



St Nicholas, Linton November 2023

Sunday 22nd October

9.30am Holy Communion at Linton

Wednesday 25th October

12 noon Midweek Holy Communion in Linton.
Followed by a light lunch of soup and a roll.

Please remember to put your clocks back one hour
before you go to bed on Saturday 28th October

Sunday 29th October

12.30pm Harvest Lunch in St Nicholas Church.
Last few places left so please see Kath or Margaret for
tickets £20 each.

Tuesday 31st October

10am to 12 noon Community Coffee
Morning in Linton Church. All welcome.



Sunday 12th November - REMEMBRANCE

10.15 am at Linton followed at 11am by the Act of
Remembrance at the Memorial Cross.

Saturday 18th November

3 – 4pm Muddy Church at St Nicholas, Linton.

Sunday 26th November - Safeguarding Sunday

9.30am Holy Communion at St Nicholas

Tuesday 28th November

10am -12 noon Special community coffee morning
with Christmas Raffle.

29th November

12 noon Midweek Holy Communion in Linton.
Followed by a light lunch of soup and a roll.

Thank you to all who brought gifts to our
Harvest Festival at Linton 8th October. They
were taken to

Making a Difference
to Maidstone (MADM), a Christian
charity that supports individuals and
families who find themselves in crisis through
homelessness, domestic abuse, addiction, financial
need, unemployment, relationship breakdown, and
more. See their website for more information:



<https://www.madm.org.uk/>

Church Kneelers (Hassocks) for sale

These good condition blue vinyl kneelers which are no
longer used in church are for sale at £5 each or 3 for
2. Possibly use as garden kneelers or footstools, or
even to re-upholster your motorbike seat!

2nd hand book library

If you love it, keep it. £1

If it's a good read, swap it for another. 50p
Donations welcome

St Nicholas Linton is now registered with

[easyfundraising](https://www.easyfundraising.org.uk/), which means you
can help us for FREE. Over 7,000
brands will donate to us when you use
[easyfundraising](https://www.easyfundraising.org.uk/) to shop online with
them – at no extra cost to yourself! All you need to do
is sign up and remember to use [easyfundraising](https://www.easyfundraising.org.uk/)
whenever you shop online. It's easy and completely
FREE! These donations really mount up, so please
sign up to support us at



<https://www.easyfundraising.org.uk/causes/st-nicholas-linton>



Other Services & Events in the Benefice

Sunday 29th October

**10.30am Benefice Holy Communion at
Coxheath**

2.30pm **The annual service of Remembrance and
Thanksgiving at Holy Trinity Coxheath** where
the bereaved are invited to light a candle and take
part in the service for loved ones. We contact
families of those whose funeral service we have
conducted in the last two years and also
invite anyone else who would like to attend. If
you would like a name read out then
please contact Rev David Jones -
davidjones.coxheath@gmail.com before October
26th please. Everyone is invited to this short
service followed by light refreshments.

Sunday 5th November – All Saints

9.30am Holy Communion at Hunton

9.30am Morning Worship at East Farleigh

11am Holy Communion at Coxheath

Sunday 12th November - REMEMBRANCE

Services of Remembrance:

10.45am at West Farleigh, East Farleigh and Coxheath

10.50am at Hunton

Sunday 19th November

9.30am Family Service at Hunton

9.30am Holy Communion at East Farleigh

11am Holy Communion at Coxheath

Sunday 26th November – Safeguarding Sunday

9.30am Morning Worship at West Farleigh

11am All age worship at Coxheath

Every Thursday

10am Midweek Holy Communion, Holy Trinity
Coxheath

Pastoral Letter from The Rector

While searching for inspiration for what to share in my letter this month, I came across this quote from philosopher Henry David Thoreau: *"The thinnest yellow light of November is more warming and exhilarating than any wine they tell of. The mite which November contributes becomes equal in value to the bounty of July."* The sentiment really resonated with me – how the smallest shaft of sunshine in November feels like a gift - bringing a moment of relief into what often feels like near permanent darkness, and is something to be enjoyed with relish.

The darkness of November and the ensuing season of winter can lead to many of us struggling with our mental health and well-being – feelings of sluggishness and sadness can close in on us. Motivation can take a dip; days can feel endless (I have often suspected that we are in fact, part bear and ought really to hibernate until March, only getting out of bed occasionally to eat potatoes...) It can just all feel like a bit of a slog.

So how can we help ourselves? Good nourishing food, plenty of rest, grabbing time in the daylight when we can – they all help - and seeing a GP if it really begins to feel overwhelming is a must. And here's another suggestion I have recently become aware of a concept that might go a little way to help those of us who struggle with the darker months. Just as we may encounter difficult things in our days that can cause us to struggle with negative feelings – often called 'triggers' - so we can also experience moments in our days that can result in us feeling positive things – and these are known as 'glimmers' - small moments or encounters that bring a little lightness and joy.

A smile from a stranger - The cosy flickering of a candle on a dark evening - A song on the radio - A kind word - A hug from a loved one - A beautiful sunrise - Laughing with a friend - Ten minutes of quiet listening to the ticking of a clock - A ray of sunshine in the middle of a grey week.

They're all around us. We just need to look for them – the moments of light in our day. Maybe we can build some time in every day to be thankful for them. Perhaps write them down as a reminder for the days when glimmers are harder to find.

It's not new when you think about it – the old proverb 'Count your blessings' comes to mind – and the science of gratitude is well researched and documented. It is proven that taking time to recognise what we have to be thankful for is good for us! But it's good to be reminded to look for the things that bring us peace or joy or a sense of calm or connection. I'll be making a point of doing so this winter. And, if this time of year is a struggle for you, maybe you'd like to join in too.

Lorna

Pastoral Support

"Sometimes we just need someone to listen"

The Benefice Pastoral Support Team will happily pray for you, or with you, if that is what you would like us to do. Call: 07437 544229 in confidence to speak to one of the team. If there is no answer please leave your name and number. You can also contact us online. <https://unitedbenefice.church/benefice-groups/pastoral-support-team/>

Lorna's days off

Clergy are expected to have one day off a week at the moment – 4 days a month. However, Bishop Jonathan (in line with a few other diocesan bishops around the country) is recommending that Clergy begin to take 5 days off a month - more specifically, 2 days together once a month. At present Lorna's day off is Friday so she will be trying out having the 4th Saturday in the month off.

Advent & Christmas in the Benefice

All Sunday services in December will follow the Advent theme and be Benefice Communion services at 10.30am. (ie. Only one service on each Sunday).

3rd December – Advent 1 – St Mary's Hunton
10th December – Advent 2 – St Nicholas Linton
17th December – Advent 3 – East Farleigh
24th December – Advent 4 – All Saints West Farleigh
25th December – Christmas Day
10.30am at Holy Trinity Coxheath

We will be arranging lifts for any who do not drive to get to each service.

Each Parish has other services/events during December which will be announced shortly.

BENEFICE CONTACTS

Rev. Lorna Faulkner, Rector 01622 747570

Rev. David Jones, Hon. Associate Rector 741474

For up to date details about benefice group meetings please contact the following people:

Children's Work Becky Parnham 07949 646865
<https://www.facebook.com/Coxheath-Benefice-Kids-112089254485427/>

Men's Prayer Group Mike Marsh 07595 428639

Ladies Prayer Group Dawn Burnell

Beacon Men Steve Poole 01622 297144

Mothers' Union Margaret Poole 01622 297144
Lesley Marsh 07814 817204

Our Benefice and five Benefice Churches website is www.unitedbenefice.church



The United Benefice of Coxheath, East Farleigh,
Hunton, Linton and West Farleigh