

This year St Mary's, along with all Churches, is unable to hold social and fund raising events due to corona virus. This will have a profound effect on our finances. However, the 100 Club does not involve social distancing or any other restriction. With this in mind, we seek your support as a subscriber to the 100 Club

All members of the 100 Club contribute an annual sum of £12 (or a multiple thereof). Each £12 buys one share in the club. There is a monthly draw with two prizes awarded. The remaining funds go towards supporting the running of St Mary's. Currently the 100 Club has 46 members - although many have multiple shares, there is no limit to the number of shares held. The first of the renewed monthly draws will be in July. I ask that applications be submitted by 30th June.

Last year the 100 Club contributed £912 to church funds. I hope you will consider joining and look forward to receiving your completed application form and cheque.

In order to comply with the General Data Protection Regulations (GDPR) I am required to obtain consent to hold your personal details. Your signature on the application form will be taken as you having given your consent for me to hold these details and, should you be a winner, for your name to be published in Weald Views.

Mary Brett (Promoter)

Telephone: 01622 843748 Email: mbrett11@btinternet.com

Application to join St Mary's 100 Club

To: Mary Brett, 2 Malthouse Cottages, Chart Road, Chart Sutton ME17 3RA
I wish to subscribe to the St Mary's Church, Sutton Valence 100 Club
for the year 2020/21. I enclose my subscription (of £12 or multiple thereof)
of payable to St Mary's Church PCC
Name(s):
Address:

What a summer! No sport for those who would like to be playing it nor for the rest of us who would like to be watching it, At least most villagers will have a garden and/or an allotment in which they can enjoy being outdoors when the sun is shining; life must be very difficult for urban families living in flats even if there is a park within walking distance.

With luck by now

the lockdown restrictions will be becoming a little less severe but I fear that it will a long time yet before anything like our prelockdown way of life will be permitted.

What a pity we weren't able to celebrate the 75th anniversary of VE Day as a community!. I remember it in 1945; I was at Dulwich Prep, which, having realised in had moved in the wrong direction when it set up a branch at Cranbrook for those who wanted to get out of London, had taken over the Royal Oak Hotel in Betys y Coed. May 8th 1945 was a lovely sunny day in North Wales and we were given the day off

June Jottings





school work and allowed to do whatever we wanted. Health and safety hadn't been thought of in those dasys! It was wonderful but I don't remember anv communal partying. We were back in Dulwich for the second half of the summer term but the idea of a branch in the country was deemed to be

a good thing and so the Cranbrook site was developed.

I was once told that on May 8th it was safe to plant out runner beans and other tender plants that had been started off in the greenhouse but I'm glad I didn't follow that advice this year. The

weather for the VE anniversary was nice enough but the cold blast from the north that followed it was most unwelcome and although the wind eased the air was still very cold for a day or two and there were patches of ground frost in the mornings. So much for global warming!

Michael Beaman

Over 6,000 calls in first 48 hours to Daily Hope

A free phone line offering hymns, prayers, and reflections 24 hours a day while church buildings are closed because of the



coronavirus received more than 6,000 calls in the first 48 hours.

The Archbishop of Canterbury, Justin Welby, recently launched 'Daily Hope' as a simple new way to bring worship and prayer into people's homes, during the lockdown period.

The line – which is available 24 hours a day on **0800 804 8044** – has been set up particularly with those unable to join online church services in mind.

The service is supported by the Church of England nationally as well as through the Connections group based at Holy Trinity Claygate in Surrey and the Christian charity Faith in Later Life.

Within 48 hours the line had received more than 6,000 calls from across the country, with many being referred by friends, family or members. Calls have so far spanned more than 50,000 minutes, with some of those accessing the service listening to the music, prayers and reflections for up to 50 minutes at a time.

The Revd Canon Dave Male, the Church of England's Director of Evangelism and

Discipleship, said: "The volume of calls shows that Daily Hope is meeting a need.

"We have a duty in

these strange and difficult times to find new ways of bringing prayer and worship to people wherever they are, and this is one more way of helping people to connect with God from their own homes.

"This is such a simple idea – planned and launched all within a few short weeks by a small dedicated team – but I pray it will bring real comfort, hope and inspiration to people at this time."

Callers to the line hear a short greeting from the Archbishop before being able to choose from a range of options, including hymns, prayers, reflections and advice on COVID-19.

Options available include materials also made available digitally by the Church of England's Communications team such as <u>Prayer During the Day and Night Prayer</u>, updated daily, from Common Worship, and a recording of the Church of England <u>weekly national online service</u>.



A CHRISTIAN PRESENCE IN EVERY COMMUNITY



As you may be aware, although our church buildings are still closed to the general public, Fiona is now able to enter them in order to say the "Daily Office" and to pray for the needs of the community. Please do let her know if you have any specific prayer needs either for yourself, or someone whom you care about. She is also able to "film" our Sunday services from within our churches, these are released on YouTube, at 10am onwards on Sundays.

We publish links to these video services on our website:

www.handschurches.org



To go direct to our YouTube page visit YouTube: **www.youtube.com**

And search for: @handschurches

Another popular feature is Fiona's "Thought for the Day" Live facebook feeds, that are made most days. To find us on facebook visit:

www.facebook.com

And search for: @handschurches



We are also very grateful to Mary Brett, who is compiling and distributing a weekly notice sheet for the Suttons. Please do feel free to contact Mary, Fiona or Gover if you would like to be added to the distribution list or have an item for inclusion.

In the meantime, please don't hesitate to get in touch with Fiona if she can be of any other help or assistance.



Blessed are the truth-tellers (during the pandemic)



ITV News journalist and presenter Julie Etchingham, a practising Christian, has defended the role played by journalists during the Coronavirus pandemic.

She told the Christians in Media website, "Reporters are coming in for a lot of flack for the questions they are asking government. But what else are we for? We all get that this is a crisis like no other; that few in government have ever

had to navigate such a challenge.

"But, if we're still attempting to function as a democracy in the face of this, then scrutiny is clearly crucial. Many in our frontline services and the wider public are demanding answers. We are there on their behalf. We don't always get it right. This isn't a moment to trip people up, but urgently to get to the truth."

As a Christian who has worked in communications for around 50 years, I strongly support Julie Etchingham's view. Now is the time for truth and accuracy to be at the centre of all our communications.

So, yes we need to be praying for and supporting the front-line health service staff, the public health experts, the scientists researching vaccines to combat the virus, and the key workers keeping our societies running.

But we also need to be praying for and supporting the men and women working in and with the media to publish, upload, broadcast and distribute the most accurate information, without spin or distortion.

Just a pint of social media for me, please

Even before the lockdown, social media seems to have been replacing the role of pubs in socialising, as far as young people are concerned.

In 2005, an estimated 18 per cent of young people aged 16 to 24 were non-drinkers. According to one study, that has now risen to 29 per cent.

"Online technology has made friends and

family instantly accessible and the role of pubs and clubs for initiating and consolidating social networks appears to have changed." So says Dr Dominic Conroy, a psychologist at the University of East London.

Dr Conroy adds: "With the internet being used to initiate and maintain social relationships, both romantic and otherwise, the use of alcohol as a social lubricant may be less necessary."



Chart Sutton has a small but successful shop in the heart of the village on The Green run entirely by volunteers for the benefit of the community.

It is looking for more volunteers to help run it. It is open between 7am-5pm Mon-Fri and 8am-12noon at the weekend and Bank Holidays. Hours to suit, most volunteers do 2 hour stints. There are some permanent slots available but if you would rather be available for ad hoc covering that is fine as there are times when last minute cover is required.

The volunteers are a great bunch who very much enjoy being part of the community, meeting a wide variety of people. If you are interested in becoming part of this team please call either Valerie on **843232** or Jane on **843743** for an informal chat.

Sutton Strollers



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Chris 01622 842629

Graham 01622 745484

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The Three Suttons Helpline

Chart Sutton, East Sutton, Kingswood and Langley.

operating as a "good neighbour" scheme for about 20 years to make life easier for those needing to get to medical appointments, but who do not have their own transport or cannot easily be helped by family or friends and for whom public transport is infrequent and not a viable option. This scheme covers the villages and surgeries in Sutton Valence,

If anyone would like to use the scheme, please telephone one of the following numbers: **844301** 842530

If you have any other queries or if you feel that you may like to help, please contact Christine Parkes. (email:

christineparkes@hotmail.com or tel. 842217

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Smarden Road, Headcorn. Telephone: 01622 890803 www.hnhc.org and email: hnhc12@gmail.com

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KCC Community Wardens

Kent County Council Community Wardens are able to assist with any issues or concerns you may have. Wardens can offer support, advice and can refer to many partner agencies to help you. Wardens work closely with Kent Police and can also assist in tackling low-level crime and anti-social behaviour (such as graffiti, littering, fly tipping and vandalism). Wardens encourage communities to work together to build stronger and safer communities.

Your area warden Dawn Riach-Brown - 07773 397125

Area supervisor - Janet Greenroyd - 07773 397131



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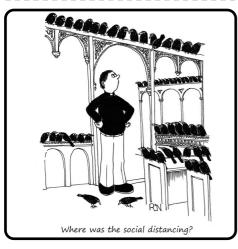


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