

Parish Newsletter - Issue No. 97

50th

March 2026

St Alban's, Blue Bell Hill, St David's, Lordswood,
and St William's, Walderslade



Every now and then the Vicar preaches a good sermon... This appears to have happened the other day at our service at St Alban's, Blue Bell Hill.

Some were still referring to the ideas a whole week later. That is a first!

The sermon was about Elijah and the widow at Zarephath (*1 Kings 17.8-16*). God speaks through Elijah during a time of great famine, asking the woman to give the last of her food to the prophet before feeding herself and her son. The point: oftentimes God calls us to do the very opposite of what our natural instincts are telling us, as well-meaning and informed as they may be, to achieve a higher purpose. Faith is tested, miracles happen and God's will unfolds when we follow the unintuitive path.



I concluded the talk with a list of 'unintuitive things' to show how this might work out in practical and spiritual terms. Many of the ideas make for good lenten disciplines. (If the buzz around the list is anything to go by, I would recommend taking another look on *page 3*.)

In March, we continue with *Pilgrim - Food for thought*, a course based on Holy Communion. There are two opportunities to attend each week: on Tuesdays online on Zoom at 7.30pm; and on Wednesdays in-person in the Chapel at St William's from 2.30pm. It is not too late to join, if you missed the first session. Some of you may have also missed the reintroduction of a Midweek Communion in the Chapel at St William's at 10am on the first Wednesday

LOVE ♦ ACT ♦ SUSTAIN

'turning the holy ordinary and the ordinary holy'

of the month. Rev. Ann and I had been thinking about this before the call for “more services” at the Parish Vision Day in September 2025. We hope that meeting in the Chapel at St William’s for worship during the week once-a-month will reintroduce some spirituality into the Walderslade corner of the Parish.

Before the end of March, Passiontide and Holy Week will be upon us. As in previous years there will be an opportunity to join a simple service of Night Prayer on Holy Monday through to Holy Wednesday online. Maundy Thursday coincides with Trinity Prayers, so there will be a service of Holy Communion at St David’s that

evening. More details about Worship during Holy Week and over Easter can also be found below.

Lastly, don’t forget — as if you could! — that 2026 marks the 50th Anniversary of St David’s, Lordswood. A special celebration service is being planned for Sunday 10 May with guests. Look out for articles and other events, and if you have any photographs or memorabilia, please get in touch with Sylvia Wrigglesworth or me.

God bless

Rev. David Kitchenside
Team Rector

Worship in March 2026

Sunday 1 March (Lent 2)

10am **Morning Worship** at St William’s, Walderslade

Sunday 8 March (Lent 3)

10am **Holy Communion** at St Alban’s, Blue Bell Hill

Sunday 15 March (Lent 4/Mothering Sunday)

10am *Family Vibes & Morning Worship* at St David’s

Sunday 22 March (Lent 5/Passion Sunday)

10am **Holy Communion** at St William’s, Walderslade

Sunday 29 March (Palm Sunday)

10am **Holy Communion** at St Alban’s, Blue Bell Hill

On the Social side

Coffee & Cake at St David's on the second Friday of each month between 10.30am and 12pm. *Hot drinks, cold drinks, lots of cake and good company!* Next date: **13 March**

Tea at Three at St William's on the third Monday of each month at 3pm. *Afternoon tea served with a friendly smile!* Next date: **16 March**.

Holy Communion & Coffee Morning at St Alban's on the third Wednesday of each month. Next date: **18 March** (worship at 10am, refreshments from 10.30am).

Cornerstone Coffeeshop at St William's in Walderslade Village is open most days throughout the week; **Monday - Friday** 10am - 2pm and **Saturdays** from 9am. *Providing quality fresh coffee, tea, delicious homemade cakes, paninis, toasties and homemade soup.*

Follow your 'Unintuition'

A list of Rev. David's favourite 'unintuitive things':

1. **Prayer** - Prayer doesn't come naturally. When we pray are we moved by faith or by fear? I would suggest that praying with faith in the expectation that God our Father is listening is healthier than praying with a sense of fear about the situation or person for which we pray.
2. **Forgiveness** - Jesus teaches us to forgive others, but we must also learn to forgive ourselves. God forgives us in Christ Jesus, so why do we so often withhold forgiveness from ourselves?



3. **Conflict** - Walk towards the fire of conflict. This is a hard teaching, but I believe God rewards our bravery with reconciliation when we walk towards those we have injured if, and only if, it is safe for us to do so. As Paul teaches, 'Make every effort to keep the unity of the Spirit through the bond of peace' (Ephesians 4.3 — emphasis mine).
4. **Don't apologise** - The British are very good at taking responsibility for things that are not their own fault, thereby devaluing the act of saying 'sorry' when genuinely called for. To say 'sorry' unnecessarily can indicate a lack of self-respect and low self-esteem. God calls us to be loving and gracious, yes, but not at the detriment of our God-given worth.
5. **Say 'No' to people** - I once heard Bishop Simon Burton-Jones say, "It is one thing to deny yourself, take up your cross daily and follow Christ, it is another to flog yourself to death for the sake of the Church of England!" Insert the name of your own work-place, organisation or the family member that makes constant sometimes unreasonable demands upon your time and resources and learn to say 'no').
6. **Stopping** - Sometimes we simply need to stop...
7. **Sabbath** - God invited Adam and Eve to rest on the first day of the week following the creation of the world. When was the last time you stopped, wasted time and/or did nothing with your day? If you are naturally lazy, then the unintuitive thing is to practice getting up early, but if not, perhaps it's time for a 'duvet day'!
8. **Treat yourself** - This is a very back-to-front idea when we consider Elijah and the widow of Zarephath, but when was the last time you treated yourself? Christians are good at putting others first, this is a kingdom quality. But, just as we should learn to say 'no' to others, we need to learn to say 'yes' to ourselves. God loves you. When was the last time you bought yourself a new outfit, or got your hair-done?
9. **Tell a different story** - When we are fearful and worried about the future, or feeling tired and overwhelmed we tell ourselves negative stories. Churches can be particularly bad at this. We see the situation as a glass half-empty rather than half-full. Telling stories of hope instead of despair; with enthusiasm instead of overwhelm can transform the culture around us.

10. **Living with mess (to master the violin)** - Achieving excellence in any specific area of life requires discipline and focus. We cannot do everything to perfection. This may mean neglecting certain tasks and duties in favour of others. The person who chooses to live in an untidy house to focus on becoming a concert violinist is one such example.
11. **Leaving tasks unfinished** - Those who consider themselves to be a 'perfectionist' find this unintuitive discipline especially difficult. Try deliberately leave a task undone. Relish in the delicious adequacy (or inadequacy) of the unfinished... I once heard it said that 80% of our time and effort is spent on the last 20% of a task. Sometimes the best approach is to stop endlessly finessing the work, avoid the 80% trap, and move on.
12. **Walk instead of drive** - This idea speaks for itself. There are obvious environmental, physical and spiritual benefits to walking over driving.
13. **Choose solitude/choose company** - Years ago, I attended a Diocesan Conference. After an exhausting day of input and people, as a natural introvert, all I wanted to do was to go to my room for an early night. Yet, I sensed God saying, "go and socialise with your colleagues". I went, and it turned out to be an enjoyable evening. God was inviting me to learn to be with people when I was least inclined to do so. Sometimes, however, solitude is what God wants for us. The Gospels are full of examples of Jesus choosing solitude in order to draw near to God.
14. **Write with pencil and paper** - A final idea; one that deliberately rejects modern dependence upon information technology in favour of simple means of communication. I know a priest-friend who was encouraged by his Spiritual Director to write-out poetry in his journal instead of copying and pasting the text from the internet. This type of exercise is another way of slowing down, savouring words and praying.

Adapted from a sermon given by Rev. David Kichenside on Sunday Before Lent 2026.



In our prayers

We remember before God:

- our world; wherever there is injustice, pain, suffering and sorrow
- His Majesty King Charles III and the Royal Family
- UK Government, Ministers of Parliament and Local Councillors
- the Methodist Southeast District, the churches of the North Kent Methodist Circuit
- Rochester Diocese, our Bishops, and the parishes of this Deanery
- the guests and leaders involved with Alpha as the course reaches a conclusion
- the sick in body mind and spirit
- for couples preparing for their wedding day and future life together
- those preparing for baptism and confirmation
- the family of Michael Alabi and all those who have lost loved ones recently.

Worship during Holy Week & Easter 2026

Holy Monday to Holy Wednesday — 30 March to 1 April

7.30pm

Night Prayer Live-streamed on Facebook

Maundy Thursday - 2 April

7.30pm **Holy Communion** at St David's

Good Friday - 3 April

10am *Family Vibes* at St David's

10.10am **Walk of Witness** from St David's ending with a
11am **Joint Service** with Christ the King at St William's

2pm **An Hour at the Cross** at St David's

Sunday 5 April — Easter Day

6am **Sunrise Service** at the View Point, Blue Bell Hill
followed by breakfast at St Alban's

10am **Holy Communion** at St William's

Dates: March 2025

Alpha CONTINUES & ENDS
at St David's on Sundays 1, 8,
15, 22 & 29 March between
4pm and 5.30pm

Pilgrim - Food for thought
online on Zoom on Tuesdays
in March at 7.30pm and in-
person in the Chapel at
St William's on Wednesdays
from 2.30pm.

Midweek Communion at Woodlands Court on Monday 2 March at
6.30pm

Midweek Communion in the Chapel at St William's on Wednesday
4 March at 10am





Trinity Prayers in the Chapel at St David's on Thursday 5 March at 7.30pm

Woodlands Study Group (Residents only) at Woodlands Court on Mondays 9 & 23 March at 11am

Bible Study Group in the Chapel at St David's on Mondays 9 & 23 March at 2.30pm

Diocesan Synod on Saturday 14 March at St Andrew's Paddock Wood from 9.30am

Wardens Plus at 26 Mayford Road on Monday 16 March at 9.30am

Pastoral Group at 17 Dornden Gardens on Tuesday 24 March at 10am

CEC Meeting in Cornerstone at St William's on Wednesday 25 March at 7.30pm

Reading & Praying

Lent 2 – 1 March

*Genesis 3.1-7,
Psalm 92.1-5, 12-15,
Ephesians 2.4-10 &
Matthew 7.15-20*

Almighty God,
by the prayer and discipline of Lent
may we enter into the mystery of

Christ's sufferings,
and by following in his Way
come to share in his glory;
through Jesus Christ our Lord. **Amen.**

Lent 3 – 8 March

*Genesis 3.8-21,
Psalm 96
Romans 8.31-39 &
Mark 13.14-22*

Eternal God,
give us insight
to discern your will for us,
to give up what harms us,
and to seek the perfection
we are promised

in Jesus Christ our Lord. **Amen.**

Lent 4/Mothering Sunday – 15 March

*Song of Songs 4.7-16,
Psalm 136.1-16
1 John 4.7-12 &
John 3.11-17*

God of love,
passionate and strong,
tender and careful:
watch over us and hold us
all the days of our life;
through Jesus Christ our Lord.
Amen.

Lent 5/Passion Sunday – 22 March

*Isaiah 51.1-8,
Psalm 148
Romans 11.13-24 &
Luke 13.18-21*



Gracious Father,
you gave up your Son
out of love for the world:
lead us to ponder the mysteries
of his passion,
that we may know eternal peace
through the shedding of our
Saviour's blood,
Jesus Christ our Lord.
Amen.

Palm Sunday – 29 March

The Liturgy of the Palms -

*Psalm 118.19-29 &
Matthew 21.1-11*

The Liturgy of the Passion -

*Isaiah 49.5-16, Psalm 22.1-11,
Galatians 3.23 - 4.7 &
Mark 14.32-52*

True and humble king,
hailed by the crowd as Messiah;
grant us the faith to know you and
love you
that we may walk beside you
on the way of the cross,
which is the path of glory.
Amen.

Maundy Thursday – 2 April

*1 Corinthians 15.35-44,
Psalm 49.5-15 & John 21.4-14*

God our Father,
your Son Jesus Christ was obedient
to the end
and drank the cup prepared for him:
may we who share his table
watch with him through the night
of suffering and be faithful.
Amen.

Good Friday - 3 April

*Romans 6.5-11,
Psalm 86.8-13 &
Mark 16.9-15, 19-20*

Eternal God,
in the cross of Jesus
we see the cost of our sin
and the depth of your love:
in humble hope and fear
may we place at his feet
all that we have and all that we are,
through Jesus Christ our Lord.
Amen.

Lent 2001

JOYCE RUPP

The cosmos dreams in me while
I wait in stillness, ready to lean
a little further into the heart of
the Holy.

I, a little blip of life,
a wisp of unassuming love, a
quickly passing breeze, come
once more into Lent.

No need to sign me
with the black bleeding ash of
palms, fried and baked. I know
my humus place.

This Lent I will sail
on the graced wings of desire,
yearning to go deeper
to the place where
I am one in the One.

Oh, may I go there soon,
in the same breath
that takes me to the stars
when the cosmos dreams in me.

Lent 2021 by Joyce Rupp, Poems for Holy Week
<https://www.trinitysj.com/wp-content/uploads/2016/09/Poems-for-Lent-and-Holy-Week.pdf> (accessed on
24/2/2026)

Keeping in contact

More information about the Parish is available via weekly emails which you can sign-up to receive from our website, achurchnearyou.com/Holy-Trinity-South-Chatham, or by using the QR code below. You can also follow us on Facebook and Instagram.

Team Rector: Rev. David Kichenside 01634 862265 david.kichenside@gmail.com
(Rest Day: Saturday)

Team Curate: Rev. Ann Ruby 07565 402121 reverendann@hotmail.com
(Parish Days: Wednesdays and Sundays)

| | | |
|--|--|--------------|
| Church Wardens | Pat Long | 01634 309180 |
| | Bary Horwell | 01634 308552 |
| Pro-Warden & Gift Aid Officer | Pauline Bowdery | 01634 669215 |
| Church Steward | Sylvia Wrigglesworth | 01634 683789 |
| Parish Safeguarding Officer | Mark Salter | 07719 183940 |
| Prayer Co-ordinator | Mary Horwell | 01634 308552 |
| | maryhorwell@blueyonder.co.uk | |
| Church Bookings | Jean Small | 01634 315106 |

www.achurchnearyou.com/Holy-Trinity-South-Chatham

@southchatham on Facebook and @htscuk on Instagram



HOLY TRINITY SOUTH CHATHAM

One church of St Alban, St David and St William serving Blue Bell Hill, Lords Wood and Walderslade.
A partnership between the Church of England and the Methodist Church

Registered Charity No. 1135416

