

KINGSLEY NEWS

THE NEWS AND VOICE OF YOUR COMMUNITY

S E P T E M B E R 2 0 2 5



Newsletter Highlights

Kingsley Walkers

Our Interrailing
Adventure by Jane
Harris

Macmillan Coffee
morning

Plant based cooking
courses



KINGSLEY
COMMUNITY
ASSOCIATION

Online edition at
www.kingsleyvillage.co.uk

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Charity number: 503072

Kingsley Community Association - Committee Members

<i>Chairman</i>	Elizabeth Batey - Tel: 788788
<i>Vice Chairman/Kingsley News Editor</i>	Steve Easton - kingsleynewseditor@gmail.com
<i>Treasurer</i>	Heather Jones - Tel: 788104
<i>Bookings/Secretary</i>	Heather Hayes - Tel: 07955 648670
<i>Council Members elected</i>	Vic Wodhams, Carol Rowlands, Anne Kavanagh (In addition, one representative from each affiliated group supports the committee)
<i>Printing: Simon Batey; Printing Support: Jane Wodhams; Distribution Co-ordinator: Carol Rowlands</i>	

Kingsley Community Centre: Regular Weekly Classes

Tai Chi	Monday	10.30am to 11.30am	liverpooltaichi@gmail.com
Gentle Yoga	Monday	6.15pm to 7.30pm	janet@cheshireyogafitness.co.uk
Pilates	Tuesday	12pm to 1pm	dickienad@yahoo.co.uk
Karate	Tuesday	6pm to 7pm	dan@kenshinryu.co.uk
Yoga	Tuesday	7.30pm to 8.30pm	bjerk@hotmail.co.uk
Gentle Keep Fit	Wednesday	11am to 12noon	janet@cheshireyogafitness.co.uk
Yoga	Wednesday	7.30pm to 8.30pm	will@yogaandhealingcheshire.co.uk
HiiT	Thursday	6.30pm to 7.30pm	info@alutottraining.com

Community Centre Standard Hire Charges	Whole Centre	The Hall	Club Room	Green Room
Friday or Saturday Evening 6pm to 11pm	£90	£50	£45	£45
Sunday to Thursday Evening 6pm to 11pm	£60	£40	£30	£30
Sunday to Friday 8am to 12 pm or 1pm to 5pm	£45	£30	£20	£20
Saturday 8am to 12pm or 1pm to 5pm	£50	£35	£25	£25
8:00am to 11pm (All Day)	£150	£90	£75	£75

Rooms can be hired for an hourly rate of £15 per hour.

There is a standard charge of £35 per session for the provision of the bar.

FROM THE EDITOR

Welcome to the September 25 edition of Kingsley News,
... and a very Happy September to all our Kingsley News Readers.

Thank you Simon for the damsons on the front cover. Fruit harvests in the village are the best for many years, thanks to the lack of frosts in the Spring and the warm sunny Summer.

Lots of events coming up this month and next. The Quiz Night at the Community Centre on 6th September is now sold out and thanks to a very kind offer from a member of our community, there is now a bar at the quiz night. So no need to bring your own booze, just your wallet with cash for drinks, raffle tickets and stand up bingo! It's promising to be a fun night out!

If you can recall from July's edition of KN, the quiz night is part of a fundraiser by a band of ladies from Kingsley, who are also completing a **Macmillan Night Hike**, all in aid of Macmillan Cancer Support. Additionally there is the annual Macmillan Coffee morning on 25th September at the centre too.

I hope you enjoy the interrailing article; it sounds like Jane and Malcolm had a wonderful time travelling around Europe.

And finally a big plug from all on the committee, do come and join us Loose Connections on October 11th. A great 'live music' event - if you missed it last year don't miss out this year!

Best Wishes

Steve

I hope you continue to enjoy reading this edition and please do give feedback too. Please, don't forget that Kingsley News is also available in digital format on the Kingsley village website, www.kingsleyvillage.co.uk.

Photos/Articles/Adverts for the newsletter to be sent to the Editor at

kingsleynewseditor@gmail.com

Copy deadline the 21st of the month.



Advertising Costs

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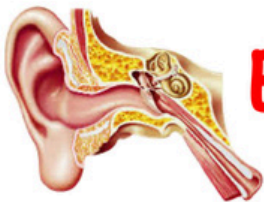
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**It's time for
a Macmillan
Coffee
Morning
and you're invited**

Kingsley Community Centre

Friday 26th September

10-12noon



Please come and join us on the morning for cake, coffee, tea and a chat.

There will also be an opportunity to buy cakes, purchase items from the various stall holders, and take your chance with the raffle!

We would welcome donations of raffle prizes (in advance) and also donations of cakes on the morning of the event.

If you do have any raffle prizes you would like to donate to the coffee morning, would you kindly drop them off at 22 Top Road or telephone Mary on 07989113207 or alternatively they may be taken to Joan Barker at Hurst Cottage, The Hurst. Thank you.

If you would like a table for the morning, please telephone Elizabeth Batey on 01928 788788

See you on the 26th of September

Our 2025 Interrail Adventure - by Jane Harris

Earlier this year Malcolm and I were inspired by friends' plans to go on an Interrail trip and in May we embarked on an adventure around Europe. The last time I had done such a holiday was as a student in the 1970's, when it was a cheap way of getting abroad, along with a backpack and sleeping bag! These days, however, seniors can pay an additional £50 which allows first class travel for the duration of the trip, making for a much more comfortable and luxurious experience.

Saturday 3rd May saw us and our backpacks at Runcorn Station at 5.40h for the first train of the day to Euston. We had a first-class coach all to ourselves and were duly served with bacon rolls and coffee (unfortunately the catering facilities were not at full capacity so our much-anticipated full English breakfast wasn't available!). From Euston Station we walked the Wellbeing Route behind the Euston Road to St Pancras where we took the Eurostar to Paris. At Paris a quick jaunt on the metro to Gare du Nord took us to our upper deck first class seats on the TGV where we shared space with a well-behaved French pooch and owner, crossing France to arrive in Nice at 9pm.



Our three day stay in Nice involved a nostalgic visit to the beautiful walled village of St Paul de Vence, where I'd lived and worked some 50 years ago, a trip to opulent Monaco and lazy meandering around the flower market and Promenade des Anglais.

Despite a French and an Italian train strike we managed to reach our next stop in Vernazza, one of the pretty Italian villages forming part of Cinque Terre, the five villages perched on the side of the cliffs in north west Italy. Our accommodation was right on the tiny harbour where we enjoyed a lively atmosphere, fabulous cliff walks and boat rides. We were lucky enough to be right next to the church the night the new Pope was elected and were treated to hours of celebratory bell ringing.

From Cinque Terre a night jet train took us to Vienna. A big contrast to be in a bustling city full of impressive baroque architecture, fabulous art galleries, churches, parks, statues, fountains and cafes. The Kunsthistorisches Museum which houses the former collections of the Hapsburgs has to be one of the world's most elaborate and decorative art museums. A highlight was a visit to the Vienna State Opera, which we'd booked well in advance, we felt like

like royalty taking an aperitif in the fabulous balcony and loved the performance of Tosca which we watched from the vertiginous heights of the third tier. Another trip was to the Donau Island on the Danube and to visit a Flak tower to indulge Malcolm's interest in WW2. For those of you who are not in the know, this is a huge edifice built to defend the city and to act as an air raid shelter for several thousand people. It was so huge it could not be decommissioned, so now stands in the extensive Augarten Park on the outskirts of the city.

From Vienna we travelled in our mostly empty first-class train compartments through stunning scenery across Austria to Chur in Switzerland where we stayed for one night in a converted prison! An unusual setting, which was, as you'd expect, spartan, but our ensuite cell room had the most comfortable bed of the holiday, and the ensuite bathroom had a heated floor! Walking round town we happened on five alpenhorn players in the park and in the old town came across hundreds of children – found out that we'd arrived on the day when every school child in Chur goes on a mountain walking day, arriving back down early evening to be accompanied in procession round town by four brass bands. A wonderful festive atmosphere and great fun.



A multi-train panoramic journey on regional trains took us from Chur to Disentis, another to Andermatt, then Brig and finally Speiz to Interlaken. Mostly in empty first-class carriages so we could open windows and were able to dash from side to side to for the stunning scenery through Swiss meadows, mountains and lakes. The rack and pinion tracks seemed to defy gravity at times as they climbed up impossibly steep inclines and we held our breath on the descents. Arriving in Interlaken we were surrounded by imposing snowcapped mountains and the deep blue water of the lakes. The best walk of the holiday was when we took the funicular railway 1322m up the Harder Kulm mountain, then continued on foot to the Harter Freunde viewpoint summit at 1585m. This was an exhilarating escape from the crowds, spectacular views in glorious sunshine, followed by a beer at Harder Kulm where a glamorous wedding reception provided entertainment before we tackled the 2.5 hour descent back down to town.



We left Interlaken on a rack and pinion railway over a mountain pass. On to Lucerne, a quick peep out from the railway station there, over a medieval wooden bridge crossing the River Reuss. Then to Zurich and Schaffhausen passing the Rhine Falls, Singen and Konstanz. At Konstanz we made a catamaran trip to Friedrichshafen to visit the fascinating Zeppelin Museum. Crossing the 42-mile long lake we watched a modern Zeppelin flying rich sightseers, not for the fainthearted! In the evening we followed up notices we'd seen in town for two concerts one after the other in different churches and thoroughly enjoyed first an organ and trumpet recital then a remarkable Ukrainian accordion quartet which ran through a programme of classical composers.

Our next stop was Koblenz, via Baden-Baden which took us through the lovely rolling countryside of the Black Forest. From Baden-Baden to Koblenz we were constantly flirting with the Rhine River, getting across, putting some distance between us and then cosying up again. There is a constant stream of barges and river cruisers on this mighty river and an odd juxtaposition of ancient castles, modern campsites and motorhomes on the banks. Koblenz is situated on the confluence of the Rhine and the Moselle, again lots of beautiful parks, churches and statues, plus a fabulous cable car over the Rhine. After a sunny river cruise, we took the cable car to visit the imposing Festung Ehrenbreitstein fortress enjoying lunch on the Battery terrace taking in far reaching views.

Our final short stop was in Cologne where we did a whistle stop tour of the city, taking in the vast imposing cathedral which famously escaped bombing whilst the town around it was flattened in WW2. A stroll round the old town where we saw processions of newly weds leaving the town hall, feted by family and friends singing and handing out red roses. Down to the Rhine and across the Hohenzollernbrücke flanked by statues of various emperors on horseback. There are millions of lovers' padlocks attached the entire width, which must be adding significant weight to the bridge. Spent our last evening in a Bierhalle, toasting the success of this adventure and wondering where to go next.

Train from Cologne to Brussels Midi was uneventful and we were offered seats on an earlier Eurostar, so grabbed the chance to arrive back in London before rush hour. We enjoyed our refreshments on Eurostar and toasted our friends who had first put the idea into our heads and who themselves were setting off for Strasbourg as we returned.



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KINGSLEY PRAYER DIARY



Each week of the year Christians in Kingsley pray specially for people in a different area of the village and its surroundings. During September we think of, and pray for people living in: -

**W/c Sep 7th Helsby, Alvanley
and Manley**

W/c Sep 14th Crowton

W/c Sep 21st Norley

W/c Sep 28th Blakelees

Holidays and the Sabbath



If you refrain from trampling the Sabbath, from pursuing your own interests on my holy day; if you call the Sabbath a delight and the holy day of the Lord honourable; if you honour it, not going your own ways, serving your own interests or pursuing your own affairs; then you shall take delight in the Lord, and I will make you ride upon the heights of the earth; I will feed you with the heritage of your ancestor Jacob, for the mouth of the Lord has spoken. Isaiah 58:13–14 (NRSV)

By the time you read this you may have been on holiday or packing to go away. We all need holidays or a break of routine of some kind. We have been blessed with some incredible weather this year so wherever life has taken you at least the sun has been shining.

The reality is that all holidays come to an end. I wonder if like me after a time of rest, relaxation, good food and good company, as I head back I start to make plans for when I get home. Determined to make changes that will mean that something of that holiday spirit will continue as I re-enter 'normal life'. All of us know how hard that is to do in reality.

Coffee and Chat

Please come and join us each
Tuesday morn 10am at the Hurst Methodist Church

For 'Coffee and Chat', meet old friends and new.

You will be most welcome

Men's Brunch

Friday, 26th September at 10.30am in The Hurst
meeting room for bacon/sausage bap.

Please come and join us.

God set apart a day for us of rest to give us space to recalibrate our perspective, refocusing on who God is and who he is calling us to be. Sadly today, for most, that is now crammed with other activities that don't allow us that time to simply be. It's not the way I remember it as a child – Church – Sunday School and the whole family doing things together. Everywhere was quiet and relaxed or so it seemed.

Isaiah sets us a challenge in the reading above as he reminds us of the values and principles of the sabbath, keeping God's rightful place in our activities and relationships that don't stop when the sabbath ends.

So what do we want to commit to bringing back into 'normal life' at the end of the holiday? How will we build rest, quality 'people time', travel beyond our comfort zones and reflection into the days to come?

Something to think about on those warm sunny days.....

Sabbath Lord, Help us to receive the gift of rest, to rediscover the meaning of holiday and holy days, to value stillness and silence, and to receive your inner peace, without guilt or fearfulness, knowing that it is what you do in us that lasts and bears fruit, far more than what we do for you. Amen

Bible Reading Fellowship

With Love and Prayers, Hilary

St John the Evangelist, Kingsley

We are part of the United Benefice of
Norley, Crowton and Kingsley
with Alvanley and Manley

Services in September 2025

Sunday 7th September

10.00 am Family Holy Communion at Norley
6.30 pm Sacred Space at Crowton

Sunday 14th September

10.00am Holy Communion at Crowton
6.00pm 2nd Sunday @ 6 – at NCK Centre,
Norley

Sunday 21st September

10.00am Holy Communion at Kingsley

Sunday 28th September

8.30am Holy Communion at Crowton
10.00am Holy Communion at Alvanley

Mid-week Holy Communion all at 10.00 am

4th September at Norley
18th September at Kingsley
11th September at Crowton
25th September at Crowton

**St John's Church is open every Tuesday
morning 9.30am – 12noon
for private prayer or just to take some
quiet time out**

Associate Minister Revd. Hilary Merrington
Tel: 01928 788087
Email: hilary.merrington@btinternet.com
Church website www.nck.org.uk

Worship at The Hurst Methodist Church

September 2025

As of 1st September, we are very happy to
welcome our new minister Revd Claire
Rawlinson. The Hurst, Blakeless and
Norley Methodist church will be part of a
Rural Church group that Claire will
oversee. Please join us to extend a warm
welcome to Claire.

Sunday 7th September

8.30am Holy Communion
led by Revd C Rawlinson
Followed by Tea, Coffee and Toast
10am Morning Worship
ed by Mrs N Hughes

Sunday 14th September

10am Morning Worship led by Dr J Ford

Sunday 21st September

10am Holy Communion led by Revd C
Rawlinson

Sunday 28th September

10am Harvest Festival led by Mrs R Wass

*A warm welcome awaits all who wish to
attend.*

We are anxious the most vulnerable of our
community feel safe, so ask that you
please do not attend if you have cold or flu
symptoms.

Feel free to wear a mask if you wish.



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please email Ruth using info@climateactionfrodsham.com

Or phone: 01928 733930

Numbers are limited – early booking advised

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Act Globally, Cook Locally www.un.org/en/actnow/food

DID YOU
KNOW ?

..... that the Hurst Methodist Church now has a Facebook page.

Please have a look, and hopefully 'like' us. It will keep you informed of things we are doing. It is to be found as 'The Hurst Methodist Church, Kingsley'.

Also, from the start of September, ***we welcome a new minister, Rev Claire Rawlinson.*** She will be based in the manse at Tarvin and will have 6 church congregations to oversee. Previously, she has been in a similar situation, looking after a number of rural churches, and she is looking forward to the challenge here in Cheshire. She will be taking the 8.30 Communion service on September 7th and the 10am service on September 21st at the Hurst. You are all most welcome!

Would you be interested in ***reading through St Matthew's Gospel*** and discussing what it might mean for us in the 21st century? If so, our Bible Study group is giving you an open invitation to join us, looking at one of the most accessible books of the Bible. Our first meeting for the new church year is on Thursday, September 11th ***at 3pm***, at 2 Acres Crescent, or phone me on 07932 166742 if you would like to know more.

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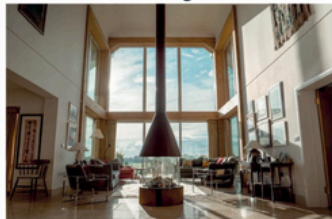
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SCAN ME

KINGSLEY WALKERS



The warm (or even sweltering) summer months can signal a change in the routine for local walkers. Whilst many regulars briefly disappear, to take holidays, to perform their duties as grandparents, or (in my case) to go off sailing around the UK. However, the desire for a good walk continues, recent weeks have seen pleasant excursions to the hills of the Western Peak District, the area around the Anderton Boat Lift and Budworth (not the Little one), whilst a lunch at the Bells Of Peover Pub was calorifically justified by a few miles walking.

Some walkers, in recent years had enjoyed and even felt uplifted, by the book, The Salt Path. A tale of a middle aged couple whose shared life and his health seemed to unravel in a short space of time at the start of the book. By the end of a long distance, gruelling walk around the coast of Devon and Cornwall health seemed restored and luck flowed, from kindly people and then the publishing of their journal of landscape and endurance.

Book fans and walking group members were disappointed by the subsequent film (not the scenery I emphasise) but then shocked, just a few days later. We learnt that many of the details upon which the supposedly real life story was based were inaccurate, if not downright fraudulent.

However, it is surely indisputable that the positive physiological and psychological benefits of a good walk, in fine scenery and, above all, good company remains. The Kingsley Walkers will continue to provide friendly, reliable walks every second and fourth Tuesday of the month. Any member will be happy to fact check and new members are welcome.

Please contact kingsleywalkerswa6@gmail.com

theWI
INSPIRING WOMEN

Kingsley WI

**All meetings are the first Wednesday of the month
at 7.30pm in the Community Centre**

Wednesday September 3rd

'My Life at Harrods'

with Maxine Jaeger

Wednesday October 1st

'A Night with Lostock Ukuleles'

with leader Graham Edgeley

***New members are welcome, we are a very friendly group, you
may make new friends and even learn something ... and the
cake is always delicious!***

For further information email janetlesleyfletcher@gmail.com

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Kingsley Community Centre

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**ALL PROCEEDS TO SUPPORT
KINGSLEY COMMUNITY CENTRE**