

The

Keston Magazine

News of your Parish and Village



August/Sept 2020

Keston Parish Church

Church Rd., Keston, BR2 6HT kestonparishchurch.org.uk



Rector

Rev'd Carol Morrison 01689 853186

rector@kestonparishchurch.org.uk

Days working for Keston Parish: Sunday to Wednesday

Licensed Lay Minister

Tricia Coward 01689 854373

& Parish Administrator

hallbookings@kestonparishchurch.org.uk

Churchwardens

Neil Morrison 07900 081696

John Molnar 07709 818073

warden@kestonparishchurch.org.uk

Patricia Geiger 01959 574008

Verger

Parish Secretary & Heather Molnar 07816 464880

Safeguarding Officer hevamolnar@aol.com

Treasurer Anna Bailey 01689 852583

Organist & Choirmaster David Cook 020 8289 5768

Church Hall Tricia Coward 01689 854373

hallbookings@kestonparishchurch.org.uk

Messy Church Tricia Coward 01689 854373

Magazine Editor & Sally Churchus 020 8462 8750

Book Reading Fellowship editor@kestonparishchurch.org.uk

Keston Singers Pam Robertson 01689 856318

Beavers/Cubs/Scouts Samantha Strange 07507 519114

27th Bromley strange_samantha@hotmail.com

Women's Institute tonia.cc@blueyonder.co.uk

Residents' Association www.kvra.org.uk

Village Hall Tina Lupton 01689 859906

Bless the Children Jean Goldby 01689 851000

Welcare in Bromley Caroline Cook 020 8289 5768

Keston C.E. Primary School Julia Evison 01689 858399

Friends of Keston Common High Elms Country Park 01689 862815

www.friendsofkestoncommon.btck.co.uk

Keston Residents' Road Safety Group krrsg@hotmail.com

Front cover: Painted Lady by Bob Harrop ©

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6

Thought for the month



Talk to Me...

Have you managed to get together with friends and family over the past few weeks? With restrictions slowly easing we have been ‘allowed’ to see a few more people. It seems many people have realised that out of all the things they missed during the lockdown, it has been the company of people they love and care about.

The wonderful thing about a belief in God is that, even if we can’t see friends and family, we still have someone to talk to. Someone to mull things over with, to share feelings with, to cry and to laugh with. We call this prayer – and you don’t even have to believe ‘yet’ to do it!

I guess there are some people who think we need to be in a particular place or with specific people before we can *really* call it prayer – but Jesus didn’t say anything about that. Jesus did say: “Come to me all of you who are weary, worn out or burnt out – learn from me the unforced rhythms of grace”. And, we might know the story of the two sisters, one of whom was busy with all the household stuff and the other who simply sat with Jesus, chatting and listening – it was the second sister who was praised.

Jesus might well have said: ‘Come and sit with me, talk to me, I will show you how life can be, free from stress and easier than you might think – you can find rest for your innermost being’.

There are times in life when we pray even though we don’t really acknowledge it as prayer. When someone dies, we might ask God to welcome them into heaven. When we’re faced with trouble or trauma we find ourselves saying: ‘Lord God, if you really are there, please do something’. We pray!

During the pandemic there has been research done on prayer, and an article in *The Times* by Martin Bashir, BBC’s religion editor stated: According to a recent Com Res survey, 44% of Britons are now praying, with a third saying that they had started to do so since the lockdown because they believed that prayer would make a difference to their individual lives and also to the life of the nation.

Over the years I have seen prayer making a difference in many people’s lives, some simple and understated, others quite dramatic. One thing I know about prayer is that it doesn’t matter where we are or who we’re with we can talk to God. Having a chat with God can bring us peace, increase our hope and even help us to find a way through life’s circumstances – it can ease our stress and fear. Anyone can accept Jesus’ invitation – “Come, sit, talk to me....”.

Carol

Rev’d Carol Morrison

Cover Story

This beautiful Painted Lady, (*Vanessa cardui*), was spotted in Keston in the late summer, and is a long distance migrant from North Africa. In some years the migration can be spectacular. The foodplants it prefers are thistles, mallows, nettles and asters but it will eat others. It is a common and widespread butterfly and has frequently been seen in the old woodyard in Padmall Wood by the Croydon Rd. and Commonside junction. Thank you, Bob Harrop, for letting us use your photo.

Brilliant Butterflies Project



Back in March we had Sunitha Amos from the Brilliant Butterflies team at the London Wildlife Trust come to Keston church and give us a talk with slides about – butterflies! Afterwards we found a suitable site, (the triangle of land between the churchyard and the Westerham Road, owned by the church), to develop a chalk grassland butterfly bank with wildflowers to attract butterflies. Recently we've had a visit from their expert to assess the area and he will get back to us with his findings. Hopefully we will then be able to go ahead with the work.

Sunday Church Services Re-starting

On 8th July the Parochial Church Council decided that beginning on Sunday 16th August we will resume a modified type of church service. Strict safety guidelines will be adhered to and attendance will be by booking only as numbers will be limited. The service will only last 30 minutes and there will be no singing or communion. Masks will be worn and there will be no refreshments provided afterwards. However, we will keep what we do under constant review, and although it is by no means how things were before the pandemic, it is a step in the right direction. We look forward to worshipping together once more and if you are interested in coming, please email Rev'd Carol Morrison for more information on rector@kestonparishchurch.org.uk, thank you.

Parishioners are free to visit our beautiful, peaceful churchyard at any time, which many of us use for private prayer and meditation. There are several lovely benches in place now, and so we would welcome and encourage you to take time to enjoy the peace of this place, and the presence of God.



Foodbank Donations from Keston



Rev'd Carol Morrison and Sally Churchus loading the donations to go to the Foodbank

Knowing that the foodbanks are having unprecedented demand at this time, towards the end of May Keston Parish Church organised a local collection at three sites in Keston, including the Village Stores, so that donating was easy, particularly for those not actually going to supermarkets. We had a tremendous response and were able to take 23 boxes/bags full to Bromley Borough Foodbank warehouse in Stockwell Close on the 22nd June. In addition there was £60 in cash donations.

Interestingly, their newsletter states, "As we are a charity founded on Christian principles, it is important for us to encourage those who come to us for support to also contact a local

church and access the online services they have to offer. We always provide our clients with a copy of a magazine style Gospel of John in the New Living Translation (NLT). It is during difficult times like these that the support of the church and the message of the Gospel becomes more important than ever. Please continue to uphold all of us working here at Bromley Borough Foodbank in your prayers as it is this support that gives us the strength and endurance that we need to weather this storm together. Thank you!"

It may well be that the Foodbank has even more requests for help in the months to come, so thank you to everyone in Keston who has helped others by donating so generously.

Keston School Leavers 2020



Had a holiday cancelled because of Covid? Well so did the Year 6 Leavers from Keston School this year. Usually there is an annual trip to the Isle of Wight for those in their final year at Keston, but of course it couldn't take place this year. Determined not to miss out on the fun though, the teachers organised an evening of games, pizza, a campfire and even an ice cream van! Perhaps some suggestions for you to take on board to use in that week you would have been away! Students were able to enjoy all of this the day before their Leavers' Service, traditionally held



at the church but this year moved to the outdoor amphitheatre at the school. Memories and hopes for the future were shared at the service, and the Rev'd Carol gave out a Scripture Union booklet, (bought by the church), to each student about what to expect when you start secondary school as the pupils had not been able to visit their new schools this year. Although the location was different to usual, shirts were still signed, certificates given out, and each student received a teddy bear too!

It was a wonderful send off considering the exceptional circumstances this year and we wish them all happy days ahead as they move on from Keston.



My Faith Journey

After growing up in the Catholic church, (my father was Catholic), and leaving home to go to Prep school when he died when I was 10 years old, (my father was RAF, and they paid for me to go to Prep School), I was never sure if there was a God – I guess I was angry, I even abandoned my beliefs at one point if you can say I had any at 10 years old.

Growing up in Scotland (the last place I truly remember my father), if I remember correctly, I went to Catholic church every Sunday, (I hated the incense), read children's bibles, learned about the stories in the Old and New Testament, went to a church school, and more, but I never really knew what I thought about the idea of religion.

I was raised Christian from my Prep school days, my mother (Church of England) never forced me to believe anything specific and wanted me to decide what I felt comfortable with. Throughout my life I've been exposed to many differing forms and beliefs within Christianity, some of which I like, and some I do not. I've been to many different churches involving a variety of denominations.

I went through a long period of time where I never really knew what I believed, but I always felt like I believed in something, and I almost feel like it was the times where I questioned the existence of any kind of higher power that really helped me believe even more in something greater than myself.

Then one evening, (I was 14 I guess), I went to a church at Prep school that I had never been to before with a friend. I ended up really liking this church, and felt welcomed and comfortable there. It seemed the people there really tried to practice what they were preaching and used their faith as a way to better the lives of others. This was honestly something I had never really felt. The change happened, I looked up at the night sky after the service and suddenly I knew that God knew me. God knew me all along, but I hadn't known this until now. God who made galaxies knew who I was, a teenage boy. It was a startling thought. I just remember

smiling and laughing to myself. The little laugh people use when they finally get something. That was the birth of faith in me.

So what does faith mean to me? To me, it ultimately means having something to believe in that motivates me to keep going even in the worst

times. While I do not claim to have all the answers about faith, and still have a lot of questions, I do believe in God, and I do believe God is constantly looking out for me. One of my favourite Bible verses is Hebrews 13:5, "God has said, 'never will I leave thee, never will I forsake thee'".

One of the most important parts about believing for me is to feel like there is someone beside myself that knows what's best for me and will always be there for me. I definitely turn to God in my toughest times, and have



somehow always felt better in the end, even if I don't get what I think I need exactly when I want.

To anyone who needs a new faith, I'd say ask for faith. And put yourself in a place where faith can appear. Jesus said, "Ask, and it shall be given you. Seek, and you shall find."

Martin Chalker

The UK Blessing



The UK Blessing is a worship video sung by members of 65 different UK churches, and has been viewed over three million times on YouTube since it was released on Sunday 4th May. Each singer has been filmed in their own home, and their church name appears underneath.

Boris Johnson has written to Tim Hughes, a C of E church leader from Birmingham, to thank him for organising it, saying "At a time when our churches are closed, I am filled with admiration to hear how you have used the power of music to bring together Christians of all denominations from across our United Kingdom. Your sensational singing masterpiece 'The UK Blessing' is truly uplifting and has touched millions around the world with its message of hope and its beauty".

Tim also received the daily Points of Light award which recognises

outstanding individual volunteers – people who are making a change in their community. The song lasts six minutes and was originally written by US based worship leaders and puts the Old Testament blessing in Numbers 6 to music. I found it extremely moving. The message is that God is for us and with us, offers hope and encouragement and I highly recommend you take a look!

Sally Churchus

Masks Available

Lovely hand made material masks are available for a donation to Keston Parish Church. There is a choice of different patterns and they can be delivered to your home. Please contact Tricia Coward on 01689 854373 for more details.



Need Help?

If anyone in the parish is in need, for instance would like a prescription or some shopping picked up, or their dog walked, please email Tricia Coward on hallbookings@kestonparishchurch.org.uk Tel: 01689 854373 or Rev'd Carol on rector@kestonparishchurch.org.uk Tel: 01689 853186. We will do our best to try and help.

Daisy Grey is coming to Keston!



Josie and Matt Dickens with Daisy Grey, Milo and Jasper plus Douglas the dog!

Daisy Grey Beckenham was established in June 2018 by Josie and Matt. Named after their daughter, they opened Daisy Grey to serve their local community in Beckenham with the coffee that they had come to love. Now, after two years, Daisy Grey has become many things: a meeting place, a place to come and study or work, as a venue for special events, and sometimes even just a getaway for a sneaky slice of cake!

At Daisy Grey, we pride ourselves on our high-quality food, friendly service, and our speciality coffee, made by experienced and passionate baristas. As a small local business ourselves, we believe in buying locally, and we endeavour to source locally from trusted suppliers wherever possible.

After our success in becoming part of Beckenham's community, we are now looking to make new friends in Keston! Opening on Thursday 20th August, our new Daisy Grey will be located at 6 Commonsides.

Opening seven days a week for breakfast, brunch and lunch, with plans to extend into the evenings, Daisy Grey in Keston will offer the same high quality, lovingly prepared food that our Beckenham customers have come to know and love.

With our selection of cakes, full alcohol license, friendly service, and our famous pancakes, we look forward to welcoming you with a glass of Prosecco at our opening in August!

You can follow us on Instagram and Facebook @daisygreycOFFEE

Where am I?



Have you seen this distinctive door knocker in the village? If not, the answer is on p18.

Obituary

Charles Philip Gordon Clark



A Keston resident has recently brought to my attention the obituary below on the Worcester College, University

of Oxford website. Rev'd Charles Gordon Clark was Rector of Keston from 1968-1974. Charles was noted for visiting every one of his parishioners whether or not they went to church and was instrumental in setting up Keston Care, which was a local network for helping neighbours. He was also noted for being very good with young people.

10 July 2018

Charles Gordon Clark has died, aged 82. Charles read History together with John Holroyd (d.2014); they remained the greatest of friends throughout their lives. John was godfather to Charles's daughter Sophie, and John named his son Stephen Charles. Sophie and Stephen married in 2004, bringing the

two families together for another generation and more.

Charles was ordained as a priest after leaving Oxford, and after his marriage to Thalia Oldham, ministered in Haslemere (Surrey), as Chaplain at Tonbridge School, thence Keston (Kent) and finally Tunbridge Wells, before leaving the ministry to retrain and work as a drystone waller in mid Wales, being active in setting up and running the South Wales branch of the Dry Stone Walling Association. This work inspired in Charles a fascination with stone in the landscape, and in geology in general, which lead him to an Open University degree in Earth Sciences and geologising/drystone walling trips all over the world. Charles sustained an active interest in the OU Geological Society. In later years he returned to his historical research interests, with years of research into family history and, latterly, in local history as a prominent member of the Bromyard History Society following his move with Thalia from Powys to Herefordshire.

Charles is survived by his wife Thalia, daughter Sophie, son Alexander, and four grandchildren.

From the Registers

Funerals

| | |
|------------|--|
| 19th March | Richard 'Rick' Alan Wade (aged 59 years) |
| 12th May | Leonard Edward O'Connor (aged 87 years) |
| 19th May | Peter John Howe (aged 75 years) |
| 22nd May | Edward Roy Counsell (aged 86 years) |
| 26th May | Valerie Anne Kolodziej (aged 90 years) |
| 1st June | John Louis Goldby (aged 97 years) |

Interment of Ashes

| | |
|-----------|------------------------------------|
| 21st June | Michael John Behan (aged 81 years) |
|-----------|------------------------------------|

A Covid Baby: our light in the darkness

Very little in life can prepare you for bringing a new born into the world. Even less when that world becomes a vastly smaller, darker and emptier place.

Having what has been coined as a 'Covid baby' has been a melting pot of bitter-sweet extremes: the overwhelming and euphoric joy of God's miraculous gift contrasted with the cavernous isolation from cherished loved ones and vital support networks that lockdown has served.

Being in isolation with an unborn baby was a surreal frontier we had no training for. Amongst the chaos we quickly found that such unprecedented times afforded us the opportunity to further prepare for the baby's arrival as well as precious time together in contemplative prayer.

Each day was awash with anxiety-inducing paranoias and routinely practised regimes. The relentless battle not to unwittingly welcome the virus into our home caused stomachs to churn in a never-ending state of tension. Fears of not being able to effectively disinfect parcels; sourcing enough food each week from rapidly emptying supermarket shelves; making it safely to and from hospital to attend the few remaining antenatal appointments as well as hoisting the drawbridge on family and friends were unsettling distractions from what should have been a time filled with joy.



With no sign of baby, we travelled to hospital. I put on a brave face and watched my best friend walk through the security-cladded doors of the labour ward into the unknown. I felt helpless. My heart broke as I observed her eyes fill with tears, her silhouette enveloped by figures donned in shapeless gowns, visors and masks. No reassuring smile to be had. This was not how it was supposed to be. Whatever life has thrown at us, we have always tackled it together. Not now.

The wait was hard. After several days and many hours of solitude during birth,

I was eventually allowed to join Danielle for our little one's arrival. And finally, there she was! Eadie Mae Mead – a perfect gift from God. Despite jubilation, we knew that my time with Eadie was restricted to an hour. That soon passed and I was promptly turned away; directed to return home

and advised to collect mother and baby in 12 hours. Due to complications, these twelve hours grew to four days, separating us again before both were permitted home.

Since their homecoming, lockdown has continued its divisive reign. With connections severed, we have learnt to parent on our own volition. Whilst there is undoubtedly a lot to abhor Covid-19 for, we have chosen to appreciate the time we have had together nurturing our beautiful daughter, our light in the darkness.

Chris Mead and Danielle Wood

The 'Praying Hands'

by Albrecht Dürer 1471 – 1528



Probably Dürer's most famous work is the Praying Hands (c.1508). A German born artist, printmaker, engraver and theorist, he established himself in the art world while only in his 20's for his high quality woodcut prints. Not only did he improve the print making techniques of the time but also the subject matter. He was probably the first artist to depict aspects of nature in their own right rather than as a backdrop or addition to a religious scene or portrait.

The 'Praying Hands', also known as 'Study of the Hands of an Apostle' was probably a sketch for a larger piece of religious work and is today stored in the Albertina museum in Vienna, Austria. Dürer made the drawing using the technique of white heightening and

black ink on, (hand made), blue coloured paper. It has a deeper meaning of dedication to self and family, courage, sacrifice and respect.

We in the Christian church put our hands together to commit ourselves to the act of prayer. By placing the palms together we enter a form of meditation and focus ourselves for a conversation between us and our God. This has the effect of centring our thoughts and feelings and shutting out the mundane things that distract us from our faith.

When I was in Pune in India I visited an Indian home for a meal. We were greeted with the word Namaste and our host placed the palms of her hands together at heart level and bowed to us. We did the same back to her. The literal meaning of Namaste is 'I bow to you'. Our host said, 'by bringing one hand to meet the other to join in front of the heart means, my heart to your heart.'

Both of these greetings relate to the act of prayer. We bow before our God, we speak to him from the heart.

Next time you place your hands together in prayer or greeting think of your God. Bow before him. And from your heart, thank him for all he has given you, especially the gift of art.

Tonia C Crouch

PS. I forgot to say he inspired me as an artist, one of my favourites. Not so high and mighty to see the mundane around him that he even spent time drawing a 'clod of earth' which contained a wilting dandelion. All of God's creation was worth Dürer's attention.

Youth would be really great if it came a bit later in life

Splish, Splash, Splosh! By Chalkpit

It was at the end of the summer term 1950 that Mr Richard Godden, Headmaster of Keston School informed the older pupils that, commencing in the autumn term after the summer break, swimming lessons would be part of school life. The following September armed with a letter giving our parents' permission, we waited eagerly for the day swimming lessons would commence! The day finally arrived and with great excitement we boarded a scruffy cream and green coach under the watchful eye of Mr Vincent and set off for a rattley journey to Southlands Road and Bromley's Lido baths.

It was all very basic, no frills, and the lessons went well once you got accustomed to the very cold water! As the weeks progressed, it got very much colder and the enthusiasm once experienced began to wane when it came to taking the plunge. Lessons hadn't however been a waste of time as, with the aid of cork floats and encouragement from Mr Vincent, the majority of us could do a reasonable form of 'doggy paddle' and keep our heads above water. To end the lessons we were given some free time to get up to mischief – splashing the girls and generally having fun! Whilst lessons carried on, Mr Vincent relaxed at the pool side warm in his overcoat, scarf, gloves and trilby hat looking forward to returning to a warm classroom! When time was up we climbed out of the freezing pool to make our way to the changing rooms to get dressed and warm. It was then that George drew

Mr Vincent's attention to the fact that Robert was lying still on the pool bottom! There was no hesitation – Sir, fully clothed jumped into the water and went completely under, grabbed Robert and took him to the pool side. Robert however was not grateful for he was just a couple of seconds short from beating the school record for holding your breath under water – unofficial, of course!

Looking back after all these years it was the correct action for Mr Vincent to take but we only saw the funny side! The Caretaker was able to provide Mr Vincent with a pair of overalls so at least he could get into something dry. The coach then stopped at his home to enable him to change before he returned to school later that day. The 'incident' was talked about for several days with much embellishment. It was not surprising that swimming lessons did not continue!



Southlands Road Lido 1963

Bromley's first open air pool was opened in 1925 as part of a national trend towards providing healthy leisure activities in the suburbs. It was closed for a while in the 1980s but is now part of Virgin Active Health Club in Baths Road.

Gardening is Booming

Our gardens and local green spaces have become a vital feature of daily life for millions of people during the months of lockdown, and the reopening of our garden centres witnessed a rush of customers happy to spend money on this most popular hobby. The gardening industry as a whole was estimated to be worth £15 billion annually in 2019.

For how long has the country enjoyed this 'hobby' and when did it become so important a sector of our economy?

A look into garden history in Bromley shows Dr Susan Pittman writing in her book *The Landscape Legacy of Deer Parks in Bromley and Kent* of early deer parks to be found in medieval Bromley; expertise in cultivating gardens for fruit, vegetables and herbs was largely found in monasteries. In the 17th century Royal gardens and those created for owners of large estates and wealthy town dwellers came to dominate the market. In 1664 Captain Leonard Gurle, nurseryman and Royal gardener established his nursery at Brompton, South Kensington that extended to 37 acres; he supplied the needs of Royal gardens and grand estates including Holwood and Sundridge. By the 18th century garden designing was an established profession as illustrated by Humphry Repton's work in Bromley, Langley, Holwood and Sundridge Parks.

When John Calcraft and his partner George Anne Bellamy purchased 'Holwood Hill' in 1754, the estate was neglected and she set about re-establishing its reputation as a beautiful pleasure park. He was Deputy

Commissary General of Musters, chief contractor to the British army and a wealthy man. In the first year there she spent £600 (£9million measured in earnings terms) on her garden not including the gardener and shrubs.

With the growth of middle classes many other landowners adopted the fashion to create garden parks displaying their wealth and refinement. The tiny parish of Keston was typical of the Home Counties surrounding London in the latter half of the 19th century. Below is a list of houses and the source of wealth of the family: Hollydale (East India Company), Keston Park (EIC), Baston manor (wool merchant), Fox Hill house (wine importer), Field Head house (merchant), Heathfield (textile merchant), Forest Lodge (Caroline Legge daughter of the third Earl of Dartmouth), Knights (Boosey, music publisher), Ashmore House (Gin distillers), Millfield (Lord Sackville Cecil). Many of these properties still display elements of their original landscaping.

Towards the end of the 19th century grand country estates began a slow and steady decline with consequences for garden suppliers but the interest in gardening had become a leisure pursuit in every class of society.

Tudor Davies



Forest Lodge garden sloping down to the pond

What We Do



R and B Joinery is a family run joinery business situated in Lakes Road, Keston in the heart of the village.

I began my working life as an apprentice in 1976 with a manufacturing company called George Coulter's based in Bromley South, now the current site of Bromley Police Station. As part of my apprenticeship I was a day release student at South East London Technical college where I achieved my City and Guilds Certificate.

After working for several local joiners and businesses I took over the joinery in Keston in 1997 and R & B Joinery was established. We soon made our mark and became a well-entrenched part of the business community.

My son Adam began working with me in 2013. He attended a two year carpentry and joinery apprenticeship scheme at Bexley college, attaining a level 2 NVQ.

We work well as a team, both bringing different levels of skills to the business. I have the in-depth knowledge that comes with years of experience in traditional manufacturing techniques, whereas Adam has a keen

enthusiasm and energy for new ideas and technology.

We design and manufacture bespoke joinery to the highest quality. Each job is different and can range from a small repair to a drawer that has seen better days, to the design and manufacture of staircases for the Royal Household. Our ethos is there is no job too big or too small.

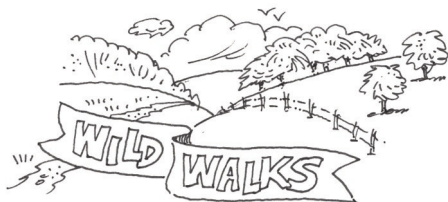
We enjoy helping our neighbours with their small joinery enquiries just as much as we enjoy designing and manufacturing work for large organisations.

The variety of our work means that no two weeks are the same for us. Local jobs have included the manufacture and fitting of a bar in the local pub, the making of a dog kennel for a greyhound and manufacturing curved headed Victorian front doors. Some of the larger jobs include the manufacture of cabinets for the Maritime Museum in Greenwich that displayed naval records from Nelson, making the skirting and architrave for an art display in the National Gallery and the manufacture of several doors and windows for Kensington Palace where they displayed Princess Diana's dresses.

Our doors are always open, and it is not unusual for passers-by to pop in to say hello and have a quick chat about current events. It is important to us to be a part of the community and give support to our neighbours when needed.

We have enjoyed working in Keston for 23 years and God willing we will continue in the same vein for many more years to come.

Roger Baxter



Wild swimming. This month I'm going to leave behind wild walks to focus on that which is becoming a popular pursuit. Since lockdown when we could no longer visit the gym or the local pool we've decided to plunge into the sea or try the nearest river. So what's new?

When I was about 14 years old my family settled on the outskirts of Gillingham in Kent. The river Medway, which rises near Turners Hill in Sussex eventually reaches the sea between the Isles of Grain and Sheppey. At this point it's several miles wide and during the summer holidays us lads would muck about near lower Rainham. When the tide was out it was an expanse of mud but along the shoreline were numerous wartime landing craft which had, we were told, come from Chatham during a storm! They no longer floated so when the water level was just right we used them as diving boards and splashed about in the murky water. What would H & S say about that!

Later, when I was courting, my wife to be and I borrowed a tandem bicycle and cycled to Teston, (pronounced Teeston), near Maidstone and swam in the Medway which at this point was marginally cleaner. My memory of that event was the feeling of soft clay on the river bed oozing between my toes. We occasionally had to move aside to allow a boat to pass by.

Fast forward to married life and we were living in Putney. By then our

transport was a Lambretta scooter and on the odd hot summer's Sunday we would nip down to Esher and try to locate the river Mole. We did find a suitable spot near, (and I love the name), Stoke D'Abernon. I have memories of the missus being a bit apprehensive about going in coz the tranquil, slow moving water was thick with fronds of weed gently swaying in the slow moving stream. Ooh, creepy!

When I moved to Ireland for my first job after leaving Art College I was invited by my workmates to go sea swimming in a beautiful little cove at Sandymount outside Dublin. It was

the feeling of soft clay on the river bed oozing between my toes

sheltered by rocky outcrops and was used as an all male sea swimming pool. Good idea – no distractions! I was told that James Joyce lived thereabouts when he wrote Ulysses and other works. I was immediately impressed by the crystal clear water – a change from the 'Mudway' that I had been used to as a lad.

At Ilfracombe in north Devon there's a sea swimming pool which you reach through a tunnel cut through the cliff. It dates from Victorian times and a small photographic display shows the pioneer swimmers: in lovely one piece stripey cozzies.



Richard Geiger

Film Review

Selma

This is a very topical film to watch – and extremely good! It is a historical drama that was released in 2014 but covers a three month period in 1965. The film starts after Martin Luther King Jr. has been awarded the 1964 Nobel Peace prize and tells the story of his historical struggle to secure voting rights for African-Americans, which was a dangerous and terrifying campaign. During the course of the film Jimmie Lee Jackson is shot by police in a café after a peaceful march is broken up by state troopers using violence. The film culminates in the finally successful attempt at marching from Selma to Montgomery that eventually swayed American public opinion and persuaded President Johnson to introduce the Voting Rights Act in 1965. King's strong Christian faith shines through. David Oyelowo takes the lead and gives a tremendous performance as

Martin Luther King. The *New York Times* review stated, “Even if you think you know what’s coming, *Selma* hums with suspense and surprise. Packed with incident and overflowing with fascinating characters, it is a triumph of efficient, emphatic cinematic storytelling”. It is available to watch on BBC iPlayer, Amazon Prime or as a DVD. It made me think, sadly, that in those 55 years since the events portrayed happened, we have not moved on as far as one might have hoped.

Sally Churchus

“And now unto him who is able to keep us from falling and lift us from the dark valley of despair to the bright mountain of hope, from the midnight of desperation to the daybreak of joy; to him be power and authority, for ever and ever”.

Blessing spoken by Martin Luther King to his congregation in Montgomery as he left them to devote all his time to political action.

Prayer

Lord God,
Creator of all people,
may your son who suffered the inhumanity of the cross,
comfort us in our anxiety and in our horror,
in times that take our breath away.

May your Holy Spirit inspire us to repentance
and to action in dismantling the virus of racism
from within the Church, our nation and our world.

Amen

*Rev'd Canon Jeremy Blunden, Rector of St. George's, Beckenham,
and Bishop's Advisor for Black, Asian and Minority Ethnic (BAME).*



Magazine Deadline

Please send copy for the October/ November issue of The Keston Magazine to the Editor, Sally Churchus, by Sunday 6th September at the very latest either by email to editor@kestonparishchurch.org.uk or Tel: 020 8462 8750. Thank you.

Laughlines

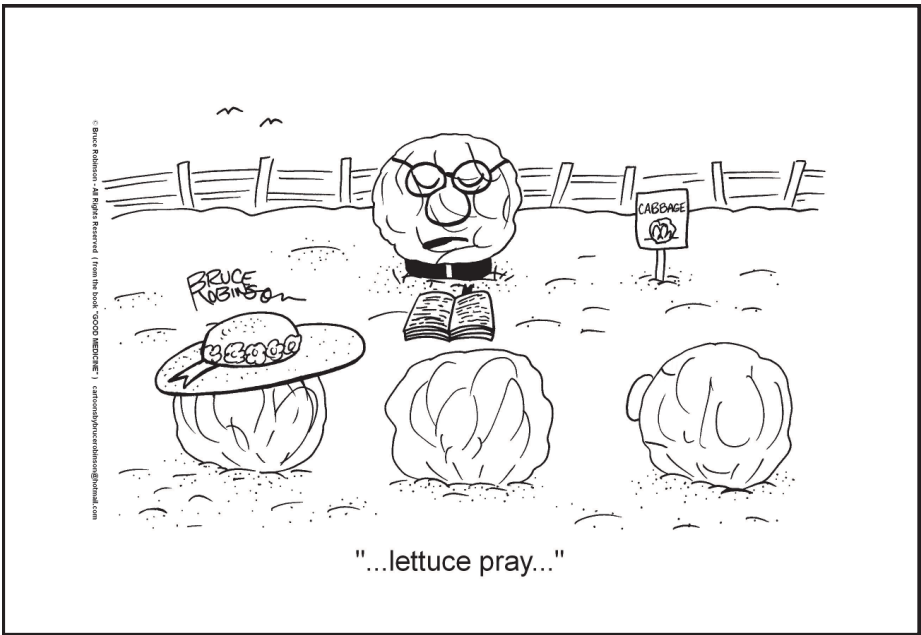
☺ A boat crashed onto the rocks and began to sink. “Does anyone know how to pray?” shouted the skipper. “Yes, I do,” cried a zealous Christian, leaping to his feet. “Good,” said the skipper. “You pray, the rest of us will put on our life-jackets. We’re one short”.

☺ “Sarah,” said the group leader, “Do you say your prayers every night?” “No, not every night,” she replied, “because sometimes I don’t want anything”.



If you enjoy The Keston Magazine and would like to make a donation towards the costs we would be very grateful. BACS transfers with Reference ‘Magazine donation’ can be made to Sort code 20-05-57 Account 30543683. Please use the envelope enclosed for cash or cheques made payable to ‘Keston Parochial Church Council’. If you are a UK tax payer and fill in the Gift Aid slip, we can recover an extra 25p for every £1, whatever way you pay. Thank you.

Answer to Where am I? 2, Lakes Road – R & B Joinery





LEARN WITH LANES

- Solo Tuition
- Door to door
- Manual & Automatic
- Nervous Pupils welcome
- Driving Instructor Courses
- In-Car Theory Training
- Male and Female Instructors

(All offers subject to conditions)

1-5 day courses with
Guaranteed Test Pass Scheme

020 8290 2070

Head Office: 27 Hayes Lane
Bromley, Kent. BR2 9EA
www.lanesdriving.co.uk

Michael Robinson Property Maintenance



Painting & Decorating
Plumbing & Electrical
Kitchen & Bathroom Installation
Alarm Installation

01689 860738
07957 153957

COMPUTERSOUP



.co.uk

A LOCAL I.T SERVICE FOR BROMLEY RESIDENTS,
PROFESSIONALS & BUSINESS

- BROADBAND INSTALLATION
- PC SETUP & MAINTENANCE
- PC REPAIRS, UP-GRADES, SALES
- PC SYSTEM RESTORE, 'HEALTH CHECK'
- VIRUS & SPYWARE REMOVAL
- WIRELESS NETWORKING
- XBOX LIVE, PS3, Wii & IPOD SETUP
- DATA BACK-UP, RECOVERY
- INTERNET, EMAIL REPAIR, TIME LIMIT MSN.

07940 329 687

01689 603483 for Robert

COVERING ALL OF BROMLEY AND NEIGHBOURING AREAS.
NO FIX - NO FEE, NO CALL OUT CHARGE, FREE CONSULTATION

info@computersoup.co.uk

www.computersoup.co.uk

R & B JOINERY



Roger & Adam Baxter

2 Lakes Road, Keston BR2 6BN
Tel/Fax: 01689 861999
Email: rabinery@hotmail.com

COMPLETE BODY PILATES

With Tanya Carpenter
Qualified Body Control Pilates Instructor

Pilates Classes Mondays & Fridays

Time 10:00 to 11:00 AM

Keston Parish Church Hall, Church Road, Keston, BR2 6HT

£59

Block Of
6 Classes

£11

Drop
In Class



WHAT IS PILATES? Pilates is a body conditioning series of exercises focused on building strength & physical fitness for all ages & all levels of ability. Benefits include increased flexibility, enhanced musculature & tone, improved posture & improved coordination which all leads to increased strength & endurance.

MAKING YOU HEALTHIER FOR ALL OF YOUR LIFE'S ACTIVITIES

Please Ring or email to book due to limited spaces or for information

Tanya Carpenter 07795511366

completebodypilates@yahoo.co.uk

Follow Via  **@completebodypilates**



NEXT AHEAD

Offers all types of
hairdressing services
for men and women
Late night Tuesday till 9pm

HAIR STUDIO

Telephone: 01689 860548
17 Heathfield Road, Keston BR2 6BG

J.&R. KILLICK Ltd

Est 1879
FUNERAL DIRECTORS

FAMILY RUN BUSINESS

- Personal Service
- 24 Hours a Day
- Modern Funeral Fleet
- Pre-paid Funeral Plans Available
- Information Brochure Available
- Horse Drawn Funerals



For Advice & Assistance Please Telephone

PETER KILLICK

020 8777 4502

112 High Street, West Wickham BR4 0ND
Also at: 47 Station Approach, Hayes, Kent
www.jrkillick.co.uk



01689 850280

19 Heathfield Road, Keston BR2 6BG

Web: www.wrinkle3.com

E mail: info@wrinkle3.com

**Ironing Service
Full Laundry Service
Alteration Service
Dry Cleaning Service
Service Wash & Dry
Shoe repairs**

Opening Hours:
Monday to Saturday 8.00 – 5.00