

BRAIN OF BEETHAM QUIZ

This month our Quizmaster Clive Holden asks us all about 'Plants and Flowers'

Which plant or flower:-

1. Is known to have sounded reveille.
2. Looks like but does not sound like a Gallic gentleman thief.
3. When ordered to open does so.
4. Could be twenty sheep here and another twenty there.
5. Was partnered with Rosemary.
6. Was asked to work in tandem.
7. Boxer's farm companion.
8. Symbolised economy at three pence a time.
9. Helped to keep BasilBelow warm.
10. Intends to have a rich wedded existence.
11. A proper one of its variety.
12. Not as hard as it seems.



Answers to the February edition 'The Animal World' quiz:-

- 1) Bear.
- 2) Lynx.
- 3) Cheetah.
- 4) Chipmunk.
- 5) Badger.
- 6) Ounce.
- 7) Sloth.
- 8) Boar.
- 9) Meerkat.
- 10) Hyena.
- 11) Calf (Calf of Man).
- 12) Puma (member of the rugby team).



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Please do be in touch with Andrew you would like to receive the parish email, if there is any support or encouragement he can offer, if you would have any questions about services church life or the Christian faith, or if you would like anyone or anything remembered in prayer. He would be very pleased to hear from you.

THE GATEWAY

PARISH MAGAZINE OF
ST MICHAEL & ALL ANGELS, BEETHAM

MARCH 2024

www.beethamstmichaelandallangels.co.uk

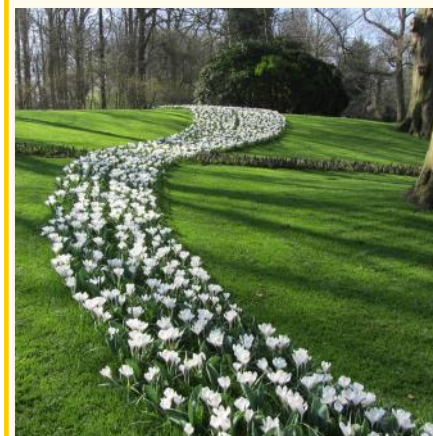
"Hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality." Jonas Salk

Well, we're nearly there. The official first day of spring is Tuesday 19th March. Spring really is just around the corner and the signs of spring are all around us. It feels good to anticipate longer and warmer days and the wonderful changes which will take place to the natural world in this most beautiful area.

Spring gives rise to a wonderful sense of hopefulness and this year, more than most, we need to be able to look forward with hope.

Much is happening in our world to disturb and concern us and so it's imperative that we give ourselves permission to be hopeful and positive. When we have hope we develop and nurture a belief that the future can be better, and that we can be instrumental in making it so. There are many benefits to developing a hopeful mindset. Research suggests that people who actively practice being hopeful in difficult situations have fewer chronic health problems, are less likely to be depressed or anxious, have stronger social networks and support systems and tend to live longer. Experts tell us that hope is one of the most powerful, and essential, perspectives and that it can be developed by practice, even when the situation seems beyond hope.

Having the ability to be hopeful is surely a gift. Hope is our defence against what is happening around us. Hope puts us back in control when everything feels out of control. Hope has the power to stimulate us to make challenges and instigate changes for a better future.



Being hopeful should not be dismissed as simply looking at life through rose coloured spectacles. Being hopeful doesn't mean engaging in wishful thinking or blind optimism. Hope is not a child like view of the world or an illogical belief that all will be fine. Hope is about looking clearly at what is happening and believing that we, and/or others, have the ability to make things better. Hope is powerful in a world of great uncertainty. Hope gives us a new and uplifting road to walk along. Hope is a new beginning, a new journey, a new destination. It's a better and more productive way of thinking.

Desmond Tutu was one of the world's most prominent spiritual leaders and after facing immense challenges in his life he was able to describe hope as 'being able to see that there is a light despite all the darkness.'

Spring is a time of hope and new beginnings, Spring is known as the season of hope because it symbolises the resurgence of life after the inevitable challenges of winter. It's a good time to start or continue to develop a 'hopeful' mindset. So, maybe we should try to be less afraid of what could go wrong, and start to be excited about what could go right. Finding hope when it seems like there's none to be found can be hard, but it is possible.

'Learn from yesterday, live for today, hope for tomorrow.' Albert Einstein

Vivien Stirrup

Letter from The Revd Andrew Norman

Dear friends,

The origin of the word 'Lent', the liturgical season that we journey through this month, takes its name from the Old English word meaning 'to lengthen'. As we see the signs of Spring appearing, the hours of sunlight increasing and the days steadily getting brighter we are each invited on the journey, once again, to Easter.

We might equally understand or frame this theme of 'lengthening' in Lent in terms of 'growing' or 'stretching'. And the tenor and theme of our Lenten observance is to just that; opening our hearts and minds to God in hope that through these days we might learn to be his people once again.

Lent can, quite understandably, feel like a time in the Church's year when we are stretched. When we are urged to contemplate our relationship with the Lord, with both discipline and thoughtfulness, as we look to remembering again the events of Jesus' passion and death. Though the Bible tells us that the way of the cross is, despite appearances to the contrary, the way of life and health and peace; it is not a comfortable path to tread.

The events of Holy Week draw us into a drama of betrayal, pain, loss, abandonment and bereavement, in which we see plainly and honestly how God has chosen to interact with us and make himself known. Sharing the full reality of our human experience, even to the grave and gate of death. A story which can help us gain perspective on our own experiences and so know God's presence close when we are confronted with sadnesses and difficulties, comforted by the knowledge that we don't face them in our own strength.

Just as Jesus, at the beginning of his ministry, was driven out in the wilderness; Lent compels us to open ourselves to a bigger and better vision of God and his loving purposes. Thereby helping us, through the work of the Holy Spirit, to open ourselves to the voice of the Lord who persistently calls us out from our old ways of living and being into the people he knows us and wants us to be. Understood in this way, Lent becomes a time both of growth and renewal. A season not only for deepening our own faith and understanding, but also for growing into greater awareness and commitment to the things of God.

As one old hymn puts it:

*'Forgive the sin that we have wrought;
increase the good that we have sought;
that we, at length, our wanderings o'er,
may please thee here and evermore.'*

Of course, our wanderings in Lent have but one destination, namely the empty tomb of Jesus. That place where all things are made new and we see love's redeeming work perfected in the power, life and transforming glory of the resurrection. In and through the one who, as the book of Revelation tells us, once was dead but is now alive forevermore. It is this hopeful assurance that enables and encourages us to keep Lent faithfully and fruitfully.

I pray it will be so for us all.

With every good wish and prayer,

As ever,



St Michael & All Angels Beetham ~ Services for Holy Week and Easter 2024

Sunday 24th March - Palm Sunday

11.00am - Parish Eucharist with Procession (from Beetham CE School), distribution of palms and reading of St Mark's Passion

6.00pm - The Way of the Cross (a service of readings and prayers for Holy Week)

Monday 25th, Tuesday 26th, Wednesday 27th March

10.30am - Holy Communion for Holy Week

Thursday 28th March - Maundy Thursday

7.30pm - Eucharist of the Last Supper (with foot washing, stripping of the sanctuary, and followed by Watch in the Lady Chapel until 10.00pm).

Friday 29th March - Good Friday

2.00pm - The Liturgy of Good Friday

Saturday 30th March - Holy Saturday

7.30pm - Deanery Easter Vigil at Holy Trinity, Kendal

Sunday 31st March - Easter Day

11.00am - Eucharist of Easter Day (with lighting of the Easter fire)

Would you like to have a say in the running of our church?

Then please think about volunteering as a Churchwarden or Parochial Church Council member!

This year we are in an unusual situation where several posts will become vacant at the Annual Parish Meetings on Sunday 14th April, due to current post-holders having extended their normal term during the pandemic. All three churchwardens - Dianne, Brian and Jenny - will be stepping down; Elizabeth Rocke will be standing down as PCC Secretary; Sue Smalley will be standing down as Safeguarding Officer; and three PCC members will reach the end of their term

The three Churchwardens are elected by members of the parish each year. They are active members of the congregation and automatically become ex officio members of the PCC. Churchwardens are elected for one year only (but can be re-elected if they wish up to a maximum of 6 years)

PCC members are elected by members of the church electoral roll. The PCC is collectively responsible for the care of the church and the finances, and meets 6 times a year. Members are elected for a term of 3 years. The role of PCC Secretary is generally allocated to a PCC member at the first meeting of the year

The Safeguarding Officer is an essential role in the life of the church. It is an independent role that does not necessarily require the post-holder to be a member of the PCC

Please do consider if you can assist with any of these roles. All provide a fascinating insight into the working of the church and a rewarding opportunity to help protect and build the future of our church. These posts may seem a little daunting, but they are not as time-consuming as you may think, so do talk to Andrew or the existing post-holders for more details. It is very much about teamwork and remember there will always be someone around to help you!

The Way of the Cross

An evening service of readings and prayers
for Holy Week



Beetham Church Electoral Roll 2024

The Church electoral roll is re-issued every year, ahead of the Annual Parochial Church Meeting (APCM) in April. Existing members of the Electoral Roll only need to complete the form every six years (which will fall next year, 2025). If you would like to join the roll as a new member this year please fill in a form and return it to the Electoral Roll Officer, Jenny Marks by Sunday 17th March

Please note that living in the Parish or regularly attending church does not qualify you to vote at the APCM unless you complete this form. This enables you to vote at the APCM on 14th April for members of the Parochial Church Council and the Deanery Synod.

The current list and forms are available in church and new members are invited to join for 2024.

The form can also be downloaded at:-
www.beethamstmichaelandallangels.co.uk/?Links

A HUGE BRIGHT THANK YOU TO YOU ALL!!

Now that Candlemas has passed and the trees and lights are gone, we would like to thank everyone for their generosity, help and support that makes Brightening Beetham such a lovely event for the whole community and for visitors alike. It really would not happen without you. Music, mince pies and mulled wine, trees and lights; everyone contributes and everything helps to make it what it is.... a community coming together for a short time to celebrate the coming of Christmas. A very special gift. Thank you, and we hope to shine brightly once the nights draw in again and continue establishing our Beetham tradition.

Tess Rowlands



ENTERTAINMENT EVENTS



**TALKING
HEADS**
2 short plays by
ALAN BENNETT

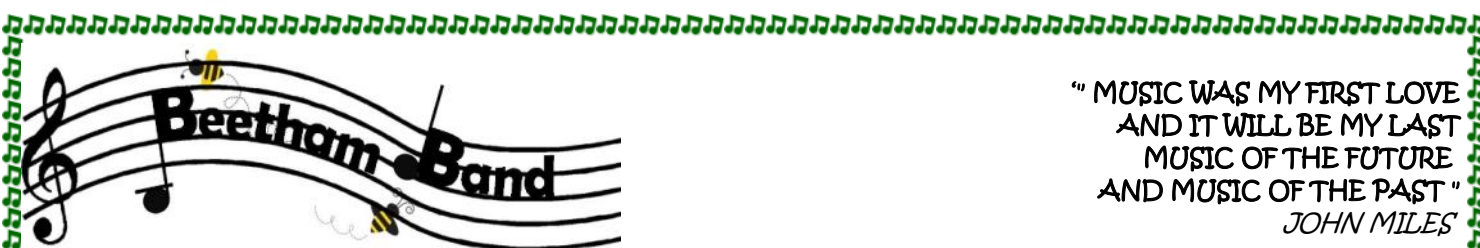
Performed live by
John Lofthouse

Sunday 14th April at 5pm
in St Michael & All Angels, Beetham

Tickets £15
available from the Friends of Beetham Church and
Ticketsource, from mid-March



Get ready for Beetham's Big Duck Day on Saturday 4th May!



" MUSIC WAS MY FIRST LOVE
AND IT WILL BE MY LAST
MUSIC OF THE FUTURE
AND MUSIC OF THE PAST "
JOHN MILES

Let's start at the very beginning, the very beginning, with the MOZART EFFECT. Much evidence has been gathered for decades to prove how music effects the intelligence of an unborn child. Sound stimulation enhances the brain's maturation and boosts creativity and cognitive skills.

If you sing lullabies to babies whilst in the womb it can help with their sleeping habits when they are born. The beneficial effects continue as we grow up. You don't need to join a band or choir, though those bring added benefits, just keep singing and listening. Dancing and singing along to your favourite tune boosts our motor skills, whilst playing instruments keeps the brain sharp. This is so important as we age and my readers will know I have long been an advocate of the benefits of music.

I am currently discovering for myself the importance of music whilst recovering from a development in a long standing condition. I am re-training my brain, making new pathways to find my voice using proven musical techniques. I believe I will, as the power of music never ends. It will always give YOU something and those you love something. From our beginning to our end, music is our first love and it will be our last.

Keep dancing !

Tess Rowlands

For any information regarding Beetham Community Band (and its benefits....) please Call 07725580095 or pop into our weekly practice sessions in St Michael and All Angels Church, Beetham. Saturdays from 10.30am

Lent Charity Soup Lunch

Thursday 14th March

11.30am ~ 1pm
in Beetham Church

Come and join us for a selection
of homemade soups and bread.
All welcome!



*Donations this
year will all go
to Christian Aid*

Celebrate Mothering Sunday

at St Michael & All Angels, Beetham

at 11am on
Sunday 10th March

Families are particularly welcome
and daffodil posies will be
distributed at the service

Shrove Tuesday Supper & Quiz



The Annual Shrove Tuesday Supper was held in the Heron Corn Mill Barn on Tuesday 13th February. As always we were treated to a delicious meal of cottage pie with all the trimmings, followed by pancakes - and plenty of seconds for those that still had enough room - with grateful thanks to Alison Thompson and her team for their superb catering

The meal was followed by the raffle, enthusiastically run by Colin and Julie Clarke who had persuaded everyone to buy plenty of tickets. Our thanks go to all those who generously donated so many prizes



It was then the turn of Quizmaster Clive Holden to test everyone's general knowledge in the Quiz of the Year. The seven teams battled over 6 rounds, with top position changing several times over the evening. The eventual winners were the '5 Quarters', but with 'Top Table' in second place and the 'Humdingers' and 'Clangers' an equal third, and with only 2 points separating these top four teams - the closest contest on record! Also a special well done to the 'Beachwood Clubbers' for having a lot of fun...

Thanks go to Dianne & John Lomax and the Friends of Beetham Church Committee for organising such an enjoyable event, to Clive for challenging us, and to Colin and Julie for making us part with our money to help raise £284!



School Corner

February began with the celebrations of Candlemas. Throughout school we looked at the meanings of our names and created word art to demonstrate what our names meant as well as what we brought to our own names. The older children in the school also made candles to take home. These were made from the old candles from church and the ends of wax crayons to give the colour. We also recycled jars to hold them. A great activity to repurpose and recycle as well as remember that Christians believe Jesus is the light of the world.

Years 4, 5 and 6 have been learning about the Romans. During DT they have made catapults which they tested on a cup-based Hadrian's wall! To conclude the topic children visited Ribchester near Preston to look at artefacts as well as listen to how they were used.

This half term we will be welcoming Vics to school. She is going to be teaching Pop Lacrosse during PE sessions. So far we have learnt how to scoop and flick using our ball and stick. We also had a go at shooting into a net. It has been great fun learning something different!

Before Christmas we took part in both the Elf Run for St John's Hospice and Lakeland 100. Together we ran over 100km around the school field. We raised £308 for St John's Hospice and have also been sent books from the Lakeland 100 team as a thank you for taking part. The books have been shared in to all classes for the whole school to enjoy. Thank you to everyone who supported our run and to all the children who took part.

Each day our after-school clubs are themed. We run clubs such as fitness, craft and film. On a Tuesday we have sport club by Sports Cool Lancaster. This term we have started glow in the dark Dodgeball. The mixture of the darkness and the glow in the dark face paints have made this an interesting and engaging club to be part of which is being enjoyed by all the children.

Our thanks again must go to Holme Park Quarry and MPA Hire who have removed the temporary fencing from the field and fixed the damaged fence. We are extremely grateful for their generosity.

This week we have begun our Science Week. So far this has included a whole school trip to Wildlife Oasis and a virtual visit about DNA. There are a few photos from these but more will follow in next month's edition.

Best wishes, Abi Johnson





Beetham WI ~ Repair and Art February

For our February meeting in The Wheatsheaf we had an interesting talk - with slides - given by Karen Bentley-Brown from Simply Repair South Lakes. She explained that their aims are to reduce waste - share skills - improve wellbeing - build community. So rather than throw items away which end up in landfill, volunteers might be able to repair them thus enabling a longer usage and saving money. They also run Workshops and enjoy delicious food at the Kendal People's Cafe - further information can be found on their website: www.simplyrepair.org.uk

Later in February a group from Beetham WI shared cars and visited Rheged, near Penrith to see the Great Print Exhibition NINE. This is advertised as the UK's largest print exhibition and included art work created using a wide range of techniques including woodblock, linocut, etching, screenprint and collagraph items (Free Entry - ends on 3 March). Members were also able to look at a pop exhibition, mooch around the shops and, of course, visit the café! Another enjoyable trip out for members.

We are having the AGM during our monthly meeting in March but there will be plenty of time for social chat! We have been busy, though, planning a variety of events for the next 12 months and these will be advertised on our Noticeboard in the village and in The Gateway each month.

We're a friendly group who meet upstairs in The Wheatsheaf on the second Thursday afternoon of most months, so if you'd like to 'come and meet us' - or find out more about what we do - contact our Secretary:-

Jeanette at
beethamwi@gmail.com

theWI
INSPIRING WOMEN



Friday 1st March ~ 'Mission Impossible: Dead Reckoning Part 1' (Film)

Sunday 3rd Mar ~ Harps North West (Sunday Music)

Friday 8th Mar ~ Buzzing (Drama)

Tuesday 12th Mar ~ Painting the Modern Garden: Monet to Matisse (Exhibition on Screen)

Saturday 16th Mar ~ Kader (Jazz Septet)

Friday 22nd Mar ~ What's Wrong With Benny Hill? (Drama)

Friday 5th Apr ~ 'Past Lives' (Film)

Book tickets online www.theherontheatre.com
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A short concert of music by Gesualdo, Victoria and Zelenka. Free entry. Refreshments will be served after the concert. Retiring collection will be shared between St Johns Church and Levens Choir.
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Quest Lecture Group
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14 March
'Eden Project, Morecambe & The Bay'
28 March ~ Jim Bownass & Andrew Leitch
'More TV Memories of Westmorland & Cumberland'
All talks are on a Thursday, starting at 10am, with a break for coffee around 11am, then questions to the speaker.
Everyone welcome. No need to book in advance. £2.50 for one talk (including refreshments) or £18 for all 12

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BAKING WITH KATE
Wednesday 13th March, 11am - 2pm
CRAFTING WITH ERIKA
Monday 4th March, 1 - 4pm
CRAFTERNOON
Tuesday 19th March, 1 - 4pm
POWSOWDIE
Wednesday 27th March, 11am - 2pm
WRITE BY THE RIVER
Wednesday 20th March, 11am - 3.30pm
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Friday 29th March, 11am - 2pm
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Organ: Andy Plowman
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St. Thomas's Church, Kendal 7.30pm
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Under 18s Free
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Beetham Parish Council
The next monthly meeting will be held in
Storth Village Church, Monday 4th March at 7pm
The Parish Annual Assembly will be held at
Heron Hall Storth, Thursday 14th March at 8pm
Members of the public are welcome to attend both meetings.
Minutes of previous meetings and details of the Councillors can be found at www.beethampc.co.uk

Important message for advertisers

Now that Gateway is back to both paper and online circulation we aim to contact each advertiser individually for your ongoing requirements. Do please let us know if there are any details you would like us to change.

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April deadline for The Gateway
The deadline for contributions for the
April edition is noon on
Monday 25th March
Please send articles to the
editor, Jenny Marks
Email: jenny.marks@btinternet.com
View this and past editions of
The Gateway online at
beethamstmichaelandallangels.co.uk



Edith Anice
Leslie welcomes you to her
interiors shop in the Old
Beetham Post Office
Shop opening times-
Thursday, Friday &
Saturday 10am-4pm
Leslie is planning to open the
upstairs café in March. See the
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