

The Moving Church News



June and July 2018



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Moving Church News

The bi-monthly magazine of St. Mark's Church, Biggin Hill
June and July 2018

Forthcoming Events

Table Top Sale

Saturday 9th June 10.30am to 12.30pm (page 20)

Memory Friendly Support Group

21st June and 19th July 3.30pm (Page 17)

St. Mark's Holiday Club

30th July to 3rd August (Page 22)

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St. Mark's Parish Church, Biggin Hill

Church Road, Biggin Hill, Kent, TN16 3LB

Parish office: 01959 577816

Email: admin@movingchurch.org

St Mark's website: www.movingchurch.org

Vicar	Revd. Alison Newman	01959 540482
Church Wardens	Caroline Budimir	01959 576093
	Jeremy Peacock	01959 570145
Reader/Evangelist	Mark Newman	01959 540482
Reader	David Shannon	01959 700668
Pastoral Assistants	Steve Stewart	01959 565400

**For Hall Bookings, Baptism, Wedding and general enquiries,
please contact the Parish Office.**

**Office hours: Monday to Thursday 9 am to 12 noon
Friday 10.30 am to 11.30 am (Term time only)**

Services at St. Mark's

Sundays

8.00am Holy Communion (1662)

10.30am Parish Communion (Except 1st Sunday)

10.30am 1st Sunday - An All Age Service takes place in the church and is a very informal worship, which is ideal for families, new Christians and those exploring Christianity.

Wednesdays

10.00am Holy Communion Service

*'If March comes in like a lion it will go out as a lamb'
(Thomas Fuller 1732)*

This year that has been far from true. March did come like a lion - we saw red alerts all around the country for extreme weather conditions. However, it certainly didn't go out like a lamb. In fact, it seems to have been a long winter this year. Even in April they were forecasting snow! Now the summer is coming and we all feel so much better.

Many people over the winter months do suffer from a recognised condition called SAD - Seasonal Affective Disorder. People feel depressed, lethargic, anxious and irritable. Our spirits become brighter when we enjoy the sunshine and warmth. We have 'a feel good factor'.

We all go through dark and difficult times in our lives; as human beings we all know fear and failure, suffering and pain. Some of the great characters in the Bible also had times of depression. *King David confessed: 'I am worn out calling for help; my throat is parched. My eyes fail, looking for my God.'* (Psalm 29:3)
Elijah declared: 'I have had enough, Lord. Take my life; I am no better than my ancestors.' (1 Kings 19:4)

Jeremiah uttered: *'Cursed be the day I was born'* (Jeremiah 20:14) Yet even in the dark times they knew God was with them. One psalm that has been very special for people going through these hard and painful times is Psalm 23. I am sure many of us will recognise it as the hymn 'The Lord's my shepherd'. Here the psalmist talks about going through 'the valley of the shadow of death'. This can be taken in a literal sense, referring to when we actually die, but also metaphorically: those times in our lives when we feel despondent, there seems little hope, and all is gloomy. In fact some translations read: 'Even though I walk through the darkest valley I fear no evil, for you are with me.'

The psalmist takes great comfort from the fact that God is always there and never abandons him. As a Shepherd cares and looks after his sheep, so God will always be there for us.

In Israel in the time of Jesus, the relationship between a shepherd and his sheep was incredibly close. A shepherd would guard his sheep against outside dangers, even risking his own life. Jesus tells the story of a shepherd leaving his 99 sheep and searching for one lost sheep, no matter how long it took to find it. Jesus tells us that is how special we are to God.

God doesn't leave us to go through those dark times, those valleys, waving us off and saying he will meet us on the other side. Instead he goes through the valley with us.

So if life is hard for you at the moment, remember you are never alone. God will never leave you or abandon you.



One night I dreamed I was walking along the beach with the Lord. Many scenes from my life flashed across the sky.

In each scene I noticed footprints in the sand. Sometimes there were two sets of footprints, other times there was one only.

This bothered me because I noticed that during the low periods of my life, when I was suffering from anguish, sorrow or defeat, I could see only one set of footprints, so I said to the Lord,

“You promised me Lord, that if I followed you, you would walk with me always. But I have noticed that during the most trying periods of my life there has only been one set of footprints in the sand. Why, when I needed you most, have you not been there for me?”

The Lord replied, “The years when you have seen only one set of footprints, my child, is when I carried you.”

May Stevenson 1936

Revd Alison Newman

The people of St. Mark's Church would like you to know that we pray for Biggin Hill regularly.

If you would like us to pray for you, someone you know or for something that concerns you, please let us know and we will be happy to do so.

Please contact the Church office. The times the office is open can be found on page four. A message can be left on the answer machine outside of these times - 01959 577816

If you prefer, you could send your prayer request to St. Mark's Vicarage, 10, Church Road, Biggin Hill, Kent TN16 3LB

Welcare In Bromley

Sara - Case study

Sara is a 31 year old single parent with a physical disability. She has a 6 year old son Michael who has autism. Sara was having problems with managing Michael's behaviour at home and was also experiencing difficulties with her finances and housing. Sara had limited social networks and only had her mother who provided her some support at times.

Sara became aware of Welcare, through a member of her church who provided her with a Welcare leaflet and prompted Sara to contact Welcare directly to enquire about services available. Sara referred herself to Welcare to get some support with managing Michael's (10 years old) challenging behaviour and some information on budgeting and managing her finances.

On the Family Support Worker's (FSW) initial visit to Sara the family star tool was used to assess the areas in which she needed the most help. Sara identified that she needed most support with home and money, physical health and behaviour and boundaries. This provided the basis for a family plan of support and clear objectives to be reviewed at the end of the family support intervention.

The FSW provided Sara with an intensive 6 weekly sessions of parenting support, where Sara was offered parenting skills training with particular focus on implementing positive disciplinary strategies with her son and providing clear and consistent boundaries.

By the fourth session Sara had demonstrated some of the improvements made in her parenting style and had reported that she felt more confident in her parenting skills overall. The last two

sessions were primarily focused on home and money. Sara was able to access additional benefits. By the end of the parenting programme Sara reported that she felt more confident and could see that there was a positive change in Michael's behaviour. Sara was also referred to a parenting support group for parents with children with autism. Sara felt that this also helped her to manage Michael's behaviour more effectively.

Sara also identified that she was experiencing financial difficulties. The FSW used an income and expenditure tool to see if there were any ways in which she could save money. An online benefit eligibility form was completed and it became apparent that Sara might be entitled to claim an additional benefit due to her physical disability. One of our family support volunteers assisted her in filling out the form and she was awarded the benefit which reduced the financial strain that she had been experiencing.

Sara's confidence has now improved and she now takes part in a forum for parents of autistic children and her social networks have been enhanced.

Sara recently attended the Christmas toy distribution. She was overwhelmed by the kindness and generosity that was shown by all the donated toys she received.

She said that thanks to Welcare, Michael was able to have a wonderful Christmas and for the first time she was actually excited about experiencing Christmas with her family.

Lynn Martin

Welcare representative for St. Mark's

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At St. Mark's.....

The Choir

Practices take place on Fridays at 7.30pm - all ages welcome! For more details please call the Parish Office - 01959 577816

Baby & Toddler Group

Every Monday and Friday from 10.00 am in the Church Hall during school terms. Contact the Parish Office for details - 01959 577816 - or just come along.

Bell Ringing

Please contact the Parish Office on 01959 577816

1st Biggin Hill Guides

Please contact Rosemary Spurway on 01959 575717

2nd Biggin Hill Rainbows (5 - 7 years)

Please contact Pauline Hallinan on 01959 576433

Home Groups

Home groups meet every fortnight for fellowship and Bible Study. For more information contact David Shannon on 01959 700668

Music Group

St. Mark's Music Group. Songs and fellowship with a lively touch. 01959 575129 for details

Growth Marches On!

Daylight lengthens as we head towards the summer solstice, yet many plants have already flowered, set seed and growing on to build reserves for next year. But for continued growth and further flowers to extend the season, we sometimes have to assist with some judicious pruning and dead heading. Even the 'Chelsea Chop', introduced a decade ago of cutting back growth can, not only delay flowering, but if done carefully part of the group can flower normally and the other part flower later. Whilst the simple operation with thumb and forefinger is pinching out the flower bud, spent or not, or the new growth, it can provide a bushier habit and many more flowers. However, to increase fruit production is a different story, instead the process is to encourage flowers to set fruit, which encompasses the seed.

All plants will need feeding at some point, whether by distributing chicken pellets or Growmore at the base of the plant or using liquid feed. Tomatoes however,



will require a high potash feed to encourage flower growth and eventual fruit. Whether fruit or flowers are grown in containers the food in the compost will only last for a maximum 6 weeks before a supplement feed needs to be introduced. There are a number of different products available at garden centres and on line. Two products, seaweed based, a general fertiliser and Tomorite, supplied by a number of different companies, a high potash feed are two examples. All products

will show a ratio, for example, a general feed, the ratio will show 1:1:1, while a high potash will show a similar ratio 10:15:20. The ratio is based on the three main elements, N is for Nitrogen, for new growth, P is for Phosphorus, for root growth and K is for Potash, for fruit and flowers (NPK)

Feeding is an operation that needs to be carried out at least once a week for containers, however, as the roots fill the container, nutrients are used up within 6 weeks, the frequency needs to be increased, perhaps 3-4 times a week. With regards to the pruning, most tomatoes grown on a single cordon, will need to have their side shoots removed, using your important digits or a pair of scissors or secateurs. The plants can then concentrate their efforts on producing the flowers and the eventual fruit. Commercially, tomatoes are grown this way under glass, however, they are grown across wires throughout the season producing flowers and fruit. Whilst at home, they are secured to bamboos, string or frames. Other tomatoes can be grown in hanging baskets and containers, without the need for pinching out the growth or grown as bush varieties.



With many seasonal plants, tomatoes are now in abundance in many garden centres, particularly tender perennials, such as Marguerites, Osteospermum, Nemesia, and Fuchsias. There is plenty of opportunity to take advantage of young non flowering growth by taking plenty of soft nodal cuttings, a cheap way to increase your stock to fill gaps in the garden later. Using potting compost mixed with perlite or sharp grit, fill a small pot, and insert

several cuttings around the rim of the pot and water in. Keep moist and place a polythene bag such as a sandwich bag over the pot and cuttings, using an elastic band to keep the bag in situ and place on a non-sunny windowsill. After a couple of weeks, roots will start to appear out the bottom of the pot. Separate them and pot them on singly, grow on ready to introduce in the border or container.

It is an enjoyable time of year, early enough to try and experiment, take cuttings, pruning, cutting back, working with plants can be very rewarding.

The Biggin Horticultural Society has some extremely interesting talks again this year. Become a member at £5 per household, receive your handbook and you will have all the dates and other information close at hand.

Dates for your diary

Wednesday 20th June 2018; Gardeners Evening presents, 'Wildlife and Gardening in Harmony by Judith Hathrill

Wednesday 27th June 2018; Coach trip to Godington House and Gardens, leave at 9.30 am

Saturday 14th July 2018; Summer Flower Show, doors open to the public at 3 pm

Wednesday 18th July 2018; Gardeners Evening presents, 'Who's been sleeping in my Bed by Kathrine Lynn

Wednesday 25th July; Coach trip to Chiswick House and Fulham Palace, leave at 9.30 am.

All talks and shows are at St Marks Church Hall, Church Road. Doors open at 7.30 for an 8 pm start, except for the summer flower show, when doors open at 3 pm.

Please join us. Contact Nick Hagon, 01959 575799 for further information, between 6.30pm and 9 pm or use our web site,

www.bigginhillhorticulturalsociety.btck.co.uk



Should you wish to gain some valuable practical gardening experience, to add to the theory element from the horticultural society, contact The Friends of Biggin Hill parks, they are a vital and passionate group of people that care for their environment and their community, but they desperately need your help

to maintain our environment around us in Biggin Hill. They meet every second Saturday of the month for a couple of hours to work at any of the three sites, Jugs Hill, Mine Shaw and Sensory Garden, but need your help, even for an hour. Tasks carried out are weeding, edging, litter picking, cutting down small tree saplings, pruning, sweeping, bulb planting and so on. Tools, rubbish bags etc are supplied.

Thank you

Nick Hagon (Please see page 13 for contact details)

Take a Break...

The church rambling group were hopelessly lost, in spite of being led by a self-assured leader who regularly said he knew the area very well. Some of the people in the group became edgy and mumbled some criticism for being led astray. One of them said, with a touch of sarcasm, "I thought you said you were the best guide in Cheshire!" He replied, "I am quite sure I am, but I think we are in Staffordshire now."

A young curate, who always seemed to be in a hurry, was late in taking his 8-year-old son to school. In the rush, he made a turn at a red light when he should have stopped. "Oh dear," he said to his son, "I should have stopped there, but I made a mistake." The boy replied, "Don't worry daddy, you'll be OK. The police car right behind us just did the same thing."

"Why is the bride wearing white?" a child asked her mother at a wedding. She replied, "Because this is her happiest day and white is the colour of happiness." After a thoughtful pause the child asked, "Then why is the bridegroom wearing black?"



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Biggin Hill Residents Association

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8th May 2018

The Residents' Association have decided to establish an Achievement Award in honour of our Past President, Bob Shekyls.

Bob served for many years as a Governor of Oaklands School and had a great desire to seek the best for the children in our Community.

The award that we are putting in place is for youngsters up to the age of 18 years and Resident in Biggin Hill who, in the opinion of any in our Committee, have achieved something of significance to the benefit of our Community.

If you'd like to nominate a youngster, individuals or groups, names can be submitted for consideration by The Committee.

Nominations may be emailed or posted to us up to 31st August 2018.

During the early part of September we will consider all the nominations and then make a decision as to the winner.

The award, which will consist of a trophy which will be held for one year and a gift voucher for £50, will be presented at our AGM in early October.

All those nominated will be cited at the Presentation. The Award will then be presented to the winner along with reasons for the judge's decision.

We know that it will not be an easy decision, but there can be only one winner.

We look forward to receiving many nominations from our Community

Chairman: Peter Martin 07763 215037
 Registered address: 114B Sunningvale Avenue,
 Biggin Hill, Kent, TN16 3TT
admin@bigginhillresidentsassociation.co.uk

Don't forget that you can help raise funds for St Mark's by using -
'Easyfundraising'

If you use the Internet to order anything at all - using 'easyfundraising' is an easy way to raise money for St Mark's Church. Everyday items plus kitchens, bathrooms, furniture etc can be bought from over 2,700 retailers and a percentage of what you spend is automatically donated to the church at no additional cost to you. Retailers include Amazon, John Lewis, eBay, Tesco and many more. Please register to support us today.

<https://www.easyfundraising.org.uk/causes/stmarksbigginhill/>

Use this link to go to the St Mark's page on the website, use the 'Join Us' button, and then follow the instructions. If you have any problems or concerns call Neil on 01959 700815.

At present we have 26 supporters and have raised £496.

Memory Friendly Support Group

Will meet on

Thursday 21st June and

Thursday 19th July

At 3.30pm in the church

Anyone with memory problems, and their carers are welcome to come along for tea, cakes and conversation



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Confirmation Service at St Mark's



We were delighted to welcome Bishop James, the Bishop of Rochester, to St Mark's for our Confirmation service at St. Mark's on the 6th May. We were also joined by confirmation candidates from St Mark's, Bromley. It was a very moving service. Our congratulations go to those confirmed.

Community Services in Biggin Hill

Hearing Aid Maintenance Clinic:

The clinic is held on the 4th Thursday of the month at St. Mark's Centre from 1pm to 2.30pm. Call in to have your NHS hearing aid cleaned and collect new batteries - all free of charge. The clinic is run by the Charity 'Hi Kent'. For more details please call 01622 691151 or go to www.hikent.org.uk. No appointment is needed.

Shopping

BHCCA have an assisted shopping service that takes place every Friday morning in Biggin Hill. It is for people who are unable to do their own shopping. Shoppers are collected from their homes and taken to do their shopping with help if needed. Please call 01959 577400 for more details or email bigginhillcommunitycare@gmail.com

Table Top Sale

Saturday 9th June
10.30am to 12.30pm

A Table Top Sale will be held at St. Marks Church Hall on Saturday **9th June, 2018**, from 10.30 to 12.30.

The hall will be open for setting up from 0900.

The cost is **£15** per table if booked in advance or **£20** on the day. Please note that there will be no charge for those having a table with proceeds going direct to the church.

There will be tea, coffee and cakes on sale so stall holders are asked **not to sell cakes themselves**.

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Ruth 01959 532875/07968 002590

Email: ruthjonespilates@gmail.com

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Baptisms at St. Mark's

Noah Henry Witt-Ellis was baptised on the 25th March 2018.

The photographs show Noah and his family, the Baptism and Noah with his parents and eleven Godparents.



Eden William Bird was Baptised on the 25th March 2018. The photographs show family and friends with his parents Abby and Adam and his older sister Ivy.



Handel's 'Messiah'



The St George's Singers gave a wonderful performance of Handel's 'Messiah' at St Mark's, Biggin Hill, on Sunday 15th April. The event had been postponed from March due to bad weather. A huge thanks goes to the Singers and the Orchestra who accompanied them on the evening and the talented soloists - Claire Jones, Jessica Cooling, Peter Hills, John Musson and Ian Brentnall. The Accompanist was Paul Issom and the Director of Music, Helen Burrows.

We look forward to the next concert!

The tremendous effort raised a magnificent £560 which has gone to the Bell Tower Fund.

Church Registers

BAPTISMS

“We welcome you in the name of the Lord”

Eden William Bird
Noah Henry Witt-Ellis

FUNERALS

“The steadfast love of the Lord never ceases, His compassion never fails; every morning they are renewed”

Gordon Simmons
Anne Ellis
Debbie Gilham
Winn Henn
Jennifer Leslie
Albert Wild
Clive Williams

Flowers for Church



If you would like to make a donation towards the cost of flowers in church for a particular week, to mark an anniversary or a special event, please contact either Caroline Budimir on 01959 576093 or the Parish Office on 01959 577816

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Biggin Hill Community Care Association

St. Mark's Centre, Church Road, Biggin Hill, TN16 3LB
 01959 577400 bigginhillcommunitycare@gmail.com
 bigginhillcommunitycare.org



Day Centre - A friendly and stimulating service for older people

Wednesday Lunch Club - Enjoy a home cooked meal every
 Wednesday and meet new people

Art Group - A popular weekly painting and drawing group

Singing For Fun - A monthly singing group just for enjoyment

Stitching Group - Enjoy tapestry, embroidery or cross stitch

Friday Assisted Shopping - A minibus service for people who
 need support to do their shopping

**Volunteers are always needed for many of our activities. For
 more information please give us a call.**

'Supporting local people over 50'

THE MOVING CHURCH NEWS

IS THE PARISH MAGAZINE OF

St. MARK'S CHURCH, BIGGIN HILL

St. Mark's is known as the "Moving Church" as in the 1950's it was constructed from materials brought from the redundant church of All Saints North Peckham. This remarkable feat of dismantling and building carried out by local Biggin Hill people was accomplished through the initiative and vision of the then vicar, The Revd. Vivian Symons. He mobilised the local parishioners to create a truly worthy parish church in place of their ageing corrugated iron building. This fascinating story is recounted in an illustrated colour guide available from the Church.

St. Mark's is a pilgrim church; we do not simply accept the status quo, we are on a spiritual journey as pilgrims of old, actively seeking to draw closer to God and discover His will both in our own lives and the life of our local church and community which we love and serve. We are anxious "not to store up treasures here on earth" but to use all our church resources given by God, in His service and for His glory.

We want to share the good news of God's love in Jesus Christ with all those in our parish and neighbourhood. Hopefully this is portrayed by the way we live our lives, and speak to others.

We respect that we are all children of God, and we want to discover Christ in each other, encouraging personal growth in our individual relationship with each other and with Jesus.

Worship is an integral part of our love for God, and we want our services to reflect dignity and sensitivity as well as joy and thanksgiving.

St. Mark's Church, Biggin Hill - People's Prayer

Dear God in Heaven who loves us so much,
Thank You for everything You do and provide for us.

We pray for Your church and community here in
Biggin Hill, that we may know Your plans for us
in this special town.

Especially, we pray for help in bringing all Your
children to You, so they may come to know You fully,
through our actions enabled by Your Spirit,
And through the life, teaching and example of
Your Son, our Saviour, Jesus Christ. Amen

Age UK - Bromley & Greenwich	0208 315 1850
Benefit Enquiry Line	0800 88 22 00
Biggin Hill Aperfield W.I.	01959 572591
Biggin Hill Blind Club	01959 572817
Biggin Hill Community Care Association	01959 577400
Biggin Hill Computer Club	bhcc.club@gmail.com
Biggin Hill Evening W.I.	01959 700973
Biggin Hill Horticultural Society	01959 575799
Biggin Hill Musical Theatre Company	01959 701829
Biggin Hill Residents Association -	bigginhillresidentsassociation.co.uk
Biggin Hill Rangers, Guides and Brownies	01689 848562
Biggin Hill Romanian Group	07802 575417
Biggin Hill Society	01959 572569
Biggin Hill Scout Group	01959 509247
Bromley Council – Office Hours	0208 464 3333
Bromley Council - Emergency out of hours	0300 303 8671
Bromley Social Services - Emergencies only	0203 036 1574
Bromley Assoc. for People with Disabilities (BATH)	0208 663 3345
Carers Bromley Helpline	0800 015 77 00
Childline (confidential helpline for children)	0800 1111 (24 hr)
Citizen's Advice Bureau (Bromley)	0208 315 1940
Community Links, Bromley	0208 315 1900
Crimestoppers	0800 555 111
Dial-a-Ride (For registration and enquiries)	0343 222 7777
Doctor's Surgeries –	
Stock Hill Surgery	01959 580011
Norheads Lane Surgery	01959 574488
Domestic Violence - 24hr Helpline	0808 2000 247
FOAL Farm (Friends of Animals League)	01959 572386
GAS Emergency 24 hr freephone	0800 111 999
National Childbirth Trust (Biggin Hill)	01959 572209 or 01959 701765
New Life Church	01959 571667
NHS help line when you need medical advice	111
Police: Non Emergency Reporting	101
Local Safer Neighbourhood Team:	020 8721 2820
Princess Royal University Hospital	01689 863000
St. Mark's Parish Office	01959 577816
St. George's Memorial Chapel	01959 570353
St. Theresa's RC Church	01959 571404
Schools - Biggin Hill Primary	01959 575846
Charles Darwin Secondary	01959 574043
Cudham Primary	01959 572673
Oaklands Primary	01959 573963
Tatsfield Primary	01959 577356
Samaritans (Local branch) - 01689 833 000	24 hr - 08457 90 90 90
Textphone for hard of hearing	08457 90 91 92
Spitfire Youth Centre	01959 574835
St. John Ambulance	01959 701281
Thames Water	0845 920 0800
Trading Standards Rogue Traders Rapid Response	07903 852 090
Valley Hall Community Association	01959 573917/570020
Victim Support Scheme	0208 776 7071
Westerham Hill Baptist Church	01732 867516

The Next Moving Church News

Edition	Copy Deadline	Issue date
August September	13 th July	29 th July

The Moving Church News is published every two months.
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 please contact Neil Walker
 neil.walkerz@gmail.com
 01959 700815
 or through the Parish Office

Contributions are welcome especially from local
 community groups or schools.
 Please contact Neil as above.

Keeping up with everything at St. Mark's.

If you want to receive a regular email giving all of the details of events and services at St. Mark's please email your details to Chris Walker. Her email is asnail@ntlworld.com. Your email address will not be passed on to anyone else.

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