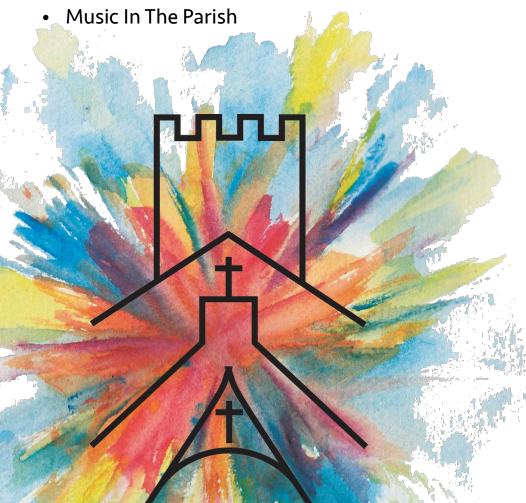


perspectives

In this issue:

- My Faith, My Role In Business
- Caring for Carers
- Our Mission Partners Mungu Anatosha











Issue 62 - Spring 2024
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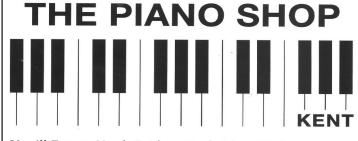
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If you have any comments or questions, would like to make any contribution to the next edition of Perspectives or would like to receive this magazine on a quarterly basis please contact the editorial team via: perspectives@tonbridgeparishchurch.org.uk

LEN

The 40 days prior to Easter mark the season called Lent. This is a reminder of the 40 years the Children of Israel spent in the desert between their escape from slavery in Egypt and their crossing the Jordan to enter the Promised Land. It reminds us also of the 40 days that Jesus spent in the wilderness after his baptism, and before he started the three years of his public ministry in Israel, which led



ultimately to his death on Good Friday, and then the triumph of his Resurrection on that first Easter morning.

Invite Us Deeper

Almighty and ever-living God, you invite us in this season deeper into your world, your people, your Lent. May this time be one for looking outward, seeking you in those we often ignore. Help us live a Lent focused on freedom, generosity, and encounter. Give us hearts hungry to serve you and those who need what we have to give. In Jesus name.

AMEN



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peterpaulton



In our overburdened, mediadrenched world, each day can be so distracted we rarely find time to reflect on our lives in the moment let alone what might

The arrival of March has more

Easter, the most important Christian festival! Christianity

resurrection.

than a hint of Spring and brings signs of new life. At the end of the month we celebrate

be coming tomorrow, or further down the line. At the end, we often try to avoid dealing with the notion of death, which is increasingly hidden away in hospital or hospice. In the Harry Potter series, Albus Dumbledore remarks that 'to the well organised mind, death is the next great adventure'. Perhaps it seems like a great adventure, until it comes close in our own family, when the 'adventure' robs us of our loved ones. That is particularly hard in a world where loving relationships are not so easily found. When death confronts us, it has a painful sting.

As humans, we look for a reason to hope there is more to life than our 70 or 80 years. We hope for something that comes next. Indeed, a sense of purposelessness is significant among today's causes of mental health problems, especially among young people. What's the point of life? Where does it all lead?

So, let me ask, what difference would it make if someone had come back from death?

The reason Easter is so important is that it reminds us that someone has indeed come back from death - and invites us to follow Him. In our lives now, and even beyond death.

A life without purpose can be transformed when we discover that everything we do in life can have purpose that lasts forever. That's not necessarily because of what we do (and let's face it, all of us have boring parts of our work and lives!), but because of the person we do it for, that is, if we do it for the right person, Jesus, the one who can take us safely through death itself.

Jesus' death and resurrection, which we celebrate at Easter, are well documented, with evidence that stands up to rigorous scrutiny. It has stood the test of time for the last 2,000 years. The Christian faith claims to offer real hope for life: a joyful expectation for the future, based on true events in the past, which changes everything about our present. That's an exciting life, or as Jesus says, it is 'life to the full.'

We would love to welcome you into our churches in the coming weeks, and especially at Easter, to discover more about the sure and certain Christian hope - based on the resurrection of Jesus. Details of our services and our other activities are on the back cover of this magazine.

Ben Thorndike

Vicar, Tonbridge Parish Church



@peterpaulton

MY FAITH AND MY ROLE IN THE COMMUNITY

We have a number of members of the parish churches who work in the world of business. We asked them what their Christian faith means to them in the market-place, and how they relate their faith to their working week. Here are some of their contributions:

David Roberts

David is a partner in a syndicate on the Lloyds Insurance Market in London, where he has been working for the last 40 years. His syndicate specialises in nonmarine insurance. He enjoys the work and has a wide network of contacts in the insurance world.

My parents came to Tonbridge in 1962, so as a family we have been worshipping at the parish

church of St. Peter & St. Paul for over 50 years. For a period after university, where I met my wife, I attended church less, but when our daughters were growing up, we became regular members. I enjoy the services at the church, and the family feel and the sense of community. In my working life, I think it is important to conduct myself in accordance with Christian values, and I have a sense of God's quiet presence in the background. I know God is in ultimate control of everything.

My colleagues know that I am a Christian, and sometimes ask questions about what I believe – which gives an opportunity to have a conversation about my faith.

Paul Black

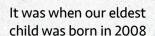
Having worked in the Middle East for 8 years and Singapore for 12 years in port management, shipping and logistics, Paul returned to Tonbridge in 2020. He is currently developing a freight forwarding and customs brokerage business unit within the local branch of a national transport company handling the import and export of goods with destinations round the world.



I was brought up in Tonbridge and was part of church life and youth groups from early days including CYFA in later teens. I was also very much involved in music and bands in the local area. I have been a Christian since a young age, and being part of the parish church provides the physical buoy on which to moor. It helps relate my life and work to my faith. In recent weeks, our sermon series have been on the two Old Testament characters of Jonah and Ruth. Both are a real encouragement, seeing God in action in the practicalities of life; Jonah - a reminder that God is there waiting for us and does not abandon us even though we may venture off and get ourselves into difficulties. Ruth is a remarkable story which speaks into our modern society on many issues such as economic migration, cultural integration, and God's enduring concern for people, even when facing life's toughest circumstances.

Carly Chadwick

Carly started working an airconditioning and ventilating service company in 2007 after leaving a stressful City job as brand manager for a large multinational. She and her brother took over the business in 2016, which has since grown, now providing an allround facilities management service to clients.



that I felt an overwhelming desire to give thanks for her which led me and my husband to the parish church, where we were warmly welcomed. We had never been much to church before, but it felt like home from home. We had a Thanksgiving Service for our daughter in 2009 and were both confirmed 5 years later. As for my work, I am the only Christian in our company, and I can confidently say I have made some real positive changes in recent years, based on my Christian values – though it hasn't been plain sailing, and there is still a way to go. My Home Group is wonderfully supportive, and I often talk and pray with them about being a Christian at work. Church life is so important to me. It helps me to reset and start the week with Jesus at the forefront of my mind.

Robert Kidson

Robert has worked for over 30 years in the world of finance and is currently a partner in an accountancy firm in London where he runs the Corporate Finance Department. This involves mainly advising the owners of business who are considering selling their companies for whatever reason, be it retirement, the need to raise more capital, or changes in family or life circumstances.



I had been an occasional churchgoer for many years, but only became an active church member four years ago, and wanted to signal my commitment to Christ so was confirmed at St. Stephen's Church in Tonbridge. My work is dependent on good relationships with our clients wishing to sell their business, or others to buy, and integrity is foundational to my work. Since becoming a Christian I have analysed each transaction more thoroughly and carefully against my Christian values. One thing I have observed, reading the Gospels, is the robust (and often radical) attitude Jesus had to property, wealth and money. So much of His teaching touches on these issues, and I find the Bible very relevant to my every day work.



Clare Page

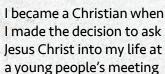
Clare works in the 'middle office' of the asset management department, supporting the traders at a large international bank in London. They manage the wealth of pensions providers, county and city councils, and corporate clients. The funds are placed in a wide range of different investments.

Some go into finance out of big ambition, but when I started looking for work, I found a job in a bank. Although some areas of finance have a bad reputation, if wealth is well managed, the whole economy can do well, from pensioners to businesses and individuals. Within the bank we have business resource groups, and I co-chair the 'Women on the Move' group, which focuses on investments that support women in business. In addition, we have a strong focus on ESG (Environment, Social & Governance) funds. In all the different parts of my work, I constantly remind myself that as a Christian, it is not so much what I do, but who I do it for, Jesus Christ, and the accountability that goes with that. This makes all the difference. Being part of the parish church, with the community and fellowship we enjoy, provides a great support for my life, both in my work and my family.



Andy Kirkpatrick

Andy is a Qualified
Accountant and is employed
as Director of Finance in a
company with about 100
staff manufacturing high
quality hairbrushes in Essex.
He has been a member of the
Parish church for the past 32
years and is at present the
church treasurer.



in our church when I was about 11. There have been ups and downs in my Christian experience, but for me, HE is important in every part of my life, my home, my family, my work, my leisure, and of course my life in the church. I talk to God about my work as I drive to and from the office each day, and often will take a few minutes during my lunchbreak to go out and walk near our factory so that I can reflect on all that is happening. Misunderstandings and friction can easily occur in the fast pace and demands of the working environment, and my faith has been particularly helpful in this area. Being aware of my own weaknesses, and how much God has forgiven me, makes it easier to forgive others, and where necessary apologise where I have over-reacted or over-stepped a mark.





Who cares for the carers?

"Friends are angels who lift our feet when our own wings have trouble remembering how to fly."

People who take on a caring role don't always see themselves as carers. Care is not limited to providing practical help, like assistance with daily tasks: it can also be about providing emotional support, positivity and encouragement when life becomes over whelming. Especially when health problems such as mental health, dementia, and emotional needs, may not be obvious or are poorly defined, those providing support may hesitate to label themselves as carers. Hidden caring comes in many shapes and forms.

Consider caring for an elderly person, at one time bright and active, the next they are frail and have become dependent on you and the rest of the family. A once independent mother or father may suddenly become frail, perhaps diagnosed with a serious illness, and you find yourself being a daughter or son and a nurse at the same time. How can you separate love and emotion from physically giving the care? A sudden shift like this can take its toll on the wellbeing of the whole family, sometimes highlighting or even creating rifts between family members.

The invisibility of those who do the caring may lead people to become isolated, cut off from the communities that they were once part of. Whilst loneliness is not a mental health condition, it can lead to mental health problems including depression, anxiety, low self-esteem, and increased stress. Equally, mental health problems can often lead to significant experiences of loneliness and so the two issues can exacerbate each other. Over one third of people say they would never admit to feeling lonely and for this reason one of the key objectives of the government's 'Loneliness Strategy' focuses on reducing this stigma.

If you are going through the challenge of undertaking a caring role please do not keep everything to yourself. You would be surprised how healing it can be to share life's challenges with others. The church pastoral service, home groups, our ministry team and prayer groups can be sources of supportive help. Look around you, it is highly likely that all of us know of at least one person for whom some of these challenges are a daily reality.

Here are some practical actions that we can all take to improve our own mental health and to support the people around us.



Be alert – in a world with an ever-reducing level and frequency of human contact, many already isolated people are seeking opportunities for conversation. This may include family, friends, neighbours, church, or community. Any person, young or old, may find themselves suddenly or gradually taking on the role of carer. Many of us live busy lives and so it is easy to 'miss' those who may be in this situation. It is therefore important to look for spontaneous or arranged opportunities for interaction.

Start the conversation – Nowadays more people are willing to talk about mental health issues but are we really all comfortable talking about mental health? You can start the ball rolling by being willing to talk about how people are feeling in an open and non-judgemental way.

Be prayerful – It is amazing how God responds to our prayers if we are specific, if we pray for someone whose life we can impact through regular, occasional, or one-off friendship, we can be confident that our prayers will be answered.

Be realistic – about the importance of looking after yourself and recognise your own boundaries. Whilst many of us will experience common mental health challenges at some point in our life, some issues are more deep-rooted, requiring specialist and professional intervention. If you feel out of your depth, direct them towards professional help.

Be sensitive – do what you can to make people feel at ease, welcomed, and valued for who they are. Accept that they may not be ready or willing to talk about certain issues. Don't seek to give advice or find solutions unless asked: simply offering a listening ear can make a world of difference.

Patricia Osborn

Perspectives asked some people who had found themselves in caring roles to tell us about their experiences...

"I wish people knew what being a carer entailed and what a wide range of carers there are.

I often find myself having to explain when I say I'm an unpaid carer: people think I'm a volunteer!".

"Being an only child and caring for a parent is a heavy load and I wish there was greater understanding of what life is like. There can be many difficult aspects of being a carer and it can affect people differently too. I remember when I was at school thinking, "Really, how am I going to do anything? I can't even revise!".

They told us that they experienced a great range of emotions, not only during the time when they were acting as a carer but also when that time finished...

"There is often a range of emotions, but often people do not realise that this is only the beginning, especially when realisation bites in about the loss and you begin to really miss that person".

"Silence makes the real conversations between friends. Not saying, but the never needing to say, is what counts".

"We cared for our mum for four years fraught with multiple challenges throughout that period; help from carers coming and going, seemed like a constant stream of people needing multiple explanations. As a family we struggled emotionally. There were issues with the extended family also, but this was all due to the stress we were all experiencing.

It was desperately sad when mum passed, but there was a strong sense of relief also: she was not suffering any more; now that all has been sorted, we find ourselves becoming extremely sad about her passing, so I guess now the grief work has begun in earnest. We find praying helps, speaking with friends helps, sharing with family helps, but it is still tough".



IF YOU'RE CARING FOR SOMEONE WITH MEMORY LOSS OF DEMENTIA

ANGEL INDOOR BOWLS CLUB MEMORY CAFÉ

2nd & 4th Thursdays 2.30 — 4.00pm www.tonbridgedfc.org.uk

Carers Support Group

2nd & 4th Thursdays 2.30 — 4.00pm www.tonbridgedfc.org.uk

Mission Partners

High Hopes

by Mike Harrowing

Vision:

To reach every primary school child in West Kent with the life-magnifying gospel of Jesus Christ.

Action:

Work in the areas of Worship, Education, and Blessing with primary schools (and churches).

What's happening:

I am happy to report that there has never been a better time for work in schools!! Right now, this is what schools want! We all know very well that the Covid lockdowns of recent years were times of hopelessness; since then schools have been looking for messages of hope and resilient moral frameworks for their children and they know that Christianity provides that. Christian teachers want us to say the things that they are not able to (because they have a specific role in education).

With all 25 of our schools, we have been exploring the life of Jesus, and I'm particularly looking forward to sharing the story of 'Jesus cooks breakfast' in the lead up to Easter – an amazing story of redemption and growth that applies to all of us! One of my own favourite parts of the week is 'Fun Club' at Cage Green school where we spend an hour snacking, playing and crafting over a Bible Story – with children who would never otherwise attend a church activity.



How you can help:

It doesn't just have to be me enjoying myself! We are on a recruitment drive and our challenge is simple: Do you like children? Do you have a passing interest in sharing the gospel? Do you have a pulse? Will you pass a DBS check? If you can answer yes to these questions, then you want to be getting in touch with us because we have a passion to help you impact your local school and, in doing so, your whole local community.

Both personally and professionally, I want to thank you for the part you already play in this mission – your prayers and donations, and I look forward to seeing you joining closer with this outreach team bringing the Kingdom of Heaven closer to children and families in Tonbridge.

Gelsthorpe Family in Japan

by Celia Grew

Vision:

planting a new church in rural, northern Japan

Action:

Build connections and find opportunities to talk about Jesus through events - including English for beginners and a Sunday fun club which has a bible reading at the end of each session. It is important to meet as many people as possible, so they play football, teach at an orphanage and meet local mums.

What's happening:

Our missionary partner at St Saviour's church are the Gelsthorpe family: Mark and Sarah and their three children (Grace, Isaac and Caleb) work at the OMF centre at Hanamaki Grace Church. Hanamaki is a small city in Tohoku, north Japan. It is a city of 100,000 people with only 100-200 Christians.



They work under the guidance of two more experienced missionary couples. A portion of their time is spent learning the very difficult Japanese language. The Gelsthorpe family came home last year on assignment from Japan. They had a good visit to St Saviour's and then the Parish Church in October. They were pleased to meet many of the congregations, including some Japanese members.

How you can help:

Pray for more opportunities to build positive connections with the local community, and for the young people as they resume studies. Visit https://omf.org/uk/ to find out more.

Langham Partnership

by Maggie Talbot

Vision:

To see churches in the Majority World (Africa, Asia, the Caribbean, Eastern Europe, Latin America, the Middle East, and Oceania) equipped for mission and growing to maturity in Christ through the ministry of pastors and leaders who believe, teach and live by the Word of God.

Action:

Promote the study and preaching of the Gospel by sponsoring scholars, supporting pastors and working with local leaders to develop, publish and distribute biblical resources in places characterised by poverty, pressure, and persecution.

What's happening:

There are 108 Langham Preaching Movements in 92 countries around the world. In 2022-2023 Langham:

- Held 360 in-person and virtual preaching training seminars in 81 countries;
- Supported 26 indigenous publishers, in 20 different countries, in the production of 55 local language titles;
- Distributed over 26,000 Bible-centred books to pastors, students and ministry partners more than half of which were distributed free of charge;
- Supported 98 PhD students from 46 countries in theological studies.



How you can help:

Please pray:

- That the training provided will lay a good foundation for the development of a preaching movement;
- for wisdom, strength and safety for those who are working to advance the Gospel in the face of immense challenges.

Visit https://uk.langham.org/ to find out more.

Rwanda

by Sara Thomson

Vision:

To spread the Gospel and aid the reconciliation process between the Hutu and Tutsi people following the genocide in 1994 when 800,000 Tutsi were murdered.

Action:

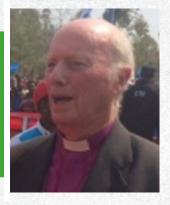
Support the churches in the Diocese of Cyangugu and St Matthew's School (which has 1500 pupils).

What's happening:

St Matthew's School needs seven new classrooms which will cost £44,000. On 14th Feb Bishop Ken (85) is flying to Rwanda for 3 weeks to officiate at the Consecration of a new Bishop and to take 44 Confirmation services! The church is growing and six new parishes have been made. Six new parish centres are needed which will serve as a church as well as house the Pastor and his family. The Cost for each is £23,000.

'A land of 1000 hills and a million smiles'

-Bishop Ken



Please pray for the growth of the church and the school and for a safe and successful trip for Bishop Ken. If you feel called to help financially or in other ways, please contact the Mission Action Group at Tonbridge Parish Church.

Mungu Anatosha - God is enough





In October 2023 I had the privilege of travelling to Kondoa, in Tanzania in Africa with a team from St Peter & St Paul visiting our companion Diocese.

After almost 24 hours of travel by air, we arrived for an overnight break before the last leg of the journey by road from Arusha (near Mount Kilimanjaro) to Kondoa itself. Here we saw, Monkeys, Zonkeys (yes, these striped donkeys really are a thing!), two men and three goats

on a motorbike and an enormous

stag beetle that joined us for dinner! Welcome to Africa!

The journey by car took us through towns and villages and vast dry dusty land with a changing landscape of grey soil, through orange to almost red and as the land changed so too did the brick houses. We arrived in Kondoa to drums playing and voices singing and the warmest of welcomes by the Mother's Union and Bishop Given and

his wife Rev'd Lillian. Here would be our home for the next 12 days!

We visited several villages with the Bishop for confirmation services where many people of all ages came together to be confirmed. The services are always bookended with food, as we were welcomed as guests at the table for another breakfast and later lunch before returning to the hostel.

The services, the Anglican service for confirmation but in Swahili, were much longer than we experience, the bible is

read and I was asked to preach, thankfully in English and the Bishop translated each sentence as I spoke! Many, many choirs come to sing and dance from other villages, and each ended with a report from the churches in that area. At one of the villages the church was too small to host all the people, so we had the service outside under a tarpaulin and a tree!





Mission Partners

We were also welcomed at a wedding. Many people gathered in the village to celebrate, a wedding car with a big bow took the bride and groom from the village to the church! And before we flew back to the U.K. we shared in the communion service at the Cathedral in Kondoa with our brothers and sisters in Christ.

St Peter & St Paul's primary school was our base for a few days as we supported the teachers by drawing posters for their classrooms and we taught the children and staff how to play relay games in the 'playground'!

At the bible college we met amazing people training for ministry and visited the sewing project. This supports 45 girls each year from across the diocese to learn how to sew, equipping them with a skill that can literally change their futures.

Kondoa will forever have a very special place in my heart, the people's welcome makes you feel you are a part of their family, their prayer is from the heart and their gratitude for everything is always directed to God.





MUSICIANS IN THE PARISH

In our last edition we featured some of those who make such a valuable contribution to our services through music. Apart from those in our last edition, there are two others who often play the piano or organ at our services:



Carolyn King

Carolyn has been playing the piano from a young age, and started in the church when she and her husband Jeremy came to the parish about 20 years

She started with playing the piano, both with worship groups or on her own, and has since learnt to play the organ in the parish church. She also plays the clarinet, the oboe, the flute and the saxophone. For her one of the joys of her life is joining with the groups as part of the church family to make music in worship.

Marion Evans

Marion attends St. Philip's Church and regularly plays the piano for services. She started playing at an early age, and in her teenage years her piano teacher tried to make her take the ABSM exams.



But she was at the time too nervous to do these, and instead would sight-read a pile of different music each week.

That gave her both the ability and the confidence at sight-reading, a valuable skill when it comes to leading worship in the church context. As she says, despite our weakness and life's unpredictable journey, God can use what we have in his service, and it's a joy to do so!

Rev'd Wendy Carr



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FAMILY EVENTS AT TONBRIDGE PARISH CHURCH

all welcome to join us

Do come and celebrate the real meaning of Easter with us at one of our Easter Family Events - there are several Easter Egg Hunts - some are community events, one is part of a church service, and only one of them needs you to book!

All will point us to Jesus and his great love for us.

Planning your summer? Why not save the dates for the annual Holiday Club, where children have a great time learning about Jesus over 5 mornings, with games, craft, songs and drama. What could be better?

Easter - free events!

SATURDAY 23 MARCH

at St Philip, Salisbury Road, TN10 4PA

10am-12:30pm Open House Easter Egg Hunt
(drop in any time - book via website)

GOOD FRIDAY 29 MARCH

at St Peter & St Paul, Church Lane, TN9 1DA 10am Family Service (aimed at pre school & primary age) with hot cross buns

EASTER SATURDAY 30 MARCH

at St Saviour, Dry Hill Park Crescent, TN10 3BJ 2:30pm Easter Egg Hunt

EASTER DAY 31 MARCH

at St Peter & St Paul, Church Lane, TN9 1DA

10:45am Holy Communion Service with children's

Easter Egg Hunt

www.tonbridgeparishchurch.org.uk





Parish Information & Contacts

SUNDAY SERVICES -

ST PETER & ST PAUL: CHURCH LANE, TN9 1DA

8am: Holy Communion

10.45am: Morning Service* (Holy Communion on 1st Sunday of the month) and children's groups (school years R-5 and 6-9), plus crèche for pre-schoolers

6pm: Evening Service (Holy Communion on

4th Sunday of the month)

*Also available online on our YouTube channel

ST PHILIP: SALISBURY ROAD, TN10 4PA

10.45am Morning Service (Holy Communion on 2nd Sunday of the month) and children welcome

ST ANDREW: HADLOW ROAD, TN10 4LS

9.45am Morning Service (Holy Communion on 3rd Sunday of the month)

ST SAVIOUR: DRY HILL PARK CRESCENT, TN10 3BJ

9.15am Morning Service (Holy Communion on 4th Sunday of the month)

WEDNESDAY SERVICE

10.00am Holy Communion on 1st & 3rd Wednesdays.

SAVE THE DATE

ST PHILIP: Open House 10am to Midday Every Saturday in Term Time Hope Explored at St. Philip: 20th & 27th April & 4th May.

Contact	
Parish Administration Parish Office, Tonbridge Parish Church, Church Lane, Tonbridge, Kent, TN9 1DA	(01732) 770962 ext. 24 parishoffice@tonbridgeparishchurch.org.uk
Vicar The Rev'd Ben Thorndike	(01732) 770962 ext. 23 ben@tonbridgeparishchurch.org.uk
Associate Vicar The Rev'd Wendy Carr	(01732) 770962 ext. 32 wendy.carr@tonbridgeparishchurch.org.uk
Senior Minister for Families Alyson Bleakley	(01732) 770962 ext.22 Alyson.Bleakley@tonbridgeparishchurch.org.uk
Licensed Lay Minister Sally Musson	(07713) 352017 mussonsally@btinternet.com
Parish Administrator & Vicar's PA Jane Higgs	(01732) 770962 ext. 24 jane.higgs@tonbridgeparishchurch.org.uk
Church Family Administrator Jane Thorndike	(01732) 770962 ext. 24 jane.thorndike@tonbridgeparishchurch.org.uk
Churchwardens David Balcombe, Paul White	(01732) 770962 ext. 24
Parish Treasurer Andy Kirkpatrick	(01732) 770962 ext. 25 treasurer@tonbridgeparishchurch.org.uk
Perspectives Team	perspectives@tonbridgeparishchurch.org.uk

Coffee Lounge: Open Mondays, Wednesdays & Fridays 10am to midday Parish Office Hours: 10am–1pm, Monday, Wednesday, Thursday, Friday

ST ANDREW: *Plants – bring and swap –* for gardening enthusiasts: 20th April from 10am to 1.00pm - Refreshments. *Soirée with music & readings,* wine & nibbles: 1st June 5.30pm – 7.30pm.



On 12th February Babons held an Open Day to inaugurate the opening of their new office on the High Street in Tonbridge. This was attended by both our local M.P, Hon. Tom Tugendhat, and the Mayor of T.M.B.C.

Babons Cancer Support has been created in memory of Jean Spickernell (called "Babon" by her grandchildren) who lost her life to cancer in 2022. Jean was described as a "pocket rocket" who loved her community and always looked for ways to help others, even when she needed help herself. Following her diagnosis and during the painful journey with cancer, the family realised just how much help and support they needed and became aware of the difficulty of finding that support. This prompted Doug Spickernell, together with his daughters Tracy and Heidi, to create Babons with the aim of addressing this need.



If you or someone you know is coping with cancer, feel free to make contact, whether for counselling, support groups, drop-in emotional support, or signposting to other organisations. And if you would like to volunteer your time in a variety of ways, your help would be welcome.

We are at 147, High Street, Tonbridge TN9 1DH, Tel: 01732 711 634 Email: office@babons.org.uk www.babons.org.uk

SAIF APPROVED FAMILY FUNERAL DIRECTORS

OUR FAMILY CARING FOR YOUR FAMILY

Your final farewell should respect your loved one's wishes and comfort those they leave behind. Our family has provided funeral services to families and friends in Tonbridge, Tunbridge Wells and surrounding villages and towns for over 40 years. We know this is a time when a caring family can make all the difference.

OUR PROMISE TO YOU:

We understand your wishes and our fully trained staff are here to help

We will always provide you with an itemised estimate where possible based on your needs from our basic direct to crematorium service to a full traditional funeral

Our emergency service is 24/7 and our phones are always answered personally by our staff

We operate our own secure mortuary and private chapels of rest

We are proud, active members of SAIF and follow their strict code of practice

Your family is our priority, not profit. We can offer you support from time of need before the funeral to bereavement support following the funeral

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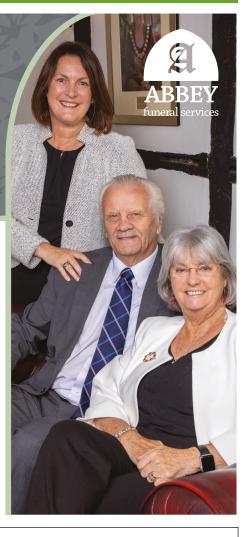
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CELEBRATE EASTER AT TONBRIDGE PARISH CHURCH

all welcome to join us



SATURDAY 23 MARCH

at St Philip, Salisbury Road, TN10 4PA

10am-12:30pm Open House Easter Egg Hunt (bookable via website)

GOOD FRIDAY 29 MARCH

at St Peter & St Paul, Church Lane, TN9 1DA

10am Family Service (aimed at pre school & primary age) with hot cross buns
12-1pm Service of Reflection
1-2pm followed by an hour of Private Prayer

at St Andrew, Hadlow Road, TN10 4LS

2-3pm Informal Time of Quiet Prayer with hot cross buns
and musical accompaniment

EASTER SATURDAY 30 MARCH

at St Philip, Salisbury Road, TN10 4PA

10am-12pm The Waiting Place (a time for quiet reflection as we wait between Good Friday and Easter Sunday)

at St Saviour, Dry Hill Park Crescent, TN10 3BJ 2:30pm Easter Egg Hunt

EASTER DAY 31 MARCH

at St Peter & St Paul, Church Lane, TN9 1DA

5:45am Sunrise Service in the churchyard
8am Holy Communion Service
10:45am Holy Communion Service with children's Easter Egg Hunt
6pm Holy Communion Service

Holy Communion Services also at:

9:15am St Saviour 9:45am St Andrew 10:45am St Philip

www.tonbridgeparishchurch.org.uk

