

The Keston Magazine

News of your Parish and Village



February/March 2024

Keston Parish Church

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



Rector

There is currently a vacancy

Licensed Lay Minister & Parish Administrator Churchwarden

Tricia Coward 01689 854373
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Geoff Carr 07584 058872
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Verger

Safeguarding Officer

Steff Nash
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Organist & Choirmaster	David Cook	020 8289 5768
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Book Reading Fellowship	editor@kestonparishchurch.org.uk	

Women's Institute	Helen Best	07715 880889
Beavers/Cubs/Scouts	gsl27thbromley@gmail.com	
Residents' Association	kestonvillagera@gmail.com	
Village Hall	Tina Lupton	01689 602993
Coffee, Cake & Kids	Victoria Madden	07866 509696
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	

You were redeemed ... with the precious blood of Christ,
a lamb without blemish or defect.

1 Peter 1:18-19

Thought for the month



An Agnus Dei (Lamb of God) in a stained glass window
Photo by David Bumgardner on Unsplash

Grace

I forever think of the phrase “**God’s Riches At Christ’s Expense**” when I hear the word **GRACE** being mentioned. While grace is a word we can use and hopefully put into practice sometimes, true grace, I feel, remains with our infinitely loving God.

The dictionary translates ‘grace’ into something like ‘undeserved favour’. Now when it comes to the acceptance of sinful human beings by an infinitely holy God, that’s not a bad definition of grace.

Nehemiah 9:31 reminds us that our God is ‘*a gracious and merciful God*’ and it is that grace that we want to focus on a little this month, leading up to Easter.

For me, it is those world-famous words in John 3:16 that bring us face to face with true grace and with our dying Saviour on that lonely cross:

‘For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life’.

But do we actually take time to ponder exactly why we need forgiveness? When we think of all our selfish thoughts, words and deeds and lack of love for others, we will realise how great a debt we owe to our Saviour. But the main thing that we need to underline is that it was done at all. To redeem the likes of us through such a humbling sacrifice was truly amazing. That our holy Lord would stoop so low to save the likes of you and me is incredible.

The next time you look at a new born baby, remind yourself of Christ’s entrance into humanity. Jesus being both truly God and also truly man, was without sin and hence a complete and perfect sacrifice for our sins, enabling a restoration of our broken relationship with God. How could God take on flesh and enter into a sinful world? Only because of His infinite grace.

I also love what is recorded in John 1:29 when John saw Jesus walking in his direction: *‘Look, the Lamb of God, who takes away the sin of the world!’*.

And Isaiah prophesies of Jesus, that he would be *‘he was led like a lamb to the slaughter, and as a sheep before its shearers is silent, so he did not open his mouth’*.

Because of Jesus’s infinite love and grace, if we turn to Him, we are assured life in all its fullness and a home in heaven. Truly, God’s Riches at Christ’s Expense!

Martin J Chalker

From the Editor

Welcome to the Easter edition of The Keston Magazine! I must say it has been odd working on the Easter issue since before Christmas, although I have done it before, when Easter falls in March. We have Lent, starting on 14th February before that, of course.

You will see that I have found one more short article from Chalkpit, (on p17), about Keston history, as well as a wonderful photo of The Keston Mark to go with it, with Fine Ales advertised on the front of the building. Not being a beer drinker, it was a challenge writing the piece about the Annual Easter Beer and Cider festival at The Greyhound, but I wanted something about it in as we haven't featured it before – and apparently it's quite famous!

Following another packed church at the family Christingle service on Christmas Eve, we are excited to be re-starting Messy Church, (see ad on p8), and hope to see families come and enjoy the crafts, a short time in the church and high tea. Messy Church started in an Anglican church near Portsmouth in 2004 and has grown into an international movement across different Christian denominations. It is a form of church for children and adults that involves creativity, celebration and hospitality. The theme covered in March will be Mothering Sunday – why not come and give it a try?

Sally Churchus



Cover Story



Keston Church Hall at the end of January

Snowdrops (*Galanthus*), are one of the first flowers of Spring, and symbolise new beginnings, hope, rebirth and the ability to overcome challenges. As they generally favour damp woodlands and most of Keston, being on the Blackheath gravel beds, is fairly dry, there are not really any naturalised snowdrops in the woods or fields of Keston. However, clumps are to be seen in the Keston Parish Churchyard, on the grassy strip just outside the front gardens on Commonsides and in the wooded footpath between Commonsides and Keston Gardens. Keep an eye out for them in people's gardens, though!

New Rector News

After a vacancy of 16 months, (and a lot of prayer), we are very pleased to say that following the interviews that took place on 11th January, the post of Rector for Keston parish has now been offered to someone. Unfortunately we are not allowed to say any more at the present time, but watch this space!

Outreach to those in Need



Margaret Riches sorting items in the storeroom

Before attending Keston Parish Church, I used to go to Holy Trinity Penge, which runs a Clothes Bank in conjunction with Living Well Food Bank.

Originally hot food and clothes were taken to central London for homeless people. Over the years it has become apparent there is a local need, and even more so recently, as people have struggled. Even if they have paid work, it has become a case of 'heat or eat' and buying clothing has become a luxury.

The clothes bank operates twice a month when we take a selection of clothes for men, women and children from where they are stored in Penge Congregational church, to Holy Trinity. People are then able to select the clothing that they need. We feel 'select' is important rather than a 'here have this' attitude as we wouldn't want to be told this is what you have to have, choice is important. They are entirely dependent on the new and clean second hand clothes and shoes donations that are given and are extremely grateful for any of the following, especially men's items or warm things:

- Underwear
- Socks
- Pants
- Trainers/shoes
- Jeans/trousers/track suit bottoms
- T shirts
- Jumpers/hoodies
- Anoraks/coats
- Blankets
- Duvet sets
- Towels
- Dressing gowns

We always seem to have a particular need for men's size 8 trainers and men's boxer pants – so get those men to have a sort out and donate them to this really worthy cause!

The bagged items may be left in the foyer at Keston Parish Church, (open Saturday and Sunday mornings), or in the porch at Elm Gables, Westerham Road, BR2 6HH or the porch of 103 Gravel Road, BR2 8PW, and will be taken to Penge. Thank you.

June Gibson

Give a Little

Keston Parish Church now has a QR code that you can scan with your smartphone in order to donate online. It will take you to our 'Give a Little' account where you can choose to give towards the costs of the magazine with the option to Gift Aid your donation. Please feel free to use the code below and thank you for your generosity. Every little bit helps to fund The Keston Magazine.



12th Annual Easter Beer & Cider Festival



This popular festival at The Greyhound will run from 12 noon on Good Friday 29th March to 6pm on Easter Sunday 31st March this year. As usual, there will be a wide range of interesting beers and real ciders on offer, all available as $\frac{1}{3}$, $\frac{1}{2}$ or pints. Typically there are 15 cask ales and eight ciders to choose from.

Dave Lee, the proprietor, says “I start formulating the contents of the beer festival in January every year and this usually takes a couple of months so I cannot at this stage let you know which

beers will be included. What I can say is that it is highly unlikely anyone will have tried any of the beers beforehand as I source them from all over the British Isles, but prefer to stay away from local breweries within a 30 mile radius. This is because I order from these breweries all year round. There is always a ‘novelty’ high ABV beer and this year will be no exception”.

Participants get their own commemorative glass to use and keep if they want to. Beer vouchers can be bought at the outset and these can be topped up as and when necessary. Unused vouchers are refunded. An incredible 2,500 pints were sold last year in two and a half days.

Dave and Toni Lee have been running the pub for nearly 16 years now and as well as liquid refreshment, serve a large range of tasty food. You can either sit outside overlooking the Green or in the large beer garden at the back. The Greyhound has been a former Bromley Campaign for Real Ale, (CAMRA), Pub of the Year (2017) and features in the 2024 Good Beer Guide for the 9th consecutive year.

Sally Churchus



Stillage for previous beer festival. Eight ales (in their cooling jackets) were served on gravity from the stillage, with the other festival ales by hand pump at the main bar

My Favourite Hymn



When I went to church as a child in the Scouts, I couldn't wait for the hymns to end, I used to count the verses so that I knew the end was near.

When Sally first asked me to write an article for the Keston Magazine, called 'My Favourite Hymn', my first thoughts were, I don't have a favourite hymn, only hymns I don't like – especially if written by Charles Wesley. This comes from my experience as a child and subsequent work in church trying to encourage young people and children to attend church. I have always thought that the language used in church, especially in some of the old hymns, is old fashioned and since we are living in the 21st century, why ask youngsters to sing praise using the archaic language of previous centuries?

Back in the early nineteen sixties, when in the sixth form at school, two of my fellow students and I formed a 'Folk Music' trio call 'You, Me and Him', (the Him was always pronounced Im). One of the songs we sang was 'Lord of the Dance' by Sydney Carter. (Probably the cleanest song in our repertoire!). I enjoyed it as a teenager and still enjoy it today.

Apparently, 'Lord of the Dance' is a hymn written by English

songwriter Sydney Carter in 1963. The melody is from the American Shaker song 'Simple Gifts'. Carter wrote "I see Christ as the incarnation of the piper who is calling us".

So, what is my favourite hymn? I'm a 'Real Ale' fan and people often ask me 'what is your favourite beer?'. In my opinion every beer is unique and should stand on it's own merits, so why have a favourite when the next one you try may be better?!

Martin Becker

Last two verses:

I danced on a Friday
When the sky turned black —
It's hard to dance
With the devil on your back.
They buried my body
And they thought I'd gone,
But I am the Dance,
And I still go on.

They cut me down
And I leapt up high;
I am the life
That'll never, never die;
I'll live in you
If you'll live in me —
I am the Lord Of the Dance, said he.

Chorus:

Dance, then, wherever you may be,
I am the Lord of the Dance, said he,
And I'll lead you all, wherever you may be,
And I'll lead you all in the Dance,
said he.

Sydney Bertram Carter
© 1963 Stainer & Bell Ltd
CCLI Song Number 78529



3.30pm-6pm

Tuesday 5th March

Keston Parish Church Hall
Church Road BR2 6HT

3.30 pm Welcome snacks. You may arrive at
any time throughout the session

3.45 pm Crafts and Activities for all
ages and interests

5:00 pm Celebration with music

5.15 pm High Tea (provided)

Everyone gets to enjoy doing a craft,
playing a game, learning about the God who
loves us, and sharing a meal together.

Space to Reflect

What Is Spirituality?



KESTON
CE Primary School
Part of the Aquinas Trust

As a Church of England Trust, at Keston CE Primary School we teach an awareness that is greater than the immediate and an appreciation of the awe and wonder of God's love. We value the beauty and diversity of creation and all humanity, whilst courageously and prayerfully addressing big questions and small details. We develop spirituality which inspires us to work with our communities to live life in all its fullness, reflect God's love and support our mission of 'life - transforming - learning'.

Children are born inquisitive, and it is our duty to nurture this natural curiosity and guide them towards looking at the world and noticing, with awe and wonder, the natural and man-made delights all around us. We want to encourage them to ask 'big questions' about life, religion, nature, science and any other area of fascination.

We provide many opportunities for children to learn about nature and the role they play in protecting our world. As a church school, this is especially important. We are a very caring school and pride ourselves on our ethos of family. Through our Christian Values, (love, wisdom, friendship, trust, forgiveness, thankfulness), we teach children to care for friends, family and the community. Indeed, our PSHE and RE curriculums include learning about those we love and those who love us.

Reflections at Keston CE Primary School

We have developed a 'Reflection area' where the children are encouraged to think about these 'big questions'. We have four areas: mirrors, windows, doors and candle moments.

- **Mirror reflections** allow the children to reflect on themselves.
- **Door reflections** allow the children to reflect on things they have done for others.
- **Window reflections** are a chance for the children to think about anything they can see in life and ask questions and reflect on nature and living things.
- **Candle reflections** are a chance for children to really think about bigger questions and spark curiosity about things we can't see or questions we have about the world. Candle reflections are supported with questions to help prompt spiritual reflections.

Hollie Pickering, Y1/RE teacher



Flowering Prayer

I was at a Quiet Day in March and wandered into the grounds of the retreat house to enjoy the spring sunshine. After the snow and frost of the winter I found snowdrops and crocuses flowering side by side under the budding trees. As I looked at them I realised that they epitomise two contrasting ways in which we often pray.

The snowdrops, demure in white and green, hung their flower heads and looked down at the ground. Just so might we approach God in contrition, repentance, obedience, humility and submission. It is a posture showing that we are aware of our own insignificance before the greatness of our creator and redeemer.



Photo by Yoksel Zok on Unsplash



Photo by Jessica Fadel on Unsplash

The crocuses lifted their heads to the sun and, feeling its warmth, opened their purple and gold petals to it. Just as we might gaze heavenwards and raise our arms in praise and thanksgiving to God for all his goodness to us. It is a posture of outgoing joy, of adoration, awe and wonder, celebrating God's glory, love and power in our lives.

Deidre Morris

From the Registers

Baptisms

19th November Theodore James David Spencer (born 4/7/2023)

31st December Thea Willow Jackson (born 23/2/2021)

Lottie Matilda Jackson (born 5/1/2023)

Service of Thanksgiving

31st October John Charles Ivey (aged 81 years)

Funeral and Burial

16th November Sheila Maureen Harrold (aged 98 years)

Burial of Ashes

4th December Patricia Ann Meecham (aged 72 years)

Church Services



1st Sunday of each month

10am Informal Non Communion Service (Shorter all age service)

All other Sundays

10am Holy Communion

Third Sunday of the month

10am Holy Communion service plus prayer for healing and wholeness

Easter Services

Wednesday 14th Feb Ash Wednesday

10.00am Holy Communion with ashing

Sunday 24th March Palm Sunday

10.00am Holy Communion with distribution of Palm Crosses

Thursday 28th March Maundy Thursday

10.00am Maundy Thursday Holy Communion

Friday 29th March Good Friday

10.00am Walk of Witness from Village Sign to church

All ages (and dogs) welcome!

10.40am Short non-communion service

Followed by hot cross buns and tea/coffee

Sunday 31st March Easter Day

10.00am Easter Day Holy Communion

with lighting of new Paschal Candle and

Renewal of Baptism Vows

A Night to Remember



From left, Daisy Philp, Brian Philp and sister Pam. Photo taken 24/8/1942 to send to Brian's father serving in North Africa

Current events in Ukraine and Gaza have revived my memories of Bromley in World War II. It started for me on 4th September, 1939, the day after the Declaration. With 150 other children I was rushed to Waterloo and onto a train steaming down to safe Devon. Little did I know that I would never see my home or school again, nor see my mother for another 18 months, nor my father for another six years and the next ice cream would be ten years away. Happily, my hosts were a good Christian couple.

However, early in 1941 I returned to a new home in West Wickham, hopefully safe but in "bomb alley" being in direct line from the coast to Central London. A nightly pattern soon emerged. Bed at 7.00pm, warning Alert Sirens at 8.00pm, out of bed and downstairs to hide, the distant hum of approaching German squadrons at 8.30pm and soon the arrival overhead of 100 twin-engined heavy bombers. Then the screeching of carpet bombing, the multiple explosions

near and far and the huge double crack of our heavy guns. A horrendous crescendo of noise lasting a full half hour. Then slowly it subsided and in the still of the night just the bells of the fire-engines and ambulances racing through the streets to recover bodies and pull out the many injured. Later, the All Clear siren sounded and back to bed.

Each night dozens of civilians were killed and hundreds of homes destroyed or severely damaged and very many made homeless. But the next morning I could collect handfuls of shiny shell-splinters (shrapnel) that littered the streets. Whilst adults feared the coming nights, we young children thought that all this must be quite normal.

But all that changed on the 10th May, 1941. Truly a night to remember. The usual routine, sirens, hide, bombs, but

**A glance at my bed
showed the pillow and
sheets covered with
splinters of glass**

not back to bed that night. This time the All Clear did not sound and we wondered why. The answer soon came. The distant hum told us that the bastards were coming back. This time in repeated sequences, some six waves of bombers hitting everything across South East London. It was well past dawn before the All Clear sounded, but much too late to go back to bed. A glance at my bed showed the pillow and sheets covered with splinters of glass, the windows blown and curtains ripped. But we were the lucky ones.

Records show that nearly 1,500 people, (half of them children), were killed that night and many thousands injured. In the present Bromley area some 400 were dead and 2,000 made homeless. More than 30 streets were blocked and many hundreds of houses flattened. Rescuers had worked amid more falling bombs. Unknowingly this was the last night of the Blitz as Hitler was to invade Russia in June. After this final great attack he moved most of his bombers and ground crews to Western Poland.

Raids thereafter were greatly reduced, but with another four years of War yet to come. But then in June, 1944 it began again! This time with pilotless planes, (VI Doodlebugs), full of high explosives coming in every hour. Beckenham and West Wickham took a severe battering and I even saw a direct hit on a lorry with six men of the Heavy Rescue team in Links Road, West Wickham, which also took out four houses. West Wickham was declared an emergency area, the schools closed and again I was evacuated, this time to safe Cambridgeshire.

Then in 1945, Victory in Europe and surviving troops starting coming home. But who was that man standing on our front lawn with my mother and wearing an RAF uniform? Was that our father I asked my sister?! Only ten years later I was also in RAF uniform, part of the occupation forces in Germany, keeping a close watch on Russian bomber squadrons waiting to invade Western Europe. But we were ready and they found it wise to hold back, though decades later they did it to Ukraine!

Brian Philp



Brian Philp RAF (Fighter Command)
in Radio Transmissions, mobile unit.
Germany 1956

A prayer for world peace from compassionuk.org

Lord, we pray for world peace.
We pray for countries to find
diplomatic solutions that
would bring harmony between
nations. We pray for wars and
unrest to end. We give thanks for
your promise that one day there
will be no more death or mourning
or crying or pain. Until that day,
we pray for your continued
grace and goodness to overflow
in this world so that humans can
live alongside one another
respectfully, allowing for mutual
flourishing.
Amen.

Know your Newts!

Since Ken Livingstone lost his post as Mayor of London in 2008, our city has been sadly lacking a champion of the humble newt. Shy and mainly nocturnal, newts are rarely seen but some species are surprisingly common and are fascinating creatures to study, alongside their better known amphibian cousins, frogs and toads.

In Keston, there are three known species, the Smooth Newt *Lissitron vulgaris*, the Palmate Newt *Lissitron Helvetica* and the Alpine Newt *Triturus alpestris*. The latter is not a native species, and I have only found it in one garden pond near Fox Lane, probably the result of a release, (intentional or otherwise), by a local amphibian keeper.



Smooth newt with spotted throat and belly.
The spots are larger in males (pictured)
than females.

Photo by Rudolphous on Wikipedia



Alpine newt found near Fox Lane.
Photo by Bob Harrop

The Smooth Newt is the most common species here, and can be found in or near almost any body of still water, including the smallest of garden ponds. Both the Smooth and Palmate newts can both be found in the Wildlife pond (3rd pond). The best pond of all for newts is the little dewpond, (probably a bomb crater), in Padmall Wood by the

bridge over the river. Newts are not found in the fishing ponds, where there is more disturbance of the pond weed. They don't live in the river as they don't like shallow running water and the Keston bog does not keep pools of water long enough in spring to allow the juveniles to mature.

Unfortunately there have been no local records of the Great Crested Newt *Triturus cristatus*, being our rarest, largest and most colourful species, but I live in hope that some will spread from other sites in Bromley such as Jubilee Park. This newt and its habitat are fully protected by laws and can be an important factor in challenging development plans on valuable wildlife sites.



During the breeding season, male Smooth newts develop vivid colours and a crest.

Photo by Mark Hofstetter on Wikipedia

For most of the year, newts are terrestrial, and can be found under stones or logs, in damp places in your garden or greenhouse. Between March and May, they return to the water to breed and then can be seen at night in your pond with a powerful torch. They will quickly burrow under cover when disturbed, but will usually emerge after a few minutes to resume feeding. During the year, both male and female newts are rather drab, but in the breeding season, the males develop a crest and brilliant colouration on their belly and tails. They wave these actively to attract a mate, fanning pheromones with their tail towards a receptive female.



Two breeding Palmate newts.

Photo by Gilles San Martin on Wikipedia

Separating species and gender can be tricky but as the Palmate Newt is much less common, you are more likely to find the Smooth Newt in your gardens. If in doubt, Smooth have spots under their chin, Palmate do not.

Females lay their eggs on submerged plant leaves, and carefully fold the leaf in half to protect it. The egg hatches into a larva that develops external feathery gills. Juvenile newts, (efts), leave the water in late summer after losing their gills, and then may spend up to five years maturing on land before returning to the water to begin breeding.



Well developed larva of Smooth newt.

Photo by Piet Spaans on Wikipedia

Newts feed on a variety of invertebrates, ranging from the tiny Daphnia water fleas, to small fish, pond snails and frog tadpoles, with slugs eaten on land. On land they breathe with their lungs, while in water they can breathe partly through their skin.

Newts, juvenile and adult, are themselves food for many creatures, including grass snakes, kingfishers, foxes, large water beetles and dragonfly larvae. If you have a garden pond, do provide a way for newts to climb out, and have a log pile or vegetation close by for the newts to hide in, and minimise the distance for their journey back to the pond in spring.

Bob Harrop

Have I seen you?

Working as a Radiographer doing dexa* scans for osteoporosis at Orpington hospital I often see Keston residents I recognise that come to have their bones checked after breaking something. A so called fragility fracture i.e. a break that you would not expect, with minimal trauma such as a fall from standing height, may be an indication that all is not well.

What is osteoporosis, brittle bones?

It is a condition where the bones lose calcium and the structure weakens, so that if you fall you are much more likely to break a bone. Breaks can even happen without a fall. Vertebral and hip fractures are extremely painful and debilitating, many people do not get back to their previous lifestyle and hip fractures have a high mortality rate.

Some pre-disposing factors are:

Coeliac disease, early menopause before 45, being on steroids, being slim, having conditions that cause immobility, a family history of osteoporosis, smoking and high alcohol consumption. Being older in itself is a pre-disposing factor as our bones start to deteriorate after the age of 30! Men are less likely to get osteoporosis than women but are not exempt.

How can we keep our bones healthy?

- Depending on your age and mobility, weight bearing exercise including walking, dancing and stair climbing, as muscles pulling on bones strengthen them.
- From the end of September to the beginning of April, consider taking a daily 10 microgram (also called 400 units) vitamin D



supplement – you can't get vitamin D from the sun in winter.

- Ensure enough calcium intake eg. from dairy products, tofu, almonds, fortified food and drinks, sardines and canned salmon.

But my bones feel fine

You cannot feel osteoporosis, so this does not mean you are clear.

Can osteoporosis be treated?

Yes, there is medication if needed to strengthen your bones.

So, I would rather fewer patients came to me with broken bones! Please do what you can to keep your bones healthy, and try not to fall by thinking carefully about what you do and use a stick if you need one. If you think you are at risk please see your GP who can use an online tool to work out your risk factor for fracture. If they refer you for a dexa scan I will be happy to see you – I hope after all these years of scanning I have helped to prevent some people from breaking bones.

For more information see the Royal Osteoporosis Society theros.org.uk

*dexa stands for dual energy x-ray absorptiometry, which is a mouthful but is actually a simple test.

Sally Churchus

Cystaninga Mearce very last article by Chalkipt!



Red Cross Inn 1900

Keston Mark has for centuries been the boundary between Bromley and Keston. By a Charter of AD 862 Ethelbert, King of Wessex and Kent, gave to Drythwald, a minister, land which included Keston Mark or, as written in the Charter, Cystaninga Mearce. The Mark was thought to have been the place of execution and tales had come down through the years to cause concern to visitors and locals alike! This may have been the reason that in the 17th Century, the Rector of Keston had an Altar Table made with a cross of inlaid wood on the top. This unusual design, a cross “bottonee”, across the centre are the words “The Keston Marke” and at the bottom “In hoc signo vinces” (in this sign thou shalt conquer). The Rector may have hoped to connect the cross of Christ with the Mark and thus counteract any superstitious beliefs! An application was made to Bromley

Magistrates on the 13th July 1936 to change the name from “Red Cross Inn” to “The Mark”. The application was made in consequence of a request from the War Office under the Geneva Convention Acts which preclude the use of a red cross or the words “Red Cross” for the purpose of trade.

As with many public houses throughout the country, it is now a private dwelling with a new name, “Landau House”.



Top of altar table

In hoc signo vinces



Keston parish church logo

Last year sometime, whilst giving a visiting Rector a lift home, the conversation turned to Latin. Only having a limited recall, despite having studied it for a while at school, I found his knowledge astounding. Perhaps we had discussed the Keston church logo and inlaid cross on the altar. We strip the altar at the end of the Good Friday service and leave it bare, before all the finery and silver comes out on Easter Day, so that is the only time we see the inlaid cross. Anyway, we started talking about the words ‘In hoc signo vinces’ and he gave me a potted history of how the phrase came about. So that I get my facts correct I have used the internet to find out the following:

- The Latin phrase is conventionally translated into English as “In this sign thou shalt conquer”, but can also be translated as “By this sign, conquer”.
- The origin of the motto can be traced back to the legend of Emperor Constantine the Great, who ruled the Roman Empire in the early 4th century.
- According to the legend, whilst preparing for battle in 312 AD, he witnessed a miraculous vision

in the sky. Some accounts describe it as a dream or vision, whilst others say that Constantine saw a bright cross of light against the noonday sky with the inscription “In hoc Signo Vinces”. This was deemed to be a divine message.

- It led to victory against Maxentius at the battle of Milvian Bridge and his position as the sole ruler of the Western Roman Empire. Subsequently, Christianity became a favoured religion within the Roman Empire.
- Two historians, Bishop Eusebius of Caesarea and Lactantius, an early Christian author and advisor to Constantine both record the event, albeit slightly differently.

Sally Churchus

Can it be Easter Already?

Can it be Easter already?

Can that be really so?

The carols and the Christmas tree

Don't seem that long ago!

Can it be Easter already?

The time of Lent has passed

The forty days and forty nights

Went by so very fast.

If it is Easter already,

That time has sped away.

Perhaps it's time to ponder, pause

And savour every day!

By Nigel Beeton

What I Do



I fell in love with Pilates from the moment I started. Pilates is a type of mind-body exercise developed in the early 1920's by a man called Joseph Pilates, and is now practiced all over the world. I was introduced to Pilates over ten years ago after a car accident resulted in a lower back injury. After a series of one-to-one sessions I felt a great improvement in my back. But not only was Pilates treating my injury, my whole body was responding to the system. It brought more awareness of my body and how I moved.

After joining group classes I decided to train as a Pilates instructor. I went on to train with the World renowned Body Control Pilates and qualified in 2014. After a strong foundation with mat work I progressed on to the reformer then on to the Pilates chair. Pilates reformer is a sliding bed with pulleys to add resistance to your workout. Pilates chair has two split pedals, a seat and handles. Both are used to bring an extra dimension to your workout.

I have a passion for knowledge and enjoy learning, so continue to undertake courses and workshops to improve my movement and body understanding, which in turn supports my teaching. I works with all age groups and abilities.

There is no better feeling than seeing someone recover from an injury, to feel less pain or simply to be able to move better. When you come to one of my sessions you will leave feeling stronger, more flexible and feeling good about yourself.

I love my job and being able to help people. Not only can I help physically I like to think I also help mentally. Being able to move freely without pain has no better feeling. There isn't a part of my job that I don't like. I'm lucky that I get to work with some amazing people that make me smile on a daily basis.

My classes are about movement and being able to move better. I want what we do in class to benefit people in their daily life. We work on strength, flexibility and mobility which are all needed to go about your daily routine. I currently teach at:

Keston church hall on a Monday and Friday at 10am.

Breeze Yoga in Beckenham on a Sunday at 9am.

I also teach 1-1 on the reformer, chair and mat work from my home studio and online via Zoom.

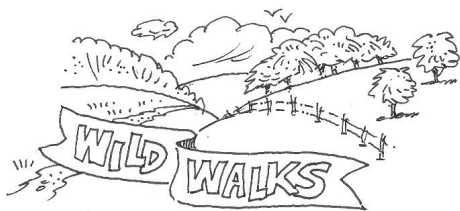
Tanya Carpenter

email: pilatesbytanya@yahoo.com

Tel: 07795 511366

Instagram: [@pilates_by_tanya](https://www.instagram.com/pilates_by_tanya)





Storms

As I write this at the start of 2024 I wonder where 2023 went? As I'm now in my 99th year* I look back over the years and recall various climatic events which have stuck in my mind**. I mention this because we've just been treated to Storm Henk!

Now, as storms go this wasn't really a mega storm on the scale of 1987. At least not for us locally. The '87 storm hit us with great impact and projected my friend Bob Ogley into the 'bestsellers' list! Toy's Hill and the surrounding countryside was – to put it mildly – devastated! Bob made a fair living out of it with books and talks for quite some time.

I bring this to mind 'coz a few days after Storm Henk I went around the airfield to my favourite patch i.e. the little wood between the airfield and the golf course. Since '87, loads of Ash saplings have grown in the open spaces created by the felling of many mature trees. Where the arable land met the wood, the direction of the fallen trees onto that land was so great that Mr Chamberlain, the farmer, never cleared it and allowed the wood to take over part of the field. It so happens that when my children were small we used to sledge down this very patch.

However, to return to the subject of the storm. As I entered the wood I was prepared to be met with a certain

amount of damage. At the very start a tall mature tree had been completely toppled and blocked my path. Interestingly, it lay beside its other half which had succumbed some years earlier. I was amazed at the small hole left by its broken roots. Ash trees grow so rapidly they don't put down deep roots. However, as I proceeded I was met with a tangle of fallen Ash saplings, these having died over the past few

**reminded myself that
the next visit would
include a bow saw**

years from, sadly, Ash 'dieback'. I managed to scramble my way over and under their narrow trunks and reminded myself that the next visit would include a bow saw.

Further into the wood the path was pretty clear with only minor obstructions and 'all in all' it wasn't too bad.

* only kidding

** Ref: the winter of '62/'63 as wot I wrote about in the Oct/Nov issue.

Richard Geiger

Postmistress Info

Many of you will remember Ingrid Buckley, a previous Keston Postmistress (and Mayoress). If you know her whereabouts please can you contact Luigino Abba as he wishes to get in touch regarding Post Office IT compensation on 07958 245881, (if not answered please text), or email luigino.abba@hotmail.com. Thank you.

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 29th January 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.

- **Woodland Walk Working Party**

Sat 17th Feb 10am-12 noon

Keston Church Car Park

Please help us to keep the area tidy. Bring your own tools and refreshments.

- **Friends of Keston Common Walks**

2pm Wed 7th Feb & 6th March

Meet at the Village Sign. All welcome.

- **Friends of Keston Common AGM**

Wed 13th March 7.30pm

Jubilee Room, Keston Village Hall

Hear about our work and plans.

- **Mental Wellbeing Coffee Morning**

Sat 16th March 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.



"My parents are giving up desserts for Lent. So I'm balancing the family diet by giving up vegetables".

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Quiz Night



Saturday 10th February

6.30pm for 7pm

Keston Church Hall

Tickets £16 from Chris

Tel: 07988 712873

Includes fish & chip supper

Thanks for the Oranges

Thank you once again to Sam Price, a Keston resident, who runs a stall in Bromley, for kindly donating 100 oranges for our Christingle service.



Christingle making

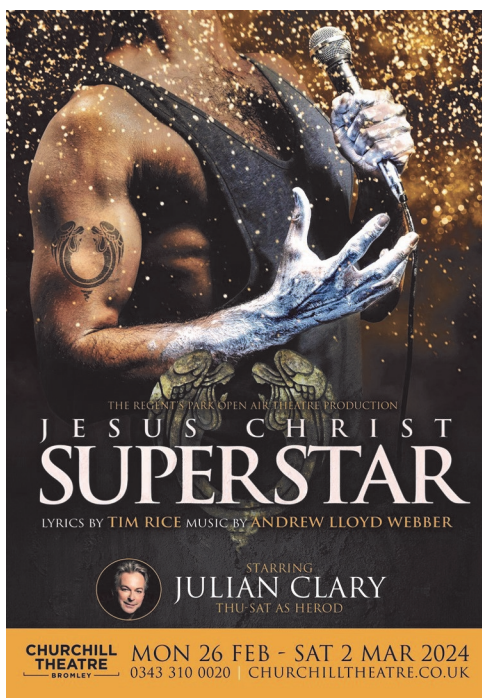
Magazine Deadline

Please send photos and articles for the April/May issue of The Keston Magazine to the Editor, Sally Churchus, before Friday 8th March by email: editor@kestonparishchurch.org.uk or contact her to discuss ideas on Tel: 020 8462 8750. Thank you.

Laughlines

☺ Storm Henk has blown the roof off our local cheese factory... there's de brie everywhere!
 ☺ Elton John's e-reader device has been blown away by Storm Henk... Like a Kindle in the wind!
 ☺ It's been so windy here recently that my wheelie bin is now on a speed awareness course!

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