

Pastoral Letter for August 2026

I've just been sitting in one of the churches having a cup of tea and chatting to a few different folk. It was a real oasis in my day which has been packed full of emails and phone calls and organising.

I returned home to write this letter to you all and found myself revitalised and a little more energetic to complete the rest of the tasks on my list for the day. In another existence, I was a schoolteacher, and, as August approaches, I find myself naturally wanting to slow down and rest. It's been 6 years since I last had school summer holidays, but I find my mind and body are still locked into that gentle rhythm I lived within for many years as a child, student, parent, and a teacher...

In the Old Testament, one of the first things in creation to be established were patterns: light and dark, night and day... and what came with that was a rhythm of rest. God rested from his labours and commanded humanity to make time to do the same.

In both the Jewish, Christian, and Islamic faiths, observing a regular day of rest, is a rhythm of life taught and encouraged.

In other world religions, while there may be no formal day of the week given over to rest, reflection and stepping out of the busyness of everyday life is considered vital to human flourishing.

Science has proved the importance of rest – it is essential for our mental and physical health. When our bodies are resting and relaxed, our systems are able to do maintenance tasks, leading to improved blood pressure, better memory, better mental health, stronger immune systems... the list goes on.

It is often said that we are called human *beings*, not human *doings*... Whether it's a cruise or camping; a city-break or a country cottage; an hour in the garden or a quick coffee with friends... (an extra bit of sleep even!) the ability to 'just be' to exist – and yes, to rest is part of our design... we would all do well to enjoy it a bit more!

May moments of rest, relaxation, restoration, recharge, and reflection bless you this month.

Lorna

September News Letter If you have an item for the letter, please contact Marian on 743977 or david.marian@btinternet.com **BEFORE Wednesday**

26th August

Holy Trinity Church August 2026



Sunday 2nd August

Holy Communion

10th after Pentecost

11.00am

Led by: Rev Clinton Davis

Readings: Isaiah 55 v1-5, Romans 9 v1-5, Matthew 14 v13-21

Sunday 9th August

Brew and Brunch

10.30am

Breakfast and Friendship

Sunday 16th August

Holy Communion

12th after Pentecost

11.00am

Led by: Rev Lorna Faulkner

Isaiah 56 v1,6-8, Romans 11 v1-2a,29-32 Matthew 15 v(10-20)21-28

Sunday 23rd August

Brew and Brunch

10.30am

Breakfast and Friendship

Sunday 30th August

Benefice Communion

Sabbath Sunday

8.00am

Led by: Rev Lorna Faulkner

Every Thursday 10am Holy Communion at Holy Trinity Coxheath

2nd Wednesday of the month 12 noon Holy Communion at Linton

To find out more information about our Benefice and Five Benefice Churches go to www.unitedbenefice.church

Contact Details

Rector Revd. Lorna Faulkner 01622 747570

Hon. Associate Rector Revd. David Jones 01622 741474

Benefice Safeguarding Officer - Margaret Poole 07729 176762

Diary Dates

Brew and a Bite will be closed during August but will resume again when the children return to school after the summer break

Memory Café will still be open in August and September

On the first Tuesday of the month Age UK are holding a Memory Café drop in gathering for tea and coffee between 1-3pm in the church. No need to book but if you would like more information please contact Tracy at Age UK on 01622 753618

Saturday 1st – 29th August Art on the Delta at Rochester Cathedral

This is a major free summer exhibition at Rochester Cathedral bringing together contemporary art, free family activities, films and quieter moments of reflection. The exhibition is suitable for all ages. Please check the cathedral website for more details and opening times.

Saturday 8th August 10.00am – 12.00noon Holy Trinity Church Coffee

Morning at the Scout HQ, Westerhill Road Admission £1 which includes free tea/coffee and biscuits.

Cakes, bric-a-brac and cards for sale. There are usually members of the Parish Council to chat with. All welcome



Tuesday 18th August Holiday Club – ‘Right on Ruth’

(Respectful Ruth) 9.30am – 3.00pm, lunch included.

A free event suitable for 6 – 11 year olds. For further details and booking email becky.thecat@btopenworld.com



Tuesday 25th August 10.00am – 12noon

Community Coffee Morning at St Nicholas, Linton. All Welcome

Other News and Information

Ride and Stride - Saturday 12th September

Ride & Stride is a fun and flexible way to explore Kent while helping to preserve its beautiful churches and chapels. Participants choose their own route and visit as many churches as they like between 10am and 6pm, travelling by bike, on foot, by public transport, or even by car. Half of the sponsorship money you raise comes directly to Holy Trinity, with the remaining half supporting the Friends of Kent Churches' grant programme for church conservation across the county. If cycling or walking isn't for you, you can still get involved by volunteering as a church welcomer or helping to provide refreshments for participants.

Please contact Helen Gregson, 01622 741501, if you would like a sponsorship form or to take part in any way.

Giving Sunday thanks – Blackthorn Trust

Thank you to all those who donated at this Giving Sunday. £313 was raised which included a donation from church funds.

Prayer Chain and Thinking of You Cards

The Benefice has a prayer chain which prays confidentially for anyone who asks for prayer. If you know of anyone who would like prayer please check that they are happy to have their name passed on and please assure them that all remains confidential within the church prayer group.

If you know of anyone in our congregation at Holy Trinity who has been ill, is moving away, has suffered a bereavement or is no longer able to get to church a card can be sent from our church family at Holy Trinity. The contact person for the prayer chain and thinking of you cards is Marian 01622 743977 or david.marian@btinternet.com

Group Details

Children's Work - Becky Parnham 07949 646865

Brew and a Bite and Youth Group – Jen Tobin

Men's Prayer Group – Mike Marsh 07595 428639

Ladies Prayer Group – Dawn

Beacon Men – Steve Poole 07904 212245

Mothers' Union – Margaret Poole or Lesley Marsh

	Benefice Services 9.30am	
Sunday 2 nd August	East Farleigh Hunton	Morning Worship Holy Communion
Sunday 9 th August	West Farleigh Linton	Holy Communion Morning Worship
Sunday 16 th August	East Farleigh Hunton	Holy Communion Family Service
Sunday 23 rd August	West Farleigh Linton	Morning Worship Holy Communion