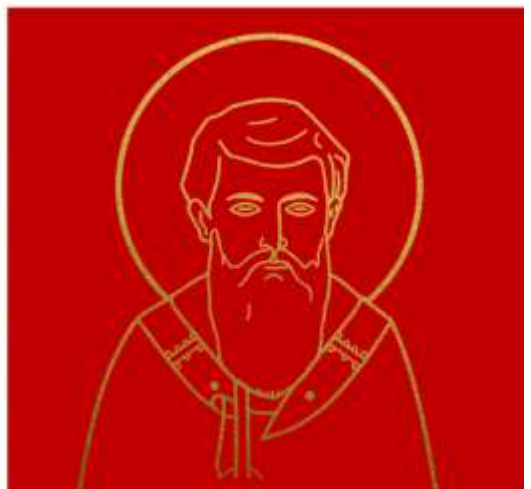
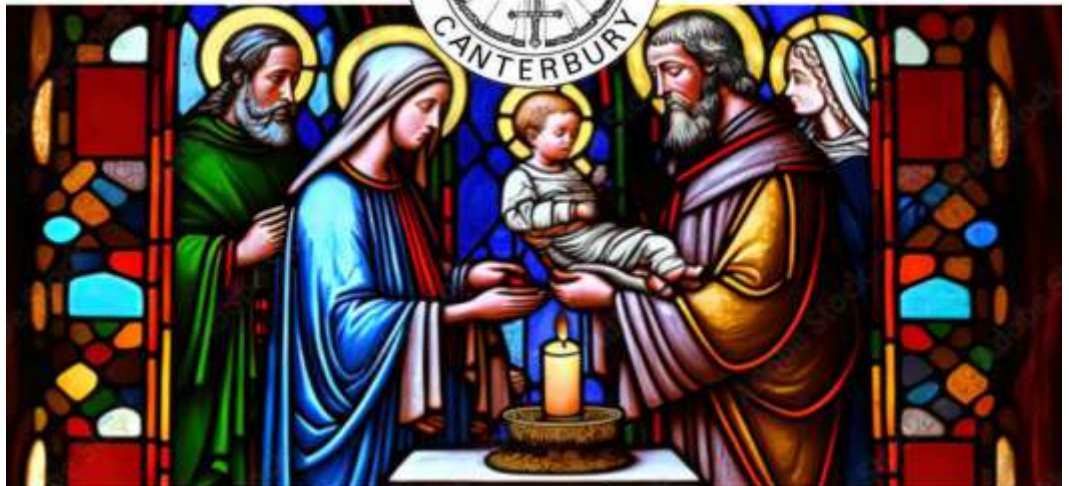


70p  
**Pilgrim  
Post**  
February  
2026

christians  
against  
poverty

**CAP**

Cause of the month



**Parish of St Martin and St Paul,  
Canterbury - Parish Centre**

Church Street (St. Paul's) CT1 1NH

Large modern Hall equipped with AV, WIFI, conference call facilities and well fitted Kitchen plus a range of meeting rooms

**All available to Hire**

for both regular bookings or one off events.

**See availability and Book Online via: [www.martinpaul.org](http://www.martinpaul.org)**

To discuss options please contact the Bookings Coordinator  
Tel: 01227 768072 (*Option 3*) e-mail: [bookings@martinpaul.org](mailto:bookings@martinpaul.org)



**N. BROCKLEBANK**  
**Electrical Contractor**  
**All work undertaken**  
**domestic and commercial**  
**to comply with**  
**I.E.E. Regulations**  
**ESTIMATES FREE OF CHARGE**  
**Mob: 07768872911**  
**Tel: (01227) 730006**  
**(24 hrs. Answerphone)**  
**neilbrocklebank@**  
**btinternet.com**

**THE CITY SWEEP**  
**CHIMNEY SWEEP**

Brush and Vacuum  
For all Chimneys  
Boilers and Stoves



Woodburning Stoves and  
Fireplaces Fitted  
Chimneys Lined  
Certificates Issued

Fully Insured  
Member of the National  
Association of Chimney Sweeps  
**Ralph Allard – 01227 450888**  
**Mob: 07813 716654**



**J W & L J BRASIER LTD**  
(Auto Repair Shop)

Servicing and MOT's Classes 4, 5 lights & 7 - Welding  
Local collection and return possible by arrangement.

Unit 11 Partridge Drive, Bridge, Canterbury CT4 5BF

**01227 831928**

E-mail: [jwandljbrasier@btinternet.com](mailto:jwandljbrasier@btinternet.com)



**Welcome to Pilgrim Post  
the Journal of the  
Parish of St Martin and St Paul.  
Canterbury**



**Our Parish Vision:**

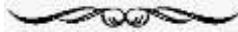
We are called to worship God in Jesus Christ and to make Christ known in our community.

We do not have all the answers. We are on a spiritual journey.

We look to scripture, reason and tradition to help us on our way.

Whoever you are, we offer a space for you to draw nearer to God and walk with us.

**Sharing the Journey of the Christian Gospel  
as an Inclusive Church**



**CAN WE HELP YOU?**

**Parish Office - 01227 768072** with the following options:

**For General Enquiries (*Option 1*)** or E-mail: [office@martinpaul.org](mailto:office@martinpaul.org)

**Enquiries about Baptisms, Weddings and Funerals (*Option 2*)**

The Revd. Dr Mary Kells or E-mail: [rector@martinpaul.org](mailto:rector@martinpaul.org)

**For Church and Parish Centre Hire (*Option 3*)** - Jackie Curd,

Parish Centre Premises Supervisor - E-mail: [office@martinpaul.org](mailto:office@martinpaul.org)

Bookings can also be made via [www.bookings@martinpaul.org](http://www.bookings@martinpaul.org)

**To contact the Churchwardens (*Option 4*)** - see also page 3.

**St Martin's Visits (*Option 5*)** - Elena Field (Head of Visitor

Experience) or E-mail: [bookings@martinpaul.org](mailto:bookings@martinpaul.org)

**Pastoral Care Co-ordinator** - Please contact:

The Revd Sue White

07803 312144

or E-mail: [revsuewhite@gmail.com](mailto:revsuewhite@gmail.com)

**Special Request Prayers** - Please contact:

Gwyneth Hartwell 01227 451366 or Doreen Laven 01227 760372

or on the website at [www.martinpaul.org/prayers](http://www.martinpaul.org/prayers)



[www.martinpaul.org](http://www.martinpaul.org)



MartinPaulChurches

## Inside this Issue

Communications – Ministry and Parish Contacts	1 - 4
Services in February	5
From the Registers	6
Pilgrim Post Subscription 2026	6
The Rector Writes	7
Our Magazine cover this month	8
Celebrate Candlemass	8
Living the Liturgy – February	9
Nosh and Knowledge Night	9
Birthdays and Anniversaries	10
Choral Evensong and Supper	10
Journey into Prayer Concludes	10
Mothers' Union - February	11
Love is in the Air - Valentine	12
Parish Diary - February	13 - 15
Love is in the Air ( <i>Cont'd</i> )	15 - 16
Contemporary Theology	16
Insight on 'Wintering'	17
This Month's Poem	18
Blindman's Lantern	18
Romance at St Martin's	19
Eco-Church 54	20
World Day of Prayer	21
Pilgrim Post Archive 1986	22
Cause of the Month	23
An Unexpected Kindness	23

February – Did you Know?'	24
Blister Packs Alert	24
Living Lent 2026	25
Lent Lunch Invitation	25
Concert in Church	26
Endpiece	26

### **Pilgrim Post**

*[Published by the PCC]*

We welcome items from individuals and church or local community organisations.

All items submitted should include a contributor's name please.

It may be necessary to edit copy submitted. Items on church matters do not necessarily represent the official position of the Church of England.

### **Advertising**

Do please support those who advertise with us and mention that you saw their advertisement in our magazine.

Anyone wishing to advertise should contact the Editor

**01227 784779**

e-mail: pilgrimpost@martinpaul.org

The Parochial Church Council does not necessarily endorse the products and services advertised.

## WORKING TOGETHER IN MINISTRY

Telephone code 01227 unless otherwise indicated

**Rector: The Revd. Dr Mary Kells** 768072(*Option 2*)

rector@martinpaul.org

**Associate Priest (SSM): The Revd. Charlotte Sleigh**

office@martinpaul.org

**Readers: Mary Butcher** lgbbutcher@aol.com 764200

**Samuel Keeler-Walker** sjkw03@gmail.com 07402 200223

**Dr. Rosemary Walters** ra.walters@btinternet.com 768891

### **Churchwardens:**

*St Martin's:* (Announcement awaited)

(Vacancy)

**Deputy Wardens:** James Sampson 07968 786545

Dr. Claire Butler 768072

*St Paul's:* **Michael Keeler-Walker** 720121

**Ros Newington** 462897

**Deputy Wardens:** Monica Walling 787564

### **PCC Officers:**

*Chairman:* **The Revd. Dr Mary Kells** 768072

*Secretary:* **Jo Lawson** 07505705812

*Treasurer:* **Gordon Craig** 452428

### **Church Music:**

*Organists:* **Christopher Gower (St Martin's)** 07851 505565

**David Rees-Williams (St Paul's)** 07720 742193

*Choir Director:* **Dom del Nevo** 07753 336648

domdelnevo@gmail.com

### **Administy:**

*Parish Centre Premises Supervisor:* **Mrs Jackie Curd** 452131

*Parish Office Contact Options - see page 1.*

*Parish Magazine Editor:* **The Revd. Clive Barlow** 784779

pilgrimpost@martinpaul.org

*Parish Safeguarding:* **Lydia Newington** 768072 (*Option 6*)

**Monica Walling** 787564

## OTHER PARISH OFFICERS AND ORGANISATIONS

Telephone code **01227** unless otherwise indicated

Archivist	<i>(Vacancy)</i>	
Bellringers	Sam Keeler-Walker	<b>07402 200223</b>
Charity Giving Group	Claire Butler	<b>768072</b>
Christian Aid Week Co-ordinator	Rosemary Walters	<b>768891</b>
Church Library	Rosemary Walters	<b>768891</b>
Christians Together Canterbury	David Hartwell	<b>451366</b>
Deanery Synod	Rosemary Walters	<b>768891</b>
Eco-Church Co-ordinator	Revd. Sue White	<b>07803 312144</b>
Electoral Roll Officer	Judith Dimond	<b>459002</b>
Flower Arrangers (St Martin's)	Doreen Laven	<b>760372</b>
Flower Arrangers (St Paul's)	Ros Newington	<b>462897</b>
Friends of St Martin's (Secretary)	Sylvia Gower	Parish Office
Fisherfolk (Parents and Toddlers)	Jackie Curd	<b>452131</b>
Growing in Faith – Young Adults	Sam Keeler-Walker	<b>07402 20023</b>
'Hangouts' Youth Activity	Sue Spillett	<b>56100</b>
Head of Visitor Experience at St Martin's	Elena Field	<b>768072</b>
Lifelong Learning Group	Rosemary Walters	<b>768891</b>
Messy Church Events	Mary Kells	<b>768072</b>
Mothers' Union	Jackie Curd	<b>452131</b>
Parochial Charities	Christopher Wacher	<b>455367</b>
Parish Magazine – Editor and Advertising	Revd. Clive Barlow	<b>784779</b>
Ride and Stride for Churches	Sue Spillett	<b>456100</b>
Servers Rota	Val Taylor	Parish Office
Social Committee Co-ordinator	Jackie Curd	<b>452131</b>
Social Media Enabler	Chris Kirkland –	Parish Office
Stewardship Gift Aid Recorder	Richard Llewellyn	<b>764645</b>
Sunday Zone (1 & 2) Children's Work	Ruth Baker and Rosemary Walters	
The Children's Society	Gwyneth Hartwell	<b>451366</b>

## SUNDAY SERVICES - FEBRUARY

Welcome to Worship


at St Martin's Church, North Holmes Road CT1 1PW  
and St Paul's Church, Church Street St Paul's CT1 1NH

See Magazine Diary pages 13 - 15

Download our Sunday Service / Newsletter from our Website

[www.martinpaul.org](http://www.martinpaul.org)

**9:00 am St Martin's** - Said Eucharist (*Sung on Sunday 1st*)

**10:30 am St Paul's** - Sung Parish Eucharist (*Sunday Zone see diary*)  on our YouTube channel (*via Parish Website link*)

### MONTHLY SUNDAY SERVICES

**3:00 pm St Paul's** - TeaTime Family Service (*Sun: 8th*)

**5:00 pm St Paul's** - Choral Evensong and Supper (*Sun: 15th*)

**5:00 pm St Martin's** - Service of Silence and Compline (*22nd*)

### PRAYER OPPORTUNITIES - WORSHIP ACTIVITY DURING THE WEEK

**9:00 am Praying Together** using the 'Pray as you Go' app (*for approx. 10 minutes*) wherever you are on a Monday, Tuesday and Friday.

**10:30 am St Paul's - Prayer Book Eucharist** - Wednesday  
+++ *Service followed by refreshments in Church* +++

**12 noon St Martin's** - Midday Prayers - Thursday

**1.00 pm Messy Church on Saturday** - Spring Lane  
Neighbourhood Centre - (*Sat: 7th February*)

**8:40 pm (for 9:00 pm) Compline** (Night Prayers) - Thursday on Zoom using link: <https://bit.ly/ThursdayCompline> or email [charlottehardwick1981@gmail.com](mailto:charlottehardwick1981@gmail.com)



**Induction Loop Facility**  
and **Large Print Orders of Service**  
are available in both our churches



## FROM THE REGISTERS

### Funerals at St Paul's

*We commend to God's loving care:*

January 8th – Rosemary Simpson

January 20th - Geoffrey Stanley Galpin



## COMMEMORATIONS

*We remember in our prayers those who have died  
in February in previous years:*

Les Collins, Ajay Keller and Daisy Rew

---

## PILGRIM POST - 2026

### ANNUAL SUBSCRIPTION

We hope you enjoy reading our monthly Parish Magazine as printed copy or on-line PDF from the parish website.

The annual subscription for **Printed Copies** is **£7.00** and should be paid by 1st March 2026 please. This can be done by:

**Bank Transfer** to St Martin and St Paul PCC -

Sort Code **30-91-60** Account **00476662** Reference **PMAGSUB26**

**or) by Cash or Cheque** payable to 'St Martin and St Paul PCC' given to a magazine distributor or placed in the box in St Paul's Church in an envelope giving your name and marked 'Magazine Subscription'.

**or) by paying with Debit Card** at the back of either church advising us that you have done so by E-mail: [pilgrimpost@martinpaul.org](mailto:pilgrimpost@martinpaul.org)

**Printed Copies** by second class post are available.

*E-mail* [pilgrimpost@martinpaul.org](mailto:pilgrimpost@martinpaul.org) for details.

If you read **Pilgrim Post On-line** a donation of **£4.00** minimum towards production costs would be greatly appreciated.

Data Protection. To aid production and distribution we keep an up-to-date list of subscribers to Pilgrim Post.

**Editor and Distribution:** Revd Clive Barlow

Tel: 01227 784779 - E-mail: [pilgrimpost@martinpaul.org](mailto:pilgrimpost@martinpaul.org)

**Postal Copies:** Mrs Monica Walling

**Jo Lawson - PCC Secretary**

## THE RECTOR WRITES.....



Are you a winter person or a summer person? I wonder how you are finding these last weeks of winter. After Christmas has passed, our enthusiasm for New Year's resolutions has perhaps also waned, and the days are still cold and grey. An Aussie recently remarked to me, that the popular carol 'In the bleak mid-winter' only made sense to her when she came to England. So, how, at this time of year, do you keep your spirits up?

I had an interesting conversation with a parent at our Teatime service in which she suggested that we ought to embrace the concept of 'wintering'. We forget we are animals, she said. Some animals hibernate. Perhaps this is not the time to try to join the gym or those other muscular new year's resolutions, but to tuck in under the duvet and enjoy a good book. *[Read more about this in Ali Rew's article on page 17 – Editor]*

Her words had an impact on me, and I have found myself returning to them. It seems to me there are all sorts of reasons for supporting this as an endeavour. Yes, we are animals, and it is good to have humility about our animal nature. Let's not pretend we are gods, omnipotent to perform equally robustly at all times, but instead, remember that we are valued by God just for being, not for what we achieve. It seems to me there might also be an ecological imperative – seeing ourselves thoroughly as part of nature, in tune with it, rather than seeking to master and conquer it. And then it also harmonises for me with ordinary time, and the call on all of us to maintain faithfulness in the ordinary and humdrum as well as in the highlights, the epiphanies, the celebrations, that we have just rejoiced in.

What might prayer 'in the ordinary' look like. At the time of writing, we are about to have our January prayer session, which is about finding time for prayer in busy lives. Perhaps busy is your ordinary, but perhaps we might also want to explore praying under the duvet, allowing ourselves to snuggle with God.

Ecclesiastes 3 reminds us that "For everything there is a season and a time for every matter under heaven". Let's embrace the season,

remembering that God made it, and that God made us, and allow our ordinary time to flow gently like a river, cleansing us of what has gone before and leading us on, quietly, with no hurry, to the spring that awaits us. As the bulbs rest in the soil, and we know that their splendour will come, but not yet, let us too enjoy the last of our winter rest and give thanks.

Mary Kells

---

### This Month's Magazine Cover

**Candlemass marks** the end of the Christmas season and beginning of our preparation for Lent. The child Jesus is brought to the Temple and received by Simeon and Anna - 'a Light to lighten the Gentiles' (Luke 2) as beautifully illustrated in the window on our cover this month copyright © of which is gratefully acknowledged, and which brings the story in Luke 2 vividly to life.

.....February's 'local picture' shows West Kent volunteer team creating a **hibernaculum** - a refuge for reptiles, amphibians, and small mammals to safely shelter through winter. (see *Eco-Church report page 20*)

Love is in the air as we celebrate **St Valentine**, and we thank those members of the congregation brave enough share their stories (*page 12*). Elena Field also shares her thoughts on 'Romance in Anglo-Saxon Britain' (see *page 19*)

Editor

---

### COME AND CELEBRATE CANDLEMASS 5:00 pm Sunday 1st February - St Paul's

The festival of Candlemass is an end to the Christmas and Epiphany seasons and an important pivotal point in the Christian year. The church looks back to Christmas for a moment and then turns resolutely towards Lent and the cross.

Readings and music for the presentation of Christ in the temple are accompanied by the symbolism of the light as we look to the lengthening of the days. At the end of the service, we move to the church door and go out to share the journey of Jesus as the light of the world, as he moves towards the challenge of Lent.

Rosemary Walters



## **LIVING THE LITURGY - FEBRUARY**

*Readings are from the Common Worship Calendar and Lectionary  
Year A authorized for use in the Church of England*

### **1st – Candlemass Sunday**

**Gospel: Luke 2 v 21-40**

*Light and Shadow*

How does the Candlemas story of the Presentation in the Temple highlight the light and the shadow of Jesus' ministry through Simeon's words?

### **8th – Second Sunday before Lent**

**Gospel: Matthew 6 v 25-end**

*Challenge and Anxiety*

How do we 'seek first the kingdom' without getting anxious about our efforts?

### **15th - Sunday Next before Lent**

**Gospel: Matthew 17 v 1-9**

*What is Transfiguration?*

If Transfiguration is the shining out of what is at the root of our nature, what do we feel shines out from us?

### **22nd – First Sunday of Lent**

**Gospel: Matthew 4 v 1-11**

*The True Wildernesses*

What do we think are the main temptations which draw us into destructive lifestyles today and how does Christianity speak to them?

**Rosemary Walters**

---

## **NOSH AND KNOWLEDGE.**

7:30 pm Saturday 14th February – St Paul's Church  
£8.00 per person to make up tables of **8** or let me know your number and I will join you up with others to make a table.

Come along for a fun evening, a very different way to spend Valentine's night! Contact me for more information. **Sue Spillett**  
spillettsue@gmail.com

**February Birthdays and Wedding Anniversaries**  
with our **Good Wishes and Prayers**

**Birthdays:**

Sue Robb, Albert Newington, Mel Curd, Norma Ratcliff,  
Susan Manley, Lesley Gallagher, David Playfair,  
Gemma Collins, Michael Butler, Joshua Gauden,  
Dan Titterton, Edwin Livano Jones, Elle Playfair

**Wedding Anniversary:** Sophie and Pete Scott.



**Choral Evensong and Supper at St. Paul's**

5:00 pm - Sunday 15th February

**Guest Preacher:** Reverend Alistair Mansfield,  
Naval Chaplain (*Retired*)

**Theme:** Theme: W.H Auden



Warm yourself through February by popping down to St Paul's for Evensong and Supper. All are very welcome to this lovely service, with excellent music, thoughtful preaching and good company. This year's Evensong will be themed around the poetry of W. H. Auden, exploring faith, doubt and the search for meaning through his distinctive and often challenging work.

A tasty supper and pudding are promised, with a glass of something served afterwards for those who wish. No booking is needed for food, but please advise us of any dietary requirements. Call: 01227 720121

WhatsApp: 07871340926 Email: [namesfortea@hotmail.co.uk](mailto:namesfortea@hotmail.co.uk)

**Michael Keeler-Walker**

---

**Concluding Our Journey into Prayer**

7:45 pm Wednesday 11th February

**God's Breath In Us : Bringing It All Together** Rev Dr Mary Kells

St Paul's Parish Centre

*'It isn't that God's power is limited but that what God does is controlled by Love and who he is. (Source unknown.)*



Throughout February the theme of our MU daily prayers is the selfless love of Christ and in the NT Letter to the Romans, Chapter 5 verse 8 St Paul speaks to us of this love.

*“God proves His love to us that whilst we were sinners Christ died for us”.*

Loving Lord, we thank you for the endless and selfless love that you have given to us. We know that every one of your children is known to you and loved by you, no matter what. We give thanks for the example of love that we see in you. Let those who do not know your love or those who have not experienced your love as a person should, feel your presence, hear your word and know your presence now and always.”

Amen

**Looking back** - Mothers' Union celebrated New Year's Day with a Parish Party, which was very well attended and lots of fun. The first Wednesday meeting was also fun when members enjoyed a Beetle Drive.

**Looking forward** - Our AGM is on Wednesday 4th February at 2:00 pm in the Parish Centre. Corporate Communion is on Saturday 14th February at 9.30 am in St Paul's and Cathedral Prayers are on Thursday 26th February at noon.

**Looking further forward** - Mothers' Union has a very special service on Thursday 5th March at 11:00 am in the Cathedral in celebration of the 150th Anniversary of Mothers' Union. It will be followed by lunch at St Paul's. Please do come along. The next day, Friday 6th March is The World Day of Prayer at 11:00 am at The Salvation Army. Always a lovely service so do try and come to that as well. *(see page 21)*

In these early months of 2026 as we reflect on 150 years of Mothers' Union, we thank God that Mary Summer responded to His love and founded Mothers' Union all those years ago and now enfolded in His love we ask God to help us share His love with others throughout the world.

**Felicity Loram**

## LOVE IS IN THE AIR - VALENTINE

### Teenage Romance



Drew and I were sixth formers (at different schools) and had Saturday jobs at Woolworths. He was on fruit and veg. I was on the Pick and Mix counter and slipped him sweets when no one was looking.

In 1976 one of the staff threw a Leap Year's Day party during which I planted myself on his lap and said, "Will you marry me?" Although he said "No", the following week on our first 'date' we went to see 'Jaws'. The perfect film for hiding my face in his chest. We were engaged six months later and married a year after that, both aged 19. Everybody said, "I bet she's pregnant" or "it will never last."

Our daughter was born nine years later and it's our 49th wedding anniversary this year. How wrong they were. **Lorraine and Andrew**

### All Singing and Dancing

We met at a club called the 1835 Club, a social group to meet people of that age range in Shropshire many, many years ago, and that led to Folk Song and Dance events in the county, and the rest is history!

**David and Gwyn**

### Match of the Day

One Sunday afternoon in 1968, Jean my friend from work and I were in Morelli's café in Tankerton, when a group of boys came in some of whom she knew. A few days later, Jean said that one of the boys liked me and asked her to arrange a date. I couldn't remember exactly which of the boys Terry was, but a Saturday night date was arranged at Morelli's. I caught the bus to Whitstable only to discover that I had been 'stood up'. So I made my way to Jean's house and we both decided to go to the cinema.

On arriving there, Jean saw one of the lads getting his ticket and he told us that Terry had broken his leg playing football, and that he had seen him go into the cinema just ahead of us in the queue. Jean decided that we would ask the usherette if she knew where a boy with a broken leg was sitting. By then the lights were dimming, so she shone her torch

*(Cont'd page 15)*

## PARISH DIARY - FEBRUARY

See **Sunday Newsletter** / and **Weekly E-mail** for any changes.



To receive them please contact: [office@martinpaul.org](mailto:office@martinpaul.org)

**Prayer and Worship Activity during the week – See page 5**

**Eucharistic Weekday Services - See page 5**

**Choir Practice** Friday 7:30 pm (St Paul's)

**10:00 - 11.30 am Fisherfolk Toddler Group - Parish Centre**

Every Wednesday and Friday in Term Time

+++++

### **1st Sunday - Candlemass**

*Psalm 24:7-end. OT Malachi 3:1-5*

*NT Hebrews 2:14-end. GP Luke. 2:22-40.*

9:00 am Sung Eucharist - St Martin's

10:30 am Sung Eucharist with Sunday Zone 1 - St Paul's

5:00 pm Contemplating Candlemass - St Paul's (see page 8)

### **4th Wednesday**

10:30 am Prayer Book Eucharist - St Paul's

*Refreshments in Church afterwards and every Wednesday*

2:00 pm MU Annual General Meeting - Parish Centre (see page 11)

### **5th Thursday**

12 noon Midday Prayers - St Martin's

### **8th - Second Sunday before Lent**

*Psalm 136.1-9,23-end. OT Genesis 1: 1-2.3.*

*NT Romans 8.18-25. Matthew 6:25-end.*

9:00 am Said Eucharist - St Martin's

10:30 am Sung Eucharist - St Paul's

3:00 pm TeaTime Family Service at St Paul's

### **11th Wednesday**

10:30 am Prayer Book Eucharist - St Paul's

7:45 pm Journey into Prayer – Parish Centre (see page 10)

### **12th Thursday**

12 noon Midday Prayers - St Martin's  
4:30 pm - 6:30 pm Hangouts Youth Activity - Parish Centre  
**Copy date for March Pilgrim Post**

### **14th Saturday**

9:30 am MU Corporate Communion - St Paul's  
7:30 pm 'Nosh and Knowledge' - St Paul's Church

### **15th - Sunday next before Lent**

*Psalm 99. OT Exodus 24:12-end.*  
*NT 2 Peter 1.16-end. GP Matthew 17.1-9.*  
9:00 am Said Eucharist - St Martin's  
10:30 am Sung Eucharist with Sunday Zone 1 - St Paul's  
5:00 pm Choral Evensong and Supper - St Paul's

### **18th ASH WEDNESDAY**

*Psalm 51.1-8. OT Isaiah 58:1-12.*  
*NT 2 Corinthians 5:20b-6.10. GP John 8:1-11.*  
10:30 am Prayer Book Eucharist - St Paul's  
7:30 pm Sung Eucharist - St Paul's  
Imposition of Ashes at both services if desired.

### **19th Thursday**

12 noon Midday Prayers - St Martin's  
4:30 pm - 6:30 pm Hangouts Youth Activity - Parish Centre

### **22nd - First Sunday of Lent**

*Psalm 32. OT Genesis 2: 15-17, 3:1-7.*  
*NT Romans 5:12-19. GP Matthew 4:1-11.*  
9:00 am Said Eucharist - St Martin's  
10:30 am Sung Eucharist with Sunday Zone 1 & 2 - St Paul's

### **25th Wednesday**

10:30 am Prayer Book Eucharist - St Paul's

### **26th Thursday**

12 noon Midday Prayers - St Martin's  
12 noon MU Cathedral prayer time. (see page11)

## PARISH DIARY - MARCH

See **Sunday Newsletter / and Weekly E-mail** for any changes.

**Non-Eucharistic Weekday Services - See page 5**

**Choir Practice Friday 7:30 pm (St Paul's)**

### 1st Second Sunday of Lent

*Psalm 121. OT Genesis 12: 1-4a.*

*NT Romans 4:1-5, 13-17. GP John 3.1-17.*

9:00 am Sung Eucharist - St Martin's

10:30 am Sung Eucharist with Sunday Zone 1 - St Paul's

12:15 pm Lent Lunch – Parish Centre (*see page 25*)

### 4th Wednesday

10:30 am Prayer Book Eucharist - St Paul's

*Refreshments in Church afterwards and every Wednesday*

2:00 pm MU General Meeting - Parish Centre (*see page 11*)

### 5th Thursday

11:00 am Service to Celebrate 150<sup>th</sup> Anniversary of  
The Mothers' Union – Canterbury Cathedral (*see page 11*)

*Followed by Lunch at St Paul's*

12 noon Midday Prayers - St Martin's

### 6th Friday

11:00 am World Day of Prayer Service – Canterbury Salvation  
Army Citadel, White Horse Lane CT1 2RU (*see page 21*)

---

(*Match of the Day Cont'd from page 12*) along the aisle and called out "where is the lad with the broken leg, someone is looking for you". When the boys Terry was with called out everyone cheered! There were no seats next to him so we did not chat until the intermission.

Terry still maintains he was slightly hung over when he first saw me but decided I might be worth pursuing! Did fate play a hand?

We celebrate 56 years of marriage life this year. **Sue and Terry**

### Eyes of Blue come Shining Through

We had both joined a local church and while exchanging the peace I remember thinking 'oh those blue eyes!' We got chatting after coffee,

continued over parish lunch, and still had plenty to say, so we went on for coffee afterwards as well... **Mary and Alistair**

### Soulmates

We met at All Saints, Margaret Street, London in 1972 and were both attracted by the fact they took Christianity seriously. Most week day evenings there was a Eucharist followed by supper. We participated in a three year course studying Old and New Testament and Church History together with poetry, prayer and other courses too. Sunday worship was inspiring and uplifting.

A place became available in a flat I was sharing with others in 1974. Marylyn joined us and in 1978 we bought a flat together in Chalk Farm London and have lived together ever since. **Janet and Marylyn**



**5:00 - 6:30 pm Wednesday 18th February**  
**St Peter's Methodist Church, Canterbury.**

**Speaker:** Richard Norman, Emeritus Professor of Moral Philosophy, University of Kent, Patron of Humanists UK, joint editor of Religion and Atheism in Dialogue (2025); and Alan Race, retired Anglican priest, contributor to the book, Chair of the World Congress of Faiths, and author of My Journey as a Religious Pluralist (2021).

**Topic:** Doing Difference Differently: Christian, Humanist, and Inter-Faith Dialogue.

Most talks are accessible afterwards on YouTube and are open to all who are interested in honest, lively discussion on contemporary themes in theology and religion. So, whatever your interests or viewpoint, you will be most welcome. There is a charge of £5 at the door for each talk to cover costs (people in full-time education free).

**Judith Dimond**



**Saturday 14th February - 10:00 am—12:30 pm**  
**Hub Café, Baptist Church St George's Place**

## Wintering



“This is why animals hibernate!” I said to my daughter as we huddled together under the blanket in bed on Friday morning. We could hear the rain on the window... We knew there were packed lunches to make and uniforms to put on... But it was so *hard* to get going, we felt tired and the darkness did not encourage us to get up and go down to the cold kitchen.

Often in January we make resolutions; we strive to do better in various areas of our lives. Gym memberships, new diets, promising to work harder....But I have decided to greet the season differently. Recently a fellow counsellor at the Pilgrims Hospice introduced me to the idea of ‘wintering’ and I would like to share some ideas and invite you to ‘do wintering’.....

For those unfamiliar with the term, ***‘wintering’ is finding calm and connection during life’s quieter seasons. The periods of life when we pause, reflect and retreat from the constant movement of the world.***

As a busy mum of two young girls I often find myself carried along by all the things I need to do: But reading up on wintering has been extremely helpful. It teaches/reminds us that ***stillness is not the opposite of living fully, but an essential part of it.***

So how can we embrace and integrate these ideas which focus on cosy indoor activities, mindful self-care and embracing the outdoors in a slower, reflective way.

### Some ideas you could consider...

- Starting a jigsaw puzzle or swapping jigsaws with other people if you fancy something new.
- Inviting someone to play a board game or share a simple, hearty meal.
- Re-reading a favourite book or watching a favourite movie/series with a hot drink.
- Setting up a bird table or a birdfeeder within view of your house.
- Or it could simply be gaining appreciation of the simple things we are drawn to during these colder, darker days.... Snuggling up under a warm blanket on the sofa, the lovely feel of a soft jumper or scarf, taking time to have a relaxing, hot bath.

But most of all my advice to myself is not to fight how I naturally feel. It is harder to get up and to get out at this time of the year. Not only do I have to put on many more layers, but it's not so inviting out there and I can't pretend that it is. Enjoying the simple things listed above and other things I'm sure we all find in the every day, the secret to wintering. **It is not so much to change our actions but to change how we view them - and thus view ourselves.**

Rest and rejuvenate as nature intended. Let winter do its job slowly... it is a season to be kind to yourself and to create warmth in your world, whatever that looks like for you.

Happy wintering!

ali@alirewcounselling.co.uk -

**Ali Rew**

07402 836217

---

### THIS MONTH'S POEM

When to the temple Mary went and brought the Holy Child,  
him did the ancient Simeon see, as it had been revealed.  
he took up Jesus in his arms and blessing God, he said:  
In peace I now depart, my Saviour having seen,  
the Hope of Israel, the light of men.



Help now thy servants, gracious Lord, that we may ever be,  
as once the faithful Simeon was, rejoicing but in thee:  
and when we must from earth departure take,  
may gently fall asleep, and with thee wake.

*Peter Hagen (1569-1620) tr. John Troutbeck (1832-1899)  
set to music by Johannes Eccard (1553-1611)*

---

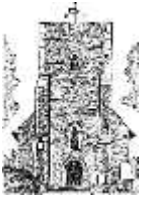
### BLINDMAN'S LANTERN

A blindman was noted for a lantern he always carried. People often asked, "What use is the lantern to you, since you are blind?"

The wise old man replied, "I do not carry it to prevent my stumbling over others, but to keep them from stumbling over me."

So let us make certain that no one stumbles because the faith we profess, and the faith we actually practice are so different. **Anon.**

## Valentine's Day and Romance in Anglo-Saxon Britain



Working at St Martin's throughout different seasons has often made me consider what our modern-day celebrations would have been like for the Anglo-Saxons. As such, with the arrival of February, I have been considering the history of Valentine's Day and whether a form of it existed in Anglo-Saxon Britain.

Valentine's Day was officially established as a Roman Christian feast day by Pope Gelasius I in 496 AD. With links to the Roman Pagan fertility festival of Lupercalia, St Valentine's Day was originally dedicated to celebrating martyrs named Valentine, such as Valentine of Rome martyred on the 14<sup>th</sup> of February 269 AD. Indeed, it wasn't until the 14th century that Valentine's Day became associated with love by poets such as Geoffrey Chaucer.

As Valentine's Day was an established festival by the time of St Augustine's arrival, he could have introduced the feast day to Britain. However, there is no evidence to suggest this, and it wouldn't have been like a contemporary Valentine's Day if he did.

This does not mean that the Anglo-Saxons weren't romantic. Indeed, the word 'love' comes from the Old English word 'lufu'. They also had terms of endearment such as 'leof', meaning 'love, or beloved', and 'dyre' for 'dear or precious'. Equally, whilst the exchange of gifts and cards on Valentine's Day didn't become popular until the 18th century, a pagan Anglo-Saxon wedding would have seen the exchange of gifts. For example, a groom would gift his bride a 'morgengifu' on the morning after their wedding. This was money to ensure the bride's safety and independence. During the wedding, there was also an exchange of swords, the groom gifting the bride his ancestral sword, whilst the bride would gift the groom a new sword. There would have also been an exchange of rings, and the bride received the groom's household keys.

As you can see, there has been love and romance throughout history. Indeed, I have always considered the fact that King Ethelbert gifted a whole church to Queen Bertha, so she could continue practising Christianity, a pretty romantic gesture!

On another note – I am planning an exhibition on religious dress at St

Martin's, which we need mannequins for. If anyone has one they'd be happy to loan us for about a week, please do reach out to me at [visits@martinpaul.org](mailto:visits@martinpaul.org). It would be greatly appreciated! **Elena Field**

Head of Visitor Experience

---



The days are getting longer; it might only be a minute or so per day but Spring will be upon us before too long. The Eco Group will be looking to achieve a Bronze award for St. Martin's once the HIVE is installed.

**Building Homes for Hibernating Wildlife - Some ideas from Wilder Kent.** Many of you have grandchildren and this might be a project to engage them in protecting frogs, toads and newts in the garden and providing you with some natural predators of slugs and similar less welcome visitors in the Spring and summer.

Our brilliant West Kent volunteer team came together for a task day to create a hibernaculum (*see cover picture*) - a refuge for reptiles, amphibians, and small mammals to safely shelter through winter. To start, the volunteers dug a hole in the ground and filled it in with sticks, stones, small logs, and leaves. Then, the soil that was dug up from the hole is mounded on top. This creates lots of small crevices and gaps in the ground, which provide access and the shelter to wildlife. It gives hibernating animals - like amphibians and reptiles - protection from the cold and predators in a stable underground environment.

**A Rocha (Eco Church)** has published eco tips for the year. This extract is for February. This Lent, take part in Climate Steward's Carbon Fast. Lent is a time when Christians traditionally fast and focus on God. The Carbon Fast will help you consider ways to live more simply, give you new ideas to cut your carbon footprint and invite you to focus on God and consider the whole of his creation.

Beginning on 5th March, you'll receive a weekly email containing key facts, suggestions for how you could reduce your carbon footprint and a prayer to lead you through this Lenten season. Each week features a different theme designed to help us take climate action in manageable ways that bear witness to a God who has promised to

restore all of his creation. Find out more and sign up at [climatestewards.org/resources/carbon-fast/](http://climatestewards.org/resources/carbon-fast/)

**Pat Crawford** (*Rural Focus Group*) in her monthly report has discovered this extraordinary fact about church organs. Scientists have reported a fascinating source of information about climate change: organ tuners' logbooks. As the seasons change, organ pipes react to fluctuations in temperature and humidity causing expansion and contraction of wood and metal, hence organs are usually tuned twice a year to accord with the change of seasons. An alteration of just one degree Celsius is sufficient to change the pitch of an organ. Scientists from the School of Architecture at Nottingham Trent University accessed 18 logbooks dating back to 1966; between 1966 and 1969 the average indoor temperature in urban churches was 17.2c in the summer months but in the 2020-2024 period it had risen to 19.7c

**Sue White**  
**Eco-Church Co-ordinator**

---



### **World Day of Prayer Service - Friday 6th March**

11:00 am at the Salvation Army Citadel,  
White Horse Lane, Canterbury CT1 2RU.  
*A light lunch will be served afterwards.*

The Christian Faith Church Communities in Canterbury have a representative on the local World Day of Prayer Committee and encourage their church community to join in this Ecumenical Service, taking turns each year to host the service in their church. This international initiative has the motto 'Informed Prayer and Prayerful Action'.

The service this year, has been prepared by an ecumenical group of Christian women from Nigeria. In the service, our Nigerian sisters call us to come closer to God and find rest in Him. When we totally trust and have faith in God our burdens become light and we find rest. The service is written in response to the theme 'I will give you rest, come' (Matthew 11:28-30).

**Contributed**

## FEBRUARY ARCHIVE 1986



'What on earth is the Church for?' This booklet was published as a companion to the forthcoming Radio Kent Lent course, which on this occasion was actually a course to be broadcast by local radio stations all over the country. The ecumenical groups taking place in the parish would discuss both the Christian faith and the distinctiveness of Anglicanism. The Rector invited his readers to put on paper, and send to him, their ideas about the hallmarks of a Christian, and what was special about being an Anglican. He was 'all for Lent' as a time of reflection and was preaching two sermons on the current state of Interchurch relations. In March there would again be a joint Christian Passover meal with the Catholics of St. Thomas' Church, and this year the Bishop of Maidstone would preside.

Another ecumenical venture was taking shape. Mission Canterbury, previously mentioned here, was the brainchild of an Independent Evangelical Pastor, John Bishop. It was now in the hands of the Revd. Jonathan Gledhill of St. Mary Bredin and Baptist minister Revd. Peter Pearmain. There would be a mission in the city in the autumn led by the Saltmine Trust, a group of full-time evangelists.

In May there would be, unusually, a Deanery Confirmation, without Communion, held in the Cathedral. It would be part of a Deanery Service for everybody. As well as bringing people together, it would leave the bishops with a little more time to visit parishes for other reasons, or just drop in.

The trade union USDAW had organised a meeting at Christ Church College to muster opposition to the proposed Sunday Trading Bill. This event had not been actively supported by local churches, but now the Canterbury Christian Council was holding a meeting which it was hoped the city's MP (Sir David Crouch) would attend. There would be petition forms in both churches.

Ronald Ratledge, the founding headmaster of the Archbishop's School, and previously head of St. Dunstan's School, had died. The Rector paid tribute to this highly respected leader.

**Brian Hogben**

## Cause of the Month

christians  
against  
poverty

**CAP**

The vision of CAP is “to see transformed lives, thriving churches and an end to UK poverty”. To achieve this, CAP has been providing free debt help through local churches across the UK since 1996. The charity also offers practical advice on how to live well on a low income and supports people stepping into employment.

In their 2025 Client Report, the charity reports that “The rising cost of living, alongside issues like low income and mental health, is fueling a deepening poverty crisis across the UK.”

**CAP Locally** - The Canterbury CAP Debt Help Centre is based at St Mary Bredin Church. Tel: 0800 328 0006.

**Claire Butler**

---

## Unexpected Kindness

I was recently visiting my daughter in Bristol and she wanted to take me to her Church on Sunday. Off we went to catch the bus, arriving at the stop only to see the next bus would be in 20minutes resulting in our being late for Church. I suggested getting a taxi.

Two young women at the bus stop overheard me and one of them, Margot, asked if we would like to join her and Josie in the taxi they had ordered. Taken aback at a random act of kindness I offered to pay for the taxi but Margot wearing a full length white coat had already paid at order point.

The white coloured taxi arrived. Margot and Josie were on their way to an Art Exhibition and I told them we were on our way to Church and that an Angel in a White Coat had visited us. We all laughed and the taxi driver joined in.

We got out at the Church and the two young women carried on. I wondered as the white taxi pulled away whether my mentioning Church had spoken to them, certainly their act of kindness had spoken to me.

Young women with confidence helping at the point of need – there can be no greater gift and this is real Christianity in motion. Or maybe they were really two Angels on their way to an Art Exhibition.

**Martin Clarke**

## February – Did you Know?

British Yorkshire Pudding Day, celebrated on the first Sunday of February, is a moment dedicated to one of the most iconic staples of British cuisine: the Yorkshire pudding. This annual observance honours a dish that has been part of the national culinary identity for centuries, cherished for its versatility, simplicity, and comforting presence at the heart of the traditional Sunday roast.

The origins of Yorkshire pudding reach back to the early 18th century, when cooks sought clever ways to make the most of precious ingredients. Before modern ovens, roast beef was cooked on a spit over an open fire, and a pan was placed beneath to catch the drippings. Resourceful cooks began using those rich drippings to flavour a simple batter of eggs, flour, and milk or water, creating what was first known as “dripping pudding”. This early version was served as a first course, particularly in poorer households, where it helped dull the appetite before the more expensive meat was served sparingly.

Over time, the pudding evolved into the airy, crisp-edged, soft-centred delight recognised today. Its association with Yorkshire likely stems from the region’s reputation for producing especially light and well-risen puddings, though the dish was enjoyed throughout England. By the 19th century, the name “Yorkshire pudding” had firmly taken hold, and it became an essential component of the Sunday roast tradition.

British Yorkshire Pudding Day encourages cooks of all levels to celebrate this humble yet beloved dish. Whether served with roast beef and gravy, filled with sausages as toad-in-the-hole, or reinvented in modern wraps and desserts, the Yorkshire pudding remains a symbol of British ingenuity and comfort. The day invites everyone to appreciate its history, enjoy its flavours, and keep the tradition alive.

I hope you will.

*Editor*

---

## BLISTER PACKS ALERT

For some years we have been collecting blister packs in church and taking them to Super Drug in Canterbury to be recycled, but as from

1st February, we are unable to do so.

Super Drug, like several other companies, has been suggesting that their “green credentials” are very significant because of their recycling policy. However, on discovering that churches and other organisations were collecting and bringing in blister packs in large quantities, they have had to change the way this is done.

So, individuals are welcome to bring in their own blister packs. This of course increases the possibility of further sales as people may make a purchase whilst in store. When you take your individual blister packs to Super Drug you might want to bear this in mind? **Sue White**

---

### **Prayer Tip**

Schedule some duvet time with God – a chance to be comfy and bring God into your wintering self.

**LIVING LENT 2026**  
**LOOK OUT FOR PUBLICITY**  
*The Church of England theme for Lent is*  
*Draw Near:*  
*Life Giving Habits for Lent*

**Coming Soon:** publicity with opportunities to join daytime/evening groups and to join in with reflections on the Everyday Faith App on various aspects of ‘habits and patterns which help us grow as disciples of Christ day by day, especially as we prepare to celebrate the great mystery of God’s saving love at Easter’.

**Rosemary Walters**

---

### **LENT LUNCH INVITATION**

The Mothers’ Union are inviting you to join them for a Lent Lunch on Sunday 1st March in the Parish Centre at 12:15 pm. As it is Lent, we will be offering a variety of soups with fresh rolls.

Donations will be given to the Mothers’ Union AFIA (*Away From It All*) holiday as we are hoping to take 12 families away who wouldn’t normally have the chance of a holiday. All welcome. **Jackie Curd**

## ANOTHER DATE FOR YOUR MARCH DIARY

7:30 pm Saturday 21st March – St Paul’s Church

### INVICTA CONCERT BAND

(Coming back after their very successful concert last April.)

Tickets £10.00 on the night.

---

### MAGAZINE COPY

If you have an article, story, or notice that you would like to share with Pilgrim Post readers please e-mail it Word.doc format to:

pilgrimpost@martinpaul.org

The deadline date for the next issue is

**Thursday 12th February**

**THANK YOU**

---

### Endpiece



Once upon a time, in a small village, before the days of e-mails and social media, there was a priest named Valentine who was famous for two things: his love advice and his astute judgement of character.

One day, a young couple came to him, asking for his blessing. Valentine, eager to help, wrote them a love note.

When the couple read it, they burst out laughing — Valentine had mistakenly written ‘You’re my turtle dove so long as you don’t truffle my feathers!’

The couple loved the humour and decided to keep the note as a lucky charm. From then on, Valentine became known not just as the patron saint of love, but also the patron saint of funny love notes.

Legend says that if you ever get a Valentine’s card with a silly mistake in it, it could be a blessing from St Valentine himself — reminding us that love doesn’t have to be perfect to be wonderful.

So, when Valentine’s Day comes this month, embrace the quirks, laugh at the typos, and remember love is about joy, laughter, and a little bit of unexpected fun!

**Contributed**



Anyone living in the parish who is in a condition of need, hardship or distress might well be able to get assistance from the funds of this parochial charity.

Applicants should apply to Trustee: Christopher Wachter  
Telephone: 01227 455367 E-mail: christopherwachter@outlook.com

---

## Canterbury Mobile Foot Health Clinic

For the professional treatment of:

Corns - Callus - Cracked Heels - Nail Trimming - Ingrowing Toe Nails  
Fungal and Thickened Nails - Athletes Foot - Verruca's

Call Today: **07584 300398**



*Treatment in the comfort of your own home*

**Rabia SAC DIP FHPT SAC DIP FHPP**

---

## Living your life in the home that you love

*Are you finding things a bit more of a struggle*

*but don't want to give up your independence?*

To find out more why not contact our friendly and professional management team?

**01843 570638 or 01227 206473**     [canterbury@bluebirdcare.co.uk](mailto:canterbury@bluebirdcare.co.uk)

Live in care is a realistic, affordable alternative to residential care which lets you stay in control and continue to enjoy all your usual home comforts and social activities. Our care workers are fully trained and highly committed to meeting your needs in the way that you choose.



**Canterbury & Thanet**

---

**PILGRIM POST – MARCH 2026**

**Copy deadline – Thursday 12th February**

to [pilgrimpost@martinpaul.org](mailto:pilgrimpost@martinpaul.org) please

*Collation arrangements as advised.*

**THANK YOU**

---

Gareth Balch - Lutenist



Weddings – Functions  
Dinners and Events

[www.garethlute.com](http://www.garethlute.com)

**07765 994061**

[g.balch@sky.com](mailto:g.balch@sky.com)

**CLOCKMAKER**

**TIM PETTMAN**

**07860 498963**

---



## Bridges Insurance Brokers

---

We are Local and Independent  
Specialising in:

\* Business – Church – Charity – Property – High-Net Worth \*

**01843 293614**

[enquiries@bridges.insure](mailto:enquiries@bridges.insure)

[www.bridges.insure](http://www.bridges.insure)

---

**furley  
page**

Knowledge. Experience. Results.

- Conveyancing
- French property
- Family law
- Wills, trusts & estates
- Powers of Attorney
- Probate
- Elderly & vulnerable client services
- Personal injury
- Bankruptcy
- Employment law
- Services for business

Call us today or visit our website: **01227 763939** [furleypage.co.uk](http://furleypage.co.uk)

---

## Qualified and Experienced Tutor for over 20 Years

Individual tuition offered in English and Mathematics to pupils of Year 5 and Year 6 (who will be moving on to Secondary School) and to pupils of Year 10 and Year 11 GCSE.



All tuition will take place in the parental home with a parent present for the duration of the lesson.

**Alison Wellard** BA (Hons) Kent 1996 - Mob: **07745 962250**  
PGCE Canterbury Christ Church College 1998  
City and Guilds Certificates in Teaching Numeracy and Literacy

---



**NO JOB TOO SMALL**

**Flat or tiled Roofing -  
Rendering - Concreting - all  
Ground works - Plastering -**

**FREE ESTIMATES**  
from  
**MATTHEW PAGE**  
**07562469234**



\*\*\*\*\*

**E. Hedger**  
*Family Butcher*

We are pleased to have supplied people in Canterbury with local meats and poultry for over 80 years

**01227 463164**  
*15 St. Dunstan's Street  
Canterbury CT2 8AF*

---



## **C W Lyons & Son Ltd**

**Funeral Directors & Monumental Masons**  
70 Military Road, Canterbury CT1 1ND

**01227 463508**

24 Hour Service

Local Family Owned est. 1911 - Members of SAIF & NAFD & NAMM

**Prepaid Funeral Plans Available**

---



RELIABLE & PROFESSIONAL SERVICE AT REALISTIC PRICES  
BY CERTIFIED ENGINEERS WE COME TO YOU!

**JKF Computer Services - Est 2000**

- PC Repairs, Upgrades & Rebuilds
- Virus Detection and Removal
- PC's Built To Your Specification
- On-Site or Workshop Repairs
- Hardware & Software Troubleshooting
- Computer Installation and Maintenance
- Spyware Detection & Removal
- Collect and Return Service as needed
- Data Recovery and Backup
- Small Business or Home Networks

**\*\*\* CALL US ON 01795 531623 or 01227 290131 \*\*\***  
**Mobile 07880 602823**



**SARAH de ROUGEMONT  
UPHOLSTERY**

*Established 1990*

**Loose Covers - Fabrics  
Roman Blinds**

*All Commissions Considered*

**Tel: 01227 455841**

**Mob: 07973 377817**



**ELITE BLINDS**

**MADE TO MEASURE**

Local Family Business  
Specialists in

**Blinds - Shutters  
Conservatories  
Shaped - Motorised**

[www.elite-blinds.com](http://www.elite-blinds.com)

**01227 720881**