

ABINGER AND COLDHARBOUR

Parish News



DECEMBER 2022
JANUARY 2023

Who's who in your Parish

Rector: The Rev'd Kia Pakenham (01306 737160) rector@abingerandcoldharbour.org
Honorary Assistant Priest: The Rev'd Virginia Smith (01306 885349)
Licensed Lay Minister: Hilary Swift (01306 730898).
Parish Office: parishoffice@abingerandcoldharbour.org
Secretary: Sally McCance (01306 737160) M, T, W, Th 9 -3 pm
Organist and Choirmaster: David Hansell: dhabchbr@gmail.com
St. James' website: www.stjameschurchabinger.org
Webmaster: Phil Rawlings (01306 730382) web@stjameschurchabinger.org
Christ Church website: www.coldharbourchurch.org.uk
Webmaster: Martin Richards (01306 711885) webmaster@coldharbourchurch.org.uk
St Mary's, Holmbury: www.holmburychurch.com
St John's, Wotton: www.wottonchurch.org

	Abinger	Coldharbour
Churchwardens:	Lucy Harlow, Dan Russell (contact via Parish Office)	John Anthony Simpson (712026) Mary Hustings (711846)
PCC Secretary:	Sally McCance (737160)	Sally McCance (737160)
Treasurer:	Jim Hartley (07968 797578)	Martin Neve (713382)
Gift Aid Secretary:	Tim Prideaux (730730)	Helen Potter (712214)
Flowers Secretary:	Kim Edwards (730809)	Patsy Simpson (712026)
Hall Bookings:	Evelyn Hall (Kim Edwards) theevelynhall@gmail.com 01306 730809 Ab. Hammer Hall (730703)	John Venus Hall (Su Jones) suaj1512@gmail.com 07779 726930 Village Pavilion (712009)

PARISH NEWS

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ABINGER ORGANISATIONS

Abinger Consolidated Charities: Kim Clark (07775 531912)
Church Choir: Lucy Harlow: lucyharlow@me.com
D&G Choir: Jess Brown (07936542411) danielthreec@aol.com
Fair Secretary: Liz Irvine: lizandkeithi@btinternet.com
Sports Club: Rob Dunn (01306 730320) robert.a.dunn@btinternet.com
Sports Club Booking Secretary: Anne Burge (730950) annndaveburge@yahoo.co.uk
Abinger Common & Wotton WI: President: Leslie Childs (01483 205461)
Wotton & Abinger Flower Show: Pat Rudling (01306 885696) rudlingpat@gmail.com

COLDHARBOUR ORGANISATIONS

Sports and Social Club/Village Society: www.coldharbour.net
Church Electoral Roll Officer: Helen Potter (01306 712214)
Cricket Club: John Hopper (07957 611664)
Golf Society: Stuart McLachlan (01306 712009)
Village Band and Ukulele Orchestra: Debby Chapman (01306 711704)
Book Club: Emma Moreno (01306 710024)
Women's Gardening Group: tiggs@womengardeningincoldharbour.com

PARISH COUNCILS

Abinger: abingerpc@hotmail.com www.abinger-pc.gov.uk

Coldharbour (Capel): Stuart McLachlan (712009) www.capel-pc.gov.uk

DISTRICT COUNCIL

Councillor: Hazel Watson (880120): councillor.watsonh@molevalley.gov.uk
[for Surrey County Council matters: h.watson@surreycc.gov.uk]

SHERE SURGERY 01483 202066 / Fax 01483 202761

Dispensary 01483 209913*

Monday: 8.30am – 6.30pm (Closed 1.00-2.00pm)

Tuesday: 8.30am – 6.30pm (Closed 1.00-3.00pm)

Wed, Thurs & Fri: 8.30am – 6.30pm (Closed 1.00-2.00pm)

*Dispensary takes calls after 11.00am

Dispensary is also open Saturday morning for prescription collection only

WESTCOTT SURGERY & DISPENSARY 01306 875577

Mon, Tues, Thurs & Fri: 8.30am – 6.15pm (Closed 12.30 – 2.30pm)

Wednesday: 8.30am – 12.30pm

CAPEL SURGERY 01306 711105 / DISPENSARY* 713010

Monday to Friday: 8.30am – 6.30pm; www.leithhillpractice.co.uk

Dispensary 9.00am onwards

HOLMWOOD SURGERY 01306 889242

Monday to Friday: 8.00am – 1.00pm.

MEDWYN SURGERY 01306 883816 (PHARMACY 01306 740865)

Mon, Thurs, Fri: 8.00am – 6.30pm

Tues, Weds: 8.00am – 8.30pm

Pharmacy, Mon – Sat: 8.00am – 11.00pm

Pharmacy, Sun: 10.00am – 8.00pm

OUT OF HOURS GP APPOINTMENTS

Now available and can be booked in the normal way with your surgery.

NHS DIRECT 111

POLICE

Non-emergency: **101** or Emergency: **999**

ELECTRICITY POWER CUTS – 0800 783 8866

WASP BUS – Soo Dean 07802 460069

COLDHARBOUR BUS SERVICES www.buses4U.org.uk

LOCAL SCHOOLS

Abinger Common Nursery: Pre-School Leader: Hayley Hatton 07842978823

abingercommonnursery@gmail.com

Surrey Hills All Saints Primary School. Head: Simon Coles 01306 881136

Scott-Broadwood School: Head: Susan Muat 01306 711181

Belmont, for boys and girls aged 2 to 16: 01306 730852

EVENTS

December

- 1st Shere Cinema, *Fisherman's Friends...*, 7.30 pm
- 2nd Christ Church Leaf Sweep, 9.30 am
- 2nd SJs café, St James', 8.45 – 10am
- 3rd *A Christmas Carol*, Peaslake, 2 and 5 pm
- 3rd Brockham Choral Concert, St Martin's, 7.30 pm
- 3rd Concert by Candlelight, Peaslake, 7.30 pm
- 4th Father Christmas at QRMW
- 4th Ockley Farmers Market, 10 – 2
- 7th SJs: *Crisis at Christmas* Morning, 9.30 – 11.30
- 9th CH *Crisis* Coffee Morning, JV Hall, 10.30
- 10th Messy Church, SJs, 3-5
- 11th Shere Cinema, *The Railway Children Return*, 7.30
- 11th Nine Lessons and Carols, St James' 6 pm
- 14th SJs café, St James', 8.45 – 10am
- 14th WI lunch
- 14th – 19th Wintershall Nativity
- 15th Holmbury Choral Concert, Holmbury Church, 8pm
- 17th Carols by Candlelight, Holmbury Church, 6pm
- 18th Crib Service, St James' 10.30 am
- 19th Carol Service, Christ Church, 7 pm
- 21st SJs café, St James', 8.45 – 10 am
- 23rd Abinger Christmas Soiree, Evelyn Hall
- 24th Christingle, Christ Church, 4 pm
- 24th Carols on the Common, Abinger, 4 pm

January

- 5th Shere Cinema Winter Event, 6.45 pm
- 6th CH Coffee Morning, JV Hall, 10.30 am
- 4th, 11th, SJs café, St James', 8.45 – 10am
- 18th, 25th
- 15th Shere Cinema, *The Lost King*, 7.30 pm
- 20th CH Snooker Night (for Church Roof)
- 23rd Beginning of Plein Air, Denbies

From the editors

Welcome Diana!

You will see the signature “Diana Hitchcock” under several of the articles in this edition of the Parish News. Diana is, of course, very well known in Coldharbour and also familiar to us editors of the Parish News as she was “Coldharbour Reporter” for several years. Diana has now volunteered to be the reporter for Coldharbour once again – fantastic! Coldharbour residents, please contact Diana directly, dicoldharbour@hotmail.com, if you have something to go in the magazine – personal stories, comings and goings, news items, local issues... etc.

Many inhabitants of Coldharbour have contributed over the years, and we very much appreciate the continued support of Mary Hustings and Graham Mytton. Diana pays tribute to Graham:

“Enthusiasm. Curiosity. Passion for life. Graham Mytton embodies all these qualities. He has reported from Coldharbour since 2015 and, at 80, deserves to step back somewhat, though not down, as he will continue to contribute items. When you live in a village as small as ours, you can really appreciate the uniqueness of its inhabitants, and endeavour to protect it. Graham’s ebullience is an example to us all – may we still be brimming with it, when we reach that age. Like Graham, Liz Hamilton and Jenny Parker have given their time and efforts freely to produce a magazine that gives a voice to the two villages. Our Parish News has been the envy of other parishes, and even provided storylines for The Archers! Thank you for everything. We have come out of the pandemic with a renewed desire to feel closer to each other and strengthen our community. I eagerly await Coldharbour contributions, from young and old alike. *Diana Hitchcock.*”

Websites

Do look on our church websites for up-to-date information about all events. And if you are wondering whether Kia preaches a good sermon – she does, and they are not too long either! Her recent sermons are to be found on both websites:

www.stjameschurchabinger.org/sermons/

www.coldharbourchurch.org.uk

Also for full details of services at our partner churches in Holmbury and Wotton, please see their websites (details inside cover)

This month's cover

The photograph on the front cover was taken by a visitor to St James', Will Vigus, who captured not only the kaleidoscope of light coming through the window but also one of Terry O'Brien's beautiful doves hanging in the church. A recent entry in the church Visitors Book also mentions the doves:

"What a welcoming space to feel the presence of God - love the doves!"

Doves

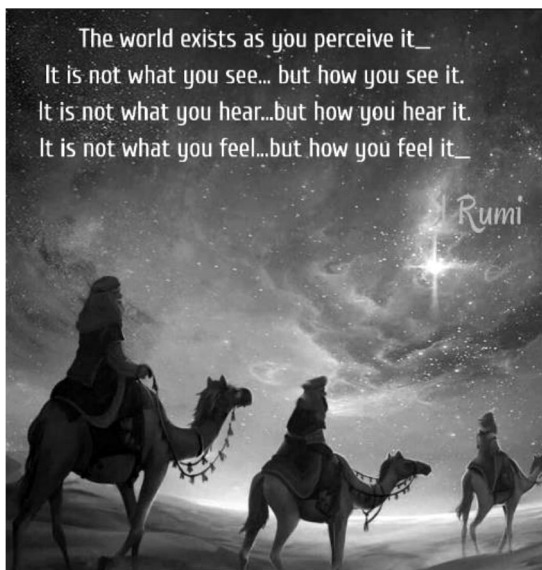
Doves (usually white) are used in many settings as symbols of peace, freedom, or love. Doves appear in the symbolism of Judaism, Christianity, Islam and paganism. With the combination of the spirit of goodwill, forgiveness and peace which characterises the Christmas period, it is no wonder that doves have become synonymous with the season.



How many dove images can you find hiding in this magazine? You will have to search quite hard for some of them!
A SEASONAL CHOCOLATEY PRIZE FOR THE FIRST THREE CORRECT ANSWERS
abingerpn@gmail.com

Look out for a new dove mobile in St James' that Terry has promised us for Christmas.

Kia's Thought for the Day



The world exists as you perceive it_
It is not what you see... but how you see it.
It is not what you hear...but how you hear it.
It is not what you feel...but how you feel it_

Rumi

Reflections from the Rectory

I love Christmas! Not quite so keen on January!

This year will hopefully see a return to normality so we can throw ourselves wholeheartedly into all the festivities including mince pie eating, mulled wine drinking and family frivolities!

Our churches too are full of opportunities to come together and celebrate this special time of year. Do pull out the centre pages of the Parish news and stick it on your fridge so as not to miss out on all that is on offer!

I'd like to draw your attention to just a couple of them:

At Christ Church Coldharbour we have a wonderful community carol service on **Monday 19th December** 7pm with carols, readings and poetry.

At St. James' Abinger we have a new offering of a Crib Service, **18th December** 10:30am. This is an interactive scratch Nativity where you come dressed as your favourite nativity character (mainly for children but adult Shepherds and Angels also welcome!). There will be costumes available on the day in case you forget!

And in January we have a couple of Benefice services - January 1st at St. James, 10:30am and 29th January at St. Mary's Holmbury St. Mary, 10:30am.

I am so excited to be spending my first Christmas with you in these beautiful villages and look forward to welcoming you to our services,

With love

Rev'd Kia

Christ Church Roof Works

Is the Scaffolding around the Christ Church bell cote now a permanent part of the Coldharbour scene? Well, the answer is 'definitely not'. But it will be a feature on the churchyard landscape until the Spring.

So what's been happening? And why is it taking so long?

Since September the PCC has taken expert advice and obtained estimates for the work to mend the cracking along the ridge where several courses of tiles have slipped away, leaving a big hole which is opening up along the ridge line. Although at the moment the damage is at the west end of the church above



the Gallery, the repairs require work along the whole of the north facing side of the nave ridge and some limited work on the south facing side. The tarpaulin over the west end of the ridge has so far kept out the weather. The church remains dry inside. The PCC expects to appoint a contractor from its shortlist soon, to carry out the work in the Spring. This timing is dictated principally by the availability of suitable contractors and funding.

At the same time as sorting out what needs to be done, when and by whom, the PCC has also been identifying financing and fundraising options for the project which is budgeted to cost between £ 30,000 and £ 35,000. Some financing has already been pledged and other sources of funding, fundraising and donations identified, including use of reserves if necessary. The PCC will be launching a public appeal for the unfunded part of the budget soon. In the meantime we are delighted to confirm that the fundraising Snooker Night, very generously hosted by the Jefferies and originally planned for December, will now take place on Friday 20th January. Please look out for e-mails and Facebook posts for more details on that and the postponed Krypton Factor evening in the church with Bex Clarke and Helen Potter, which will take place a bit later in the Spring. If you'd like more information about any aspect of this project, please contact the churchwardens, John Anthony and Mary. We'd be delighted to hear from you.

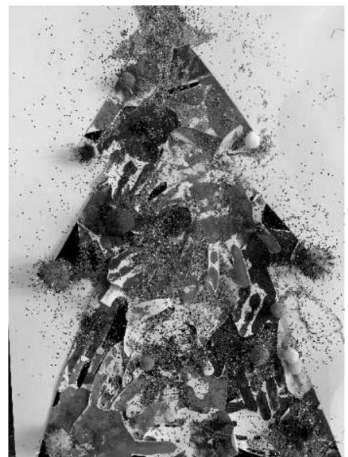
Parish Office at Coldharbour:

Monday 5th December, Monday 19th December, Monday 9th January and Monday 23rd January from 10am - 11am in the JV Hall. Do pop in to say hello to Kia and Sally with any questions, or just for a coffee and a chat!

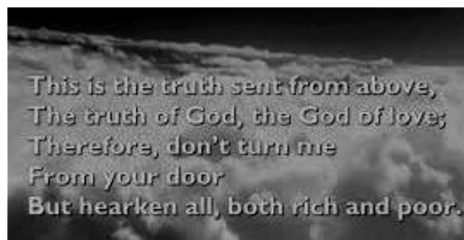
Church Family Christmas Card

Most of us buy and send Christmas cards each year - this year why not try something different?! Abinger Nursery have made us a giant Christmas card for us to sign to each other - all are welcome to come and write seasonal greetings! It will be in St James' and there will be a donation box next to it - all proceeds will go the nursery. What a sustainable and eco-friendly way to share in the joy of Christmas!

Rev'd Kia



A carol quirk corrected!



Our organist and choirmaster. David Hansell, writes: When I start to plan the choral and organ music for Advent and Christmas (this usually happens during a bike ride in January) I always aim to include the lovely *This is the truth sent from above*. To be honest, it's in my top

two favourite carols. The words (all sixteen verses!) were published in a Victorian collection called *A Good Christmas Box* (1847) and the tune was collected by Vaughan Williams (him again) from a folk singer in Herefordshire. RVW included it in his 1912 *Fantasia on Christmas Carols*, and published lovely arrangements in 1919 and again in 1928's *The Oxford Book of Carols*. So far, so good.

The problems began when it came to choosing which of the original verses to include, 16 being deemed too many. For reasons which it is difficult to fathom, the text as published in the Oxford book, and subsequently in the universally popular *Carols for Choirs* series produced the rather strange juxtaposition: [end of verse 2] '... woman was made with him to dwell' [start of verse 3] 'Thus we were heirs to endless woes ...' and this has been dutifully (if unthinkingly) sung by countless choirs ever since.

Mercifully, 1992's magisterial *The New Oxford Book of Carols* published the complete text, revealing that there are two verses between the lines quoted above, which make perfect sense of both of them by inserting a rather crucial piece of the Genesis story. So when the choir sings this carol the ladies present can relax. Leith Hill Choirs will not malign you.

And, just in case you were wondering, the other member of my 'top two' is *God rest you merry, gentlemen*. There's quite a history behind that as well ...

COMMUNITY



Dorking Foodbank

We have collection points locally. At St James' non-perishable items can be placed in the green crate in the porch. In Coldharbour donations can be left in the church and in the box outside Plough Haven, driveway next to The Plough. At the moment more food is being distributed than is coming in, so your donations are very much needed.

Crisis at Christmas

SJ's Café Abinger

Every Wednesday morning from 8.45am to 10.30am (ish). Join us on the comfy sofas at St. James' for tea, coffee, a croissant and chat! **NB No SJs Dec 28th**

On **Wednesday 7th December**, SJ's will be replaced with a coffee morning to raise funds for 'Crisis at Christmas'. This will take place in St. James' between 9.30am and 11.30am. Enjoy tea, coffee, cakes and mince pies. There will be a Raffle and 'Bring and Buy'. Please do bring cakes and gifts to sell! All proceeds will go to Crisis at Christmas.

Coldharbour Coffee Morning

On December 9th there will be special Christmas décor and a raffle for Crisis at Christmas. The January Coffee Morning is on the 6th.



Christ Church Leaf Sweep

The annual churchyard leaf sweep at Christ Church is on **Friday 2nd December**, gathering from **9.30 a.m.** Any time you can spare to tidy before winter sets in will be much appreciated. Please bring your own tools if possible.



Village History: If you've been keeping an eye on the churchyard over the summer, you'll know there's been a lot of work on the trees, and a team inspired and led by Graham Mytton has been cleaning and tidying the graves, many of which had begun to disappear under brambles, bracken and years of accumulated thatch. Many of the older memorials are to past residents of the village now long forgotten: the recently re-discovered memorial to the Furnival family, for example. Frederick Furnival was Coldharbour Schoolmaster from 1901 to 1911, living with his family at the School House in the centre of the village. His wife and a daughter were assistant school mistresses. His daughter played the organ in church. They were at the heart of village life and will have taught many of the boys who went off to War. Sadly that includes three of their sons, commemorated on their grave, all killed in action in France in 1918. They are named on the South Street Memorial in Dorking.

Inside-Outside Seasonal Spruce-up at St James' Church

Saturday, December 3rd, 9:30 – 12:00am.

Bacon rolls and refreshments provided

As we look towards our Christmas celebrations, we'd love to get our church tidied up inside as well as outside. So we could really do with your help!

If you're handy with a duster or love to make things neat as a pin, there is much to be done inside the church.

If grasping a rake or brandishing secateurs is your idea of a perfect Saturday morning, we have plenty in the graveyard for you to enjoy.

Please join us at the church for this very necessary inside-outside spruce-up. It is always a productive and sociable morning!

Everyone is welcome, even if you can only make it for half an hour. Do bring your own equipment if you have it.



Volunteering – Become a Mentor

Mandy Ling writes: Surrey Care Trust is a local charity working with volunteers to help struggling families, vulnerable young people and low skilled adults. Most volunteers are mentors who give their time, advice, help and support to those going through a tough time.

I began working as a mentor for Surrey Care Trust in 2015. Since then, I have had 4 mentees ranging in age from 17-35. We meet weekly for a couple of hours to discuss their issues and, over a period of time, build up a friendship. Each mentor has their own way of working and, with such a wide range of mentee needs, Surrey Care Trust work hard to ensure that a suitable mentor is placed with the right mentee.

Mentor Support meetings are held every couple of months. These meetings include training but also serve as a safe place to share stories and ask advice from other mentors and trained, experienced SCT staff. However, additional support is always available via regular drop-in sessions and Zoom.

A few years ago, the Trust procured an allotment in Earlswood. It was very overgrown, but has since been transformed by mentees and their families, mentors and SCT staff alike, into a wonderful garden where all can go to talk with others over a cup of tea, work in the garden, harvest garden produce or

just have time out. Mentoring is a positive and fulfilling job, supporting someone by identifying their personal challenges and helping them build confidence, life skills and meeting their goals. Anyone can be a mentor. You just need a willingness to help and the ability to listen. More information can be found at surreycaretrust.org.uk/get-involved

In March 2022, the High Sheriff of Surrey, Dr Julie Llewellyn, presented an award recognising the contribution of volunteers over the past 40 years. Here we see Mandy Ling receiving this award on behalf of all Surrey Care Trust volunteers.



Ukraine Appeal – Sponsor a Generator



Diana Hitchcock writes: Do you know you can seal a car radiator with a raw egg? Or plug a hole in a fuel pump with soap? Well a man, who has driven to four corners of the world, knows all the tricks in the book to get to his destination.

William Lewis, of Coldharbour Lane, made his third journey to Ukraine in November. He was undaunted by the 5,000 km round trip to deliver an ambulance into a war zone, or by how he was going to get home. His only concerns are how to help the people of Ukraine.

He has identified that there is an immediate and desperate need for generators – from homes to hospitals - and William is appealing for contributions towards their purchase and delivery. He self-funded his first two trips (approximately £1,000 each) and received generous contributions from Coldharbour residents for his ambulance trip.

William is well known from his days running the Abinger Hatch; and The King's Head, Holmbury; to building Tillingbourne Trout Farm. He is adamant that not a penny will go in his pocket and all funds will be accounted for.

Please make a pledge and advise Lewis by email: wlewis4312@aol.com. When sufficient funds are pledged, he will source and purchase generator(s) and, only then, call for your funds. There is also a Just Giving page 'Generators for Ukraine but they take 2.9% plus .25p per donation.

William's contact details: 07467 612236

wlewis4312@aol.com

LOOKING BACK TO NOVEMBER

*No sun – no moon!
No morn – no noon –
No dawn – no dusk – no proper time of day...
No warmth, no cheerfulness, no healthful ease,
No comfortable feel in any member –
No shade, no shine, no butterflies, no bees,
No fruits, no flowers, no leaves, no birds! –
November!*

Thomas Hood, 1799 -1845

Fortunately life nowadays is not quite so bleak...

An Enchanted Evening

In mid-November the D&G Choir transported their audience at St James' to the sunshine and palm trees of the South Pacific in their dazzling Rodgers and Hammerstein Evening. Accompanied by Peter Gould, under the baton of Martin Hall, they performed songs from five different musicals with great panache. There were several brilliant solo performances from members of the choir as well as that of their voice coach Lizzie Fulleylove. Profits from the evening were donated to the local charity 'Discovery'.



And there was an additional surprise! Coldharbour's Virginia McKenna made a guest appearance to talk about the 1979 production of *The King and I* at the London Palladium, in which she co-starred with Yul Brynner. Virginia let us into some of the secrets of auditions and rehearsals. There were 583 performances in all, some of which members of the audience remembered going to!

Coldharbour Quiz Night



Los Tres Amigos, Piers, Stuart and Bernard, provided almost 100 villagers with a memorable evening in Christ Church. Their aim was to get the villagers together, to create an entertaining event, not looking to make a profit but to break even.

QUESTION: Were they successful?

Well, £700 of booze quickly disappeared. In fact, Alan Smith had to dash home for extra replenishments. The fish and chips, collected by Helen Simkins from San

Marino's Fishbar, went down a treat. And Nigel Adams, a friend of Stuart's, came all the way from Ditchling, to play the trumpet for a most innovative, and much appreciated, Music Round.

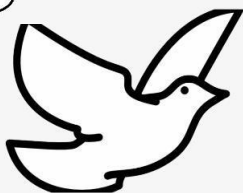
Piers, as usual, handsome and dapper in bow tie, was M.C. He coped manfully with the acoustic problems and our increasing raucousness, mainly by shouting and getting understandably crosser with each round. We were over-excited, but we hadn't had such a large get-together since the Fete. It was wonderful to see Reverend Kia and husband Guy there, and we can only hope they have not formed poor impressions of us.

The teams that fared badly in the Quiz blamed the acoustics for not hearing the questions. But the 2022 Champions – Pam Pulling-Smith's table, were the furthest from the pit.

CORRECT ANSWER: Yes they were successful – 100%.

Muchas gracias Amigos!

Diana Hitchcock



Remembrance Day

Coldharbour Memorial Service

When autumn leaves are falling, and sunlight glows through trees, we feel lucky to be alive and live where we do. On such a morning, we remembered the Fallen and the sufferers of war and gave thanks for what we have.

Reverend Virginia Smith's serene and heartfelt delivery of the Service, gave no hint of her problematic journey from Westcott. Sally McCance chose striking photos for the elegant Service booklet she created for us. Debbie Chapman and Tony accompanied the hymns on their tubas, the sonorous tones complementing the mood.

Bronwen Roberts played The Last Post and Reveille perfectly, as she has done for the past seven years, since she was 8. And for the first time for seventy years, the villagers sang 'God Save the King'.

The mood was lightened at the end by a rousing chorus of Happy Birthday to Daniel Mir, a wreath bearer again, on his 10th birthday. Villagers past and present attended, with Terry Knight gallantly protecting Gilly's broken shoulder from exuberant embraces.

Anthony and Patsy Simpson generously laid on ample refreshments in the John Venus Hall, and their granddaughters made the posies of poppies, that decorated the tables. Villagers were sipping the wine on this occasion, but there again, it wasn't yet midday. And after all, it was the time to celebrate our peaceful community.



Diana Hitchcock

QRMW

On November 11th we held our annual Remembrance Service at the Woodland which was attended by local residents, ex-servicemen, the children from St John's C of E School in Dorking and Reverend David Grundy from Holmbury. This is always a special event as the leaves fall from the trees reminding us of the hundreds of thousands of servicemen and women who died in conflict so that we might be free.

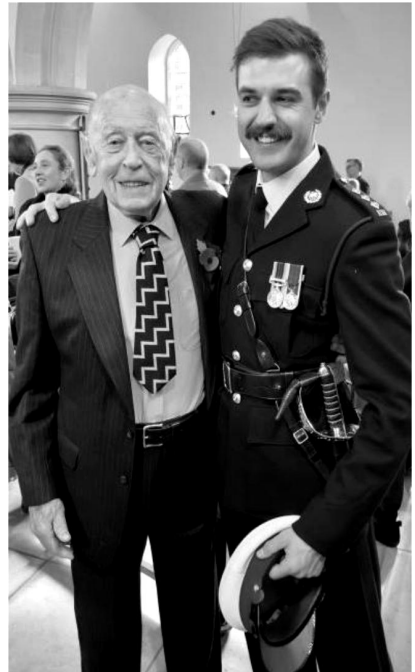
Paul Cooling



St James'

At St James' a group of volunteers braved the wet and windy weather to clean the War Memorial in preparation for Remembrance Day.

On Remembrance Sunday Captain Seb Chaffe of the Royal Marines shared his experiences with veteran Don Bradley, who served in WWII. Don has laid the wreath at the war memorial for many years.



Bella Hopper and Tarek Sherazee laid the wreaths this year.



The Practice of Contemplation



Kia writes: I have recently started a new offering at both Christ Church and St James' alternately, on the 4th Sunday of the month at 6pm called a Julian Meeting*. And I feel this needs a little explanation!

It is based on the ancient Christian tradition of Contemplation.

I should like to dispel some popular misconceptions about the practice of contemplation. It is not just for those of us who are introverts, I'm an extravert, and it is not just for those people who we think are extra Holy or super Spiritual.

The practice of contemplation is simply the desire to sit in the presence of God, to meet with Jesus at a deep level, to connect with the Holy Spirit and to dwell among the Trinity. To let it mould and shape us into the people we are designed to be. It is an act of deep and profound surrender to a power greater than us. It is offering up our wills and our lives so that they may be bought into line with that of God. It is experience.

An experience of knowing that we are completely loved, completely accepted and pursued by our loving Father.

Contemplatives are often called mystics. This is not a scary word. A mystic is simply someone who has moved from mere belief systems or belonging systems to an actual inner experience.

Where does it come from?

Contemplation is an ancient Christian tradition. The desert mothers and fathers in the 2nd century were among the first to discover this way of living and being with God.

When Christianity became the state religion in Rome in 313 AD there were some good and some bad outcomes. The followers of Jesus were no longer persecuted for their faith, which was a good thing. However, making it the state religion meant that power and control, doctrine and dogma became controversial and time consuming. Those in control influenced the development of the faith and some were unhappy with the direction it took.

As the Empire of Rome got involved there were some who felt that the true 'Way' was being lost, crowded out by hierarchy and power. The way that Jesus had taught – about coming alongside the marginalised, giving a voice to the powerless and the outcast was being run roughshod over by the empire of Rome. They sought to escape this control and to re-establish their lives and live as Jesus had taught them.

They felt that their faith was being controlled by a new 'religion' and they went out into the deserts of Egypt, Palestine and Syria to find Spiritual freedom to live out Jesus' teachings and to continue growing in the Spirit. It was in these deserts that a different mind called contemplation was taught.

The previous Archbishop of Canterbury, Rowan Williams, told the Synod of Catholic Bishops in Rome,

“Contemplation is very far from being just one kind of thing that Christians do: it is the key to prayer, liturgy, art and ethics, the key to the essence of a renewed humanity that is capable of seeing the world and other subjects in the world with freedom – freedom from self-orientated, acquisitive habits and the distorted understanding that comes from them. To put it boldly, contemplation is the only ultimate answer to the unreal and insane world that our financial systems and our advertising culture and our chaotic and unexamined emotions encourage us to inhabit. To learn contemplative practice is to learn to live truthfully and honestly and lovingly. It is a deeply revolutionary matter”.

So that's the background.

But how does it work I hear you ask? What do I have to do?

I can really only comment on my own personal experience.

Contemplation means being silent. And that can initially be daunting, scary and feel like a waste of time. But bear with it!

Being still, being silent means stopping. Being busy isn't just an act of physical exertion – rushing from one demand to another – being mentally busy can be even more exhausting. My head feels like a washing machine at times especially when I physically stop.

For me, the discipline of physically and mentally stopping is vital. In this sacred space I can remember who I am in Christ. I can look at my life, count my blessings and be grateful. But it is a discipline and it takes practice. To begin with my head would be crowded with the 'to do' list but over time I have been able to park these thoughts, knowing that I can return to them.

I find it a relief not to have to find the words to communicate with God. The relief of just sitting in his presence can be overwhelming. This place of rest is where I long to operate from. It is a place without expectation. Without expectation of me or God. I don't come to gain wisdom or receive grand visions, it is a place to come as I am – with all that I am and with all that I am not. It is a place of humble access, where, paradoxically, I can be and know that I am nothing but yet I am everything.

There are of course times of prayer and petition, of talking and listening, but these times of silence are, to me, the most precious and life-giving moments of my day.

I have read much about different types of silence including Richard Rohr, Thomas Keating, Thomas Merton and Cynthia Bourgeault and there is much to learn and practise, but ultimately in its essence it is simple.

Be still and know that I am God.

** Julian of Norwich was an English mystic of the Middle Ages who experienced God through contemplation, and a society sprang up encouraging us to re-discover this form of encounter with God.*



SERVICES

ST JAMES' CHURCH, ABINGER



- | | |
|---------------------------------|--|
| 4th December | The Second Sunday of Advent |
| 10.30am | Parish Communion (Common Worship) with Sunday Club for children - followed by refreshments |
| 11th December | The Third Sunday of Advent |
| 6.00pm | Traditional Lessons and Carols - followed by mulled wine and mince pies |
| 18th December | <i>The Fourth Sunday of Advent</i> |
| 10.30 am | Crib Service (See page 32) |
| 24th December | Christmas Eve |
| 11.00pm | Midnight Communion |
| 25th December | Christmas Day |
| 11.30am | Christmas Celebration with communion |
| 1st January | The Naming and Circumcision of Jesus |
| 10.30am | Benefice service - followed by refreshments |
| 8th January | The Baptism of Christ |
| 8.00am | Parish Communion (Book of Common Prayer) |
| 6.00pm | Choral Evensong |
| 15th January | The Second Sunday of Epiphany |
| 10.30am | Family Praise and Prayer with Worship Band - followed by refreshments |
| 22nd January | The Third Sunday of Epiphany |
| 10.30am | Sideways Church - new angles on faith with breakfast, laughter and conversation |
| 6.00pm | Julian meeting <u>at Christ Church Coldharbour</u>
Half an hour of stillness with God (See page 23) |
| 29th January | The Fourth Sunday of Epiphany |
| 10.30am | Benefice service <u>at St. Mary's Holmbury</u> |



From The Registers

St James' 30th October Baptism

Griffin McCarthy

SERVICES

CHRIST CHURCH, COLDHARBOUR



4th December

9.00am

The Second Sunday of Advent

Parish Communion (Book of Common Prayer)

11th December

10.00am

The Third Sunday of Advent

Parish Service (Iona with communion) - followed by refreshments

18th December

9.00am

The Fourth Sunday of Advent

Parish Communion (Book of Common Prayer)

Mon 19th December

7.00pm

Carol Service

A community carol service with readings, poems, carols and choir - followed by refreshments

24th December

4.00pm

Christmas Eve

Christingle

25th December

10.00am

Christmas Day

Christmas Celebration with communion

1st January

10.30am

The Naming and Circumcision of Jesus

Benefice service at St. James' Abinger - followed by refreshments

8th January

10.00am

The Baptism of Christ

Parish Service (Iona with communion) - followed by refreshments

15th January

9.00am

6.00pm

The Second Sunday of Epiphany

Parish Communion (Book of Common Prayer)

Congregational Evensong

22nd January

10.00am

The Third Sunday of Epiphany

Parish Communion (Common Worship) - followed by refreshments

6.00pm

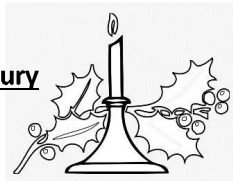
Julian meeting - half an hour of stillness with God

29th January

10.30am

The Fourth Sunday of Epiphany

Benefice service at St. Mary's Holmbury



We say goodbye

Graham Blockey

We were very sad to learn that Graham Blockey, from the Leith Hill Practice has died, at the age of 66 and sadly only five years after retiring. He had a long and successful double career as actor and doctor.



Graham trained in medicine at Newcastle before doing a one-year acting course at Bristol Old Vic. He spent eighteen months at the BBC Radio Rep before joining *The Archers* in 1986 as Robert Snell. He was also a regular radio actor in plays on Radio 4 and the World Service. He also appeared in *Casualty* on BBC TV. Graham excelled in both careers and was popular with his patients and colleagues.

He was married to cookery writer Christine Ingram, who also wrote for *The Archers* during the 90s. They have two children. We will all miss his cheery wave when on his daily jogs along the lower reaches of Coldharbour Lane. Our heartfelt sympathy goes out to his family.

Graham Mytton

Lizzie Mansfield

As we reported last month, long-time Coldharbour resident, local doctor and friend, Lizzie Mansfield, professionally Dr Sells, died at her home in Cornwall. The funeral service was on 4th November at a church in St Mellion. Lizzie's family have provided much of what follows.



She was born in 1942 in Epsom, the second of four children. She went to Cheltenham Ladies College, which she hated, but enjoyed then going on to study medicine at UCL. She married a fellow doctor while still studying when 22. Her first job was in casualty at Epsom. Later on she worked as a medical officer at British Rail and she liked to point out that she was the first

female employee in the Southern Region of BR above the rank of carriage cleaner. Her office was on Platform 1 at London Bridge. She then worked in Cambridge and Liverpool. But her marriage ended and she, single mother of three, moved to Guildford. She could work only part-time and it was a period of struggle and making do. But things soon changed for the better when someone she had met in Liverpool, architect Jonathan Mansfield turned up to see her. He was also going through a divorce. They married in 1979. They moved to Coldharbour in 1986. Lizzie became one of the doctors in the Leith Hill Practice while Jonathan continued a successful, architectural practice. They had moved into what was the Coldharbour village shop and Post Office. They continued to run it for some time, but soon they had to close. Lizzie was doctor to many in the village for the next 16 years, when she retired. Both soon moved to Cornwall but returned to see friends here several times. Lizzie was a member of Christ Church PCC and representative on the deanery synod. Among the tributes at the funeral, this one stands out as a kind of indication of the extraordinary range and generosity of Lizzie. Her grandson Ollie, who is now “into” music tech, said this: “It was on her Mac that I discovered music tech via [the app] GarageBand. That set in motion my entire life up to this point. If it wasn’t for her, I don’t think I would have found my life’s passion.”

Graham Mytton

Robin’s Gardening Tips for December

Well, up till now the temperature has been unseasonable, and we have certainly had the rain! Some plants, especially roses may need firming in the ground as well as shortening branches to prevent more wind rock. Why not push some of the pruned branches into a small piece of ground, leaving them for a year, some may root giving you more bushes on their own rootstock.

Already some bulbs are pushing through the ground, so do take care when weeding or raking. Hopefully grass will not need another cut this year, but do try and remove fallen leaves from the lawn. Don’t worry about cutting damaged shrubs and perennials back yet. The old growth will help protect plans and seed heads of the perennials will help feed birds.

As the evenings are still drawing in now is really the best of times to relax, browse garden and seed catalogues and mentally plan new flower and vegetables beds for next year.



Abinger and Wotton W.I.

Annie Chesterton writes: On November 3rd we had a short Annual General Meeting, at which three more members accepted to join the WI committee, in addition to the much appreciated current officers. There are a few spaces left for the visit in the WASP bus to the Chichester Xmas Fair on the 5th December. The Christmas lunch will be at Clandon Regis Golf Club on 14th December. Kathleen Pike is still happily turning out her elegant fabric bags to sell for WI funds.



A companionable workshop to make table decorations ensued, masterminded by our own Val Belam. Members had brought their own foliage and pooled more to share – evergreens, berries, candles for Xmas efforts, apples for autumn themes, and quite a few flowers which had survived well into the autumn. It was interesting to see how the climate had subtly influenced a shift in normal October colours. Val demonstrated while we simulated her technique of building up a circular table decoration, layer by layer. Mostly with great success, if you were not caught out gazing at the young calves outside the window, Friesian crosses, all in all a very companionable afternoon, with tea.



LOOKING FORWARD TO CHRISTMAS... AND BEYOND

Activities suitable for children and families

A Christmas Carol - Saturday 3rd December



The Young Peaslake Players (YoPPs) will be presenting the ghostly tale of A Christmas Carol at Peaslake Memorial Hall. This Dickensian Classic will get you in the Christmas spirit. Performed by a very talented cast of local children, it provides the perfect festive treat.

Performances are at 2 p.m. and 5 p.m. Tickets are on sale from the Peaslake Players website and cost £7 for adults and £4 for children.

Father Christmas visits the Memorial Woodland in Pasturewood Road

Sunday 4th December

If you haven't signed up already there is just time to do so! Fun for all the family, a treasure hunt for the children and a visit by Father Christmas with gifts for the children. Christmas raffle, tombola, lucky dip and other stalls to get us into the Christmas spirit. £7 per child to enter the treasure hunt and get a goody bag plus a visit to Father Christmas to receive a gift. Children must be registered in advance - Debbiehornblow@yahoo.co.uk.



Messy Church

We had a fabulous time at Messy church in November where we looked at the how we say thank you and how we can help others. We made thank you bracelets, helping hands plates and heard the story of the Good Samaritan.



This month it is all things Christmassy! So do come along on **Saturday 10th December** 3-5pm to St. James for craft, food and fun! Prepare to be well and truly glittered!

Wintershall: The Nativity Journey



14-19th December

Experience the Christmas story in a new way. Walk with Mary, Joseph and the donkey on the winding, steep road to Bethlehem. Register for the census and journey with other travellers, Roman soldiers and shepherds as you enter the stable to watch the miracle unfold. The Nativity is an unforgettable experience, bringing the true meaning of Christmas to life for the whole family. Adult tickets start from £20. NB Some days are already sold out so check on the

website and book as soon as you can: Wintershall CIO, Wintershall, Bramley, Surrey, GU5 0LR. Tel: 01483 892 167 www.wintershall.org.uk

NEW! Crib Service at St James'

18th December 10:30am. This is an interactive scratch Nativity where you come dressed as your favourite nativity character (mainly for children but adult shepherds and angels also welcome!). There will be costumes available on the day in case you forget!



THE ABINGER CHRISTMAS SOIREE

AN EVENING OF LIGHT CHRISTMASSY ENTERTAINMENT
when adults and children perform songs, poems, jokes or play instruments. We also sing a few popular Christmas carols

FRIDAY 23rd DECEMBER 6-8pm AT THE EVELYN HALL

MULLED WINE AND MINCE PIES

**£5 (not £15 which was a misprint, sorry!) on the door for ADULTS
CHILDREN FREE**

Please contact Jayne on 07795 098263 if you would like to take part.



Christingle at Christ Church – Christmas Eve, 4pm

We're delighted our traditional Xmas Eve Christingle service can take place this year, Rev'd Kia's introduction to this magical Coldharbour event. Please note that it will be at the new time of 4 p.m., NOT 6 p.m. as previously. There's no need to book.



Carols on the Common

Please join us this **Christmas Eve at 4pm**, outside St James' church, opposite the Hatch.



As usual, mulled wine, hot chocolate and mince pies will be available for all to enjoy and we will be collecting for The Amber Foundation (<https://amberweb.org>). Don't forget torches and lanterns so that you can read the words!

Do come along for this lovely relaxed Christmassy gathering - everybody is welcome.

Music

Brockham Choral Concert:

3rd December, 7.30 pm at St. Martin's Church Dorking

Supported by the British Sinfonietta under the baton of Cole Bendall, this choral concert will comprise Haydn 'Nelson Mass', Vaughan Williams Five Mystical Songs, Mozart 'Laudate Dominum' And 'Eine Kleine Nachtmusik'

Admission: Adults £16 in advance, £20 on the day, children, students under 25 in full time education £10. Tickets: brockhamcstickets@gmail.com

More information: www.brockhamchoral.org

Concert by Candlelight 2022 – ‘Crown the Year’

Saturday 3rd December, Peaslake

This festive event is back, in our beautiful church, St Mark's, Peaslake. Music by Handel, Purcell, Bach and Vivaldi, and music attributed to Henry the Eighth, Anne Boleyn and Princess Anna Amalia of Prussia, as well as folk dances & carols. Recorder player Olwen Foulkes, joining international musicians Philippa Hyde, soprano, Yat-Soon Yeo, harpsichord and Jennifer Janse, baroque cello.



Please join us for an unforgettable evening, music starting at 7:30pm, with canapés and bubbles in the interval. Tickets now on sale with all proceeds going to Peaslake School Trust, £25 via www.peaslakefreeschool.com/events, or contact Sam Pride 07977 297127 or email peaslakeconcert@gmail.com. We look forward to seeing you there!

Coldharbour Village Band Christmas Concert 2022



Christ Church, Saturday 10th December - our first proper concert in 3 years. We have done lots of outdoor performances in that time but this will be our first indoor concert.

It will be a mixture of carol singing, Christmas songs and festive merriment. There will be a raffle and lovely refreshments to enjoy. Please come and support the band and get yourself in the Christmas spirit. Entrance will be free,

but donations will be appreciated. All proceeds will go towards Christ Church who generously host our rehearsals. Please bring cash for this and the raffle.

It starts at 7pm and is expected to finish by 9pm.

We will also be playing at Dorking Gala Night on Thursday 1st December from 6-6.30pm, The Parrot in Forest Green on Saturday 3rd December, 2-3pm, and Ockley Carols on the Green later that afternoon at 5pm. Please come and support your local village band.

As always, new members are always welcome. Contact Debby on Debby.chapman@hotmail.com for more info.

'Peace on Earth'



Holmbury St Mary Choral Society's Christmas Concert

Thursday 15th December, 8pm, Holmbury Church

Please join us to celebrate the run-up to Christmas in a slightly different way this year under our new conductor, Cole Bendall. The concert starts with movements from Rachmaninoff's Vespers, interspersed with music to mark the winter season by composers such as Errollyn Wallen, Amy Beach, Sally Beamish, Olivia Sparkhall and John Rutter. We then move on to familiar territory with Christmas Carols for audience participation before concluding with complimentary mince pies and a glass of wine.

Tickets £15 from holmburychoral@btinternet.com

More info at www.holmburychoral.org

Nine Lessons and Carols

Sunday 11th December 6pm at St James', followed by mince pies and mulled wine.



Carols by Candlelight



Saturday 17th December at St Mary's Church, Holmbury
6pm



Community Carol Service at Christ Church

At Christ Church Coldharbour we have a wonderful community carol service on Monday 19th December 7pm with carols, readings and poetry.



Book now for films in December and January

Unfortunately for licensing reasons we can't now show *Where the Crawdads Sing* on Thursday 1st December – apologies for this (hopefully we will be able to show it at a later date). Instead, we will be showing *Fisherman's Friends – One for All*.

Please go to www.sherevillagecinema.com to book your tickets online. You can also buy tickets from the shops: Crumbs and/or the Surrey Hills Beer & Gin Company in Shere. All tickets, except where indicated, cost £5/adult and £3.50/child. All films start at 7.30 pm.

Please note that anyone who has an outstanding film ticket/credit(s) needs to use them by the end of the year (2022). We will be issuing new style tickets from January 2023, and the old ones will no longer be valid.

Thursday 1st December – *Fisherman's Friends: One for All* – This sequel picks up a year or so after the 2019 film story left off. It is deeper than the first film, with issues of bereavement, alcoholism and male depression, but the warmth of friendships, the family (particularly Maggie Steed as Jim's mother) and an accident, help to bring them together again. This is a heart- warming film and should leave you with a smile on your face. Classification: PG -13 (Running time: 1 hour 50 mins)

Sunday 11th December - *The Railway Children Return* - This sparky sequel imagines a new generation of railway children in 1944. Jenny Agutter is back as her original character, 40 years older and now a kindly grandmother: her daughter (Sheridan Smith) is the headteacher of the local school and has a son called Thomas (Austin Haynes), whose dad is away in the RAF fighting the Germans. Classification: PG (Running time: 1h 38m)

Thursday 5th January – Our Winter Event! This will be an opportunity to dress up/ 'dress for the occasion'. There will be a Gin Bar as well as a pay bar for wine, beer and prosecco etc. Title of film will be on the website. Only 70 tickets available, so keep your eyes peeled for updates, and book asap! Tickets will cost £12 each to include substantial canapes to be served before the show and during the interval at tables in the hall. Note: the doors will open at 6.45pm, with the film starting at 7.30

Sunday 15th January - *The Lost King* – is the fascinating true-life story of how an amateur historian, Philippa Langley (played by versatile Sally Hawkins) came to discover the final resting place of King Richard III, beneath a car park in Leicester. This is an underdog story that has changed history! Classification: 12A (Running time is 1 hour 48 minutes)



are pleased to announce their first exhibition:

"A Fresh View of Surrey" 2023

Venue: Denbies Wine Estate,

Monday 23rd January 12.00 – 16.00

Tuesday 24th to Sunday 29th January 10.00 – 16.00

The Surrey Hills Plein Air Painters are a creative band of hardy artists who paint out of doors in all weathers and all year round. What started out in a small way has grown to a membership of over 90, many of whom can be seen in and around Surrey on a Friday morning, painting in all mediums. We count professionals and amateurs amongst our number, and are excited to welcome you to our very first exhibition in Denbies Gallery.

We will be displaying over 200 pieces of exciting new and original art, all for sale at affordable prices. The paintings should appeal to every taste, featuring different subjects and styles and covering a wide variety of prices. There will be a selection of unframed paintings for sale too - original art makes a unique and thoughtful gift. Entrance to the exhibition is free and Denbies has a good café and restaurant, runs tours of the vineyard and has an excellent shop, so come and make a day of it! There is plenty of free parking.

THE PLEASURE OF READING

Three Abinger Book Club favourites for a dreary January

‘Still Life’ by Sarah Winman

‘The Mad Women’s Ball’ by Victoria Mas

‘Lessons in Chemistry’ by Bonnie Garmus

BOOK BLURBS - GLOSSARY OF TERMS

<i>Enchanting</i>	there's a dog in it
<i>Heart-warming</i>	a dog and a child
<i>Moving</i>	child dies
<i>Heart-rending</i>	dog dies
<i>Thoughtful</i>	mind-numbingly tedious
<i>Haunting</i>	set in the past
<i>Exotic</i>	set abroad
<i>Audacious</i>	set in the future
<i>Award-winning</i>	set in India
<i>Perceptive</i>	set in north London
<i>Provocative</i>	infuriating
<i>Epic</i>	editor cowed by author's reputation
<i>From the pen of a master</i>	same old same old
<i>In the tradition of</i>	shamelessly derivative
<i>Spare and taut</i>	under researched
<i>Richly detailed</i>	over-researched
<i>Disturbing</i>	author bonkers
<i>Stellar</i>	author young and photogenic
<i>Classic</i>	author hanging in there
<i>Vintage</i>	author past it

CHILDREN

Surrey Hills all Saints Primary School

Our values

Love	Show love for ourselves and each other
Believe	<i>Have confidence in ourselves and in those around us</i>
Respect	Demonstrate respect for everybody and everything
Aspire	To challenge ourselves, do our very best and work hard
Achieve	To reach our full potential
Hope	To make everyday a better one and envision the future

Value of the half term

As a school we are ensuring all of our children are given an educational experience to be envied. We have spent time as a school community considering and re-establishing our Vision, Aims and Values. This half term our value is **Believe**.

Bees Class - Reception

Bees Class have been investigating different habitats and thinking about which animals live where. They have also been considering what animals eat and helping out the birds by filling up the feeders with fat balls provided by FASH! Thank you!



Butterflies Class -Year 1 & 2

Butterflies had great fun learning all about our senses during Forest School. We made jam and our sense of taste told us it was delicious!

Foxes Class -Year 5



Foxes Class had a fabulous day re-enacting life, role playing and learning many facts about World War II. The children dressed as evacuees and went on a fact finding mission. We were able to handle lots of genuine World War II items: toys made of shrapnel, gas masks, ration books, uniforms and stretchers. We were also treated to some war time items of memorabilia which the children brought in to show and tell.

Cross Country competition

We had great results at our first Cross Country. More sporting competitions to come!



'Twas the month before Christmas, when next to the Hatch,
The nursery were crafting, mostly from scratch,
The nativity play was being practised with care,
In hopes that all the parents would be there;

We all were playing together wrapped up in the warm,
Thinking about the time when baby Jesus was born,

And our teachers settled down in a cosy nook,
to read to us our favourite book.

When out on the lawn there arose such a clatter,
We sprang to see what was the matter.
Away to the window we flew like a flash,
Tore open the shutters, and threw up the sash.

The nursery garden held new fallen snow,
With our many toys poking out from below;
When, what to our wondering eyes should appear,
But a miniature sleigh, and eight tiny reindeer,

With a little old driver, so lively and quick,
we knew in a moment it must be St. Nick.

On went our coats, gloves, hats and wellies,
we did not want to miss this chance to see Santa's belly!
He was dress'd all in fur, from his head to his foot,
And his clothes were all tarnish'd with ashes and soot;

A bundle of toys was flung on his back,
And he look'd like a peddler just opening his pack:
His eyes - how they twinkled! His dimples how merry,
His cheeks were like roses, his nose like a cherry;

To each one of us by name he said hello,
Then exclaimed he really must go,
He'd been so eager to see the nursery nativity
He'd flown in to visit rather too early!

He sprung to his sleigh, to his team gave a whistle,
And they flew over Donkey Lane, like the down of a thistle:
But we heard him exclaim, ere he drove out of sight-
Happy Christmas Abinger, and to all a good night.



Local Snippets

New Manager at The Plough, Coldharbour

We have an International Wine Judge in our midst. Mike Harrison, the new Assistant General Manager of The Plough, has travelled the world judging at prestigious events and has 40 years' experience in the pub business, including wine bars and hotels.

Mike will be assisting Enes, the General Manager, who is also running the King William IV pub in Little London, Albury.

"Locals are very special to us" says Mike "we want to remain the centre of village life."

To that end, they offer locals a 10% discount.

The Plough Team are working hard to increase their offerings: they have created a new lager 'Coldharbour Lager'; and installed a large awning to provide a covered area for the courtyard, with heating and lighting. They offer a 3-course Seasonal Lunch Menu on Mondays – Thursdays for only £14.95 (suspended for December because of the Christmas Menu, but will be re-started in January). And there's Burger Night on Thursdays when a burger and a pint/glass of wine is £14.95.

All this, while combatting huge price increases in absolutely everything from heating to glasses. Cheers to the Team for their efforts.

CHRISTMAS OPENING HOURS CHANGES:

24th December: 12 – 8 pm

25th and 26th December: 12 – 5 pm

31st December: 12 – 1 am



Diana Hitchcock

SALV Open Evening: when to worry – or not

Any hypochondriac attending SALV's AGM and Open Evening in Shere Village Hall on October 26 might not have had the best of evenings! Under the banner of Red Flags – Knowing When to Worry, the presentation by four of our doctors from Shere Surgery (Drs Charlotte Knight, Emma Watts, Douglas Wardrop and Helen Barnes) covered the widest possible range of symptoms that might affect any of us, but ultimately proved reassuring by showing how a calm and sensible reaction to our anxieties was always justified by the ensuing medical tests. In other words, nine times out of ten we had absolutely no need to worry.

Chairman Adrian O'Loughlin announced that early plans were taking shape for building a new wing of the Surgery in Gomshall Lane – currently severely overcrowded as the practice expands – to be called the Graham Tyrrell Wing, in memory of the inspirational Head of Practice, Graham, who died recently. Adrian paid tribute to him as well as to SALV's late Treasurer, Terry Edwards, who also died this autumn; both deaths had constituted a severe loss to the community. One good thing to emerge from Terry's loss was that his daughter Sue, also an accountant, had volunteered to take over his role at SALV, and the Trustees had been delighted to confirm this appointment.

Tim Austin

Directory of Local Businesses

BEAUTY	
Peaslake Beauty Room. Avril Munford	01306 731182 pamperyourself@thepeaselakebeautyroom.co.uk
The Beauty Shed - Garden Beauty Studio	07748 244621 www.thebeautyshedsurrey.co.uk thebeautyshed@gmail.com
BUILDERS etc.	
B A Gunter	01306 628291
Dorking Glass	01306 882971
RB Fencing	01306 640143 01483 414745 info@rbfencingltd.co.uk
LHP Groundwork and Drainage	01306 628412 info@lhpl.co.uk
Lyne & Co Capel Building and Renovation	01293 871008 nfo@lyneandco.co.uk
AR Surfacing (drives&patios)	07771 808332 alfie.vanloo@sky.com
CARPENTERS	
Tony Winch – Carpenter, Joiner Cabinet Maker	01306 742373 07969 016924 www.tonywinch.com
CHARITIES	
Abinger Consolidated Charities	kimclark50@gmail.com
CHARTERED ACCOUNTANTS	
Bullimores	01306 880880 partners@bullimores.co.uk
CHIMNEYS & CHIMNEY SWEEP	
Joe Lund	07930 507115 and 01243 583430
COMPUTERS	
Surrey Hills PC MAC and PC	01483 608242 07771 665863 david@surreyhillspc.co.uk
WMF-IT consultants	01306 731253 sales@wmf-it.co.uk
DECORATORS	
Dorking Decorators	01306 640418 www.dorkingdecorators.co.uk
Leith Hill Decorating	07989 747722 leithhilldecorating@gmail.com
DOG CARE	

The Mutt Hut dog grooming	07760 162661
FUNERALS	
Sherlock & Sons	01306 882266
Surrey Green Burials	01306 740407 www.surreygreenburials.co.uk
GARDENS AND TREES	
David Ford Tree Care	01306 611661 07940 197911 info@davefordtreecare.co.uk
Capel Tree Surgeons	01306 711124 07775 727121 www.capeltreesurgeons.co.uk
Bury Hill Landscape Supplies	01306 877540 www.buryhilllandscapesupplies.co.uk
Groundscapes JOBS IN GARDENING	01306 711720 recruitment@groundscapes.uk.com
PJ Oliver & Son House & Garden Maintenance	07722 158111
Scovell & Sons Horticultural Services	01306 611384 07597 946240 info@scovellandsons.co.uk
Neil McCance Down to Earth Garden Services	01306 730259 evenings downtoearthNFM@aol.com
Osborne Landscapes & construction. Mark Osborne	07818 001840 01306 730090
Phil's Mowing	07905 160765 phil@philsmowingdorking.co.uk
Mart's Gardening Maintenance	07480 831178 marts.65.cox@gmail.com
SJH Garden Services	07792 628785 sam@sjhgardeservices.co.uk
PERSONAL ASSISTANT	
PA Time	07944 963849 rand@pa-time.co.uk
PEST CONTROL	
EMWOOD	0800 092 2277; 01306 501426
PROTECTA PEST CONTROL	01403 259972 07833 259972 www.protecta-pestcontrol.co.uk
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Mark Mitchell, M V Press	molevalleypress@gmail.com
PSYCHOTHERAPY, WELLBEING	
Dora Bek Solution Focused Psychotherapy	07904 392493 dora@safespace-hypnotherapy.co.uk
Hannah Schellander Hypnotherapy	07846 508117 www.hannahschellander.com
Jodechi (Tiggs) Morton: Psychotherapy, CBT, TA, Life Coaching	07825 138508 info@jodechicoachingandcbt.com
Surrey Hills Hypnotherapy	07929 253834 www.surreyhillshypnotherapy.co.uk
QIGONG	internitylife@pm.me 07919 102332
PUBS	

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The Plough Inn, Coldharbour	01306 711793
REMOVALS	
EDE BROS	01306 711293 edebros.co.uk
SHOPS	
Coldharbour Village Shop	01306 711793
Kingfisher Farm Shop	01306 730703
Abinger Hammer Village Shop	01306 730701
SPORT & FITNESS	
Abinger Sports Club: Tennis	Charlieye2020@gmail.com 07774 773 993
Dance a Ramix	01306 731182. 07899 842 727 dancearamix@btinternet.com
Dorking Lawn Tennis and Squash Club	01306 889009 www.dltsc.co.uk
Keeley Cricket Bats	07778 692371 andrewspeters@hotmail.co.uk
KLM Fitness	07904 985516 klmfitness@icloud.com
Revitalise Fitness	07858 731890
Personal Training and Coaching	info@revitalisefitness.com
SWIMMING POOLS	
Burgess Pools	01306 730952 burgesspools@yahoo.co.uk
TAXI	
Dorking Taxis Ltd	01306 885533 enquiries@dorkingtaxis.co.uk
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Wednesday 18th January

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Please continue to send us your contributions. They make the magazine!

