

# SHORELINE

Skegness Group of Parishes: St Matthew, Skegness; St Clement, Skegness;  
St Mary, Winthorpe; SS Peter and Paul, Ingoldmells; St Nicholas, Addlethorpe

February 2016

Issue 4



**Distributed FREE throughout Skegness and the Surrounding area**

Photo by Aidan Clarkson

# Who's Who in the Ministry Team

Rural Dean Canon Terry Steele

Rector in vacancy

Permanent Deacon Reverend Christine Anderson

Reader Linda Allaway

Reader Jean Smith

-assisted by our Lay Ministry Team, Churchwardens  
and supporting our various Chaplaincies in the  
Workplace, Hospital, Schools and  
Families and Bereavement.

Parish Secretary Gwen Drury

Contacts: Parish Office open 9am – Noon Mon-Fri

Tel: 01754 763875

email: [info@skegness-anglican.org.uk](mailto:info@skegness-anglican.org.uk)

web page: [www.skegness-anglican.org](http://www.skegness-anglican.org)

To book a baptism or a wedding,  
come to the Parish Office at St Matthew's Church  
on Wednesday 7.00pm - 8.00pm  
or on Saturday 10.00am - 11.00am

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## Would you like to place an advertisement in this magazine?

Over the next few months we hope to make a feature of the inside pages as advertising space.

We would like it to be a directory for local businesses and trades people.

Rates are per annum (12 issues per year)

Inside full page £350.00, Inside half page £200.00, Inside quarter page, £125.00

To confirm your space please contact:

The Parish Office: Email [info@skegness-anglican.org.uk](mailto:info@skegness-anglican.org.uk) , Tel 01754 763875



# How Do You Like Your Pancakes?

Shrove Tuesday is known in many countries as Mardi Gras which means Fat Tuesday. Traditionally it was the day we emptied all the fats, butter and eggs from our cupboards in readiness for Lent. Mardi Gras is celebrated in many cultures with a carnival – a time of festivities before the austerities of Lent.

‘We are dust from our birth  
But in that dust is wrought

A place for visions, a hope  
That reaches beyond the stars.’  
(Elizabeth Jennings)

Lent starts on the 10th February this year and someone is going to ask: “Excuse me, but did you know you’ve got a dirty mark on your forehead?”

Try to explain that this day is Ash Wednesday, the first day of Lent and that many Christians go to church on this day to receive a cross of ashes with the words, “Remember that you are dust and to dust you will return.”

We will listen again to the story of Jesus being tempted in the desert – the opportunities he was given to take short-cuts. But he evaded them all and went the long, hard way round. He chose a life of humility, living and working with twelve disciples, who frequently misunderstood him, and, in his hour of need, would one day abandon him. He chose a way of holiness, knowing that the consequences condemned him to be hated by those who loved evil.

This Lent we, too, are challenged to make space – a desert space - in our lives in order to face up to choices and their consequences in our lives. Traditionally we face up to our addictions by giving up things like alcohol, cigarettes, television, gambling or drugs.

Is this Lent going to make any difference to our lives? Or are we going to let the purple altar furnishing, the ash cross come and go as an interesting, but inevitable part of the year’s cycle? Whatever you choose to do this Lent, whether it be fasting, giving up those addictions, or prayer, do it without counting the cost. Maybe Lent means nothing to you, but it is essential; if we want to draw closer to Jesus during this time, in the solitude of our hearts, we need to look for him where he started - in the wilderness.

Reverend Christine Anderson



# Matt Warman

## MP



At No 11 Downing Street three leading businessmen from Boston and Skegness, including caravan magnate Jonathan Moses, were recently asked by the Chancellor what they would like for Boston and Skegness. The unanimous answer was one word: “Infrastructure”. Local MPs such as myself may not have a magic wand, but the closest thing available is making sure George Osborne hears straight from the source what it is that will make a real, tangible difference locally.

Whether it is broadband or roads or rail, it is indeed infrastructure that will take Skegness, with its already booming tourist trade, to the next level. It means more people coming to the area and spending money, and it means more people living in the area making money from businesses that rely on the internet, which these days is all businesses. A growing economy means a more vibrant community, sustainable public services and hopefully also means more money aside for a rainy day.

Whether it is Premier Inn, the forthcoming Countryside Business Park or the recent Business Awards, all the evidence indicates that there is indeed every reason to be optimistic about the future of Skegness because it's clear companies want to invest in the East Coast.

That's not a reason to be complacent, or to ignore the many challenges we face – but it should certainly indicate that our opportunities locally outweigh those challenges, and with the ear of the Chancellor we should be able to seize them all.



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SKEGNESS MUSICAL THEATRE COMPANY PRESENTS

# Sister Act

The Musical



Based on the Touchstone Pictures Motion Picture "Sister Act"  
Written by Joseph Howard

**Embassy Theatre Skegness**  
17th, 18th, 19th March 2016 - 7.30pm

Music By  
Alan  
Menken

Lyrics By  
Glenn  
Slater

Book By  
Cheri Steinkellner  
& Bill Steinkellner

Additional Book  
Material  
Douglas Carter Beane

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**[www.embassytheatre.co.uk](http://www.embassytheatre.co.uk)**

Tickets: £15 Adults £12 Concessions £50 Family Ticket  
(2+2) (Includes Booking Fee)

# **Sister Act** The Musical

Based on the film starring Whoopi Goldberg, Skegness Musical Theatre is one of the first amateur groups to present Sister Act as seen in London's West End. The show is at the Skegness Embassy theatre from Thursday 17 March to Saturday 19 March.

Our "on loan" vicar, Canon Chris Lilley is playing one of the principal roles as -wait for it -a priest! He will be Monsignor O'Hara the Roman Catholic priest in charge of a church about to be closed until Deloris Van Cartier hides out in the convent having witnessed a gangland murder. Deloris is a nightclub singer and she soon gets the tone deaf nuns singing like an angelic choir.

Canon Chris reckons he only got the role because he can provide his own costume. He hardly gets to sing, doesn't dance and clearly won't need to act! So he shouldn't spoil the show! It is a life affirming musical where good eventually triumphs over evil and will be a great night out!

After a break in Stratford-upon-Avon the return journey will be diesel hauled by a class 47 or 57.

## **Saturday 09 April 2016**

Depart Skegness 06.30 return 21.30  
(times approximate)

Also picking up at Wainfleet, Boston,  
Heckington and Sleaford

Pullman Dining £195.00 including full  
breakfast, elevenses and 4 course evening meal  
Premier First Class £115.00 including snack  
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First Class £99.00

(Tables for 2 available in all the above at a  
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Standard Class £69.00

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# Skegness Aquarium

*Louie Laverack*

Skegness Aquarium is an attraction on the coast of Skegness, it is located just off Tower Esplanade.

It is a pirate themed aquarium, the storyline is that the great Hispaniola ship has crashed into Skegness Pier and you walk through the wreckage of the ship.

It starts off with a pirate that introduces you to the captain of the ship on a television screen, then you are taken through to Long John Silvers Store Room where all of the Captains critters are held such as: Rats, Spiders, Cockroaches, Vinegroons, Frogs and more.

After this you continue on to Treasure Island where there is a total of seven tanks but they are very large, the tanks range from little tiny clownfish to one meter long sharks! It also has chameleons.

Next you go to the Main Tank named the Aqua Theatre, the Main Tank has hundreds of tropical fish and sharks including: Black Tip Reef Sharks, Zebra Sharks, Hound Sharks and lots more like Bat Rays.

Connected to the Aqua Theatre there is a Wet Lab where you can get up close and personal with the animals like Crabs and Sea Stars. Next to this is Pirate School, this is





where you can go to get your face painted or do arts and crafts.

If you fancy a treat then you can head upstairs to Skegness Aquariums very own bistro that serves hot and cold food all day long, then after your meal you can get a delicious desert.

Meanwhile downstairs the aquarium has a sea cave called the Sunken Hold where you can put your head into a tank and get a close look at their sea horses, and look at some predator and nocturnal fish In rather large tanks.

Then finally you can walk through

the tank under the water by going through the amazing tunnel that leads to the reception you can see all of the fish very clearly and get lots of great photos.

When you get to the reception at the end you will have the chance to buy a photo you will have had taken at the beginning of the experience, after this you will have time to look round the gift shop and maybe write a comment in the comment book.

Then you can leave Skegness Aquarium with the feeling that you would like to visit again.

# How to Live a Longer, Happier and Healthier Life

Do you jump out of bed in the morning feeling ready to take on the new day? Or do you hit the snooze button once.....or twice and finally drag yourself up and take a while to wake up?!

If you answered the latter then it might be time to give yourself a health check and make sure you are ticking the boxes needed to get some vitality back in your life.

Health and Fitness are buzz words every New Year as a big percentage of the population make resolutions to start exercising and lose weight. The problem is normally, after a few weeks, good intentions fade and bad habits start to creep back in. Instead of setting yourself HUGE goals that might be unachievable try and make small changes every day that will give you a better quality of life and in time become your new healthy habits?

We all know that exercising is good for our health but when we lead such busy lives it can sometimes take a back seat on our list of priorities. Here are a few reasons why it is so important to push it back to the top of the list.

- Exercise means a healthier heart because it reduces several cardiovascular risks, including high blood pressure and heart disease.
- Being physically active can boost good mental health and help you manage stress, anxiety and even depression.

- Regular exercise can help you achieve and maintain an ideal weight and reduce the risk of diabetes.

- Exercise can help reduce pain and stiffness in your body, relieve aching joints, improve mobility, flexibility, balance, posture and strength. Pilates and Yoga are both great techniques to learn when starting any exercise regime as allow you to become body aware and mindful on how to move safely and effectively day to day.

- Weight bearing exercise is especially good in promoting bone density and protecting against osteoporosis - which is when bones become thin, weak and break easily. We begin to lose bone density from our mid-30s, which is a normal part of ageing.

- Lifestyle factors such as having a calcium-rich diet and exercising frequently can keep bones healthy and minimise the risk of fractures. Sunlight exposure is also crucial to up levels of vitamin D.

- Attending exercise classes, groups and your local gym will allow you to be socially active and give you the opportunity to meet new friends and like-minded people.

How much exercise is enough? The current guidelines for adults aged 19-64 are :

- At least 150 minutes of \*moderate aerobic activity such as cycling or fast



walking every week, OR 75 minutes of  
\*\*vigorous exercise every week AND

- Strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

The current guidelines for adults 65 and over, who are generally fit and have no health conditions that limit their mobility, should try to be active daily and stick to the same guidelines as above!! No more or less as you get older just adapt the exercise you do to make it safe and effective for your health, fitness and wellbeing.

\*Moderate activity will raise your heart rate and make you breathe faster and feel warmer. One way to tell if you're working at a moderate level is if you can still talk, but you can't sing the words to a song.

\*\*Vigorous activity makes you breathe hard and fast. If you're working at this level, you won't be able to say more than a few words without pausing for breath.

The secret to staying active is to find something you enjoy doing every day, this could be walking with a friend, dancing, gardening, cycling, playing golf, swimming, exercise classes, Nordic walking or anything that makes you move your body.

For more information on health, fitness or joining a local community fitness class or just a friendly chat about getting more active please get in touch.

Emma McDonald  
Lincolnshire Fitness  
[emma@lincolnshirefitness.co.uk](mailto:emma@lincolnshirefitness.co.uk)





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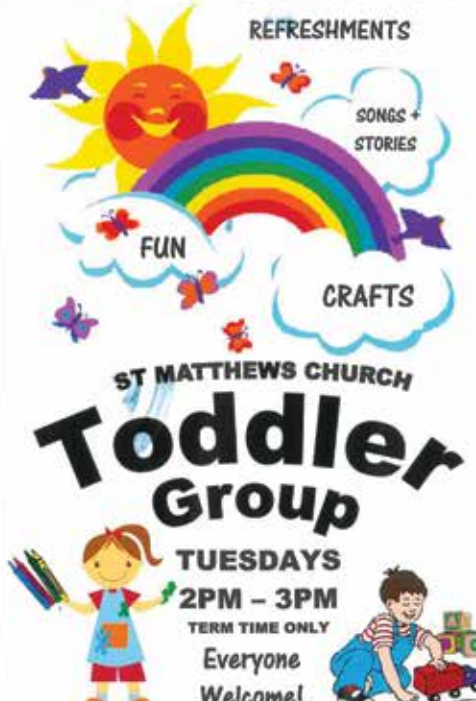
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# Toddler Group

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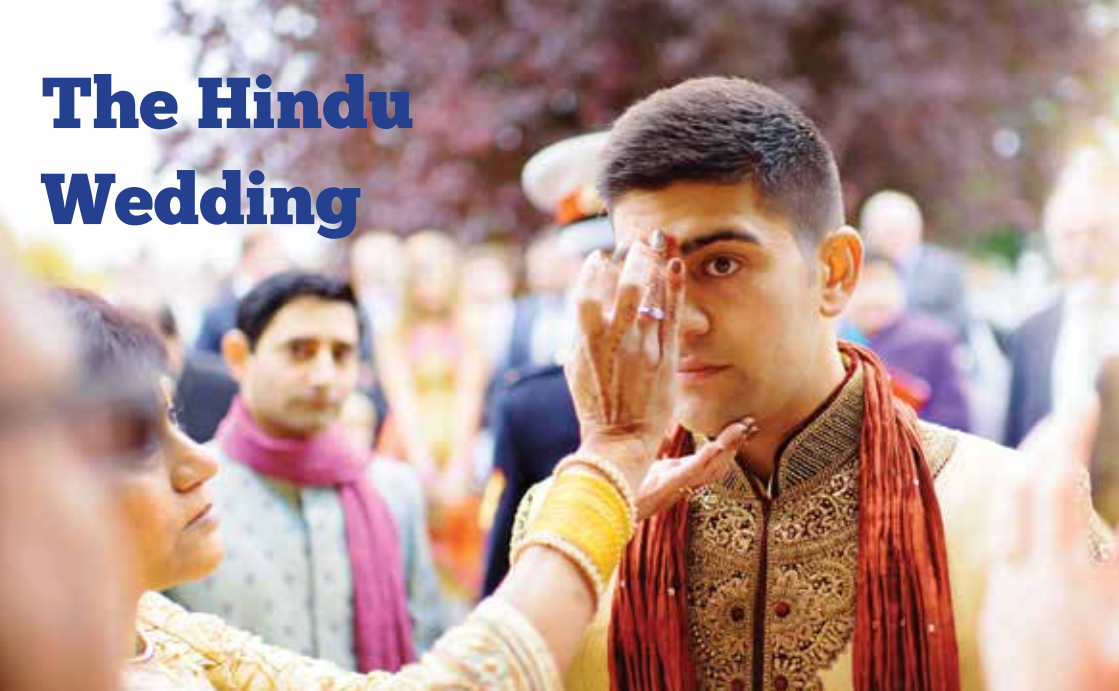
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# The Hindu Wedding



In Hindu culture, marriage is one of the most important sanskaras or rites of passage that a Hindu observes during his or her lifetime. Briefly stated, the marriage or the Vivaah Sanskar is the transition from the first stage of life, devoted to education and learning, to the second stage of life, devoted to building a household and raising children.

The married couple pursues Dharma, performing the righteous duty, Artha, the acquisition of wealth and Kama, the enjoyment of natural desires. They lead a productive life of work, service and enjoyment, fulfilling various duties and obligations towards themselves, their families and society at large. In Hindu scripture, marriage is a sacrament with strong moral and ethical values. It is meant to unite the bride and the groom firmly so that they essentially become one in soul and spirit.

The Hindu marriage ceremony is primarily based on the marriage of Surya, the daughter of Savita (The Sun) to Ashwinikumar, as described in the Rig-Veda, one of the oldest Hindu scriptures, written about 1500 BC. After Ashwinikumar wins the chariot race competing with hundreds of eligible bachelors, Savita gives away the bride in a splendid ceremony. The ceremony is written in Sanskrit, one of the oldest language in the world and is described in Grihya sutras, with many verses directly taken from Rigveda.

Think of the actual wedding ceremony as if it were a romantic story, where the bride and the groom come to the Mandap, separately, as if unknown to each other. Then they fall in love and ask the parents' permission to get married. We explain to them what the Hindu marriage means and they accept the obligations that go with it. During the various rituals, the couple commits to remain faithful to each other and repeat the pledge in front of the Fire God, the Agni and all the witnesses. Then, they walk seven steps together committing to seven marriage vows to each other, about their future life together. We all bless them and wish them a very happy life and they leave the Mandap as a newly married couple!

Photos by Aidan Clarkson



# The Seven Vows

**Groom:** You will offer me food and be helpful in every way. I will cherish you and provide welfare and happiness for you and our children.

**Bride:** I am responsible for the home and all household responsibilities.

**Groom:** Together we will protect our house and children.

**Bride:** I will be by your side as your courage and strength. I will rejoice in your happiness. In return, you will love me solely.

**Groom:** May we grow wealthy and prosperous and strive for the education of our children. May our children live long.

**Bride:** I will love you solely for the rest of my life, as you are my husband. Every other man in my life will be secondary. I vow to remain chaste.

**Groom:** You have brought sacredness into my life, and have completed me. May we be blessed with noble and obedient children.

**Bride:** I will shower you with joy, from head to toe. I will strive to please you in every way I can.

**Groom:** You are my best friend, and staunchest well-wisher. You have come into my life, enriching it. God bless you.

**Bride:** I promise to love and cherish you for as long as I live. Your happiness is my happiness, and your sorrow is my sorrow. I will trust and honor you, and will strive to fulfill all your wishes.

**Groom:** May you be filled with joy and peace.

**Bride:** I will always be by your side.

**Groom:** We are now husband and wife, and are one. You are mine and I am yours for eternity.

**Bride:** As God is witness, I am now your wife. We will love, honor and cherish each other forever.



**Charles & Hannah Jude**

# The Anglican Wedding



**Charles & Hannah Jude**

Marriage, according to the service itself, is a gift of God in creation and a means of his grace. Whatever form marriage takes, it is the joining together of two people in a commitment to each other, hopefully for life.

The Anglican service has a straightforward structure: A procession of the bride and her attendants, followed by some opening words and the first hymn; then the asking if anyone knows of any reason why the couple may not marry. (Nobody has put their hand up yet, but some comedian will probably cough!).

There are some readings from the Bible and an address, perhaps based on the readings. Then the vows: the promises to have and to hold, for better for worse, for richer for poorer, in sickness and in health, to love and to cherish, until death; all those vows made in the presence of God.

The rings indicating a never ending circle of love, then a second hymn and the prayers, followed by a final blessing. The 'legal bit' which is the signing of the registers follows, and then the procession as husband and wife to a long and happy married life together.

Marriages in any of the churches in the Skegness Group are special occasions and it has been my privilege to conduct many of them. To have been part of an almost day-long event involving another faith was an amazing experience, both for me and for the gathered family and friends.

Reverend Christine Anderson

Photos by Aidan Clarkson



## Skegness & District Chamber of Commerce

Ever wanted to know more about your local business community?

Hear about local issues that could affect you and get to meet like-minded local business owners and operators at our monthly meetings.

Skegness and District Chamber of Commerce is a long established business organisation whose aim is to encourage and stimulate initiatives which will enhance the prosperity of both the town, and neighbouring villages.

We meet at The Crown Hotel on the second Monday of each month at 7.30pm.

For more information contact Tony Tye on 763664 or Simon Miles on 763259.

Come and join us and have your say on your community.

		5			7	3		
	1					2		
7				1	5			6
	5	9			6			
			3			4	2	
6			5	4				7
		1					8	
		8	2			6		

## Sudoku

**If you find yourself with a little spare time this month, why not have a go at our sudoku puzzle.**

Each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.



# WE ARE MACMILLAN. CANCER SUPPORT

I would like to take this opportunity to introduce our group to you all. We started about 18 months ago with a grant from Macmillan and our aim was to provide support and help to people and their families going through a cancer journey. Initially we worked alongside the Macmillan Volunteers and attended the same training. The aim of the group is to provide activities, and trips out, guest speakers and a place to meet to exchange thoughts, feelings and experiences with others who have been, or are going through the same journey. However, we try to offer an uplifting experience, and the time can be used however the person wants to. Either through a private one on one chat with a volunteer or sharing around a table crafts, games, and chatting. With the kettle always on the boil! The aim of the group is to promote health for those who have or are going through treatment. To liaise with other persons, to provide information and assistance to help achieve their objectives, and to offer confidential support and advice. We are not professional we are all volunteers but we can arrange for a local Macmillan team member to be present if required. Winston Churchill said "Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen".

We offer a caring and sharing service by non medical people, not only to the patient but also to their family. The Committee of which there are four of us have all experienced cancer themselves or a close relative, so we really do understand, and can share our experiences and offer support and advice. We have been told by people who have been going to the group how much they have gained, friendship, met new people, socialised, and built their confidences up in learning how to share their problems, whether emotional, mental, physical.

We chose the local St Pauls the Baptist Church on Beresford Avenue initially as we thought it would be a centrally located place to meet with on site car parking and disabled toilet and access. We also have the use of a play area, outside area and a small kitchen area. We have available a selection of art materials, games and hopefully in the future live music. Carolyn is also a trained massage therapist and regularly offers hand and foot massages, however this is done within the group, so please be aware it is not private. It has been found and discussed within the group that a hand massage is so very relaxing and connects you to another person, it also gives you a chance to have a quiet conversation together.

We are only too happy for anyone to share their passion with us, if it's train spotting, to gardening we are all ears. We also encourage someone who has an idea to run with, organise it and then share with us, whether it be a film show of their past holidays or a craft or hobby they may have. We also like anyone who has any problems i.e. access or feeling ill to tell us, we

can only help if we know about it. Two Committee members are first aid trained, we also have a welcome pack available, and we normally tell everyone what to do in case of fire, where to exit, on most meetings.

We meet once a month the third Thursday in the month from 1pm to 3.00pm. If anyone would like to bring along a cake or biscuits they are most welcome to. If we are asked a question that we cannot answer we will always try to resolve the answer by discussing with each other or seeking the advice of a professional. We do not however give any "care" as such but can assist you to the toilet if you are in a wheelchair. We of course, are always open to new ideas and welcome them, so please feel free to share. If you would like to just come along and support us, you will be welcomed with open arms. If you know someone who would benefit from joining us then let us know. We can in the first instance do a home visit and tell that person about us and how to get to us. Everyone is welcome be it friend, family.....

We are here to Care, and Hear to Share.

For Contact details:

Committee Member: Carol

email: Carol.b1965@hotmail.com

Carolyn email: clj75@hotmail.com

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# Diary Dates February 2016

Tuesday 2nd	10.30 am St Clement Skegness service of Holy Communion
Tuesday 2nd	2 pm – 3 pm Toddlers St Matthew Skegness
Wednesday 3rd	10.45 am St Peter & St Paul Ingoldmells service of Holy Communion
Friday 5th	10 am - 12 noon Pop in for a coffee and a chat at St Matthew Skegness
Sunday 7th	9.30 am St Matthew Skegness service of Holy Communion
Sunday 7th	11 am St Mary Winthorpe service of Holy Communion
Tuesday 9th	10.30 am St Clement Skegness service of Holy Communion
Tuesday 9th	2 pm – 3 pm Toddlers St Matthew Skegness
Wednesday 10th	11 am St Matthew Ash Wednesday with Imposition of Ashes Service
Wednesday 10th	7pm St Peter & St Paul Ingoldmells Ash Wednesday with Imposition of Ashes Service
Friday 12th	10 am - 12 noon Pop in for a coffee and a chat at St Matthew Skegness
Sunday 14th	9.30 am St Matthew Skegness service of Holy Communion
Sunday 14th	10.45 am St Nicholas Addlethorpe service of Holy Communion
Tuesday 16th	10.30 am St Clement Skegness service of Holy Communion
Wednesday 17th	10.45 am St Peter & St Paul Ingoldmells service of Holy Communion
Friday 19th	10 am - 12 noon Pop in for a coffee and a chat at St Matthew Skegness
Sunday 21st	9.30 am St Matthew Skegness service of Holy Communion
Sunday 21st	11 am St Peter & St Paul Addlethorpe service of Holy Communion
Tuesday 23rd	10.30 am St Clement Skegness service of Holy Communion
Tuesday 23rd	2pm – 3 pm Toddlers St Matthew Skegness
Wednesday 24th	10.45 am St Peter & St Paul Ingoldmells service of Holy Communion
Friday 26th	10 am - 12 noon Pop in for a coffee and a chat at St Matthew Skegness
Sunday 28th	9.30 am St Matthew Skegness service of Holy Communion
Sunday 28th	11 am St Clements Skegness service of Holy Communion