

SHORELINE

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

January 2017

Issue 15



Happy New Year!

Distributed FREE throughout Skegness and the Surrounding area

Who's Who in the Ministry Team

Rural Dean	Canon Terry Steele
Rector	Reverend Richard Holden
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
web page: 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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All In The Month Of January

It was

300 years ago:- on 4th Jan 1717 that Britain, France and the Dutch Republic signed a Triple Alliance with the aim of preventing Spain from becoming a super-power in Europe.

200 years ago:- on 8th Jan 1817 that Sir Theophilus Shepstone, British colonial statesman in South Africa, was born. He is best known for annexing the Transvaal and helping to instigate the Anglo-Zulu War.

175 year ago:- on 6th – 13th Jan 1842 that the first Anglo-Afghan War took place when 4,500 British and Indian forces and their camp followers (a further 12,000) were forced to make a long retreat from Kabul and headed for the safety of a garrison in Jalalabad. They were intercepted and massacred by Afghan tribesmen.

125 years ago:- on 2nd Jan 1892 that Sir George Biddell Airy, British mathematician and astronomer, died. He was Astronomer Royal 1835-81 and established Greenwich as the location of the prime meridian.

100 years ago:- on 31st Jan 1917 that Germany resumed unrestricted submarine warfare in the Atlantic, and said it would attack any ships, including civilian passenger liners.

90 years ago:- on 15th Jan 1927 that BBC launched its first live sports broadcast on BBC radio. Teddy Wakelam commentated on the England vs Wales rugby match from Twickenham.

80 years ago:- on 1st Jan 1937 that speedometers and safety glass in windscreens became compulsory in all vehicles in Britain.

75 years ago:- on 26th Jan 1942 that the first US troops arrived in Europe. 4,508

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 , Tel 01754 763875

All In The Month Of January....

soldiers from the 34th Infantry Regiment docked in Belfast, Northern Ireland.

Also 75 years ago:- on 29th Jan 1942 that the first episode of Desert Island Discs was broadcast on BBC radio in the UK. It is Britain's longest-running radio show.

70 years ago:- on 6th Jan 1947 that US President Harry S Truman gave the first televised State of the Union address.

60 years ago:- on 16th Jan 1957 that the Cavern Club opened in Liverpool. This jazz venue became an important rock venue when the Beatles played there during their early years.

50 years ago:- on 27th Jan 1967 that the Apollo 1 tragedy took place. Three US astronauts were killed when their command module caught fire during a pre-launch test at Cape Canaveral, Florida.

40 years ago:- on 6th Jan 1977 that former British Home Secretary and Chancellor of the Exchequer, Roy Jenkins, became President of the European Commission. He was the first – and only – Briton to hold this role.

30 years ago:- 20th Jan 1987 that Terry Waite, the Archbishop of Canterbury's special envoy in the Middle East, was kidnapped in Beirut, Lebanon while on a peace mission to negotiate the release of hostages. (Released November 1991.)

25 years ago:- on 21st Jan 1992 that the United Nations ordered Libya to hand over two intelligence agents accused of the Lockerbie airliner bombing, or face sanctions. (Sanctions were imposed 31st March, and lifted April 1999, when the agents were handed over.)

20 years ago:- on 20th Jan 1997 that Bill Clinton was inaugurated as President of the United States for a second term.

15 years ago:- on 1st Jan 2002 that the Euro became the official currency of Austria, Belgium, Finland, France, Germany, Greece, Ireland, Italy, Luxembourg, the Netherlands, Portugal and Spain.

Also 15 years ago:- on 29th Jan 2002 that President Bush first used the term 'Axis of Evil' to describe countries which sponsor terrorism and seek weapons of mass destruction. (The countries were Cuba, Iran, Iraq, Libya, North Korea and Syria.)

10 years ago:- on 1st Jan 2007 that Bulgaria and Romania joined the European Union.



Skegness & District Dementia Support Group

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Beating The Christmas Blues



Christmas is over and how I wish I'd kept my New Year's resolution for this year, started saving earlier and been better organised. Everything is really expensive and I so wanted to make Christmas special this last year. But the cost.....and the bills are still coming in. Maybe I'll have a word with that woman who put a leaflet about loans through my door last week and see if I can borrow a bit to tide me over, or there's always that guy in the pub who's flashing the cash and offering to help out....

STOP – THINK – DON'T PANIC

It's not too late to do the sensible things to help get over Christmas and prepare early for next Christmas. Make some lists; whom do I really need to buy gifts for? Are they in the same boat as me and can't afford much this coming year? Why not have a chat, talk it through and set a spending limit for each other?

I'm sure this would help them as well as me.

How about the food and drink? Do we really eat all the food I buy? How much did we throw away last year, and as for the booze we seemed to have enough to sink a battleship. Would it really make it a bad Christmas if we didn't have every type of spirit and beer to offer visitors?

That's it. I'll make some lists, plan it all better and set myself a budget with the aid of CaP (Christians against Poverty). They can help me to plan and prioritise my bills and spending, assisting me with all aspects of household budgeting.

I feel better for that – if I do need a small loan to recover from this last Christmas, I'll have a word with those nice people at the Lincolnshire Credit Union. They'll check to see if they think I can afford the payments without getting into too much debt and give me the loan if I can afford it. I'll take a look at their website and check out the repayments. I think the interest rate is usually much lower than the doorstep lender might charge, and as for the guy down the pub..... don't even consider it!

This coming year I'll definitely open a Christmas Saver account with the Lincolnshire Credit Union, that means I will have cash to spend next Christmas, without having to buy an expensive hamper. My cash will also be protected, unlike that other year when the hamper company went bust and I lost all my savings.

Now where is that football kit I've got to wash.....?

Is this you? If it is we may be able to help with savings, loans, and budget support and not just at Christmas. Just Google CaP and/or The Lincolnshire Credit Union. Alternatively visit us in The Storehouse, North Parade, Skegness, on Wednesdays between 10.00am and 2.00pm.

The Lincolnshire Credit Union Ltd trading as Lincup (Company No. 659c) is regulated by the Financial Conduct Authority and the Prudential Regulation Authority (Firm No. 213763). We are members of the Financial Services Compensation Scheme, the Financial Ombudsman Service and ABCUL. Registered Office City Hall, Beaumont Fee, Lincoln, LNI 1DD.

During the first few weeks of my incumbency I have been listening to people and hearing their concerns and preferences for service types and times. I have also been watching what happens in services in the Benefice. As part of the process of "listening, leading and loving" as outlined by Bishop Christopher at my service of Institution, I propose the following pattern of worship across the five churches.

On the first Sunday of each month a joint service of all five churches at St. Matthew's at 11.00. It is important that we worship together and get to know members of each of the churches so that we can become one community of faith with five buildings. It is important that we unify all five churches whilst at the same time recognizing and valuing the individual gifts of each church.

St. Matthews and St. Peter & St. Paul will have services at 11.00 which I think will be more accessible to visitors to the town and would also give me more time to get to know the people at St. Matthew's. St. Mary's, St. Clement's and St. Nicholas' will have services at 09.30.

The services will change to a mixture of Holy Communion and Morning Prayer and new service books have been purchased. I think the bringing in of a "Service of the Word" will bring the potential for a greater variety of service types and styles. I have arranged the patterns to be workable with only one priest but there are plans for other clergy to be appointed.

The new service pattern will start with the joint service at St. Matthews on the first Sunday in February.

A poster for St Matthew's Church with a blue and white border. The text reads: 'St Matthew's Church Pop In For a coffee and a chat Every Friday 10.00am-12.00 noon Make new friends enjoy homemade cakes Everyone Welcome'. There is an illustration of a cup of coffee and a cake.

An advertisement for Family Law Consultants. It features a background image of law books and a gavel. The text reads: 'FAMILY LAW CONSULTANTS WILLS BUY ONE GET ONE FREE ONLY £99 DIVORCE FROM £250 CHILD CUSTODY & ACCESS HOW TO DIVIDE MARITAL ASSETS POWERS OF ATTORNEY PROBATE REASONABLE RATES Telephone: 07938573343 familylawconsultants@yahoo.co.uk'.

Desert Island Discs

The first episode of Desert Island Discs was broadcast on BBC radio 75 years ago, on 29 January 1942. It is Britain's longest-running radio show.

It was devised by freelance broadcaster Roy Plomley and introduced to listeners as "a programme in which a well-known person is asked the question, if you were to be cast away alone on a desert island, which eight gramophone records would you choose to have with you, assuming of course, that you had a gramophone and an inexhaustible supply of needles".

The first castaway was the Viennese comedian, actor and musician, Vic Oliver, and the first piece of music chosen was Chopin's Étude No. 12 in C minor, played by pianist Alfred Cortot. During the war years, everything had to be scripted and read out.

Apart from a five-year break between 1946 and 1951, the programme has been on air ever since. Following Plomley himself, the hosts have included Michael Parkinson – who insisted that the selected music was played to the guests during the actual recording – Sue Lawley and Kirsty Young. Well over 3000 people have been cast away over that period.

As well as a choice of music, the guests also receive a copy of Shakespeare and the Bible, another book and a luxury item. Recently the choice of the Bible has unsurprisingly come under attack, with comedian David Walliams one of those who refused to accept it. A poll suggested that only 31% of people in the UK would want it.

Comedian Lee Mack, however, thought it odd that so many people dismissed the Bible without having read it. "I'm glad you get the Bible," he said. "I would read it."

Changes to Worship Patterns and Liturgy in the Skegness Group

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I know from talking to people in the congregations of each church that some people are happy to change to different times and also that some are not but I would ask you to give it a go. These changes are not written in stone and may change as we assess their impact and also when staffing levels change.

Yours in Christ
Revd. Richard G. Holden

St. Matthew's 1st Sunday Joint Service HC 11.00 2nd Sunday HC 11.00 3rd Sunday MP 11.00 4th Sunday HC 11.00 5th Sunday MP 11.00	St Peter & St. Paul's 2nd Sunday MP 11.00 3rd Sunday HC 11.00 4th Sunday MP 11.00 5th Sunday HC 11.00	St. Clement's 2nd Sunday MP 09.30 3rd Sunday HC 09.30 4th Sunday MP 09.30 5th Sunday MP 09.30	St. Mary's 2nd Sunday HC 09.30 4th Sunday MP 09.30
St. Nicholas' 4th Sunday HC (BCP) 09.30			



Fitness for Life

Not Just For New Year's Resolutions

As we finish off the Christmas cake and last few chocolates in the tin (that nobody really likes) it dawns on us that we should really lose the extra few pounds that have crept on as we have over indulged during the festivities. But before you mention the dreaded “diet” word or think about embarking on a gruelling new exercise regime ; STOP and think about just leading a more healthy and active lifestyle EVERYDAY for the whole of this year (and the following years to come, in fact for the rest of your life). You will be healthy inside out, be full of energy and then a little treat here and there won't hurt at all.

As you grow older, an active lifestyle is more important than ever. Regular exercise can help boost energy, maintain your independence, and manage symptoms of illness or pain. Exercise can even reverse some of the symptoms of ageing. And not only is exercise good for your body, it's also good for your mind, mood, and memory. Whether you are generally healthy or are managing an illness, there are plenty of ways to get more active, improve confidence, and boost your fitness.

Starting or maintaining a regular exercise routine can be a challenge at any age. You may feel discouraged by illness, ongoing health problems, or concerns about injuries or falls. Or, if you've never exercised before, you may not know where to begin. Or perhaps you think you're too old or unfit, or that exercise is boring or simply not for you.

While these may seem like good reasons to slow down and take it easy, as you age, they're actually even better reasons to get moving. Exercise can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. In fact, exercise is the key to staying strong, energetic, and healthy as you get older. And it can even be fun, too, especially if you find like-minded people to exercise with.

No matter your age or your current physical condition, you can benefit from exercise. Reaping the rewards of exercise doesn't have to involve strenuous workouts or trips to the gym. It's about adding more movement and activity to your life, even in small ways. Whether you are generally healthy or are managing an illness—even if you're housebound—there are many easy ways to get your body moving and improve your health and outlook.



Top Tips to become more active....

If you dread working out, it's time for a mental makeover. Getting active may feel awkward or unnatural at first, but the longer you stick with a regular exercise routine, the more you'll come to enjoy it. Once you start reaping the rewards and noticing the changes to the way you feel, you'll find it easier to stay motivated. In time, you'll even look forward to your workouts.

Until that point, don't view exercise as a bothersome task to check off your “to do” list. Look at it as part of your healthy lifestyle, like eating and sleeping well. There are plenty of ways for older adults to make exercise a pleasurable part of everyday life. Start small—even exercising for five or ten minutes a day is better than nothing. You can gradually build up once it's become habit. Here are some other ways to make exercise part of your lifestyle:

1. Meet new people at a Fitness Class where you will be surrounded by like-minded people and it will become a weekly social event as well as part of your weekly exercise routine.
2. Get outdoors and have a brisk walk along the seafront or nature reserve, or if you have a treadmill at home and it's raining, get walking while watching your favourite TV programme.
3. Instead of chatting with a friend over coffee, chat while walking, swimming, gardening or walking around the shops.
4. Walk the golf course instead of using a buggy.
5. Find an exercise partner, someone whose company you really enjoy, and try activities you've never tried before - you may find something you love. At worst, you would have spent time with a good friend.

Enjoy your new active lifestyle and if you need any more help or advice please contact me on emma@lincolnshirefitness.co.uk. Happy New Year x
Emma McDonald

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First Class £115.00

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Standard Class £69.00

First and Standard Class passengers have access to the buffet
car for the purchase of light refreshments





Memories

We stand, once again on the threshold of a new year, a time to look back and remember, and a time to look forward with hope. Someone once told me there are three signs of getting old – first your hair starts going grey, second you lose your memory. Do you know, I can't remember for the life of me what the third one is.

But I can remember the first man to walk on the moon, Neil Armstrong, saying, "one small step for man, one giant leap for mankind." I can also remember exactly where I was when the news of President Kennedy's assassination came through. Last year, as a nation, we have remembered anniversaries of First World War battles. For those who have experienced marriage, the birth of a child, their memories will be full of joy. For many the anniversaries will be of birthdays, weddings; the albums come out and we wonder why our parents let us dress like that!

Do you remember your first day at school? Your first kiss? The first car you bought? The tiny black and white television on which you and other small children watched the Coronation? Some people find it frustrating that they can remember things that happened years ago, but have difficulty remembering what happened yesterday. I can remember dates and anniversaries of many people, but send me out without a shopping list and I'm lost. I'm sure we're all guilty of looking back with rose-coloured spectacles – when we remember when summers were warmer, the air was fresher and food tasted better: "Memory, sweet memory, when all else fails we fly to thee." This is true of our happiest moments. We remember those golden days and are grateful for them.

But what of our saddest times? When loved ones die, when that special friend moves on; these, too, are securely locked in our memory – those times when the bad news took over our lives. These good and bad memories are a roller-coaster of emotions.

There are large pieces of the Bible that are full of letters and one of them is from St Paul to the people in a place called Philippi. In it he says, "I thank my God every time I remember you." He wants them to know just how much he appreciated what they did for him.

Our remembrances are not just facts and figures or national events, but people and thanking God for them. We remember the occasions that stand out in our memories; but we also remember the people who wouldn't let us take ourselves too seriously; people who kept us going during the difficult days; people who stood by us when things got rough; people who encouraged and loved us, no matter what. We can thank God every time we remember them.

Happy New Year!
Reverend Christine Anderson

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Word Search Time!

January 2017 brings us numerous significant dates. 75 years ago, in Jan 1942, the first US troops arrived in Europe. 50 years ago, in Jan 1967, the Apollo 1 caught fire at Cape Canaveral. 30 years ago, in Jan 1987, Terry Waite, the Archbishop of Canterbury's special envoy in the Middle East, was kidnapped in Beirut, Lebanon. 20 years ago, in Jan 1997, Bill Clinton became President of the USA for a second term. 15 years ago, in Jan 2002, the Euro became the official currency of the EU. And this month, Donald Trump becomes President of the USA.



Numerous
Significant
Dates
Troops
Europe

Apollo
Cape
Waite
Envoy
Kidnapped

Beirut
President
Bill
Euro
Official

Currency
Donald
Trump
United
States



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Church Diary Dates January 2017

Sunday 1st	10.00 am St Clement Skegness, Group service of Holy Communion
Tuesday 3rd	10.30 am St Clement Skegness service of Holy Communion
Tuesday 3rd	2.00 pm – 3.00 pm St Matthew Skegness, Toddlers Group
Wednesday 4th	10.45 am St Peter & St Paul Ingoldmells service of Holy Communion
Wednesday 4th	10.00 am – 1.00 pm St Peter & St Paul Ingoldmells, Pop in for a coffee and a chat
Friday 6th	10.00 am - 12 noon St Matthew Skegness, Pop in for a coffee and a chat
Sunday 8th	9.30 am St Matthew Skegness service of Holy Communion
Sunday 8th	11.00 am St Mary, Winthorpe, service of Holy Communion
Sunday 8th	11.00 am St Peter & St Paul Ingoldmells, service of Holy Communion
Tuesday 10th	10.30 am St Clement Skegness service of Holy Communion
Tuesday 10th	2.00 pm – 3.00 pm St Matthew Skegness, Toddlers Group
Wednesday 11th	10.45 am St Peter & St Paul Ingoldmells service of Holy Communion
Wednesday 11th	10.00 am – 1.00 pm St Peter & St Paul Ingoldmells, Pop in for a coffee and a chat
Friday 13th	10.00 am - 12 noon at St Matthew Skegness, Pop in for a coffee and a chat
Sunday 15th	9.30 am St Matthew Skegness service of Holy Communion
Sunday 15th	11.00 am St Clement Skegness, service of Holy Communion
Sunday 15th	11.00 am St Nicholas, Addlethorpe, service of Holy Communion
Tuesday 17th	10.30 am St Clement Skegness service of Holy Communion
Tuesday 17th	2.00 pm – 3.00 pm St Matthew Skegness, Toddlers Group
Wednesday 18th	10.45 am St Peter & St Paul Ingoldmells service of Holy Communion
Wednesday 18th	10.00 am – 1.00 pm St Peter & St Paul Ingoldmells, Pop in for a coffee and a chat
Thursday 19th	2.00 pm St Clements Community Hall, Skegness, New Horizons
Friday 20th	10.00 am - 12 noon at St Matthew Skegness, Pop in for a coffee and a chat
Sunday 22nd	9.30 am St Matthew Skegness service of Holy Communion
Sunday 22nd	11.00 am St Mary Winthorpe, service of Holy Communion
Sunday 22nd	11.00 am St Peter & St Paul Ingoldmells service of Holy Communion
Sunday 22nd	6.00 pm St Matthew's Memorial Service
Tuesday 24th	10.30 am St Clement Skegness service of Holy Communion
Wednesday 25th	10.45 am St Peter & St Paul Ingoldmells service of Holy Communion
Wednesday 25th	10.00 am – 1.00 pm St Peter & St Paul Ingoldmells, Pop in for a coffee and a chat
Friday 27th	10.00 am - 12 noon at St Matthew Skegness, Pop in for a coffee and a chat
Sunday 29th	9.30 am St Matthew Skegness service of Holy Communion
Sunday 29th	11.00 am St Clement Skegness, service of Holy Communion
Sunday 29th	11.00 am St Nicholas Ingoldmells, service of Holy Communion
Tuesday 31st	10.30 am St Clement Skegness service of Holy Communion



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