

The Lantern



*The magazine for Deal St Andrew, the
Church of England Parish at the North End.*



February / March 2020

visit us at www.dealstandrews.org.uk

Who's Who in the Parish

Parish Priest: Fr Peter Harnden (Appointed & expected - May 2020)

Churchwardens:

Ann Carey: (01304) 373417

Chris Hobbs-East: 07871 642667 chriseast20@msn.com

PCC Officers:

PCC Secretary: Carole Gabriel

PCC Treasurer: Geoff Hobbs-East

E: hobbs.east@gmail.com T: 07923 000379

Electoral Roll: Christopher Gabriel

Safeguarding Co-ordinator: Ali Robertson: T: 01304 381131

Director of Music: Tim Woodhead

Lantern editor: E: lantern@dealstandrews.org.uk

Lantern advertising: Grace Reeves E: graceandellen@hotmail.co.uk

Hall Bookings: Rita Hewitt T: 013604 381462

The Parish Office:

St Andrew's Church, West Street, Deal CT14 6DY

Telephone: (01304) 381131

Email: standrewsdeal@gmail.com

The Parish Office is not manned full-time but email and telephone messages are checked regularly.

Contributions for the April issue are due by 6th March

A Message from the Editor

Hello everyone and welcome to the late winter edition of your Parish magazine. With the Christmas festivities of 2019 now slowly becoming a pleasant memory, we can now look forward to a new year full of hope and new beginnings.

On the subject of new beginnings, we are delighted to announce the appointment of our new Parish Priest, Father Peter Harnden and on pages 10 and 11, he introduces himself to us. Father Peter is expected to join us in May.

Canon Christopher writes for us on pages 5 and 6, with his article *Facing Mortality*, in which he discusses facing up to mortality and the significance of Shrove Tuesday and Ash Wednesday. As usual our forthcoming church events are detailed on page 8, so please read it carefully and put dates in your diary. On page 22 and 23, there is a history of where the traditions of *Pancake Day* or Shrove Tuesday, originate from, including its surprising link to the game of *skipping* and *mob-football* ! On page 18, Father Roger provides details of our forthcoming Lent course in the Church and how to sign up to it.

During December and January the Church hosted its special Christmas services along with a number of social events. There is a great photo montage of our Christmas Services on page 12.

One of the pre-Christmas events we held, was our St Andrew's Day fish supper. It was a huge success, with the event sold out. Parishioner, Pauline Bell attended and on page 16, her article describes how she and other guests enjoyed the event and she gives thanks to all those who organised it and helped on the night. Our next social event is our Curry Night, which will be held in the Church Hall on February 8th. Tickets are starting to sell fast, so please refer to page 17, where there are details of how to buy them. Details of our monthly quiz are on the same page.

With an eye now on our Church's link to the community, we would like to draw your attention to a new advertiser in *The Lantern*. On page 14, the "Music for Well Being" organisation highlight the value of singing and music for the over 55's and how it is a totally inclusive activity, to be enjoyed by all. Opposite the new advertisement, Pat Wilson is fundraising for Dementia UK and makes a plea for knitted forget-me-nots. An easy pattern is helpfully included so dust off your knitting needles!

To finish off the whole *pancake theme* of this edition, pages 26 and 27 contain some fun for the children and a CBeebies pancake recipe to make with some adult supervision.

So, as you hunker down for the final two months of winter, enjoying the glowing fires and the cosy nights in knitting, it will be in the safe knowledge that the next time you read *The Lantern* we will be entering into the bright days of spring and on the eve of Easter !

In Church each week at St Andrew's

Matins is said at 8 am on Saturdays; otherwise at 9 am on weekdays. Evensong is said at 6 pm except on Wednesdays when it is 5.30 pm.

Sunday	8.00 am	Low Mass (Traditional Language)
	10.00 am	Parish Mass (Common Worship)
	6.00 pm	Sung Evensong (with Benediction on The first Sunday of each month.)
Monday	9.30 am	Low Mass
Tuesday	9.30 am	Low Mass
Wednesday	9.30 am	Low Mass
Thursday	9.30 am	Low Mass
Friday	9.30 am	Low Mass
Saturday	8.30 am	Low Mass (see below)

A priest will normally be available for spiritual counsel after Mass or otherwise by appointment.

On Festivals and Holy Days, service times may vary - please see our Notice Board or our website at **www.dealstandrews.org.uk**

Please note:

1st Saturday	11.30 am	OLW Cell Mass, Angelus and Rosary
1st Wednesday	9.30 am	Low Mass and Healing Rites
1st Sunday	6.00 pm	CBS attend Evensong and Benediction

Holy Baptism, Weddings and Funerals

Please contact **Ann Carey** on (01304) 381131 for inquiries about any of these services.

Canon Christopher writes ...

Facing our mortality

Pancake Day, its popular name, is properly known as **Shrove Tuesday**. On this day, Christians came to church to be 'shriven', that is to undertake self-examination, confess their sins and receive absolution, the assurance of God's forgiveness, as a preparation for the solemn season of Lent. In some countries the day is known as 'Mardi Gras' (Fat Tuesday) and is the occasion for carnival, a final fling of joyful abandon before the forty days of restraint. Pancakes were cooked, tossed and eaten to use up all the butter, eggs and fat before the long Lenten fast began the following day.



If all this sounds rather miserable to twenty-first century ears, we might do well to remember that regulating our diet, in particular avoiding too much saturated fat, has become a pressing need in the West where the impact of poor eating habits is one of the factors putting a strain on our National Health Service.

Following Shrove Tuesday comes **Ash Wednesday**, the first of the forty Days of Lent. Christians who come to worship on this day will be offered the sign of the cross, made in ash, on their foreheads. As the cross mark is made, the priest will say these words: "Remember that you are dust and to dust you will return."

It's impossible to hear those words without being startled. Contemporary society tries to avoid the advancing signs of our mortality. Of course, there's every reason for us to try to keep as fit in body and mind for as long as possible, but eventually the reality of death has a way of creeping in.

In the north choir aisle of Canterbury Cathedral you will find the magnificent tomb of Henry Chichele, Archbishop of Canterbury from 1414-1443 (photograph above). On top of the tomb is a splendid effigy of the archbishop, vested in glorious robes, with a jewelled mitre on his head. But below is a gaunt, naked corpse, lying on a shroud. This was actually put in place twenty years before the archbishop's death so he had plenty of time to contemplate his own mortality and to ponder upon the Latin inscription: "Now I am cut down and served up for worms. Behold my grave."

If we think this is all horribly morbid stuff, perhaps it should make us stop for a bit and consider. Having passed my own 'three score years and ten' (Psalm 90), and with the sometimes salutary experience of over forty-five years of priestly ministry, including to the dying and to the newly bereaved, I have taken some practical steps which I commend to you.

My wife and I have made sure we have an up-to date will; we have outlined on paper our wishes for our own funeral arrangements and we have made a lasting power of attorney, so that - if necessary - our children can make legal decisions on our behalf about our worldly goods and health.

The forty days of Lent might be a good time to take such considerations in hand if you have not already done so. It could save your nearest and dearest a lot of frustration, anxiety and heart-searching.

However I cannot end there on such a dark note. The whole purpose of Lent is to prepare us for Easter. Easter Day this year falls on 12 April, when we should be surrounded by the glorious signs of spring. The cycle of darkness, death and decay in the world of nature is replaced by the bursting of new life.

Our Christian celebrations reassure us of the hope of Resurrection. Christ is risen and we express again our trust and confidence that nothing in life or death, nothing now or in the future, can ultimately separate us from the eternal love of the living God.

Canon Christopher

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Thursdays

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Saturdays

8.30am – 9.30am



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www.bodysoulwell.com or call Josie on 07745 973712

Forthcoming Events - All Welcome

JANUARY

Sunday 12th 12 noon Parish Lunch at the Alma

FEBRUARY

Sunday 2nd 10.00am Candlemass marking the end of
the Christmas period

Tuesday 4th 7.30pm Quiz night in the Church Hall

Saturday 8th 7.30pm Curry Night in the Church Hall - see p17

Sunday 9th 10.00am Parish Mass for the Foodbank
Noon Parish Lunch at the Alma

Tuesday 11th 2.00pm Ladies Group Planning Meeting

Wednesday 26th 9:30am Ash Wednesday Mass
7.00pm Ash Wednesday Mass

MARCH

Tuesday 3rd 7.30pm Quiz Night in the Church Hall

Thursday 5th 6.00pm Evensong, followed by Mass at 6.30pm &
7.30pm Lent Course begins - see p18

Sunday 8th 12 noon Parish Lunch at the Alma

Thursday 12th 6.00pm Evensong, followed by Mass at 6.30pm &
7.30pm Lent Course Wk 2

Thursday 19th 6.00pm Evensong, followed by Mass at 6.30pm &
7.30pm Lent Course Wk 3

Sunday 22nd 10.00am Mothering Sunday

Thursday 26th 6.00pm Evensong, followed by Mass at 6.30pm &
7.30pm Lent Course Wk 4

Sunday 29th 9.50am Palm Sunday procession from Union St
car park followed by
10:am Palm Sunday Parish Mass

APRIL

Thursday 2nd 6.00pm Evensong, followed by Mass at 6.30pm &
7.30pm Lent Course ends

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www.creativemindsnursery.co.uk

Creative Minds Nursery, 25 Stanhope Road, Deal CT14 6AD

Our New Priest Introduces Himself

Dear St. Andrew's Parish Family,

I'm *really* excited and pleased to have been appointed your next Parish Priest and am looking forward to being with you all in a few months' time (sorry that I cannot give you a definitive date at the moment, as discussions are still taking place with the Archdeacon).



No doubt many of you are asking, “Who *is* he? What do we *know* about him?” so I thought you might like to hear a bit ‘straight from the horse’s mouth’...!

I was born in the Royal Victoria Hospital, Folkestone, joining an elder brother and sister.

Our father was a farmer, so I was very fortunate to grow up in the small, pretty village (well hamlet, really, given its size and the fact that there wasn't – and still isn't – a shop, pub, or bus service!) of Postling, which lies at the end of the Elham Valley, some three or so miles from Hythe.

My Primary education took place in Hythe and my Secondary in Canterbury. After A-Levels, I was due to take up a place at an Essex horticultural college, but for one reason and another I ended up staying on the family farm, undertaking various roles at various points in time, before ending up managing it for my mother following my father's death in 1991 until 1994 when, as a family, we decided the best option was to sell up.

I then worked self-employed for two years before beginning my training for the sacred Priesthood at the College of the Resurrection, Mirfield (which, as I'm sure you'll remember, was where Fr Lindlar could be found, a couple or so years later).

I served my Title over at Staplehurst (about eight miles south of Maidstone), before moving up to a parish in Wembley, where I spent almost ten years. I then had a move “south of the river” to Sutton, Surrey, and then after six very happy years there took the opportunity to apply for the vacancy back in this, my home Diocese of Canterbury, which was

successful and so I made the move to Harbledown and to my beloved Kent (as Jane Austen supposedly said, ‘Kent, the only place for happiness’!).

What else can I tell you? Well, when I’m not “God-bothering”, as one dear friend cheekily likes to call it, I have a wide range of interests, which include reading, gardening (when I get the time); I also love local history and historic places; and I have a bit of a passion for clocks and will be arriving at The Rectory with my modest collection (“*How does he put up with all that ticking?!*”).

Apparently my great-grandfather is to blame for this, as he, too, had a small collection, of which only one remains. Anyway, I won’t bore you further and will leave it there.

I shall very much look forward to getting to know you all in due course; in the meantime, please be assured of my prayers. Could I ask in return that in the coming weeks you offer up a prayer or two for Harbledown Parish as it now plans for an interregnum (hopefully one that’s not too long, though)?

Here’s wishing you all a very happy and, above all, healthy 2020.

Fr Peter

New Years Honours

We would like to say huge congratulations to Kerry Banks who has been awarded the British Empire Medal (BEM) in the Queen’s New Year’s Honours list for her services to breast cancer.

Since 2006, Kerry has raised £214,500 in memory of her friend Julie, working to raise awareness of breast cancer. Kerry is well known to St Andrew’s in her role as Fundraiser and Events Officer for Martha Trust, one of our outreach charities.

Also congratulations to the newly installed Bishop of Dover, on her award of an OBE. The former chaplain to the Queen and the Speaker of the House of Commons, the Rt Rev Dr Rose Hudson-Wilkin was given the award for services to young people and the church.



2019 Christmas Memories at St Andrews



Mums and Toddlers



at St. Andrew's
every Wednesday
(during school term-time)
9.30 to 11.30 am



Want to meet some new
friends? Why not come to St
Andrew's for
Coffee & Chat
Tuesdays
10 o'clock to 11.00
put on for all by St Andrew's
Ladies' Group.

Real Deal junior football club



If you are in years 1 to 9, and
enjoy playing football, then join
us at Deal Parochial School on
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Web: **www.music4wellbeing.org.uk**



Original images designed by freepik



Can you knit some Forget-me-nots?

Deal's Grans on the Make are fundraising for Dementia UK this year and need hundreds of knitted or crocheted Forget-me-nots to create a Memory Wall to remember loved ones. If you would like to contribute, then this 2 row knitting pattern is quick and easy to make. You can drop your flowers into church or to Pat Wilson at 18 Griffin Street. If you are on Facebook then look for GransontheMake for more patterns including a crochet version..

Thank you!

Knitted Forget me not

Know how

Knit, cast-on, cast-off



Materials

Small amount of blue and yellow yarn - You can use any yarn in your stash
Pair of needles of a size to suit your yarn
Tapestry needle

Pattern

Cast on 40 stitches

Knit 1, cast off 6 stitches ie knit 2 more stitches before passing stitch over (you should have 2 stitches on your right needle with a loop between as below.



Knit 1, cast off 6 (4 stitches)



Knit 1, cast off 6 (6 stitches)
Knit 1, cast off 6 (8 stitches)
Knit 1, cast off 6 (10 stitches)



Cut yarn and thread through stitches with tapestry needle and secure ends.



With yellow yarn work a few stitches or a French knot in the centre of the flower. Secure ends.

St Andrews Patronal Fish Supper

The Church's Patronal Supper was held on the 30th November, St Andrew's Day.

Although it was a blustery evening, warmth and conviviality was in abundance in the hall. Having seated ourselves and with a glass in our hands, the entertainment began, courtesy of local sea shanty group, going by the name of Kellet Gut. An unusual name, but this is in fact the name of a channel between the north part and the south part of the Goodwin Sands., named after a Naval Officer in the Nineteenth Century. The group regaled us with a selection of evocative, harmonious sea shanties, getting us ready for our fish pie.

Father Roger said Grace, then we all tucked into our excellent fish pie, prepared by our local fishmonger Jenkins & Son. This was followed by delicious poached pears created by Lionel. The conversation flowed and the diners were into the swing of the evening. Kellet Gut then took the stage for a second time singing sea shanties and folk songs, some of which the diners sang along with.

Then we had a really fun card game called 'Irish Bingo'. This became quite tense as fewer and fewer people were left in the game, which was finally won by Avril Collier, whose husband celebrated his 80th birthday with us that night.

Everyone had a splendid time and to add to our enjoyment, just over £500 was raised for the Church. Many thanks to all the helpers. Finally we left the warmth and congeniality of the hall to wend our way home in the dark night.

Pauline Bell



If you would like to book Kellet Gut, for your event, check out their website. They do not charge for performing but do ask for a donation.

All monies raised go to the Walmer Lifeboat.

www.kelletgutshantymen.wordpress.com

Forthcoming Social Events



CURRY NIGHT
SAT 8TH FEB 6.30

TICKETS £10 INCL GLASS OF WINE OR BEER

CURRY, (VEG OPTION ON REQUEST)
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Tickets available from the Church and Sharon at 29 Duke St, Deal
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TUE 4TH FEBRUARY AND TUE 3RD MARCH AT 7.30PM

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QUIZ
Night

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2020 Lent Course at St Andrew's

Our Lent course this year is that which has been devised by the Anglican monastic community of the Society of Saint John the Evangelist (SSJE) aka The Cowley Fathers based in Cambridge, Massachusetts, USA. It is called *Signs of Life – why church matters* - and takes up the central themes of Christian worship, revealing how God meets us and feeds us in these abundant signs.

LIGHT – WATER – FOOD – SHELTER – COMMUNITY

Thursday evenings 5th March to 2nd April

Each of the 5 sessions will begin in Church with Evensong said at 6pm followed by Mass at 6.30 pm after which a light soup and/or cheese supper will be available.

The course proper will begin at **7.30 pm** in the Hall and will end at **9.00pm** with Compline at 8.45pm. People may join the course at any point of the evening before 7.30 pm.

We hope to have a good response from our own congregation but a warm welcome is extended to members of other churches and those who wish to explore the Christian faith. If you are interested please sign up on the list at the back of the Church.

Fr Roger

For more information go to www.SSJE.org and Signs of Life.org

Are you 6-16? Do you enjoy singing?

Why not join our

Junior Choir?

We **meet at St Andrew's Church**

on Wednesdays from 6 to 6.30pm for a practice and on the first Sunday of the month at 10am to sing in the Mass.

Why not come along one Wednesday and try us out or contact Mrs Jo Woodhead:

jrwoodhead1@gmail.com

to find out more?

Have you thought of sponsoring a church lamp?

Many of us look for ways of marking the date of an occasion that is **special**, or **important** to us.

You do not have to be a regular Churchgoer to sponsor a lamp.

Prices: 1 week (£5), 1 month (£10), or 1 year (£100).

Please contact Muriel Taylor (noo1939@hotmail.co.uk) who would be pleased to help you

DONATE ONLINE

If you would like to donate online to support St Andrew's you may do so via



It's easy! Go to their website www.give.net and search for *St Andrew's Church, Deal*.

Where you can make a single or a monthly donation.

Alternatively our website www.dealstandews.org.uk has links on each page to give.net.

PARISH LUNCH

ALL WELCOME

Next lunches are on:
Sunday January 12th
Sunday February 9th
Sunday March 8th

Join us at the at The Alma,
12 noon on the second **Sunday** of each month

Price for two courses: Adults £11, Children £5.
A choice of roasts and vegetarian option.

To book tickets or for more information
contact Isabel Burrows either at the parish mass or
email: Isabel.f.burrows@gmail.com

Shopping list

PRIORITY

- | | |
|-------------------|----------------|
| ☒ Tinned veg | ☒ Tinned fruit |
| ☒ Instant mash | ☒ Cuppa soup |
| ☒ Custard | ☒ Shampoo |
| ☒ Instant dessert | ☒ Rice pudding |



YES PLEASE

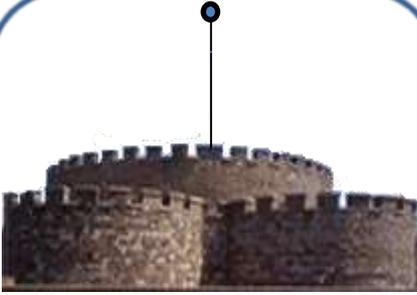
- | | | |
|----------------------|---------------|-------------------|
| ☒ Cold tinned meat | ☒ Tinned fish | ☒ Rice |
| ☒ Tinned potatoes | ☒ Ketchup | ☒ Squash |
| ☒ Household cleaning | ☒ UHT milk | ☒ Tinned tomatoes |

NOT FOR NOW

- | | | |
|---------------------------|----------------|--------------|
| ☒ Baked beans | ☒ Pasta sauce | ☒ Pasta |
| ☒ Tinned soup | ☒ Tea/coffee | ☒ Biscuits |
| ☒ Tinned meat for heating | ☒ Cat/dog food | ☒ Cereal |
| ☒ Sanitary products | ☒ Toilet rolls | ☒ Toiletries |

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Shrove Tuesday Traditions

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and on Shrove Tuesday, Anglo-Saxon Christians went to confession and were “shriven” (absolved from their sins). A bell would be rung to call people to confession. This came to be called the “Pancake Bell” and is still rung today.

Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between February 3 and March 9. In 2020 Shrove Tuesday will fall on February 25th

The pancake has a very long history and featured in cookery books as far back as 1439. The tradition of tossing or flipping them is almost as old:

*“And every man and maide doe take their turne,
And tosse their Pancakes up for feare they burne.”*
(*Pasquil’s Palin, 1619*).

The ingredients can be seen to symbolise four points of significance at this time of year: eggs for Creation, flour for the staff of life, salt for wholesomeness, and milk for purity. As the last opportunity to use up eggs and fats before the Lenten fast, pancakes are the perfect recipe.

In the UK, pancake races form an important part of the Shrove Tuesday celebrations – an opportunity for large numbers of people, often in fancy dress, to race down streets tossing pancakes.

The most famous pancake race takes place at Olney in Buckinghamshire. According to tradition, in 1445 a woman of Olney heard the shriving bell while she was making pancakes and ran to the church in her apron, still clutching her frying pan. The Olney pancake race is now world famous. Competitors have to be local housewives and they must wear an apron and a hat or scarf. Each contestant must toss their pancake three times during the race. The first



to complete the course, arrive at church, serve her pancake to the bellringer and be kissed by him, is the winner.

At Westminster School in London, the annual Pancake Greaze is held. Dating back to at least the eighteenth century, the school chef tosses a huge pancake over the Greaze Bar, a fifteen foot high bar in the school hall. The pupils then race to grab a portion of the pancake and the one who ends up with the largest piece receives the equivalent of a sovereign from the Dean.

In Scarborough, Yorkshire, on Shrove Tuesday, everyone assembles on the promenade to skip. Long ropes are stretched across the road and there maybe be ten or more people skipping on one rope. The origins of this custom is not known but skipping was once a magical game, associated with the sowing and sprouting of seeds which may have been played on barrows (burial mounds) during the Middle Ages.

Many towns throughout England used to hold traditional Shrove Tuesday football ('Mob Football') games dating back as far back as the 12th century. The practice mostly died out with the passing of the 1835 Highways Act which banned the playing of football on public highways, but a number of towns have managed to maintain the tradition to the present day including Alnwick in Northumberland, Ashbourne in Derbyshire (called the Royal Shrovetide Football Match), Atherstone in Warwickshire, Sedgefield (called the Ball Game) in County Durham, and St Columb Major (called Hurling the Silver Ball) in Cornwall.



**Need a Venue for your Special Occasion
or Regular Activity?**

What about St Andrew's Church Hall?

It has a small kitchen, lavatories (including disabled and baby-station facilities), cinema system and paved area.

Hire Charge is £12 per hour.

**For more information contact Rita Hewitt
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Email: info@eastkent.animalsathome.co.uk

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Children's Fun & Games

Pancakes

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E	G	I	R	E	T	T	A	B	U	K	N	S	O
E	N	M	U	O	G	T	B	E	S	O	A	O	E
T	A	P	E	G	G	S	C	U	T	C	N	T	L
A	R	A	L	S	K	P	G	M	A	A	A	E	S
L	O	I	A	E	B	A	O	B	O	W	L	R	C
O	H	C	C	P	R	N	N	E	A	E	U	N	H
C	R	E	O	E	H	C	A	P	R	O	O	R	E
O	A	C	O	R	O	A	P	U	L	M	T	W	E
H	O	R	K	C	N	K	E	F	E	A	E	E	S
C	A	E	E	O	E	E	G	L	A	R	C	O	E
R	O	A	R	E	Y	S	A	L	L	E	T	U	N
L	A	M	P	W	C	C	A	L	U	T	A	P	S

EGGS
PANCAKE
CHEESE
CREPES
NUTELLA
FLOUR
ORANGE
TOSS
ICECREAM
SYRUP
BOWL
COOKER
LEMON
BANANA
BATTER
SPATULA
SUGAR
SPOON
HONEY
CHOCOLATE

Play this puzzle online at : <https://thewordsearch.com/puzzle/144183/>

Mix a Pancake By Christina Rossetti

Mix a pancake,
Stir a pancake,
Pop it in the pan;
Fry the pancake,
Toss the pancake -
Catch it if you can.



ST ANDREW'S TABLE TENNIS CLUB



**A social table tennis club for all ages and abilities.
We meet in the church hall during school terms
on the first and third Sundays of the month
from 12 noon to 1pm.**

Bats and balls provided.

Sessions are run by a Qualified Table Tennis England coach. Attendance at Mass is not a requirement.

Easy Children's Pancake Recipe from CBeebies

Mix the Ingredients

Put **200g plain flour** in a large bowl with a **pinch of salt**, make a well in the centre, pour in **400ml of milk** and **2 large eggs**, then whisk until you have a smooth batter. Add **1 tablespoon of vegetable oil** and whisk again.

Prepare the Frying Pan

Take a large frying pan and carefully wipe the inside of the pan with some kitchen roll dipped in vegetable oil.

With a grown-up's help heat the pan over a medium heat for about a minute, then add just under a ladleful of batter to the pan and immediately start swirling it around to get a nice even layer.

Time to Cook

Cook the pancake for about 30 seconds then use a palette knife or spatula to lift the pancake carefully and check that it's golden-brown before turning over. Cook the other side for around 30 seconds and your pancake is ready!



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