

The Parish Church of St James, Arnside *with* Storth  
*part of The Kent Estuary Mission Community in The Diocese of Carlisle*

# Parish Newsletter

## February 2026



### **Priest-in-Charge**

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## *Letter from the Curate, the Vicarage, Arnside*

***Fasting is not about deprivation - it's about discovering the fullness of God.*** (John Piper)

Lent comes round again this month. How do you normally approach it? With a sense of gloom or with joyful anticipation of the opportunity before us?

It's commonplace to give something up – to fast – during the 40 days leading up to Easter. Whether it be chocolate, our favourite beverage, screen-time, a particular activity or attitude... we attempt to go without something in order to embrace the penitential nature of the season in the hope that we draw closer to God as we seek His help to conquer temptation and as we rely on Him instead of our luxuries and vices.

I've been known to tell the story of the year when my Lenten discipline involved giving up sweets (I have a very sweet tooth, so this was quite a sacrifice). Part way through Lent I was given a gift of some of my favourite

sweets. Rather than give in to them, I decided to put the sweets in a tin and the tin out of the way in a kitchen cupboard ... and I waited (eagerly) for Easter to come.

On Easter morning, I didn't waste much time in heading to that cupboard – ready to congratulate myself for my holy withdrawal! And yet, when I opened the tin, I found it empty! Over the course of my Lenten efforts, someone else in my household had found them and snaffled the lot.

However, it didn't really matter that I found the tin empty, because the 'reward' for my Lenten efforts wasn't sweets or chocolate or any other nicety that I consumed (with gusto) on Easter Day... What came in place of my fasting – because of my "deprivation" – was a deepening of my relationship with God... the worth and joy of which something no sweets could come close to providing.

Not doing something – stripping back – having less distractions... makes way for us to get back to basics. Being deprived of something can help us to focus on what really matters –

to move aside that which is superfluous in our lives in order to discover the goodness of the One who made us, the One who cares for us and the One who loves us unconditionally.

In the face of a crazy world, with secularism not cutting the mustard, over the last year there have been stories and statistics emerging that tell us of an increase of interest in church attendance and in what the Christian faith has to offer. People are searching and longing to know more of God. This Lent, may we - wherever we currently are on our faith journey – consider going *without* something in order to go deeper *with* God.

*As a deer longs for flowing streams, so my soul longs for you, O God. (Psalm 42:1)*

When we *long* for God, we won't just find Him – we'll be found in Him. He has already found us all and waits for us to draw closer.

I hope you have a *longing* Lent!

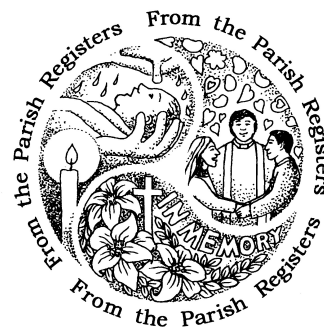
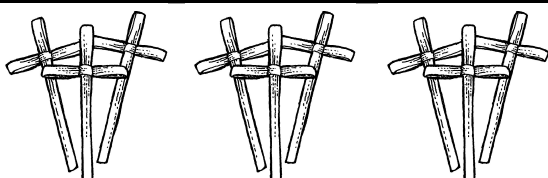
*With love & prayer*  
*Hannah*

**Deadline for March  
Parish Newsletter:**



**Thursday 12th February**

*please send submissions to*  
[sandy.felton@btopenworld.com](mailto:sandy.felton@btopenworld.com)

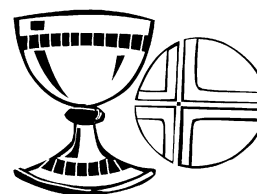


## FUNERAL

**FRIDAY 23rd January**

*Aileen Susan Premru*

*May she rest in Christ's peace.*



## FOUNDATION GOVERNORS

We are still seeking Foundation governors to serve on the Governing Bodies of our church schools in Arnside and Storth.



This offers an opportunity to serve both the life of the church and the life of our schools, supporting them in all they seek to do.



If you would like to know more, or would appreciate more information about what being a Governor involves, please have a word with Andrew.

# FROM OUR SCHOOLS

**Arnside National CofE School**

*Headteacher: Mr Nick Sharp*



**A**fter all the excitement of Christmas, you may have thought the pupils would be ready for a rest... But no, our classes happily bounced back into school with just the same vigour, eagerness and energy, ready for the new year ahead. Their positivity is a wonderful reminder that looking forward to 2026 is a chance to grow and embrace new challenges – bring it on!

The Ethos Team continue to work hard promoting our school vision across the local community. The team were thrilled to receive a heartfelt 'thank you' from a member of St John's Hospice home community team who explained how grateful the patients were after receiving their Christmas gift bags. In addition to this, further fundraising events have helped to fund the sponsorship scheme for our Bangladeshi friend, Dipto. Our forthcoming Number Day will also be a chance to celebrate the magical world of maths while raising money for the NSPCC. Fantastic work from all involved and a perfect example of Love for others, a fundamental part of our Christian vision.

Our carefully designed curriculum aims to encourage the children to learn about, understand and embrace diversity in all aspects of life. Later this term, we are looking forward to welcoming Basil and Ben from the Jewish Learning Service who will deliver a workshop about Judaism to the infant pupils – you're never too young to develop a love and respect for our multi-faith world. The annual infant celebration of Chinese New Year will take place in the middle of February and we're looking forward to a day of song, dance, craft and maybe some food tasting if we're lucky... The year of the Fire Horse is here!

Mrs Henneberry has been working hard to develop music in school and the pupils of the Musical Theatre group were thrilled to have been given another opportunity to take part in the Young Voices project. The initiative involves pupils learning a range of songs, culminating in a special day of rehearsing and performing alongside a large number of other schools at the Coop Live venue in Manchester. With unforgettable performances in prestigious arenas, Young Voices offers children a chance to shine, create lifelong memories and foster a sense of community through the power of music.

Excitement is brewing for our annual tech week where the pupils enjoy a series of lessons, activities and challenges to explore how technology impacts our lives. The whole school challenge will be based around bridges with the different classes designing and constructing bridges using a range of materials. The burning question is...whose bridge will hold the most weight? On Tuesday 10<sup>th</sup> February, we will be celebrating National Safer Internet Day and learning how to keep safe in an increasingly complex virtual world. Throughout the week, we will also be welcoming a number of visitors (coders, engineers and an architect) into school to talk about their jobs and the role of technology.





Thank you to all who have volunteered – it may just spark a future passion to design, create, innovate and develop.

*“Curiosity is more important than knowledge.”* Albert Einstein

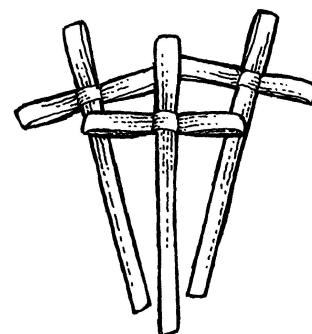
With a FOANS Disco, movie nights and our first exciting residential experience of the school year fast approaching, it looks set to be a busy Spring Term. The variety of experiences ensures there’s always a little something for everyone and our rich curriculum is a credit to the hard-working staff.

*Enjoy your Spring adventures, Mr Sharp*

**REST & RESET**  
Christian meditation  
A moment to press pause II  
St James Church Arnside  
6:15 - 7:00PM  
JAN TUES 6TH, MAR TUES 3RD, MAY TUES 5TH, JUL TUES 7TH  
Contact: revhannahwallace@gmail.com 01524 449 035  
ARNSIDE CHRISTIAN TOGETHER

**REST & RESTORE**  
A time of prayer for healing & wholeness  
St James Church Arnside  
6:15 - 7:00PM  
FEB TUES 10TH, APR TUES 14TH, JUN TUES 2ND  
HEALTHY HEALING HUBS

## PALM CROSSES



As Lent begins on Wednesday 18th February, Rev. Andrew has requested that we now bring in any palm crosses that we might have at home.

These are burned to make the ash used for the imposition of ashes at the Ash Wednesday Holy Communion Service.

# What's on...

The Parish Church of St James, Arnside

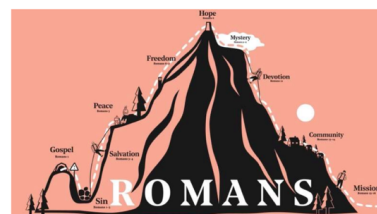


## Ash Wednesday

We mark the first day of Lent with a service of Holy Communion with the imposition of ashes.

**Wednesday 18th February**  
**at 10.00am**

*'Keep, O keep us, Saviour dear, ever constant by your side,  
that with you we may appear at the eternal Eastertide.'*



## Discover your place in God's story...

Wednesday 25th February,  
4th, 11th, 18th, 25th March

1st, 15th, 22nd, 29th April & 6th May  
**Arnside Methodist Church Hall**

**12.30-2.00pm**

A chance for us to learn (over ten weeks, during Lent and then after Easter) from the Bible together as we explore Saint Paul's Letter to the Romans, one of the most influential and significant letters ever written.

Please, if you would like to, bring some lunch!

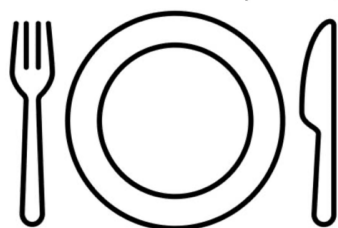


Fairtrade refreshments will be served.



The Romans Course has been prepared by The Bible Society.

The Parish Church of St James, Arnside



## Shrove Tuesday<sup>®</sup> Supper

**Tuesday 17th February**  
**6.00pm for 6.30pm**

Two courses: main and dessert  
(vegetarian option available)

*Tea and coffee provided after the meal,  
but please do bring other drinks if desired.*

**cost: £5.00 donation**

*Please do sign up on the sheet at the back of church.*

*'Yet he gave a command to the skies above and opened the doors of the heavens; he rained down manna for the people to eat, he gave them the grain of heaven.'*



Food ~ Conversation ~ Fellowship

## Monthly Manna

Psalm 78  
v. 23-24

An opportunity to join together for food, conversation and fellowship; sharing questions and insights around the Christian faith.

**Friday 6th February**

**Friday 6th March**

**Friday 3rd April**

**Friday 1st May**

12.15 - 1.30 pm.

St James' Church



*Bring some lunch, drinks provided.*

**All are welcome**

# **Rotas - readers, intercessors, sidespersons**

## **READERS**

### **Sunday 1st February**

*Presentation of Christ in the Temple  
Candlemas*



Malachi 3: 1-5 - Mrs S E Felton  
Hebrews 2: 14-end - Mr M Crabtree  
Luke 2: 22-40

### **Sunday 8th February**

*Second Sunday before Lent  
(Sexagesimal (BCP))*  
Genesis 1: 1.-2.3 -Mrs S Swire  
Romans 8: 18-25 0 Mr A Mitchell  
Matthew 6: 25-34

### **Sunday 15th February**

*Second next before Lent  
(Quinquagesima (BCP))*  
Exodus 24: 12-end - Mrs H Leach  
2 Peter 1: 16-end -Mrs Y Service  
Matthew 17: 1-9

### **Sunday 22nd February**

*First Sunday of Lent*  
Joint Covenant Service at  
Arnside Methodist Church

The Gospel is read by the Vicar

## **INTERCESSORS**

### **1st February**

Mrs S E Felton

### **8th February**

Mrs S E Felton

### **15th February**

Mrs S Woodburn

### **22nd February**

At Arnside Methodist Church

## **SIDESPERSIONS**

### **1st February**

Mrs S Comer

### **8th February**

Mrs S Swire

### **15th February**

Miss A Dean

### **22nd February**

**N/A**

### *Weekly Parish E-mail*

If you do not receive Andrew's weekly e-mail with church information, please do let him know and he will add you to the list.

### *'Sundays News' Pew Sheet*

If anyone has any news/notices (including prompts for prayer and those who are sick) to be included on the weekly pew sheet, please let Andrew know during the week.



## Services during February 2026

### **Sunday 1st February** (*Candlemas*)

8.00am - Holy Communion (BCP)

9.30am - Parish Communion

### **Sunday 8th February** (*Second Sunday before Lent*)

8.00am - Holy Communion (BCP)

9.30am - Parish Communion

### **Tuesday 10th February**

6.15pm - 'Rest & Restore' - *a time of prayer for healing and wholeness*

### **Friday 13th February**

3.30-5.30pm - Messy Church at Arnside Methodist Church



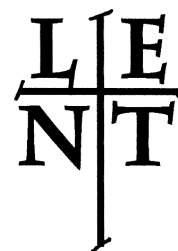
### **Sunday 15th February** (*Sunday next before Lent*)

8.00am - Holy Communion (BCP)

9.30am - Parish Communion

### **Wednesday 18th February** (**Ash Wednesday**)

10.00am - Holy Communion for Ash Wednesday with the imposition of ashes.



### **Sunday 22nd February** (*First Sunday of Lent*)

8.00am - Holy Communion (BCP)

10.30am - **Joint Covenant Service at Arnside Methodist Church**

**Junior Church** (*during the school term*) **meets during the Parish Communion at 9.30am**

**Every Wednesday** (*during the school term*) **there is Morning Prayer at 8.15am**

**Every Wednesday** (*during the school term*) **we gather with the whole community of Arnside National Church of England School for School Church at 9.10am**

**Evensong takes place each Sunday at 6.00pm at St Michael and All Angels, Beetham**

*The Parochial Church Council of St James, Arnside is a Registered Charity (Number: 1143293)*