

**Services at St Margaret's Underriver
during December 2009 & January 2010**

Sunday	6 Dec	10:30 11:15	Sunday Club meets in the Village Hall Short Service for all God's children	
Sunday	13 Dec	08:00 11:15	Holy Communion (said) Morning Prayer (with hymns)	BCP BCP
Sunday	20 Dec	16:00	Carol Service	
Thursday	24 Dec	16:00 23:30	Crib Service First Communion of Christmas (with carols)	BCP
Friday	25 Dec	11:15	Festival Family Service with Communion	CW
Sunday	27 Dec	09:45	Christmas Season Family Service with Holy Baptism at St Lawrence's	
Sunday	3 Jan	11:15	Family Service	
Sunday	10 Jan	08:00 11:15	Holy Communion (said) Morning Prayer (with hymns)	BCP BCP
Sunday	17 Jan	10:30 11:15	Sunday Club meets in the Village Hall Short All Age Family Service	
Sunday	24 Jan	11:15	Parish Communion (with hymns)	CW
Sunday	31 Jan	18:00	Evensong (with hymns)	BCP
Sunday	7 Feb	11:15	Family Service	

ST LAWRENCE CHURCH AND VILLAGE CONTACTS

Priest in Charge - St Lawrence Church - Revd Dr Michael Cooke - 761766
Reader - St Lawrence Church - Mrs Gretel Wakeham - 761534

CC Hon Secretary	Richard Glencross	761202	Covenant & Envelopes	John Morris	810227
PCC Hon Treasurer	Tony Webb	xd	Organist	Lizzie Veglio	01634 244700
Electoral Roll	Clive McLintock	452964	Choir Director	John Morris	810227
Covenant & Envelopes	John Morris	810227	Bellringers Hon Secretary	Elspeth Cooke	761766
Organist	Lizzie Veglio	01634 244700	Sevenoaks Deanery Synod	Gretel Wakeham	761534
Choir Director	John Morris	810227	Sunday School	Hilary Denby-Jones	763883
Bellringers Hon Secretary	Elspeth Cooke	761766	Child Protection Rep	Carol McLintock	452964
Sevenoaks Deanery Synod	Gretel Wakeham	761534	deputy	Gretel Wakeham	761534
Sunday School	Hilary Darque	453929	Church Flowers	Sheila Jackson	811422
Churchwardens	Hilary Denby-Jones	763883	Memorial Flowers	Annie Scarsi	810864
	Celeste Davis-Watling	820190	St Lawrence CE Primary School		
Churchwardens	Hilary Denby-Jones	763883	Headteacher	Alison Saunders	761393
	Celeste Davis-Watling	820190	Chairman of Governors	Sarah Hudson	810050
Electoral Roll	Clive McLintock	452964	Clerk to the Governors	Sarah Brew	xd

Copy for the next issue should be sent to the editor (or e-mail to brian@bsutton0.wanadoo.co.uk)
to arrive by **08:00 on Wednesday 20 January 2010**

The next issue of the Parish Magazine will be in Church on **Sunday 31 January 2010**

Edited and Typeset by Brian Sutton, 50 The Crescent, Sevenoaks, Kent, TN13 3QY (01732 450873)
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**St Lawrence, Seal Chart Parish Magazine
December 2009 - January 2010**



**Happy Birthday, Jesus
And Many Happy Returns**

Priest in Charge
The Reverend Dr Michael Cooke
St Lawrence Vicarage
Stone Street
Sevenoaks, Kent TN15 0LQ
01732 761766

Reader
Mrs Gretel Wakeham
The White House
Bitchet Green
Sevenoaks, Kent TN15 0NA
01732 761534

Church Wardens

Hilary Denby-Jones
Broomsleigh Park
Seal Chart
Sevenoaks, Kent TN15 0ES
01732 763883

Celeste Davis-Watling
C/o St Lawrence Church
Church Road, Stone Street
Sevenoaks, Kent TN15 0LN
01732 820190



Services at The Church of St Lawrence Seal Chart during December 2009

Sunday	6 Dec	Second Sunday of Advent Holy Communion (said) Philippians 1: 3-11 Luke 3: 1-6 08:00 09:45 All Age Family Service (children in church) Luke 3: 1-6	BCP
Wednesday	9 Dec	Bible Study for both Parishes At Westover, Mill Lane, Underriver	
Thursday	10 Dec	A Quiet & Reflective Saervice of Holy Communion for Advent At the White House, Bitchet Green	
Sunday	13 Dec	Third Sunday of Advent Family Communion (with hymns) with the Ministry of Healing and Wholeness Philippians 4: 4-7 Luke 3:7-18 09:45 15:30 St Lawrence Sunday School meets in the School Hall	CW
Thursday	17 Dec	St Lawrence Sschool Carol Service In the Church	
Sunday	20 Dec	Fourth Sunday of Advent Carol Service (The Collection is For Christians Aid)	
Tuesday	22 Dec	Carol Singing around the Parish (Please see page 10 for times and venues)	
Thursday	24 Dec	Christmas Eve Blessing of the Crib with lighting of Christingles (Collection is for Demelza House Children's Hospice 23:30 The First Communion of Christmas (with carols) Isaiah 52: 7-10 Hebrews 1: 1-4 John 1:1-14	CW
Friday	25 Dec	Christmas Day Holy Communion (said) Hebrews 1: 1-12 John 1: 1-14 08:00 09:45 Festival Family Service John 1: 1-14	BCP
Sunday	27 Dec	First Sunday of Christmas Christmas Season Family Service with Holy Baptism Luke 2: 41-52	
Sunday	3 Jan	The Epiphany of our Lord Holy Communion (said) Ephesians 3: 1-12 Matthew 2; 1-12 08:00 09:45 All Age Family Service (children in church) Matthew 2; 1-12	BCP

An Appeal for Local Knowledge

I have been asked if anyone knows when the post office in Stone Street was closed. It is thought that it was located in one of the cottages opposite the Padwell. The editor (450873) would be pleased to have any information. *Ed.*

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**Christingles on Christmas Eve (5:30 pm service)**

As in previous years we expect this candlelit service to be amongst the most popular of the Christmas season. The main event is the Blessing of the Crib, but as in past years we shall also be following the Moravian custom of children building a Christingle and lighting its candle. But this year, as last year, we are not offering any collecting tube – but we still ask everyone to please still continue to mark Advent by laying aside a daily gift and bring the resulting money to the service – the collection will be for Demelza House Hospice for Children.

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Services in December and January

In addition to our main Christmas services, please note

- (a) Our monthly **Sunday School in December is on 13th** (not the third Sunday in the month) - Yes, the *second* Sunday in the month, because on the third it's our Carol Service.
- (b) This Family Communion service will include the ministry of personal prayer, of healing and of wholeness. This opportunity is much appreciated by those who come; there is also the opportunity to leave prayer requests on slips of paper, and later in the day Gretel and Michael will quietly pray through the requests.
- (c) The post-Christmas, united service for both our parishes will be held at St Lawrence's on Sunday 27 December at 9:45am, and will include a Baptism.

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**CAROL'S CHRISTMAS CHURCH CLEAN DO**

**Tuesday 1 December 2009 09:00 to 11:00**

Our loyal band of regular cleaners would love to have extra helpers.  
So, DO please come!

**We always find time for coffee and mince pies, of course!**

**From the Registers at St Lawrence's**

1<sup>st</sup> November Baptism of Rose Aneira Phoenix Atkinson, infant daughter of Gareth and Helen. We celebrate the new start for Rose, and pray for continued growth in blessing on all the family.

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Services at The Church of St Lawrence Seal Chart during January 2010



Thursday	7 Jan	Prayer Time for both Parishes (open to all: lasts about 60 minutes) At the Vicarage	
	10:00		
Sunday	10 Jan	The Baptism of Christ Family Communion (with hymns) Acts 8:14-17	CW Luke 3: 15-17, 21-22
	09:45		
Sunday	17 Jan	Second Sunday of Epiphany Holy Communion (said) 1 Cor 12: 1-11	CW John 2: 1-11
	08:00		
	09:45	All Age Family Service (with Sunday School) Isaiah 62: 1-5	John 2: 1-11
		Please ring 761766 time of today's Sunday School	
Monday	18 Jan	Lunch Time Prayers to mark the start of the week of Prayer for Christian Unity At St Mary's Riverhead	
	12:30		
Wednesday	20 Jan	Prayer Time for both Parishes (open to all: lasts about 60 minutes) At Thrums, vines Lane, Hildenborough	
	14:00		
Saturday	23 Jan	Taizé Service A quiet service of chants from the Taizé Community	
	19:00		
Sunday	24 Jan	Third Sunday of Epiphany Morning Prayer (with hymns) Nehemiah 8: 1-10	BCP Luke 4: 14-21
	09:45		
	19:00	United Service for the Week of Christian Unity At St Thomas of Canterbury, Granville Road, Sevenoaks	
Sunday	31 Jan	Candlemas Sunday Family Communion (with hymns) Hebrews 2: 14-18	CW Luke 2:22-40
	09:45		
Friday	5 Feb	Prayer Time for both Parishes (open to all: lasts about 60 minutes) At Garden Cottage, Bitchet Green	
	14:00		
Sunday	7 Feb	Second Sunday before Lent Holy Communion (said) Revelation 4:	BCP Luke 8: 22-25
	08:00		
	09:45	All Age Family Service (children in church) Genesis 2: 4b-9, 15-25	Luke 8:22-25

		Flower Rotas for Church Flowers			
Sunday 6 Dec	Kate Clark	Sunday 3 Jan	Sheila Jackson		
Sunday 13 Dec	Kate Clark	Sunday 10 Jan	Sheila Jackson		
Sunday 20 Dec	Sheila Jackson	Sunday 17 Jan	Kate Clark		
Sunday 27 Dec	Sheila Jackson	Sunday 24 Jan	Kate Clark		
		Sunday 31 Jan	Kate Clark		

		St Lawrence Sunday School			
2009					
13 Dec	The Annunciation and Preparation for Christmas	Lesley and Elspeth			
	NOTE: At 15:30 today				
20 Dec	Carol Service at 5.30 pm				
24 Dec	Crib and Christingle Service at 5.30 pm				
2010					
17 Jan	The Lord's Prayer	Lyn & Helen			
	NOTE: Please ring 761766 to confirm time				
14 Feb	The Loving Father	Celeste & Hilary			
Our Sunday School meets in St Lawrence School at 09:45 on the dates shown					
All children are welcome					
For further information, contact Hilary Darque (453929) or Elspeth Cooke (761766)					

The Vicar's Page

How do you view the weeks leading up to Christmas? Exciting, exhausting or even “Here we go again!” Why, some ask, do we put ourselves through it all?

There is no doubt that for most of us, and particularly for children, Christmas is a great and glorious Festival, and for that to happen some degree of preparation is needed. But I increasingly wonder whether we’ve got the focus wrong, both for the Day, but also for the weeks of Advent leading up to it.

The Christmas Season – not just the Day! - should be a celebration of a mind-blowing fact, that Almighty God chose to come and live in this world, which he had created, as a human being – more than that, as a most vulnerable newborn. This Christian doctrine is unique amongst the great religions of the world, and is perhaps the most daring statement that can be said about God. And it is our Christmas-tide joy both to have been told this truth, and to proclaim it afresh ourselves. It is what makes our celebration of Christmas awesome in its implications, both for our appreciation of the true nature of God, but also for the status of his creation, especially those most vulnerable in society. This is why it is traditional at many of our services to hold a special collection/offering to those less fortunate materially or physically than ourselves.

But much of this glorious truth risks being obscured by the very material preparations we overlay on the season: - holidays to be booked, presents for Aunt Agatha, a turkey far too big for reasonable need, and carols sung way in advance of the festival itself. Such that when Christmas Day comes, a natural response is to say “Phew! Now we can get back to normal.” Which is precisely what we ought *not* to be doing, given what God has done and will do.

In fact, by the regular annual celebration of a past event made present we’re likely to overlook the other even more awe-inspiring event to which we look forward – the “Day of the Lord”, or Second Coming of this God to his world. The Christian season of Advent – literally “The Coming” - is in fact even more about this future event than the First Coming which has already happened. To those who will take time to listen, Advent speaks to a future time when the most daring of our hopes will be unimaginably and gloriously fulfilled.

It’s hard to picture how cataclysmic this Second Coming will be – the Gospel writers record some deliberately shocking imagery shared by Jesus of how – using the limitations of human pictures and vocabulary – this End might be appreciated. It should certainly put our normal pre-Christmas preparations into proper perspective.

Elsbeth joins me in wishing all both a holy, dignified and joyous Christmas, and also times of quiet to see this greater picture of a future planned by our amazingly daring God.

Michael

Week of Prayer for Christian Unity

As in previous years, St Lawrence's is privileged to host a **Taizé**-style of service on a Saturday evening - this year on **23rd January** at 7 pm. If you haven't been to this kind of reflective service, we invite you to try! It's a time of quiet reflection using a simple form of song, repeated several times so that anyone can within a moment be gently singing too.

The major united choral service for all churches in the Sevenoaks area is at 7:00 pm on **Sunday 24th January** - this year at St Thomas of Canterbury Catholic Church, Granville Road, Sevenoaks. There will be a united choir drawn from all the churches – and anyone else who’d like to sing – so, singers, look out for details in the church weekly pewsheets.

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### *Lent House Groups*

‘**When I survey – Christ’s cross and ours**’ will be the theme for the 2010 inter-church Lent Study Groups. According to the Bible, the death of Jesus is not the end of a track – it’s the gateway into life. His crucifixion gives rise to many key themes and among those explored during this course will be:- the place of silence in our noisy world; despair and hope; a suffering world; the challenge of living as disciples when Christianity is no longer mainstream. Last year over 100 people across Sevenoaks took part, enabling groups to be held on most days of the week, and at various times. Flyers will be available in church by Christmas as sign-up needs to be by the end of January to give the organisers time to sort what groups can meet when, and then to let participants know. The course begins in the week beginning 22<sup>nd</sup> February and runs for 5 weeks, so make a note in your diaries now.

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Collections at St Lawrence’s services

Thank you to all who contributed to the special collection on **Remembrance Sunday** for the Royal British Legion. The total collected was £226.20, and a further £62.33 recoverable from Gift Aid, making a total of £288.53.

Please note also that the collection (but not any 'orange' church envelopes) at our **Carol service** will be given to Christian Aid, and at the **Crib service** to Demelza House, the children’s hospice in Sittingbourne (see 'Christingles', page 15). The collection on Christmas Day is for our church.

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### *Christian Aid Jumble Sale*

Thank you to everyone who contributed jumble or helped at the recent Jumble Sale. Approximately £230 was raised for the work of Christian Aid.

**Thank You .....**

... to Katie Clyne, aged 4 and a member of St Margaret's Sunday Club who designed the picture used on the parish Christmas card distributed in both our parishes. (Next year it'll be St Lawrence's turn to provide.)

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Communion at home, a Lift to Church, or Confession

Four seasonal reminders:

- a. During Advent, there is an opportunity to share in Communion as a small group in the comfort of a home. We look at the readings for the previous Sunday, and we'll spend longer than is usually possible in church praying for world and local situations. The service lasts no more than 60 minutes and could be an oasis of peace in a busy week! Time/Date/venue: 10am, Thursday 10th December at the White House, Bitchet Green (Gretel and Johnny Wakeham's home).
- b. If you, or someone you know, is unable to get to church over the Christmas period and would like to receive Communion at home, I will be delighted to bring Communion to you. Please just ask!
- c. If you'd like to get to church, but can't, **please** do ask. We can surely find someone who would very happily give you a lift.
- d. If you or anyone has a concern or guilt which is troubling you, do know that your vicar is here to listen in confidence and - if it is your wish - to offer after confession God's Absolution.

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**Children's Fun Afternoon: 27 February 2010**

We have booked Ken Wylie, a well-known Christian mime artist, to lead our Children's Fun Afternoon on Saturday 27<sup>th</sup> February 2010, and it promises to be a great afternoon for children. . But we do need to ensure a good turnout – parents/grandparents/carers: please mark the date in your diary. Booking Forms are available from The Vicarage, or downloadable from our church website [www.sealstlawrence.org.uk](http://www.sealstlawrence.org.uk)

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The Four Stages of Modern Man

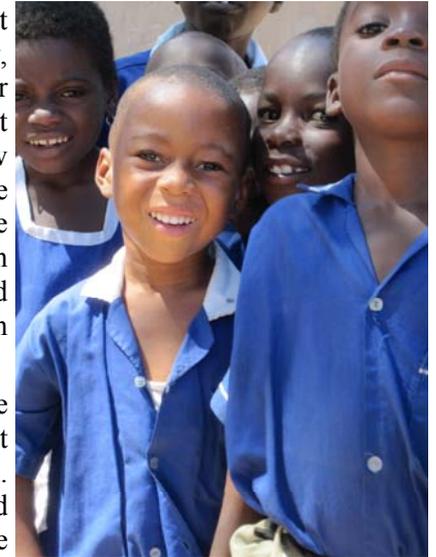
- 1. You believe in Santa Claus
- 2. You don't believe in Santa Claus
- 3. You are Santa Claus
- 4. You look like Santa Claus

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**News from our School**

As I write this article we are in the middle of Ghana Week. Having collapsed the normal curriculum, we are spending the week learning about the culture, history, geography, art and music of Ghana. This has, of course, come about because during half term Guy (my husband) and I travelled to Ghana to link up with St James Anglican School in Elmina. It was a very enriching experience and we both came back keen to share what we had learned from the people of this hugely welcoming and very vibrant country.

On a material level, we are way ahead. St James School does not yet have electricity, although this is planned for soon after Christmas. The classrooms are bare except for desks, chairs, a blackboard and a few posters and many of the children do not have shoes. The children and staff of St Lawrence are now considering ways in which we can raise money to buy them much needed equipment – in particular, they are really keen to have a computer.



However, this is not the whole story and there are ways in which I felt the children of St James were luckier than our British children. They were extremely happy, healthy and had a very positive outlook. Many of the pressures of our materialistic society were alien to them: there was no expectation to follow fashion, to have the latest toy or the right brand name. Coupled with this, it is a society without many of the social problems often associated with African countries; Aids, alcoholism, drug misuse and corruption - I am not saying that these do not exist but they are minimal.

In addition, Ghana is a very Christian country. Eighty percent of the population attend church on a Sunday and the people's believe in a powerful and compassionate God is evident in every street. This must have a strong impact of the community. On the Sunday morning we attended St James Church and I took the greetings of St Lawrence Church and School to the worshipping community there. It was very hot and long (three hours!) but the worship was a vibrant mixture of 'western Anglican' and traditional African drumming and dancing - the time passed very quickly.

I am sure our link here in Stone Street with the people of St James in Elmina can be a mutually enriching experience and I will undoubtedly be mentioning it again in months to come.

*Alison*



## ***Churches Together in Sevenoaks & District***

### **Week of Prayer for Christian Unity**

**18 - 25 January 2010**

*The theme for 2010 comes from Scotland*

***"You are witnesses"***

### **LUNCHTIME PRAYERS**

**Monday 18<sup>th</sup> January 2010, 12.30pm**

**at St Mary, Riverhead**

*refreshments available afterwards*

### **TAIZE WORSHIP**

**A time of meditative worship together**

**Saturday 23<sup>rd</sup> January 2010, 7pm**

**at St Lawrence Church, Seal Chart**

### **UNITED SERVICE**

**Sunday 24<sup>th</sup> January 2010, 7pm**

**at St Thomas of Canterbury RC Church,**

***Granville Road, Sevenoaks***

**(with United Choirs)**

**Speaker: Simon Duan**

***Come and join in these events as a celebration of our unity***

### ***Christian Aid Charity Film Show***

Christian Aid in Sevenoaks invites you to come to a private screening of the musical '**High Society**' at The Stag Cinema on **Friday 12<sup>th</sup> March** in the evening. This is an opportunity not to be missed to see a classic film on the big screen and enjoy a social evening with friends as well as help raise money for a very good cause. Tickets £10, including refreshments, are available from Elspeth Cooke (01732 761766). Do order your tickets soon as numbers are limited.

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Prayer Points for this month

- **Those who are alone** or have no family with whom to share Christmas - and for those who provide shelter and friendship.
- **Those affected by the downturn in the economy:** those fearful for jobs, houses or impact on savings, and above all those who were already at the margins of society.
- **The common witness of Christians and church organisations** as we work together in our wider community

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### ***Magazine Subscriptions to be £6.50 (or £11 if posted)***

Despite subscriptions to this magazine not quite covering its costs, we have held the price constant for the last two years. But now, because of ever rising costs, the annual subscription (11 copies, including one double issue) for 2010 for copies hand-delivered (or collected from church) needs to be £6.50. With the additional rise in postage, the corresponding cost for posted issues will be £11.00. We are very sorry for these necessary increases, but trust we all understand the need.

To help Rosemary Attenborough, who keeps track of subscriptions, could we please ask that we all pay our annual subscriptions soon – either to the person who distributes, or directly to Rosemary (her address is Coldhanger, Seal Chart, Sevenoaks, TN15 0EJ). In this Christmas/New Year season of good will to all, please let us all resolve to do the Christian thing and save us all having to chase for subscriptions!

*Michael*

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Coffee

Coffee was discovered in Ethiopia in 850 AD, but it didn't make it to Arabia until the 13th century. Then, 200 years later, it arrived in Turkey. It went from there to Europe. It was a food, then a wine, and later a medicine before becoming a beverage.

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### Two Opportunities for Carol Singing

**Saturday 19th December**

**Sevenoaks and District Christian Aid Committee**

invites you to sing carols in Central Sevenoaks  
from 10 am to 12 noon

Sing all morning or just join us for a carol or two

We shall meet in Bligh's Court (beside Monsoon)

Bring music for harmonies. Words of carols will be provided.

We shall be collecting for **Christian Aid**

\* \* \* \* \*

**Tuesday 22nd December**

**Come and join St Lawrence Church Choir**

singing carols around the parish.

7.00 pm Bitchet Green 7.30 pm Chart Farm :8.00 pm Stone Street

(approx times)

Please come and join us for all or part of the evening.

Words of carols will be provided. Bring a torch/lantern

We shall be collecting for **The Children's Society.**

*Let's take these opportunities to spread the good news about what  
Christmas really celebrates*



### **Do you know a house suitable as a Vicarage?**

Are you aware of any house in our parish which already has – or could be converted to have – the capacity to be a vicarage more cost-efficient than the present one?

As we noted in our April 2009 issue, the present vicarage and its 5 acres of grounds are really far too large for a clergy family, and are also an unnecessarily large burden to maintain. If you live in (or very close to) the parish, and were thinking of selling your home, might it be suitable as a new vicarage to replace the present one? Some of the essential requirements are 4 bedrooms, one ground-floor study, parking for visitors. If a house doesn't already have all these, might there be scope to extend?

If interested, please let the vicar know.

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ECO Congregation

Given this month's issue covers December and January we have an idea for a 'stocking filler' plus a new year's resolution! This month we take a look at our love affair with the car and what it contributes to our CO2 emissions. In rural areas we cannot be without cars but perhaps a book for the Christmas stocking could be **'Divorce Your Car!'** by Katie Alvord. It gives readers lots of information on why to change their driving behaviour without waiting for broader social change. It provides all the reasons not to drive and lists the many car-free alternatives. Also a supportive website to help us cut car use, with many useful links (although some are out of date) is www.autoholics.org and finally to put some 'flesh on the bones' is a helpful example from Mukti Mitchell's guide to low carbon lifestyles on cutting CO2 emissions from transport.

Here is the CO2 per mile for different modes of transport and the number of miles you can travel on 1kg of CO2:

Type Transport	CO2/Mile In grams	No. of miles you can travel on 1 kg of CO2
Bicycle	7	135
Walk	12	82
Train	40	25
Ferry	50	20
Bus	100	10
Car	346	3
Airplane*	870	1

* Air figures include a factor of 3 for the extra destructivity of high altitude emissions

For each mile in a car, you can travel about 3 miles by bus, 8 miles by train and 45 miles by bicycle. You could only travel 1/3 mile by airplane. Transport emits around 25% of the CO2 from a typical lifestyle. A few simple decisions can cut this by 60%. Let us look at the transport for a typical family over a year.

Harry & Jude's Family Annual Transport

Transport	Person	To	Miles	Days per wk	Miles per yr	CO2 per yr
Car	Harry	Work	40	5	10,000	3000
Car	Jude	Swimming	20	2	2,000	600
Car	J or H	Shopping	20	1	1,000	300
Car	Family	Misc	10	2	1,000	300
Bus	Tom	Trumpet lesson	20	1	1,000	100
Train	Susy	College	10	4	2,000	80
Plane	Family	Holiday in France	1250	-	5,000	4,350

Totals miles 22,000 with 8730kg of CO2 emitted.

The large CO2 sources are Harry's commute and the family holiday. With the measures listed below, Harry and Jude cut their family's carbon dioxide emissions for transport by 64%:

Harry & Jude's Improved Family Annual Transport

Transport	Person	To	Miles	Days per wk	Miles per yr	CO2 per yr
Car	Harry	Work	45	2.5	5,625	1,687
Car	Jude	Swimming	20	2	2,000	600
Car	J or H	Shopping	10	1	500	150
Car	Family	Misc	10	2	1,000	300
Bus	Tom	Trumpet lesson	20	1	1,000	100
Train	Susy	College	10	2	1000	40
Plane	Family	Holiday in France	1600	-	6,400	256

Totals miles now 17,525 with 3,133kg of CO2 emitted.
i.e. a reduction of 20% in miles but 64% in CO2 emissions

What did they do?

1. Harry found a colleague who lives a few miles away. They take it in turns to drive. It's a 5-mile detour and Harry has to leave the house 10 minutes earlier, but it cuts his fuel use by 45%, saving around 1.3 tonnes of CO2 per year and £500.
2. Jude & Harry decided to start buying food in bulk. They now drive to the supermarket every other week, and use a local farm shop and grocers for fresh produce. This saves 150kg CO2 a year. They are thinking about doing a joint-shop with their neighbours.
3. Susy has been wanting to get fitter anyway, so she decided to cycle to college on the two days when she starts late. This saves her 40kg CO2 a year, and she has found her mood and concentration have improved.
4. The family now take their summer holiday in France by train. This cuts the CO2 bill by a whopping 95%, and saves 4 tonnes of CO2 a year.

Food for thought, but with some careful thought, pre-planning and co-operation we could all probably re-engineer our lives to cut down on transportation CO2. *The PCC*

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### Church Appeal

Thank you very much to everyone who has contributed this year to the Church's Annual Appeal. So far (writing in mid-November) we have together raised the wonderful total of £9856, which means that with all your help we are able to plan well to carry on the good work of the church into 2010. Thank you again.

*Celeste*

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CHRISTMAS BRING AND BUY

In aid of The Sevenoaks Area Youth Trust
Wednesday 2nd December 2009 10:00 to 12:30

After the success of one last year Carol and Rosemary invite you to come along and enjoy yourself at

Shepherds Cottage Heaverham

Free Coffee and Mince Pies

More details will follow or ring 76341 or 763107

Thank you

Once again, it is that time of year when one says 'thank you' to all those who have made it possible for us to have a Parish Magazine.

To the distributors who push it through your letterbox no matter what the weather; to Gretel Wakeham and Felicity Corbally who staple the copies and insert flyers as necessary; to Rosemary Attenborough who sends out the postal copies (and collects the cash); to Julian Gilchrist and his staff who print the copy that I send them and then delivery it back to me so promptly. Above all I should like to thank all those who have contributed copy for publication. During the year no fewer than 24 people have between them contributed 182 items; obviously Michael heads the list, but it is noteworthy that there has been a number of new contributors. Hopefully in 2010 there will be even more.

The deadline for copy during the coming year is 08:00 on the dates below:

February	20 January	March	17 February
April	17 March	May	14 April
June	19 May	July	16 June
August	14 July	September	18 August
October	15 September	November	20 October
	December/January	17 November	

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### Oh, no! Not more Fresh Salmon

Part of the Rhine opposite St. Goar was once 94 ft deep and, at that time being much more shaded by trees, was a gathering place for fresh-water salmon.

The fish were so plentiful and easy to catch that wealthy residents fed it to their employees. Eventually so many fish were being taken that household servants made it a condition of their employment that they were not obliged to eat salmon more than three times a week.

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