

The Parish Church of St James' Arnside with Storth Village Church

# PARISH MAGAZINE



JUNE 2020

The eternal God is your refuge



and underneath are the everlasting arms

Deuteronomy 33: 27 (NIV)

Annual Subscription £3.00 Single copy: 30p





# CHURCH NOTICES

## Applications for Baptisms, Weddings etc

Please contact:

Rev. Andrew B. Norman,  
email: [revdabn@gmail.com](mailto:revdabn@gmail.com)  
The Parsonage, Stanley Street,  
Beetham, Milnthorpe, LA7 7AS  
Tel: 015395 62355



ST JAMES CHURCH

St James' Parish Church: Registered Charity in England & Wales. Registered Charity No. 1143293.

## PASTORAL CARE GROUP

These are distressing times and many of us are anxious and worried. Due to government restrictions we are not able to visit but please contact one of the following if you would like a phone call



Mrs Anne Jackson 01524 761174  
or the Church Wardens.

## Church Mission Statement

*The villages of Arnside and Storth have churches where EVERYONE:  
is welcome - can worship and encounter God -  
can learn more of God and his ways. We do this together, not alone.*

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*He is the one who was slain,  
but now stands, and shares  
the throne with God, and  
with Him sends the Spirit  
to enact His will on earth.*



## Dear friends

We begin the month of June the day after the great feast of Pentecost, or Whit Sunday, the day when as we read in the Acts of the Apostles (2.1-21), the Holy Spirit – the promised gift of the risen Jesus – descended on the disciples filling them with boldness, joy and confidence as they were commanded to take the gospel into all the world. The day of Pentecost, is commonly then referred to and celebrated as the ‘birthday’ of the Christian Church, when in the aftermath of Jesus’ ascension, the Holy Spirit was given as pledge and testament that the risen Jesus would remain with us to the very end of the age.

As the Church today, we are still a Pentecost people, given various gifts through the Spirit for the encouraging and building up of our common life together – as those who manifest in our daily lives the fruits that the Spirit gives, namely ‘love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control’ (Galatians 5.22-23). All of these things it is a daily duty to pray for in abundance, that we might live out with grace and reverence the good news that we ourselves have received.

By making tangible these gifts as a church community, as the people of God in Arnside, we are so enabled to show forth to others the hope and life that we find as those who



ST JAMES CHURCH

### *Letter from the Parsonage, Beetham*

belong to God through the life, death and resurrection of Jesus Christ.

Of course, the evidence of these gifts in the world is not restricted to the life of the Christian community, since we believe and trust that the Spirit of God is active and interested in all human endeavour and in all acts of sacrifice and service. As such, part of the calling of those who seek to follow Christ in everyday life is to recognise these things for what they are, signs of the Kingdom, and so ensure that they are celebrated and allowed to flourish. By doing this we announce to the world something of the peace and purpose that is to be found by living life in relationship with the God, who created, has redeemed, and continues to sustain us all.

As we continue to live through these strange times, with the opportunity that it brings for more time spent in prayer and reflection, perhaps we might become more observant and perceptive in recognising where the Spirit is at work? Where we need God’s help? And what we might do differently to reveal his many gifts in our words and works? By doing this we make good our belief that our lives are lived in the fellowship of God, and that no part of our existence, however small or insignificant, is detached from that relationship. So often we have the temptation to make God fit into our established patterns and routines, to package

*Continued on page 5*



him into certain parts of our life where we feel comfortable and assured in our faith and understanding.

At a time when our normal practice is disrupted, not least the suspension of public worship, we discover that God in his loving majesty is beyond all the false limits we erect for ourselves. Throughout the pages of Holy Scripture, we find God's people reminded of this truth time and time again, in the wilderness, in exile, in times of adversity, until in the face of Jesus Christ we find the God that comes to meet us – so that by his grace, we might know the truth about ourselves and thus know his presence at all times and in all places. We remember this particularly at the moment, rejoicing that even in this season of disruption and dislocation, the Church of God – its mission and its ministry continues – in pastoral care, in loving friendship, in prayer and devotion, and in service to our neighbours. By doing these things, we affirm God's continuing involvement in all aspects of our lives, in the lives of those whom we live alongside and through our relationships with each other.

At the moment we might be scattered and slightly disillusioned, unsure of what the coming months will hold, not knowing exactly how our lives will have to be different and how our normal patterns will continue times of transition. In many ways, this is how the first disciples of Jesus felt on the day of Pentecost, as they awaited the gift that their Lord had promised them; the Spirit that made itself known in the rushing of the wind and in tongue of flame, uniting them all together with one hope and purpose, into one community and fellowship. Though separated at the moment, it is this community that persists and the signs of the Spirit are still active if only we have the eyes and the time to recognise them.

There is no denying that things will be different as we move forward, as we adjust to whatever the 'new normal' will be and how

it will effect the various aspects of our lives. Whatever the future holds, however, the same Spirit that hovered over the face of the waters in creation (Genesis 1.2) and which Jesus promised his disciples (Luke 24.49), is the same Spirit present, living, active and at work in our lives and in the world today. May this Spirit console us, comfort us, inspire and enlighten us, may it teach us, challenge us, encourage us and strengthen us for all that lies ahead.

Come, Holy Spirit, fill the hearts of your faithful people, and kindle in us the fire of your love.

With my prayers for God's blessing and protection for you and yours,

As ever,

### ***Post-Script***

It has been good to speak with so many from the Arnside community in recent weeks, please do not hesitate to get in touch with me if there is anything that I can remember in my own prayers. If I have not been able to get in touch with you, this is not deliberate but due to not having access to your phone number and/or email, so please do ring or send me a message; it will be lovely to have the chance to talk to you. If you know of any who are sick, struggling or isolated at this time, again please do get in touch. I am trying to do my best to keep up to date with everyone and everything, but this is a task which is the responsibility of all God's people, to support and care for each other. I know this is going on in unseen and loving ways, so please do keep it up, and let me know if there is anything I can do to help.



## Without the Trinity, there is no Christianity

The Trinity is easier to say than to explain. Christians believe in one God, made up of three equal Persons. It is fundamental to the Nicene Creed, which sets out the definitive doctrine of the Trinity for more than two billion Christians worldwide, including all Roman Catholics, Eastern Orthodox, Anglicans, Lutherans, Presbyterians and Reformed Christians.

The theologian Ian Paul, writing on the Book of Revelation, points out that chapter five has a wonderful depiction of the Trinity in action. He writes: "...another figure appears in the drama, the lion who looks like a lamb. ... Here is the one who fulfils the hopes of God's people Israel, as the promised anointed Davidic king who was to come. Here is one who is fierce and powerful enough to conquer their enemies, and tear them apart.

"And yet when John sees Him, He is like a weak and vulnerable lamb who has been slaughtered, just as the Passover lamb eaten by the people, the suffering servant who was 'wounded for our transgressions' and the lamb offered as an atoning sacrifice. He is the one who was slain, but now stands, and shares the throne with God, and with Him sends the Spirit to enact His will on earth. Here we have the most explicit (and perhaps the most complex) Trinitarian statement in the whole New Testament."

From the Rev Dr Ian Paul's excellent blog at: <https://www.psephizo.com/revelation/what-does-rev-4-5-tell-us-about-the-trinity/> (dated May 17, 2017)

## The Valley of Dry Bones has a future hope

*A dem bones, dem bones, dem dry bones. An' I hear the word of the Lord!*'

At this time of global pandemic, we live with stark reality of death and life. Ezekiel's vision of the valley of dry bones (37:1-14) was given when God's people were in exile in Babylon. They felt dead, being separated from home and God! The vision answers God's question: 'can these bones live?'.

We can also feel cut off from God, facing the loss of job, business, home or health, with churches unable to meet on Sundays. This vision assures us that God has power over death and can breathe new life into what is hopeless.

When Ezekiel is told to 'prophesy to the bones,' God brings them back to life: the bones come together and are covered with muscles and skin. He then prophesies to the wind, from the four corners of the earth, to bring the bodies alive. The physical bodies are then filled with God's breath to bring new life. The miracle of this story is that God not only makes these bones live, but also brings the life of His Spirit.

The Covid-19 virus robs people of their life by suffocation, so that they can't breathe. Our hope beyond the pandemic is that the gift of God's Spirit will bring new life to our lives, churches and world. Life will certainly look very different in the future, but we can be assured that God is with us and that we are safe in His hands.

*'I will put my Spirit in you, and you will live, and I will settle you in your own land. Then you will know that I the Lord have spoken, and I have done it, declares the Lord.'* (vs14)

**Paul Hardingham ©Parish Pump**



## St James Church, Arnside CONTACTS

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	email: revdabn@gmail.com	
Churchwardens:	Mr Ian Service	(01524) 762019
	Mr Barry Hogg	(01524) 761980
Headteacher:	Mr Nick Sharp, Arnside National C.E.School	(01524) 761159

### Storth Village Church

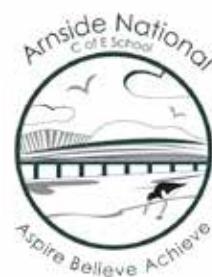
Priest in Charge:	Revd. Andrew Bryan Norman	(015395) 62355
Headteacher:	Mr Simon Brabant, Storth C.of E.School	(015395) 62517

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## FROM OUR SCHOOLS

**Arnside National School**  
*Headteacher, Mr N. Sharp*

**Storth School**  
*Headteacher, Mr S Brabant*



Please hold our schools in your thoughts and prayers at this difficult time.

We ask God's blessing on our head teachers, staff and pupils at Arnside and Storth, that they and their families will be safe.

We ask God's blessing on parents and families as they face the challenges and anxieties of the present time.



***As St Paul reminds us in his epistle to the Philippians (4.8-9):***

'Finally, beloved whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.'



# ST JAMES' DAY 2020



**E**very year during the third week in July we celebrate our Patron, Saint James.

James, and his brother John were the ‘sons of Zebedee’ both Galilean fisherman, who together with Peter and Andrew were the first disciples to be called by Jesus (Mark 1.16-20). James was present with Jesus at his Transfiguration (Mark 9.2-8) and with him again in the garden of Gethsemane on the night before his crucifixion (Mark 14.32). Together with the other disciples they were present when Jesus appeared following his Resurrection (Luke 24.36) and at Pentecost (Acts 2) when with the other apostles they were given the gift of the Holy Spirit so as to proclaim the good news of the gospel in all the world. James was put to death by the sword on the order of Herod Agrippa (Acts 11.27-12.2), becoming one of the earliest martyrs who suffered death for the sake of Christ in c.44AD. The feast day of Saint James is 25 July.

According to tradition, his remains are held in Santiago de Compostela in north west Spain, the word ‘Santiago’ coming from a rough Latin translation of ‘Saint James’. The traditional pilgrimage to Santiago known as the ‘Way of St James’ (Camino de Santiago) has been a site pilgrimage since the later Middle Ages and still today thousands of pilgrims each year walk the various routes of the Camino, which when taken from the French border in the Pyrenees to Santiago is a journey of over six hundred miles. As a result, one of the emblems associated with Saint James, as well as a sword and staff, is the scallop shell, which pilgrims to Santiago often used to wear as they made the journey to the shrine of the saint, and so shells were

incorporated into the mural made for the church by some of our school children some years ago. The shell serves as a reminder to us all that we are all pilgrims on a journey with God, whatever stage of life we find ourselves at having the promise that Jesus walks with us each and every day.

This year the whole world is continuing to come to terms with the effects of the Coronavirus pandemic, meaning that life has been radically changed. In this we pray to God for all those who are in need, for the isolated, lonely and fearful and for all who seek healing and restoration, praying that Christ will comfort all who mourn, receive those who have died into his Kingdom, and bless all those who have done so much in recent months to care for us all. One of the consequences of the ongoing situation has however been a revival in what we value most as individuals and as a community, helping us glimpse signs of God’s Kingdom through the love and kindness we have seen displayed locally and further afield.



We have seen this through the support of friends and neighbours and through the work of the Arnside Volunteer Group, which has epitomised clearly the command given by Jesus, to love one another as he loves us.

As such, normally at this time of year, in honour of Saint James, the parish church posts a newsletter to each house in the village to celebrate our Patron and keep the whole parish up to date on the role of your parish church here in Arnside. We are unable do that this year, and for the first time ever our church building is closed and public worship is suspended. Yet, even in these dark times, the work of the church has continued, in prayer and in worship, in pastoral care and



support, in seeking to show the love of God actively through our lives of prayer, witness and service.

We have tried hard to keep communication going and our priest, Andrew is constantly on the phone especially to those who live alone or are vulnerable, as well as keeping in touch with the work of our School in this unprecedented times, he has also endeavoured to support the ongoing work of the Arnside Voluntary Group by working at the Headquarters each week. If you know of anybody who would appreciate a phone-call from Andrew, or if you would appreciate prayer or support, please do not hesitate to get in touch with him on 015395 62355 or by emailing him at [revdabn@gmail.com](mailto:revdabn@gmail.com).



During these past months, the decision was taken to cease for the moment the publication of a printed parish magazine, but since then our magazine editor Sandy Felton has issued one online magazine for May and now this one for June. We are building up our list of on-line contacts for these and at the same time issuing the magazine on the village website and getting good feedback. The magazine editor is working on ways to ensure an even wider circulation of the magazine virtually at this time. Again, please do be in touch if you know of anyone in the village that might appreciate receiving the magazine as well as regular updates from the parish church.

As part of our efforts to support prayer and worship, Andrew is preparing worship and prayer resources each week, which are emailed out (please do be in touch if you would like these) and is also circulating virtual video services prepared by members of the congregation of our sister church in Beetham. These have included a Songs and Praise for Easter Day, a service of remembrance for

the seventy-fifth anniversary of VE Day, and will include in the coming weeks worship for Ascension Day and Pentecost. They are extremely uplifting in their messages, and have been widely appreciated.

In our current situation, we want to assure everyone in our village of our prayers for you at this time, and indeed throughout the year. The church is here for you and together we make up the body of Christ here in Arnside, we are here to serve you, to pray for you, so that together everyone who lives, works and who visits Arnside might know more of the love of God for us all.

Thank you so very much to everyone who supports and encourages the work of the church in the village, for your continuing financial support especially at this difficult time, including all those who support through advertising in our parish magazine. This year it would not be right to make a general Saint James' Day appeal across the village as has been the tradition in recent years. However, we know that some of those who support the work of the church faithfully, wish to do so, and envelopes marked St James' Day can be delivered to the PCC Treasurer Alan Mitchell, Pennard House, Uplands Drive, Arnside or Churchwarden, Ian Service, 49 Church Hill, Arnside.

This comes with our prayers for you and your loved ones.

May the Lord bless and keep us all.

**St James P.C.C.**





## IN MEMORIAM

### DEREK GEORGE THOMPSON 1937 - 2020

We were all saddened and distressed when Derek fell ill and was admitted to hospital with suspected Covid19. It was a great shock to all of us when he passed away on 7th April.

Derek was born in Newcastle-on-Tyne in 1937. He always wanted to live in the country and on leaving school he went to agricultural college near Hull. When he left college he found work on farms in Cumbria and so met Pam at a local dance in Holme Village.

Originally, he introduced himself to Pam as 'Henry' and it was a few weeks before she realised that he was in fact called Derek! Typical of Derek's humour.

Farm work wasn't well paid and so saving up to get married was not easy. Derek decided he had to make a career change and took on driving jobs which eventually led him to being a long-distance driver.

Pam and Derek married in 1963 and lived for a short time in Milnthorpe before moving to a bungalow in Arnside. Melanie arrived in 1967 followed by Graham in 1970 and so they moved into Ashleigh Road which had more rooms and a bigger garden. Eventually

they moved again, but this time staying in Ashleigh Road, in their present house.

Derek loved children and was overjoyed when Melanie rang from Australia to announce that Emily was on the way. More happiness when Graham and



Claire presented Pam and Derek with two further grandchildren, Max and Ruben.

Everyone who knew Derek found in him a true friend, a good companion, a man with a terrific sense of humour and with the most wonderful Geordie accent!

His was a strong Christian faith and he was always eager to help in Church in any way he could. Nothing seemed to phase Derek, you had confidence that in a crisis he would sort it out. He had a positive outlook on life and for his friends this was one of his most endearing attributes. Our picture (left) shows him on a church day out to the Ribble Vehicle Conservation Trust in Freckleton and is testament to his enthusiasm for all things mechanical.

He brought a ray of sunshine into our lives that will be hard to replace. Derek's popularity and respect in our community was marked by the amazing turnout and applause for him as his cortege passed round the village on the day of his funeral.

We will all miss Derek, but we are thankful too that we had the honour to know him, call him a friend and walk a little along life's highway with him.

Emily, sadly, is presently in Australia and was very sad she was unable to attend her granddad's funeral which because of the situation was only attended by close family.

We extend our sincere condolences, and sympathy to Pam, Mel and Ian, Emily, Graham and Claire, Ruben and Max. May the Lord's blessings be upon Derek's family and upon us all.

SF



# COLLECTS and READINGS for SUNDAYS IN JUNE



## TRINITY SUNDAY -

**Sunday 7 June**

Isaiah 40.12-17, 27-31 Psalm 8

2 Corinthians 13.11-13 Matthew 28.16-20



Almighty and everlasting God,  
you have given us your servants grace,  
by the confession of a true faith,  
to acknowledge the glory of the eternal  
Trinity  
and in the power of the divine majesty to  
worship the Unity: keep us steadfast in this  
faith,  
that we may evermore be defended from all  
adversities; through Jesus Christ your Son  
our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.  
**Amen.**

## CORPUS CHRISTI (Day of Thanksgiving for Holy Communion) - Thursday 11

**June**

Genesis 14.18-20 Psalm 116.10-17

1 Corinthians 11.23-26 John 6.51-58

Lord Jesus Christ,  
we thank you that in this wonderful  
sacrament you have given us the memorial  
of your passion: grant us so to reverence the  
sacred mysteries  
of your body and blood  
that we may know within ourselves  
and show forth in our lives  
the fruits of your redemption;  
for you are alive and reign with the Father  
in the unity of the Holy Spirit,  
one God, now and for ever.  
**Amen.**

## The First Sunday after Trinity - Sunday 14 June

Exodus 19.2-8a

Psalm 100

Romans 5.1-8

Matthew 9.35 - 10.8 [9-23]

O God,  
the strength of all those who put their trust in  
you, mercifully accept our prayers  
and, because through the weakness of our  
mortal nature we can do no good thing  
without you,  
grant us the help of your grace,  
that in the keeping of your commandments  
we may please you both in will and deed;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

**Amen.**

*continued on page 12*



## The Second Sunday after Trinity - Sunday 21 June

Jeremiah 20.7-13

Psalm 69.8-11[12-17]18-20 Romans 6.1b-11

Matthew 10.24-39

Lord, you have taught us  
that all our doings without love are nothing  
worth:

send your Holy Spirit  
and pour into our hearts that most excellent  
gift of love, the true bond of peace and of  
all virtues,  
without which whoever lives is counted  
dead before you. Grant this for your only  
Son Jesus Christ's sake,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

Amen.

## The Third Sunday after Trinity - Sunday 28 June

Jeremiah 28.5-9 Psalm 89.1-4,15-18

Romans 6.12-23 Matthew 10.40-42

Almighty God,  
you have broken the tyranny of sin  
and have sent the Spirit of your Son into  
our hearts whereby we call you Father:  
give us grace to dedicate our freedom to  
your service, that we and all creation may  
be brought  
to the glorious liberty of the children of  
God; through Jesus Christ your Son our  
Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

Amen.

## 'How long, O Lord?' – the lament of Psalm 13

As we struggle with the effects of the global coronavirus pandemic, we might echo the words of Psalm 13: '*How long, Lord? Will you forget me forever?*' It is one of a number of lament psalms, where the psalmist cries out in pain, because he feels abandoned by God. In our current circumstances, these psalms enable us talk to God about our fears and frustrations, while renewing our confidence in Him. What does Psalm 13 say?

**Bring your complaint to God:** The psalmist brings his pain and questions to God: 'How long must I wrestle with my thoughts and day after day have sorrow in my heart?' (2). He is open with God about his complaints, despite the anger he feels.

**Ask boldly for His help:** He goes on to ask for God's help: 'Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death, and my enemy will say, 'I have overcome him...' (3-4). While avoiding despair ('there's no hope') or denial ('everything's fine'), the psalmist is confident in God's power to deliver.

**Choose to trust Him:** 'But I trust in your unfailing love; my heart rejoices in your salvation. I will sing the Lord's praise, for He has been good to me.' (5-6). The lament is a journey to the point of renewing our trust in God in the brokenness of our life.

The psalms of lament (eg. Psalms 10, 22 and 77) give us a prayer language for dark times. They enable us to be honest with God about what is happening to us and remind us that God has not abandoned us. He is a God who is both sovereign and good.

*'Laments turn toward God when sorrow tempts you to run from Him.'*



## DAILY HOPE PHONE LINE

The Church of England has developed a national free phone line to help support those who might feel particularly isolated at this time, especially if they have no access to the internet. The phone number is

**0800 804 8044**

and provides a collection of readings, prayers and hymns that can be listened to, all of which will be updated regularly. If you know of anyone who might appreciate this service, please do let them know the phone number and pray that it will be a blessing to many.

## CUMBRIA CORONAVIRUS PRAYER

*The ecumenical Cumbria Spirituality group have composed this prayer for the current time, it might be useful in your daily prayers and devotions.*

Loving God, as your Son healed the sick and brought good news to the needy be with us this day.

Loving Jesus as you taught us to

'Do unto others as you would have them do to you' be with all the medical staff this day.

Bring your healing fire to our homes, our hospitals and our county, but most of all, be with us this day.

**Amen.**



**Live** with us . . .

Take a **rest** with us . . .



Or just call in for a **change** of scenery!

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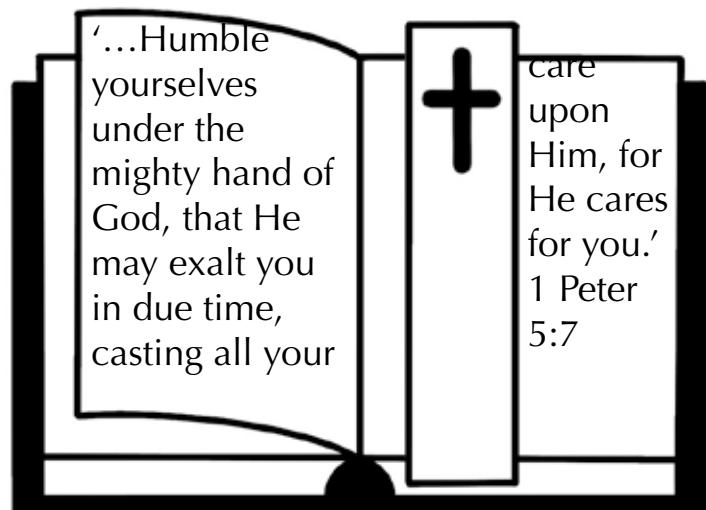


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*“God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains.”*

C. S. Lewis



### SAINT OF THE MONTH: 1st June: Justin Martyr, first ever Christian philosopher

Justin Martyr (c. 100 – 165), is regarded as the first ever Christian philosopher.

He was born at Nablus, Samaria, to parents of Greek origin, and was well educated in rhetoric, poetry and history before he turned to philosophy.

He studied at Ephesus and Alexandria and tried the schools of the Stoics, the Pythagoreans, and the Platonists. Then in c 130 Justin became a Christian, and never looked back. His long search for truth was satisfied by the Bible, and above all by Christ, the Word of God.

This apologist and martyr is known as the most important early ‘apologist’.

He went on to offer a reasoned defence for Christianity, explaining that it was the fulfilment of the Old Testament prophecies. Justin’s aim was evangelism: he thought that pagans would turn to Christianity if they were made aware of Christian doctrine and practice.

Justin’s martyrdom took place in the reign of Marcus Aurelius, along with six other believers.

At his trial, whose authentic record survives, he clearly confessed his Christian beliefs, refused to sacrifice to the gods, and accepted suffering and death. As he had previously said to the emperor: “*You can kill us, but not hurt us.*”

### Visit the C of E online page

**There is now a range of digital resources for you to connect with God at this difficult time. These include:**

Time to Pray app (<https://www.chpublishing.co.uk/apps/time-to-pray>) which is free and has an accompanying daily audio offering on SoundCloud and iTunes.

Mental health reflections (<https://www.churchofengland.org/faith-action/mental-health-resources/supporting-good-mental-health>)

Tips to tackle isolation (<https://www.churchofengland.org/faith-action/mental-health-resources/dealing-loneliness-and-isolation-five-top-tips>)

Finally, there are the Church’s smart speaker apps, which provide a range of Christian resources. <https://www.churchofengland.org/our-faith/our-smart-speaker-apps>  
In March alone, the number of people using the Alexa app rose by more than 70 per cent.

More details at:

<https://www.churchofengland.org/more/media-centre/church-online>



## PARISH NEWS



### PARISH GIVING

Alan has been contacted by several parishioners regarding their WEEKLY giving. Obviously, with the church closed those parishioners who hand in their envelopes each week have not been able to do so.

One way forward is to save up the envelopes each week until we return, or to periodically make a donation by cheque and send it to Alan.

**He suggests you put your cheque in one of your giving envelopes (this has your unique number on it) and write on the envelope the dates for which the donation refers. This is important for those parishioners who gift aid and is needed to RECLAIM the tax.**

His address is: Mr A Mitchell, Pennard House, Uplands Drive, Redhills Road, Arnside, LA5 0AS.

### IMPORTANT PLEASE NOTE

If you are writing cheques for the treasurer please can you make them payable to:  
ARNSIDE PCC                      Thankyou.

## FROM THE EDITOR



The deadline for the **July** magazine is Monday, **8th June, 2020**.

You can email me on -  
[sandy.felton@btopenworld.com](mailto:sandy.felton@btopenworld.com)

### KING'S FOODBANK, KENDAL (<http://www.kingsfoodbank.org.uk/>)

*Please see a message below from Jude and Chris Bratt:*

One of the casualties of the present lock down has, of course, been our regular collections of food for King's Food Bank in Kendal.

Chris and Jude would like to thank everyone who has been so generous in sending cheques in lieu of food donations. Jude explains that she does not know everyone personally who has sent a donation, but they want to thank you most sincerely for your amazing generosity.

So far, they have been able to send £570 to the Kings Foodbank, Kendal.

Sadly, the need for the food bank is as vital as ever, particularly as shops and small businesses have closed down and many have laid off staff. The Food Bank has already seen a rise in referrals so your donations have been vital.

Having money enables the organisers at the Foodbank to buy things that are in short supply.

If you would like to contribute in this way, please post a cheque or drop one, made payable to Kings Food Bank, through our letterbox (which falls into a locked box) at 47 Church Hill, Arnside LA5 0DW.

We will then send them directly to the manager. We thank you for your continuing support.

**Chris & Jude Bratt**



*Where was the social distancing?*

## NEWS FROM THE DIOCESE

The Bishop of Carlisle has written to clergy that they may access churches to live stream services for their own private prayer. This is in line with an agreement in principle issued by the House of Bishops recently following changes to the lockdown. This will continue to be carefully monitored and the diocese will at all times follow national church and Government guidelines.

### Respect Cumbria Campaign

Churches across the county are encouraged to support a countrywide campaign for others to 'Respect Our Communities' as some lockdown restrictions are eased. Cumbria is experiencing one of the highest numbers of infections and deaths in the country and at the time of writing shops and visitor amenities are still closed. For those who choose to visit three new messages have been published: Respect our local communities: Respect the risk: Respect the Rules.

"Enduring uncontrollable aversive events can leave us feeling trapped, unsettled and helpless... Focus on what you can control, and favour short-term goals over longer-term aims."

Linda Blair, clinical psychologist



### Not a bride

"Something's wrong with me," sighed a young lady after a wedding. "I've been a bridesmaid twice, I even caught the bouquet, too; but I'm still single."

"Next time," advised her grandmother, "don't reach for the flowers; reach for the best man."

### Makeup

Every morning, a little girl would go in the bathroom to watch her mother as she

was putting on her makeup to go to work. But during coronavirus, the mother stopped bothering with makeup, much to her daughter's confusion. "Mummy," she cried early on in the lockdown: "Come back! You forgot to kiss the toilet paper goodbye!"

### One liners

What time of day was Adam created?  
Just a little before Eve.

Who was the fastest runner in the race?  
Adam. He was first in the human race.



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