

perspectives

Issue 40 - Summer 2018
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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:
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Dear Friends,

Whether you are a regular reader or joining us for the first time, do please celebrate with us a remarkable feat of **10 years and 40 editions of Perspectives magazine.**



I am hugely conscious of, and deeply grateful to, the wonderful dedicated team of Parish people who compile and edit this production, whose sole aim is to give a Christian perspective to our life and community issues. Our hope and prayer is that it will enable many to feel closer to our God, who is always there and beckons us daily with his love.

I reflect too that even the production of our magazine gives something of a pointer to the faith! There is an interesting debate about the printed word or the digital word on a computer screen; a hard copy of a piece of music on a CD or LP, or on a virtual streaming device over the internet. In one case it can be held physically; in the other case the words or music seem almost to have a transitory quality.

And also a comparison for the connection with the Christian faith! Well, here it is not love or even divine love that comes over the so-called electronic ether as if it was in the air. This is a love and a tangible expression of love that was "seen", that was "heard", that was "touched".

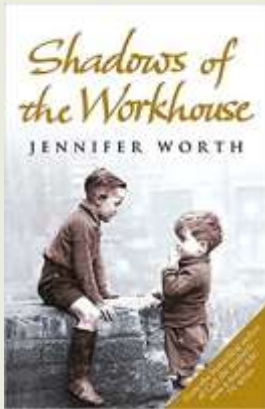
See the wonderful introduction to 1 John 1:1 - **"That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and our hands have touched - this we proclaim concerning the word of life."**

God is in this sense a hard copy. He can be seen and heard and touched.

Enjoy the physical copy of our Perspectives magazine in an age when so much seems virtual and therefore has an illusory feel about it. God is never illusory or a figment of the church's imagination. He came in Christ and by His spirit seeks to visit us now.

I hope reading these pages will bring a fresh perspective to these things for you.

Yours in Christ,
The Rev'd Canon Mark Brown, Vicar of Tonbridge



Shadows of the Workhouse Jennifer Worth

Did you enjoy the recent television series "Call the Midwife?" If so, you would certainly be gripped by the author's follow up book - Shadows of the Workhouse. In the East End, where the author was a midwife in the

1950's, many lives were affected by the workhouse. Although the institutions were officially abolished in 1930, in reality many did not close until decades later.

This book tells the true, heartrending stories of people the author met: children who were separated in the workhouse when their parents died and others, like Jane, whose spirit was broken by cruelty. In the 21st century, we can't imagine what life must have been like for thousands of children who would have died of starvation on the street if they had not been housed and reared, brutally by modern standards, but they survived in the workhouse.

One 90 year old the author met, the illegitimate child of a servant girl and her master, was sent to the workhouse in 1915. She said "I am grateful, even though I never knew my mother. I learned the value of discipline and good behaviour, learned to read and write, went into service aged 14 and later became a secretary after studying at night school. You will also meet Joe Collet, a survivor of the Boer War, and other forced 'volunteers' from WWI and WWII all enduring miserable lives with fortitude.

Life has changed! There are complaints about the NHS and welfare state, but by reading this book, you can decide whether you would want to turn the clock back and whether we should be more grateful.

Jean Bowring

Questions of Faith David Suchet

Here's a clear and direct look at past and present connections between Christianity, Judaism and Islam. This seems timely at the moment, but the subject has been topical for centuries.

The format is ten half hour podcasts, downloadable from Audible: www.audible.co.uk

The presenter, actor David Suchet, was raised without religion and underwent a religious conversion, finding his faith from a hotel Bible before being baptised into the Church of England.

He finds many insights in Jerusalem. Surrounded by mountains, Jerusalem hosts all three faiths in one valley, including a hill of 500 metres as their spiritual core. Here, the impact of the Crusades is discussed. Moving forward in history, the origins of the Sunni and Shia dispute are described, a Muslim comedian offers interesting insights, and an episode "God on the Battlefield" examines the impact of faith (all faiths) in conflict.

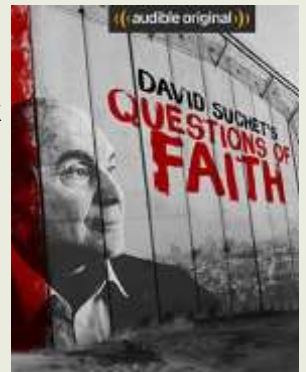
Other episodes on more recent issues are 9/11 and the war on terror, and "Friends & Enemies in Northern Ireland".

Looking to the future, many contributors express hope: incidents in refugee camps; Palestinian Christians in Bethlehem helping orthodox Jews, and a moving contribution from a mixed faith Northern Irish school trying to continue the peace process. Worth remembering through the series – a line quoted from Longfellow: **"Who is my enemy? It is a person whose story I have not heard."**

David Suchet presents with humanity and conviction.

If you're worried you might find it hard to concentrate on the spoken word, don't be - these are well crafted and memorable episodes.

Tessa Szczepanik



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Terry Collins

is a lay preacher in the parish, with special responsibility for the members of St Andrew's, the tiny green church in Hadlow Road. He's a railway enthusiast and a member of the hospital chaplaincy team.

What's a lay preacher, and how did you become one?

I finished work on the railways in 1996. Finally, I had time to study! I trained 3 years for church leadership, and became a "Licensed Reader". Originally this role entailed reading out the sermon when the actual minister was elsewhere! The minister at the time suggested I took the next step: of being lay preacher for St Andrew's. I was keen, but prayed for God to show me if this was right. Next day my Bible reading was Matthew 25:21: "You have been faithful with a few things: I will put you in charge of many things..." - so, I went ahead! I now preach, take funerals, and lead services, Holy Communion and prayers.

You served in the community for many years before that...

Way back in 1962 I started to teach at Cage Green Sunday School, ultimately becoming superintendent. Also, for 40 years we ran the 6.15 club which gave children, originally from the Sunday School, chance to have some fun together outside the Sunday School setting. Over a thousand children came along in that time!

Whilst still working, I volunteered at Dr Barnardo's.

What did you enjoy about Dr Barnardo's?

I so admired the way the children coped with severe difficulties. They could brighten people's lives; they had such gifts. The staff and leaders set a great example too. I hope one day to be able to work with children with disabilities again.

More recently, I was invited to join the hospital chaplaincy team. I went twice a week to the Cottage Hospital; now it's weekly to Tunbridge Wells.

You've had a lifelong link with the railway.

My father worked on the railway at Ashford (where I was born), then New Cross and finally Tonbridge. I joined Tonbridge goods yard aged 16, eventually working as Traffic Controller, then Duty Line manager.

Did your faith ever help you in this work?

I had to respond to some major incidents, including derailments. Several times I felt God telling me "You will cope...", and He was with me arranging safety of emergency services and passengers, re-arranging trains around the obstructions and with the investigations. I was with a good team as well.

Tell us some of your interests.

My garden railway has lots of supporters! I also love driving and walking. Despite many mishaps I managed the Yorkshire 3 Peaks in 11 hours 57min.

You favourite place? York – the Minster and the chocolate factory.

Best book? Anything by Agatha Christie!

Photos: 3 Peaks Club award; Honorary Member of London Fire Brigade, Southern Training Division (for Terry's work training them on rail safety); Volunteer of the Year (mtw/NHS).





Local charity Imago runs the transport lifeline Dial 2 Drive. The community transport scheme takes people unable to access public transport due to age, illness or disability to their medical and social appointments. Often the drive is the only time someone has seen or spoken to anyone that week and provides a link to their community.

Volunteer drivers use their own cars to take passengers to their medical and social appointments such as day centres, lunch clubs, doctors, hospitals, to visit loved ones, shopping, falls prevention classes and more. Volunteer drivers offer to wait for up to an hour at appointments before taking their passenger safely home again. Drivers receive an induction, are DBS checked and references are taken. The drivers offer their time for free and are reimbursed their mileage from leaving home to arriving back home after the journey.

The drives are booked via the charity's head office in Tunbridge Wells by a team of volunteers. The drives take place during the working day, evenings, weekends and even on Christmas Day!

There are over 650 clients across Tunbridge Wells, Tonbridge, Sevenoaks and surrounding areas. In the last six months Dial 2 Drive has completed over 5,320 journeys!

With an increased need for the service, Dial 2 Drive are recruiting additional volunteer drivers. Whether you can do one drive a month, or would like to offer a day a week, whatever time you have means the world to a local person. With drivers offering to wait for up to an hour at appointments they will then make sure their passenger arrives home safely:

"Dial 2 Drive is a marvellous service. I had to give up driving after a stroke... All the team are great, they know what I need and are always so helpful. I am really very grateful for their help."

The service has teamed up with the local bakers group Free Cakes for Kids Tonbridge who have bakers donate their time and skills to create special birthday cakes. So far Dial 2 Drive has delivered three cakes for clients who have had 'big birthdays', turning 90.

The recipients have been surprised and delighted, saying "I shared my cake with the other residents who were there to do the craftwork that morning. Thank you, it's lovely!"

If you would like to sign up to access the service there is an annual membership fee and mileage is charged per drive based on the total journey distance. Call Dial 2 Drive on 0300 777 1200 Mon-Fri 9.30am-3pm or leave an answerphone message outside of office hours. If you think you could join the volunteer team and would like to find out more do visit the website where there is an online registration form: **www.imago.community**

or contact the office on **0300 777 1200**
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As we go through life we experience many 'firsts': our first word, our first day at school, our first kiss, our first house among others. And on June 17th I'll be adding another first to that list, my first Father's Day as a father.

Like other fathers across the country, and through most of the Western world, I'll receive a card, maybe a present too, and have the joy of celebrating a day that has been devoted to fatherhood. I'm very much looking forward to it and I hope that I'll remember it for many years to come but I doubt the same can be said of my son as he will only be 5½ months old when the day rolls around.

In the past I'd always assumed that Father's Day was the lesser, more recent cousin to the established Mother's Day (traditionally Mothering Sunday, which it very much still is) and that although it claimed to celebrate fatherhood and fathers, the focus seemed to be much more on selling 'masculine' products and increasing companies' profits.

Recently, however, I've discovered that the roots of Father's Day are much older and stretch back to the 14th or 15th century. In the Catholic Church in Europe, Father's Day has been celebrated since the Middle Ages on 19th March, the feast day of St Joseph, the husband of Mary and legal father of Jesus Christ. To this day Father's Day is still celebrated on 19th March by some in the Catholic Church, Coptic Church and also Latin America.

Despite the difference in date, I think there is great significance in celebrating Father's Day in conjunction with Joseph. Like many men of today, Joseph was in the position of having the responsibility of caring for a child that wasn't biologically his, and although his appearance in the Gospels is relatively small, what we read about him shows him to be a loving, concerned parent who cares deeply for his son. Much of Jesus' character is due to his supernatural nature and his heavenly father, God, but I don't doubt that Joseph had an influence on him too.



I am in the blessed position of having had a father and other father figures all my life but I'm very aware that some of my good friends have grown up in households where their father or father figure has been largely absent or not there entirely. It may very well be that for you, Father's Day and all the associated celebration of fatherhood is difficult because of a bad relationship, one that was never there or a good

one that has now ended. Whatever our relationship with our earthly father, we all have a father in heaven who longs to be known by us and knows us intimately. Can I encourage you this Father's Day, wherever you are, whoever you're with, to consider these words from 1 John:

"How great is the love the Father has lavished on us, that we should be called children of God!"

*Andy Page
Youth & Children's minister*

God's Acre: St Peter & St Paul churchyard

We invite you to spend some peaceful time here...

1. WATERSTOUP

The 13th century water stoup (partly restored) was a point for worshippers to wash their hands before blessing themselves.



6. HAMPSON'S GRAVE

"Hampson William Powell, a native of Jamaica, an African by descent"....
A touching tribute to a slave or servant in the household of one Captain Thomas. Hampson died in 1809 aged 56. There were 17,000 recorded burials in the church yard before it was closed in 1855.



2. SAXON BRICKWORK

in the north wall - the oldest part of the church.



7. VICTORIAN FONT

Moved from inside the church in the 1980s - we now use a portable font.
The pre-Victorian font, predecessor to this one, was allegedly spotted at Tonbridge School in use as a bird bath...

3. YEWS The oldest trees here, a symbol of immortality and resurrection. The nearby redwood or *Wellingtonia gigantea* is thought to have been planted in honour of the Duke of Wellington around 1850.

4. VAULTS Some of the grand tombs have vaults underneath them. The Beeching tomb commemorates members of the Tonbridge banking family, whose business started in Church Lane and spread around Kent & Sussex between 1789-1890, subsequently acquired by Lloyd's.



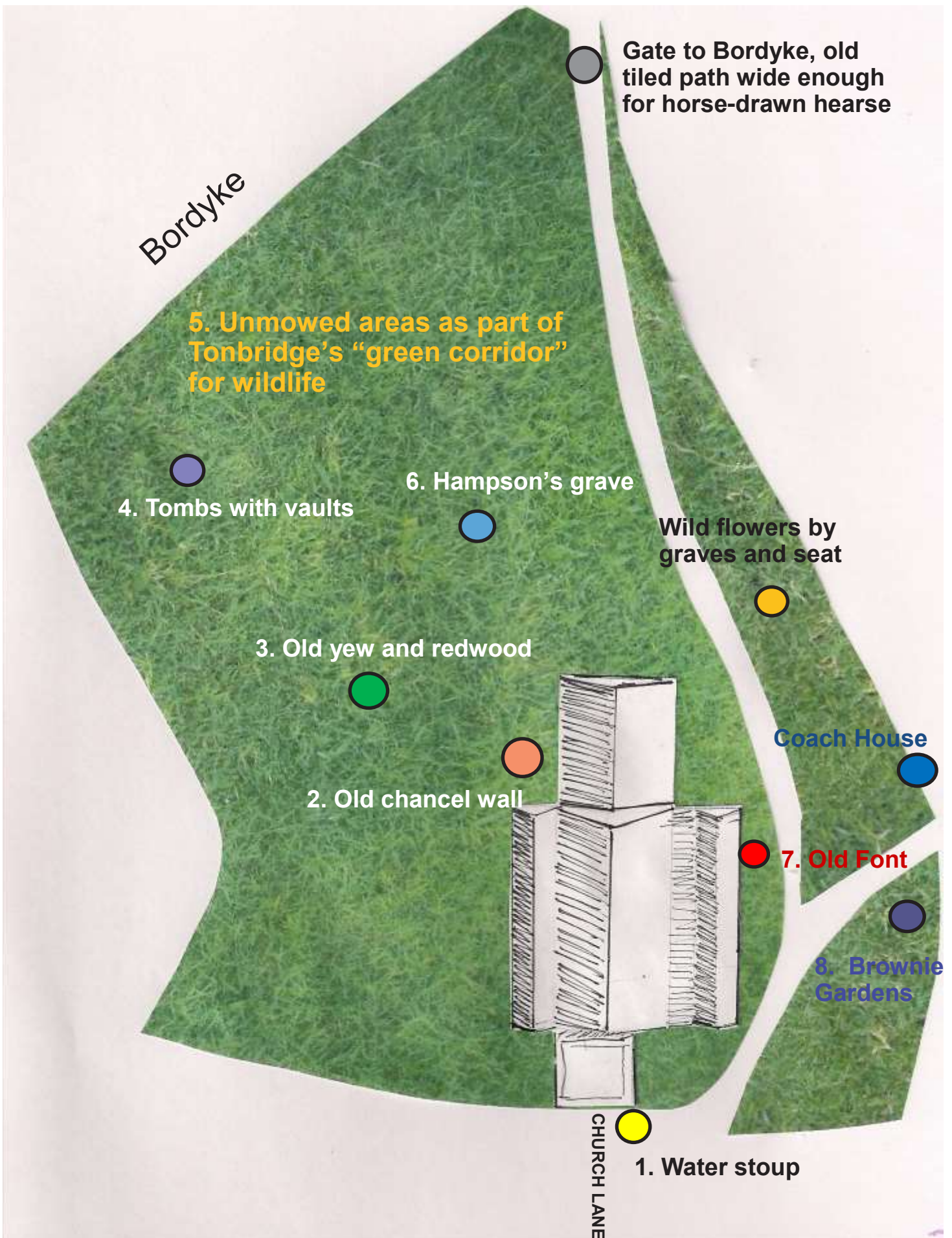
5. WILD AREAS

Unmown areas help maintain the green chain, or corridors, of wildlife in Tonbridge, valuable for bees and butterflies. We are grateful to TMBC for mowing the church yard.

8. BROWNIE GARDENS

Our Brownies care for this and one other garden in the church grounds. We have several clubs who enjoy the grounds, as well as workers from the town who enjoy a picnic lunch, or a quiet time.





Now and Then –

STEP BACK IN TIME AT 'TONBRIDGE 100'

The centenary of the end of the First World War is nearly upon us, and events to commemorate and remember that time are taking place across the country. Tonbridge will also play its part, with our flagship event in August, as well as other events throughout the year.

Pam Mills, local historian, will be conducting information talks - including one about the Belgian refugees, in Fuggles on Sunday 15th July at 7pm. Other talks and walks will be announced via the local press.

This links with the main Living History Weekend: August 18th and 19th - put it in your diary now!

..... an event that will educate and entertain, and be like nothing Tonbridge has seen for a century. In and around the Castle, visitors will see a replica Great War tank, soldiers and nurses of the period, a search dog, horses, and First World War artefacts, all to the sound of music from the time.



Royal West Kent Regiment (re-enactors)

Tonbridge 100 is a project that will be a visual experience of life one hundred years ago. More participants are expected to be announced, so come to the Castle open 11-6pm, Step Back in Time and see the part Tonbridge played in the Great War. Entry is free, with donations to the Poppy Appeal.

Watch out for the 100 shops for 100 years trail and the photographs at Tonbridge railway station. We hope you can join us to remember those that have gone before us, and those who continue to serve.

Pam Mills



Arrival of Tank in Tonbridge July 29th. 1919



Royal West Kent Regiment (then)

The Plastic Mantra - Refuse, Reuse and Recycle

It took some time, but most of us are now in the habit of taking reusable bags to the supermarket. So what's next? Following David Attenborough's highly acclaimed Blue Planet series, many of us are looking for ways to reduce our plastic usage at home.

Previous generations didn't use so much plastic but it's everywhere today, largely driven by our demand for convenience. Take a look at our '5 Simple Steps' for ideas on how to keep plastic in-check, without going back decades in terms of convenience.

5 Simple Steps to Reduce Plastic

1. **Swap to soap** - whether just for hand washing, or for bathing with too. Soap is cheaper and eliminates the plastic handwash and shower gel containers, representing a significant saving both financially and plastic-wise over a relatively short time.
2. **Say no to straws, single-use plastic cups and cutlery** - when you're in a café or restaurant. The Marine Conservation Society estimates the UK uses 8.5 billion straws every year which are among the top 10 items found in beach clean-ups - one reason the Government is considering a ban. By using reusable alternatives, you avoid plastic going into the bin after just a few minutes use.



3. **Carry fruit and veg** - Buy your bananas without a plastic wrapping, or from a local greengrocer with a paper bag. You're going to peel your banana to eat it, so consider if it really needs to go in a plastic bag between the shelf and the checkout.

4. **Give shop-bought dessert pots a miss** - make your own. Individual jellies and ice cream containers are easily swapped for a make-your-own version at home. Try making jellies in existing containers and swap individual pots of ice cream for scoops from a sharing tub, lollies with

wooden sticks, or a 99 from the ice cream van.

5. **Go plastic-free in your garden** - follow BBC Gardener's World and The National Trust, and try to phase-out plastic in your garden. Buying recycled or compostable pots for seedlings or using toilet roll tubes as root trainers is a good place to start.

Many people are becoming more conscious of their plastic usage, and following the 'plastic mantra' – **Refuse, Reduce, and Recycle**.

Give it a go -

Refuse unnecessary single-use plastic.

Reduce plastic by using one item which can be used multiple times (e.g. bag-for-life), or where plastic is still the best (or unavoidable) option.

Recycle the plastic so it doesn't end up in landfill.



Natasha Stille

Billy Graham Minister and speaker

1918 – 2018

Born into a hardworking farming family in North Carolina, Billy Graham was ordained and went on to become a hugely influential Christian speaker, travelling worldwide and making several visits to Britain (despite initial caution from government and church)...



How were people affected?

I was taken by a friend to a Billy Graham evangelistic rally at Earls Court, London, searching for the meaning to life. I had never previously understood that Jesus had died for me personally, and his words 'I am the way, the truth and the life' struck deep into my heart. Following Billy Graham's invitation to give our lives to Christ, I walked down to the front. I felt like I was sitting on hot bricks and was being propelled to get up from my seat and respond. On reflection nearly 51 years later, that was the best decision of my life.
Erica Leeson

I went to Earls Court with my church, it was a day that would change my life. Billy Graham spoke about Jesus and all he had done for me and how I could have a personal relationship with him. I went forward at the end and I thank God for the difference having Jesus in my life has made.
Sandra Wakefield

When I was ten I went to Harringay to hear Billy Graham several times with our youth group. I was greatly challenged by the powerful message... On one occasion Roy Rogers and his wife Dale Evans were there with his horse and Roy gave his testimony.
Anita Game

One of my best friends went along, and went out onto the Wembley Stadium turf mainly to collect some of the turf as a souvenir. As far as I know, Billy Graham's evangelism had little or no impact on his life.
Brian Buck

We went as students.... Many people went forward in response to Billy Graham's message, but I did not feel comfortable with his style of preaching
Barbara Payne

What happened next?

Robin Dunn (his account of the whole Graham meeting is on our website) sums up: That year (1955) Dr Graham spoke to some 2.5 million Scots, filling Hampden with 90,000 people. Church attendance in Glasgow in 1960 was still 50% higher than in 1954, and many Scots clergy were deeply affected. I can think of no other person in my lifetime who has had a greater impact for good on the population of this country.

Gill Dunn writes amusingly of her scepticism and initial dislike of the event, which she had attended mainly because her parents opposed it. (full text at www.tonbridgeparishchurch.org.uk/resources/perspectives) But having made a commitment, she was not left alone: "We were teamed up with a mentor. Mrs Dales was a great support over the months that followed, helping me with Bible study notes and encouraging letters. I joined a great church with good teaching and a strong youth group."

And for you?

Join us on a Sunday, or at an introductory course.

For the taste of a big event, coming up in Kent is:

Rev Canon J. John, Church of England evangelist and author, at Priestfields Stadium in Gillingham
9th June 2018 3pm - 5pm (doors open at 1pm)



Providing hope to women working in the sex industry

Tamar was founded in 2013 by a group of volunteers from All Souls' Church, Westminster. Tamar takes its name from the Bible: there are two references to women called Tamar who were both badly mistreated by men and society. However, Jesus opposes this and shows love and gives value to the women who are in lowly roles such as sex work.

Tamar provide physical, practical, emotional and spiritual support to sex workers, primarily trafficked women; that is women from within the U.K. and from the rest of the world, who are forced or coerced into sex work.

Sex trafficking is a form of modern day slavery, and it is estimated that 50% of women working in brothels are trafficked. It's astounding the extent of human exploitation happening in our cities and towns across the U.K. as well as in Westminster. All of us can be more aware of the people around us and take action if we feel somebody is being exploited, to offer compassion and hope to those who need it.

If you want to find out more about Tamar and how to support their work as a volunteer or financially please see their website: <http://www.tamarwestminster.org>

For more information about the UK government's response to modern slavery including sex trafficking and how to report it, see: <http://www.nationalcrimeagency.gov.uk/crime-threats/human-trafficking>


Charli Stockdale




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Fun on the Beach

Find these words about the Beach in the Word Search.

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| Wave | Frisbee |
| Splash | Castle |
| Beach | Sand |
| Seahorse | Fan |
| Fish | Kite |
| Bucket | Shovel |
| Suntan | Fun |
| Sunglasses | |

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Jesus Feeds the Five Thousand

Unscramble the letters to find the words in the story of Jesus feeding the Five Thousand.

If you are not sure of the story you can find it in the Bible in Matthew 14:13-21, Mark 6:32 -- 44, Luke 9: 10 – 17, John 6:1 --13.

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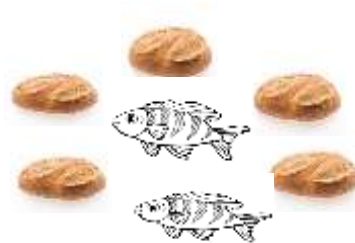
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Young people prepare to travel.....

In August 2019 a group of 11 young people and 3+ adults from the Parish are participating in a mission trip to the Diocese of Kondoa in north-eastern Tanzania.

In 2017 we took a group of 3 young people and 3 adults and it proved to be a life changing but also quite challenging time. We're sure that the same will be true of the trip next summer and part of the challenge comes in raising the necessary funds to go - £2000-£2400 per person.

Over the next 13 months the young people will be taking part in and hosting a number of different fundraising events so if you'd like to help enable them to join the mission, [keep an eye out for these proceedings coming soon!](#)

[Tough Mudder \(13th October\) - 5k assault course erected on Clapham Common](#)



[Cycling to Kondoa - Attempting to pedal the 6000 mile distance from Tonbridge to Kondoa over a weekend using bike machines!](#)

[Barn Dance](#)
[Quiz Night](#)
[Car Wash](#)

Andy Page

Balancing

It's a six-foot-high tower of rocks, the largest about ten inches in diameter and the smallest, right at the top, an irregular cone, about an inch and a half at its base. It's like a perpendicular piece of dry stone wall, an incredible feat of engineering and balance.

James Brunt is an artist who travels the country. He paints, he works with children - creating practical projects like den-making, but at every beach he builds a sculpture like this one.

What are most interesting are the principles of engineering he uses balancing one rock upon another on the sea wall.

There are three important considerations.

- 1) There must be three firm points of contact between each stone.
- 2) There must be an absolute centre of gravity.
- 3) The engineer uses the imperfections in the stones to create the stability.

It came to my mind that these principles of engineering could very well be applied to our own lives. We need three points of contact: friends, family, our work, our faith, hobbies for which we have a passion, our pets. The list of possible contacts is probably endless and only you know which ones you can lean on (and know that you too, will provide a point of contact to support someone else).

Our centre of gravity must be our own moral compass. For some that comes from their faith or spirituality, for some from their basic humanity. We need a place to stand and that place must be founded on truth and acceptance, both of self and of others. Which brings me to the third and most important point.

We know that we are not perfect. Nobody is. We have imperfections, and that is what makes us perfect to build with.

Our points of contact are also not perfect but our joint imperfections fit together perfectly, allowing us to build together something bigger than we are as individuals.

James Brunt could build a tower with perfectly regular stones, but it would be like building with Lego: boring and without the seeming magic of impossibility. There would be no art.

It is our imperfections which make us art; which make us impossibly beautiful.

Heather Seaman



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View from the Potting Shed



Well, the summer months are here with 21st June being the longest day, although it doesn't seem that long ago that we were battling with dark nights and winter snow. The extra light and warmth of summer is a real tonic, not just to our plants, but to us as well as we hopefully respond to a sense of wellbeing.

Although it's great to sit in the garden, there is still plenty to do and provided you don't have a vast estate it doesn't have to be a chore if you allow 10-20 minutes a day to potter around sorting things out. In early summer plant out bedding plants and containers and remember to keep them watered. If going on holiday, ask a neighbour to look after them or move them into a sheltered spot whilst you are away. Stake tall and

floppy plants to give them support and stop them encroaching on neighbouring plants. Continue to deadhead flowers as they fade to prolong the flowering season and in late summer if needed allow some to set seed heads so that you can collect the seed.

Continue to sow lettuce, radish and other salad crops whilst your early sown crops can now be harvested and remember to pinch out the side shoots of cordon grown tomatoes (bush tomatoes can look after themselves). If you have a greenhouse, consider putting up shading and ventilate to ensure your plants do not "burn". Check ponds for water levels and top up if necessary using rain water, remove debris and unwanted pond weed and ensure animals can climb out to ensure they do not become trapped and, most importantly, ensure your pond is child safe.



A recent report suggested that mowing the lawn was the best garden exercise for burning off the calories so you have no excuse. Mow the grass once a week but not too short to avoid the roots being scorched in the summer sun. A summer grass feed can also be applied but read the instructions to ensure its correct use. Weeds at this time of year will seek every opportunity to grow so pluck them out as soon as they are seen.

Summer is a great time for relaxing in the garden, having fun with family and friends getting out the barbeque and garden furniture but sometimes you have uninvited visitors who may take a shine to your possessions so ensure they are secure when you are not at home. At the least mark them

with an invisible marker pen, giving your name and post code, and why not take photographs to help identify them if the need ever arises?



We are spoilt by the many gardens in the area that are open to the public, so why not visit them to see new ideas and plants that you may be able to incorporate into your own gardens?

Whatever you do, have a great summer.

Arthur Mow

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Tonbridge Taekwon-Do

Tonbridge Taekwon-Do is one of the largest clubs in the Vision Taekwon-Do Association. They offer a range of classes catering to different age groups and abilities from ages 3+. Kids, Children's and Adults' Classes run at the Angel Leisure Centre on Mondays, Wednesdays and Sundays. There are also kids classes at Brenchley Memorial Hall on Thursdays.

Mr. Tim Dunn the Chief Instructor is a 6th Degree Black Belt with over 20 years of experience and is a medallist at both European and World levels. He has been instructing full-time since 2001. He has kindly agreed to tell us a bit more about Taekwon-Do.

Morwenna Fernandez

What is Taekwon-Do?



Taekwon-Do has grown in popularity since its inception and is now taught in nearly every country in the world. It is most famous for its spectacular and dynamic kicking techniques, although this has led to the misconception that Taekwon-Do is just a kicking art.



Taekwon-Do does indeed make extensive use of the legs, since the legs are longer and more powerful than the arms, but kicks make up only a small fraction of the total number of Taekwon-Do techniques. There are also blocks, punches and strikes with the hands or arms as well as basic throws and grappling.

Why do it?



The wide range of techniques caters for all types of situations, and students are taught to defend against single and multiple opponents, on foot, seated and prone, and against weapons such as sticks and knives.

We have several different age ranges that we teach 3-6 years, 7-13 years and teens and adults.

The 3-6 year old course covers many important aspects of growing up including danger awareness, behaviour, attitude and listening skills. The Children learn through fun activities and role playing games, they learn about friendly and

unfriendly behaviours and how to report the situations to their parents as well as recognising not to speak to people that they do not know. They will also learn about road and fire safety whilst building their self awareness and confidence at every stage. The Taekwon-Do element that is taught is basic but key in helping to develop the childrens balance, focus and concentration as well as improving their fine motor skills.

The children's class for 8 years and above is ideal for kids requiring "personal life skills" including Self Discipline, Confidence, Goal setting and Respect. Our classes are a great way for your child to release extra energy in a safe, fun and constructive way whilst motivating them to excel and improve themselves.

Our structured grading syllabus helps the students to stay focused and helps to build the students self esteem. Martial arts training can be an essential part of development, helping to prepare your child for real life.



Tim Dunn

What I like about it

"Taekwon-Do is lots of fun. You can get fit, make new friends and learn how to defend yourself."

Leonie Fernandez

How to join? tonbridgetkd.co.uk **01732 361578** Mobile: **07973 613221**

Elderflower Cordial



Ingredients and instructions

2½ kg white caster sugar
2 lemons (unwaxed)
15-20 fresh elderflower heads, stalks trimmed
85g citric acid (from chemists)

2 x 1litre sterilised bottles – sterilize in the dishwasher, or wash well with soapy water. Rinse, then leave to dry in a cool oven.

Put the sugar and 1.5 litres water into a large saucepan. Gently heat, without boiling, until the sugar has dissolved. Give it a stir every now and again. Pare the zest from the lemons using a potato peeler, then slice the lemons into rounds.

Once the sugar has dissolved, bring the pan of syrup to the boil, then turn off the heat.

Wash the elderflower heads to remove any dirt or bugs. Pat them dry and transfer to the syrup along with the lemons, zest and citric acid, then stir well. Cover the pan and leave overnight.

Line a colander with a clean tea towel, then sit it over a large bowl or pan. Ladle in the syrup slowly.

Discard the bits left in the towel. Use a funnel and a ladle to fill sterilised bottles.

Note: The cordial can be drunk immediately, and will keep in the fridge for up to 6 weeks. It can also be frozen for consumption later as required.

Natasha Stille

Vicarage Pizza

Vicarage Pizza (serves 6)

500g beef mince

2 onions chopped, and seasoned with pepper and salt. Packet of ready rolled shortcrust pastry. Packet of cheese slices. 295g condensed cream of tomato soup (Campbell's).

Grease tin if necessary. Line tin with pastry, and press down well. Dry fry mince and onions, and drain off any liquid. Spread mince mixture on to pastry and then spread soup over the mince mixture. Top with a patchwork of cheese slices so that the top is covered.

Bake in a moderate oven at 160C for about 45 minutes. Serve with seasonal vegetables or salad.

This originates from a recipe that the wife of one of the previous vicars at St. John's, Hildenborough, used to make when she had a lot of people to feed (or so we are told!).

Catherine Farquharson



What's On? And From the Parish Registers

June

Sun 10	Tonbridge Farmers Market, Sovereign Way 9.30am-1.30pm
Sat 16	Scavenger Hunt at Haysden Country Park 10am—12 noon. Meet by the flagpole near main carpark. No booking required.
Sun 17	Tonbridge Summer Carnival. Tonbridge High Street and Castle. 10.30am-3pm.

August

Wed 1	Pond Dipping at Haysden Country Park, 10-11am or 11.30-12.30. Book at www.eventbrite.co.uk . This is a free event.
Tue 7	Illyria— Merchant of Venice at Tonbridge Castle. 7.30pm. Booking: 01732 770929
Wed 8	Minibeast Safari at Haysden Country Park. 10am-12 noon. Book at www.eventbrite.co.uk . This is a free event.
Sun 12	Tonbridge Farmers Market, Sovereign Way 9.30am-1.30pm Invicta Jazz Orchestra at Tonbridge Castle. Free event.
Fri 17	Story Telling at Haysden Country Park 1-2pm. Nature-themed story-telling in the play area followed by a craft session.
Tue 28	Illyria—Hound of the Baskervilles at Tonbridge Castle

Deaths

1 Feb 2018 Colin Andrew Skinner
 9 Feb 2018 Eileen Taylor
 12 Feb 2018 Arthur William Crisp
 28 Feb 2018 Robert (Bob) Arthur Thomas Lawrence
 13 Mar 2018 Joan Winifred Phipps
 19 Mar 2018 Rose Ticehurst
 20 Mar 2018 Jean Margaret Overton
 29 Mar 2018 Norman Acaster
 4 Apr 2018 Audrey Constance Russell Hillary
 14 Apr 2018 Anne Hallas Richardson
 21 Apr 2018 Brian William Charles Ruck
 29 Apr 2018 Eva Ellen Webb
 9 May 2018 Doreen Thelma Martin

Weddings

24 March 2018 Timothy John Dixon
 & Sarah Clare Ruxton

July

Fri 6-8	Tonbridge Castle Music Weekend. A weekend of music set in the beautiful grounds of Tonbridge Castle. Acts include: Soul Legends and The Skatonics. Tickets from: www.tonbridgemusicweekend.com
Sun 8	Tonbridge Farmers' Market, Sovereign Way 9.30am-1.30pm
Fri 13	Changeling Theatre - Measure for Measure at Tonbridge Castle, 7.30pm. Tickets: www.changeling-theatre.com/tickets
Sat 14	Tea at St Saviour's 3pm-4.30pm. All welcome for free refreshments in the beautiful grounds. Concert: Byrd to Beatles, London-based Vocal ensemble, The Chetwynd Consort at Tonbridge Parish Church 7.30pm-9.30pm. Tickets: 07500653849. chetwynd.tickets@gmail.com
Sat 14 to Mon 6 Aug	Big Butterfly Count. Take part in Butterfly Conservation's national Big Butterfly Count at Haysden Country Park. Collect a form from the main noticeboards near the flag poles.
Tue 17	Illyria - Pirates of Penzance at Tonbridge Castle. 7.30pm. Tickets: https://illyria.cloudvenue.co.uk
Fri 20 to Sun 22	Luna. Cinema showings of 'Gladiator', 'Pretty Woman' and 'The Greatest Showman' at Tonbridge Castle. Doors 7.30pm. Film starts at 9.15pm Tickets: www.thelunacinema.com
Sun 22	Wildlife Activity Day at Haysden Country Park 10am-3pm. Celebrate the County park's 30th birthday during Love Parks Week with free activities. Meet by the flag pole near the main car park.
Mon 30 to Fri 3 Aug	Tonbridge Parish Holiday Club - see back cover. Book in advance at Tonbridge Parish Church office.

Baptisms

4 Mar 2018 Penelope Mary Mae Platts
 8 Apr 2018 Rose Alison Zuber
 6 May 2018 Edward Alan Chivers



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St Peter & St Paul		St Philip	St Saviour
Daily	Coffee Lounge 10am to 12pm Monday to Saturday		
Monday	Merry Makers: needlecraft and quiet time 10am, Upper Lounge Prayer for young people 9.30am main church Rainbows, Brownies, Guides, Seniors	Men’s Forum 8pm fortnightly. For more info contact Ray Tanner on 01732 351422	Coffee Break 10.30 - 11.30am Keep Fit 5.30pm
Tuesday	Teddies For pre-school children and their carers, 9.30am, Upper Lounge (term time) Beavers at Ridgeway	Stretch, Tone & Relax Class 1pm Grapevine Drink, chat and activities. 2.15pm to 4.15pm Brownies	
Wednesday	Holy Communion 10am Tiny Acorns under-1s 10.30am - 12pm, Upper Lounge Cubs at Ridgeway	Tots and Co. For toddlers and their carers, 1.15pm - 2.45pm (term time) Open Prayer 8 - 9pm First Wednesday of month	
Thursday	Stepping Stones (term time) Bible Study, crèche available 10am Knitting & Natter, 2nd Thursday monthly, 10am - 12pm. Afternoon Workshop (crafts) 1.30pm Upper Lounge 1st Tonbridge Guides		
Friday	Rummikub Players 10.00am - 12.30pm, Upper Lounge. Bell Ringers at Parish Church 7.45pm Scouts at Ridgeway	Women’s Fellowship 7.30pm - 9.30pm, 2nd and 4th Friday of the month	
Saturday	Parish Prayer, 9am Lower Lounge Coffee Lounge 10am - 12pm Open Church 10am - 4pm		Connect (Age 10 - 13) Refresh (14 - 18) from 5.30pm fortnightly

For more details, please contact the Church Office 01732 770962.
 Some groups do not meet during school holidays. Check our website tonbridgeparishchurch.org.uk



St Peter & St Paul Church Lane, TN9 1HD

Sundays:

8am Holy Communion (1st and 3rd Sundays of month)

10am Morning Service (with Holy Communion on 4th Sundays) and Sunday Club for ages 4-11 each week in term time

6.30pm Evening Service

Wednesdays:

10am Holy Communion

St Philip Salisbury Road, TN10 4PA

Sundays:

9am Holy Communion (1st Sunday of month)

10.30am Morning Service (with Holy Communion on 3rd Sundays) and Sunday Club each week in term time

St Andrew Hadlow Road, TN10 4LS

Sundays:

10am Morning Service (with Holy Communion on 2nd Sunday of month)

St Saviour Dry Hill Park Crescent, TN10 3BJ

Sundays:

8am Holy Communion (2nd, 4th, 5th Sundays of month)

10am Morning Service (with Holy Communion on 1st Sunday and informal service on 3rd Sunday)

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Curate The Rev'd Wendy Carr	355200
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Vicar's PA Yolanda Roberts	770962 X25
Parish Administrator Jane Higgs	770962 X24
St Philip's Administrator Jane Mata	352416
Youth and Children's Minister Andy Page	770962 X22
Parish Treasurer Ray Tanner	770962
PCC Secretary Sally Musson	838411
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