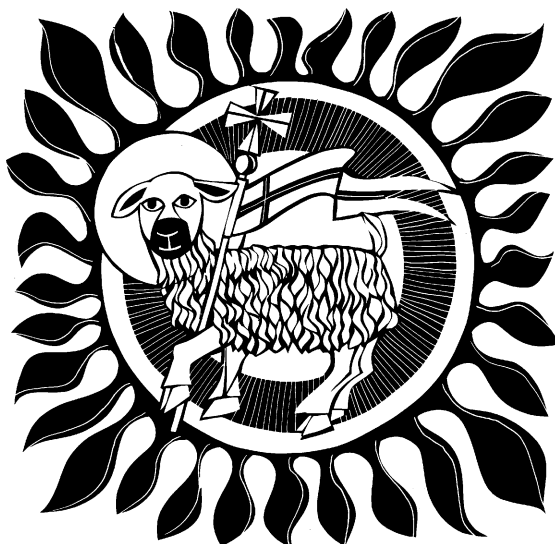


The Parish Church of St James, Arnside *with* Storth
part of The Kent Estuary Mission Community in The Diocese of Carlisle

Parish Newsletter

May 2026



Priest-in-Charge

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Letter from the Vicar
from **The Parsonage, Beetham**

Dear friends

The weeks of 2026 have, in a variety of ways, confronted us with a world which feels increasingly unstable and uncertain. Whether that be the painful realities of war, violence and human suffering, the unpredictability of market and economic forces which impact upon us all, or the disintegration of a world order which reveals the fragility of so much that we can easily take for granted, there is much that can lead us to feel anxious, troubled and wearied. And thus, unsure of where things – on a global as well as within our own lives - might be headed.

To live with this unpredictability is, in many ways, part of what it means to be human, coming to the realisation that despite our (sometimes feverish) efforts to the contrary we cannot always plan and prepare as we would like. An understanding that, it could be rightly suggested, faith – a life lived in awareness and trust in God - helps us to achieve, recognising that to live fully and freely we need both his peace and perspective.

Towards the end of this month, we will celebrate the fiftieth day of Easter, the feast of Pentecost, marking the occasion – as recorded in the Acts of the Apostles – when the earliest Christians received in powerful and transformative ways the gift of the Holy Spirit. A gift that came, not as a heavenly surprise, but as the seal of what the risen Jesus had promised his friends, so that they would know him alongside them to the very end of the age.

In the English-speaking world, one of the alternative and historical titles for Pentecost was 'Whitsun'. Perhaps, not surprisingly, the name is a contraction of 'White Sunday' – deriving from the white garments worn by those who were, commonly, baptised (and so welcomed into the life of the church) on that Sunday. Indeed, so significant was this celebration - that the week following the festival was, from the Middle Ages until the early twentieth century, the principal summer holiday of the year. It was the time for fairs, Morris dancing, games, school and church processions, weddings, wanderings and generally having a good time; traditions that were rather dislocated with the decision in 1972 to fix the Spring Bank Holiday to the last Monday in May (rather than its historic connection with Whit Monday).

Yet, despite the changes that come with the passage of time, the significance of 'Whitsun' remains – reminding us that the Spirit remains active, involved and interested in the world and in our lives, drawing us into deeper and better relationship with God and with one another. This is captured most effectively in

one of the names that the New Testament offers us for the work of the Spirit, described as being our 'Advocate' – or literally 'the one who comes alongside' as helper, supporter and encourager.

Since, it is by the Spirit's presence and power we find the reassurance that we are not left alone or abandoned by God, inspired to work, think and speaks in ways which are a response to the peace and the perspective that he, alone, can offer. A gift that helps us to reject cynicism and despair, apathy and resentment, trusting that we can be convinced that God does not simply abandon us to our own devices, but continue – time and time again - to draw close to us, in mercy, in forgiveness, in love.

As Jesus says in the Gospel of John:

'Peace, I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.'

May the promise of such peace, and the perspective it brings, be yours this month.

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

As ever,

Andrew



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

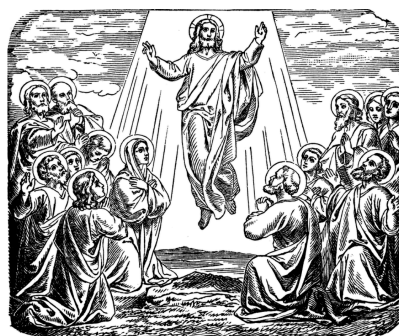
6:15 - 7:00PM

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

The Deanery of Kendal Ascension Day

We celebrate the Ascension as we gather as churches of the Kendal Deanery, welcoming as our preacher The Reverend Jennifer Totney, the newly appointed Diocesan Ministry Development Lead.

Thursday 14th May
7.30pm
at St Peter's Heversham



FROM OUR SCHOOLS

Arnside National CofE School

Headteacher: Mr Nick Sharp



After a wonderful end to the Spring term and with the excitement of Easter subsiding, it's now time to turn our attention to the delights of the Summer term. Our new Nursery starters have all settled brilliantly and their exciting school journey begins. It's always a pleasure to see how quickly young pupils settle and it's a firm reflection of the openness and warmth of the school. A good start is crucial, and we couldn't be prouder of our experienced, dedicated and caring EYFS team.

With the promise of warmer weather and lighter nights, the sporting calendar is filling up fast. Our super keen infant pupils are currently enjoying an after-school athletics club and we've been pleased to welcome Mike Shepherd, cricket coach, into school to deliver sessions to all the classes, plus an additional after school club. Cricket is thriving in the village and it's a wonderful opportunity to support and signpost pupils to local teams such as the Dynamos and All Stars. Our Year 3 & 4 pupils have recently started a 5-week intensive swimming programme at Kendal Leisure Centre where they will learn a variety of strokes as well as a range of water safety skills. In addition to this, a team of junior pupils attended the South Lakes Panathlon swimming gala and competed in various events including treasure hunts (floating and sinking!), ferry travel (teamwork) and a raft race. To cap off the event, their efforts were rewarded with wonderful medals and gold swimming caps. Finally, excitement is building for the sporting highlight of the year – sports day – and we're looking forward to a day of running, jumping and throwing, in a safe and supportive competitive environment. Check your diary for Monday 22nd June 1.15pm – you're always welcome to join us and cheer everyone on.

Excellent music education opens numerous opportunities, but it is not simply a means to an end: it is also an end in itself. It gives children and young people an opportunity to express themselves, to explore their creativity, to work hard at something, persevere and shine. These experiences and achievements stay with them and shape their lives. At school, the pupils have a variety of experiences including peripatetic provision (singing, guitar and the piano), whole class ukulele lessons, music worship, class sessions and experience the joy of performing at events such as the infant nativity, junior theatre play or Young Voices. This term we were thrilled to be approached by Fay Sweet from Lakeland Sinfonia and asked to take part in a special music project. The initiative aims to introduce children to some of the instruments of the orchestra, the musicians who play them and the music they play. It enables pupils to discover for themselves how to listen to and enjoy classical music, using their own imagination and experiences to enter a new world of sound, stories and feelings, and gives them the tools to understand what they are hearing. A huge thank you to Fay and the team - we can't wait to get started!

Our partnership with St James' is a golden thread through school which enriches, supports and guides our daily work. Every year, Anne Jackson takes the time to organise and promote an Easter raffle which raises money for a project in school. This year, Ann and supporters raised a fantastic £400 which will be spent on a new Buddy Bench where pupils can sit, chat and support each other during break times and lunchtimes. Our hearts are always warmed by such generosity, and we are very lucky to receive such support. School Church is every Wednesday, 9.10am, and is open to members of the local community to share our journey.

Enjoy your summer adventures! Mr Sharp

ARNSIDE

crafts & activities

food
(including a meal)

Messy
Church

fun

stories & music

Friday 8th May 2026
3.30pm - 5.30pm
Arnside Methodist Church

GAME ON

YOUTH CLUB

Play • Eat • Explore

Tuesdays 3:45pm - 5:15pm
(term time only)

School years 7-9



Board Games || Pizza

Optional faith space

Arnside Methodist
Church Hall,
Chapel Lane, LA5 0AQ



More info contact Tiras - 01524 963716



Deadline for the May Parish Newsletter

Friday 22nd May

(publication on Sunday 31st May)

please send submissions to

sandy.felton@btopenworld.com



What's on...

You're invited to a Big Brunch!



Do want to help change the world?

Then come along and tuck in at our Big Brunch, in support of Christian Aid, helping to fund its work in fighting poverty and injustice across the world.

Saturday 16th May 2026

11.00am - 1.00pm

Methodist Church Hall
(Chapel Lane, Arnside)



'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 1st May

Friday 4th June

Friday 2nd July

12.15 - 1.30 pm

St James' Church

Bring some lunch, drinks provided.

All are welcome



Christian Aid Week

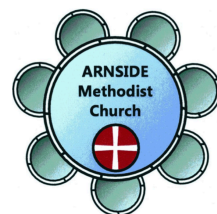
Christian Aid exists to create a world where everyone can live a full life, free from poverty.

10th - 16th May 2026

Christian Aid Week is seven days of action - giving us opportunity to fund lasting change and life-saving support across the world. Our donations will help families overcome poverty and injustice, wherever the need is greatest.

Any support or generosity you can give will be gratefully received.

Thank you very much!



Worship Together

Sunday 10th May
at 10.00am

at

The Parish Church of St James
Church Hill, Arnside



Rotas - *readers, intercessors, sidespersons*

READINGS & READERS

Sunday 3rd May

The Fifth Sunday of Easter

Acts 7: 55-end

Mrs J Bratt

1 Peter 2: 2-10

Mr S Smith

John 14: 1-14

Sunday 10th May

The Sixth Sunday of Easter

Worship Together (with Baptism)

Sunday 17th May

The Seventh Sunday of Easter

Acts 1: 6-14

Mrs Y Service

1 Peter 4: 12-14; 5: 6-11

Mr M Crabtree

John 17: 1-11

Sunday 24th May

Pentecost (Whit Sunday)

Acts 2: 1-21

Mr A Mitchell

1 Corinthians 12: 3b-13

Mrs S Woodburn

John 20: 19-23

Sunday 31st May

Trinity Sunday

Isaiah 40: 12-17, 27-end

Mrs S Swire

2 Corinthians 13: 11-end

Mr T Bradford

Matthew 28: 16-20

INTERCESSORS

3rd May

Mrs L Smith

10th May

Worship Together (with Baptism)

17th May

Mrs S Comer

24th May

Mrs S E Felton

31st May

Mrs S Woodburn

SIDESPERSIONS

3rd May - Mr S Smith

10th May - Worship Together

17th May - Mr G Chatham

24th May - Miss A Dean

31st May - Mrs S Swire

Weekly Parish E-mail

If you do not receive Andrew's weekly weekend e-mail, 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) to be included on the weekly pew sheet, please do let Andrew know during the week and he'll ensure that it is included. *Thank you.*



Services during May 2026

Sunday 3rd May (*The Fifth Sunday of Easter*)

8.00am - Holy Communion (BCP)

9.30am - Parish Communion

Tuesday 5th May

6.15pm - 'Rest & Reset' - a service of Christian meditation, offering a moment to pause

Friday 8th May

3.30-5.30pm - Messy Church at Arnside Methodist Church



Sunday 10th May (*The Sixth Sunday of Easter*)

8.00am - Holy Communion (BCP)

9.30am - **Joint Worship Together at St James (with Baptism)**

Sunday 17th May (*The Seventh Sunday of Easter*)

8.00am - Holy Communion (BCP)

9.30am - Parish Communion

Sunday 24th May (*Pentecost, Whit Sunday*)

8.00am - Holy Communion (BCP)

9.30am - Parish Communion for Pentecost

Sunday 31st May (*Trinity Sunday*)

8.00am - Holy Communion (BCP)

9.30am - Parish Communion for Trinity 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)