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in a

NUTSHELL

news, views, ideas from your local church 2026 March/April

Live in the moment

My friend, normally a careful, law-abiding driver, was recently booked for speeding – at 36 mph – as he entered Kirton from the north. His explanation? 'I was mulling over a falling out some time ago, but also hurrying to get home: I'd left my young dog on his own for several hours for the first time.'

Which of us hasn't been worrying about something as we drive or walk somewhere, suddenly to realise we have missed a turning, lost track of where we are, bumped into someone.

In 1979 an American, Jon Kabat-Zinn, merged Buddhist meditation with western science to develop 'Mindfulness' – an 8-week programme to reduce stress, but he

says you must *practice* in order for it to work.

But how could it have helped my worried friend – or any of us? Do we have to embark on a demanding programme to manage stress in our lives?

Perhaps a first step is to recognise that we do not have to be paralysed by the past, by guilt or regret. The past is done. Christians believe that God knows and accepts them as *they are now*, and gives them strength to face it.

But that doesn't help us stop worrying about the future: our responsibilities for family, friends, work. So how can we 'live in the moment' and yet still cope with our responsibilities? Recently there's been a lot of publicity



© Royce Robertson

'I'm so much more relaxed since I got this mindfulness app.'

about the value to mental health of short (5-10 minute) breaks – outside in the garden or a park, where we simply record what we feel, hear or see happening round us at the time.

Maybe *mindfulness* can start in a small way for all of us if we take regular moments to notice what is immediately around us, and thank God for that experience, before resuming our busy lives.

Fun with Easter Bunny

from 4pm Tuesday 31 April
United Church Halls

Beetle Drive
with refreshments



'Love in a Cup' Community Café

Every Thursday, 2-5pm:
St Andrew's United Church Halls



Puzzles pS5; Sebastian pS6 ▶

Bring Mum (and Gran) to church on Mothering Sunday 15 March (Mother's Day)

St Radegund's, Grayingham, 9 am

St Andrew's United Church, Kirtton, 11 am



World Day of Prayer St Andrew's Church 2.30pm Fri 6 March

The service will last
about 45 minutes

BOOK THE DATES Holiday Club 10, 11, 12 August

10am-1pm
Ages 4-11

Fun, games, video,
craft-work, stories,
refreshments

PHONE Jane
01652 648846

All activities age
appropriate



Do you like Nutshell?
Buy a copy at Paynes
Chemist OR Creative
Cuppa - it's only £1
OR get it delivered 6 times a
year: contact the Editor (p58)



Surviving life's storms

An exciting Lent Course with a difference,
designed by Dr Paula Gooder

Can you spare an hour or so on a Sunday evening in
March? Meet other people exploring themes that speak
to our deepest needs.

Venues are across the area as follows, all at 6pm:

- (1) Sunday 1 March, Eau Community Centre, High St,
Scotter, DN21 3RY
- (2) Sunday 8 March, Scotton Village Hall, Northorpe
Road, Scotton, DN21 3RB
- (3) Sunday 15 March, St Andrew's United Church Halls,
St Andrew's Street, Kirtton in Lindsey.
- (4) Sunday 22 March, Messingham Church Hall,
Temperance Avenue, Messingham, DN17 3SF

For more info phone Heather Bunker, 01652 648573

Fun for all ages at St Andrew's pancake party

Pancakes are traditional
for Shrove Tuesday. A
group of adults and
children gathered in
St Andrew's United
Church Halls on Tuesday
17 February to enjoy
pancakes, solve some
table-top puzzles and
take part in a few more
strenuous activities. As
always, the 'parachute'
proved popular with
children and the 'young
at heart'!



Eating pancakes is a serious business!

This month's 'Minister's Article' (facing page) is written by the
Revd Dr John Schofield, Minister in our Methodist Circuit, who
shares pastoral responsibility for St Andrew's United Church

Is this a silly question?

Q. Palm Sunday. What do you know
about it? When is it? Is it important?

A. Palm Sunday is the name given to
the Sunday before Easter, so it's near
the start of the school holidays (and
chocolate - especially Easter eggs)!

But Palm Sunday has special
significance for Christians.



The Revd Dr
John Schofield
explains . . .

Two thousand
years ago, Jesus, the
person whom Christians
know as the son of God,
came to the Jewish Holy
City of Jerusalem which
excited many people.
Jesus was what today
we might call a super-
star, a kind of 'royalty'.

That event still excites
people today. Is it the
palm branches being
waved by the people:
like the Union Flag being
waved when a member
of royalty visits? Or is it
the people shouting,
'Hosannah! Blessed is he
who comes in the name
of the Lord!?' (The word
hosannah means 'Save
us', but in a form of
praise and declaration,
rather than as a cry of
distress. A rather strange

cry for a welcome.) Or is
it the fact that onlookers
at the time spread palm
branches and cloaks on
the road, like a red-carpet
or rose petals, showing
that someone extra-
special was coming their
way? Or the incongruity
of a country preacher
turned VIP riding on a
donkey, rather than on a
mighty stallion or doing a
walk-about? Or do
today's churchgoers see
an ancient prophecy
being fulfilled (see the
Bible, Zechariah 9.9)?

The high point

Many a preacher will
touch on these things in
churches worldwide this
year on 29 March, as we
enter what we call 'Holy
Week', the seven days
including Good Friday,
leading to the high point
of the Christian Year:
Easter Day.

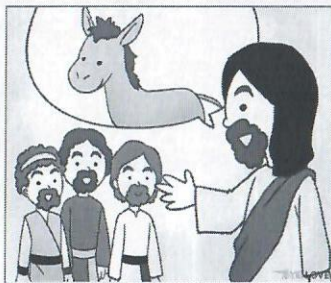


But which aspect of the
Palm Sunday story
stands out most for you?
For me it is the palm
leaves being waved. Part
of that is because palm
leaves folded into the
shape of a cross are a
key symbol for both
Palm Sunday and Good
Friday. Often the hymn,
'Lift high the cross, the
love of Christ proclaim!'
is sung at the main
church service on Palm
Sunday with everyone
waving their palm
crosses.

In some ways that is
almost as strange as
people breaking off
branches of trees and
throwing them ahead of
a visiting celebrity.
Whatever your perspec-
tive on Palm Sunday,
may I wish a joyous
Easter to you and those
close to you.

Jesus on the first Palm Sunday

Jesus and His disciple were at Bethphage on the Mount of Olives, near Jerusalem. Jesus sent two of his disciples ahead to the next village saying, 'You will find a young donkey, a colt which has never been ridden. Untie it and bring



it to me. If anyone asks, say that the Lord needs it.' They went, and it happened just as Jesus had said.



They brought the colt to Jesus and placed their cloaks on it for him to sit on. Others spread their coats on the road in front

of Jesus as he was riding along. Some cut branches from the palm trees, waved them and spread more in the colt's path. Some of the crowd walked ahead of Jesus. Other people walked behind, and all were cheering.



All the people were shouting, 'Hosanna to the Son of David! God bless the One who comes in the name of the Lord!' (Hosanna meant 'Save us', but it was often used as a word of praise.)



Then Jesus rode into Jerusalem. The city was filled with excitement. The people asked, 'Who is this man?' The crowd answered, 'He is Jesus, the prophet from the town of Nazareth in Galilee.'



Jesus went into the Temple. He was shocked by what he saw. It was a noisy, smelly, market. Jesus turned over the tables

belonging to the men exchanging different kinds of money, and upset the benches of those selling doves. He shouted at them, 'God's house should be a place of prayer, but you have made it a bandits' cave.'



Then blind and crippled people came to Jesus in the Temple, and he healed them. But the Temple priests and teachers of the law

heard children praising Jesus, 'Praise to the Son of David.' The priests were angry, but Jesus said it was written in the Bible.* Then he left and went to the village of Bethany, two miles away.

* Jesus quoted Psalm 8 verses 1-2.

Read the story for yourself in three places in the Bible (Matthew 21:1-17; Mark 11:1-11; Luke 19:28-48.) There are slight differences between the three accounts. Can you spot them?

If you want to know what happened to Jesus after this, the story (in colour cartoons) is in April's *Nutshell*. Copies can be bought in Paynes Chemist or Creative Cuppa.



Sebastian Spider's Puzzle Corner for all ages

A Word Ladder

Climb from COLT to WEEP changing just one letter at a time, without disturbing the order of the remaining letters. But the clues for the steps are not in the right order.

WEEP

CLUES

- Deep watery hole
- Holds your trousers up
- Unwanted plant
- Rings at the door
- Fuse metal
- Door fastener

COLT

Three maths puzzles

(1) 3 lots of animals: an elephant, 2 crocodiles, and 4 monkeys, are weighed on scales: The elephant and the two crocodiles together weigh 1,200 kg. The 2 crocodiles and 4 monkeys together weigh 400 kg. The elephant and 4 monkeys together weigh 1,000 kg. What is the individual weight of each animal?

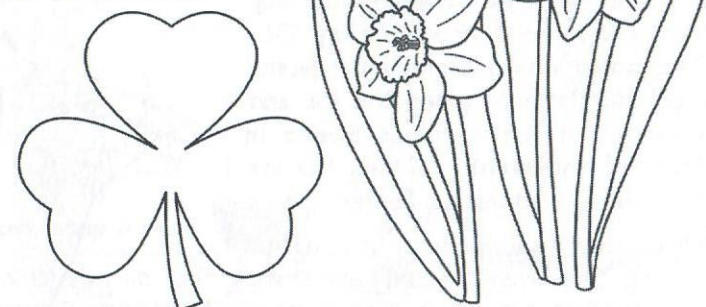
(2) A group collects £529. If each person gives an amount in pounds equal to the total number of people, how many people are in the group?

(3) What is the smallest number that increases by 12 when it is flipped and turned upside-down?

Answers on page pS8

A seasonal colouring puzzle

Colour in these pictures of daffodils and a shamrock leaf. Then see if you can answer the questions below.



These plants are symbols for two countries in the British Isles. Do you know which ones? Can you name the patron saints of these countries, both of whose 'days' fall in March. Do you know the dates?

Answers on pS8

PALM SUNDAY WORD SEARCH

U V E I C D I S C I P L E S H C J G
N M O U N T O F O L I V E S M R E K
U C K V H B F E U K F T G Y A O R T
W P E I N O E J J N B F B U S W U I
T E C L N F S T A N T E Y X T D S D
E D L O E G C A H C F I T T E X A A
M P O C L B Y R N P L Z E H R I L V
P Y S N O T R O J N H O R W A G E I
L A P Y K M A A G L A A A F X N M D
E U H L X E E D T D K O G K B A Y M
N X Y G F X Y L W E J E X E S I Q P
J E S U S R I A P A L M S B Z I E

Find these words in the puzzle box. Words are hidden → and ↓

BETHANY
BETHPHAGE
CELEBRATE
CLOAKS
COLT
CROWD
DAVID

DISCIPLES
DONKEY
HOSANNA
JERUSALEM
JESUS
KING
MASTER

MOUNT OF OLIVES
PALMS
ROAD
TEMPLE
UNTIE
WELCOME



Sebastian shares his mum

Hallo friends!

Do you watch much TV?

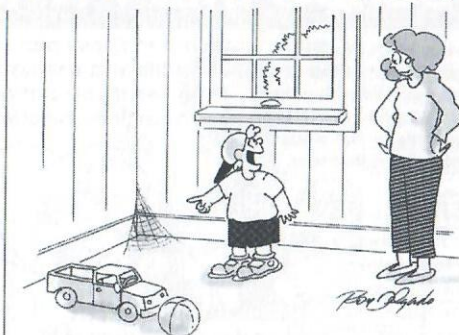
I've just been watching the curling at the Winter Olympics on my TV. The ladies who are playing it push big round 'stones' along the ice and then two of their friends 'sweep' in front of the stone, rubbing the ice to make the stone go faster.

My mother would be very good at curling. She loves sweeping and she's very good at it because, with eight arms, she can hold more than one brush at a time. She just whizzes round my home (when I let her). Sometimes, it's good to have a mother living near by in the tower! I am really very lucky.

My friend Cedric is not so lucky. Sadly, his mother has died, which makes him very unhappy sometimes. I've told him he can share my mother and he thinks that's a good idea.

At the moment, Cedric and I are planning some special treats for 'our' mother. You see, 15 March is a special day. It's called 'Mothering Sunday' and is the day on which we say a special thank you to our mums. We think about all the things they do for us - like feeding us, doing our washing, tidying up ... when we are small, as well as advice they give us even after we have moved away from home.

In some families, of course, it is dads



'Look! A spider has been knitting here.'

that do this, or big sisters or nans. Mothering Sunday is a day on which we can thank all these people. So, Cedric and I are planning to give 'our' mum some special treats, like cooking her a nice meal and taking her some flowers.

My church friends tell me that they will be giving out flowers in church on Mothering Sunday. They think it's important for families to go to church together to say thank you to God for the love of their mothers.

And they remember that Jesus loved his mother and even right at the end of his life, he made sure that one of his special friends, John, would look after her.*

Please come and join us at 11am on this special day: Sunday 15 March, Mothering Sunday.

Your friend,

Sebastian

*John chapter 19, verses 26-27

Bring Mum (and Gran) to church on Mothering Sunday (Mother's Day)

St Andrew's United Church 11am 15 March



TRY THESE ON YOUR FRIENDS

Q: What do you call a boomerang that won't come back? A: A stick.

Q: How do you stop an astronaut's baby from crying? A: You rocket!

St Andrew's Kirton

Palm Sunday 11am
Family Service
(with palm crosses)

Holy Week
9.30am 30 Mar-1 Apr
(Mon-Wed) short
service of reflection
and praise.

7pm Thursday 2 Apr
'Remember the Last
Supper' - service
St Andrew's church
will also be open for
private prayer each
day from 6-8pm

3 April, Good Friday
Walk of Witness
10.30am

Easter Day
• 6.30am
Sunrise Service
• 10am Church
Breakfast
• 11am Easter
Communion

St Radegund's Grayingham

Palm Sunday 9am
Morning Prayer

3 April, Good Friday
Walk of Witness
10.30 am

Easter Day 9.30am
Holy Communion

Sat-Sun 16-17 May Churches' Festival

All our churches
are open: details
later in *Nutshell*, on
St Andrew's website
& our Facebook page

If you enjoy *Nutshell*,
try our colour issue :
see the advert on pS8

Please join us for Holy Week and Easter



Living a nightmare

Imagine waking up each morning not knowing whether or not you will be able to provide a meal for your family that day ...



Fridah is a widowed grandmother, living in a rented corrugated shelter in a poor area of Nairobi, Kenya. She supports her children and her grandchildren by selling vegetables in the market. Until recently, this meant travelling a huge distance to buy in what she sold.

Then she joined **Beacon of Hope**, a project run by one of Christian Aid's partners. They trained her to use urban farming methods to grow food in a very small space. Now she grows tomatoes, kale and other vegetables at the end of a narrow alley

near her home. Not only can she feed her family, but she has produce left over to sell in the market. Christian Aid supports projects like this in many areas of the world.

Will you join us for this year's Christian Aid Week (10-16 May)?

Some members of St Andrew's United Church are taking part in a Sponsored Bike Ride on Saturday 16 May. Please support them.

More information from Jane Sheard (01652 648846) and in April's *Nutshell*.



Your local churches

St Andrew's United Church, Kirton in Lindsey
www.standrewsunitedchurch.org.uk

St Radegund's Church, Grayingham
www.achurchnearyou.com/grayingham-st-radegund



Ministry Contacts: March 2026 - KIRTON

- ☎ 01724 647789 The Revd David Swannack (Anglican Vicar)
- ☎ 07395 453246 The Revd Robert Roberts (Methodist Minister)
- ☎ 01652 648846 The Revd Preb Dr Michael Sheard (Anglican, retired)
- ☎ 01652 649365 Dr Pat Frankish (Baptist Deacon; Anglican Lay Reader)
- ☎ 07855 120896 Mrs Janet Caughley (Baptist Deacon)

Ministry Contact: March 2026 - GRAYINGHAM

- ☎ 07738 356048 The Revd Charles Thody (Anglican Priest in Charge)

Other enquiries

Church Council Secretary, Kirton, 01652 648846

Church hall bookings, Kirton, 01652 648573

Church Warden, Kirton, Dr Pat Frankish, 01652 649365

Church Council Secretary, Grayingham, 01652 640157

Church Warden, Grayingham, Mr Clive Marshall, 01652 648125

SAFEGUARDING (Kirton) 01652 640740

SAFEGUARDING (Gray'm) 01652 640157

Baptism bookings (Kirton) - 07776 487791

Wedding bookings (Kirton) - 01652 648846

Funerals (Kirton) - 01652 648573

Worship in our buildings in March 2026

- St Andrew's United Church, Kirton,
11am Sunday; 9.30 every Wednesday
- St Radegund's, Grayingham,
9.30 1st Sun HC; other Sundays 9am

Please visit our websites/Facebook or phone one of the contact numbers above for other information about our churches and activities.

Join us for Worship on Zoom:
every Sunday at 9.30am

* To join - on computer, tablet or phone -
contact heather.bunker@btinternet.com

St Andrew's United Church
PALM SUNDAY, 29 March
FAMILY SERVICE 11am

PUZZLE ANSWERS (p.55)

Word Ladder: COLT, BOLT, BELT,
 BELL, WELL, WELD, WEED, WEEP

Flower Colouring Puzzle:

The daffodil (sometimes a leak) is an emblem of Wales, patron saint St David. The shamrock is an emblem of Ireland, patron saint St Patrick. St David's Day is 1 March; St Patrick's Day is 17 March.

Three Maths Puzzles:

- (1) The elephant's weight: 900 kg; a crocodile's weight: 150 kg; a monkey's weight: 25 kg.
- (2) 23 people (23 x 23 = 529)
- (3) The answer is 86. When 86 is turned upside-down and flipped, it becomes 98, which is 12 more than 86.

Hot cross buns and
 Good Friday Walk
 from St Andrew's
 10.30am, 3 April



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 of the editorial group

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 (01652-648846)

editor.nutshell@btinternet.com
 Copy deadline: StAn 9 March,
 1aN 16 Apr. Letters welcome.



CLEATHAM HALL NEWS

Celebrating Life at Cleatham Hall

Celebrating Family and Friends, Birthdays and Anniversaries.

Feel relaxed and enjoy the hospitality we are renowned for while enjoying a relaxing meal. So, if there are just 2 or 52 of you, contact us by email or phone to book your own personal celebration.

Dine and Stay packages available for both groups or couples to enjoy a special occasion of get together.

The Restaurant is open daily from Wednesday to Sunday subject to availability. Watch out for our current menus as they will be updated quarterly this year.

Try our Sunday Lunch, or weekday Lunch menu, our celebrated Afternoon teas, using homemade seasonal jams and chutneys, available to buy, and of course Dinner menu.

Brunch served from 9 - 11am, Lunch served from 12 to
 3pm, Afternoon Teas from 1 to 4pm
 Dinners from 6 to 8.30 pm

See our website at www.cleathamhall.com/events for our
 menus and pricing

To book call: 01652 649402 or email:
enquiry@cleathamhall.com



Cleatham Hall, Cleatham, North Lincolnshire, DN21 4JS

www.cleathamhall.com

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Email: enquiry@cleathamhall.com