

TRIO



May 2020

Contributions welcomed

BEATITUDES FOR A GLOBAL PANDEMIC

BLESSED ARE THOSE
WHO STAY INDOORS



FOR THEY HAVE
PROTECTED OTHERS

BLESSED ARE THE
UNEMPLOYED AND THE
SELF-EMPLOYED



FOR THEIR NEED OF
GOD IS GREAT

BLESSED ARE THE
CORNER SHOPKEEPERS



FOR THEY ARE THE
PURVEYORS OF SCARCE
THINGS

BLESSED ARE THE DELIVERY
DRIVERS AND THE POSTAL
WORKERS



FOR THEY ARE THE
BRINGERS OF ESSENTIAL
THINGS

BLESSED ARE THE HOSPITAL
WORKERS; THE AMBULANCE CREWS,
THE DOCTORS, THE NURSES, THE CARE
ASSISTANTS, AND THE CLEANERS



FOR THEY STAND BETWEEN US AND
THE GRAVE, AND THE KINGDOM OF
HEAVEN IS SURELY THEIRS

BLESSED ARE THE
CHECKOUT WORKERS



FOR THEY HAVE PATIENCE AND
FORTITUDE IN THE FACE OF
OVERWORK AND FRUSTRATION

BLESSED ARE THE
REFUSE COLLECTORS



FOR THEY WILL SEE
GOD DESPITE THE
MOUNTAINS OF WASTE

BLESSED ARE THE
TEACHERS



FOR THEY REMAIN
STEADFAST AND
CONSTANT IN
DISTURBING TIMES

BLESSED ARE THE CHURCH
WORKERS; THE DEACONS,
PRIESTS AND BISHOPS



FOR THEY ARE A COMFORTING
PRESENCE IN A HURTING
WORLD AS THEY CONTINUE TO
SIGNPOST TOWARDS GOD

BLESSED ARE THE SINGLE
PARENTS.



FOR THEY ARE COPING
ALONE WITH THEIR
RESPONSIBILITIES AND
THERE IS NO RESPITE

BLESSED ARE THOSE WHO
ARE ALONE.



FOR THEY ARE CHILDREN OF
GOD AND WITH HIM THEY
WILL NEVER BE LONELY

BLESSED ARE THE
BEREAVED.



FOR WHOM THE WORST HAS
ALREADY HAPPENED. THEY
SHALL BE COMFORTED

BLESSED ARE THOSE WHO
ARE ISOLATED WITH THEIR
ABUSERS



FOR ONE DAY-WE PRAY-
THEY WILL KNOW SAFETY

BLESSED ARE ALL DURING THIS TIME WHO HAVE PURE HEARTS;
ALL WHO STILL HUNGER AND THIRST FOR JUSTICE; ALL WHO
WORK FOR PEACE AND WHO MODEL MERCY



MAY YOU KNOW COMFORT. MAY YOU KNOW CALM. AND MAY THE
GRACE OF OUR LORD JESUS CHRIST, AND THE LOVE OF GOD, AND
THE FELLOWSHIP OF THE HOLY SPIRIT, BE WITH US ALL. AMEN

TEXT: JAYNE MANFREDI

CartoonChurch.com



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Parish Magazine

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From David and Mark



We hope this short Parish Magazine finds you safe and healthy and in good heart, despite the continued lockdown of our shared life.

Since we last wrote, we are heartened by the many ways in which we have pulled together as communities.

Our schemes in Kings Hill, West Malling and Offham to support the elderly, vulnerable, immune-system compromised and sick have been established and are running smoothly.

Across the three communities, somewhere around 350 people have volunteered to help. Some of the volunteers are regulars in our churches but many come from other faiths or no faith background at all. As someone wisely put it recently, a Vicar's task is sometimes simply to "gently shepherd the natural goodness of people".

Each of the different communities is tracking its work slightly differently; some by people and some by requests for help. Either way, we've been able to make a real difference to a great many households in need of groceries or medical prescriptions, practical tasks or simply befriending the lonely and isolated.

This coming Sunday, our New Testament reading is from Acts 2 where the disciples are recorded as "together and with all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need." It feels like we've been living a little version of Acts 2 in recent days here as well.

We have also been worshipping online. Thank you for your support for our various efforts; some technically more adept than others! We have variously recorded sermons, live-streamed services, filmed prayers and recorded podcasts. We hope that you've been able to tune in and are finding spiritual sustenance in our efforts to encourage you in these extraordinary days.

If you haven't already done so, you can find the St Gabriel's website here:

www.kingshillchurch.org.uk

and St Mary's and St Michael's share a website, so either address takes you to the same place

www.stmaryswestmall.org.uk

www.stmichaelsoffham.org.uk

As one joker put it this week, the new church season of 'Corona-tide' is now seven weeks long and counting. We don't know how long this will last but, even when some restrictions are lifted, we fully expect that it will be gradual and those over 70 and those who are vulnerable may not be with us in person for some further time yet.

So let's keep doing the basics and doing them well. Let's be people of prayer and intercession, attending to our faith from home with study of the Scriptures and participating in worship however we best can. And let's be people of compassionate service, loving our neighbours and doing what we can, where we can, to support one another and those in need.

Every blessing! We hope to see you soon.

David and Mark



From the Parish Registers

St Mary's, West Malling

Funerals

21st Apr Philip Richardson

29th Apr David Plumb

St Gabriel's, Kings Hill

Funerals

23rd Apr Peter Beard

St Michael's, Offham

Funerals

None

Shopping help during the lockdown

Just in case you haven't heard, we thought this rundown of local shops and how you can pay for goods 'remotely' may help some individuals and households.

Volunteer Shopping Cards

Waitrose and Asda are both running "Volunteer Shopping Card" schemes. The idea is you (or a family member) can buy the card online, email the code to others or be printed and left for a volunteer in a safe place. You put some money on the card and then your helper can use it to pay for your groceries.

The system uses only a barcode and the volunteer doesn't need to know the client's bank or credit card details.

cards.asda.com/volunteer
johnlewisgiftcard.com (for Waitrose)

Parkfoot Garage, London Road

Visit parkfoot.net to use their online order form. They will send you an invoice to pay online or over the phone. Once you've paid, they will invite you to collect your shopping. Parkfoot are also offering a free delivery service for the most vulnerable

people living within a four mile radius and who are unable to leave their homes. This is only for sick and vulnerable people, so please do collect if you possibly can.

Tesco - paying over the phone

At Tesco in West Malling, there is now a viable option for your volunteer helper to call you when they're standing at the check-out, hand the phone to the cashier and you can make the transaction and your helper then brings you your goods.

Spadework - order on the phone

Call with your grocery, fresh fruit and veg, eggs, meat, pasta, bread flour, part-baked bread, tins of soup, as well as baked goods, biscuits, snacks and our usual range of luxury items. They will call you back with a total price once your order has been entered onto our till, take card payment over the phone, and let you know when the order will be ready to collect. At the agreed collection time, one of our team will bring the order out to your car.

Spadework Farm Shop Direct Dial Number: 01732 879 088 Current opening hours 9:30 am to 4:00 pm.



Tom Tugendhat MP writes for *Trio*

Living through this national emergency has changed all of our lives. It has reminded us of the things that matter; health, family, and community. It has been heartening to see the way we have pulled together to help each other and to see our parish churches at the heart of the response. The emergency is forecast to last for many weeks and the overriding priority must be to keep ourselves, and our family, friends and neighbours safe. As we have seen from the Prime Minister's illness, Covid-19 does not discriminate and no matter how healthy we may feel, we all run the risk of contracting the virus ourselves.



I would like to thank everyone in West Malling, Offham and Kings Hill who has done something extra to help someone in need. Without a community spirit we would not be able to get through this challenging time.

The impact of this virus will be huge. From shrinking supply chains to a greater emphasis on community, our world will change and the speed of government action has shown that the ministers will act fast to help. Supporting employees, including the self-employed, has already made a huge difference to everyone. I believe it will allow the economy to restart rapidly when conditions allow. That's good for everyone.

I know not everyone will be able to easily access all they are entitled to so if you have any questions please e-mail me with details of your personal situation on tom.tugendhat.mp@parliament.uk so that I can help.

Life is changing so quickly for many of us that what I write here may be out of date by the time you read this, but whatever happens, I am here to do what I can for our community. My office may be closed to protect everyone's health but the phone will still be answered if you call 01732 441563. The Government guidance is based on the very best scientific advice and we must stick to the social distancing measures if we are able to recover as quickly as possible.

I hope that you and all of your loved ones stay as safe as possible over the coming weeks. Please do be in touch if you have any concerns.

The best way to get hold of me is to email tom.tugendhat.mp@parliament.uk or write to me at 130 Vale Road, Tonbridge, Kent, TN9 1SP or you can phone 01732 441563.



Join us for worship at home

While we are all stuck at home, all three of our churches are making efforts to provide acts of worship and resources to nurture faith for us all.

If you haven't yet taken part, why not come and join us this coming Sunday?

St Gabriel's, Kings Hill

Rev Mark is doing Worship at home on Youtube and Facebook at 10 a.m. each Sunday - with "after-church coffee" via Zoom from 10.30 a.m. Sunday School at home is also now available weekly. There is also providing a special "Worship at Home" page on kingshillchurch.org.uk with more resources for use during the week.

St Mary's and St Michael's

Rev David has adopted a slightly different approach and is providing a web page each Sunday which you can access in your own time, any time from 07:30 a.m. onwards.



Each week he picks out a couple of songs from YouTube that you might like to sing (including one for the children), there's written prayers to read aloud with others or on your own, and a video-based sermon (see photo above).

We're also very aware of cathedral, diocesan and national church efforts including regular acts of worship on the BBC. However you decide to engage, our prayer is that you are blessed and able to draw closer to God.

West Malling & Offham

Dial-a-Sermon

01732 920340

For those who prefer not to worship online, you can now phone a local rate number and listen to the same Bible reading and sermon as we are providing on the church website.

Local call rates apply. The Church doesn't make any money from your call.



News from St Mary's West Malling



If you need help or can offer help

Around 150 people have now volunteered to help with "West Malling Volunteers"; a community-support effort during the Coronavirus (COVID-19) shutdown.

The Parish Council, local churches and other groups and societies have all come together to create this network and offer help to anyone who may need it.

We've so far dealt with around 60 requests for help, and the good news is that we have more helpers than we have tasks. Better than the other way around! If you're a volunteer who's not yet needed to do anything, thank you for still standing ready to assist.

We can help with:

- ❖ Collecting and delivering groceries;
- ❖ Picking up medical prescriptions;
- ❖ Provide access to food bank supplies;
- ❖ Picking up the phone to befriend and encourage those living alone.

The network needs constant attention as it's always possible that one of our volunteers suddenly gets sick and needs to become a client. Likewise, we don't know how long this will last and when restrictions are lifted, it is probably going to be gradual with the elderly and most vulnerable likely to be restricted longer than most. We're also aware of the self-employed whose income has suddenly dried up and aren't sure when they will be able to work again.

So, if you need help, please ask. If you think you can offer help, new offers are always welcome.

West Malling Parish Council

West Malling Volunteers

A new Volunteer Care Network is being established in West Malling to support one another during the Coronavirus (COVID-19) shutdown.

The Parish Council, local churches and other groups and societies have come together to create this network and offer help to anyone who may need it.

The schemes already set up by Malling Community Choir and by individuals in Norman and Offham Road, together with those run by the Baptist and Roman Catholic Church, will continue to operate as now. But we shall work together to share volunteers and best practice, and make sure our volunteers are protected by Insurance cover, and appropriate advice to keep both themselves and the people they help safe.

We want to set up a team of volunteers who can help vulnerable, elderly or isolated people:

- Collecting groceries
- Picking up prescriptions
- Posting mail or running errands
- Picking up the phone to befriend and encourage those living alone
- Help access to food bank supplies

If you would like help or are offering help, then please let us know...

By email to:
wmvolunteers@westmallingpc.org

By phone on: **07561 111676**

Fill in the online form at
<https://bit.ly/WMCN-Cov19>

Alternatively, fill in the form below.

We don't want anyone to feel isolated and alone, even while we're all social distancing and in isolation. Please don't hesitate to get in touch to offer your help or to ask for help.

Trudy Dean *Rev David Green*
Chairman Vicar
West Malling Parish Council St. Mary's Church,
West Malling

Complete this slip and return it to 49 Offham Road, or the Parish Office, 9 High St.

I would like to volunteer to help ☐

I would like help ☐

Name.....Phone.....

Address.....

Email.....

We are grateful to St Mary's Church for offering to act as the Data Controller, and providing Safeguarding and Public Liability Insurance cover to this community effort. We will ask your permission to hold your contact details for the period of time this Network is needed, and they will only be shared with those authorised to help you.

If you would like help or can offer help, then please let us know...

By email to:

wmvolunteers@westmallingpc.org

By phone on:

07561 111676

Fill in a form on the web at
<https://bit.ly/WMCN-Cov19>

St Mary's Church has agreed to act as the Data Controller. We will ask your permission to hold your contact details for the period of time this Network is needed, and they will only be shared with those authorised to help you.



Help on The Hill Project

**IMPORTANT NOTICE TO ELDERLY AND VULNERABLE
RESIDENTS**

DO YOU NEED HELP?

If you need to self-isolate soon (or already are) and do not have a support network (or your support network become sick), we can help.

This is a FREE, volunteer service being organised by Naomi Schilling and Be Chapman for any elderly or vulnerable residents on Kings Hill.

We are happy to help with:

- Picking up shopping
- Picking up medicine
- Posting mail
- Walking a dog
- Or simply a friendly phone call

To ensure all we are spreading is kindness, any collections and deliveries will be a doorstep service.

If you need help either now or in the coming weeks, please contact us. We will do our best to allocate a volunteer and help you.

Please contact Naomi (07984 913 091) or Be (07801 278475 or be@khp.me) to request help or to offer to volunteer.

This project is kindly sponsored and supported by Kings Hill Properties. Therefore, please also feel free to go into their shop at 8 Liberty Square to request help.

Food Bank support on Kings Hill

Are you struggling to afford food at this time - or worried that you won't be able to do so?

Have your circumstances changed, which means you need a little extra help to put food on the table?

If so, confidentially contact Rev Mark, 01732 844194 or private message him, and we can offer a food package to help you out.

Every now and then we all need a little extra help, so don't worry about asking, there is nothing to be embarrassed about!

If you can offer donations of food please also contact Rev Mark about donating.



St Michael's Offham News and Muse



The Offham Community Network



Hello

There is a new scheme in Offham to help people who may be self-isolating (having to stay at home because of the Coronavirus) or who may just need a helping hand.

Our team of volunteers can offer help with:

- Collecting food shopping
- Getting urgent supplies and prescriptions
- Posting mail or running errands
- A friendly phone call to check you are ok

***We don't want anyone to feel alone – don't think twice
about contacting us if you feel we can be useful!***

Groups and societies active in the village have come together to create the Offham Community Network – it's a village network to give help to anyone who may need it.

The Offham Community Network is supported by St Michael's Church Offham, Offham Parish Council, The Offham Society, Offham Lunch Club, Offham May Day Committee, Offham Prayer Group and Offham Open House.

If you would like help or are offering help, please let us know...

- ***By email to: offhamcommunitynetwork@gmail.com***
- ***By phone on: 07799 870632***
- ***Alternatively, you can fill in details online:
<https://bit.ly/OCN-Cov19> (click for link)***
- ***Or just by asking a friend or carer to contact us for you***

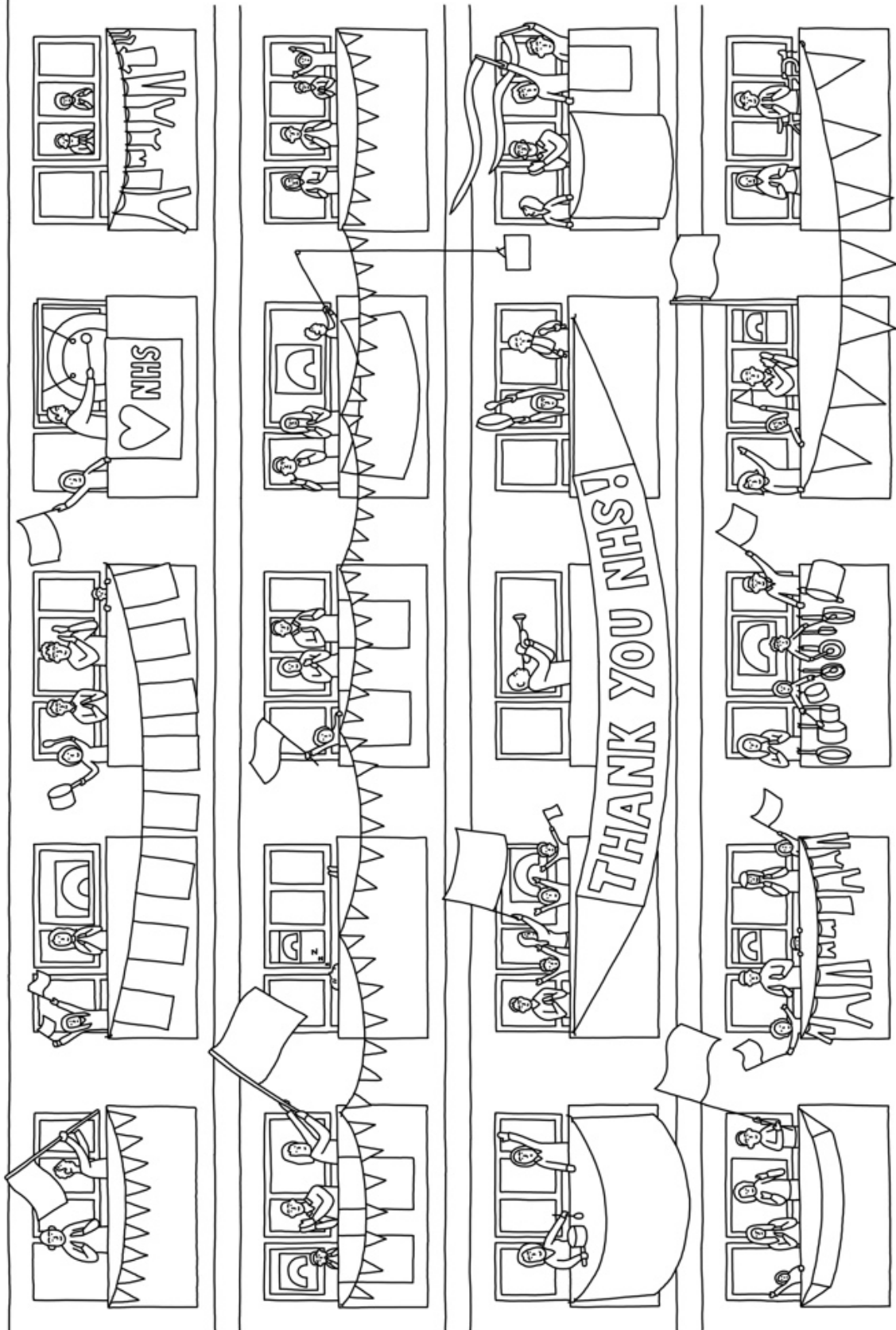
If you would like us to help, we will ask your permission to hold your contact details for the period of time that we are lending you a hand and they will only be shared with those helping.

We will need the information over the page but can collect this over the phone or by email when you let us know you would like help.

***(e) offhamcommunitynetwork@gmail.com
(m) 07799 870632***

Thank you NHS / clap for the NHS colouring page
(something to do if you're bored during the lockdown)

THANK YOU NHS



CartoonChurch.com



In the Garden with Adam's Gardens

This article first appeared in the May 2014 edition of Trio. It is republished here while Adam takes a sabbatical from writing in Trio.

In May 2013 I had a scare when a lump was found on my vocal cord. Now, I won't lie: I was scared but I had confidence in my doctor, consultant and all the hospital staff. I also had faith in the drugs I was given.

The NHS has wonderfully trained people and I knew if I followed their advice I'd have the best opportunity to get better. I also worked in the pharmaceutical industry before I became a gardener and knew of all the research and development that goes into the drugs we take. But since I've turned to horticulture I've learned that plants are vital to the production of medicine. Within the DNA of a plant lays elements that can heal our bodies.

Since prehistoric times, plants and their extracts have been used for their healing properties. Some were successful. Ancient Egyptians, for example, chewed willow bark to relieve fever and headaches. Thousands of years later, scientists discovered that the bark contains salicylic acid, the active ingredient used to make aspirin. Others less so: mediaeval doctors believed rubbing an onion on the scalp would cure baldness!

Even today we are still using compounds derived from plants. Atropine, used to treat certain heart conditions and to relax the muscles of the eye, was originally obtained from deadly nightshade. Foxgloves contain a substance called digitoxin, used to treat an irregular heartbeat, and drugs based on this substance are still in use. The leaves of the

yew (*taxus baccata*) are used in the synthesis of compounds called taxols, which are used in the treatment of breast cancer. During hedge cutting season I collect the clippings and send them off to a processing company to extract this compound. I get 20p per kg: it's not the money I'm after but the difference it makes to a woman's life.

We are also finding new ways to use plants to contribute to medicine. A prickly succulent used by the Kalahari Bushmen to stave off hunger may, in the future, become a treatment for obesity.

So, what medicinal plants are in your garden? Well, Feverfew (*tanacetum parthenium*) is a plant that has well-known health properties. This anti-inflammatory can treat rheumatism, arthritis and, most famously, migraines and tension headaches. It's also good for alleviating tension and general anxiety (it is a natural serotonin inhibitor) and helps to reduce swelling and bruising. Daffodil and snowdrop bulbs contain an alkaloid compound called galanthamine, approved for use in the management of Alzheimer's disease in a number of countries. (Please don't try eating them though!)

Not all plants are beneficial for health. Tree and grass pollen cause allergies and tobacco usage has become the greatest cause of death and disability worldwide.

I'm amazed by the healing properties of plants and also thankful that some very clever people have been able to harness their power to help us.

Adam McKay