

The Three Towers

February 2013

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



Welcome Back to The Three Towers for 2013

.....

Carol Singing

The traditional carol singers in the villages of Manthorpe and Witham-on-the-Hill were out singing again entertaining the residents of their villages to raise funds for St Andrew's Church. The total raised between them was a mighty £335.91 (Manthorpe £162.05 and Witham £173.86). Both sets of singers thank all you generous people, to those who gave seasonal refreshment as well as cash - and well done to the merry bands of singers!

.....

St Andrew's Day was celebrated at St Andrew's Church on 30 November with an evening Holy Communion Service, followed by a fish supper at the Toft House Hotel - after all, St Andrew was a fisherman. This was a super evening enjoyed by 30 people in a very convivial atmosphere.

.....

Congratulations to Daniella and Martin Clifford on the birth of Matilda Daisy on 4 January, weighing in at 9 pounds. The first grandchild for Angela and David Clifford.

Condolences to Annie Blanchard and her family on the sad loss of Alec Blanchard who died suddenly on 7 January.

.....

New e-mail address for notices or other contributions

Please note the new e-mail address for the editor for any notices or other contributions is **the3towers1@gmail.com** - as usual the contact e-mail addresses are printed at the bottom of each page.

THE VICAR'S WRITES

Lent begins on Ash Wednesday 13th February. For many years now, the children of Edenham School and any parents and grandparents present, have had their own Ash Wednesday service. In the service of the day each person is invited to receive, on their forehead, the sign of the cross in Ash. The children are shown how the Ash is made. In the previous weeks they have been asked to return to school the Palm Crosses they received in Holy Week 2012. These crosses are the sign that they had welcomed Jesus to be their Lord and King. Now is the time to begin again and recognise all the ways they have let him down! The crosses, which are made from a strip of palm leaf, are unfolded and then they are burnt. This is quite a difficult process because even the old and dried palm leaf is very oily, and it is difficult to set it on fire. The ashes the fire produces tend to be very fine, so it is usual to add a small drop of water, to give the ash the consistency needed to apply it with the thumb on to the forehead

of each child. In the case of adults, the priest says to each person as he makes the sign of the cross 'remember you are dust and to dust you shall return, turn away from sin and be faithful to Christ.' To the children I simply say 'begin again with Jesus.' Lent is indeed about making a fresh start on life's journey, and it begins with being reminded of where we have come from and where we are going. Our life is a gift from God and we are stewards of it until we must answer for our stewardship. The meaning and purpose of our life is not to be found in anything material – it will all be dust and ashes one day. Our purpose in life is to come to know the 'things that last forever.' Lent is a time for renewing the impetus of the journey of our soul - that essential part of us that is made to be with God in a way of being beyond time and space – eternal life. This is origin of the Lenten fast. Its intention is to train the will not to be dependent on the physical appetites that can never be satisfied, and to look instead to build our life on the love of God which passes understanding – the

source of all true healing and wholeness. This was summed up by a friend of mine, who is a Roman Catholic Priest, who had a t-shirt printed with the following slogan :

'IF ALL THAT MATTERS IS MATTER THEN YOU DON'T'

Lent is time to think about what truly matters, a time to stop wasting time on the senseless idolatry of our ever demanding appetites and desires.

PARISH LENT COURSE

On Wednesdays in Lent there will be a series of quiet evenings exploring different aspect of Christian Prayer. These will take place at the Vicarage in Edenham. They will begin with Holy Communion at 7.30pm this will be followed by a short talk – some quiet reflection, and will end by 9.00pm with Night Prayer (Compline). Each evening will stand alone so come to one, more or all.

NEWS FROM THE REGIONAL HOUSE - MOST IMPORTANT!

AN INVITATION TO JOIN IN 'THE WINTER FEAST'. This is a fun fundraiser organised by the

Friends Association of the Regional House. It will take place at the Vicarage on Saturday 9th February from 7.00pm. An amazing choice of casseroles and a finger buffet of puddings, a charity bar and a raffle all for just £10. To book your party in phone – 01778 591358 or email athawes@tiscali.co.uk

After the feast – the fast! **THE REGIONAL HOUSE LENT COURSE** will begin on Thursday 21st February and will take place on Thursdays 28th February, 7th, 14th and 21st March. The evenings begin with Holy Communion at 7.30pm followed by a talk on the work of St Ignatius Loyola (founder of the Jesuits). The evenings will explore different aspects of his 'Spiritual Exercises' which he developed as a way of 'seeking and finding God in all things'. Each evening will end at 9.00pm. All are welcome to one or all.

THE NEW SEASON OF DAYS OF REFLECTION BEGIN ON FRIDAY 8TH FEBRUARY.

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modern, to explore the theme 'INTO THE WILDERNESS' – a day of preparation for Lent. On the Friday 8th March Canon Arthur Middleton will take up the Lenten theme asking the question 'What is a fast?' and he will enlist the help of the famous preacher and teacher of fourth century Constantinople St John Chrysostom (meaning 'golden mouth'!) to help him.

These days begin with coffee etc at 10.00am, the first session begins at 10.30am and the days end by 4.00pm. The suggested contribution for a day is £12.50 and this includes lunch. If you would like to know more or book a place phone 01778 591358 or email edreghouse@tiscali.co.uk

CANDLEMASS

The 2nd February is the fortieth day since the celebrations for the Birth of Jesus. Candlemass, also called the Presentation of Christ in the Temple, or the Purification of the Blessed Virgin Mary, commemorates the events recorded in Luke's Gospel when the Holy Family fulfilled the requirements of the Old

Testament law by making a thanks offering in the Temple for the birth of a first born son. Here they have an extraordinary encounter with two very old worshippers, Simeon and Anna, both of whom were prompted to await the arrival of the Messiah. It is Simeon's song of thanksgiving that is known as the Nunc Dimitis, 'now let your servant depart in peace'. It was Simeon who predicted the suffering of Mary, 'a sword will pierce your heart.' It was Simeon who also designated Jesus as the 'the light to enlighten all nations'. It is from this prophecy that Candlemass developed as candles to be burnt in church as reminders and icons of the light who is Christ, are blessed to mark the day.

This year the community from Witham Hall School will be joining with the Three Parishes on 3rd February at 10.30am, and afterwards the school will extend hospitality at Witham Hall. This is the first of several planned events to strengthen the relationship between the School and the Parish Church.

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PASTORAL VISITS

The Parish Clergy are always happy to visit anyone in their homes with any pastoral or spiritual need. In addition the Parish of Witham on the Hill, which includes Manthorpe, Toft and Lound, is fortunate to have two Authorised Local Ministers, Trudy Templeman and Ann Taylor, who have been trained to be pastoral visitors. Sometimes they will be acting on a request by the Vicar but they are ready and willing to respond to any request, Trudy can be contacted on

01780 754945 and Ann on 01778 590433.

ADVANCE NOTICE

The Parish of Swinstead is very grateful to the renowned local choir 'Woven Chords' who have offered to perform a concert in aid of St Mary's Church (which had its lead stolen just over year ago). To optimise the audience the concert will take place in Edenham Church on Saturday March 16th at 7.30pm. Tickets are £8 - please contact the Vicarage for tickets and further details.



Grimsthorpe

Our 2013 season begins on 31st March. A season ticket will enable you to visit on any standard open day to enjoy the park, gardens, cycle trails and adventure playground

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Lincolnshire Broadband Project Meeting

Monday 4th February at Braceborough Village Hall 7pm

Braceborough and Wilsthorpe Parish Council invite you to a presentation by Ian Ransom from Lincolnshire Broadband Project. This is an exciting prospect, but for a parish to succeed in being identified as a good place to bring Superfast Broadband, as many people as possible must register at www.onlincolnshire.org. If you wish to attend then please register with the Clerk - Rosemary Woolley, e-mail: bwparishcouncil@msn.com or telephone 560634 (answer machine) by 1st February as numbers will be limited.

St Andrew's Christmas Fair - A Christmas Fair was held at Witham Hall School on Saturday December 8th to raise funds towards the St Andrew's roof appeal. It was a very successful Fair with many stalls including cakes, tombola, bric-a-brac, books, toys, sweets, crafts, lucky dip, jewellery, kitchenware, a lucky square draw, a raffle and, of course, refreshments. Thank you to everyone who helped in any way and special thanks to Witham Hall School for all their help and support. The event raised was an amazing £1176 - an excellent result and a great help towards the money needed to repair the Church roof.

Annual General Meeting - Steam Action

Monday 4th March at Edenham Village Hall 7.30pm

This is an open invitation for anyone who would like to join Steam Action, comment or give ideas for future fund raisers or simply come to see what we are all about!

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SWINSTEAD PARISH COUNCIL

Notes of the Meeting held at 7pm
on 3rd January 2013

Correspondence:

a) Precept - LCC advises that those Parishes that had not yet set Precepts for 2014-15 should await further guidance before taking further action.

b) LALC - the Council will not renew its annual subscription (£40) to the Lincolnshire Association of Local Councils for 2013-14 and would review membership in 2014.

Financial Report: The report was approved.

Neighbourhood Watch: No further issues to report.

Councillors had attended the local group meeting which had been beneficial.

Butter Cross: The Council is pursuing one expression of interest to the invitation to tender for the work on the Butter Cross. It is hoped that work may commence in the spring when the weather improves.

Roads and Pavements: Although Councillors had accompanied the

LCC Civil Engineer on his recent tour of the village to report problems relating to damaged kerbing, flooding and drainage, there was no evidence that work had progressed on any matters listed in the resulting schedule. The Clerk is to follow this up with the engineer, together with more recent concerns relating to flooding on High Street, Creeton Road and Bourne Road. It was recommended that a camera investigation be carried out on gulleys in Creeton Road and jetting operations undertaken in High Street. The extension to the soak-away, agreed as part of the engineers visit, is particularly urgent as sand-bags had to be employed on Bourne Road, whilst the road surface on Forstedd Hill and pot holes on Park Road continue to worsen.

Replacement Street signs for New Estate, High Street and Park Road have been ordered from LCC in October, but had still not been installed. The Clerk will progress this also.

Telephone Box: Following further enquiries, the Clerk has managed

to persuade BT of the need to re-paint the telephone box. However, BT will not clean it prior to painting. Councillors will form a working party to clean it in late February to remove moss etc from the outside. Painting would be undertaken sometime between March and October.

The Diamond Jubilee

Community Wildlife Orchard:

The Council have been awarded a Lincolnshire County Council Community Wildlife Grant of £323.29p for fruit trees and protection. Invoices must be presented to LCC by 1st March and to comply with this deadline, protection items must be purchased as soon as possible (3 estimates for the gate have been obtained). In the meantime 30 apple trees (of six different varieties) purchased in November have been potted ready for planting on a "Community Planting Day" to be organised in October. Villagers wishing to purchase one of these trees, at £6 each, should contact the Clerk.

Croake Hill: Following the multi-agency meeting in November,

there were no further issues to report.

Football Field Grass Cutting : A simplified tendering form will be issued for 7 monthly cuts required between the months of April and October.

A.O.B. Traffic using the B1176 often exceeds the 30 mph speed limit. The police have been approached with regard to the hiring of a speed display machine for use during 2013.

Date and time of next meeting:
7th March 2013 at 7pm.

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Witham on the Hill WI December 2012

Our President welcomed Janet Turner, WI Adviser, the Swayfield Hand-bell Ringers, 22 members and 2 visitors. The ringers entertained us with musical renderings on an Olympic theme and were joined by several members who couldn't resist "having a go". After supper we were treated to festive tunes.

Janet Turner gave the vote of thanks and also thanked the WI for inviting her. The next walk will be around the Hambleton peninsula, (with lunch at the Finches Arms) on 17 January 2013. Seasonal refreshments were provided by the members and enjoyed by all.

The Christmas quiz, compiled by Sue Cork, was won by Julia Haynes and June Dandridge. Our fundraising quiz is still available - £1 each. Jane Clark showed samples of craft work, which were of great interest to our ladies. Competition winner was Frances Plummer, who won favour with her beautifully wrapped gift. All

members brought a gift, and these were placed in 'Santa's Sack' when we all took a lucky dip for a Christmas present. The raffle winner was Jeanne Dungworth.

Our next meeting will be on Tuesday 5 February 2013 when Russ Yates will give a talk on Garden Design. New members and visitors are always most welcome. For further information please contact Ann Burbidge, 01778 590132.



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Ageing Process

As I was lying in bed pondering the problems of the world, I rapidly realised that I don't really give a rat's rear end. It's the tortoise life for me! Tuck my head in my shell and let someone else solve the worlds' problems:

1. If walking is good for your health, the postman would be immortal.
2. A whale swims all day, only eats fish, drinks water and is fat.
3. A rabbit runs and hops and only lives 15 years.
4. A tortoise doesn't run and does nothing, yet it can live 200 years.

And you tell me to exercise?? I don't think so.

I'm retired. Go around me.

Garry

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What is a sermon?

After 22 years in Rural Parish Ministry and in those 22 years preaching a sermon most Sundays, the question arises, "What is a sermon"? It would be true to say that since my retirement in 2007 the question "What is a sermon" has been brought into sharper focus. I have experienced different sermons from different people. This is good, as it opens up more chances of seeing familiar themes from different angles. It all helps to avoid getting into a "rut" and failing to see you are in a rut.

So back to the question, "What is a sermon"? It is a device to communicate aspects of the faith during Public Worship e.g. during the Parish Eucharist. Those who preach sometimes struggle to extract from the Gospel of the Day, the teaching from Jesus that it contains, and to present it in a form that people can understand. Bearing in mind the above, there is a time limit, so that people do not switch off.

You can have a time when the

preacher has spent many hours composing a sermon and to end up not being at all pleased with it, thinking to him or herself "that is a load of rubbish", only to have a member of the congregation thanking the preacher for the sermon, "that was most helpful".

So the preacher never knows what effect they may have on other people and each person who preaches has a different style. Above all the preacher has to know their congregation. Some congregations do not respond to humour. Some congregations appreciate "theological" sermons. Just as any congregation has within it many different people with different needs, so too preachers are different and have different needs.

One need a preacher has is to have comments made about their sermons, either good or bad. A sermon preacher does not like to be ignored! Any feedback is welcome and all goes towards the building up of more fruitful sermons.

If you use the sermon slot for

sleeping, making up your supermarket shopping list or similar activities, might I suggest that you try listening, you may well be pleasantly surprised.

(The views expressed in this article are those of the author, and do not necessarily reflect other peoples' opinions.) Fr David Bratley.

Walsingham

Having previously been to Walsingham on a day visit I felt I needed to experience more of what is also known as 'England's Nazareth' and so went on a weekend pilgrimage with Father Andy and two other pilgrims at the end of November last year. I had time to experience the village of Walsingham, as well as all that the Shrine of Our Lady of Walsingham had to offer. This involved the opportunity to take part in many different services, such as a Eucharist, the Stations of the Cross for just our group, the Pilgrimage Mass and a very moving Healing service. Also, I did the 'tourist thing' - going to the Welcome Centre where I bought a pocket tour book and went all around the Shrine learning more about it and I went to the Shrine Shop and bought some gifts. The accommodation is very good and the three meals a day are excellent! I would recommend a stay at Walsingham to anyone and you can partake in as much or as little as you feel like; it is a spiritual place of beauty and peace and, whatever you do when you are there, you will come away feeling renewed and refreshed.

Trudy Templeman

This year the **day pilgrimage** will be on **Saturday 5TH October** leaving Edenham at 8.30am and returning at 6.00pm. The cost is £10 per adult, £5 for the first two children in a family, thereafter children are free.

The **weekend pilgrimage** is from **Friday afternoon 15TH November** until **Sunday 17TH November** (returning around 4.00pm) the cost is £80. If you would like to know more please speak to the Vicar.



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We would love to see you for a chat and cup of tea. We are all learning as we go along; so if you are an expert at cross stitch we would love you to help u, and if you cannot sew we will show you what we can do so far!

For further information contact:

Rachel Marshall Roberts - canvas and wools

01476 550 609 (home) 420 (work) rachel@hampers.co.uk

Francie Lygo - design ideas

01778 560 061 francielygo@btinternet.com

The Christmas Whist Drive held in the Parish Hall, Witham on the Hill raised £100 for church funds. Among the winners were:

GENTS

LADIES

1st Mrs.M.Immink

1st Mrs.S.Hartley

2nd Mr.G.Templeman

2nd Mrs.J.Osborn

3rd Mrs.P.Cranfield

3rd Mrs.P.Batt

Everyone enjoyed the supper kindly provided by Mrs A.Blanchard and Mrs G.Stanford. Thank you to everyone for their support and to all who generously gave the wonderful array of prizes. The next Whist Drive is on Friday 15th February at 7.00pm in the Parish Hall, Witham on the Hill.

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Samples for viewing & tasting can be arranged.

Jubilee 2012 Photographs

Following on from the successful Jubilee celebrations in Witham, Manthorpe, Toft and Lound, it was decided at the Jubilee Committee that a photographic record of the various events should be produced to be displayed in St Andrew's Parish Hall, Witham on the Hill. This will be in the form of a collage and also an album - depending on the number of photographs received. Therefore if you have photographs you would like to be included, please either email them to Trudy Templeman at: tjtempleman@btinternet.com or call on 0775 449 3792 if you need me to collect your photographs.

To Residents of Swinstead

Swinstead Parish Council have purchase a number of apple trees for the Jubilee Orchard. If residents wish to purchase their own tree from this initial batch of 30 trees, (perhaps to commemorate a loved one) please contact the clerk to arrange to come and choose a tree - Mrs Jane Hunt-Webb on 01476 552355. We have James Greive, Golden Delicious, Russet, Discovery and Bramley to choose from all at only £6 each.

Jane Hunt-Webb

Swinstead News

Elsie Kiely would like to thank everyone who donated the gift shoeboxes prior to Christmas. This year 24 were donated and passed onto worthy causes. Hooray bingo begins again in March in the Village Hall; first one will be on Monday 11th March, eyes down at 7.30pm and then every second Monday in the month after this. Come along have fun and win prizes. Well done Yvonne for the Christmas dinner and party you organised on the 19th December. It was super; an excellent three course traditional Christmas dinner with wine was followed by presents from Santa and a raffle. Jackie Nimms accompanied everyone in a traditional singsong.

A Christingle service was held for all the family at Swinstead Church, the service was taken by Father David and Heather Lee. Thanks to Steve Webb for his organ playing.

The crib and carol service held on Christmas Eve was well attended and enjoyed by young and old alike. Father David took the service and, as usual, Steve Webb made the singing of carols even more enjoyable by playing the organ. Light refreshments were served after the service - a lovely service at a lovely time of year.

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VIEW FROM THE PEW

How are you getting on with your New Year's resolutions? Whether you have fallen at the first hurdle or never even got started, there is always a new opportunity to make a fresh start.

This Epiphany season, as we considered the Gifts the Magi brought to the infant Jesus, I reflected on the things that are my treasures, the precious things in my life. A good place I think from which to decide on new resolutions.

One of my constant and abiding ambitions is to see each element of the communities in these villages coming together; that we may know the comfort of belonging to a group of people who encourage each other along, share hopes, concerns and specific gifts.

To this end I am much looking forward to Sunday February 3rd when children, their relatives and the staff from Witham Hall School will be joining us for our Eucharist, which on that day, will start at 10.30am. We are then all invited for coffee back at the school. We have already had a most successful fund raising event, when the school kindly offered their hall for our Christmas Fair. It was a great exercise in co-operation. Do join in, if you possibly can, for this special Eucharist and be part of our effort to bring village living to life. You do not have to be a regular church goer or even an occasional one. If you hold Christian values you already belong.

Before we know it we will enter the rich and challenging period of Lent followed by the joy of the great feast of Easter - another chance for shared experiences and celebrations. So much to look forward to as a new year begins, and great opportunities open up for us to help our wonderful communities grow and develop into a supportive and united whole. Maybe these are some of the precious gifts in all our lives which need fostering and cherishing.

A happy and fruitful New Year to you all!

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Notes of the Edenham Parish Council Meeting 8th January 2013

Open Forum: The condition of the roadside verge opposite the Church on Main Street Edenham was raised. Alternative parking for residents is to be investigated and parking by Edenham school visitors is to be monitored by local community police team. All parishioners are reminded that the Open Forum is their opportunity to voice concern/raise local issues with their councillors. Parishioners can contact the council and register for e-mail reminders of forthcoming meetings by e-mailing the Parish Clerk at clayton_epc@o2.co.uk .

Councillor's Dispensation: Councillors completed dispensation request forms after consideration of the guidance provided by Lincs Association of Local Councils on the issue of Councillor's dispensation to participate in agenda items such as budget setting and major planning issues, due to them

holding a pecuniary interest (owner/tenant in Parish). Dispensation granted & forms retained by Clerk.

Parish Precept 2013/4: A revised precept request made to SKDC due to recent Government changes to how council tax base is to be calculated from Apr 2013 (previous submitted precept requests now void). Total precept/income request of £2750 (0% increase from 2012/13) broken down into net precept of £2522.43 and SKDC grant allowance of £227.57.

Emergency Defibrillator: East Midlands Ambulance Authority has expressed a very encouraging interest in supporting provision of an emergency defibrillator for the parish. Level of this support is still to be finalised before council can allocate its own financial support. Cllr Biggs is progressing project and is to provide report at next meeting.

Parish Council Meeting

Frequency: Consideration was given to increasing Council Meeting frequency. However, due to low levels of business and a resulting increase in administration costs it was agreed the timetable should remain the same at 6 meetings on a bi-monthly basis.

Rights of Access: The scheduled closure of two rights of access within the parish, due to changes in the Higher Level Stewardship Programme funding, was discussed along with possible council support to land owners/tenants to maintain them open. Although the council agreed that such access is valuable, it could not justifiably commit limited public funds to provide any support.

Highway Matters: Drainage gullies blocked, A151 Edenham - Potholes along Scotlethorpe Road, Edenham and Church Lane, Edenham. To be reported to highways.

Councillor Resignation: The Chairman, Cllr Joyce, stated that she is to stand down as a councillor with effect from the end

of April 2013 and that the March Meeting will be her last as a councillor. All members expressed sadness at this announcement but thanked her for her contributions over her term as a councillor and recently as chairman. Parishioners interested in becoming a councillor wef May 2013 please contact the parish clerk clayton_epc@o2.co.uk or any councillor for details.

The next meeting of the Edenham Parish Council will take place on Tuesday 12th March 2013 at 7:30pm in Edenham Village Hall.

Parish Council Meetings take place on the second Tuesday in every other month -- Jan, Mar, May, Jul, Sep, Nov at 7:30pm in Edenham Village Hall.

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Witham on the Hill Historical Society

The next members meeting will be at 7.30pm on Monday 4th February 2013 in the Parish Hall, Witham on the Hill. We will be reporting on the speakers booked for 2013, hopefully launching a new booklet on the History of Manthorpe, Toft and Lound, deciding future trips and looking at new purchases for the Society Archive. All Welcome.

Please note that all membership is due for renewal on the 1st January for 2013, membership is only £5 per year, per household. It is an informal and friendly group, so why not join this very local charity? For more details contact Sue and Peter on 01778 590204.

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Edenham Parish decorated Wheelbarrow Competition 2013

Following the success of the 2012 Jubilee competition there will be another chance to decorate a wheelbarrow and enhance the appearance of the parish during the coming summer. This is the first notice to let everyone know that the competition will take place during late July – early August. It is hoped that wheelbarrows will be displayed in or near properties so that residents and visitors can enjoy them. The theme for 2013 will be 'At the heart of the community' and any surplus funds raised by the competition will be used for the project to provide an automatic defibrillator for the parish. If you would like more information about this please contact Ray on 591195. This is also the number to call to register for the competition. More details will follow in future editions of the Three Towers but now is the time to get thinking about ideas for your barrows.

Ray Biggs

JUST A THOUGHT

I went to the cemetery yesterday to lay some flowers on a grave. As I was standing there I noticed 4 grave diggers walking about with a coffin; 3 hours later and they're still walking about with it. I thought to myself, they've lost the plot!

The Grim Reaper came for me last night, and I beat him off with a vacuum cleaner. Talk about Dyson with death.

A mate of mine recently admitted to being addicted to brake fluid. When I quizzed him on it he reckoned he could stop anytime.

Statistically, 6 out of 7 dwarves are not Happy.

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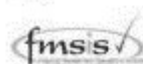
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JANE'S SEASONAL RECIPE

This is a very tasty tart - a cross between a quiche and a pizza. The beauty is that it is incredibly quick and simple to make. I always keep a block of ready-made puff pastry in the freezer, so the tart can be produced in no time for unexpected guests. During the festive season it was a good way to use up leftover gammon.

HAM AND SPINACH TART (SERVES 4)

- ½ block ready-made puff pastry (approx 200g)
- 200g baby spinach leaves
- 2 eggs
- 25g grated parmesan
- 75g grated mature cheddar
- 125g cooked ham

Roll the pastry into a rectangle approx 12in x 8inches. Score a border 1inch from the edge & prick with a fork inside the border. Bake for 15 mins at 200°C. Gently flatten the centre down so that it will take the filling. While the pastry is baking put the spinach in a colander & pour over a kettle full of boiling water. Drain well. When cool, squeeze out water and chop the spinach. Mix spinach with beaten eggs, most of cheese, and seasoning. Spread over the base of the pastry inside the border, scatter over chopped ham and finish with remaining cheese. Bake for 15 mins until lightly brown and just set. Serve warm with a tomato salad.

This recipe is very adaptable – cooked chicken could be substituted; or for a vegetarian option omit the meat and add extra vegetables - sun dried tomatoes, sweet peppers, mushrooms etc.

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PARISH SERVICES FOR FEBRUARY 2013

	SWINSTEAD	WITHAM	EDENHAM
February 3 rd Candlemass Presentation of Christ.		Three Parishes Eucharist 10.30am	6.00pm Evening Prayer
February 10 th Sunday Next before Lent	8.45am Parish Communion	10.00am Parish Communion 6.00pm Evening Prayer	11.15am Parish Communion
February 13 th Ash Wednesday	9.00am Eucharist and Imposition of Ashes	7.30pm Sung Eucharist Imposition of Ashes	2.15pm School Service
February 17 th Lent 1	8.45am Parish Communion 6.30pm Deanery Service – Bourne Abbey	10.00am Parish Communion	11.15am Parish Communion
February 24 th Lent 2	8.45am Parish Communion	10.00am Parish Communion 6.00pm Deanery Service – Little Bytham	11.15am Parish Communion

FOR BAPTISMS, WEDDINGS, BANNS OF MARRIAGE, CONFESSIONS, OR ANY OTHER PASTORAL OR SPIRITUAL NEED CONTACT :VICAR: THE REVD CANON ANDREW HAWES SSC 01778 591358 - athawes@tiscali.co.uk

ASSISTANT CURATE; THE REVD DAVID PICKETT 01476 552 457 - Fr.DavidPickett@hotmail.co.uk

LICENSED READER: MRS HEATHER LEE 01778 591338 - hmleevine@talktalk.net