

The

Keston Magazine

News of your Parish and Village



October/November 2023

Keston Parish Church

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



Rector

There is currently a vacancy

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Verger

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Steff Nash
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Residents' Association

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Village Hall

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Coffee, Cake & Kids

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Friends of Keston Common

High Elms Country Park 01689 862815
www.friendsofkestoncommon.btck.co.uk

Keston Residents' Road Safety Group

krrsg@hotmail.com

Blessed are those who mourn, for they will be comforted.

Matthew 5:4

Thought for the month



Where is Your Focus?

Invading white hairs were bad enough but recently, much to my annoyance, I've needed to get some reading glasses. As newsprint, contracts and other small objects became part of my world again, I was reminded of other areas in my life, which are not in focus.

Reflection

God wants us to look back at our times of blessing and be encouraged but He does not want us to try and live with our eyes turned 180 degrees to the rear. He doesn't want us to live in the past – only learn from it. Are we obsessed with past failures, mistakes and hurts? Do we mull over how if only we had made different choices there would have been happier outcomes? St. Paul had a past he wasn't proud of, but he recognised that God considered him a work in progress *"forgetting those things which are behind, and reaching forth unto those things which are before"*. (Philippians 3:13).

Longsight

This was my problem, physically speaking. Things far away could still be seen but the close field was a blur. Do we become preoccupied with the future and far-away events, or the possibility of them? Maybe that place is filled with

loneliness after losing a loved one, or fear as we struggle with a long-term illness. The present accordingly becomes wasted as we stumble towards an uncertain goal.

Jesus recognised that our human minds can so often race ahead to problems. A frustration of these new specs is that when I lift my eyes to the front of the church everything is blurry although the page in the book is in focus! Of course, the Lord wants us to focus on the word He is sending us, not the messenger, but it reminded me of Matthew 6:34. *"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own"*. We are to live one day at a time; we are to ask for the Lord's strength for the immediate distance, which is in better focus, and make the most of every day.

20/20 Vision

This is described as perfect vision, humanly speaking, but Jesus' sight is infinitely better than that. He can see inside breaking hearts, behind false smiles, and down to the depths of our souls. Our all knowing, all seeing, all powerful, ever present God sees and shares our struggles, weaknesses, pain, happiness and joy. He can see our past, present and future. He doesn't just check on us every now and then: He is watching over us always, for He *"shall neither slumber nor sleep"*. (Psalm 121:4). My challenge, and perhaps yours, is to fix our eyes firmly on Him and to trust his most perfect vision for our past, present and future – no matter how many pairs of spectacles I need!

Martin J Chalker

From the Editor



Welcome to this edition with some great articles in – including one relating to the bike and War memorial on the front cover. You can read all

about it on the centre pages. You may notice that rather a lot has been written by me or my family this time but it would be wonderful to have some of your stories too. Please don't be shy! Any news, upcoming events or information about people that have had interesting experiences or have unusual jobs or hobbies would be welcome.

This issue has articles ranging from pumpkins to kneelers and calligraphy, an Obituary and much more.

I have noticed that the shops have Christmas cards and chocolates in already, and there are details about Keston's own Christmas Fair on 18th November advertised at the back of the magazine. Definitely one to put in the diary! We have our Harvest Festival and lunch to look forward to before that though, and Remembrance Day too of course.

May God bless this community and help us to be a blessing to others this Autumn.

Sally Churchus

Magazine Donations

Thank you once again for sending your donations towards the cost of producing the magazine, your contributions are much appreciated.

Duty Done (For this issue)

Sitting there, on Sunday morning,
Congregations in their pews
Read their magazines, informing
Them of all the latest news.

All save one who sits there smiling –
She knows that journal very well
Having spent a month compiling –
She knows what those pages tell!

She it was who, deadlines facing
Got those varied items in
Phoning, asking, pleading, chasing
Each a battle she must win!

Though she earns no princely wages
Though she gladly gives her time
Efficiently she fills those pages
Choosing pictures, prose, and rhyme.

So she sits, her rest deserving
For a while her duty's done
Maybe she's just strength conserving –
Soon she starts another one!

Nigel Beeton for Parish Pump



Friends of Keston Common News



Keston Common has retained its Green Flag status for 2023/2024

Jubilee Parks Fund for Playground

Following the success of our bid and after long conversations and meetings with Council, (and supplier), we have finally agreed a plan and orders are being placed. In essence the old roundabout will be replaced with an inclusive spinner; a new climbing frame, (major new item), will be erected more or less where the picnic bench is, (which itself will be moved out of the grassed area to a more central position and hence improve access for wheelchair users); and an array of stepping posts will be installed close to the butterfly maze. FoKC will be contributing some funds towards this project, (over £1k).

Benches

In July the third bench was installed on the western bank of the valley mire (at the lowest point of Fishponds Road), and three more are planned for the coming months.

Funding

FoKC has applied again this year to the Co-op for community funding and will

know in October whether its application has been successful. Some of the funds from last year were used to buy tools, one of which was the tree popper we displayed at KestFest, which cost over £300.

Open meeting

The next open meeting is scheduled for 4th October, Jubilee Room, Keston Village Hall from 7.30pm. Do come and meet us and hear about our work and future plans.

Ranger Leaving

Sadly, our Ranger from idverde, Steven Lofting, will be leaving us at the end of September. Steven has managed our site since June 2017 and he has been a great asset to both the site and FoKC. He is taking up a new post as Conservation Manager for SE England at Butterfly Conservation. We would like to thank him for his work over these past six years, (especially through Covid), and wish him every success in his new venture.

Larry Herbert, Chair of FoKC

Keston church Car Park Official Opening



We are finally ready to officially dedicate our extended car park to Frank and Sheila Netscher for their vision and energy to achieve its completion. The pedestrian walkway and hand rail are finished and the solar lights are now in place and working well. Our bespoke entrance gates make a good first impression and match the gates to the church with the Keston Marke logo on. There will also be a dedication plaque placed on the gate just prior to the event.

We plan to hold the Dedication straight after our Sunday morning service on 29th October 2023 around 11am. Frank and family will be there to cut the ribbon, along with Geoff Carr our Churchwarden who managed the



whole project, Bob Cogram our surveyor who helped to secure the planning permission and Mike Reeves-Eastwood our builder for the work. Members of our congregation will also be there to celebrate this great achievement in the life of Keston church over coffee and a special cake! We are very grateful to those who have contributed towards this project and invite everyone to join us.

Anna Bailey

Keston nominee for Volunteer Award

Keston resident, Ren Blanchette, (Harrold), was one of 12 nominees for the Bromley Community Links Volunteers Award. Although she found out she wasn't the outright winner at a ceremony in Bromley library, she received a certificate from the Lady Mayoress to recognise the brilliant contribution she has made to charity and to Bromley.

Ren supports the Dog Rescue Team at Foal Farm, going above and beyond what is needed. Throughout serious health difficulties and treatment she still helped to walk the dogs. Ren is a role model to others by showing kindness and compassion, to both people and animals. She tirelessly supports a family with genetic conditions that have caused them problems and volunteers at community events.

Well done, Ren, your dedication and kindness deserve recognition!



My Faith Journey



Having been Christened at Keston Parish Church, attended Keston CE Primary School, been Confirmed and then been married in Keston Parish Church last year, I have just become a mother for the first time. Although I have two step children who I consider like sons of my own, there is something about growing and nurturing a child that is an absolute miracle. Even friends and family members of mine who are not Christian have made remarks about the miracle that life is. And as with all big life events, it got me thinking and reflecting about the gift that life is, but also how it is not always straightforward.

Through my current church, (All Hallows, Bow), I spend time with people who have been dealt a hard hand in life – those who have lost children in the most difficult of circumstances, who are battling depression or are deeply, deeply lonely. We never know what life will throw at us – good or bad. I am so blessed to have a beautiful baby boy

who is happy and healthy, and a loving and supportive family. In fact, my whole life has been full of numerous blessings. And that is where things can actually get tricky, as backwards as it sounds. When life is comfortable, it's easy to not *feel* as though we need God. As I heard once in a sermon, comfort is a killer. The reality is that I need God desperately but my comfortable situation can, and certainly has in the past, blinded me to it.

My faith journey then, has been about learning about my own need for God. It has been all too easy to forget about God when things are good, or perhaps worse, to perfunctorily read my Bible, go to church, do some religious things, but not let God in to my heart. There have been times in my life where it has looked like a double life – on Sundays I attended church, sang the songs and

As I heard once in a sermon, comfort is a killer

prayed the prayers. The rest of the week you would be hard pushed to notice my faith in my life – I wasn't necessarily a horrible person, I just wasn't living a life that was transformed by God's love and grace.

As I think now about the kind of faith I want my newborn son to see in me, it is one marked by sacrifice and service – not just for him and his need for food (!), but for all those who cross my path. In some ways, now I am a mother, the next chapter of my faith journey has only just begun!

Louise Chaves (née Churchus)

Books needed



I'd like to say thank you to anyone who has used the book exchange in Lakes Road over the past couple of years. There's always a variety of books to choose from and I'm grateful to you for keeping the exchange going.

If you are having a sort out of your books, I would gladly take any paperbacks and children's books off your hands. I'm often asked about children's books and the ones that are in the exchange soon get snapped up. If you have any to spare please leave them in the box, or in a bag on the doorstep on a dry day. Thank you again and happy reading!

Sue Sinton

Keston CE Primary School Open Days



KESTON
CE Primary School
Part of the Aquinas Trust

Tuesday 10th October 9.30-10.30am
Thursday 9th November 9.30-10.30am
Thursday 9th November 6-7pm
To book a place please email
admin@keston.bromley.sch.uk

The Big Knit



The Birth Trauma & Baby Bereavement Care Charity

The above charity supports families that have experienced birth trauma and baby bereavement, covering the Kent and Medway areas. National Baby Loss Awareness Week is in October each year and the charity is holding The Big Knit 2023 on Saturday 28th October from 9am-12 in Rochester Cathedral to help raise funds. To book your place and for further details of the morning please email Jodie on jodie@makingmiracles.org.uk.

They are asking people to use double knit wool to knit or crochet 6 x 6 inch squares using a single colour, (preferably white, cream, pale pink, pale blue or light grey as they are the most popular), to be made into blankets to be sold. If knitting, use size 8 needles and cast on about 30 stitches and knit 56 rows. Any squares done at home can be sent to Sally Howells, Making Miracles, 7 The Street, Detling, Maidstone, Kent ME14 3JU. Please leave some wool at the end of each square for sewing up and please keep the squares from each person together, as people knit at different tensions. Thank you.

Rochester Cathedral has a Baby Memorial Garden where those who have lost little ones can have a pebble or slate to remember their lost baby on land owned by the cathedral.

Obituary

Robin Michael Newell Allis

30/12/1953– 19/6/2023



Robin was born at his grandparents' home in Gosport – a place that remained special to him throughout his life. On the day of his birth, a sparrow landed on the snowy windowsill and his father said, "We can't call him Sparrow, so we'd better call him Robin!"

In his early years Robin lived in Cyprus on an army base, where he embraced all things Greek and was forever fascinated by the history of the island. During his later childhood he would travel by bus from the army base in Feltham to visit his nan in Gosport and his love of public transport never left him – he was known to many as "The King of TFL"!

Robin was always very proud to say he attended the first ever Glastonbury and saw Jimmy Hendrix there. Music was always a huge part of Robin's life and his taste was eclectic to say the least.

At around 18 years old Robin joined the Civil Staff at Scotland Yard where he became a Fingerprint Officer and I am sure that many of you have heard his gruesome and grisly tales. He enjoyed this job but five years later he left to join Barclays Bank.

Robin spent 28 years in the bank where he made many friends, lots of happy memories and met two of his wives – a fruitful playground indeed! In 1983, whilst working at Forest Hill branch Robin met Debz and they immediately became best friends.

Robin moved to Keston in 1987 where he lived at 2, Commonside, until 2002 when he moved to Blackness Lane. In 1995 Robin became a father to Holly followed four years later in 1999 by Nicole. His girls were his absolute pride and joy. Rosannah is Robin's stepdaughter and their relationship was special too.

Robin was a Mason for many years and he also served his community and gave much of his time and energy to several organisations. These included Keston Primary School where he was the Chair of Governors and the local Cubs and Scouts group at Wilberforce where he was the Treasurer.

These final few words are about Robin's love of a party – he loved eating, drinking, chatting, music and of course dancing – crazy dancing! Many know what he was like at any social gathering but never was this more on display than at his and Debz wedding five years ago – where in front of so many, the couple finally cemented their love for each other by exchanging vows in Keston Church and then having a massive party afterwards at Wilberforce.

In short, Robin Allis was a giant of a man with a personality so enormous, so warm, so encompassing, so intoxicating everyone who met him will never forget him. He is loved and missed.

Debz Allis

Service for the Bereaved

Sunday 5th November

Everyone is welcome to this service at 3pm in Keston Parish Church. There will be a short service of hymns and prayers with the chance to light a candle in memory of our loved ones and a list of their names will be read out.

If you would like someone's name added to the list to be read out, please phone Tricia on 01689 854373 or email kestonconsult@outlook.com. After the service we can share tea, cakes and company in the church hall.

Harvest Festival

Sunday 1st October

We will be taking cash donations for Welcare in Bromley and also food for Bromley foodbank. Items they currently need most are: UHT fruit juice, squash, tinned fruit, tinned rice pudding and custard, men's deodorant, multi-surface wipes/sprays, shampoo and conditioner (family/men's/women's). They've got plenty of pasta, cereal, tea and biscuits. Thank you.



Morgana with her parents, Annika and Sam Toomer. The baptism was carried out by Rev'd Renate Tulloh, who they knew from a previous church. Family and friends celebrated afterwards at The Crown at Leaves Green.

From the Registers

Baptisms

5th August	Morgana Felicity Toomer (dob: 22/1/2023)
20th August	Evelyn Jane Elizabeth Mendham (dob: 19/5/2022)
27th August	Hugo Laurence Curry (dob: 19/1/2023)

Burial of Ashes

10th August	Timothy James Cribbens (aged 56 years)
27th August	Francis George Griffiths (aged 75 years)
27th August	Anne Griffiths (aged 83 years)

Church Services



Remembrance Sunday 13th November 2022

CW = Common Worship H & W = With prayer for healing & wholeness

1st October Harvest Festival

10.00am Informal Non Communion (Shorter all age service)
Your donations of cash for Welcare in Bromley or non perishable food items for Bromley Borough Foodbank would be most welcome

8th October 18th Sunday after Trinity

10.00am Holy Communion (CW)

15th October 19th Sunday after Trinity

10.00am Holy Communion (CW) H & W

22nd October 20th Sunday after Trinity

10.00am Holy Communion (CW)

29th October Last Sunday after Trinity

10.00am Holy Communion (CW)

5th November All Saints' Day

10.00am Holy Communion (CW)
3.00pm Service for the Bereaved

12th November Remembrance Sunday

10.00am Short non Communion service (CW)
10.30am Meet at the Village Sign to walk to the War Memorial
10.55am Prayers and observance of two minutes silence

19th November 2nd Sunday before Advent

10.00am Holy Communion (CW) H & W

26th November Christ the King

10.00am Holy Communion (CW)

Four Men and a Bike



Eric Edward Wolf

Eric was just 20 when he died as his boat sank in less than two minutes. Those lingering after the Act of Remembrance at the War Memorial last year may have seen his family with an old bike having photos done. Jeremy (Jez) Lefevre, also featured on the front cover, is the man who has restored the bike in memory of his great uncle, Eric Wolf, whose name is on the bottom plaque on the war memorial. Jez has put Eric's name and service number on the bike which is a 1949 Royal Enfield G2 350cc and needed a complete rebuild after being found in a barn in a bad state. It took Jez six months to do it.

Eric Edward Wolf was born on the 16th of August 1922, the son of Albert Edward Wolf and Mary Ann Wolf (née Crittall). An entry in *The 1939 England and Wales Register* records that Eric was a Poultry Farm worker who lived with his parents at 14, Churchfields, Westerham Road, Keston. (Now Leaves Green

Road). Eric was in the Home Guard before he was called up and was one of the people that liberated the machine gun from the crashed Dornier at Leaves Green that ended up in Keston school in the 1960s. (This story was featured in the June/July edition of *The Keston Magazine*).

Eric became a member of the 2nd Regiment of the Lothian and Border Horse. The 2nd Lothians were mobilized as an active service Regiment in May 1939. It was as a motorized machine gun unit that joined the 2nd Motorised Machine Gun Brigade (later to become the 26th Armoured Brigade) together with the 16th/5th and 17th/21st Lancers as part of General Montgomery's mobile reserve in the defence of the south coast. However, in November 1942, they embarked with the 6th Armoured Division with the First Army for Algeria, North Africa, equipped with a mixture of Crusader and Valentine tanks. Eric was being

Eric ... lived with his parents at 14, Churchfields

transported on the Troopship *S.S. Benalbanach*, part of Convoy KM56, in support of *Operation Torch*, the codename for the allied landings in North Africa. On the 7th January 1943 shortly after six o'clock that evening, just east of Algiers the convoy was attacked by two Heinkel He111 aircraft of the Luftwaffe's *Kampfgeschwader 26 "Löwengeschwader"* (Bomber Wing 26 known as the "Lions' Wing") which dropped their torpedoes to deadly effect



Photo, left to right: Alex Lees (son of), Kevin Lees, Micheal Lefevre, Jez Lefevre (Michael's son). Eric was Micheal and Kevin's uncle.

striking number three and five holds. A violent explosion occurred, and the ship sank in less than two minutes. Only a small number of those on board survived and sadly Eric was one of the 340 troops and 57 crew members that were killed in the attack. Although his parents received a letter on 29th January 1943 saying that their son was missing it was not until 11th August 1943 that the sad news was confirmed by the War Office. Eric is commemorated on the Medjez-El-Bab memorial in Tunisia.

In the book *For King and Country, Keston parish and the Great War 1914-1919* by Peter Zieminski and Edward Williams, there is an entry for Eric's father, Albert Edward Wolf. He was

born on the 6th May 1899, the son of Alfred Henry Wolf and Fanny Louisa Wolf (née Beadle). He attended Keston Church of England School from the 26th June 1903 until the 25th March 1913. He lived at 2, Prospect Place, Croydon Road, Keston. He worked as a carter for the council and served in WW1 driving a horse ambulance. Although Albert had four daughters, Eric was Albert's only son, so the name died with him as he never lived to marry or have sons of his own. But **We will remember.**

Sally Churchus, with thanks for information given by Jez Lefevre, Kevin Lees and Peter Zieminski

A Floral Pumpkin (or two) for Harvest



Arrangement in church foyer

I saw a wonderful array of pumpkins at the Lavender Farm in Shoreham, Kent, and thought one would be perfect to use as a base for a flower arrangement for the Harvest Festival. Using home grown flowers, (some, I admit, were purloined from a friend's garden as well), foliage, including herbs and brambles, and using Agra Wool, (a biodegradable product to replace floristry Oasis), to keep them in place, meant the whole pumpkin was fully sustainable (even the cellophane used to line the pumpkin was biodegradable) – and created this fun arrangement.



Agra wool



Stuffed Harlequin

In fact, I bought a couple of different types of pumpkin whilst there, one to create a table decoration at home (I think called Crown Prince) – again using home grown flowers, foliage and Agra wool and a smaller Harlequin variety which I stuffed with wild rice, mushrooms, herbs and blue cheese, and roasted (see pic) – quite tasty, but to be truthful, I prefer stuffed marrow (I had grown the rounded Piccolo variety this year). Next year though, I think I will have a go at growing a few pumpkins as well...

Terri Rugg



Home decoration

Chocs Away!



“There is your sick bag” the bloke said, I really wish he hadn’t mentioned it. It was a hot afternoon in September and I was about to achieve a long held wish to fly in a Spitfire, I had my flight suit on, been attached to my parachute and was being strapped into the cockpit. We had been through the safety procedures and emergency drills and the pilot had just taken his seat in front of me when the sick bag was mentioned. I was a little nervous and very excited but hadn’t considered the possibility of being sick up to that point, now it sat in the forefront of my mind.

I put the helmet on and the pilot spoke to me in a very calm and confident voice “are you ready to go?” And with that he started the engine and the aeroplane seemed to come alive. We taxied for a while to get to the far end of the runway and the breeze through the aeroplane was a welcome relief on such a hot day. As we turned onto the runway and with a sudden increase in engine noise we were off. The feeling was similar at first to being on a modern jet, the acceleration pushing you back into the seat. Once we left the ground we started to climb more slowly than in a modern jet, but as we banked round you knew at once this

was the real deal, you feel every turn, every movement of the joystick, you somehow felt more connected to the aeroplane, and I have to say it was exhilarating.

We had been going for about 20 minutes and were over the Kent countryside when the pilot asked if I would like to do a “victory roll”. Without hesitation I said “Yes”. Twenty seconds later I was upside down over the Kent countryside as the pilot performed an expert victory roll and I was just loving it. The 30 minutes we were flying went so quickly and all too soon I could see the airfield coming into view and knew this magical experience was coming to an end, the pilot landed without a bump and we taxied back to the hanger for photos.

I have long admired the bravery of the airmen who fought in WW2. To take to the skies several times a day, for weeks on end, knowing that each flight could be your last is a concept that is so alien to my life experiences I have trouble comprehending the reality of what it must have been like. Now to have flown in the iconic Spitfire just re-doubled my admiration for the fighter pilots. The whole experience from start to finish was superb and the professionalism of all the people involved in making this dream come true, from the ground crew to the pilot, was first class. I’m also pleased to say that I had no need of the sick bag.

Richard Churchus



Have we got Pews for You



The two wedding kneelers at Keston, designed, made and donated by Rev'd Gordon Clark during his incumbency 1968-1974

This headline got my attention in *The Times* one Sunday in July. It was a book review about church kneelers, or hassocks as they used to be called, used whilst kneeling and praying to save your knees from the cold hard floor. Although they remain in many cathedrals and churches, they are not used as much as they were in the past, many people preferring to stay seated with heads bowed, instead.

The book covers pretty much everything you might want to know about kneelers, how they started in the 1930s when artist Sybil Blunt designed choir stall cushions for use in Winchester cathedral. The cathedral invited Louisa Pesel to train volunteers to make embroidered cushions, kneelers and other items. The designs incorporated motifs and patterns inspired by Winchester history and architectural features of the cathedral. By 1936 a total of 360 kneelers had been made. The idea spread and kneelers in other cathedrals and churches were created with a wide range of designs from Biblical scenes to plants and

wildlife, public figures and local clubs amongst other, more unusual topics.

The book, *Kneelers: The Unsung Folk Art of England and Wales* by Elizabeth Gingham is a comprehensive and witty history of kneelers with many beautiful full colour images. The author is the leading authority on Anglican church kneelers and has set up the website parishkneelers.co.uk. The kneelers at Winchester Cathedral also provide the framework for a fiction book called *A Single Thread* by Tracy Chevalier, author of *Girl with a Pearl Earring*.

Kneelers at Keston Parish Church

In the 1980s a group of church ladies met at the Rectory, 24 Commonside, to discuss the possibility of making church kneelers for Keston church. The then Rector, Alan Cox, was keen to have some made by church people. It was agreed to go ahead and plans were made. Alan Cox had already made two kneelers at his previous church in the Medway towns so knew what was required.

A plywood frame had to be made, and Alan staple-gunned the fine canvas

mesh, (5 holes to the inch), to the frame. He had already drawn the outline of the kneeler onto the canvas, and it was then left to the individual ladies to make their own design or have help from Alan Cox. The chosen background colour was dark blue, which made life tricky because it was very difficult to work with.

The Rector purchased the canvas from John Lewis, and the wool came from a specialist shop by post. The choice of stitches was left to the individual, with the help of A4 sheets illustrating how to 'do' them.



Kneeler by Miriam Rogers 1985

Occasionally Mrs Janet Dewey, a parishioner from St Mark's Bromley South, (and an expert needlecraft woman and embroideress) would come and give encouragement.

When the canvas was complete it was detached from the frame and squeezed over a foam pad, (covered with curtain lining material), too large deliberately, so as to obtain a nice, firm kneeler to kneel on. Then, each kneeler had to have 'an underneath'. This plastic was sewn onto the finished product. It was not easy!

The finished kneelers, numbering just under 30, were finally displayed at the



Kneeler by Hazel Shepherd 1985

Keston Celebrates festival at the church in June 1986. Most are still going strong although some could probably benefit from having their hanging hooks more securely attached. Take a closer look at the one in front of you when you are next in church, and give thanks for all the hours of work that went into it.

Sally Churchus and Alan Cox

Prayer

Lord of heaven and earth,
As Jesus taught his disciples to be
persistent in prayer,
Give us patience and courage never to
lose hope,
But always to bring our prayers before
you;
Through Jesus Christ our Lord. Amen.



Kneeler by Irene Martin 1985

Yoga for Perimenopause

The transition from summer to autumn provides a wonderful opportunity to reconnect with nature and find moments of introspection. As the leaves change colour and the air becomes crisper, there's a natural rhythm that encourages us to slow down, reflect, and realign our energies.

As a yoga teacher, I practice Daoist Vinyasa Flow yoga. My practice is based on Chinese Five elements theory and reminds me that each seasonal transition is essential in maintaining harmony in nature. As we journey toward October and Menopause Awareness month, a regular yoga practice becomes crucial to help me look after myself. I'm in the autumn phase of my life, my perimenopause. Perimenopause can be a period of profound personal growth and self-discovery.

Perimenopause is said to be one of the longest phases of our hormonal journeys that many of us find challenging. It brings about both physical and emotional changes due to shifting hormonal levels. Embracing the changes that come with perimenopause involves surrendering to the natural shifts occurring within our bodies. Surrendering doesn't mean giving up control, it's more about accepting the changes and working with them.

This is the time to let go of old beliefs, expectations, and attachments that no longer serve us. This might include societal expectations about ageing, beauty standards, or personal goals that no longer resonate with our evolving self.

If you would like more support with your perimenopause and menopause journey, join me for a series of weekly yoga classes throughout October. All you need is a yoga mat and a blanket! So press pause and take some time out to focus on your health and wellness: physical, emotional, mental, and spiritual. In these classes, you'll learn to identify your internal energy patterns as effortlessly as you do the shifting seasons' landscapes during a leisurely walk outdoors. The classes are fun and inclusive and all are welcome, regardless of experience. Poses are modified for all levels, making it particularly suitable and beneficial for beginners.

Classes are held on Tuesdays from 1-2:30pm in the Upper Room at Keston Parish Church Hall. £25 per 90 minute class or £85 if you book all 4 classes throughout October. Places are limited so early booking is essential.

For more information and to register, please visit:
www.armstronghealthandwellness.org.
Or call Sheila on: 07976 920855 if you have any questions.

Sheila Armstrong, Health Professional
BSc and Certified Yoga Teacher



What I Do



My introduction to Calligraphy was at the age of eight. Growing up in Australia my parents and I would often visit a friend in Sydney. She taught Calligraphy at the local college, and won numerous awards for her beautiful work. I remember her seeing me so fascinated by her pens she sat me down at her desk and taught me how to hold the dip pen, how to form the alphabet in foundational hand, as well as spacing and the finishing touches of flourishing. I loved it and was hooked from then on.

Further inspiration came from watching my dad as I grew up, he was a qualified Draughtsman and had such beautiful penmanship. I still have his original pen and nib set he used which has great sentimental value to me.

Since then, I have carried on my love of this art form, teaching myself the many different scripts using various types of pens, inks and materials. I have also attended some courses to expand my experience – always eager to learn anything new from other calligraphers.

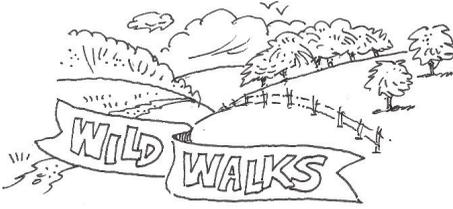
I have always used my Calligraphy whenever I could, whether writing birthday cards, sending letters, and envelopes – basically anything I could write on. Over the years I have received lovely comments from people about my writing. It has given me the confidence to use my Calligraphy for family and friends who have in turn kindly recommended me to others. I have been asked to do invitations to weddings and parties, table place cards, certificates, Christmas gift boxes, a framed poem for a Christening and even a personalised message in Greek in a Bible, which was nerve wracking as I had to learn different shaped letters and as this was on the title page I certainly did not want to make a mistake!

People say, well, why not do it on a computer? Yes you can, but to be honest Calligraphy is fluid and organic. Every Calligrapher has subtle differences in their writing thus creating a personal touch, something a PC cannot replicate. Others say why bother, does it really need fancy writing? Well, it's a personal choice. It always seems a shame to have gone to the expense of having beautiful invitations made to then just write on them in biro.

I find Calligraphy relaxing. It cannot be rushed – you don't want to smudge that ink!

I remember one Christmas I had hand painted every envelope. My husband kindly offered to post them, great, but sadly he forgot to put the stamps on them. Much to my embarrassment our friends all paid the postage as they wanted to keep the envelope...

Jennifer Newman



Whilst reading the interesting article about Sir Robert Belknap in the last issue, I was surprised to see a reference to Lidsing. Now I'll give ten shillings(!) to anyone who knows where Lidsing is. Put simply it's on the right hand side of Bredhurst: that is, if you take the right hand fork of the road past the, (hope it's still there), Bredhurst Bell public house, cross over the M2 and turn left.

There is, or used to be, a pub called The Harrow Inn, Lidsing, and one frosty night I, and my friend Martin, decided to walk to it from Bredhurst. Now the M2 motorway was being

constructed and a bridge had been built to span the track of the forthcoming M2. It was during the winter of 62/63 and it had rained on the snow and frozen – in fact we walked on the frozen crust to the pub! It was bitterly cold and the rise up onto the bridge was sheet ice. As we approached it a car came from behind and attempted the rise – not to be! Luckily for the driver we were on the scene and being decent chaps we offered assistance. After several attempts, slipping and sliding, we got him over the top. To our delight he stopped at the other side and when we reached him he thanked us warmly and handed each of us a ten bob note!

What a result! In those days a pint of bitter was 1 shilling and 8 pence (20 pence in old money).

Richard Geiger



No one would remember the Good Samaritan if he only had good intentions
Margaret Thatcher

What's On

Prayer Walks

1st Tues & 3rd Wed 9.30am

The Green opposite Greyhound pub

We usually return about 11am. Well behaved dogs welcome too!

Men's pub social

3rd Wed 7pm The Greyhound

Join us for social chat, a few drinks and a meal for those who want it. More details from Martin Becker on 07484 609102.

Book Reading Fellowship

Mon 9th October 2pm Gravel Road

Come and discuss books with some Christian content that you have read over tea/coffee and cake. Please let Sally Churchus know on 020 8462 8750 or editor@kestonparishchurch.org.uk if you would like to come.

Keston Book Club

1st Wed 7pm The Fox

More information from 07503 268001 or angelahollamby@gmail.com.

New Keston WI

2nd Wed 1.30pm-3.30pm

Keston Church Hall

More details from Helen Best 07715 880889.

Friends of Keston Common

Fri 10am Westerham Rd car park

Join us for activities such as scrub clearance, tree/shrub pruning, pathway restoration and structural repairs.

Mental Wellbeing Coffee Morning

Sat 21st October 10am-12 noon

Keston Church Hall

Come for chat over tea/coffee and cake with a mental health professional at hand. We will hear tips about how we can keep ourselves well.

Events

Harvest Lunch

Sunday 1st Oct 1pm

Keston Church Hall

Tickets, to be bought in advance, are £18 each and include a two course meal with coffee and are available from Chris on 07988 12873. (Please bring your own drinks and glasses).



Quiz Night

Fri 6th Oct 7.15pm for 7.30pm start

Keston Village Hall

Maximum of six people per team. Nibbles provided but please bring your own drinks and glasses. Tickets £7 in advance, from 07765 252428 or bbag1976@aol.com. Proceeds to Bromley Bridleways Access Group.

Quiz Night

With Fish & Chip Supper



Saturday 4th November

6.30pm for 7pm

Keston Church Hall

Tickets £16 from Chris

Tel: 07988 712873

(Bring your own drinks & glasses)

Magazine Deadline

Please send photos and articles for the December/January issue of The Keston Magazine to the Editor, Sally Churchus, before 3rd November by email: editor@kestonparishchurch.org.uk or contact her to discuss ideas on Tel: 020 8462 8750. Thank you.

Laughlines

© We went away for a short break but found the service in the local restaurant abysmally slow. My husband was getting really irritated, so I tried to distract him with small talk. "You know," I said, "my friend Christine is getting her baby baptised". "Really?" my husband snapped. "It wasn't even born when we walked in here".



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