

DRY AMD?

(AGE-RELATED MACULAR DEGENERATION)

TREATMENT AVAILABLE NOW!

Hospital Grade Advanced
OCT Eye Exams

by Dr Janjua

Specialist Lenses
For Various
Eye Conditions

Widest Variety
of Frames
in Brigg

O'BRIEN'S
OPTICIAN
ESTD. 1979

enquiries@obriensopticians.co.uk
www.obriensopticians.co.uk
43/44 Wrawby Street,
Brigg,
North Lincolnshire DN20 8BS

01652 653 595
01652 649 024

in a

NUTSHELL

news, views, ideas from your local church 2026 July/Aug

What is truth?

Did the news shock you? A few weeks ago many innocent people were forced to flee for their lives as their houses were put to the torch – because the mob believed what it had been told. It didn't happen thousands of miles away in a foreign country, unless you reckon Northern Ireland is foreign!

2,000 years ago as he faced the Roman Governor, Pontius Pilate, Jesus claimed he had been born to 'testify to the truth'. Pilate retorted, 'What is truth?' That is a question we might well ask today.

How do you get your news? In times past people chose a newspaper that confirmed their political and social opinions – by and large they still do, but now the internet offers a whole range of extra news services – and ready access to additional information and comment. Surely this is good?

Most of us *still* select what we read according to our opinions (our deep 'bias'). But there's a frightening difference today: *social media* on our smart phones and tablets. The algorithms used by social media platforms register what we have previously viewed. Once we have shown an interest in a certain item, the software is trained to show us more like it. This is fine, providing what we



Photo: PA MEDIA / BBC

read really *is* 'true' – provable, for instance, in a court of law. If, however, it is *fake news*, which we then share with others, we may be spreading poison.

So how can we check that what we are reading really is 'the truth'? And we have to be painfully honest. Do I *really* want to question what I've read or been told, and if so – if I dare admit I may be wrong – how can I check it reliably?

One website that sets out to challenge 'fake news' is called 'Stop Hate UK' (www.stophateuk.org). It suggests nine questions that honest seekers after the truth need to consider. If you are one of these, look it up for yourself.

Stop the Hate suggests that, to be sure about a story, amongst other things you must check: 1. The source 2. The author 3. The date (is it old news?) 4. Your own biases 5. Supporting information? 6. What do experts (eg librarians) say? *For help doing all this, check the web site.*

Cartoon Bible story pS2; The World Cup pS3; Puzzles pS4; Sebastian pS5 ▶

Winning is what matters ... isn't it?

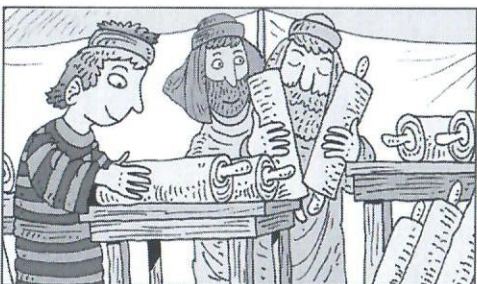
This is part of the story of the sons of Isaac, one of the ancestors of the Hebrew people



Isaac and his wife, Rebekah, had twin sons. Esau had been born first. As he grew up he was very hairy, but Jacob wasn't hairy like his brother.



The twins were different in other ways too. Esau loved to go hunting to get meat for his father Isaac's dinner, but Jacob liked to stay at home – and he enjoyed cooking.



Isaac told his sons about God's promise to their ancestor, Abraham: his family would have a special blessing. But this could only go to the oldest son in each generation.



Jacob wasn't happy. He wanted the special rights of the firstborn for himself.* One day, Esau came in exhausted after a long hunting trip, and said he was starving



He demanded some of the stew Jacob had just made. Jacob agreed – but only if Esau would sell him his birthright*, that of the eldest son. Stupidly, Esau agreed.



After he had eaten, Esau felt much better and he was cross that he had sold his birthright. Of course he'd been tricked, but Jacob was delighted with the result!

* To help you understand: the **BIRTHRIGHT** was the legal inheritance granting the first born a double portion of the family wealth and headship of the clan. The **BLESSING** was a sacred, irrevocable spoken decree by the father transferring spiritual authority, leadership, and God's covenantal promises to the next generation. Jacob cheated Esau out of both his *birthright* and his father's *blessing*. Read the story in Genesis chapters 25 & 27.



The Revd David Swannack on a quadrennial spectacular:

'The Beautiful Game'?

What are you watching in the middle of the night? If you are in my house for these few weeks I'll guarantee it's some football game – between two countries that I have no real interest in, except that they are in a tournament several thousand miles away.

Every four years the world turns its eyes to a football pitch. Nations gather, flags are raised, songs are sung, and millions of people cheer, groan, hope and dream together. The FIFA World Cup reminds us that sport has remarkable power: it can gather people from every language, culture, and background around a shared moment of joy.

Saint Paul writes, 'Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.' He knew that athletes train with purpose. They sacrifice, practise, listen to instruction, and learn to keep going when their bodies are tired and their minds are tested. There is no short cut, no easy way to success.

The footballer who steps onto the pitch at the World Cup hasn't arrived there by accident. There have been early mornings, disappointments, injuries, defeats and countless hidden hours of training.

In the same way, the Christian life is not lived by accident. Faith grows through prayer, worship, forgiveness, service and daily trust in God.

We may admire the skill of a player who keeps their eyes on the goal, but we are called to keep our eyes on a greater goal. Trophies fade, medals tarnish, and crowds eventually go quiet. But God's approval lasts forever.



'Oh, c'mon there lads, we don't want to win by questionable tactics!'

There's another lesson here. A football team cannot win with eleven separate people playing only for themselves. Each player has a role: the goalkeeper, the defender, the midfielder, the striker, the substitute waiting for their moment. The strength of the team is not found in everyone doing the same thing, but in everyone offering their gift, working together for the good of all.

So it is with both Church and society. Saint Paul reminds us that we are one body with many members. Some teach, some encourage, some serve quietly, some lead, some comfort, some pray unseen. No gift is too small when offered to God, not one unnecessary or superfluous.

So, take heart. Don't compare yourself to others. Just allow God to help you be yourself – and don't be surprised by the result.

The Revd David Swannack is Rector of the South Manlake Group of Churches, to which St Andrew's United Church, Kirton in Lindsey, belongs. Contact details on page 58.



A Word Ladder

Climb from BRASS to CHEAT 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.

CHEAT CLUES

- Used to tidy hair
- Top of a pie
- Large storage box
- Loud, confident
- Destroy by squashing
- Top of a wave

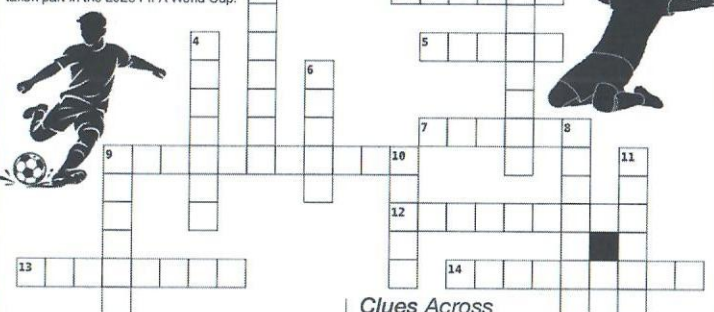
BRASS

Puzzling cowboy

A cowboy travels to an inn on Friday, stays there for three days and then leaves on Friday. How is this possible? Answer on pS8.

2026 World Cup Crossword

All the answers are countries that have taken part in the 2026 FIFA World Cup.



Clues Down

- Patron saint is St Andrew
- Quito is its capital city
- Prague is its capital city
- 'Land of the rising sun'
- Its flag is the cross of Saint George
- Famous for its fjords
- The Costa del Sol is in this country
- Pele played for this country

Clues Across

- Third host country with the USA and Canada
- Shares an island with the Dominican Republic
- Home of the Eiffel Tower
- Known for canals & tulips
- Platypuses live only here
- A landlocked country in South America
- Current holders of the FIFA Men's World Cup

Jacob & Esau Word Search

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

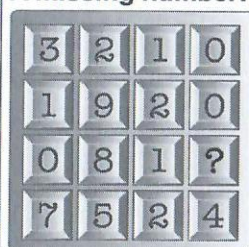
Find these words in the box above. Words are hidden → and ↘ and ↙

ABRAHAM	DINNER	ISAAC	SON
BIRTHRIGHT	ESAU	JACOB	STARVING
BLESSING	FIRSTBORN	MEAT	STEW
BROTHER	HAIRY	PROMISE	TRICK
COOKING	HUNTING	REBEKAH	TWIN

Breakfast & Breakeage

- Name two things you can never eat for breakfast?
- What has to be broken before you can use it?

A missing number!



Which number should replace the question mark to form accurate equations, knowing that three numbers are shown per row (i.e. two of the numbers form a two-digit number)?

Answers on page pS8



Sebastian gets it wrong again!

Hi friends!

We had a really exciting day in church recently. We had a wedding! I popped out of my Kozy Korna to have a look. Everyone looked very happy; I like it when my home is full of happy people.

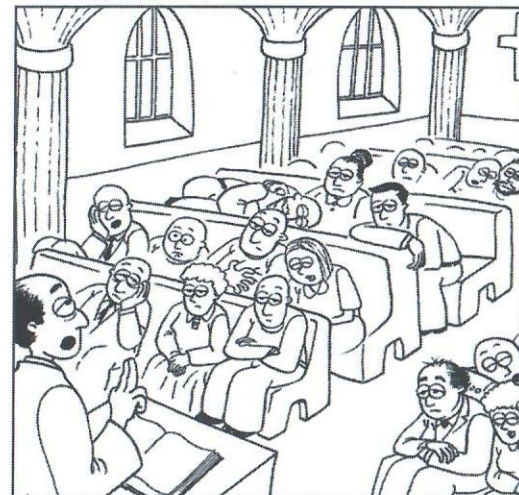
While I was scuttling around, I looked up and, hanging on one of the columns, there was a poster. I am not a very good reader, but I thought it said something about a 'messy church'.

Well - I am sure our church isn't messy! We have a lovely lady who comes to clean it every week. I know my friends can sometimes be untidy and leave things lying around and, yes, there are some cobwebs... but that just shows how many friends I have.

I told Cedric how cross I was that people had put up a poster saying our church is messy. Cedric collapsed on the floor with laughter, waving his legs in the air. 'Oh, Sebastian!' he said. 'You've got it wrong again!'

'You see,' he went on, 'it doesn't mean the church is dirty. 'Messy Church' is a special thing. It's all about families getting together to have church in a different way. Instead of sitting in rows and listening quietly, people get to do fun things. And there's food, so you would like it, Sebastian!'

I asked him to tell me more. He told me it's going to be held in the United Church Halls on the first Tuesday* of each month. When families arrive, there will be lots of fun activities, like making biscuits, or craft work, or



'Bored again Christians'

painting and drawing - whatever anyone enjoys doing. All the activities will have something to do with a Bible story, so there will also be a short time to think about the story, sing some songs and say a prayer. After that, everyone will sit down to a meal together. No need for Dad or Mum to cook!

It's all about having fun and, at the same time, remembering that God is there with us, and learning more about some of the people who have followed him - and, of course, about Jesus.

Well, it sounds brilliant and I shall certainly run across to the Hall to join in. See you there!

Your friend, *Sebastian*

*Starting on Tuesday 1 September, from 4.30 - 6pm, in the United Church Halls. Come and see us in the church tent at the Town Gala on 11 July to find out more.



Bruce McKenzie is inspired to delve into an Old Testament story from 2,500 years ago

Is it a sign?

Some years ago, I had to go to the theological college in Lincoln. At the time I was a photocopier repair man.

Whilst there I had occasion to visit their toilets, where I was surprised to discover a graffito scratched into the terrazzo of the cubicle.

I didn't expect to find graffiti in such an establishment, but at least there was only one. Someone had tried to erase it, without success. It read:

'If God had meant us to write on walls, he would have given us a sign. Daniel 5 v 5.'

What's the story? The last King of Babylon, Belshazzar, gave a great banquet for a



Hey! Now I get what people mean when they say, 'The writing's on the wall.'

thousand of his nobles. They drank copious amounts of wine using gold and silver goblets that his father, King Nebuchadnezzar, had taken from the temple in Jerusalem.

Suddenly the fingers of a human hand appeared and wrote on the plaster of the wall, near the

lamp stand in the royal palace.

The king watched as the hand wrote*. His face turned pale. He was so frightened that his knees knocked and his legs 'gave way'.

History or myth? I can't help wondering if it wasn't just the wine speaking

** According to the book of Daniel chapter 5 v 25, the moving finger wrote: 'Mene, mene, tekel, parsin', which the Bible says meant that the king's days were numbered; he had been found wanting; his kingdom was doomed.*

Prayer does work!

Many people have given up prayer in despair, because to them praying seems like talking to thin air. They crave a clear sign like that given to Belshazzar.

But countless intelligent, sane Christians through the ages testify that God really *does* answer prayer. That doesn't mean he does conjuring tricks,

fulfils their every request or demand, or that he provides unmistakeable signs, like writing on the wall.

But these ordinary, praying people have one thing in common. They pay careful attention: they listen, wait, and *expect* that the Being we call *God* is as kind and loving as a human parent and will not simply ignore his children. And that is what God's Son, Jesus, taught his disciples 2000 years ago.

St Andrew's summer activities



Don't miss St Andrew's United Church Tent

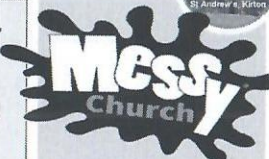


at the

TOWN GALA

Saturday 11 July

Fun & games for all ages!



A different kind of church for all the family

First session
Tuesday
1 September
4.30-6pm

in the United Church Halls
Don't miss it!

Treasure Hunt

Wednesday 19 August

starting 2pm - 2.30pm

Quiz sheets £1 each. Prizes galore!



Ending with teas in the Church Hall from 3.15pm.

Refreshments by donation (cash please)

Funds raised will be donated to St Andrew's United Church

Details and more info on our Church website & Facebook

We regret that due to unforeseen circumstances this year's Summer Holiday Club has been cancelled

Kirton in Lindsey
CIVIC SERVICE
3pm, 6 September

St Andrew's United Church
HARVEST FESTIVAL SERVICE

11 October at 11am

followed by Harvest Lunch in the United Church Halls



BOOK THE DATE

It was fun!

Five cyclists raised £665 for Christian Aid when they rode around some of the local churches open for the West Lindsey Churches Festival on 16 May. Along the way, they met old friends and stopped to enjoy cake and coffee at Bishop Norton. Many thanks to all our sponsors – but we need more cyclists next year!

This year's fund-raising focussed mainly on helping women in Kenya grow food in crowded urban areas.



Above: from top L-R: Robert (Ashby Wesley), Michael, Dave and Nigel (Kirton); inset, John (Bingham Methodist) who started late but soon caught up. They went via Willoughton to Bishop Norton, Snitterby, Waddingham and back via Grayingham – only 16 miles!



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: July 2026 - KIRTON

- ☎ 01724 647789 The Revd David Swannack (Anglican Vicar)
- ☎ 07395 453246 The Revd Robert Roberts (Methodist Superintendent)
- ☎ 01472 466824 The Revd Dr John Schofield (Methodist Minister)
- ☎ 01652 649365 Dr Pat Frankish (Baptist Deacon; Anglican Lay Reader)
- ☎ 07855 120896 Mrs Janet Caughley (Baptist Deacon)

Ministry Contact: July 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, Mrs Fiona Munn, 07733 166321

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 July 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

Christian Aid giving down in 2026

The total raised by St Andrew's United Church in Christian Aid Week was £821 (including the cyclists' £665). £370 of the total was Gift Aided.

PUZZLE ANSWERS (page S5)

Word Ladder: BRASS, BRASH, BRUSH, CRUSH, CRUST, CREST, CHEST, CHEAT

World Cup Crossword: CLUES, DOWN:

1. Scotland 2. Ecuador 4. Czechia
6. Japan 8. England 9. Norway 10. Spain
11. Brazil ACROSS: 3. Mexico 5. Haiti
7. France 9. Netherlands 12. Australia
13. Paraguay 14. Argentina

Cowboy: His horse was called Friday
Not for breakfast: e.g. Lunch & dinner
Break to use: An egg

Missing number: 6. Read every row
as follows: (3 + 2)x2=10 / (1+9)x2=20
(0+8)x2=16 / (7+5)x2=24

'Love in a Cup' Community Café

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

Get a full-size colour
Nutshell: only £1
from Paynes Chemist
Local pics, cartoons, puzzles,
What's On, town history - and more.

Treasure Hunt 19 Aug

Ina Nutshell is published

(1) as an insert in
Kirton First (laN)
and (2) bi-monthly
in A4 format (StAn)
only £6 pa (six issues;
single copies £1 each)

Opinions expressed here
are not necessarily those
of the editorial group

Editor: Michael Sheard
editor.nutshell@btinternet.com

Copy deadlines:

StAn, 10 July 2026

laN, 10 August 2026



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

Tel: 01652 649402

Email: enquiry@cleathamhall.com