

Pastoral Letter for November 2023

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.” – Henry David Thoreau
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. 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 surprise.
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. Rev Lorna Faulkner

Holy Trinity Church November 2023



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| Sunday 5th November
11.00am | Holy Communion
Led by: Rev Lorna Faulkner
Readings: Revelation 7.v9-17, 1 John 3.v1-3, Matthew 5.v1-12 | All Saints |
| Giving Sunday in aid of Making Miracles | | |
| Sunday 12th November
10.45am | Remembrance Service
Led by: Rev Lorna Faulkner
Readings: 1 Thessalonians 4.v13-18, Matthew 25. v1-13 | |
| Sunday 19th November
11.00am | Holy Communion
Led by: Rev Clinton Davis
Readings: Zephaniah 1.v7,12-18, 1 Thessalonians 5.v1-11
Matthew 25.v14-30 | Safeguarding Sunday |
| Sunday 26th November
11.00am | All Age Worship
Led by: Rev Lorna & Becky Parnham
Readings: Preachers Choice | Christ the King |

*You Lord, keep my lamp burning:
My God turns my darkness into light.
Psalm 18v28*

The Remembrance Day Service will be held outside the church by the memorial stone at 10.45am

**Every Thursday 10am Holy Communion at Holy Trinity, Coxheath
Last Wednesday of each month 12.00noon Holy Communion at Linton**

Diary Dates

Sunday 5th November Giving Sunday

Giving Sunday in aid of Making Miracles

Saturday 11th November 10.00am – 12.00noon Holy Trinity Church Coffee

Morning A warm and friendly welcome awaits you at the **Scout HQ, Westerhill Road**. Admission £1 which includes tea/coffee, biscuits and refills. Cakes, cards and bric-a-brac. Usually members of the Coxheath Parish Council are there to chat
There will be a new and nearly new stall this month. Donations please to Margaret Poole

Saturday 18th November 3.00 – 400pm Muddy Church at Linton

This family event takes place outside Linton Church so please wear suitable clothing. Contact for more information – Becky Parnham 07949 646865

Sunday 19th November Soup on Sunday

This will be held after the morning service and the usual refreshments. If anyone is willing to make soup, please contact Margaret Poole.

Tuesday 28th November 10am – 12noon Community Coffee Morning

at St Nicholas, Linton All Welcome

November Beacon Men Event

The November event is a Mexican evening. Please contact Steve Poole for further details.

Sunday 2nd December Hartlip Singers Festive Celebration – see details below

Sunday 3rd December 4.30 pm Carols Around the Christmas Tree

This is a joint event with the Parish Council outside the church and is followed with festive refreshments.

Other News and Information

The Hartlip Singers Concert A Festive Celebration with Seasonal Music and Refreshments on Saturday 2nd December 4pm at Holy Trinity, Coxheath. The cost is £10 with under 16's free. The concert is in aid of the chancel restoration. Contact Sanda Baker or go the Benefice website to book or for more information.

Suggestions for Giving Sunday Charities

Do you have any suggestions for our Giving Sundays? We are looking for 2 new charities which we will support for three years. If you do please fill in a nomination form which you will find at the back of the church and place the slip in an envelope which you will find by the forms. When completed please place in the box alongside the forms. The final date for nominations is **Friday 10th November**

Other Services in the Benefice

	9.30am	
Sunday 5th November	East Farleigh Hunton	Morning Worship Holy Communion
Sunday 12th November	West Farleigh Linton	10.45am 10.15am
Remembrance Sunday	Hunton East Farleigh	10.50am Please check website
Sunday 19th November	East Farleigh Hunton	Holy Communion Family Service
Sunday 26th November	West Farleigh Linton	Morning Worship Holy Communion

An Early Mention of Christmas Service Plans and other notices

- During December all of the Sunday services will be benefice services with only one service in one of the benefice churches. Lifts will be available so that everyone will be able to travel to the services.
- Christmas Invitations for delivery to every home in Coxheath. We hope these cards will be ready to collect from church on Sunday 26th November. If you are unable to collect invitation cards on that Sunday but are willing to deliver some please contact Marian S on 743977
- Christmas Card Church Posting Box – no delivery, collection only
The 'pigeon hole' post box will be at the back of the church for your cards to church friends from Sunday 26th November until Christmas Eve. There will also be a communal Christmas card in the church.
- Christmas Cards for Sale in aid of church funds will be available at the back of the church and at the December coffee morning

Course Would you like to look at what it means to be stewards of God's creation? Starting on Wednesday 1st November – 22nd November for 4 weeks 7pm-8:15pm, you are warmly invited to join us for this environmental bible study. If you would like to take part, please email Jen (jennyloole@hotmail.com). The study will be available both face to face at Jen's house as well as being streamed online.

Contact Details

Rector Revd. Lorna Faulkner 01622 747570

Revd. David Jones Hon. Associate Rector 741474

Benefice website www.unitedbenefice.church



If you have an item for the **December News Letter** please contact Marian on 743977 by **Thursday** 23rd November at the latest