

## Slow down

As I write this in early July we've been having seemingly continuous days of rain, with the forecast of more to come, but the prospect of better weather in a few weeks' time.

We are also at that point in the year when people are looking forward to the rest of the summer, perhaps going on holiday, maybe spending time with friends and family, with the hope of time to relax and recharge batteries and yes, hoping for better weather!

Jesus knew how important it was to take time out. During his ministry he was constantly in demand, with crowds of people wanting to hear him speak and expecting him to heal the sick and with the authorities trying to undermine him. Jesus often took time out to pray, drawing strength from time alone with God. He encouraged his close followers to do the same.

It seems they didn't quite get this though; the Bible records how they searched for Jesus when he had slipped away to be quiet and to pray (Mark 1:35), and when they found him said: "everyone's looking for you" - in other words "Come on, there's lots to be getting on with."

I certainly find it difficult to slow down and take time out, and I'm sure I'm not alone. Even when we plan our holidays, we fill them with activities. While these can be very enjoyable and fulfilling, maybe we should also make sure we set time aside to be quiet, to be on our own and yes, to pray.

Prayer doesn't have to be about coming up with lots of requests for God or finding beautiful words. It can be as simple as sitting down, slowing down and giving ourselves a chance to listen to God. I find using a prayer app helpful (there are many available, for example Lectio 365), or sometimes just reading a short Bible passage and seeing whether something in this speaks to me. It can help to go somewhere - St Mary's gardens are a space we can all use, and the church is also open during the morning from 9am - 12 noon for anyone, regardless of your beliefs, to come in to pray or just sit quietly.

So this summer, let's see if we can make time for ourselves so we can be spiritually

refreshed – whatever the weather might have in store for us.

*Catherine Bingham*



CONGRATULATIONS to Althea Cooke, awarded Chorister of the Year by the Friends of St Mary's, and Isabella Vantankeren who was recently admitted to the choir. (Pictured back left to right: Robin Hogg, Julie Fox, Rev Jane Peters; front: Isabella, Althea, Canon Claire Tillotson).

### Special Services and Events

**Sunday 1 September**

**5.00pm Come Holy Spirit**

*A service of silence, readings and worship songs*

**Sunday 8 September**

**6.30pm Choral Evensong**

**Sunday 15 September - Back to Church**

**Sunday**

**10.30am Holy Communion**

*With Canon Katrina Barnes*

**4.00pm Tea Time Together**

**6.30pm Youth Club**



## From the Registers

### Holy Baptism

We welcome into God's family:  
Harry Hay 21 July  
Theodore Davidge 4 August

### Interment of Ashes

We extend our sympathy to those who loved:  
Nancy Forsyth 24 July



### Welcome back



Pictured (left to right): Ann-Marie Jefferys, Mayor of Bromley Cllr Dr David Jefferys, Canon Paul Miller, Canon Claire Tillotson, Rev Jane Peters.

On Sunday 30<sup>th</sup> June Canon Paul Miller, our parish priest from 2001-2012, made a return visit to St. Mary's to officiate and preach at the 10:30am service. Paul spoke of the fond memories both he and his wife, Lynne, have of their time in Shortlands.

Looking back over his long ministry, he remarked on the huge changes within the Church. He especially noted the huge impact of the ordination of women, of which he wholeheartedly approved.

Paul also noted that the Church's outlook had changed dramatically over the years, from 'keep the rules and you'll get to Heaven' to our present-day belief that we are all embraced by the love of God and that 'we should all be what we are meant to be'. He summed up, saying that through all the ups and downs of life, from which even the saints were not immune, there are always opportunities to be embraced by the love of God.

Amen to that!

### Remembering

We at St Mary's Church would like to research the lives of a few of those Shortlands residents who were killed in World War Two. Following the destruction of the original church in World War Two, only those killed in World War One are named on the Shortlands War Memorial and in our book of remembrance.

If anyone knows of any family member or friend who lived in Shortlands or is associated with Shortlands or St Mary's Church, man or woman, in either H.M. Services, Civil Defence or the Auxiliary Fire Service who were killed on active service in World War Two could you please contact Kay Coleman on 07879 337567.

### SAVE THE DATE

The Friends of St Mary's are hosting a Big Band Concert in church on the evening of Sunday 6<sup>th</sup> October.

## MISSION OF THE MONTH - August

### Demelza

Demelza is a charity with two children's hospices, Demelza Kent in Sittingbourne and Demelza South East London in Eltham. There is also Demelza East Sussex, a community-based service providing hospice care in the home.

The charity delivers care to children and young people with serious or life-limiting conditions and their families across Kent, South East London and East Sussex – from first diagnosis and for as long as it's needed. It supports over 2,500 and their family members every year.

Demelza believes every child and young person who has a serious or life-limiting condition should receive the care and attention they need to live the most fulfilling life they can, and that they and their families should have the opportunity to build memories, for however long they have together.

Passionate about every individual in its care, Demelza seeks to create an environment that celebrates children and their families, supporting them every step of the way. It endeavors to bring compassion, understanding and positivity at an uncertain and anxious time.

It provides therapies, both physical (physio and occupational) and creative (art and music), and offers short breaks at home, overnight short breaks in the hospice, and day care in the home, community and in the hospice. It also provides End of Life care through nursing and family support teams, either at home or in either of the two hospices.

Demelza has been providing this care since 1998 and, through the generosity of others, can continue to be there for families for years to come. Only 14% of funds come from the government, so the charity is grateful for all fundraising efforts. St Mary's has been supporting this worthwhile charity from its very inception. For more information visit [www.demelza.org.uk](http://www.demelza.org.uk) or see the display at the back of church.

### Sea Sunday

On July 14<sup>th</sup>, Sea Sunday was an opportunity to remember the Mission to Seafarers, a charity which works tirelessly in ports around the world assisting, advising and supporting seafarers and their families of all faiths or none.

Here at St. Mary's, Patricia Braithwaite, our Parish Representative to the mission was presented with a basket of over fifty knitted hats for the seafarers from the Craft and Chatter group which has supported it for many years.



### SAVE THE DATE

The Friends of South Hill Wood and Kingswood Glen will be celebrating their 15<sup>th</sup> anniversary on  
Saturday 12 October, 1-3pm.  
Free refreshments, children's quiz  
More information in October SPAN

## By arrangement

St Mary's Shortlands has been a member of the St Michael's Guild of Flower Arrangers for many years. The Guild was started in the 1960s by Mrs Sugden, wife of Rev Sugden then the vicar of St Mary's.

The Guild has four meetings a year, hosted by different churches in the local area, and there are demonstrations of at least four arrangements. This is to share ideas with other church flower arrangers and to give an insight of what is involved to anyone thinking of joining a church flower team. Everyone interested in flower arranging is welcome.



St Mary's Shortlands will be hosting a meeting on Monday 7th October 2024. The meeting is open to all and there will be an entry charge of £5, or you can become a yearly member for £10. The meeting will start at 7:30pm with a short AGM before the demonstrations.

The demonstrator at the October meeting will be Cecilia Willatt, a member of the St. Mary's Shortlands flower team, on the theme of Harvest decorations. All the arrangements will be done without using oasis foam blocks.

We look forward to seeing you there.

## On song



On Saturday 22<sup>nd</sup> June, St. Mary's church reverberated to the powerful sound of the Ynysowen Male Voice Choir. This amateur choir was formed in the South Wales coal mining area in the aftermath of the Aberfan disaster, originally to raise monies for charity and to provide a social outlet for the men, which it continues to do to this day. The only ladies directly involved are the Musical Director and the accompanist.

The men's performance was supported by our very own St Mary's church choir who alternated with the men. The wide repertoire ranged from Mozart to Rutter and from Handel to Simon and Garfunkel, a glorious celebration of both religious and secular songs which culminated with a roof-raising rendition of 'Land of my fathers'.

At the end of the performance, in his closing speech, the Mayor thanked both choirs for the wonderful evening and we were promised a return visit by the Ynysowen choir in the foreseeable future – not to be missed!

## Back to church Sunday

If you haven't been to St Mary's – or any church – for some time, or wonder what happens at our Sunday services, come and join us at 10.30am on Sunday 15 September. The service will be accessible to all with explanations and guidance about how the service runs. Everyone is welcome!

## MISSION OF THE MONTH - September

### Mind

It has been several years since St Mary's last supported Mind: since then the world has changed quite dramatically for many, both young and old. The pandemic drastically increased the number of people affected by mental health issues and the charity estimates that one in four people experience a mental health problem every year. It has been estimated that, due to the cost-of-living crisis, 2.7 million people have considered suicide because of financial pressure.

The majority of people experiencing mental health problems do not get the help from health and social care that they require, and the Care Quality Commission's state of care report shows a serious decline in the quality and safety of mental health services.

Mind's mission is to provide advice and support to empower anyone experiencing a mental health problem and to campaign for improved services, to raise awareness and promote understanding.

There is a network of more than 130 local Mind groups in England and Wales which provide help and support to those who need it most.

Mind works to support those likely to develop mental health problems to stay well, and to improve services and support, so that people can access what they need to aid recovery and learn to live with their problem. The charity also enables social participation, opening doors to enable people to participate fully in society, and campaigns so that there is equality of opportunity for treatment for people with physical and mental health problems.

For more information, visit [www.mind.org.uk](http://www.mind.org.uk) or see the board at the back of church.

### Wildflowers in church

We are used to stunning floral displays at St. Mary's, but you may have noticed a very different type of flower arrangement in the porch in June. It consisted entirely of wildflowers and grasses that Cecilia Willatt sourced from her garden and allotment: she listed ten flowers and six grasses, both the Latin and common names.



After the 'No Mow May' initiative many of us have re-discovered the delicacy and beauty of wildflowers in our own gardens. Even the pyramidal common orchid has been found in Shortlands!

## STOP PRESS

We were unfortunately unable to appoint a vicar following a recent interview process. We will readvertise in the autumn. Please keep praying for the right person to apply and for our church and community as we continue with this vacancy.

**The Parish Church of St. Mary, Shortlands**



Link Parish  
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**WORSHIP**

**Sunday 10.30am - Holy Communion (in church)**

**Wednesday 10.00am - Morning Prayer. Holy Communion will take place once a month**

You can access Sunday services online at:

[www.stmarysshortlands.org.uk](http://www.stmarysshortlands.org.uk)

[www.facebook.com/stmarysshortlands](http://www.facebook.com/stmarysshortlands)

Further information about all services can be obtained from the Parish Office.

**PARISH DIRECTORY**

Vicar		8460 5682
	office@stmaryshortlands.church	
Licensed Lay	Mrs C. Bingham	8460 0324
Ministers	Mrs A-M. Jefferys	8460 6030
	Dr. D. Jefferys	8460 6030
Pastoral Assistants	Mrs. S. Harrison	8464 0284
	Mrs. D. Speller	07941415082
Parish Administrator	Mrs. E. Woolven	8460 5682
Church wardens	Mrs. G. Sherman	07500751265
	Mr. R. Hogg	8290 0613
Treasurer	Mr. T. Dawson	8460 5884
Assistant Treasurer	Mr. R. Hogg	8290 0613
PCC Secretary	Mrs J. Sharma	07900971867
Organist and Director of Music		
	Canon C. Tillotson	8460 7368
Safeguarding	Mrs P. Lambourne	8658 0470
Electoral Roll	Mrs J. Sharma	07900971867
Junior Church	Miss. R Tillotson	07503680612
Stewardship	Mr. T. Dawson	8460 5884

**PARISH OFFICE**

Telephone: 020 8460 5682

Email: [office@stmaryshortlands.church](mailto:office@stmaryshortlands.church)

Open 10.00am - 12.00pm weekdays.

Contact the office for Baptisms and Weddings

**ST. MARY'S ORGANISATIONS**

Toddlers	Mrs. J. Runicles	07790 304711
Craft and Chatter	Mr. J. Boam	8460 7101
Friends of St Mary's Mr. T. Chase		8464 6188

For admission to Beavers, Cubs and Scouts please contact email: [7bromleyadmissions@gmail.com](mailto:7bromleyadmissions@gmail.com)

Scouts (Fri)	Mr. R. Howe	8462 7132
Cubs (Mon)	Mr O. Swinfen	07758458077
Cubs (Tue)	Mr. J. Griffiths	07954437658
Beavers	Ms. E Hay	07932758801

For admissions to Rainbows, Brownies or Guides please go to [www.girlguiding.org.uk](http://www.girlguiding.org.uk)

Guides (Tue)	Ms. E Thompson	07910340908
Guide (Fri)	Mrs. G. Dawson	8460 5884
Brownies (Mon)	Miss. K. Higgs	8462 3285
Brownies (Thu)		<a href="mailto:fourtbromleybrownies@outlook.com">fourtbromleybrownies@outlook.com</a>
Rainbows		<a href="mailto:2ndshortlandsrainbows@gmail.com">2ndshortlandsrainbows@gmail.com</a>
Pre-school	Mrs. C. Hall	8290 6704 or 07960988552
The 2WW's	Mrs. A. Swatton	8650 1114
Church Flowers	Mrs. C. Willatt	07511885941
Mission Chair	Mrs. S. Shelton	8402 3299
Douai link	Mrs. G. Dawson	8460 5884 8
Fair Trade	Mrs. C Willatt	07511885941

**LOCAL CONTACTS**

Cllr. G Turrell	<a href="mailto:gemma.turrell@bromley.gov.uk">gemma.turrell@bromley.gov.uk</a>
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Cllr. A. Grant	<a href="mailto:Adam.Grant@bromley.gov.uk">Adam.Grant@bromley.gov.uk</a>
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Shortlands Safer Neighbourhood	8721 2614

**SPAN INFORMATION**

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