

The Three Towers

October 2023

Serving the communities in and around Manthorpe, Edenham, Toft, Lound, Swinstead and Witham on the Hill



WITHAM ON THE HILL CHURCH AND SCHOOL ESTATE EDUCATIONAL FOUNDATION

Witham on the Hill Church and School Estate Educational Foundation has 2 vacancies for trustees. This is open to anyone living or working in the “Ancient Parish” of Witham on the Hill. The charity is responsible for the upkeep of the St Andrew’s Parish Hall, helps maintain the fabric of the church and gives grants for educational purposes. We hold 2 meetings per year, in March and in October. If you are interested please contact the clerk at Edenham Regional House at edenhamoffice@gmail.com.

This charity is able to make grants to those residents of the Manthorpe, Toft, Lound and Witham on the Hill who are undertaking courses at colleges and universities and also those who are on apprentice schemes.

If you would like to make an application please write a letter setting out the nature of your course and the reasons for seeking a grant. Please send it to:

**The Clerk to the Trustees
Witham Church and School Estate
c/o The Vicarage
Church Lane
Edenham PE10 0LS**

Parish News

Edenham Church Fete - The weather was pretty awful for this year's Edenham Church Garden Fete on July 15th but it didn't matter as the stalls and teas were in the Vicarage and the games took place in church; how funny to see dice being thrown down the aisle! But everyone seemed to enjoy the day so a big thank you to everyone who helped in anyway to make this happen and raise £715.20 for church funds.

Afternoon Tea at Edenham - our Afternoon Tea held on 22nd July in Edenham Vicarage for St. Barnabas hospice was very well supported considering the awful wet weather. How wonderful to have such a big Vicarage that can cope with the amount of lovely people who attended as well as several craft stalls, huge raffle and delicious homemade teas. The support from everyone was amazing, so thank you very much for all the contributions for this event which raised £722.15 for a very worthy cause.

CONDOLENCES to family, friends and neighbours on the death of Wendy Bugg of Grimsthorpe.

CONDOLENCES to Mollie Lunn, family, friends and neighbours on the passing of Clive Lunn of Swinstead.

BAPTISM toddler Matilda, daughter of Lucy and Chris Meadows, at St Andrew's Witham on the Hill on 6 August

BAPTISM toddler Darcy, daughter of Jade and Rob Schwarz, at St Andrew's Witham on the Hill on 17 August

3 BAPTISMS! Cleo and Bella, daughters of Sophie (nee O'Hara) and Dan Gates; and Matthew, son of Verity (nee O'Hara) and Richard King at St Andrew's Witham on the Hill on 27 August

BIRTH CONGRATULATIONS to Lizzie Hawes and Tom on the birth of Winifred Mary on 8 August. The 17th grandchild for Fr Andy Hawes and Sian!

WEDDING CONGRATULATIONS to Harriet Haddow and James Hammond married at St Michael's Edenham on 29 July.

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WEDDING CONGRATULATIONS to Hayley Cooper and Sean Barker-Magowan married at St Andrew's Witham on the Hill on 5 August.

WEDDING CONGRATULATIONS to Fr Aron Donaldson and Shelley married at St Michael's Edenham on 12 August.

WEDDING CONGRATULATIONS to Lauren Trevor and Josh Bentley, married on 19 August.

GOOD LUCK to Lisa and Richard Lord moving from Witham on the Hill to Collyweston.

FOOD BANK - Please remember donations for the Bourne Foodbank. There is always a collection point in the porch of St Andrew's church, Witham on the Hill. Many thanks.

BADMINTON Can you play badminton? Would you like to join us on Monday evenings at Witham Hall School Sports Hall at 7.15pm? We are a friendly informal club, in need of a few extra players. Players aged 14-90 would be very welcome! Come along for a free taster session on Monday 9 October. For further information contact Jane 01778 590232.

SAMARITAN'S PURSE SHOEBOX CHARITY With this Parish Magazine you should find a leaflet describing how to pack a shoebox of goodies for children in need in disaster zones. These boxes are needed more than ever, so please help if you can. If you can donate items please bring them along to Witham on the Hill WI meeting on 3 October at 7.30pm. Items such as small toys, balls, cars, yoyos, skipping ropes, pencils, notebooks, toothbrushes, soap, flannels, combs, hair brushes. Please do not include sweets, toothpaste nor any liquids. The filled boxes can be delivered to selected points in Bourne or Stamford between 13 and 20 November. For further information or help please contact Jane Clark tel 01778 590232.

LINCOLNSHIRE CHURCHES TRUST RIDE AND STRIDE. On a hot sunny September Saturday during the Indian summer Bob and I set off from Witham on the Hill at 10am, planning only to visit a few churches as another scorching day was forecast. We cycled to St Faith's in Wilsthorpe – the small



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church with the pointed steeple and tower that looks like a witch's hat! Our first drinks and biscuits were most welcome. Onwards to Braceborough – only a short distance away. No refreshments here, though there was a very well attended noisy coffee morning at the village hall, but we decided to give it a miss. At St Thomas's in Greatford we were greeted by parishioners and given drinks. We cycled on to St Martin's at Barholm and were again given refreshments and had a long chat with the very friendly lady manning the church. We stopped on a grass verge in the shade near Stowe and ate our packed lunch. We decided we had done enough and headed to Waterside Café for tea and cake! We got home at 2.30pm hot and exhausted, not having covered anything like Fr Ed's 70 miles to Walsingham! Well done Fr Ed. But I had done my bit, and once I have collected in all the sponsor money I will have raised about £255, half of which goes to the Lincs Churches Trust and the other half to Witham Church. Thank you very much to all my most generous sponsors.

Jane Clark

Age UK Lincoln & South Lincolnshire, Warm & Wise

We are offering **FREE home energy checks** for people over 50yrs; this service is bespoke to each customer. We offer to support those who need help with energy suppliers, meter readings, grants for new boilers and insulation, and referrals for extra incomes, via age UK free benefit checks. We also carry out complaints for any concerns, overcharging, misreading of meters, and request customers be treated fairly and responsibly by energy providers. We can install free energy saving devices, such as remote-controlled sockets, timers, night lights, LED energy saving light bulbs, door draught excluders and radiator foils. We also offer **FREE TRVs**, (Thermostatic radiator valves,) these are self-regulating gauges for individual radiators, which would normally cost over £100 to fit.

We can provide free calls, home visits, emails and would be very happy for you to refer anybody who you know is struggling with their home energy. We understand fully, that most information is online and not a lot of people know what they're entitled to, so we empower our customers to take charge of their home energy and any other concerns they may have about life in general.



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Dates for Your Diary

Sunday 1 October 6pm, St Andrew's Harvest Festival and supper - Witham on the Hill.

Monday 2 October 7.30pm - St Andrew's Parish Hall - Witham on the Hill Historical Society, **Malcolm Scriven 'Bourne on the Eve of the First World War'** talk based on the 1911 Census of Bourne. Members £2, visitors £4, on the door. All Welcome.

Tuesday 3 October 10.15am to 11.30am (and again on the first Tuesday of every month until further notice), 41 Edenham Road, Edenham (the Old Post Office) **'Bourne2Care' Coffee Morning**. Entry is by donation and includes a small raffle. Everyone is welcome.

Thursday 5 October 7pm - St Andrew's Parish Hall, Witham on the Hill - **Toft cum Lound and Manthorpe parish council meeting**. Includes an update from the Lincolnshire Road Safety Partnership.

Wednesday 11 and 25 October 10.30am to noon - Swinstead Village Hall **Social Coffee Mornings**. Come and meet some new friends and

enjoy some company, accompanied with coffee, tea, scones, cakes and bakes, and a chance to win a great prize with one free raffle ticket, all for £3.00.

Saturday 14 October 8.30am – 10.00am BIG BREKKIE St Andrew's Parish Hall, Witham on the Hill. All welcome. Donations to Christian Aid.

Saturday 14 October 9am to 9pm! - Swinstead Village Hall - **Let's Play Darts!** Mark Woodruff, our local charity organiser, is back again with Swinstead 's Annual Charity Darts Marathon. This year Mark will be raising monies for Don't Lose Hope Charity in Bourne. Please come along and support the players who will be playing for 12 hours straight. Feel free to drop in and say "Hi" to spur the team along and, if you can, pop a few pennies in the charity box.

Sunday 15 October 11.15am, St Michael and All Angels' Harvest Festival and lunch - Edenham.

Friday 20 October - Edenham Regional House - **Franciscan Third Order Taster Day**. An opportunity to



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Tickets for Uncle Funk's Disco Inferno are now available for purchase from www.wegottickets.com or in person from the venue, or by calling 07464 764670

explore a vocation within the Third Order of the Society of St Francis - no cost.

Saturday 21 October - Edenham Regional House - **St Francis and the Eucharist**. A retreat day with Br Michael Jacob SSF - £16/person.

Saturday 21 October - Bourne Corn Exchange - **Uncle Funk's Disco Inferno**. Tickets now available from wegottickets.com or in person from the venue, or by calling 07464 764670.

Saturday 28 October 7.00pm to 11pm - Swinstead Village Hall - **Spook-tacula Halloween Party with Guest DJ** - Get your best Halloween costumes out for a spooky night of naughtiness and dancing. This is a great family night out where the children can dress up and dance to some tunes – prize for the best hallow-outfit. £5 a ticket and under 16's free. Tickets can be purchased from swinsteadvillageevents@gmail.com

Saturday 28 October 10 to noon - St Andrew's Parish Hall, Witham on the Hill - **MacMillan coffee morning**. Donations of cakes (please label) and raffle prizes gratefully received. They

can be delivered to Angela at Somersby House beforehand or brought early on the day. Please come along for coffee and cake and support this worthwhile cause.

Monday 30 October 7.30pm - St Andrew's Parish Hall, Witham on the Hill Historical Society, **Members' Meeting**. After the meeting, a social session with refreshments – bring an interesting article or topic to discuss.

Friday 3 November 8pm onwards on Bourne Green - **Swinstead Annual Village Fireworks**. A great night of **free** entertainment for the whole family. Last year our Chilli Dogs and Hot Dogs were a huge hit with kids and adults alike, so these will be back and available in the Village Hall Bar opening from 6.30pm through until late.

Saturday 11 November 10am to 4pm - Witham Hall School Sports Centre - **Winter Fair** - all are welcome. See page 25 for full details.

Monday 20 November 2.30pm - St Andrew's Parish Hall, Witham on the Hill Historical Society, **David Bond 'Villages of South Lincolnshire'** talk. Members £2, visitors £4, on the door. All Welcome.



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Saturday 25 November 7.30pm -

Swinstead Village Hall - **'Movember' Open Mic & Chilli Night.** We are calling out for anyone and everyone to come along and crack your best stand up jokes or share your talent. If you fancy just coming along to cheer the brave entertainers on and enjoy a bowl of homemade Beef Chilli, a £5.00 donation will be collected on the evening. And for those fellas who fancy spending the month of November growing a patchy, lopsided, itchy or epic moustache, whatever Mo you grow for Movember, we will have a raffle prize for the best tach. Monies raised on the evening will be donated to 'Movember Foundation' – raising funds for health projects across mental health, suicide prevention, prostate and testicular cancer. Cold beers on tap and an array of wines and drinks are available in the bar. The aim is to have fun and be entertained whilst at the same time, raise monies for this important charity. To register your place email: swinsteadvillageevents.com

Saturday 9 December 7pm -

Swinstead Village Hall - **Rocking Xmas Party 2023** - Following on from last

year's party with live band 'Black Out UK' playing 60's music right up to modern chart hits, they are back again. Dust down those dancing shoes and come along to the Village Hall. £8.00 – over 18's only. Tickets can be purchased via swinsteadvillageevents@gmail.com

The Vicar Writes

There was once a man who loved squirrels. He loved them so much that he would feed them instead of the birds. He was known far and wide as someone who loved squirrels. One day, his neighbour watched him as he poured and laid-out a new path from his front door out to the pavement. As he smoothed-over the last square-foot of cement, a squirrel dashed across the path, leaving tiny footprints in its wake. The man muttered under his breath and smoothed-out the little tracks.

He went inside to get some netting and a couple of bamboo-canes to put up a small fence around the wet cement – only to discover more squirrel tracks (now heading in two different directions). So, he smoothed those out and put up the fence. About five minutes later, he looked out and again there were more footprints! Only this time they

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indicated that the squirrel had jumped over the fence, landed on the path, and walked up and down several times.

The man was now mad with rage! He smoothed over the wet concrete, but as he got back to the porch, he saw the squirrel leap over the fence and sit down right in the middle of his freshly laid path. With that he went inside got his rifle, came out and shot the squirrel dead!

His neighbour ran out of his house, "Why did you do that?" he asked, "I thought you liked squirrels."

"I do, I do like squirrels", said the man as he cradled his rifle in the crook of his arm. "I like them in the abstract, but not in the concrete."

As children, many of us will have enjoyed what might be called an abstract relationship with Jesus. The mind of a child can quite easily comprehend that Jesus is present with them (even though they can't see him). In some cases, these abstract childlike beginnings develop into a mature, adult relationship with Christ and with it comes a concrete sense of the reality of Jesus being present in our grown-up lives. But for most people that belief in God's presence and the sense of Jesus being their friend is little more than a dim

and distant childhood memory – not something that would find a place in their busy, adult lives today.

But in Chapter 18 of St Matthew's Gospel Jesus says, "Where two or three are gathered in my name, there I am among them." When two or three people gather in the name of Jesus; when a handful of Christian friends meet to celebrate the Eucharist, to pray together, to talk about what their faith means to them or to study the Bible – then Jesus is with them. It's a lovely image but often we view it in the 'abstract' and not in the concrete. For instance, how often do we sit down individually or in a group to read the Bible? When we're discussing our problems or difficulties with one another, do you ever pray about it as well as talking about it? Whenever there's a family crisis or somebody you know is sick or ill, do you consciously and purposely share it with Jesus? Remember his promise, as you meet with each other he will be there with you. When you meet together, Jesus is together with you.

Jesus is present with us whenever we worship him. Whether it's a handful of people on a weekday or at a wedding or baptism when Church could be packed to the rafters, Jesus is with us. But it's all too easy to go

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through the motions without ever remembering or acknowledging that Jesus is alive and it's to him that our worship is addressed. Jesus isn't far away out there somewhere; he is close to each one of us.

Jesus wants us to feel good in Church, he wants us to enjoy our worship. But we do need to re-member that we're primarily here for him (not for ourselves) and that we need to make a conscious effort to offer our prayer and praise, our cares and worries to him. Obviously, none of us can be consciously thinking of Jesus every second we're in Church (not even me). Jesus knows that, and I'm sure he'll allow us a bit of wiggle-room there. But it may help to remind ourselves, as often as we can, that Jesus is with us in Church just as he was in Galilee 2,000 years ago if not more so.

But, having said that, Jesus is no less present when we pray alone than when we pray in a group or at Church. Sometimes we may experience a kind of warm certainty that Jesus is with us as we pray privately, listening to our every word, knowing the concerns of our hearts. Then, at other times our prayer can feel cold and emotionless. But don't be put-off by that. We know that Jesus is there, loving us, whether we

feel it or not, because that is what he's promised he will do. Public worship and private prayer aren't alternatives – which is one of the reasons why I take issue with people who say, "I don't need to go to Church to worship". Yes, you do! Praying leads us to worship, and worship leads us to prayer.

Through our worship, through our meeting together and in private prayer, so we become increasingly aware of the presence of Jesus with us. In that sense we need never be without him. That simple, abstract, childlike faith that we once knew can carry over into a concrete, adulthood relationship without any intellectual dishonesty. So, let us never always forget the promise of the presence of Jesus with us, let us recognise him with us corporately, personally, and privately: "Where two or three meet in my name" says Jesus "I shall be with them."

Fr Edward

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Edenham, Grimsthorpe, Elsthorpe & Scottlethorpe Parish Council

Draft Notes of the Parish Council Meeting 12 September

Attendees: Mr T Clarke (Chair) Mrs P Cranfield (Vice Chair), Mr A Wilson, Mrs M Marshall, Mrs A Treacy, Mr D Hawes, Mrs M Avis and Mrs C Sands (Parish Clerk).

Parish Clerk and Councillors update from previous meeting:

Monthly Coffee & Cake - On Tuesday 3 October, 10:15 to 11:30, there will be a coffee morning at Bourne to Care (Old Post Office, Main St, Edenham). Coffee mornings will take place on the first Tuesday of every month until further notice.

Five Bells Public House Garden - The garden areas have been tidied which has made a huge difference to the site.

Carol singing - The event will take place on Tuesday 19 December, 6.30pm. start

New Meeting Matters:

Footpath Improvement Works - The recent works (19 August) caused considerable disruption to local residents, businesses and commuters. Signage for road closure and diversions were limited which resulted in drivers making dangerous manoeuvres on some roads. Parish Clerk to highlight the issues to LCC Highways.

Play Area Information - The recent ROSPA inspection (10 August) highlighted a number of medium risk areas. It was agreed that the Parish Clerk get quotes for the work. Further discussion to take place at the next Parish Council meeting (November) with regard to the costs and ongoing maintenance of the play equipment.

Financial Matters

Expenditure - Since last meeting.

Parish Council Admin: VAT form postage and cable ties for speed signs £5.59

South Kesteven Election Cost (Local Election PC May 2023) £80.66

Expenditure - (Due September and October to be agreed)

Play Area Annual Inspection: £90.00 inc VAT

Salaries & HMRC Payments: £422.66

Bank Reconciliation Report - (on 11th Sept 23)

Treasurers Account: £4,077.27 Business Account: £3,461.55

Correspondence:

Age UK Warm & Wise - Posters on display on Parish Council notice boards and website. Free home wise energy visits are available to everyone, including those living in rented properties.

Next Meeting Date: 14th November at 7.30pm

The Car Dyke

Before rushing off home to defend their capital from invaders in the fifth century AD, the Romans had been very active during their 400-year occupation of this country, particularly in our area. Apart from crushing the native British tribes, they built roads such as Ermine Street and King Street, large townships like Durobrivae west of Peterborough, the Fossedyke canal connecting Lincoln with the River Trent, and Car Dyke, an 85-mile long canal in eastern England.

The Car Dyke was built in around AD 125. It runs along the western edge of the Fens from Washingborough, east of Lincoln, to Eye, east of Peterborough. However, archaeologists claim they have found sections of it at Waterbeach, north of Cambridge, suggesting it ran much further east. It is thought that the Car Dyke once linked up with the Fossedyke built around AD 120. If this theory is correct then the Romans possessed a strategic waterway all the way from East Anglia to the north of England.

The Car Dyke is one of the largest of the known Roman canals and is an important feature of the Roman landscape in the Fens. Along with their road system and Hadrian's Wall, it is one of the greatest engineering feats carried out in Britain by the Roman Empire.

Excavations on parts of Car Dyke have shown that the water channel, before it became silted, was approximately 40 feet wide at the top and between 7 to 13 feet deep, with sloping sides and a flat bottom.

The purpose for which Car Dyke was built is hotly debated among historians. Archaeologists have found boats with cargoes of pottery, coal and grain of the Roman era and dressed stone of the medieval period, leading them to think that Car Dyke was used for transport. The canal may have been also used for military purposes, to carry food and supplies from East Anglia to their advancing armies in the north, the main cargoes being corn and salted meat for food, wool for uniforms and leather for tents and shields. Another suggestion is that its primary purpose was to serve as a drain to control and divert flood waters, acting as a catchwater drain intercepting runoff from the

higher ground to the west.

Car Dyke may well have been built for agricultural drainage purposes so as to produce more fertile land for crops. The emperor Hadrian visited Britain in about AD 120 and the sections dating from this period may be associated with his plan to settle the Fens. Major works to drain the Fens to improve the land for agriculture took place in the seventeenth century and evidence has been found of improvements to Car Dyke dating to that era overlying construction from the Roman period, thus incorporating the canal into local drainage schemes.

Whether constructed for transport, military defences, drainage or agriculture, Car Dyke still remains an impressive work of civil engineering and is designated a scheduled ancient monument. Fortunately, it is marked on larger scale OS maps and there are many places where it may still be seen.

In my younger and fitter days, I traced Car Dyke east of the B1177 and B1394 between the north of Bourne and the east of Sleaford at Heckington,



Horbling, Sempringham, Dowsby and Dunsby. In some of these places the canal is just a shallow weed choked ditch, most unimpressive. In other locations it has been maintained much better, the banks have been cleared and the weeds removed from the water. A few places have very fine brick arched bridges carrying the narrow fen roads. In our locality a good place to see the canal is in Bourne. The A151 past Tesco goes over a bridge across Car Dyke. A better place is the far end of the car park at Lidl supermarket from where there is an excellent view of the canal going south (pictured above). At Thurlby church the canal passes between the churchyard and the A15. There is in fact a footpath from Thurlby east of the A15 all the way to Bourne on the east side of Car Dyke, which I have yet to try.

On its way south and east, Car Dyke runs along the north side of the Paston Parkway to the north of Peterborough. In 2011 a new road designated the A16 was built which branches off from the Parkway and goes north towards Crowland and Spalding. As the new road had to cross Car Dyke, the initial plan was to run the canal through a concrete culvert. But as Car Dyke and its verges is a scheduled ancient monument, English Heritage would have none of it and insisted on a bridge. The plans were changed to cross the waterway with a 240 foot span “bow stringed” arch bridge, increasing the £80 million cost of the road by another £3 million. I do not recommend going to the bridge site to see the canal. The A16 here is a busy road carrying fast moving traffic and one must park on the verge of the road beyond the crash barriers which can be extremely hazardous. There is no lay-by. A great shame, as the views of the canal here are excellent.

Whatever your opinion of the Romans, either as a civilising influence or as cruel military occupiers, you cannot deny that they were brilliant engineers and builders. That Car Dyke is still recognisable, and in fact still in use at least in part, after nearly 2,000 years is testimony to this fact. Along with the Roman roads mentioned above, it is still worth going to see, as it is a valuable addition to the local history of our area.

Dick Mundy



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Witham on the Hill WI - September 2023

Our speaker was Gerald Price who spoke about the Woodland Trust. The Trust was formed in 1972 in Devon by Kenneth Watkins and has Princess Anne as its Patron. Oaks are known to last hundreds of years and even Scots pine can live for 300 years. Trees are important as they take carbon dioxide out of the air and planting schemes help to manage water runoff. Logs and fallen branches are left to rot for insects and mammals to inhabit and use. The UK is the least wooded country in Europe at 13% tree cover - it is hoped to increase this to 20%. Trees are encouraged in gardens and on the boundaries of fields. Hedgerows are woodland -100,000 miles of hedgerow have been destroyed. Trees are under threat from pests and disease – ash die back and oak processionary moth are common. The Woodland Trust’s mission is “Create, Protect, Restore”. Community groups are encouraged to plant trees – free packs are available. The Queen’s Canopy project planted 3 million trees. The Trust website lists 11,000 woods across Britain – local ones include George Henry Wood at Stretton, Pinchbeck Wood and Londonthorpe Woods. One project, Young Persons Wood in Derbyshire, on the site of an old mine, has planted 200,000 trees. The National Forest is now 30 years old and the Northern Forest is now being created between Merseyside and Yorkshire with 50 million trees to plant! Encourage the young generation and go to visit your local woods!

June Dandridge gave the vote of thanks. Frances Plummer gave a report of a most informative guided tour of Stamford by Ruth Clewlow. Various events on offer for the coming months are: a fascinator making workshop led by Anne Lawtey on 11 November and a fused glass workshop - date to be confirmed.

The next meeting will be on Tuesday 3 October at 7.30pm in St Andrew’s Parish Hall, Witham on the Hill, when members will be assembling Samaritan’s Purse shoe boxes. New members and visitors are always most welcome. For further information, contact Jane Clark tel 01778 590232.

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Witham Hall Winter Fair 2023 **Saturday 11 November—10am to 4pm**

The Friends of Witham are delighted to welcome visitors to the annual Witham Hall Winter Fair at the Witham Hall Sports Centre. The School is pleased to be able to support several local businesses, as well as the Winter Fair favourites from further afield. This year's event will raise money for Tommy's Arc, a charity dedicated to finding a cure and kinder, more targeted treatments for those affected by the childhood cancer, rhabdomyosarcoma, in honour of Witham Hall pupil, Tommy. There will be a wide display of over 60 carefully selected independent companies providing Christmas inspiration across home wares, jewellery, artisan food and drinks, clothing and plenty more. The cafe will serve warm drinks, homemade soup and cakes, and there will be activities for children in addition to the charity raffle. As this year's event takes place on Remembrance Day, there will be an Act of Remembrance at 10.45 am on the Headmaster's Lawn. The community is welcomed and encouraged to join us for another fantastic event.



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Jane's Seasonal Recipe

We grew rainbow chard last year, but it wasn't very successful. However this year it is doing well, so here is my variation on BBC Good Food's recipe.

Moroccan Lamb and Chard Panfry

1 bunch of chard
1 tablespoon olive oil
300g diced lean lamb
1 onion
1 teaspoon turmeric
1 teaspoon cumin seeds
1 teaspoon coriander seeds
pinch chilli flakes
200ml lamb or chicken stock
2 small courgettes
handful raisins
handful toasted pine nuts

Strip the leaves from the chard. Shred the leaves and set aside. Cut the stalks into batons. Fry the lamb in oil over a high heat for 5 mins until browned. Add onions, chard stalks and spices and cook a further 5 mins until stalks are soft. Pour in stock. Add sliced courgettes and raisins. Simmer for 5 mins. Wilt the chard leaves in the stock, Scatter with pine nuts. Serve with rice.

SERVES 2

PARISH SERVICES FOR OCTOBER 2023

	Swinstead	Witham	Edenham
1 st October <i>Michael & All Angels</i>		6pm Harvest Festival & Supper	10.30am Benefice Eucharist
8 th October <i>Trinity 18</i>	8.45am Parish Eucharist	10am Parish Eucharist	11.15am Parish Eucharist 4pm Evensong (Stable Chapel)
15 th October <i>Trinity 19</i>		10am Parish Eucharist	11.15am Harvest Eucharist & Lunch 4pm Evensong (Stable Chapel)
22 nd October <i>Trinity 20</i>		10am Parish Eucharist	11.15am Parish Eucharist 4pm Evensong (Stable Chapel)
29 th October <i>Dedication Festival</i>		10.30am Benefice Eucharist	4pm Evensong (Stable Chapel)

For Baptisms, Weddings, Banns of Marriage, Confessions or any other pastoral or spiritual need contact:

Vicar: The Revd Fr Edward Martin SSC 01778 591358 - Edward.Martin@lincoln.anglican.org

Associate Priest: The Revd Fr Peter Lister SSC 01778 423730 - pwr.lister@btinternet.com