



## November 2022 Bulletin

### **MONTHLY MEETING**

**8th November 2022**

**St Johns Church at 2pm**

**Fran Sandham - Traversa: A solo walk across Africa**

Critically acclaimed author and public speaker Fran Sandham took on the challenge of a lifetime, by walking across Africa solo from coast to coast. His 3,000-mile walk from the Atlantic on Namibia's Skeleton Coast to the Indian Ocean near Zanzibar was the first time on record anyone has crossed Africa solo entirely on foot by this route.

Followed by refreshments in the St Johns Centre.

Members will no longer have to bring their own mugs as these will be provided in the hall.

#### FOOD BANK

Please bring something for the local food bank to the meeting. A list of suggestions will be sent separately but any small tins, packets or jars will be gratefully received and shared with our community. There will be a further collecting in December.

### URGENT DATE CHANGE FOR DECEMBER 2022 MONTHLY MEETING

Due a school booking the Church for a carol service on the second Tuesday in December, we've had to move our meeting to Tuesday 6th December.

Please make a note in your diary.

All future meetings will revert to the second Tuesday of each month from January 2023

## **GROUP REFRESHMENTS ROTA**

### **Book Groups 1 and 2**

We have reverted to the old system whereby each group in turn helps set up, serve the tea/coffee/biscuits and clear up after the Monthly Members' meeting.

Lynda Bolton will bring the supplies and guide the groups in the use of the dishwasher and kitchen facilities.

We ask for at least 4 volunteers for the appropriate month. Please arrive about 1.30 to help set up. Even if you do not usually go to the monthly meeting please make the effort to attend when it is your groups turn.

Please contact Sue Bates, Groups Co-ordinator on [mepgroups22@gmail.com](mailto:mepgroups22@gmail.com) if you have any questions regarding this rota.

### **Meopham u3a Artist exhibits in Bluewater**

Paul Ratcliffe, a member of our own Art and Painting Group, has been selected to exhibit some of his work in Bluewater on 8th November - 12th December 2022.



Why not go along, take a look at his and other's work, and be inspired. Who knows, if you join our group and improve your artistic skills, you could be joining him next year.

We are a friendly group of mixed ability artists. If you're interested please contact Sharon Paterson on [88sharon\\_patterson2251@hotmail.com](mailto:88sharon_patterson2251@hotmail.com)

## Notes from the Chair - November 2022

Thanks to everyone who responded to the Social Events survey.

The most popular events were:

1. Coach trips (see below for most popular venues)
2. A Day on the Orient Express
3. Quiz and Afternoon Tea (avoids night driving)
4. Theatre Trips
5. Thames Boat trips

Most popular coach destinations:

1. Vineyard Trip
2. Hampton Court Flower Show
3. Highclere Castle (Downton Abbey)
4. Christmas Markets (2023)
5. Stratford-upon-Avon
6. Althorp (Princess Diane's Childhood home)

So there's plenty of great events to plan. I'm sorry that the survey was not able to give me the contact details of those who offered help. If you were one of those who would like to help, please email me on [chairmu3a@gmail.com](mailto:chairmu3a@gmail.com)

We have already pencilled in the Chapel Down Vineyard trip for June and would hope to sort out another event early in the new year. Watch this space for further details.

Regards

Mike Chantry

07969931108

## News from the groups:

A new group 'Wine Appreciation4' has been proposed and currently has 2 members interested

Numbers are beginning to build for the new groups. If you would like to be included in any of the following, please let Sue Bates know on [mepgroups22@gmail.com](mailto:mepgroups22@gmail.com):

1. Archaeology.....7
2. Art Appreciation 2.....2
3. Citizen Science.....2
4. Genealogy for Beginners.....9
5. History 2.....0
6. Weekend activity meeting group (i.e. meeting on a Sat or Sun).....5
7. Writing.....6
8. Wine Appreciation 4.....2

You can see that Archaeology and Genealogy for Beginners will be able to start soon, with Weekend and Writing groups close behind.

Now is your chance to join at the beginning of a new group. Why not sign up for a preliminary meeting and take it from there?

Best wishes

Sue Bates, Groups Co-ordinator

### Interest Groups Online-a national initiative

There are currently over 80 different groups meeting regularly online with over 800 members learning together as part of this online u3a community, formerly known as Trust u3a. This was started during lock down but was so successful it is to be continued.

Read what current Interest Group Online (IGO) members have been saying about their experiences in this [learning news article](#).

Find out more about the u3a groups that meet online and how to join on [the Interest Groups Online website](#).

## MEDITATION GROUP

Meditation is an easy technique that anyone can learn. It is a very good way of dealing with stress and is a great aid to relaxation.

There are different types of meditation and, because it's important to find a method which suits you, we practise them all in the group and learn how to meditate effectively and to build up a good meditation 'habit'.

The object of traditional meditation is to focus on a single word or phrase (mantra), an object, music or the breath. More modern types of meditation include guided meditations and affirmations.

The mind is always busy with lots of thoughts and worries that can cause stress and impede relaxation and sleep. In order to counteract that, we can use meditation to quieten the mind to achieve peace, relaxation and calm.

We meet once every 4 weeks on a Monday morning. If you would like to join us please contact Rosemary Roumana or Edina Geering via the Beacon website.

## National News letter

Don't forget to sign up for the u3a [National Newsletter](#) for news and stories from across the u3a movement. This is emailed monthly and so is much more up to date than Third Age Matters magazine

## Meopham Face Book Page

Please visit our website and sign up for our face book page. This is a way of us showing all the amazing things we do and places we go to fellow and prospective members.

Group contacts are encouraged to add information about their groups. If you would like some guidance please contact the membership secretary via our website.

## ONLINE AUTUMN GATHERING

### FIT FOR THE FUTURE

17<sup>th</sup> November 2022 at 10.00

More details at <https://u3asites.org.uk/south-east/events>

Link to follow