

The Higham Bridge

A Happy New Year

Community, Friendship, Worship



January and February

Monthly Magazine produced by St John's
Church for the Parish of Higham with Merston

70p



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FROM THE EDITORIAL TEAM

Some of you have noticed a few typos in the magazine now and then. To improve this, for 2024 I am using a new set of rules for editing. They are as follows:

1. Verbs HAS to agree with their subjects.
 2. Prepositions are not words to end sentences with.
 3. And don't start a sentence with a conjunction.
 4. It is wrong to ever split an infinitive.
 5. Avoid cliches like the plague. (They're old hat.)
 6. Also, always avoid annoying alliteration.
 7. Be more or less specific.
 8. Parenthetical remarks (however relevant) are (usually) unnecessary.
 9. Also too, never, ever use repetitive redundancies.
 10. No sentence fragments.
 11. Contractions aren't necessary and shouldn't be used.
 12. Foreign words and phrases are not apropos.
 13. Do not be redundant; do not use more words than necessary; it's highly superfluous.
 14. One should NEVER generalise.
 15. Comparisons are as bad as cliches.
 16. Eschew ampersands & abbreviations, etc.
 17. One-word sentences? Eliminate.
 18. Analogies in writing are like feathers on a snake.
 19. The passive voice is to be ignored.
 20. Eliminate commas, that are, not necessary.
 1. Never use a big word when a diminutive one would suffice.
 2. Use words correctly, irregardless of how others use them.
 23. Understatement is always the absolute best way to put forth earth shaking ideas.
 24. Eliminate quotations. As Ralph Waldo Emerson said, "I hate quotations. Tell me what you know."
 25. If you've heard it once, you've heard it a thousand times: Resist hyperbole; not one writer in a million can use it correctly.
 26. Puns are for children, not groan readers.
 27. Go around the barn at high noon to avoid colloquialisms.
 28. Even IF a mixed metaphor sings, it should be derailed.
 29. Who needs rhetorical questions?
 30. Exaggeration is a billion times worse than understatement.
- And the last one...? Proofread carefully to see if you any words out.



A MESSAGE FROM THE VICARAGE

I hope that you all had a peaceful and joy filled Christmas and some opportunity to relax and enjoy the company of family and friends. I have never been a great one for new years' resolutions but there is something to be said for a spiritual resolution. Often over the years of ministry people have said to me that they used to go to church! For various reasons our habits can change but God is unchanging.

The desire to attend mass on a Sunday or other weekday takes time and effort, although I hope that parishioners find our worship a nourishing experience and not a chore. Our liturgy at St John's is full of colour and variety, good music and sweet smelling incense all of which gives glory to God. It's designed to lift us up in an "out of the ordinary" way and bring us closer to heaven whose worship we join.

If you have never been here before on a Sunday at 9.30 am do give us a try. Connecting our daily lives with God's purpose can be a very engaging experience. I do encourage you all to come; you can be assured of a warm welcome by our friendly congregation. I am also very happy to chat with anyone in person or on the phone who may have spiritual needs, doubts, fears or even joys to share.

With my prayers for a prosperous 2024.

Every blessing

Fr Clive

The Higham Bridge

Monthly Magazine produced by the Parish of Higham with Merston

S.JOHN'S PARISH CHURCH - WORSHIP

Weekday Mass

Mon, Wed, Fri & Saturday only
Tuesday

MORNINGS 9.30 am
EVENING 7.30 pm

Sunday Mass

MORNING 9.30 am

All Mass services are also available via Zoom

Please check the Bulletin for the special service times available on the website - www.highamparishchurch.org.uk.

**WEDDINGS and FUNERALS MAY BE HELD IN CHURCH –
FUNERALS ARE ALSO HELD AT CREMATORIA.**

Baptisms / Confession / Anointing

Contact Fr Clive Jones

vicar@highamparishchurch.org.uk

or one of the Churchwardens – details below

Please note that Father Clive is not normally available Mondays

In an emergency please contact one of the Churchwardens



**Email: Teresa Joblin churchwarden@highamparishchurch.org.uk
Helen Walker
church_warden@highamparishchurch.org.uk**

**PARISH PRIEST
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**FATHER CLIVE JONES
FATHER ANDREW DAVIS
Mrs Teresa Joblin**

**TEL: 01634 711019
TEL: 01634 786144
Tel: 07956 336134**

**THE
CHURCHWARDENS**

**Hill Cottage Telegraph Hill
Mrs Helen Walker**

***Tel: 01474-396569**

**CHURCH HALL
BOOKINGS**

Mrs Liz Croker

Tel: 07811 028803

HiARA CHAIRMAN'S REPORT.

I must begin this month's report by amending my comments made regarding the Memorial Hall and the Parish Council. My apologies if this misled anyone.

What I should have explained is this; since November 8, The Memorial Hall is being run by a new management committee in accordance with the Trust Deed. It is just that the Trustee has changed to HPC and membership of the Memorial Hall management committee has changed to include some Parish Councillors.

Well, we have been very fortunate recently! Our speaker, Tony Harris. was a great character and his interactive talk with members was very amusing. He didn't stop talking and was very quick witted. We will definitely book him again – with another of his topics – for 2024. There was a hiccup at the start of the meeting, as we were keyless! We now have a plan for this so that it won't happen again (fingers crossed). Anyway, the meeting still started on time.

Then, there was our Christmas lunch at Stone Lodge. Margaret and her team did a marvellous job in providing us with some lovely food, plenty of it, hot and on time. I think everyone enjoyed it. Our table didn't stop chatting either. My thanks go again to the caterers and to Jan and Peter for all their hard work in organising the menus and all that goes with that. Look out for more details on another lunch in the new year.

Our Christmas tea party afternoon will be over, by the time you read this, but I'm sure that will be enjoyable as well. No meeting on December 22 but open for activities on Friday 29th.

May I take this opportunity to wish everyone a Very Merry Christmas and a Happy and Healthy New Year.

Liz Jeffrey

My Community Voice

*This is still relevant even though
This was published in time for
Christmas but is relevant on any date!*

Merry Christmas!

December is here! and the Christmas decorations are coming out! With this, criminals will be on the look out for opportunities to make some quick money and potentially ruin your Christmas.

In the normal style, here are my top tips for protecting yourself and your home this Christmas.

1. Don't put your recycling out too early! Its great when we get a new top of the range TV however your stuck with that annoying giant cardboard box! By putting it outside you are telling the world what you have inside your house potentially making yourself a target. Pop it in the garage or a shed until recycling day. Check the council website for your correct bin day!
2. Don't advertise your plans! Lots of people go and stay with relatives over Christmas or pop away for a few days. Don't tell the world your plans and don't make it obvious on social media that your house will be empty. This is valuable information that thieves can use when planning a burglary.
3. If you are away over Christmas, encourage your neighbours to let their guests park on your driveway. Cars constantly on and off the driveway give the illusion that you are still at home.
4. Use Timer lights. Christmas lights are wonderful but have them on a timer so that it looks like you're at home even if you're not. Outside lights also look great however a common mistake is feeding extension cables through partially open windows; criminals know to look for this

vulnerability. When it comes to outdoor lighting, if you don't have an external plug outlet, opt for solar or battery-operated lights instead.

5. Window stickers and signs, if you have stickers or signs saying that you mark your property and you are in the neighbourhood watch this shows a level of crime awareness and may make potential burglars think twice. Another tip would be to put a sign on your letterbox saying "beware the dog". Even if you don't have one, burglars won't know that!

6. Consider using the "Immobilise" website to mark and record your property so that if it is stolen and recovered by police it can come back to you.

[The National Property Register, for Phones, Gadgets, Bicycles & More... \(immobilise.com\)](http://www.immobilise.com)

7. Consider asking Santa for an early Christmas present this year; CCTV! And if you already have one, put it up and make sure it works!

Don't let the burglars steal your Christmas!

PC Kieran Haines

Kent Police

Gravesend Community Safety Unit



...the good news is - I've found a way of heating the church on unwanted chip-fat!...



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HIGHAM VILLAGE WEBSITE

To see the latest village news, Annual Parish Newsletters, What's On and Parish Council go to www.higham-kent-pc.gov.uk

If your group or society plans an event or meeting and you want more advertising, just let me know so that it can be added to the village website to spread the word. Club and society contact details are always needed to update and extend the online list of groups. If your society has a website, then we can list this as well and link back to you.

Higham is a buzzing, friendly village so lets share this feeling on our parish website!

Linda Atkinson, Webmaster web.manager@higham-kent-pc.gov.uk



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Coffee and Conversation

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brewed, all we need is **YOU**

Next dates

Saturdays

6th January

3rd February



10.30-12.30

**in the
Vestry Hall**

Not Churchy—just Chatty!

Open to all

Come along, bring a friend. This community event provides a friendly welcoming space to meet new people.

HIGHAM VILLAGE HISTORY GROUP

On **21st March @ 8 pm** at **St. John's Church Hall, Hermitage Road, Higham** the Group will be holding a talk by James Dickinson entitled "The Medieval Castle and Cathedral City of Rochester". **Please note the change in venue. All future talks will be held in the Church Hall.**

Light refreshments will be available following the talk, free of charge.
Entrance fee for non-Members is £5 (Members free)

The Group have access to a range of historical documentation and run monthly **Archive Drop in Sessions** to enable people to visit and research local maps, photographs and other items of memorabilia that the Group hold. **Sessions take place at Higham Library the first Friday of the month between 11 am and 1 pm.** There is no need to book

The Group, with financial help from Higham Parish Council, is pleased to have been able to reprint the publication "A History of Higham" Volume 1 by Andrew Rootes. This had previously been out of stock. The cost is £7.50 and can be obtained via the Group's website or at the Village Post Office

The Group always welcome new members. Details of how to become a member are on our website: highamvillagehistory.org.uk
or email: info@highamvillagehistory.org.uk
or telephone the Group's Secretary (Kate) on 01634 718285

Coral White

ADDENDUM TO VILLAGE DIRECTORY

Apologies once again for not correcting this in the November issue.

Higham Bowls Club

The Secretary is now Hazel East tel:- 07914 714197 and the Chairman is now John Wheatley tel:-01474 362172.

Higham Memorial Hall

The Management Committee and Trustees will be changing as from 7th November. Before the next issue is compiled all details relating to the running of Higham Memorial Hall should be obtained from The Higham Parish Clerk. Contact details are given in the Bridge.

The JANUARY Requiem

is on Saturday 6th January 2024 at 9.30 a.m.

*The recently departed (and those named below) will be prayed for at this Mass.
Those named below are remembered on the Sunday before and the actual date itself.*

1st	Sylvia Anne Fowler	Robert Bolton
	Frank William John Heasman	21st Jocelyn Howard
	Arthur Sidney Joblin	James <u>Gordon</u> Aspin
2nd	'Kelly' (Robert Hilton) Bradish	'Diana' Julia Rosina Dartnell
3rd	Gladys Millgate	22nd Winifred May Penney
	Joyce Irene Dockrell	Eileen Poulton
5th	Sybil Batchelor	21st Ethel Mary <u>Valerie</u> Phillips
	John Etherton	24 th Joan Savickis
	David Seth Pankhurst	26th Florence Rose Oake
6th	Nora Hotter	Caroline Ann Grix
	Winifred Beatrice Avery	Vincent Buhagiar
10th	Peggy Rosemary Last	27 th Liam O'Brien
12th	Ann Grain	29th <i>The deceased clergy, communicant members and benefactors of S.John's</i>
14th	<u>Albert</u> William Haselden	30th Edward Stuart Talbot <i>BISHOP</i>
15th	Percy John Dams <i>PRIEST</i> *	Doreen Rose Taylor
16th	Jean Nicolas Hill	31st Duncan Graham
17th	Herbert Clement Scutts	Anne Louise Carpenter
	John Ernest Henry Parkinson	
20th	Dorothy Alice Southward	

*** = *This priest was a former Vicar of Higham***

*PLEASE NOTE: Except for previous Incumbents of the parish, the names
of those deceased more than 20 years have been removed from the list.*

*However, should someone attend the requiem AND request the inclusion of
additional names these will be included in the list of those for whom we pray.*

We proclaim your Death O Lord, and profess your Resurrection,
Until you come again!

THE FEBRUARY REQUIEM

is on Saturday 3rd February 2024 at 9.30 a.m.

The recently departed, and those named below will be prayed for at this mass of requiem intention; and are remembered on the Sunday before and the actual date itself.

2nd	Ena Mary Choules	18th	Reginald William Rootes
4th	Dario Modena	19th	Cecil Newman <i>PRIEST</i>
5th	Mandy Burgess	21st	Michael Peter Beek <i>PRIEST*</i>
7th	Kenneth Asper	22nd	Violet Frances Elsie Welham
	Samuel Edward Bruno Modena	24th	Neil Andrew Haselden
9th	Brenda Mary Shackleton		Kevin Dwane Moore
	Hazel Cavell		Gladys Mary Christmas
11th	Joan Beatrice Clark		Alice May (Betty) Heasman
13th	Roy Edward Whyman	25th	Selina <u>Mary</u> Jarrett
	Bryan John Jones	27th	Peter Francis Cook
16th	Mabel Dorothy Lambkin	28th	Michael Conway
	Peggy Margaret Phoebe Williamson		
17th	Eric Cecil Shipman		
	James Douglas Abernethy		
	'Bill' Dingle		

* = This priest was a former Vicar of Higham

PLEASE NOTE: Except for previous Incumbents of the parish, the names of those deceased more than 20 years have been removed from the list.

However, should someone attend the requiem AND request the inclusion of additional names these will be included in the list of those for whom we pray.

Save us, Saviour of the world!
For by your Cross and resurrection you have set us free!

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Many thanks to everyone who contributed to this year's Poppy Appeal. Higham raised £3,106.41 in total.

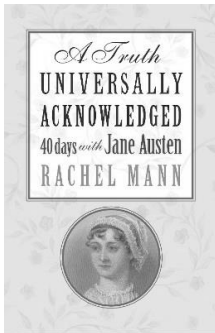
This incredible amount is more than we have ever raised before so a big **Thank You** is due to all our house-to-house collectors and all the businesses, schools and groups who continue to support us so admirably.

Thank you everyone!

Poppy Appeal Co-ordinator

BOOK REVIEW

A Truth Universally Acknowledged – 40 Days with Jane Austen **By Rachel Mann, Canterbury Press, £12.99**



Jane Austen – novelist, forthright letter writer, daughter, and sister of Anglican clergy – had a rarely-matched insight into human character.

She exposed frailty, caprice, and pomposity, yet without losing a profound and compassionate understanding of human nature. Her life was profoundly shaped by the church and Christian spirituality, making her writings an ideal accompaniment for the 40 days of Lent.

Rachel Mann introduces Jane Austen, her world, and her ideas, and, for each day of Lent she offers a commentary on a short excerpt from Austen's writing, to explore how her faith can illuminate ours.

Themes include: The Triumph of Love, Learning Wisdom, Seeing Beyond the Surface to the Truth, Knowing Where Your Treasure Lies, The Temptation to be Proudful and Prejudiced, The Pomposity of Religion, Privilege and its Limitations, Duty and Good Manners.

WORDSEARCH – Solution Page 23

Wise	Conversion
Men	Seeking
Trips	Kill
Paul	Baby
Encounter	Gifts
Jesus	Gold
Different	Proud
Epiphany	Blinded
Star	Road
Shone	Suffering
Bethlehem	Apostle

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

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CHILDHOOD MEMORIES – SARA LAMBERT

If you go to Higham History Group meetings you will know Sara as she is their Treasurer. She is also a regular with the litter picking team.

Sara was born Sara Jane Thornton in a nursing home in Rochester. At the time the family lived in Wainscott moving when she was five to a house near the Duke of York, so just in Shorne. She had two brothers, both younger than her and the family were quite well off, both parents working. Her father was involved in a hardware wholesalers in Gillingham and her mother was an optician whose practice was in Strood High Street (now Boots Opticians). She was part of the Edmonds family who farmed quite a bit of Higham including Hill Farm in Taylors lane and Gads Hill Farm. Because both parents were working she was brought up mainly by her grandmother who lived in Pear Tree Lane and who took her exploring such places as Rochester High Street. She looked after her grandchildren after school and during the school holidays. Sara remembers her as a real character – one of her antics included getting her Morris Minor stuck down Crown Lane in Shorne when she wanted to see how deep the snow was, telling the children not to tell their parents. She used a snow shovel and a blanket under the wheels to get them out!

Sara would also visit her great aunt, Mary Edmonds, who lived opposite The Knowle. When not at school she would play with friends in Shorne village, walking there to meet them and cycling to Meopham to visit others. She also had a pony which they kept in a paddock at the top of the Larches, entering competitions in gymkhanas and the Ploughing Match. Family holidays were at Greatstone where they rented a bungalow for three weeks but her father usually had to leave before them owing to commitments at work. She admits to having been a rebellious child but never got into any real trouble.

Sara went to Gads Hill School but did not exactly flourish there, not because she was not academic but just not interested in learning, working only on the subjects she would need to get into college to train as an optical technician. She left school aged fifteen and later worked for a firm of spectacle makers in London. She has lived in Higham since 1975.

Barbara Manley



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HIGHAM VILLAGE CLUB (CIU)



33 Hermitage Road, Higham, Rochester, Kent, ME3 7DD Tel: 01474 822456

Check out our Website www.highamvillageclub.co.uk

*The club has a hall which can be hired out for private functions to members and non-members.
Ideal venue for Birthdays, Weddings, Christenings & Wakes.*

All our events are usually open to non-members for a small entrance fee.

Bags 2 Church Need to declutter?



Have you been meaning to clear
some space in your wardrobe
and drawers?

Well now is the chance to do it:-

However due to lack of storage, St John's will
gladly receive your unwanted clothes, shoes, bags
FROM

11 am Sunday 28th January until
5.30 pm Tuesday 30th January 2024

Place items in a **clear** bag which will be available
from the Church Porch.

Yes we accept these		None of these
All clothing	Hats	Soft toys
Paired shoes (tied together)	Bags	Household linen
Hats	Scarves	Household curtains
Bags	Jewellery	Household towels
Lingerie	Socks	Household bedding
Handbags	Belts and ties	

For more information contact
Cheryl Robins 01474 822861

Church-speak

MAGI: The most famous trio to attend a baby shower.

PEW: A medieval torture device still found in some churches.

AMEN: The only part of a prayer that everyone knows.

BULLETIN: Your receipt for attending a church service.

The church notices that did not come out quite as they were meant to do!

We are delighted to announce that the youth group has raised almost £500 for drug abuse.

Correction: The following typo appeared in our last bulletin: 'Lunch will be gin at 12:15.' Please correct to read '12 noon.'

Any church member over 18 is welcome to join our new lay ministry programme. It requires minimal training and time: just six weekly classes of about 200 hours each Tuesday night.

The Seniors group will have a picnic on Saturday. Each person is asked to bring a friend, a vegetable, and a sweet, all in a covered dish. Meat and drinks will be provided.

Remember the church jumble sale. We have a gents three-speed bicycle, and also two ladies for sale, in good running order.

Please place your donation in the envelope, along with the deceased person you want remembered.

The church will host an evening of fine dining, superb entertainment, and gracious hostility.

This afternoon there will be a meeting in the north and south ends of the church. Children will be baptized at both ends.

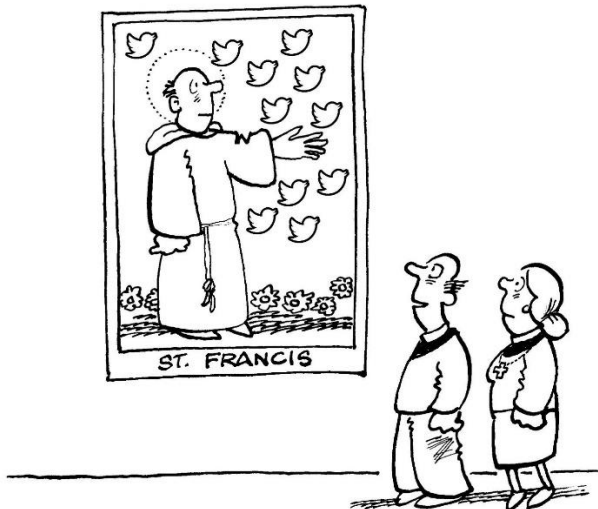
Tuesday at 4:00 pm there will be an ice cream social. All ladies giving milk, will please come early.

Come to our church lunch on Sunday at 12.30pm. Prayer and medication to follow.

Weight Watchers will meet at 7 p.m. Please use the large double door at the side entrance.

Sources for Book Review, Cartoon and Smiles lines – Parish Pump

WORDSEARCH SOLUTION



*He's been updated. He's now the
patron saint of tweeting!*

POTATOES ARE NOT SO BAD FOR YOU AFTER ALL

Potatoes have been a target of the anti-carb brigade for probably long enough. An affordable staple food for centuries, they have fallen out of favour in recent times, amid the trend for low-carb diets.

“The humble potato has been given a bad rap,” says Dr Duane Mellor, a senior teaching fellow at Aston Medical School in Birmingham. “The truth is that potatoes contain a lot of vitamins and other nutrients that are important for good health.” These include vitamin C, vitamin B6, potassium, and choline.

Potatoes also contain fibre, including resistant starch. This helps to feed the gut bacteria, which in turn has a wide range of health benefits.

Both the skin and the flesh of potatoes are good for you. The skin provide fibre, and the flesh contains most of the vitamins and minerals. So, the healthiest way to cook potatoes is to boil or bake them in their skins.

BREATH DEEP

Now here's a trick that you probably haven't tried before: next time you forget something, try taking some deep breaths.

It seems that inhaling stimulates our brain, creating electrical activity where emotions, memory and smells are processed. In a recent American study, individuals were able to identify a face two seconds more quickly if they were breathing in through the nose, rather than breathing out.

The study was carried out at Northwestern University in Chicago, and it may also explain why we breath rapidly when afraid. “If you are in a panic state, you spend proportionally more time inhaling. Faster breathing could have a positive impact on brain function and result in faster response times.”

NEW BEGINNINGS – A SACRAMENTAL CALENDAR

How quickly the months pass and we come to a new year. Towards the end of 2023, the sermons at the chapel were on the Sacrament. The following reflection arises from what was said over six Sundays.

Where begins the year? Is it January (our calendar year), December (the church year beginning with Advent) or September (as in the academic or school year)? And what about the week? Does it start on Monday or Sunday?

For most of us, we inhabit more than one world and so are comfortable with alternative answers to these questions. For the ancient Jews, that was the case too. They had the civil new year at the time of the Autumn equinox and the religious new year at the time of the Spring equinox. The latter was associated with the Passover and Israel's escape from captivity in Egypt. The Lord said to Moses, ***"This month shall be unto you the beginning of months: it shall be the first month of the year to you."***

The Hebrews' flight from their Egyptian bondage was marked by an extraordinary meal, the Passover. In each home, they ate roasted lamb, the blood of which beast was used to mark the door of the house. The last and worst of ten plagues fell on all the homes in Egypt, except for those identified by blood on the doorposts and lintels. The meal they consumed, before leaving the country for the wilderness, was to be repeated as an annual memorial. So, the religious year commenced with the sacramental meal commemorating that historical new beginning.

Christ transformed the Jewish Passover into the Christian Eucharist or Communion. For some, the Sacrament is an annual event, for others it is daily, but for many it is a weekly celebration. (It would appear that the settled apostolic church of the New Testament met to remember the Lord on the first day of the week.

Acts 20:7 reads: ***And upon the first day of the week, when the disciples came together to break bread ...***) The point is not the frequency of the Communion, but its place and significance in the calendar. As the Passover marked the beginning of the year, so the Church's week began with the Sacrament.

The Christian's beginning is with ***the Lamb of God, which taketh away the sin of the world.*** The Church's starting point is the cross and Christ who we embrace and who embraces us, the Christ with whom we are united as we eat the bread and drink the wine. We rise from the sacred Feast to walk with Christ, to be led by Him, and to serve the world in His name.

*And I said to the man who stood at the gate of the year:
"Give me a light that I may tread safely into the unknown."*

And he replied:

"Go out into the darkness and put your hand into the Hand of God.

That shall be to you better than light and safer than a known way."

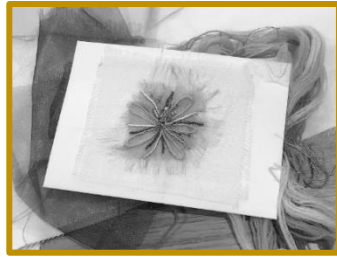
So I went forth, and finding the Hand of God, trod gladly into the night.

Minnie Haskins

At the beginning of a new year, we pray God's blessing for all the readers of *The Bridge* and of these reflections. May you go forth, and finding the Hand of God, tread gladly into the unknown of 2024.

Rev'd Peter Michell and David Mead
Higham Congregational Church

NORTH KENT EMBROIDERERS



Hello Everyone,

Our November meeting was 'Four Corners'. The groups were led by our own members: Sue, Veronica and Louise (thank you to them all). We could choose from 'slow stitching', 'Fandango Squares' and sewing with organza. Some members chose to work on their own pieces (this was the fourth group). It was lovely to see the results at the end of the afternoon. We came away with new skills to try out at home.

Our postcard challenge was 'Fireworks'. You can see that we all had similar ideas about a colour scheme for that one, with some very sparkly pieces being swapped with other members.

If you would like to join our group or would just like to find out a bit more about us then please pay us a visit - look at our website

<https://northkentembroiderers.co.uk/>

or email us at: info@northkentembroiderers.co.uk

or contact our Chairman, Eileen on 01474 324734

Happy stitching, *Karen*



NEXT COPY DATE

March– Sunday 4th February

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Advertising: Liz Croker

Admin: Liz Croker

DTP: Sheila Hoggarth

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Contact: 07811 028803 or bridge@highamparishchurch.org.uk

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Half Page	£63.84	1/6th page	£24.94
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JANUARY AND FEBRUARY Donation Guide

The next collection dates are **Saturday and Sunday**
27TH and 28TH JANUARY - 24TH and 25TH FEBRUARY from 9.30 am to 5 pm

OUR SHOPPING LIST

- | | |
|---|---|
| <ul style="list-style-type: none">• TINS OF CUSTARD• TINS OF HOT MEAT/COLD MEAT/HOT DOGS/MEAT PIES• CRACKERS/SAVOURY BISCUITS/CEREAL BARS• TINS OF RAVIOLI/SPAGHETTI BOLOGNAISE• SMALL BAGS OF RICE (500G, 1KG, 2KG)• TINS OF VEGETABLES (CARROTS, PEAS, GREEN BEANS, BROAD BEANS, SWEETCORN)• COUS COUS• TINS OF MACARONI CHEESE• SMALL JARS OF INSTANT COFFEE | <ul style="list-style-type: none">• TINS OF SALMON/PILCHARDS• EVAPORATED MILK• SMALL PACKETS OF INSTANT MASH• MAYONNAISE• LONGLIFE MILK - GREEN OR BLUE <hr/> <ul style="list-style-type: none">• INSTANT NOODLES |
|---|---|
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