

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

Parish Newsletter

March 2026



Priest-in-Charge

The Revd. Andrew Bryan Norman
telephone: (015395) 62355
e-mail: revdabn@gmail.com

Assistant Curate

The Revd. Hannah Wallace
telephone: (01524) 449035
e-mail: revhannahwallace@gmail.com

Churchwardens

Mr Edgar Shepherd
telephone: (01524) 761132
Mr Ian Service
telephone: (01524) 762019

Lay Readers

Mr Ian Service
e-mail: ian.service51@gmail.com
Mrs Lesley Jackson
e-mail: dianalesley@btinternet.com

Parish Safeguarding Officer

Yvonne Service
telephone: (01524) 762019
e-mail: yvon.servis@gmail.com



Letter from The Parsonage, Beetham

By the time you will be reading this the season of Lent, the annual forty-day (or so) period leading up to the joys of Easter will be well and truly established. That moment in the church's year given over to prayer, penitence, reflection and self-examination, the season which perhaps more than any other seems increasingly counter-cultural (but ever more needed) in our contemporary world, not least because it encourages all of us – whoever we are – to look closely at ourselves.

To look at oneself, one's life, one's words and one's actions is not always a very easy thing to do, because – as we all know well - to place ourselves under scrutiny does not necessarily bring us comfort or contentment. For it means that we have to let go of the excuses that we so easily (and conveniently) make for our lapses of judgement, or our failures to show kindness and consideration to others and so come face-to-face and consider not only the wrong we have done, but the good we so often fail to do.

In short, Lent is the invitation to turn the spotlight on ourselves, to examine our motives, intentions, deeds and desires both prayerfully and carefully. Not as an exercise in proving to ourselves how much we fall short, but rather as an exercise in revealing to us afresh how much we all stand in need of God's grace, mercy and forgiveness. We know this, because as Jesus himself discovered during his days of testing and temptation in the desert, we do not journey into the wilderness moments of life alone or indeed in our own strength. Rather we walk into them, and through them, assured of the Lord's goodness and faithfulness to us, those truths that provide the necessary scaffolding and support for us to be able to look at our lives honestly.

Understood in this way, it might be said that the days of Lent give us the space and occasion – whoever we are, whatever life might have looked like in the past, and wherever the future make take us – to start anew and begin again. An attitude and perspective which arises most authentically and truthfully when we look at our lives not in isolation, but in company with God, the one who in Jesus Christ has assured us of his proximity and presence. As the Irish poet, Brendan Kennelly, once wrote:

(continued p 3)

'Though we live in a world that dreams of ending
that always seems about to give in
something that will not acknowledge
conclusion
insists that we forever begin.'

Our lives begin. And our lives end. Each is beautiful. Each is fragile. And each, in its own way, is miraculous. This time of the year invites us to consider our ending and our beginning and look forward to the abundance of spring, and, for those of us who follow Jesus, the abundance of life that his dying and rising bring to the world.

To quote another poet, Christina Rossetti, in her poem 'Lent':

'It is good to be last not first,
Pending the present distress;
It is good to hunger and thirst,
So it be for righteousness.
It is good to spend and be spent,
It is good to watch and to pray:
Life and Death make a goodly Lent
So it leads us to Easter Day.'

With every good wish and prayer for the Lord's blessing,

As ever,



**Deadline
for April
Parish Newsletter:**



Friday 20th March

*please send submissions to
sandy.felton@btopenworld.com*

World Day of Prayer

'I will give you rest: come'

Matthew 11.28-30



An opportunity to gather in fellowship with Christians across the world for this service of worship and prayer. For 2026, this has been prepared by Christians in Nigeria. At a time when people worldwide are carrying heavy burdens, our Nigerian sisters offer profound insights into finding rest in God.



**Friday 6th March 2026
at 2.00pm**

**St James' Parish Church
Church Hill**

You are invited to

'The Kent Estuary Pilgrim Way'

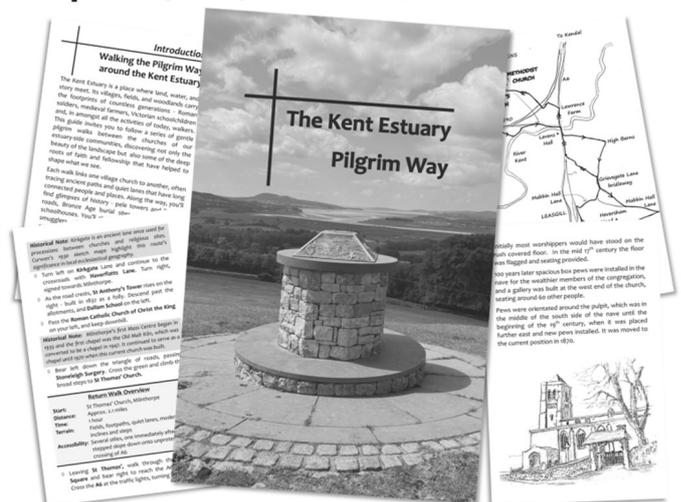
Book Launch

by the **Bishop of Carlisle**

Saturday 14th March

For full details of the programme of events for the afternoon please visit:

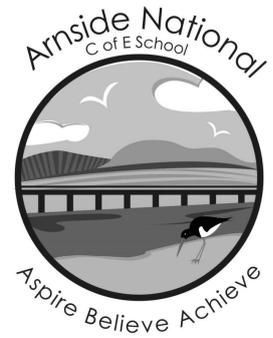
www.kentestuarymissioncommunity.com
or pick up a leaflet in your local church



FROM OUR SCHOOLS

Arnside National CofE School

Headteacher: Mr Nick Sharp



With the days beginning to stretch out, our pupils are very excited at the prospect of Spring and the joy of observing new life as it emerges from the depths of winter. The lighter nights are a sign of evening adventures on the horizon in our beautiful local area – how lucky we are!

“Nature is a painting for us, day after day, pictures of infinite beauty.” John Ruskin

The sporting calendar is filling up fast with a whole range of activities, events and competitions on offer. Pupils recently enjoyed a fantastic ‘gym carousel’ morning at Dallam School where pupils had the opportunity to use the excellent facilities and gym equipment. After the disappointment of a postponed January cross country, pupils were thrilled to have the chance to compete in the mud and puddles at Casterton School. We were proud of all of our pupils for putting in 100% effort and we are now in training for the forthcoming Dallam event. With a Y1 & Y2 sports hall athletics event in the pipeline and an outdoor adventure residential, there’s a little something for everyone to enjoy.

School held a super ‘Tech Week’ which celebrated the fascinating world of computing, design & engineering. All the pupils thoroughly enjoyed a fun day of activities to celebrate National ‘Safer Internet Day’. This year, there was a particular focus on the use of AI – a ‘hot topic’ on everyone’s lips and one which will become an integral part of everyday life in the future. In an increasingly exciting but challenging virtual world, it’s crucial the pupils are regularly reminded and taught how to keep safe online and assess their digital footprint. The junior classes welcomed parent visitors to discuss the role of technology in their jobs and it was a lovely reflection of the ongoing support from the school community. The highlight of the week was a DT challenge day where the pupils were tasked with designing and building bridges with the ultimate test of which could hold the most weight. It certainly provided an opportunity for our future engineers to showcase their skills!

Mathematical knowledge and skills underpin all aspects of life and we actively seek opportunities to highlight and celebrate this. Last half term, the pupils enjoyed a mathematical non-uniform day and raised money for the NSPCC Number Day. Our theme this year was measures and pupils immersed themselves in a range of activities which explored mass, capacity, timing and estimation. Our next charity fundraiser will be Red Nose Day in March and the School Council are busy deciding the theme – who knows what fun and games they’ll have us all doing?

We have a wide range of enrichment activities and Mrs Adair has recently introduced a new club – crochet. Our Year 6s have embraced this with open arms and are absolutely loving the opportunity.

As well as creating a range of knits, the pupils talk about how relaxed it makes them feel and how calming it is. A little nugget of golden time during a busy school day and a good

reminder for us all to find that time and space to relax and focus the mind. Thank you Mrs Adair and the crochet team.

Excitement will soon be building as we approach one of the highlights of the year, World Book Day – a wonderful opportunity to dress up and celebrate all things literary. The BFG, Toad of Toad Hall or Winnie the Pooh? Plenty of time to get a costume sorted...

Take care and enjoy your Spring adventures.

Mr Sharp



Week of Prayer

Sunday 1st - Saturday 7th March

While church council meetings happen over February & March to discuss and reflect on the Working Group's proposals for a future way forward for the Kent Estuary, it's so important that we commit it all to God in prayer.

Here are some of the ways you can do that...

- pray at home using the prayer points on the reverse of this flyer
- pray in most churches using prayer stations
- pray with others daily...

Sun 1 st	Special prayer used in all church services
Mon 2 nd	12 - 12.15 St. John's Levens
Tues 3 rd	12 - 12.15 St. Michael & All Angels Beetham
Weds 4 th	12 - 12.15 St. Peter's Heversham
Thurs 5 th	12 - 12.15 Arnside Methodist Church
Fri 6 th	11.45 - 12 St. Thomas' Milnthorpe
Sat 7 th	12 - 12.15 Storth Village Church

Prayer points



- 1) For our work and witness as church communities, praying that we may have courage and confidence in our shared life of discipleship.
- 2) For our villages, for all those who live, work and visit the Kent Estuary, that they might know more of God's love for them.
- 3) For all those uncertain about change and fearful of that which is unknown, that we may look to Christ and find afresh our hope in him.
- 4) For the renewal of God's Church across the Kent Estuary, that we may know the power and inspiration of the Holy Spirit as we follow together in the way of Jesus Christ.



"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

1 Thessalonians 5:16-18

A PRAYER FOR ARNSIDE

Lord God, we know that you love us and love the world.

We thank you for the many blessings that you shower upon us every day.

We place all our cares and concerns before you.

We especially pray for this village of Arnside: for everyone who lives and

works here, and for the many visitors to this beautiful place. Be close to those who are sick, bereaved, lonely, or afraid. Enable everyone to know your peace, your comfort, and your love. We make our prayer in the name of Jesus, who is our risen Lord. **Amen.**

What's on...

'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 March
Friday 1st May

12.15 - 1.30 pm
St James' Church



Bring some lunch, drinks provided.

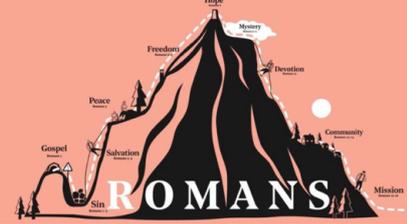
All are welcome



Kent Estuary Mission Community Gathering

Sunday 8th March 2026
10.30am
at St Peter's Heversham

We come together as churches across the Kent Estuary to unite in worship and prayer together.

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.

REST & RESET

Christian meditation
A moment to press pause II

St James Church Arnside

6:15 - 7:00PM

JAN	MAR	MAY	JUL
TUES 6 TH	TUES 3 RD	TUES 5 TH	TUES 7 TH



Contact revhannahwallace@gmail.com 01524 449 035

REST & RESTORE

A time of prayer for healing & wholeness

St James Church Arnside

6:15 - 7:00PM

FEB	APR	JUN
TUES 10 TH	TUES 14 TH	TUES 2 ND



Rotas - readers, intercessors, sidespersons

READERS

Sunday 1st March

Second Sunday of Lent

Genesis 12: 1-4a — Mr S Smith

Romans 4: 1-5, 13-17 — Mrs H Leach

John 3: 1-17

Sunday 8th March

Third Sunday of Lent

Kent Estuary Mission Community

Gathering at St Peter's Heversham

at 10.30am

Sunday 15th March

Fourth Sunday of Lent / Mothering Sunday

Joint 'Worship Together' at

Arnside Methodist Church

at 10.00am

Sunday 22nd March

Fifth Sunday of Lent

Ezekiel 37: 1-14 - Mr M Crabtree

Romans 8: 6-11 - Mrs S Humphery

John 11: 1-45

Sunday 29th March

Palm Sunday



Liturgy of the Psalms

Matthew 21: 1-11 - Mrs S Swire

Philippians 2: 5-11 - Mr T Bradford

Matthew 26: 14-end of 27

The Gospel is read by the Vicar

INTERCESSORS

1st March

Mrs L Smith

8th March

KEMC Gathering at Heversham

15th March

Joint 'Worship Together'

22nd March

Mrs S E Felton

29th March

Intercessions for Palm Sunday

SIDESPERSIONS

1st March

Mr S Smith

8th March

KEMC Gathering at Heversham

15th March

Joint 'Worship Together'

22nd March

Miss A Dean

29th March

Mr. Swire

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 March 2026

Sunday 1st March (*Second Sunday of Lent*)

8.00am - Holy Communion (BCP)

9.30am - Parish Communion

Tuesday 3rd March

6.15pm - 'Rest & Reset' - *a service of Christian meditation - a moment to press pause*

Sunday 8th March (*Third Sunday of Lent*)

10.30am - Kent Estuary Mission Community Gathering at St Peter's, Heversham

Friday 13th March

3.30-5.30pm - Messy Church at Arnside Methodist Church



Sunday 15th March (*Fourth Sunday of Lent / Mothering Sunday*)

8.00am - Holy Communion (BCP)

10.00am - Joint 'Worship Together' at Arnside Methodist Church

Sunday 22nd March (*Fifth Sunday of Lent / Passion Sunday*)

8.00am - Holy Communion (BCP)

9.30am - Parish Communion



Sunday 29th March (*Palm Sunday*)

8.00am - Holy Communion (BCP)

9.30am - The Liturgy of Palm Sunday

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)