

Beetham Church
**Shrove Tuesday
 Supper
 & Quiz Night**

**Tuesday 25th February
 7pm, Heron Corn Mill Barn**



*Tickets £10
 available from Dianne Lomax
 on 015395 62648*

WVDG Warton Drama Group art dance music film the HERON theatre music film

Hindle Wakes

by **Stanley Houghton**

Friday/Saturday
 14th/15th FEBRUARY 2020
**The Heron Theatre
 Beetham**
 7.30pm

Select and book your seats at
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THE GATEWAY

PARISH MAGAZINE OF
 ST MICHAEL AND ALL ANGELS, BEETHAM

FEBRUARY 2020



"A bit of family news . . ."

Christmas and the start of the New Year are good times for getting updates on family and friends. Whether in e-mails, round robin letters, a photo and note in a Christmas card or a chat at a party, we can hear surprising news. "You'll never believe how old Chloe is this year!" or; "Alice climbed the stairs earlier this month and is now into all the cupboards and drawers"; "24 this year and Ben's passed out top of the year at Sandhurst and joins the Paras next month!"; "Robin's quit his job after 20 years and really enjoys working for himself and being creative".

People change; sleeping babies become inquisitive toddlers, the closed school environment opens to serious responsibility in the wider world, friends whose lives we'd put in neat boxes surprise us with totally new sides to themselves. Without these updates our views of family and friends quickly become 2D, tired or simply shallow and out of date.

Has your picture of Jesus changed at all this Christmas - through Epiphany to Candlemas? We'll soon be following his growth as a young man and on to his trial and death and resurrection at Easter. Do you still have the same picture as last year, or have you been able to update your knowledge?



Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people. News about him spread all over Syria . . .



How do you see Jesus? Are our images and imaginings of Jesus' life and works fresh and up to date or do they feel a bit well worn? Have we kept pace with the constant, ongoing revelations of the character of God in Jesus that are uncovered in Bible stories, mirrored in His people, in the richness of liturgy, historical church buildings, poetry and art?

As the New Year gets underway again don't forget those "updates" on Jesus' progress. Keep your ears and eyes open; you may still be looking at an old photo!

Nick Gray
 Lay Reader in Training

www.beethamstmichaelandallangels.co.uk

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THE PARISH OF ST. MICHAEL AND ALL ANGELS, BEETHAM

Priest-in-Charge	The Revd Andrew Norman	015395 62355	revdabn@gmail.com
Licensed Lay Minister	Vivien Stirrup	015395 64320	vstirrup7@aol.com
Licensed Lay Minister	Chris Roberts	015395 63019	lainyandchris@aol.com
Lay Chair/Churchwarden	Brian Smalley	015395 64778	b.e.smalley@btinternet.com
Churchwarden	Jenny Marks	015395 62559	jenny.marks@btinternet.com
Churchwarden	Ian Stirrup	015395 64320	ianstirrup02@gmail.com
PCC Secretary	Dorothy MacLeod	015395 62062	admhm@live.co.uk
PCC Treasurer	John Lomax	015395 62648	j.d.lomax@btinternet.com
Church Flowers	Dianne Lomax	015395 62648	diannelomax@btinternet.com
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- Business Manager	John Lomax	015395 62648	j.d.lomax@btinternet.com

For Baptisms, Confirmation, Weddings, Funerals, Home Visits & Holy Communion at Home, Prayer & Anointing for Healing, Sacrament of Reconciliation or if you have any questions about church life or the Christian faith, please do feel able to contact the Vicar

Church Services at Beetham in February

Date	Time	Service
Sun 2nd Feb <i>Candlemas</i>	11am	Parish Eucharist
	6pm	Choral Evensong
Wed 5th Feb	10am	Holy Communion
Fri 7th Feb	9am	School Assembly
Sun 9th Feb <i>Third before Lent</i>	11am	Parish Eucharist
	6pm	Evensong
Fri 14th Feb	9am	School Assembly
Sun 16th Feb <i>Second before Lent</i>	11am	Parish Eucharist
	6pm	Evensong
Sun 23rd Feb <i>Sunday before Lent</i>	11am	Parish Eucharist
	6pm	Evensong
Wed 26th Feb <i>Ash Wednesday</i>	7.30pm	Ash Wednesday Eucharist
Fri 28th Feb	9am	School Assembly

Please check Church noticeboards or
beethamstmichaelandallangels.co.uk for any changes

Funeral

Our prayers and condolences are
with the family of
Shirley Cowperthwaite
Thursday 16th January



Funeral

Our prayers and condolences are
with the family of
Reginald Richardson
Thursday 23rd January



**The Annual Vestry Meeting and the Annual
Parochial Church Meeting will be held on
Sunday 26th April 2020**

Please can the contributors to the Beetham Church
Annual Report & Accounts send their reports to
Dorothy MacLeod by the end of February

*Would you like to have a say in the running of our church?
If so, you may be interested in becoming a churchwarden
or member of our Parochial Church Council*

Three churchwardens are elected at the Annual Vestry
Meeting by members of the parish in April each year, and are
the Bishops local representatives. They are the senior lay
people in the parish, active members of the congregation,
and ex officio members of the PCC. Their responsibilities are
laid down in Church Law in a role that dates back to the
13th century, providing a rewarding opportunity to
recognise the importance of lay participation in the life of the
church. Churchwardens stand for election every year

PCC members are elected at the Annual Parochial Church
Meeting by members of the church electoral roll. The PCC is
collectively responsible for the care of the church and the
finances, and members represent both the church and the
parish at our 6 PCC meetings each year. PCC members are
elected for a term of 3 years

If you would like more information on either of these roles
please speak to the current churchwardens

March deadline for The Gateway

The deadline for contributions for the March edition of The Gateway is noon on
Monday 24th February

Please send contributions to the editor, Jenny Marks
Email: beethamnews@aol.com; Tel: 015395 62559

View future deadline dates, and current and past editions of The Gateway
in full colour online at beethamstmichaelandallangels.co.uk

Kent Estuary Mission Community Partnership Forum

We are looking for two volunteers from Beetham to be
our representatives on the Kent Estuary Mission
Community Partnership Forum to support the planning
of events and collaborative projects, promoting the
God for All vision and strategy in our area. It is
anticipated that the involvement will be to attend and
report to the PCC on 3 or 4 meetings a year. It is not
expected to be an onerous task but it is important that
Beetham is represented in this important ecumenical
work for the wider Kent Estuary.

If you are interested please speak to Andrew or one of
the Churchwardens before the 15th February.

KENT ESTUARY GROUP MINISTRY
The Church of England
around the Kent Estuary



What is Lent?

In the Christian calendar, Lent is the 40 days leading up to Easter which is treated as a period of reflection and a time for fasting from food and festivities. It symbolises the days which lead up to Jesus' crucifixion and resurrection when Christ spent 40 days and nights alone in the desert.

When does Lent start?

Lent begins on Ash Wednesday (the day after Shrove Tuesday) so for 2020 it is February 26th

When does Lent end?

The liturgical end of Lent this year is Thursday April 9th, and the Lenten Fast ends on Holy Saturday

So is Lent 40 days?

It's actually 46 calendar days but Sundays are not included as fast days

What is Ash Wednesday?



Ash Wednesday is seen as the day to clean the soul before Lent starts. Traditionally ashes are used to mark churchgoers on the forehead with a cross, to symbolise repentance for sin. Palm crosses from the last Palm Sunday are used to make the ashes and it is also said to be a reminder that death comes to everyone

Kendal Deanery Synod

Wednesday 12th February, 7pm

St Thomas' Kendal

The Venerable Vernon Ross, Archdeacon of Westmorland and Furness, will be talking about "The future of the Church: 2030 AD"

This is an open meeting, and all are welcome

Annual Bellringers Dinner



The joint Church Handbell and TowerBell Ringers Dinner was once again held at The Strickland Arms. An enjoyable social occasion was had by all, with not a single bell rung all night!

As always the meal concluded with the presentation of the annual ringing awards. 'Congratulations' winners were John Thorley, Ann Leftley, and Phil Marks. The Golden Handbell Award went to Sue Smalley (for the second year running) and the Golden TowerBell Award went to Sarah Easton. A special thank you goes to Jean Metcalfe for organising the Dinner for us again!

We are looking forward to a busy ringing year, with handbell gigs already booked from February to Christmas, plans to ring the tower bells for special services, and occasions such as VE Day, and the next leg on our Ringers Grand Tour

Handbells at the Dementia-friendly Walkers Morning Tuesday 11th February The Heron Theatre

This is an informal morning for the Dementia-friendly walkers starting from the Heron Theatre. For those who wish to stay indoors the Beetham Church Handbell Ringers will be entertaining from 10.30am and will be joined by the walkers on their return. There will also be an opportunity to 'have a go' at ringing handbells for anyone interested!

Epiphany to Candlemas

In the Christian calendar the period from Epiphany on 6th January to Candlemas on 2nd February is still celebrating Christmas. It is for this reason that the Nativity crib and Christmas tree are remaining in church until Candlemas.

As part of this season a candlelit Epiphany Carol Service was held on Sunday 12th January. Thank you to all the readers of the Bible readings and moving Epiphany poems, and particular thanks to Geoff Field and the choir for the lovely anthems and music throughout the poignant service

All are invited to our candlelit Choral Evensong for Candlemas. Also known as the Presentation of Christ in the Temple, Candlemas is celebrated on 2nd February and marks when Jesus was presented to God in the temple in Jerusalem 40 days after his birth, as was the custom for a Jewish boy at that time.

Originally an ancient festival marking the midpoint of winter, it was not until the 5th century that the Christian festival was observed with lighted candles and the name Candlemas adopted. The candles to be used in the church during the coming year are blessed, reminding us of Jesus as the Light of the World guiding us out of the darkness



Candlemas Choral Evensong Sunday 2nd February, 6pm

in Beetham Church with

Geoff Field, Music Director & Organist
The Choir of St Michael & All Angels Beetham

A special service of choral music
to celebrate Candlemas

All welcome

Lent Drop-in Soup Lunch



Wednesday 11th March in Church

Come and join us for delicious home-made soups, with all donations to charity



'HUMAN CONNECTION IS ONE OF THE VITAL PILLARS OF HEALTH'

This stirring sentence, from an article I read whilst recently recovering from illness, resonated with me. It is from Dr Rangan Chatterjee, G.P. We all need these connections for our wellbeing. What could be more of a connection than playing, singing, making music. All of which can be found on a Saturday morning with Beetham Community Band.

On 14th March we will be holding a 'COME AND PLAY AN INSTRUMENT MORNING'

from 10.30 onwards

There will be instruments to try, guidance from members of the band and a chance to ask any questions and generally enter into a conversation about who we are and the Community Band. You are welcome to dust off any instruments you might have and bring them along, although we only have room for one drum kit!! There's no instrument we cannot accommodate in some way.

It is about fun, fellowship and music and strictly no STRESS! It would be lovely to see you. There will, in the great tradition of Beetham Church, be cake. There is no admission or charges for refreshments. Worth a look? I think so.

For more information please call Tess on 015395 63254

Friends of Beetham Church
Dates for the Diary

Wednesday 11th March
Lent Soup Lunch

Saturday 2nd May
Annual Duck Race

Saturday, Sunday, Monday
23rd-25th May
Annual Church Flower Festival

Sunday 12th July
Friends Sunday

beethamstmichaelandallangels.co.uk

A reminder that the latest 'what's on' dates for your diary can be found on our website

The site has information about our church services, rotas and history, plus links to Beetham School, The Wheatshaf, The Heron Theatre, and Beetham Nurseries, and to online editions of The Gateway

Don't forget to bookmark the site and let us know what else you would like to see on there! We would also like to hear from you if you have any photographs, activities or additional useful links

For further information please contact the Gateway editor via beethamnews@aol.com



School Corner

We have enjoyed our start back to the Spring Term even though the weather has been rather dreary!

Our term began with a celebration of Epiphany in church, led by Father Andrew. The children completed the Nativity Scene with the arrival of the Three Kings and enjoyed the wonder of the beautiful Beetham Crib.

There has been lots of exciting learning taking place in class:

- Yr 1 & 2 have been learning the skill of 'Hot Seating' in English. This is where someone takes on a character and is questioned and has to answer in role. Yr 1 & 2 have been enjoying the story of 'Burger Boy' - a young boy who loves burgers and eats nothing else. One day his mother's warning comes true and he turns into one! The children hot seated as Burger Boy and his mother and answered some very difficult questions, using their knowledge of the text.
- Yr 3 & 4 have been working hard to develop their skills with fractions, using lots of different equipment, including clocks, to help master this important area of mathematics. In Science the children have been learning about light through carrying out different experiments to see how light travels, which colours show up best in the dark and which materials are the most visible in torchlight.

We are delighted to have 5 new Nursery children who have started since Christmas. They are all settling in really well and enjoying getting to know each other and taking part in lots of fun activities in our Early Years Class.

This week all the children from Yr 1 - 6 took part in a cross country event at Dallam School. It was a very wet and cold afternoon but all the children finished their races and competed with enthusiasm. A special 'Well Done' to Holly for coming 3rd in Yr 5 girls, Morgan for 4th place in Yr 6 boys and Ben for 4th place in Yr 2 boys.

We are now looking forward to our Reading and Book Week which takes place next week. The School Council have organised different book related events to raise money for the NSPCC and staff are busy planning a timetable of exciting and interesting reading and book lessons/activities. The week finishes with the opportunity for children to dress up as their favourite book character and a visit from the Library Van.

Best wishes
Wendy Nicholas



Beetham & Beyond

An interesting programme planned for 2020

It was good to welcome new members as we started our 2020 Programme of events in early January with an amusing talk by Sally Sagar about the changes in midwifery. Our usual coffee and socialising followed before our meeting and discussion ably managed by our President, Louise, and Secretary, Jeanette.

Our next get-together will be on Tuesday 4th February (7-9 pm) at the M:Hub, Milnthorpe with a talk by Julie Hoggard about Bee Keeping, which will be a fascinating subject.

On Tuesday 18th February we will be holding our Craft Evening at the M:Hub (7-9 pm) – non-WI members very welcome. Bring your own projects or have-a-go at new crafts.

For more information about Beetham WI contact Secretary at beethamwi@gmail.com

During February, you will see Green Hearts scattered around the village of Beetham. These represent The Climate Coalition's 'Show the Love' for which the WI nationally, together with many other organisations, campaign to protect what we love from our world and lobby politicians to prioritise tackling climate change to ensure a safer and cleaner future.



Website: theclimatecoalition.org.uk

SHOW THE LOVE
for everything you want to protect from climate change.
5TH - 29TH FEBRUARY

People across the UK are coming together from all walks of life to join the biggest conversation about climate change this country has ever seen.

We're already seeing the impacts of climate change in the UK, from more frequent flooding and heatwaves, to the food and sports we love at risk. But a future where the UK no longer contributes to climate change is within reach.

Join us to #ShowTheLove for a safer and cleaner future by taking a pledge on our website and do your bit to reduce your contribution to climate change - and ask our politicians to step up too!

Over 100 organisations, 22 million strong. We are the UK's largest group of people dedicated to action against climate change.

TOGETHER, WE CAN BE A VOICE FOR CHANGE THAT IS IMPOSSIBLE TO IGNORE.

theclimatecoalition.org.uk

What's On Guide

Pop in for Coffee & Cake!
Beetham Village Coffee Morning
Wednesday 5th February in the Church
There is no charge and all are welcome

Eversley Choir Come and Sing Day
Saturday 15th February 2020
10.00am - 5.00pm: St. Oswald's Church, Warton
Vaughan Williams: Towards the Unknown Region
Haydn: Insanae et Vanae Curae
Application form at:-
www.eversleychoir.org/current-season/

the Heron Corn Mill
Felting Workshops
Monday 3rd & 17th Feb 10am-4pm
Erika will teach you how to use the wet felting technique to create wonderful works of art and practical objects! On 3rd Feb you can learn about Nuno felting and make a silk-based scarf or wall hanging. On 17th Feb the workshop will focus on felted slippers and vessels. Cost £58 per workshop. Contact Erika via sojkova1@gmail.com or 07989 698179

Flax Art Introductory Meeting
Friday 21st February 2-4pm
An opportunity to discuss the development of the artwork we will create with all the flax we have grown. The main workshops will begin in March. If you are interested in helping with our Flax Art please contact Stella at stella@heronmill.org

Crafternoons
Wednesday 26th February 1-4pm
Join Kerry for a drop-in workshop to sample new crafts such as felting, patchwork and crochet, enjoy a good natter, a cup of tea and a slice of cake. Free to attend!

Heron Corn Mill, Mill Lane, Beetham ~ 015395 64271

Room guides at Sizergh Castle
To discover more about how to become a volunteer room guide we are holding a **Taster Day** on **21st February, 10am - 12.30pm** in Sizergh Castle

We need volunteers for Fridays, Saturdays & Sundays only. If interested and for more details please email julie.miller@nationaltrust.org.uk

National Trust Volunteer Coordinator Julie Miller at julie.miller@nationaltrust.org.uk

QUEST
A friendly group, we meet to hear talks, often with slides, 2nd & 4th Thursdays, The Athenaeum, Leasgill at 10am. All are welcome!

13th February : Glenys Marriott 'Those who left the Dales'
27th February : Robin McIlveen 'Global Warming Old & New'

Contact Patricia McPoland 015395 62765
McPoland@btinternet.com
www.quest-talks.org

Beetham CE School 200 Club Results

Draw 249	1st Walker	2nd Wingate	3rd Allen
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Fancy a flutter? Join our club for only £4 a month with the chance to win £70, £25 or £10 every month. The form to join the lottery is now available on the school website. All welcome!

February Programme **the HERON theatre** art dance music film

Sunday 2nd February	The Roth Guitar Duo	2.30pm	Sam Rodwell & Emma Smith
Friday 7th February	ROCKETMAN	7.30pm	2019 [15] 2hrs 1min
Friday/Saturday 14th/15th February	Hindle Wakes	7.30pm	Warton Drama Group
Saturday 22nd February	The Tannahill Weavers	7.30pm	Traditional Celtic & Folk Music
Friday 28th February	Murder By Gaslight	7.30pm	Don't Go Into The Cellar

A varied programme ranging from the Renaissance, through later periods and including unpublished and newly commissioned works

A musical fantasy and biopic of the flamboyant, legendary singer, song-writer following the transformation of Reg Dwight into Elton John

A Wakes seaside holiday trip goes wrong, impacting young Fanny Hawthorne and threatening the reputations of all those around her

One of Scotland's premier traditional bands, with their diverse repertoire demonstrating the rich heritage of the Celtic peoples

A ghoulish audience with two of the most infamous poisoners in British history, Palmer and Crippen, as they recount their cases

Select your seats and book online at www.theherontheatre.com
Box Office open Fridays from 10am until 12noon or 015395 64283

Westmorland Orchestra
Saturday 14th March
7.30pm in The Victoria Hall, Grange-over-Sands

Beethoven *Prometheus Overture & Ballet Music*
Mozart *Piano Concerto No24 in C Minor K491*
Mendelssohn *Symphony No4 in A Op90*

Serene Koh *Piano*
Richard Howarth *Conductor*

Tickets £12 (18 and under Free) westmorlandorchestra.org.uk

ARNSIDE HIGHLIGHTS
Arnside Educational Institute, Church Hill, Arnside

Saturday 22nd February
Opera North present:-
Green Eggs and Ham, at 2pm
Perfect introduction to opera for 4-7 year olds
Tickets £6

Whistle Stop Marriage of Figaro, at 7.30pm
45 minute production of Mozart's playful opera
Tickets £9 adult, £4 children
from Sue Hayward 01524 762254, suediane57@gmail.com

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God for All 0-5s Cumbria Conference
Saturday 29 February, 10.00am to 4.00pm
 at Penrith Methodist Church

Cost: £5.50 including lunch and refreshments

This conference is for anyone looking to explore engagement with families and young children as part of your church's ministry. The keynote speaker will be Mary Hawes, the Church of England's National Children and Youth Adviser.

Choice of workshops including: nurturing spirituality in under 5s; missional opportunities; using music with under 5s; story telling; and mental health. Afternoon activities: prayer and reflection zone; family take-home resources; baby spiritual nurture; sensory play.

www.trybooking.com/uk/book/event?eid=6479&bof=1

AONB Bittern Award

Congratulations to volunteer, Feleena Taylor, who has won The Bittern Award, presented annually to recognise outstanding contributions to Arnside & Silverdale Area of Outstanding Natural Beauty. Feleena was presented with the Award at the AONB's Annual Conference.

Feleena was nominated for her commitment, energy, enthusiasm and hard work in setting up and leading the AONB's "Walks for All" project, a weekly programme of short guided walks for people who need extra support, particularly those living with Dementia and their carers. People who want to enjoy the outdoors in a way they always have, but who now need extra support or the gentle encouragement of an understanding group, can now access our beautiful landscapes, wildlife and culture and benefit from the support of walking with others.

The project is supported by Arnside & Silverdale AONB Partnership and Morecambe Bay Partnership, along with a dedicated group of volunteers, who have received training from charity Dementia Adventure.



Feleena with Lucy Barron, AONB Manager
 Photo: Julie Wilcock

Beetham Parish Council

The next meeting will be on

Monday 3rd February at 7pm
in Storth Village Church

Members of the public are welcome to attend. Minutes of previous meetings can be found on the website at www.beethampc.co.uk

Certificate in Pioneer Mission Taster Day

Saturday 8 February, 11:00am to 3:00pm

This one day event at Church House in Penrith is the perfect opportunity to find out a little more about the newly arrived Certificate in Pioneer Mission course which will commence in September 2020 thanks to the partnership between God for All and the Church Mission Society in Cumbria.

The day will be facilitated by Richard Passmore, Andrea Campanale and Allison Fenton. Lunch will be provided and there is no cost.

For more information, please visit:

www.godforall.org.uk/fresh-expressions.html



Sunday Worship in the Kent Estuary area

ARNSIDE ST JAMES

8.00am: BCP Holy Communion
 9.30am: Morning Worship

Info: arnsidevillage.co.uk

BEETHAM ST MICHAEL AND ALL ANGELS

11.00am: Parish Communion
 6.00pm: Sung Evensong
 5th Sunday, said service

Info: beethamstmichaelandallangels.co.uk

HEVERSHAM ST PETER

8.00am: BCP Holy Communion
 2nd, 4th and 5th Sundays
 9.30am: Main Service:
 1st and 4th Sundays: Parish Communion (CW)
 2nd Sunday: Communion Praise (contemporary worship)
 3rd Sunday: All Age Worship

10.30am: 5th Sunday: United service with Levens & Milnthorpe
 6.30pm: 2nd Sunday: Open to God
 Info: stpetersheversham.org

LEVENS ST JOHN

10.00am: Parish Communion:
 2nd Sun: All-age worship; 5th Sun: United service
 Info: levens.org.uk

MILNTHORPE ST THOMAS

8.00am: BCP Holy Communion 1st, 3rd & 5th Sundays
 11.00am: Main Services 1st, 2nd and 3rd: CW Communion
 4th Sunday: Morning Praise
 5th Sunday: United service with Heversham & Levens
 11.00am: every week Sunday School for children
 Info via: stthomasmilnthorpe.org.uk

STORTH VILLAGE CHURCH

10.30am: Methodist and Anglican services each week
 Info: Revd David Stretton 01524 761397

METHODIST SERVICES

ARNSIDE
 10.30am see website for details
arnsidemethodistchurch.org.uk

MILNTHORPE
 10.30am 3rd Sunday Worship
 3pm 2nd & 4th Sunday Fellowship meetings. In Milnthorpe M-HUB

LEVENS
 10.30am levens.org.uk
 Info: Revd David Stretton
 01524 761397 or 015395 63179

ROMAN CATHOLIC SERVICES

ARNSIDE
 OUR LADY OF LOURDES
 Saturday, 5.30pm

MILNTHORPE
 CHRIST THE KING
 Sunday, 10.30am

Info: Fr Philip Smith 015395 32731
 or Chris Noble 01524 762427



The Friends of Beetham Church organise events throughout the year to raise funds for the upkeep of the church and to maintain the strong sense of fun and community that exists in and around our church

Friends Membership is by Annual subscription of £10, a one-off payment of £100 for Life membership, or £150 for Joint Life members.

If you would like to play a part in maintaining our beautiful church for future generations please download the application forms at beethamstmichaelandallangels.co.uk, pick up a leaflet at the back of church, or email beethamnews@aol.com for a Membership pack

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SOUTH LAKELAND AGE UK LUNCH CLUBS (12 for 12.30pm)

Arnside Lunch Club 1st Friday of month at The Albion, and Sandside Lunch Club 3rd Wednesday of month at The Ship - Christine Marland 01524 761566

Storth Club 2nd Thursday at The Kingfisher - Norah Padgett 015395 62887

Helpline: 01539 728180; www.ageuk.org.uk/southlakeland

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 to discuss your requirements

SOUTH LAKELAND AGE UK

GENTLE EXERCISE CLASSES & REFRESHMENTS

Tuesday 10.30-11.30am
 Milnthorpe
 Catholic Church Hall

Tuesday 9.30-10.30am & Friday 10.30am-12noon
 Arnside
 Methodist Church Hall

Huw & Lorraine welcome you to
The Old Beetham Post Office Shop & Tea Room

Open Thursday to Sunday
 Tel: 015395 62389

Beetham Church Heritage Trust is registered with the donation website at easyfundraising.org.uk/causes/bcht

Please help to support us by using this for your online shopping...
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For details of the Friends of Beetham Church and how to become a member see the top of this page or visit beethamstmichaelandallangels.co.uk

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 500 paper copies of The Gateway are distributed free to every home and to local businesses in the parish, and it is published on our website.
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