

# SHORELINE

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

May 2016

Issue 7



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

## 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:

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## Some Surprising Facts About....

**S**kegness's famous clock tower has a twist to it. If you look at it from the beach it is very slightly leaning to one side, this is because in World War 2 when the Germans were flying back to Germany they had some bombs left so they dropped one which landed in Skegness and the explosion left our beloved clock tower slightly lobb sided!

**K**araoke is very popular in Skegness, especially in pubs and clubs!

**E**ighteen forty two was the time when Skegness was referred to as a "pleasant village" according to White's Directory, which states that Skegness only had a population of 185. Today Skegness has a population of 24,876, so it has grown by 24,691 people, or by roughly 13,450%!

**G**oalkeeping legend Ray Clemence (former Liverpool, Tottenham and England player) originates from Skegness. He made 470 appearances for Liverpool, 240 for Tottenham and 65 for England, he went on to manage Tottenham Hotspur jointly with Doug Livermore for one season then Barnet for two.

**N**atureland is a lovable tourist attraction on the coast of Skegness, which is well known for rescuing seals when they are stranded on the beach. They give them names, (mostly after someone famous) and look after them until they are well enough to be released back into the wild. They also have many other creatures to see and learn about such as penguins, birds, turtles, butterfly, reptiles like snakes etc. and tropical fish in their mini aquarium.

**E**arl of Scarborough was a very well to do gentleman in the 1870's as he was the land-owner of Skegness at that time. He decided to improve the town and designed plans for new streets and houses which extended to what is now Scarborough Avenue. The area was laid out in a very sensible geometric pattern with wide roads, wide verges and footpaths; all of these are still adequate even for today's traffic.

**S**kegness was a Roman village, and if you go on the beach or along the marshes you may even find some ancient Roman pottery lying deep beneath the sand.

**S**kegness attracts a staggering 4 million tourists each year and is very popular with all ages, many who have been coming back year after year.

Written by Harrison McDonald (age 11)



## Time

For some time now, having been more than busy in the parish, I have tried to slow down and make more time for myself and for those nearest to me. But it's difficult to adjust a busy schedule and make proper space. It's been a mixture of rest and guilt at not doing what I thought I ought to be doing. I dread the thought of nothing to do, but have realised that I, like all of us, need space to consider the value of time itself.

We speak of spending time and of making time; as if time was like money in our pockets – ours to do with as we like and then replace with ease. This may reflect something of a casual attitude towards time as a commodity. Prisoners we say, are serving time; musicians keeping time; footballers play extra time; many just killing time.

Yet, time is one of the greatest gifts we can offer to one another. To spend time with someone is an indication of at least a common interest and, at best, friendship. We may never know what that gift of time means to another person, just to listen to them. Time is the cement of family life and it's the shared gift of friends.

I sometimes think that the whole idea of prayer originated in people taking time out to wonder about the world in which we have always lived.

One of the modern philosophers wrote, 'the only miracle is that anything is at all.' All this is the stuff of prayer; and the space we carve out in which to think about the meaning of our journey.

We are all given the same amount of time, no matter who we are. There are only 24 hours in every day, 168 in every week. Let's use it to make time for God and for one another.

Reverend Christine Anderson


## A Great Night Out!

Recently I was treated, by my daughter, to a showing of 'Sister Act' at the Embassy Theatre. A play based on the film starring Whoopi Goldberg. A 'lounge singer' sees her married lover shoot a man dead. She agrees to give evidence against him but to keep her safe she is 'hidden' at a convent where she teaches the choir to sing. The priest Monsignor O'Hara, who helps the nuns, is played by our Father Chris. As he said himself his costume was cheap as he simply wore his own clothes!

The play is very well acted and father Chris certainly seemed to enjoy himself. At one point, when the choir was singing I saw him swaying gently to the beat of the music with a huge smile on his face.

It was a very good production, congratulations to all. I certainly enjoyed it very much.

Eileen Tonks



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# Sudoku Time

Can you take on our Sudoku?  
Look out for the solution in  
our next issue.

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

Here is the  
solution to last  
month's  
crossword

U	E	A	A	I	T	A						
T	R	A	N	S	G	R	E	S	S	O	R	S
M	S	S	C	I	H	A						
O	U	T	E	P	H	E	S	I	A	N	S	
S	E	M	E	N	O							
T	H	R	O	B	R	A	M	A	D	A	N	
O	L	O	P									
N	E	A	R	E	S	T	N	E	A	T	H	
U	P	I	A	R	A							
C	H	I	L	D	L	E	S	S	A	N	T	
L	E	O	D	T	R	R						
E	X	C	O	M	M	U	N	I	C	A	T	E
I	E	E	P	C	T	D						



# Grave Talk

GraveTalk is a ministry of the Church of England for those of all faiths and doubts. There are signs throughout our culture that people are beginning to talk about death, dying and funerals. The Church of England conducts around 3,300 funerals each week and for generations the church has been helping people prepare for dying, remembering loved ones at funeral services and supporting them on their journey of grief and remembering. We have lots of experience on which to draw.

GraveTalk is a simple way to help people in the community get together and talk about death, dying and funerals in a relaxed easy atmosphere over tea and cake. It has been tried and tested over the past two years and has proved to be successful and popular.

It is a known fact that we are all living in death. From the moment we pass through our mother's womb into the waiting world our life moves toward death. To many this fact is morbid, yet it is a fact of life.

Death surrounds us every day. Light dies and gives way to darkness and sleep. Autumn shows us the process of dying, death slumbers throughout winter and then spring gives way to 'new life' popping up everywhere. Death is a passageway to new life.

Many people do not think about this until someone close to them dies, or when

they have had a close brush with death and been blessed and restored to good health. They are then reminded of their own mortality.

There are many unanswered questions around GraveTalk and that is why funerals matter. For this reason the church has invested in helping those in local communities to think ahead, plan their choices and ask questions in an unthreatening way.

Are you the type of person who would like to plan ahead?

As your local Parish Church, we have organized a session of GraveTalk so that people of all faiths and doubts can take part in open conversation about death, dying and funerals.

This is not a course and although the first session is being held in St Matthew's meeting room, others may follow in coffee shops, residential homes. It is a community based project for local people.

Would you like to join us at the first event on Wednesday 25 May at St Matthew's Church? If possible please let us know by calling the Parish Office (01754 763875).

Reader Jean Smith

Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.  
Matthew 11: 28



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# Homemade Muesli

## Ingredients

25-30g porridge oats

1 tsp ground almonds

1 tsp ground flax seeds/sunflower seeds/pumpkin seeds (mixed)

1 tbsp dried fruit (such as dates, apricots, sultanas or cranberries)

150ml skimmed milk or almond/soya milk (or enough to cover the ingredients)

1 heaped tbsp of greek/natural yogurt

Big handful of fresh fruit (such as strawberries, blueberries, chopped kiwi, grated apple/pear....anything that's in season or in the fruit bowl!)

10g nuts of your choice (pecan nuts work well)

1 tsp ground cinnamon (to sprinkle on top before eating – optional)

This is a breakfast which can be prepared in two ways depending on your taste and time :-

The first option is to mix all the dry ingredients together and soak overnight with the milk. This will allow your dried fruit to plump up and become juicy and your oats to soften. You then take it out of the fridge in the morning and mix in the yogurt and top with fresh fruit. This gives you a creamy mix of loveliness!

OR

Second option is to make it fresh in the morning by first putting the yogurt and fruit in the bowl, top with the dry ingredients and add enough milk to mix to your desired consistency or of course muesli mix first and top with yogurt and fruit, whichever way works best for you.

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

# Fitness Breakfast

Don't skip this one.....it tastes great and helps you live longer!!

Supercharge your day and feel full of energy with this tasty breakfast idea straight from the tried and tested Lincolnshire Fitness Recipe book .....

According to a study by Harvard University, wholegrains such as oats may be the key to living longer – so there's no better time to liven up your breakfast with some new and tasty ways with oats!

Don't be tempted to grab the "quick fix porridges" from the supermarket as they are often packed full of sugar, salt and preservatives and often overpriced. A simple bag of porridge is all you need with nothing added but full of flavour and taste.

Spring is in the air so here is a new way to eat your oats which the whole family can enjoy.





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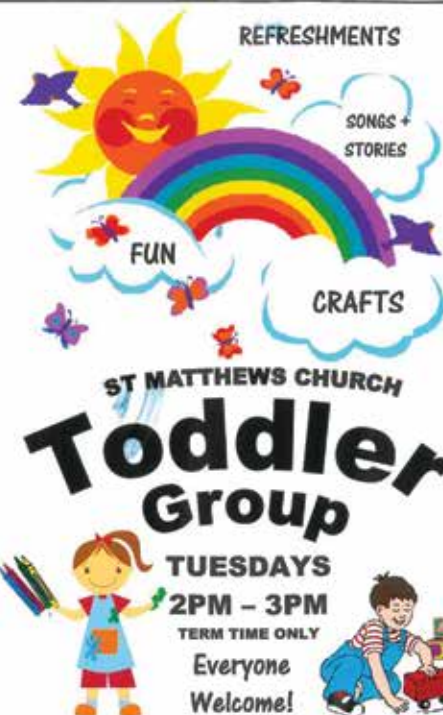
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Here are Julian's "Top Tips for Teeth"

- Brush your teeth twice a day with a fluoride toothpaste. Spit out after brushing, but do not rinse, so the fluoride stays on your teeth longer
- Wait for one hour after eating before brushing your teeth as some foods and drinks can make tooth enamel soft, and brushing could damage this protective coating
- Use interdental brushes or floss to clean between your teeth at least once a day
- Change your toothbrush every 3 months
- Cut down on sugary food and drinks between meals. To help your teeth to fight against decay, try to keep sugary foods and drinks to mealtimes and only have one snack a day
- Drink water, eat cheese, or chew sugar free chewing gum after meals to help neutralize acid attacks
- Visit your dentist regularly
- Be mouth aware. If you notice any changes such as lumps, red or white patches or mouth ulcers which do not heal in 3 weeks, visit your dentist



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## Community Diary Dates May 2016

We hope you are enjoying reading Shoreline each month. We are working to improve the magazine each month and we would appreciate any feedback from you.

Each month we show the Church Diary Dates. We would like to have a page of Community Diary Dates but we need you to tell us those dates. If you know of any event that is happening in the area please do let us know so that we can add it to the diary. The more people who know the more support you will get at your event!

### Community Diary Dates

3rd May	7.30 pm WI at the Pavilion, Wainfleet Road Talk about Guide dogs for the blind
7th May	9.30 am – 2.30 pm League of Friends of the Skegness Hospital is having a Tombola stall at the Hildreds Shopping Centre
7th May	10am-12.00 noon Skegness Day Centre Coffee Morning

The Silver Band will play at the following venues

22nd May	2 pm - 4 pm the Bandstand, Tower Gardens
4th June	10.30 am - 12.30 pm Skegness Train Station
11th June	10.30 am - 12.30 pm Skegness Train Station

### Church Diary Dates May 2016

Sunday 1st	9.30 am St Matthew Skegness service of Holy Communion
Sunday 1st	11.00 am St Mary Winthorpe 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
Thursday 5th	7 pm St Mary Winthorpe, Celebrating Ascension Day
Friday 6th	10.00 am - 12 noon St Matthew Skegness, Pop in for a coffee and a chat

## Church Diary Dates May 2016

Saturday 7th	10.00 am – 1.00 pm St Peter & St Paul Ingoldmells, Pop in for a coffee and a chat
Sunday 8th	9.30 am St Matthew Skegness service of Holy Communion
Sunday 8th	10.45 am St Nicholas Addlethorpe 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
Wednesday 11th	2.00 pm St Matthew Church, Skegness, Omega meeting
Friday 13th	10.00 am - 12 noon at St Matthew Skegness, Pop in for a coffee and a chat
Saturday 14th	10.00 am – 1.00 pm St Peter & St Paul Ingoldmells, Pop in for a coffee and a chat
Saturday 14th	4.00 pm – 6.00 pm St Matthew, Messy Church. Come along and enjoy yourself
Sunday 15th	9.30 am St Matthew Skegness service of Holy Communion (Pentecost)
Sunday 15th	11.00 am St Peter & St Paul Ingoldmells 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 pm New Horizons, St Clements Community Hall, Skegness
Friday 20th	10.00 am - 12 noon at St Matthew Skegness, Pop in for a coffee and a chat
Saturday 21st	10.00 am – 1.00 pm St Peter & St Paul Ingoldmells, Pop in for a coffee and a chat
Sunday 22nd	9.30 am St Matthew Skegness service of Holy Communion (Trinity)
Sunday 22nd	11.00 am St Clement Skegness, service of Holy Communion
Sunday 22nd	6 pm St Matthew Skegness Memorial service
Tuesday 24th	10.30 am St Clement Skegness service of Holy Communion
Tuesday 24th	2.00 pm – 3.00 pm St Matthew Skegness, Toddlers Group
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
Wednesday 25th	2 pm St Matthew Skegness, Funeral's matter
Friday 27th	10.00 am - 12 noon at St Matthew Skegness, Pop in for a coffee and a chat
Saturday 28th	10.00 am – 1.00 pm St Peter & St Paul Ingoldmells, Pop in for a coffee and a chat
Sunday 29th	10.00 am St Matthew Skegness service of Holy Communion
Tuesday 31st	10.30 am St Clement Skegness service of Holy Communion



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