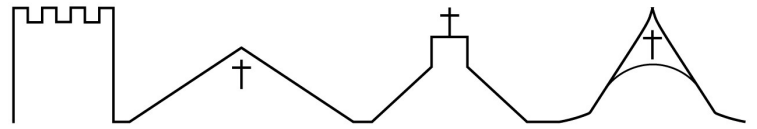




THE CHURCH
OF ENGLAND

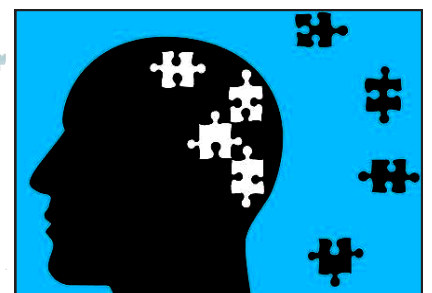


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perspectives

In this issue:

- 15 Ways to Help the Planet
- Mental Health
- Dads on the Loose
- Juvenile Arthritis Research
- Parish Information



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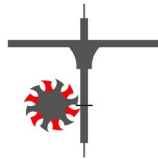
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Dear Friends

I wonder if you like to be organised, know what's coming up and like predictability. Or perhaps you like flying by the seat of your pants and living each moment as it comes, not planning too far in advance and enjoying the twists and turns that each day can bring.



For the past year planning for anything has been difficult, even the plans we have been able to make have had to have a footnote saying, 'if things don't change, we will do this or that!'

Whether we prefer unpredictability or certainty, two words I have heard a lot recently are 'I hope'. But what is it we hope in? There is one sure and certain Hope that many across this town and across this world hold onto. This Hope came to earth in the form of a man, who cared, who loved, who met with those whose lives were often less than certain. He brought comfort to the lost, healing to the broken, he fed the hungry and loved those society had written off as unlovable.

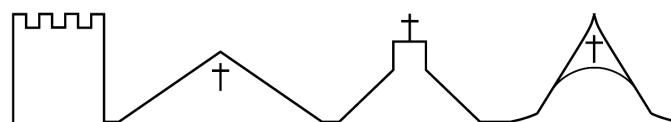
The Hope that comes through Jesus Christ has not been lost, diluted, made unpredictable by any of the events we have lived through. In fact, this Hope has remained the firm foundation to all who have held out their hand and welcomed Him into their lives. This Hope has also shone out from them as they have fed the hungry, comforted the broken and loved others in so many practical ways.

Every blessing

The Rev'd Wendy Carr
Associate Vicar

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
or Perspectives Editorial Team,
The Coach House, Church Street,
Tonbridge, TN9 1HD
tel.no: 01732 770962 extension 24



St Peter & St Paul · St Philip · St Andrew · St Saviour

The Perspectives logo on the front cover represents the four churches worshipping and working together.



Juliet Roberts

Juliet, a member of St. Peter and St. Paul, will be known to many for leading the prayer group for young people. We asked her a bit about herself...

I am married to David and we have two adult daughters Amy and Lucy. They live away from home and David and I live just outside Tonbridge in Golden Green with our black Labrador Murphy. I met David at Leeds University. We were married in 1987 and started our life together in Tonbridge. I am a retired GP, having worked in Tonbridge and West Malling. I am a volunteer at Hospice in the Weald.

How and when did you become a Christian?

I was brought up in an Irish Catholic family and was very blessed to have loving parents who had a deep faith, which they shared with me. I went to a Catholic girls' school and it was during my time in sixth form when I attended a youth group and went to many worship events that I became a Christian.

What led you to St. Peter and St. Paul?

After I had the girls, I really wanted us to worship as a family. David and his parents, Judy and Richard were regular members at St Peter and St Paul, so I thought I'd see what it was like there. I felt very welcome and the rest as they say is history, as I'm still there!

Can you tell us a bit about your church life?

Over the years I have become more involved in church life. I was a member of the St Peter and St Paul leadership team for quite a few years. After leaving that team, I became more involved in pastoral work, and am now part of the parish pastoral team. We are making plenty of phone calls at the moment to ensure the more vulnerable members of the Parish have what they need and are not too lonely.

I think my medical background does help with my pastoral work. I have often been able to give advice, support and guidance. I have also been part of the Stepping Stones Bible Study leaders' team for many years now and the Monday morning prayer group for young people.

You regularly lead prayer groups and Bible studies. What inspired you to do this?

I was inspired to start the prayer group for young people when my eldest daughter Amy was doing her GCSEs. She is now 29 and the group is still going! I wanted to do something to help and support her and others doing exams - so what better way to do that than prayer. It has been a great privilege and joy to pray for many young people.

I was a bit nervous when I started to lead Bible studies at Stepping Stones and Home Group but it is a wonderful way to learn more about the Bible as you prepare and you always learn from those you are leading.

How do you like to relax?

I love to spend time with my family. I really enjoy long walks with our dog Murphy, dance-style exercise classes, quizzes and a good book.



Thank you for your time

Covid-19 and the Church

Our church building has been in Tonbridge for at least nine centuries: a place where people came to worship, to baptise their children, to marry and to honour the dead, where people could come to for private prayer and spiritual comfort. Through numerous crises the Church has stood at the centre of the town. In 1348 the **Black Death** is recorded as “raging” in the area. In 1558-9 a **plague** epidemic decimated the population. In 1854 a **cholera** outbreak infected more than 150 people, killing 39. The **Battle of Britain** in World War II saw vicious fighting overhead and later bombs were dropped on the town. The East window of the Parish Church was destroyed in the blast from a bomb on 23rd June 1944.

Yet the outbreak of **Covid-19** brought a new kind of challenge to our church. By March 2020 it was clear that the pandemic would mean enormous changes. For the first time in living memory the doors of the church were closed. The essence of our Christian faith is relationship – our relationship with God through Jesus Christ, and then our relationships with one another. How were these relationships to be sustained when our church buildings were closed for months on end?

With normal life brought to a standstill, the loss of connection with family, friends and community was keenly felt by all. Lockdown brought insecurity and uncertainty, with no clear way forward. After the initial shock, we all had time to reflect on life’s real priorities. For the first time in years, our normal patterns were brought to a grinding halt. We had time to think. The Church building might be closed but that did not mean that the church community had to be. **God isn’t locked in a building!**

We quickly found ways to adapt to an ever-changing situation. For many it was time for a crash course in the latest IT! Within a week of lockdown, services were being broadcast on YouTube, and connections made via Facebook,

Instagram and Zoom. We are grateful to those who gave their time and expertise to underpin this technology, and so patiently coached others.

The church also continued to keep in contact by regular phone calls, newsletters and Perspectives, our parish magazine. We had great support for our Food Bank jointly managed with Tonbridge Methodist Church and the River Church.

With the pace and rhythm of life picking up, it’s almost as if we are in a rush to make up for the lost time. Children have gone back to school, and after months of home-schooling, even they seem to like that idea, to say nothing of the joy of their parents!

We are again becoming familiar with the old problem of traffic jams and an over-loaded email inbox. The external distractions are back!

We are full of joy to be meeting again for our Sunday services (even if with social distancing!).

Looking ahead, our aim is not just to retreat into our buildings and get on with ‘business as usual’. We do not want to lose what we have learnt through the pandemic: **the vital importance of our relationships with each other and sharing the**

love of Jesus as we do whatever we can to serve our North Tonbridge community.



Photo: The Parish Church after World War II, before the new east window was replaced. Image courtesy of Tonbridge Historical Society

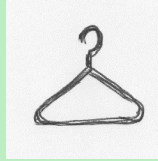


Photo: Our Church in recent times

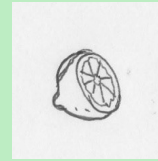
15 Simple (and Cost-effective) Ways to Help the Planet



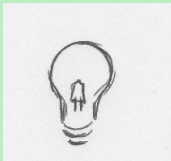
Plant wildlife friendly plants. Lavender and sedum are easy to grow and great for bees and butterflies!



Give clothes you no longer want to charity shops or clothing collections rather than throwing them away.



Try cleaning with traditional materials like bicarbonate of soda and lemon juice. It's cheaper than buying bottled cleaning products and less harmful.



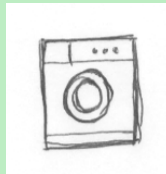
Cut your electricity bill: switch off electrical items when not in use.



Take reusable bags with you when you go shopping.



Reduce food waste - make a shopping list before you shop.



Wash at 30 degrees unless the clothes are very dirty.



Carry a refillable water bottle with you, so that you don't need to buy bottled water.



Sign petitions and share information online to campaign for the environment.



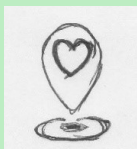
Buy a reusable coffee cup and take it with you. Many companies will charge you less for your coffee.



Reduce the amount of meat (especially beef and lamb) and dairy products you eat. Could you have one extra vegetarian meal each week?



Try swapping where possible to products that are not packaged in or made of plastic, e.g. solid shampoo.



Explore more events and places to go locally. We live in an area blessed with beautiful countryside and many great things to do!



Minimise air miles. Can you buy more local and seasonal produce? Support local businesses: try some of the wonderful food and drink produced in Kent!



Switch to green power. There are now lots of options. You might even save money, especially if you haven't changed supplier in a while!



Mental Health - First Aid



The Mental Health First Aid course, run by MHFA England, is an 8-session course to equip you with the tools and structure needed to respond and help someone with a mental health problem. The course is divided into individual study time and live learning, with a group and teacher.

Before I get into the details, I want to explain why I attended this course. Many of you will know I am a children's and youth worker and so developing the skills and

understanding is beneficial for the pastoral side of my role. The Children's Society recently released statistics showing children's happiness has reduced in the last 10 years. Further research links this to the mental health of these children in terms of how they feel about themselves in relation to other children, their abilities, and even their appearance. A decline in mental health is starting earlier, hence the importance of us knowing how to help.

Children's happiness has reduced in the last 10 years

The second reason for my interest in this course stems from my own experience with poor mental health. As a teenager I struggled with anxiety and feeling very low. My mum often tells me things from when I was 14-16 that I have forgotten due to the 'fog' in my head. MHFA promotes preventative measures and education rather than waiting until a situation reaches severity before intervening.

So how does this course prepare you? A key phrase repeated during the live sessions is "you are not here to diagnose." If you think about a 'normal' first-aider, they are there to help, guide and patch up before the professionals arrive.

Sometimes the first aider will do enough, so no more help is required; other times more medical support is needed. It's the same with mental health first aid.

"... you are not here to diagnose but understand"

During this course you find out about many different types of mental ill health. You learn the correct language to use and how to understand another person's frame of reference. A person may not be diagnosed with something, or even be in a severe state of mental ill health, but understanding all this means you can recognise early signs so action can be taken to help and prevent their mental health from deteriorating.

ALGEE is the acronym to help guide MHFAs when encountering a mental health issue:

A is for approach, assess and assist,

L is for listen,

G is for give support and information,

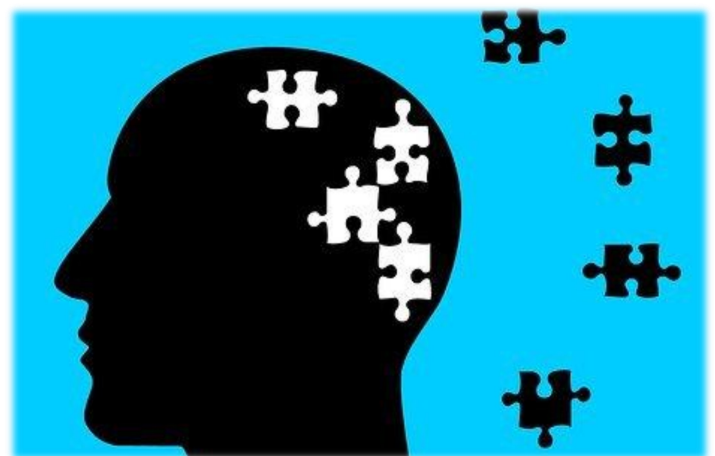
E is for encourage, the second

E is for encouraging the people around that person.

I would recommend anyone, especially in a leadership or pastoral position, to attend this course. I personally feel more equipped to approach and help.

Emily Speed

Youth & Children's Ministry
Tonbridge Parish Church



For more information on the MHFA course please visit www.maidstonemind.org/mental-health-training

“Make your vision so clear that your fears become irrelevant”

Juvenile Arthritis Research

Back in 2018, Richard Beesley (pictured with his daughter Trinity) took a leap of faith to pursue the dream God placed in his heart. He founded Juvenile Arthritis Research, a charity with the aim of finding a cure for juvenile idiopathic arthritis (JIA).

JIA is an autoimmune disorder, where the body's natural defences attack the joints. JIA affects around 1 in 1000 children in the UK causing inflammation, pain, discomfort and reduced mobility. Without prompt and effective treatment, children can become permanently disabled with damaged joints. Children with JIA are also at risk of uveitis, inflammation inside the eye which can cause severe damage and even loss of sight if not detected and treated promptly.

Juvenile Arthritis Research undertake research into JIA, as well as raising awareness of the condition. Awareness is the key to avoiding delays in diagnosis.

“We know that early intervention changes lives. Our vision is a world where no child has to suffer from arthritis, but in the meantime, we can all help to raise awareness to make an immediate impact on the lives of children with JIA”, Richard explained.

Richard had seen first-hand the devastation that JIA causes. His wife, Rebecca, had the condition since she was ten, resulting in hip replacement surgery, because of the severe damage caused to the hip joint. Their daughter, Trinity, was diagnosed when she was just two years old.

Richard told us “Trinity went from being a happy, active toddler to being in severe pain and unable to walk. She was too young to understand what was going on”.

There are now treatments such as disease modifying drugs (DMARDs) and biological drugs that can help control the pain and prevent joint damage for many children, but these often have side-effects.

There is a lot that goes on behind the scenes to enable a child with JIA to live a “normal” life: injections of chemotherapy and immuno-suppressive drugs, daily physiotherapy exercises, regular blood tests, scans, x-rays and a multitude of hospital appointments.

A diagnosis of JIA affects the whole family with the additional burden it places on parents, carers and siblings. Being told your child has a lifelong painful condition is a scary and isolating time.

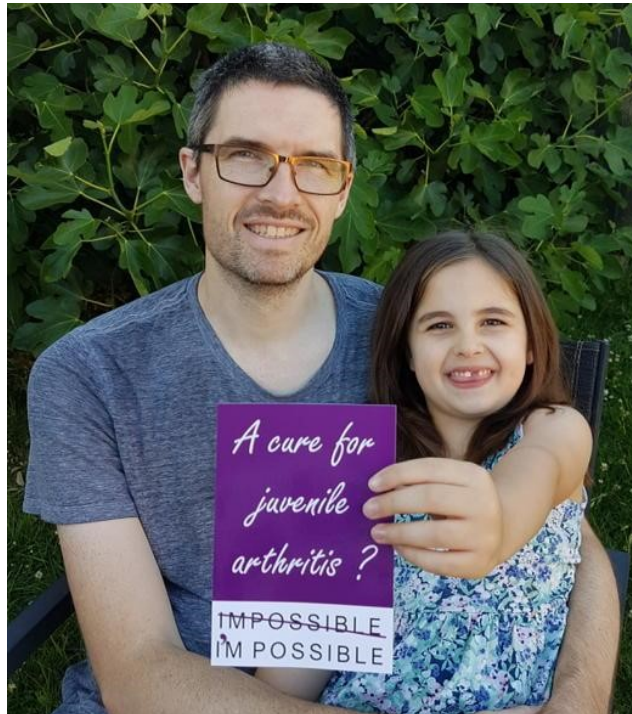
Juvenile Arthritis Research offer family support in the form of “A Little Box of Hope” - support packs providing vital information about JIA and the journey ahead, whilst reassuring families that they are not alone.

Despite being only 3 years old, Juvenile Arthritis Research has already been making a significant mark

on the world, recognised by research organisations and hospitals, and working with and supporting colleagues across the globe.

Yet the task ahead is a huge one and they are always keen to hear from people who can help raise awareness of JIA in their local schools, businesses and communities.

You can find out more about Juvenile Arthritis Research as well as about the #ThinkJIA awareness campaign at



www.jarproject.org



The Churchyard, God's Acre

The Churchyard at St. Peter and St. Paul is a precious space in which many elements of nature can flourish, not least the important species of mosses and lichens that coat the tombstones and are so easily discredited. Its position is important, a green stepping stone in a nature corridor between the open land to the West and the open fields along the Medway to the East.

As there's no longer room for full body burials, the space is nominated as 'Closed' and its maintenance is now the responsibility of the local Council. One of the main concerns is 'Health and Safety' and consultation between KCC (Kent County Council) and the PCC (Parochial Church Council) is needed over any significant structural change.

The Council has already agreed to spare some spaces from the regular blanket mowing, so that we can develop wildflower growth in those areas - important for the provision of nectar, pollen and seeds for butterflies, bees and birds. Some of these could be adopted by families or individuals.

There are many opportunities for other projects:

- putting up bird nesting and bat boxes,
- using some untidy fallen branches and logs to create a shelter or two for small mammals and invertebrates,
- encouraging the growth of bee/butterfly friendly flowers,
- and a dream - swift nest boxes on the church tower!



There is a Team, led by Wendy Balcombe, that meets in the morning on the second Saturday each month, Covid restrictions permitting. Some volunteers concentrate on work to keep the public area tidy, others work on the wildflower areas. There's plenty to do! Much of it can be done at any time that would suit you and in a very real sanctuary.

In June, Covid permitting, we will have a Seminar and Survey provided by the charity 'Caring for God's Acre' (info@cfga.org.uk).

Jesus said to his Disciples: "Come with me by yourselves to a quiet place and get some rest". (Mark 6, 31b)

In spite of being so close to the town centre, the churchyard is surprisingly insulated from much of our urban noise and is an attractive place in which to take the time that Jesus advised to listen for God's voice and to offer to Him any concerns.

A recent development has been the placing of some prayer suggestions at significant points. But there are times when the usual quiet is set aside! During Summer Holiday Club the children let off steam with organised games, and in Term time the Teddies Group (photos above) for young children spends its weekly session enjoying the open and safe green space.

That's wonderful and how very blessed we are to have the churchyard.

Jennifer Macpherson



FATHER'S DAY FUN!

Think of someone in your life that you love. It could be your Dad or someone else. Complete their superhero I.D. below...



Name: ☆ ☆
 Favourite colour: ☆ ☆ ☆
 Favourite food: ☆ ☆ ☆
 Superpower: ☆ ☆ ☆
 What you love about them: ☆ ☆ ☆

SUMMER SCRAMBLE



Try and unscramble all these summer related words...

1. **acheb**.....
2. **aim cecer**.....
3. **nab thusing**.....
4. **ladyoih**.....
5. **sast lecan**.....
6. **miswingm**.....
7. **tres nad axelr**.....



Beach, ice cream, sun bathing, holiday, sand castle, swimming, rest and relax.

Hidden in this word search are different ways of saying Father in English and other languages. See if you can find them all!

Contact:
 Youth & Children's Minister
 Andy Page
 Tel: 01732 770962 ext. 22

Father's Day

B	A	A	W	T	A	R	D	T	D	B	C	S	S
B	A	N	A	A	B	B	A	S	A	A	A	T	
T	A	N	O	T	O	S	A	N	P	B	O	D	M
E	M	B	A	A	O	A	R	A	S	A	P	A	A
T	B	A	A	A	W	B	D	A	D	O	T	T	B
D	A	D	B	U	E	A	U	C	E	T	O	A	A
A	D	S	B	C	N	T	O	O	T	E	P	P	D
W	A	V	T	T	B	A	A	B	P	P	A	C	E
A	A	M	V	E	P	P	P	D	O	T	D	A	A
S	D	A	A	U	A	D	S	A	A	A	R	A	O
E	T	A	B	O	B	S	O	B	P	D	E	M	A
O	P	A	A	T	B	A	D	T	A	P	A	O	A
A	E	D	A	B	A	T	A	R	R	N	B	N	A
T	V	D	A	O	B	T	R	E	T	A	V	C	R

- OTOSAN
- BUWA
- AMA
- PAPA
- ABBA
- OTEC
- BABA
- DAD
- PADRE
- TAD
- VATER

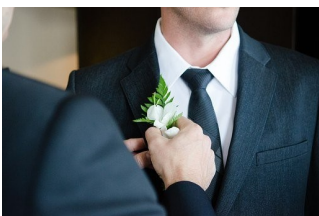
DADS ON THE LOOSE

With the easing of restrictions we asked some of our Parish Dads what they are most looking forward to and what their ideal Father's Day (20 June) would look like...



When lockdown finally ends, the thing I am most looking forward to is our summer staycation and showing my family more of England's fabulous coast. Before that my ideal Father's Day would start with a free delivery of the latest Ducati motorbike followed by a summer of endless rain free days. On second thoughts I'll settle for a family walk to a local pub for lunch! **Adrian Roberts**

What I am looking forward to as we come out of lockdown is seeing my parents in Northern Ireland and attending a full church service without face coverings. I also can't wait to watch Spurs play (and win) in a full stadium and enjoy a pint with a friend in a pub! **John Bleakley**



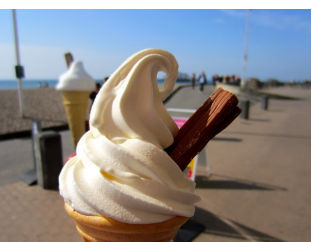
What I'm most looking forward to when lockdown ends is being able to attend the special occasions that have been postponed: two weddings and a special family holiday in France. I'm also looking forward to gathering with others for communal worship, particularly with music and singing. **Andy Page**

Seeing friends and family - sounds obvious but I haven't seen some of my family in person for well over a year. My brother's family is up in Scotland and I feel like we're missing out on important moments in their lives. We also have a family wedding in August, which was postponed last year. We are very much hoping this can go ahead. Seeing the family on the dancefloor together, especially the children, would make me very happy! **Tom James**



For me being a Father during lockdown has been to guide and enforce the rules and still encourage in daily life. On Father's Day I would love to share in the happiness as we return to lifestyles we all recognise and to see genuine smiles on loved one's faces... and also have total control of the TV remote with a cold beer with snacks! **Jason Carr**

When it's safe to do so, I am really looking forward to travelling to Germany to see my family. At home, I look forward to discovering more of Kent and doing day trips to London. My ideal Father's Day would start with a coffee and an uninterrupted read of a Sunday newspaper, followed by a country walk, a beer and a roast lunch! **Patrick Reichenmiller**



I miss travelling for work and pleasure and am very much looking forward to seeing my family in Ireland and visiting my mother there. My perfect Father's Day would be walking along a beach with my kids, eating ice cream! **Gerard Lavin**

Wishing all Dads in the Parish and Tonbridge community a very happy Father's Day!

A Taste of Summer!

Bring some holiday flavour into your kitchen with authentic Spanish recipes...



Tortilla de patatas (Spanish omelette)

Serves 6 as a snack, or 4 for lunch

500g potatoes
1 brown onion, finely sliced
Salt
Lots of olive oil or sunflower oil
5 eggs

Cut the potatoes into quarters and then into thin slices. Mix them in a bowl with the sliced onion and salt.

Add a generous amount of oil (olive or sunflower) to a deep pan, add the potato and onion and fry over a medium heat for about 20 minutes until the potatoes are cooked. Stir every 5 minutes or so. Do not be tempted to stir it too often, as this will spoil the texture of the potatoes. Once cooked put them in a bowl and let them cool for a few minutes.

In a separate bowl add the eggs with a pinch of salt and beat it. Add in the potato and onion mixture.

Depending on how thick you like your tortilla: you may get one or two tortillas.

Add a bit of oil to a medium non-stick pan and bring it to a high heat. Add the egg and potato mixture, reduce the heat to medium and cook for 6-7 minutes. Once one side is cooked you need to flip the tortilla. It is best to do it over a clear surface or a sink. I use a plate or a flat lid for this. Cook for another 5 minutes and transfer to a clean plate. !!!Buen provecho!!!

Coca de cebolla y pimiento

Serves 6

Pastry:

500g plain flour

1 tsp salt

1 tsp pimenton (smoked paprika)

150ml dry white wine

150ml olive oil

Filling:

3 brown onions

3 red onions

1 can of tinned tomatoes

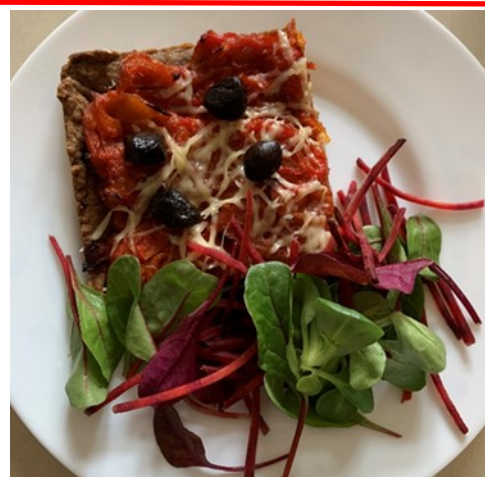
Salt to taste

Heat some olive oil in a pan then add the onions and red peppers. Cook until tender, then add the tomatoes and cook for another 10 minutes. Leave to one side.

For the pastry: in a deep pan mix the white wine, olive oil, salt and bring it just below boiling point. Remove from the heat and add the plain flour. Mix well with a wooden spoon and then work the dough with your hands for a few minutes. Leave it to rest for about 1 hour.

Pre-heat oven to 200C. Line a regular sized baking tray (30 x 20cm) with baking parchment and roll the dough to fit the tray. Cook in the oven for about 10 minutes. Remove from the oven and add filling. Cook for a further 7-8 minutes. At this point you can add olives and grated cheese.

Serve at room temperature with a green salad.



by Yolanda Roberts



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Tonbridge Parish Walk

When: **Saturdays,**
starting 22nd May 2021

From: **St. Philip's Church**

Time: **10am**

Duration: **approx. 45 min - 1 hour**



For more details and to book a place from Eventbrite visit

www.eventbrite.com.au/e/tonbridge-parish-walk-tickets-154526700521

or call/email TMBC on

01732 876347

healthy.living@tmbc.gov.uk



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Andrew Meade

APFS/Chartered Financial Planner, based in Tonbridge.

 07872 508008

 andrew.meade@eqinvestors.co.uk

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www.tonbridgeparishchurch.org.uk

Facebook @TonParishChurch
YouTube www.bit.ly/TonParishChurchYT
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Get Involved

Men and Women's ministry
Under 1's and carers: Tiny Acorns
Preschool and carers: Teddies
Prayer gatherings;
Home Groups;
Living Stones;
Stepping Stones Bible Study

Youth, Children and Families

NEW! Worship in the Wild (ages 4-11)
SOS (11-14)*
GRUB and Refresh (14-18)*

*Meeting weekly on Zoom - see Facebook page:
[@ycfTonParishChurch](https://www.facebook.com/ycfTonParishChurch)

Services

In church every Sunday

8am Holy Communion, St. Saviour
10am Sunday Worship, St. Peter & St. Paul*
5pm Simply Jesus, St. Peter & St. Paul
**Also available on our YouTube channel*

Online

YouTube channel:
www.bit.ly/TonParishChurchYT

10am Sunday Worship, St. Peter & St. Paul
6:30pm *Compline with a thought for the day*
10am Wednesday Reflection & Prayer

NEW! Outdoors!

3pm Sunday Worship in the Wild
(see back page for more information)

Please check our website regularly for announcements on services, new activities and events

Parish Administration
The Coach House Office, Church
Street, Tonbridge, TN9 1HD

(01732)
770962 ext 25

Youth and Children's Minister
Andy Page
Emily Speed (Assistant)

770962 ext 22

Associate Vicar
The Rev'd Wendy Carr

770962 ext 32

Parish Treasurer Les Naylor

07736 309200

Churchwardens
Adam Calvert / Paul White

770962

Licensed Lay Minister Sally Musson

838411

PA & Finance Yolanda Roberts

770962 ext 25

Perspectives Team

John Schluter (Chair),
Olivia Brown (Advertising), Judy Adam,
Dick Longley, Aneta Van Bodegom,
Jean Bowring, Morwenna Fernandez,
Kerry Reichenmiller, Jenny Macpherson,
Tom James

770962 ext 24

Parish Administrator Jane Higgs 770962 ext 24

In times of need, family matters

*Let our family,
care for your family*



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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 the Tonbridge area, for 30 years, we know this is a time when a caring family can make all the difference.

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Jim and Jo Parker.*

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- ▲ We always provide itemised estimates
- ▲ We operate our own mortuary and private chapel of rest
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Monday to Saturday
10am - 5pm

**Musical Bumps
Tonbridge & Sevenoaks**

Our weekday classes for 0-4 years are usually held at the Parish Church.

At the time of writing, we are having fun with the full timetable taking place via zoom online!

Monday, Wednesday, Thursday & Friday

New families are always welcome to trial a class

margaret.lewin@musicalbumps.com
07736 244142



St Peter & St Paul • St Philip • St Andrew • St Saviour

TONBRIDGE PARISH CHURCH PRESENTS

WORSHIP *in the* WILD

Join us in the churchyard of St. Peter & St. Paul on Church Lane from 3pm to 3:45pm. Games, activities, and good news in the great outdoors! All families welcome!

MAY 23RD - FIRE
JUNE 27TH - WIND*
JULY 25TH - EARTH
AUGUST 22ND - WATER

*Temporary move to
St. Saviour, Dry Hill
Park Crescent

