SHORTLANDS PARISH NEWS

St. Mary's, Shortlands endeavours to bring the love of God into the everyday lives of the people of

Knit-ivity at St Mary's

A group of intrepid knitters have been meeting on Tuesday mornings and have created a wonderful knitted nativity set.

After a blessing in church on Advent Sunday (1st December), Mary, Joseph and a donkey will travel around the homes of members of the congregation, spending one night with each host family. They will return to church for the Crib Service on Christmas Eve.





Just Imagine...

Many of the stories in the Bible are familiar and we know what happened next. This is particularly true for the account of Jesus' birth. It can be hard to imagine how it would have felt to be there at the time.

Each year we tell again the story of the angel appearing to Mary, the journey to Bethlehem, the birth of Jesus, of shepherds and wise men. It is easy to become immune to the incredible nature of these events.

Sometimes I try and put myself in the story.

Imagine being a shepherd. You are sitting on the hillside one night alongside other shepherds. You talk quietly while the sheep are scattered around you, quietly munching. A small fire is flickering near you; you can feel its warmth and see the light on your friends' faces...

Suddenly there is a dazzling light and from it you see someone is it an angel, a messenger from God? He speaks: 'do not be afraid, I bring great news, a king has been born, you will find him in a stable wrapped in cloth'. Then there is wonderful music, singing as you never heard before, beautiful, that makes your heart leap.

How do you react? Run as fast as you can, down into the town, looking until you find the place where a child has been born. Are you quiet? Not likely! You tell everyone what you have seen and heard. An angel ... great light ... this child is a king – you want to tell everybody, what an incredible night.

That's just the shepherds' story, what about all the others that were there; people in the street, neighbours? We don't know their stories but maybe we can imagine. I hope that this Christmas time you can imagine some of the wonder of the birth of Jesus.

Special Events and Services

Sunday 1 December 6.30pm Advent Carol Service



Readings, anthems, congregational hymns, including music by Howells, Victoria and Dyson

Sunday 8 December

10.30am Toy Service with Parade You are invited to bring a new, unwrapped toy or voucher suitable for children **aged 10-13**, which will become a gift for a local child in need of support through Welcare in Bromley.

Sunday 15 December

<u>4.00pm</u> Christingle Service Come and see the children's faces glowing in the light of the candles

Sunday 22 December

6.30pm The Traditional Service of Nine Lessons and Carols

Tuesday 24 December - Christmas Eve 3.30pm Crib Service for Families

All are welcome, and children may come dressed as angels, shepherds or wise men

11.30pm Procession by Candlelight, Midnight Mass of the Nativity of Our Lord and carols for Christmas

The Choir will be singing carols from 11.15pm to welcome you

Wednesday 25 December - Christmas Day 9.00am Holy Communion

10.30am Family Communion for Christmas Day Please bring a newly opened present to show everyone

Rev Morag Finch



Holy Baptism We welcome into God's family: 20 Oct Jack Kemp-Jones

At Rest

We extend our sympathy to those who loved: 24 Sep Donald Weekes aged 83

Remembering Donald Weekes

On Thursday 17 October the funeral took place, at Beckenham Crematorium, of Donald James Weekes who had collapsed and died in Bromley on 24 September aged 83.

Don, who was the assistant treasurer of St Mary's, was born and grew up in Horsham, Sussex. A keen cricketer he eventually played as an amateur for the Sussex County Cricket Club.

Serving in the RAF for his National Service Don was based in Germany being part of the "Berlin Air Lift," at the height of the Cold War.

Returning to England he married Jean in March 1955 at Horsham. They were to have two daughters Joanna and Katrina plus a son David. Eventually they enjoyed three grandsons Bret, Jason and Michael.

For most of his working life Don was part of Messents the Tailors, in Beckenham, owning the business for many years.

The family lived in several homes in this area, but settled for many years in South Hill Road, Shortlands. Sadly Jean died on 4 September 1997 and Don moved shortly afterwards, to Ellesmere Avenue Beckenham, but continued to be part of St Mary's.

In 1970 Don was invited to join the Rotary Club of Beckenham of which he has been an active and loyal member ever since.

In 1977 – 1978 he became the Club's President and in 1991 was awarded a Fellowship for his service to Rotary.

A diligent and very supportive school Governor of several Primaries in this area, Don quietly and efficiently supported our community and lived-up to all that Rotary and Christianity stand for.

His failing health had limited his activities in recent years and we can only give thanks that he was spared further limitations and is now reunited with his beloved Jean.



REMEMBERING:

Ann Golding and Jackie Philpott, Headteacher of Highfield Infants', and Acting Headteacher of Highfield Junior Schools, were among those who laid wreaths during St Mary's Remembrance Sunday service.

BROMLEY and SHEPPARD'S COLLEGES

On a wet Monday afternoon in September a group of ladies visited Bromley and Sheppard's Colleges where we had both an interesting and fascinating time. The Rev John Ilson a resident of the college showed us around and explained when and why the college was founded.

It was founded in 1666 under the will of the late Bishop of Rochester John Warner to provide a house and pension for clergy widows. In 1840 Sheppard's College was formed and the category was changed to widows and unmarried daughters of former residents. This continued until the 1970's when the college was modernised, since then divorced clergy wives and male and female clergy have also been eligible.

There are three entrances to the college, one pedestrian and two others which allow vehicles to access.

When the college was built Bromley was in the country and where broom grew. The college was built at the top of a hill so the building was given the feel of a country house rather than a set of almshouses.

There is a lovely chapel within the college. The first chapel was demolished and replaced and consecrated in 1701 but it only held 60 people and a new chapel was built and consecrated in 1864 now seating 130. There are eight stained glass windows each depicting biblical incidents involving women.

We spent much time walking around the quadrangles admiring the gardens and we concluded our visit in the common room having a cup of tea and chatting to some of the residents. **Ann Swatton**



ALL DRESSED UP: Over 60 of St Mary's congregation enjoyed a dinner dance at Park Langley Tennis Club.

My Day Job: Claire Tillotson

As well as being Acting Director of Music at St. Mary's (from January 2014) and a Lay Canon at Rochester Cathedral, I am also a music therapist. I work four days a week at Drumbeat School and Autism Spectrum Disorder (ASD) service in Lewisham.

Drumbeat school is for children aged 4 – 19 who are on the Autistic spectrum. My job is challenging, rewarding and I really do have the best job in the world!

As a music therapist I have a professional career structure in Education and the Health Service, and I hold state registration. I studied for an undergraduate degree at The London College of Music, then studied to be a teacher and taught music for 5 years.

During that time I realised how music can make a huge impact to the lives of everyone, especially children and adults with Autism, Cerebral Palsy, Dementia etc. I decided to retrain as a music therapist - it was the best decision I have ever made!



I share an office with the Occupational and Speech and Language therapists and the Clinical Psychologist (pictured). Together we may run joint, group and individual sessions.

Every day is different, but generally I will run individual music therapy sessions and groups. The children can choose to play a wide range of different percussion instruments. Through the use of improvised music I play the piano or use my voice to help children overcome psychological difficulties in areas such as communication, emotional behaviour, challenging behaviour and the effects of trauma.

The process of music therapy is not to smooth over or distract painful areas of experience, but rather to facilitate a child's awareness of their experiences and reflect upon this.

There is a lot more to my day than I can fit into this article and if you would like more information about music therapy, please contact me.

Message from the Police

There have recently been incidents of residents being approached by cold callers offering to clean out guttering, repair/maintain roofing etc, resulting in inflated prices being charged, and occasionally the resident has felt intimidated into agreeing further work.

With the bad weather, there may be opportunist cold callers offering to sweep up leaves, take away trees, etc. and the message is not to accept offers of help from callers, unless they are known to you. Council officers will always have identification, and drive liveried vehicles.

There have also been victims of telephone fraud, where the resident has been persuaded to give over their PIN numbers, and handed their credit/debit card to persons impersonating Police officers. The Police will NEVER ask for your credit/debit card details, either on the phone or in person.

If you are unsure who the caller is, engage your security door chain before you open the door. If you see anyone suspicious, and it is happening now, please ring 999. If you have recently had suspicious activity in your road, ring 101.

Chief Inspector Katrina Smith

CATCH A WAVE!

On 5th October the St. Mary's Music Group attended a worship training day at Christ Church Chislehurst, organised by the Royal School of Church Music and Musicademy. They joined with singers and instrumentalists from many other local churches, to learn new ways of leading worship and share ideas on how to develop their music.

The morning session was led by special guest, Graham Kendrick, who has written many of the most popular contemporary Christian songs, including Shine, Jesus Shine and The Servant King. This was an introduction to "Psalm Surfing", a lively, modern way to praise God through the traditional

Psalms. Graham Leech, who leads the Music Group, says, "It was great to be improvising to the joyful words of the Psalms with a crowd of enthusiastic singers. We are looking forward to giving it a go at St. Mary's."



Highfield Junior School PTA

Christmas Trees for sale Sun 8th and 15th Dec 11am - 3pm in school car park. Prices from £25 for quality trees. Carols by Night & Family Christmas Market Fri 13th Dec 6-8.30pm.

An afternoon fun mobility class for senior adults is being run in the Choir Vestry at 2pm on Mondays followed by tea and cake. If you are interested please speak to Jan Boam in church or ring Tom Boam on Tel: 0208 460 7101 From left to right: Susie Shelton, Tim Aldred, Jay Kibazo, Graham Leech, Graham Kendrick, Ann Dalton, Pat Chase, Zoe Cooper, Adrian Bingham, Patrice Cooper and Les Harwood.

Shortlands Golf Club Long established (1894) Family Golf Club currently seeking men, ladies and juniors to expand the membership base. Monthly medals, Honour Board Competitions, excellent Social Events Calendar. "A garden oasis in suburbia" Contact Ken Murray: 8460 2471/8828 or Peter May: 8460 8828

Mission of the month

The Children's Society

The Children's Society is a charity which helps children of all faiths and none, including children at risk on the streets, disabled children, young refugees, young carers or those within the youth justice system.

Their aim is to make childhood better for all children, especially the most disadvantaged and vulnerable. Their programmes and services transform the lives of around 45,000 children, young people and their families up and down the country each year.

The Children's Society regularly carries out research to learn more about the issues affecting children. Through their lobbying, they seek to influence child protection policy and perceptions at all levels so young people have a better chance in life.

They work in partnership with local authorities, voluntary organisations and agencies to share experiences and maximise their impact.

You are warmly invited to attend our Christingle service in St Mary's on Sunday 15 December at the new, earlier time of 4.00pm, which will be the highlight of our financial support for the Children's Society this year.

For more information, visit <u>www.childrenssociety.org.uk</u> or see the display at the back of church.



Boxes of joy

This Christmas, I will be filling a shoebox with goodies such as toiletries, gloves, scarves, hats, stationery, colouring books and pencils, sewing materials, tooth brush and toothpaste - and most importantly a small toy.

I do this – and then decorate it - as a member of Inner Wheel, one of the largest voluntary organisations for women in the world today. It was formed originally to complement and support Rotary Clubs and offer the hand of friendship worldwide. Individual clubs raise money for charities of their personal choice.

One of the chosen charities is Blythswood Care. Since 1966 Blythswood Care has combined the Christian message with practical help for those in need, whether through filled shoeboxes at Christmas, relief and development aid or social projects for both young and old. It is committed to long term care projects in countries all around the world to enable disadvantaged and young people to fulfil their potential. The Christmas shoeboxes are dispatched to boys and girls of all ages in Albania, Bulgaria, Hungary, Kosovo, Moldova, Pakistan, Serbia, and the Ukraine.

Filling the shoe boxes always brings joy and laughter to someone at Christmas time.

Ann Swatton





