

### FROM NICHOLAS

I know that it has been a challenging few months for many, particularly with ill health of themselves or loved ones. I know many are also worried about future financial stresses. You have particularly been in my prayers over recent weeks. Covid has clearly not gone away, but its severity has been reduced by vaccination and world events and discontent in our own nation's life have dominated the news. A source of stress of itself!

Summer is traditionally a time for holiday, rest and relaxation. God's rest on the seventh day and the commandment to keep the Sabbath, teach that rest is an integral part of creation. The Sabbath is a reminder that we are human and have need for rest and renewal. I appreciate that not all will be in a position to go away to exotic climes, however, I do hope that all will make some opportunity to consciously stop, slow down and allow God's Spirit to do his work of renewal.

### ALL SAINTS 'SPRING' CLEAN

All Saints is overdue for some tidying and spring cleaning. The proposed dates are Friday 26 and Saturday 27 August. A list of tasks is being prepared. The more the merrier (and quicker). A sign up sheet is being prepared. Nicholas, Nan or Sue for further details.

### PARISH HALL & CHURCH WEBSITE

It has been encouraging to see the return to use of the Parish Hall for regular and occasional hires. To support this work and the associated administration, the PCC have decided to launch a Parish Hall website, distinct from the Church website where we can offer some publicity for the groups that use it. I am grateful to HostPresto who have offered to host the website without charge, saving us about £60 per annum. There are some small changes still to be made, but these should be completed within the next week or so. It can be seen at: [www.allsaintshall.org.uk](http://www.allsaintshall.org.uk)

We will also be refreshing our main church website, [www.allsaintsfrindsbury.org.uk](http://www.allsaintsfrindsbury.org.uk) to better reflect our life together in this new era of living with Covid.



### NEW TO FAITH AND OR WANTING TO CONFIRM FAITH

We are starting 'An Introduction to Christian Faith' through the Pilgrim Course in September for 6 weeks. If you are interested in taking part, please speak to Sue Jones or Nicholas

The confirmation service previously scheduled for 20 November has unfortunately had to be postponed – a shortage of bishops. For the chess players amongst you I would like to reassure you that they have not been

exchanged or sacrificed, merely fianchettoed! We are trying to find an alternative date, probably in the new year. If you are interested in seeking confirmation, please speak to Sue Jones or Nicholas

## PARISH WALK

**To Great Chattenden Wood 11am Saturday 20<sup>th</sup> August 2022**

**MEET CLIFFE WOODS VILLAGE CAR PARK (Free) Parkside ME3 8HX**

### PLEASE NOTE CHANGE OF MEETING PLACE

Our super August walks are a true summer special passing through wild flowers, fields and a major part of Great Chattenden Wood. There are longer (3 miles), and shorter (2 miles), options both ending with hot and cold drinks and tasty treats in a garden setting.

We are meeting in the public car park at Cliffe Woods' village shops at 11am. The first half of the longer walk leaves Cliffe Woods village and passes through fields, meadows and Spendiff, all on level ground, before climbing steadily into Great Chattenden Wood, resting as we go. The shorter walk goes more directly to the wood. We then walk through the woods with less descent, before returning to the edge of the village where refreshments await. Directions back to the car park afterwards (7 min walk) will be provided on the day.

Children must be accompanied. Dogs on leads welcome.

Please note: To avoid the need for signing in please reserve a place by e mailing [pa@allsaintsfrindsbury.org.uk](mailto:pa@allsaintsfrindsbury.org.uk) \* Please e mail also if you need a lift to Cliffe Woods.

Please bring water to drink and sunscreen/sunhat.

All welcome. Please invite family, friends and neighbours.

*\* Please note all participants walk at their own risk. We may take photos of the adults to share on social media and promote our activities, unless you let us know you do not wish your photo to be taken.*



## KENT RIDE AND STRIDE

**Saturday 10th September.**

The Kent Ride & Stride gives you a chance to visit many unique historic church buildings, see some beautiful countryside, take some exercise and have fun with your family and friends.

Kent Ride & Stride is part of a national sponsored event in which people all over England walk or cycle between churches, exploring and enjoying towns, cities and the countryside.

On the day of the event all the participating churches are open from 10.00 am to 6.00 pm. Cycling is the most popular way of travelling from church to church, but you can walk, run or use public transport or even go by car, horse, scooter or canoe – whatever you choose!

The money raised helps to save historic places of worship for future generations by providing funds for urgent repairs and the installation of modern facilities. Each year the event raises over £1 million nationally.

### There are 2 ways to get involved:

- Take part in the sponsored event – you can find out how here: <https://www.kentrideandstride.co.uk/downloads>
- Offer help stewarding in our churches at Frindsbury and Upnor – it would be good to have people to welcome and offer a drink for the cyclists/walkers.  
Please let Sue or Nicholas know – or sign the sheets at the back of church.

## MACMILLAN COFFEE MORNING

We are taking part in the Macmillan 'World's Biggest Coffee Morning' in Pilgrims' Pantry on **Tuesday 27 September** from 10.30-12noon. Please do come along and invite your family and friends.



## ECO CHURCH

Thank you to Anne Maillardet and the Eco Church team, who in recent weeks have been busy gathering all kinds of environmental information on our buildings and practices. We are now ready to apply to A Rocha's Eco Church scheme and we are cautiously hopeful that we will enter it at the Bronze Level. The intention, of course, is that we improve. I hope to have a speaker from A Rocha later in the year.

**This month's Green Tip is:**



*Use more Eco friendly toilet paper and kitchen roll, either ones that use recycled paper, or better still bamboo, which is more sustainable. It requires at least 17 trees and 90,921 litres of water for a tonne of paper rolls. As bamboo can grow 39 inches within 24 hours, toilet paper made out of bamboo are a much more sustainable option compared to regular toilet paper.*

## BISHOP OF ROCHESTER

Rochester Cathedral will host a service on Saturday 24<sup>th</sup> September at 2pm to mark the beginning of The Rt Rev Dr Jonathan Gibbs' public ministry in Rochester Diocese

Bishop Jonathan comes to us as the 108<sup>th</sup> Bishop of Rochester and enters into a history that stretches back to the 7<sup>th</sup> century.

Please hold Bishop Jonathan and his family in your prayers as he leads us into the next chapter in the life of our diocese.

## LITTLE LIGHTS

All Saints Baby and Toddlers has recommenced as 'Little Lights' on Tuesday afternoons, term time, from 1.00pm. Carers, babies and toddlers meet for play, craft, snacks, songs a short story and a prayer. ***During the summer holiday it will continue to run in a simpler form each Tuesday – bring your own snacks / picnic***



## OPPORTUNITIES FOR COFFEE!



**PILGRIMS PANTRY** Pilgrims Pantry meets every Tuesday morning from 10.30am in the Parish Hall. Tea, coffee and a menu of snacks and light lunches available.

**UPCHAT CAFÉ** UpChat Café meets on Fridays 10am, at St Philip & St James

**ZOOMOFFEE** Coffee by Zoom takes place on Wednesday mornings from 10.30am. Message the Parish Office for details of how to join in.

## DONATIONS TO THE MINISTRY AND MISSION OF THIS PARISH

Donations can be made at our services by cash or cheque in the collection plate, a stewardship envelope or standing order for regular giving please speak to Nicholas, the Churchwardens, Sue Jones or Alison Mings.



We are now also offering this QR code in our printed materials. Scanning the code with the camera on your smart phone will take you to the Give a Little page for our parish. You can choose how much, whether to Gift Aid, and request a receipt.

## **SAFEGUARDING RESOURCES**

RELEASE THE PRESSURE - new helpline from Kent County Council

Mental well-being remains a huge concern at this time.

A new phone line is available through Kent County Council, offering 24/7 access to a highly trained and experienced team, to provide expert support no matter what a person is going through.

People are encouraged not to suffer in silence and to text the word Kent to 85258 or call the number 0800 107 0160, for free confidential support.

## **SAFE HAVENS**

Mental Health Matters can help any resident of Kent or Medway aged 16+ by offering a warm, welcoming, safe and comfortable environment. Contact: 07850 901151 or 07808 79503

## **CONTACT US**

Vicar: The Reverend Nicholas Cooper	01634 717580	<a href="mailto:vicar@allsaintsfrindsbury.org.uk">vicar@allsaintsfrindsbury.org.uk</a>
Pioneer Minister: The Revd Sue Vallente-Kerr	07940 161044	<a href="mailto:pioneer@allsaintsfrindsbury.org.uk">pioneer@allsaintsfrindsbury.org.uk</a>
Administrator: Sue Jones	01634 296050	<a href="mailto:pa@allsaintsfrindsbury.org.uk">pa@allsaintsfrindsbury.org.uk</a>
Parish Safeguarding Officer: Vicki Webster	01634 515580	<a href="mailto:webstervictoria95@gmail.com">webstervictoria95@gmail.com</a>
Parish Hall Team	07526 094 017	<a href="mailto:roomhire@allsaintsfrindsbury.org.uk">roomhire@allsaintsfrindsbury.org.uk</a>

## Prayer Diary 14-20 August 2022

*"... "Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus"  
1 Thessalonians 5:16-18*

<b>Church's Ministry</b>	<i>Praying for the people, groups and mission and outreach of the churches in our parish, diocese and worldwide Anglican communion</i>
<b>Community</b>	<i>Praying for our community, our parish and Medway</i>
<b>People of the Parish</b>	<i>Praying for those who live in Frindsbury and Wainscott, (FW), Upnor (U), Chattenden (C) and those who work on Medway City Estate (MCE)</i>

<b>Trinity 9</b>	<b>Sunday, 14 August</b>
<b>Church's Ministry</b>	<i>Almighty God, who sent your Holy Spirit to be the life and light of your Church: open our hearts to the riches of your grace, that we may bring forth the fruit of the Spirit in love and joy and peace; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.</i>  Pray and give thanks for our bell ringers
<b>Community</b>	Give thanks for family life and those we hold dear in our hearts, praying for their health, well-being and hope.
<b>People of the parish</b>	Enterprise Close (MCE), Hoo Road (FW)
	<b>Monday, 15 August</b>
<b>Church's Ministry</b>	Pray for the work of Medway Foodbank and Hygiene Bank
<b>Community</b>	Pray for all in education for rest and refreshment through the summer break
<b>People of the parish</b>	Evelyn Close (FW), Iden Road (FW)
	<b>Tuesday, 16 August</b>
<b>Church's Ministry</b>	Pray for our PCC meeting this evening
<b>Community</b>	Pray for Pilgrims Pantry, our church café – for those volunteering and those coming along and for families coming to Little Lights
<b>People of the parish</b>	Everest Lane (FW), Islingham Farm Road (C)
	<b>Wednesday, 17 August</b>
<b>Church's Ministry</b>	Pray for Pioneer Minister, Sue Vallente-Kerr and family
<b>Community</b>	Pray for staff and residents of Frindsbury House and for families caring for elderly relatives
<b>People of the parish</b>	Fordwich Road (FW), Jarrett Avenue (FW)
	<b>Thursday, 18 August</b>
<b>Church's Ministry</b>	Pray for students receiving A Level results today
<b>Community</b>	Pray for those in positions of authority, making decisions at national and local level.
<b>People of the parish</b>	Four Elms Hill (C), Juno Way (FW)
	<b>Friday, 19 August</b>
<b>Church's Ministry</b>	Pray for UpChat Café – for those leading and helping and those coming along – for good fellowship and conversation
<b>Community</b>	Pray for refugees fleeing their homes, for Ukrainian refugees settling here and for organisations and schemes supporting them
<b>People of the parish</b>	Frindsbury Hill (FW), Karloff Way (FW)
	<b>Saturday, 20 August</b>
	Pray for fellowship and safety on our parish walk
	Pray for all who are struggling in body, mind or spirit
	Frindsbury Road (FW), Kitchener Road (C)