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March 20



**THE PARISH OF THE ASTERBY GROUP
NEWSLETTER**

March-April 2021



*Jesus
loves you!*

For God so loved the world,
that He gave His only begotten
Son, that whoever believes in
Him should not perish,
but have eternal life.

JOHN 3:16

Wishing you a blessed Easter.

Deadline for next Newsletter

All articles and adverts for inclusion in the **May/ June 2021** newsletter to be with Sue (Tel 01507313545 or email: moomoski@btinternet.com) by **Thursday 15th April 2021** at the very latest. Please let me have your items written out or typed, as you would like them to appear, and as **early as possible**, please don't wait until the deadline.

To place an advert please contact Sue on the above number. Please note there is a new price list for various sizes of advert and also a choice of black and white or colour. Again Sue has these details on request.

All items on behalf of the church have no charge. Any other events or adverts will have a charge. This is minimal and helps to maintain and develop your newsletter.

Contact Sue; moomoski@btinternet.com

SOUTH WOLDS GROUP OFFICE

Tel: 01507 525600



Based in St Mary's Church, Horncastle.

Weddings, baptisms and funerals can be arranged in the first instance by telephoning the South Wolds Group Administrator, Debbie Knight on 01507 525600 between 9.15 am and 2.15 pm Tuesday and Thursday (currently).

At other times, messages will be recorded on voicemail /answerphone. You can also email Debbie at southwoldsgroup@btinternet.com

Specific matters relating to St Mary's Church should be directed to the Verger on 01507 525600 or email stmaryshorncastle@btinternet.com

What's on - at a glance

Date	Event	Description
1 Mar	St Davids Day	Patron saint of Wales
14 Mar	Mothers Day	Originated on the day when Christians visited the church they were baptised in (mother church) and end up meeting their mothers on the way
17 Mar	St Patricks Day	Patron saint of Ireland
28 Mar	British Summer Time begins	Clocks go forward 1 hour
28 Mar	Palm Sunday	Sunday before Easter and marks Jesus' triumphal entry into Jerusalem
1 Apr	April Fools Day	
1 Apr	Maundy Thursday	Thursday before Easter. It commemorates the washing of the feet and last supper of Jesus Christ with the apostles
2 Apr	Good Friday	Commemorates the crucifixion of Jesus and his death at Calvary
4 Apr	Easter Sunday or Resurrection Day	Commemorates the resurrection of Jesus
21 Apr	Birthday of HM the Queen	Born 21 April 1926
22 Apr	Earth Day	To demonstrate support for environmental protection
23Apr	St Georges Day	Patron saint of England



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Asterby & Goulceby Parish Council

Notes of Asterby and Goulceby Parish Council Meeting held 21 December 2020

An application was considered for one of the two current Councillor vacancies and it was resolved to appoint Janet Croft to the Asterby vacancy. Janet has lived in Asterby since 2004 and has previously served on the Parish Council. There remains a vacancy for a Goulceby councillor.

Cllr Andrews gave an update from the last District Council meeting which included the following:

The decision to continue with the Council tax support scheme which helps people who have difficulty paying council tax; the decision to reinstate public speaking at planning meetings; notification that a grant of £440,000 had been secured from Government to build 6 flats to be used as permanent homes for homeless in Skegness; ELDC's move to Horncastle is still scheduled for September 2021.

Following queries submitted by the PC on behalf of residents the following response has been received from Highways: *The Service Strips/Verges are part of the public highway and it is not permitted to place or erect obstructions, such as posts, rocks, trees or shrubs on the verges. If there is an accident or incident caused by the obstruction then the resident could be held liable for any damages or compensation. It is the duty of the Highways Authority to prevent unlawful encroachment on the verges and the Highway Authority can formally request that items are removed'.*

It was noted that the depth marker over the footbridge has not been repaired and the Environment Agency will be contacted. The PC would also like to draw residents attention to the flooding information on the new website

[Parish Flood Information – Asterby and Goulceby Parish Council \(lincolnshire.gov.uk\)](http://lincolnshire.gov.uk)

Donington on Bain Parish Council

We hope everybody is managing in these difficult times. The Parish Council has continued to meet remotely via zoom each Month. The government advice is to continue to meet remotely. Access via zoom is published each month on the agenda. If anybody has any items to raise please contact the clerk (email: doningtononbainpc@gmail.com, Tel: 07795822701).

Highlights of the Parish Council meeting of 25th January 2021 are detailed below:

Before the meeting began The Reverend Cilla Smith introduced herself and said she would work with the Parish Council and Primary School to connect with the community.

Planning applications and decisions

N/042/01950/20 land adjacent to Dairy Farm Cottage, Station Road, Donington-on-Bain, Louth, Lincolnshire, LN11 9TR. Planning permission – change of use – conversion of extensions and alterations to the existing agricultural buildings to provide a community farm shop, café and erection of a detached toilet block. The application has been approved.

Finance: Budget 2021/2022

The 2021/2022 Budget was approved with an agreed precept of £10,000 which is the same as last year.

Cemetery

A quotation £550.00 plus VAT to cut the cemetery hedge has been approved by the Parish Council as the hedge needs cutting back considerably because it is now growing over some of the cremated remains plots. The Parish Council will liaise with the Families this affects.

Playground

The Parish Council and volunteers have completed remedial work on the playground including the new swing seats.

Many thanks to all volunteers for their hard work and support.

Defibrillator

The Parish Council will continue to check the defibrillator and the Clerk would report to LIVES when the check had been made.

Biscathorpe Oil Exploration Update

A planning application from Egdon Resources will be submitted by end February and the public consultation will commence in mid-March <https://www.lincolnshire.gov.uk/planning/find-planning-application>. A response to the oil drill at Biscathorpe will be discussed at Parish Council in February.

Allotments There are a number of allotments available at a cost of £30 (or £15 for a half allotment). If anybody fancies a go at growing their own produce contact the clerk (email: doningtononbainpc@gmail.com, Tel: 07795822701).

Website The New Parish Council website has been completed. <https://donington-bain.parish.lincolnshire.gov.uk/>

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Benniworth Village News – March-April 2021

News from the Parish Council

At the January Parish Council Zoom meeting the following topics were amongst the items discussed:

Village website: this has kindly been updated by Fay Moon using the ELDC new format.

Please take a few minutes to browse the new site and if there is anything that you would like to add to one of the pages please contact the Parish Clerk:

benniworthpc@outlook.com. The website address is:

<http://parishes.lincolnshire.gov.uk/Benniworth/index.asp?catId=25206>

Dog fouling: whilst the village has numerous waste bins there is still an on-going problem with dog owners not cleaning up after their pets: all waste must be picked up by owners regardless of the area in the village, this includes grass areas that are not a public footpath. The Parish Council are looking into placing some signs around the village to remind everyone that fines of £1,000 can be implemented for the offence of failing to clear up dog mess.

The Chairman reiterated that the Parish Council were unable to meet the stringent conditions required by LCC Highways and thus there is no expectation for the roads to be gritted.

Full meeting minutes are posted on the noticeboard next to the bus stop.

The next Parish Council meeting will be the AGM to be held in April, the agenda will be posted on the village noticeboard. The date will be set nearer the time when the Covid regulations are known.

Used Printer Cartridges

Please do not throw away your used printer cartridges, I am now collecting them for the local primary school at Donington on Bain. (The company who recycled for Macmillan Nurses had started charging for collection which did not make this option feasible.) To give you an idea of how much this project raises, in November the school received £41 from recycled cartridges. There is a box in the bus shelter for the used cartridges or you can post them through our letterbox, Stainfield House, Main Road, Benniworth. Many thanks, Jayne Dyas.

Used Stamps and Coins

All UK and foreign used stamps, old foreign or defunct coins from past holidays are being collected by Sue for charity (313545). There is a box for collections in the bus stop shelter or drop in her post box at gate, Bramley House, Meadow Lane.

If there is any information that would be of interest to the village please contact me by email jaynedyas11@gmail.com or 07974 604457 well in advance of deadlines, which are printed in the newsletter.

Priestly Ponderings

Already it is March, and I am guessing that we all thought 'pew we've made it to a new year and things will be different'. How wrong could we be? Well, we need to 'pick ourselves up, dust ourselves down and start all over again' – as the song goes.

So, what about February? What did we look forward to during this month? Firstly, Candlemas, when Christ was presented at the temple, an opportunity to enjoy a Christingle service. Which was great fun. Secondly, St Valentine's Day when we think and show our love. Thirdly, Lent falls early, as Ash Wednesday is on 17th February this year with Easter Day on the 4th of April. So much to keep us focused and to look forward to and enjoy in our Calendar.

Now, dear reader I can hear you say, yes but..... we cannot do what we normally do. Well, we have the innovation of getting together on zoom. I realise that looking at yourself in the mirror, whilst trying hard to concentrate on all the things other people are doing and seemingly joining into the ongoing events- not to mention bookshelves and pictures! doesn't always make for a pleasant experience. BUT it is a way of connecting with each other and, at this time, it may be the best we have. We just need to remember all the people who don't have that opportunity and see what we can do to help them keep up.

I often wonder, what would Jesus have done at this time? With no microphone, it must have been just as difficult for him with thousands of people coming to hear him. I smiled at Monty Python, the people at the back of the crowd interpreted 'blessed are the peace makers' into 'blessed are the cheese makers!' if ever there was a reason for watching our diction that was it. And yet, and yet, there was a surety about Him, His message got across. Was it just what he said? Was it the way he said it? Was it his body language and his charisma that made people think hard about his way

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of being? How much did the challenges of being in occupation affect their desire to hear something positive and loving? All of those, I guess, but there were also disciples, people who wanted others to hear the message. Telling the stories and continuing to give out the message to the people around them. The positive news of the kingdom of God! to show people how much God loves us and wants us to know that we are loveable.

Given the influence this current pandemic is having on our lives, perhaps we have some idea of the answers too. Christians are blessed with the opportunity to pray and pray and pray. To hold their concerns before God; to wait for an answer, in the knowledge that He knows so much more than we ever can. That the Holy Spirit will be with us, alongside us, in all we do and say.....That was Jesus' strength, and it can be ours too. Discipleship has never been more important than it is now. As resilient people, we need to get the message across of God's love for each one of us, irrespective of colour, creed, or situation. Unconditional love is something the world needs now, more than ever.

So do not despair, 'even though the darkest clouds are in the sky, we mustn't weep and we mustn't cry, just spread a little happiness as you go by-please try!' Noel Gay's song says. The sun will come through and we, as a group of resilient people, will be there for each other and the people around us, just as we have always been.

There is much to look forward to. Spring is just around the corner, a chance for renewal. An opportunity to recognise that many people are keeping each other safe, as we battle this latest challenge. To use our prayer time and every opportunity to hold before God our desire for renewal.

The Peace, love and joy of Christ be with each of us as we go forward positively in this new year.

Every blessing **Revd Cilla.**

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YOGA IN SCAMBLESBY

Online classes during lockdown:

- Monday 7pm
- Tuesday 9.30am
- Thursday 7pm



Coming soon - Gentle Years Yoga for ages 65+ or anyone who needs to take it a bit steady for any reason! Please get in touch if you might be interested and I will let you know more about this new class

See www.susanwaller.co.uk for my post-lockdown timetable.

Call Sue on **07941 0009154**

BENNIWORTH CHURCH LOTTERY

OCTOBER 2020

1 st	No. 125	Gillian Shaw	£20
2 nd	No. 35	Tony Waller	£15
3 rd	No. 99	Rev. Cilla	£5

NOVEMBER 2020

1 st	No. 50	Peter Middleton	£20
2 nd	No. 20	Elizabeth Spiers	£15
3 rd	No. 84	Mick Skipworth	£5

DECEMBER 2020

1 st	No. 8	Edward Bray	£20
2 nd	No. 38	Bella Campbell	£15
3 rd	No. 39	Gladwin	£5

JANUARY 2021

1 st	No. 26	Mrs. Bouskill	£20
2 nd	No. 89	Enid Hotchin	£15
3 rd	No. 10	Richard Pascoe	£5



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May Love and Peace
reign at Easter.



The Saga of Market Stainton

“We’re going up into the Wolds” they said, I couldn’t believe how lovely it was
“Chuck your kit and tins of paint on” Although it was not yet finished
“We’re going up into the Wolds” they said, For a country boy it was just the job
“To a pace called Market Stainton” My forebodings soon diminished

“Where’s that” we cried, in disbelief I was very young; I was just nineteen
For we’d heard these things before, The others were older than me
“You’ll soon find out”, was the reply And the CO was just a green PO
“Jump in and shut the door” And his driver I would be

So off we went on the long straight road That didn’t last long there was work to be done
Where the Romans went before we It was all hands to the pump
And in the distance, on its hill As the trains brought bombs and ammo
The cathedral in all its glory For us to take to the dump

On and on and on we went It was stacked up along Caistor Street
Through fields of spuds and wheat Day after day after day
And bright green fields of something odd And the bomber lorries went to and fro
We discovered it was sugar beet Carrying it all away

We turned down a road and into a lane On the summer nights when work was done
Through a gate to a country house We went to the Railway Inn
And there was our camp, under the trees Where we laughed and sang and drank our fill
I was quiet as a mouse Then walked back to camp again

Do this five times, slowing the breath with each time you do it. It focusses the mind on breathing deeply, maintains good levels of oxygen and carbon dioxide in the body by holding the breath and if you add the word RELAX into the breathing out is a great de-stressor.

Of course, much has been written about sleep. Good practice about keeping the room at the right temperature, using lavender, drinking milk or camomile tea and so on. The important thing is not to worry about NOT sleeping so that it becomes even more stressful. Getting up and making a cup of tea sounds like it goes back several hundred years, so it is perfectly acceptable practice by the sounds of it.

GOD BLESS, SLEEP TIGHT

VOLUNTEERS WANTED!

We are looking for enthusiastic new volunteers to join us on the **Donington Village Hall Committee**.

Obviously lockdown has put paid to the activities but usually these include Yoga and Pilates classes, Children’s Parties, Whist and an annual Race Night. It is also available for hiring out for private functions, weddings etc.

Additionally, It is the venue for Local and National Elections. All these have been well attended and we would welcome new Committee members with fresh ideas.

Various tasks would include assisting with the general maintenance, liaising with hirers, attending regular meetings to discuss the way forward!! Hopefully, if we ever get to that point!

We are a very relaxed, friendly bunch and would welcome newcomers.

Please contact Sally Cosgrove 01507 343788, Barbara Mohan 01507 343460 or Kathy Olsson 07704982008

'To Sleep, perchance to dream.'

Revd Cilla says

Many of us have been experiencing difficulty with sleep patterns during the last twelve months. More recently, our difficulties have increased, with the onset of Autumn and Winter, when we have been less able to go out and enjoy a walk or even to see other people.

I read that it has not been unusual for people to have, what was known as, 'the second sleep'. This was during medieval times when going to bed at dark and getting up at dawn was more the norm. The sleeping pattern was four hours then waking for a couple of hours and going back to sleep again after that. Dickens mentions it in 'Barnaby Rudge' and Cervantes in 'Don Quixote'. Even before these books, an Old English ballad called 'Robin of Portingale' speaks of awakening and having a 'hotte drinke' and feeling better after the next sleep. (Source Roger Ekirch).

Since the early 1920s we have become used to sleeping all night, it was considered a requirement for efficiency and maybe some of that is so. But lying awake in the middle of the night worrying about not going to sleep is unhelpful. It contributes to our stress levels and adds to our fight and flight patterns too.

In my time working within Occupational Health, I taught both relaxation and sleep techniques. People said they found the following helpful.

First, Alphabetic games. Using any aspect of life, eg: music, football, household items, gardening, anything you choose. The task is to find an item for each letter of the alphabet. Most reported they didn't get further than K before they fell asleep. The secret is not to see it as a challenge but as a more complex version of counting sheep, but it needs doing mindfully and not drifting off into other realms. It blocks unwanted thoughts and worries too.

Second is 5s. Breathing steadily, count to five as you breath in, hold the breath for the count of five and then breath out to the count of five.

The fields were alive with rabbits
Which we caught and skinned by the score
But the only chaps that fancied some
Were me and Dinty Moore

Christmas came, we had some fun
And some more on New Year's Eve
When I said goodbye to a W.A.A.F. I'd met
Oh! How my heart did grieve

Her name was Vicky Kirby
I asked her what she did
"I stuff bullets into machine gun belts"
So, I gave her half a quid

But it was getting time to go
And lend a hand elsewhere
But I'll never forget Market Stainton
And the pleasures I had there

Melford Jones Spent 1943 at No 233 MU, Market Stainton and wrote this poem

(Submitted by Sarah Hamp)

LENT REMINDERS



I thought we needed a little reminder of sunshine and flowers in our lives after such a hard winter. Spring is in the air!

Our Lent courses are designed for us to explore our faith, with others if possible, so that we can go into Easter with a fresh feel for our faith.

Our Easter celebrations were curtailed last year so we are hopeful that our dire situation will be improved. For many people being vaccinated will enable them to get about again and into our churches for our services. If we can reopen the churches the services will also be zoomed at the same time for people unable to attend.

As the bedrock of our faith it is an important time for us to remember to celebrate the resurrection of Christ. God so loved us that he gave His only Son so that all who believe in Him, may not perish but have everlasting life.

I ask you to join your prayers with mine for the people who have lost loved ones to this virus and for everyone who has had to hold a funeral at such a challenging time. We pray for people who are unwell and those who have lost their jobs at such a difficult time too. We pray too for our couples whose wedding has been delayed.

I think that Paul knew about hard times and he wrote to the Romans with words of encouragement that I share with you. 'May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. (Romans 15:13) 'through Him (Christ) we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. (Romans 5:1)

I pray that we may all continue to keep safe and well in the coming weeks. Let's travel in hope.

Every blessing **Revd Cilla**

Courses for LENT We still have the whole of March to go through

Lent Courses will be held on Wednesday afternoons at 2.00 p.m. looking at Re-imagining the church. A course for our time of change. Group starts on zoom on

Wednesday 24th February but join in any time.

Thursday evenings 7.30 p.m. 'LIVE LENT a family perspective of challenge during Lent. **Group sessions begin on 18th February on zoom.**

For access please email rev.cilla2@btinternet.com or ring on 07798695950 to receive the required information.

CHURCH SERVICES – Information on Asterby Group Facebook page.

We will be holding services on zoom, audio by telephone, free if you have no internet or computer. Visually, for people with computers, phones or iPads. This will continue until the Government gives us the updates that we may begin again to worship together, our dispensation lasts until 21st March 2021. Group Facebook page and general information regarding forthcoming services in the Group.

*"Behold, we are going up to Jerusalem,
and the Son of Man will be delivered
to the chief priests and scribes,
and they will condemn him to death,
and will hand him over to the Gentiles
to mock, to scourge, and to crucify;
and the third day he will be raised up."
Matthew 20:18-19*