

March 2023

Issue 274

# FOCUS



Parish Magazine of St Stephen's, Hightown



## The Season of Lent

# Editor's Letter March 2023

## Welcome to the Lenten Issue

As I sit here, writing this letter to you, I realise that there are less than two weeks to go before Lent commences. The day after Pancake Tuesday, Ash Wednesday, is the first day of Lent.



As a child, my heart would sink at the thought of giving up a treat, such as chocolate or crisps, for 40 days. Nowadays, I consider Lent as an opportunity to draw closer to God through prayer, fasting and almsgiving. Yes, I can do the fasting, (I'm more than happy to cut out the unnecessary calories.) Yes, I can do the almsgiving, (by cutting out the unnecessary calories and giving the money I save to charity.) It's the prayer that nearly always catches me out! We all lead busy lives and our minds are filled with a thousand other matters. True prayer requires us to set time aside, shut down the mind and reflect upon our relationship with God and wider spiritual matters.

Recently, I found an invaluable series of little books, entitled "30 Days With A Great Spiritual Teacher". They are easy to read and easy to slot into a busy routine. The teachers are well known e.g. Julian of Norwich and Teresa of Avila, to name but two. They certainly have made my prayer time much more manageable and, at the same time, given me confidence in this prayer technique. Try them! They are available from Amazon or on your Kindle.

Good luck for Lent.

Colette



## THE BISHOP OF WARRINGTON

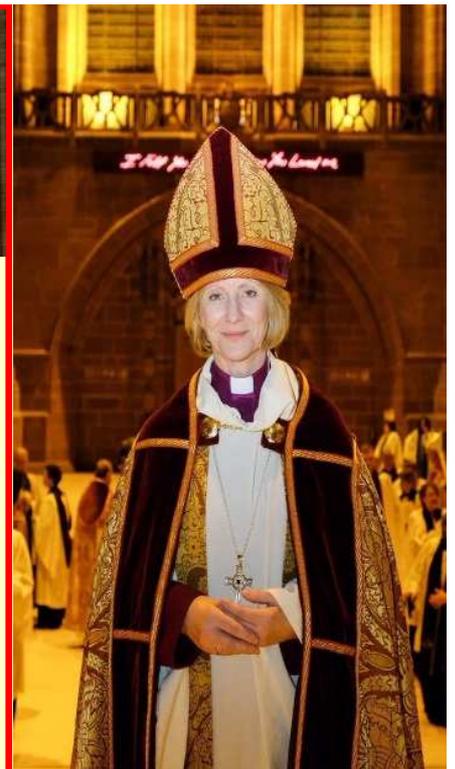
We, at St. Stephen's  
Church, are looking  
forward to welcoming

## BISHOP BEV

Palm Sunday Service

April 2nd 10.30am.

*Everyone is cordially invited to join us.*



# St Stephen's Church

## Sunday Rota for March 2023

<b>Wed 1st</b>	10.30am Morning Prayer	Judith Welch
<b>Sunday 5th</b>	10.30am Eucharist 6.00pm Evening Prayer	TBA John Gibson
<b>Wed 8th</b>	10.30am Morning Prayer	Geoff Bailey
<b>Sunday 12th</b>	10.30am Eucharist 6.00pm Evening Prayer	Rev Canon Janet Eastwood John Gibson
<b>Wed 15th</b>	10.30am Eucharist	Rev Sue Smith
<b>Sunday 19th</b>	10.30am Eucharist 6.00pm Evening Prayer	Rev Sue Smith Colin Goodyear
<b>Wed 22nd</b>	10.30am Morning Prayer	Hazel Roberts
<b>Sunday 26th</b>	10.30am Eucharist 6.00pm Evening Prayer	TBA John Gibson
<b>Wed 29th</b>	10.30am Morning Prayer	Judith Welch

### Brass Cleaning

March

Kevin Bradshaw



### Sunday Coffee Rota

5/3 Hilary Munro

12/3 Jane Croxton

19/3 Christine Grocott

26/3 Margaret Bate

# PRAYER PROMPTS FOR MARCH



- 1st **St. David.** For the Church of Wales, its bishops, clergy and laity.  
*For the people of Blundell Avenue and Alton Close.*
- 2nd For those who work in health care.  
*For the people of Marston Crescent and Larkhill Grove.*
- 3rd For the work of all fair trading organisations.  
*For the people of Whitefield Close and Oakfield Road.*
- 4th We give thanks for our local clergy and pray that more people will feel called to serve in this way.  
*For the people of Holmfield, Moss Lane.*
- 5th **(2nd Sunday in Lent)** That we may have the will to be the servant of others.  
*For all the people of Hightown*
- 6th For the elderly and housebound.  
*For the people of Blundell Road.*
- 7th For all those who work in agriculture.  
*For the people of North End Lane and local farms.*
- 8th For those involved in education.  
*For the people of Thirlmere and Windermere Road.*
- 9th For church musicians especially our organists and choir.  
*For the people of Blundell Grove and Wignalls Meadow.*
- 10th For those involved in Christian mission, especially the Church Mission Society.  
*For the people of Old Acre.*
- 11th For those involved in justice at home or abroad.  
*For the people of Withinsfield.*
- 12th **(3rd Sunday in Lent)** That we may be open to God's will for us.  
*For all the people of Hightown*
- 13th For those who work in the emergency services.  
*For the people of Hester Close and St. Stephen's Road.*
- 14th For those who are lonely in our community, may we be open to their needs.  
*For the people of St. George's Road and Sandy Lane.*
- 15th For chaplains in hospitals, prisons and universities.  
*For the people of Mark Road.*
- 16th For the people of Our Lady of Victories and those who worship outside the village. For the work of Churches Together in Formby, Altcar and Hightown.  
*For the people of North Dunes and Westway.*
- 17th **St. Patrick.** For courage and understanding in those working for reconciliation among communities in Northern Ireland.  
*For the people of Alt Road and Lower Alt Road.*

# PRAYER PROMPTS FOR MARCH [CTD.]



- 18th For the local commerce and industry.  
*For the people of Elvington Road.*
- 19th **(4th Sunday in Lent - Mothering Sunday)** We remember all mothers, especially those who struggle alone.  
*For all the people of Hightown*
- 20th **Joseph of Nazareth.** We remember all fathers and those who take responsibility for the upbringing of children.  
*For the people of Village Way and Roundway*
- 21st For those who serve in the armed forces at home and abroad.  
*For the people of Altcar Camp.*
- 22nd For the sick and their carers.  
*For the people of Sandhills and Blundell Avenue.*
- 23rd For our young people and the work of the Children's Society.  
*For the people of Moorhouses and Bankside.*
- 24th For all who are homeless and the charities which work to support them.  
*For the people of School Road and Gorsey Lane.*
- 25th **The Annunciation.** For those seeking employment.  
*For the people of Elmcroft Lane and Emerson Close.*
- 26th **(5th Sunday in Lent – Passiontide begins)** That we may follow Jesus' example of showing love towards all people.  
*For all the people of Hightown*
- 27th For the different groups that meet in our church hall and those who have the responsibility for running them.  
*For the people of Tudor Gardens and Thirlmere Mews*
- 28th For the members of the P.C.C. and their work.  
*For the people of Langley Close and Richmond Close.*
- 29th For those seeking employment and those who guide them.  
*For the people of Thornbeck Avenue and Mayfair Close*
- 30th For political prisoners and the work of Amnesty International.  
*For the people of Riverside.*
- 31st For the bereaved and those who carry great sadness.  
*For the people of Briary Croft.*



# Who's Who at St. Stephen's

<b>Vicar</b>	<i>To be appointed</i>
<b>Reader</b>	Mr. John Gibson
<b>Wardens</b>	Mr. Geoff Bailey
<b>PCC Secretary</b>	Mrs. Beryl Howard
<b>PCC Treasurer</b>	Mr. Keith Aldis
<b>Gift Aid Secretary</b>	Mr. Brian Taylor
<b>Safeguarding</b>	Mrs. Sonia Bunyard
<b>Wills and Legacies</b>	<i>To be appointed</i>
<b>Electoral Roll Officer</b>	Mrs. Beth Cresswell
<b>Sacristan Team</b>	Miss Hazel Roberts
<b>Health and Safety</b>	Mr. Stanley Alty
<b>Flower Rota</b>	Mrs. Hilary Munro
<b>CMS Secretary</b>	Mrs. Beryl Howard
<b>St. Stephen's Youth Club</b>	Jane Croxton
<b>Church Hall Bookings</b>	Mrs. Sally Fraser
<b>Focus Editor</b>	Colette Grove <a href="mailto:Focus.Magazine@StStephensHightown.org.uk">Focus.Magazine@StStephensHightown.org.uk</a>
<b>Focus Advertisements</b>	Colette Grove (as above)
<b>Focus Distribution</b>	Mr. and Mrs. K Bradshaw
<b>St. Stephen's Church Website</b>	<a href="https://StStephensHightown.org.uk">https://StStephensHightown.org.uk</a>

## **St. Stephen's Church Hall**

The hall has recently undergone refurbishment involving a new ceiling, lighting and a reseal of our parquet floor.

The P.C.C. and congregation of St Stephens would like to give thanks to everyone in the community who contributed to the cost of the new ceiling and lighting system. Together we raised £20,706 pounds, for which we, at the church, are extremely grateful.

The hall, adjoining our community garden, can seat approximately 100 people and has kitchen facilities. It is available for **HIRE** and can be used for a variety of purposes.

For enquiries on availability please contact **Mrs Sally Fraser 0151 929 2370**

or visit our website <https://StStephensHightown.org.uk> and Click Information-Church Hall for additional information.



Entries for future issues of Focus to be sent to  
[Focus.Magazine@StStephensHightown.org.uk](mailto:Focus.Magazine@StStephensHightown.org.uk)

Please submit before the last day of the month.

**Coffee Morning**

**Saturday March 4th**

**10am until 12noon**

St Stephen's Hall

**All Welcome**



# Sea Bees

by Sally-Anne Tapia-Bowes

This coming spring, I will have been an apiarist for twelve entire months! In that time, I have twice harvested honey from hives and even named them according to their unique family personality. I have learned so much in this time; without a doubt, I have so much more knowledge and many more skills to acquire. One thing hasn't changed though, I really do love my bees.



My family hives are named: Athena, Circe, Iris, Pandora and Eris. Each hive has a queen, and each queen is the matriarch of a large family, one that will grow to its full potential, circa 60,000 worker bees, by mid-summer. Athena was my first hive; she is named after the goddess of wisdom and victory. The Circe hive is named after the goddess of Sorcery and Magic; the Pandora hive is named after the goddess who is all-gifted. The Iris hive is named after the goddess of sea and sky. Finally, the hive named Eris, my most challenging family hive, is named after the goddess of discord: in total, I have been stung seven times, and only by the ladies in this hive!

It is a fact that bees are defensive and *do not attack*; despite this, it is important to dress appropriately, not only to guard yourself but to save a bee from dying. Most readers may not know that male drone bees cannot sting, and that following the queen's single maiden flight, they are essentially of no use to a hive. Female worker bees have numerous roles; they either collect propolis and seal gaps in the hive or collect nectar and pollen. Many bees are attached to the nursery, either feeding pupa or sealing cells with wax: all are loyal to the queen. Drones are first to be booted out of the hive come winter; the worker bees can create more drones by simply choosing the gender of each pupa according to when they stop feeding it, in order for them to hatch. A drone is created in 24 days, a worker bee in 21 and a queen in 16. Interestingly, all eggs are potential queens. However, worker bees only create queens when the hive overcrowds, and bees consider swarming or when the queen is showing signs of slowing down, usually in her fifth year. At the height of the summer season, each queen can lay up to 2000 eggs a day!



Certainly, the honey sold from The Crib, usually via our honesty



stall is organic. We do not spray our bees, nor treat or alter our honey in any way. When the temperature is 10 degrees, we feed our bees organic apples and organic blackberry jam with some sugared water every day. They love this! I also sing to them: usually, and I don't know why, it is "Here Come the Girls!" Furthermore, the common practice of clipping the queen's wings, as many farmers do with their hens, does not happen in our garden! If my queens choose to leave, then they are most welcome to their freedom.

My painting of Sea Bees, featured on this last season's Christmas card, is the beginning of a project that I hope to very much enjoy. When my extension is built this spring, I will start creating honey pots in my pottery studio, on the theme of the Hightown sea, village and my bees. I hope when the time comes, you will call in and visit.



## HIGHTOWN GARDEN CLUB

### *Would you like to make a decoration for Easter?*



The Hightown Garden Club will welcome demonstrator and speaker **Jackie Iddon** on the **13th March 2023**. Jackie has a wonderful garden in Bretherton which is open to visitors several times during the year. As well as being a very knowledgeable gardener, she can also make decorations. Our Hightown Garden Club visited her home at Christmas to learn about Christmas wreaths, which she made so beautifully.

Visitors to the club pay £3 (max 3 visits p.a.) and to be a member is £15.

# From Chris's Kitchen

## GRANOLA

(Adapted from the Neal's Yard Bakery "Wholefood Cook Book")



To accompany the article on beekeeping in Hightown, my husband, Chris, is offering you a chance to use local honey in a homemade breakfast cereal. Local honey has been shown to have many benefits. It can help to prevent allergies and is a healthier alternative to sugar or sweeteners in drinks. We need the bees to pollinate our flowers, vegetable crops, fruit trees and fruit bushes. The more we use, the more reason for keeping hives and buying from a local producer.

### Ingredients

100ml sunflower oil	75g sunflower seeds
100ml local runny honey	25g pumpkin seeds
250g jumbo oats	150g chopped mixed nuts
85g rye flakes	30ml wheat germ (optional)
115g regular porridge oats	150g mixed dried fruit
Dried blueberries and dried cranberries (optional extras)	

### Method

Heat oven to 140C/Gas Mark 1

Melt oil in a large saucepan. Add all the ingredients, except the dried fruit and the wheatgerm. Mix well and spread on 2 baking trays. Leave in the oven for 1 hour, stirring occasionally to prevent sticking.

Remove from the oven and leave to cool. Add the wheatgerm, if using, and the dried fruit and store in an airtight container.

Serve with milk, yoghurt, soya milk, fruit juice and maybe a topping of chopped fresh fruit.



# Village Organisations and Activities

Tuesday Group, St Stephen's Hall Tuesday morning 10am	Beryl Howard Jan Branigan
Hightown Friendship Group 2nd Wednesday at 8pm, St Stephen's Hall	Margaret Wear
Gardening Club 2nd Monday St Stephen's Hall 8pm	Hilary Munro
Bowling Club, Sandy Lane	Diana Killen
Hightown Club	Chris Scrine
Blundellsands Sailing Club	Rohan Pickard rohan.pickard@gmail.com Chris Williams Cwill1951@virginmedia.com
Yoga Classes, Hightown Club	Rose Billinge
Flower Show	Ian Wear
Open Mic Poetry Group 3rd Thursday 7.30pm, St Stephen's Church Hall	Tony Higginson—tonythebook@live.co.uk Sally Anne—tapiabowes@gmail.com
'Drop In', Thursdays, 1.30—3.30pm St Stephen's Hall	Sue Taylor
Village Singers, Our Lady of Victories Hall, Mondays 1.30—3pm	Chris Payne—payne-c@sky.com
Hightown Parish Council	Jenny Farrar—clerk@hightownparishcouncil.uk www.hightownparishcouncil.uk
Community Library, Alt Centre, Lower Alt Rd, Mon 12-2, Tues 1-3, Weds 1- 4, Fri 10 -12	Linda Munro—lindamunro@hotmail.com
Zumba Gold, Dance for all aged 55+, Mondays 9.45-10.30 St Stephen's Hall	Nicky Garsforth
Creo Dance Co, Mon, Tues, Wed, Thurs, Sat Children 3-18 years	Georgia Gaudi

# CREÓ DANCE COMPANY



CREÓ is Latin for the word CREATIVE, which is an asset we strongly believe in and encourage at CREÓ Dance Company. We promote creativity, inclusivity, and determination. Our dedicated team of teachers strive to create a positive learning environment where our students can build the confidence to demonstrate their individual style, and most importantly, grow into the best performer they can be!

We have taken our students all around the UK to compete and perform at various events, national competitions, and regional platforms. We now have an established competition team who train every week for competitions and events throughout the year. Some of our younger students had their first ever competition in November last year and gained 1st place for their category, after just 8 rehearsals together. Our competition teams then went on to gain three 1st places, one 2nd place, two gold medals and one silver medal at the Destination Dance Competition on 14th January – WOW!

And it isn't just our competition teams that are doing well. We are lucky to have committed and hardworking students across all of our classes. They are passionate to do well and have the drive to do so. All students are invited to perform in our TWO annual showcases with the opportunity to perform in a theatre. We are currently working on show performances

for our upcoming Summer Showcase: “Once Upon a Time.” This is to be performed at The Atkinson Theatre in Southport on Saturday 15th July this year – we would love to see some friendly faces in the audience! Tickets can be booked on The Atkinson Theatre’s website.

There is something for everyone at CREÓ, whether you have a young aspiring actor, singer, dancer, or gymnast! We are currently enrolling until the end of next term.

For more information, contact Georgia on:

07857 289 795 or email [creodancecompany1@gmail.com](mailto:creodancecompany1@gmail.com)

Check us out on Instagram and Facebook – [@creodancecompany](https://www.instagram.com/creodancecompany)

Or visit our website: [www.creodancecompany.co.uk](http://www.creodancecompany.co.uk)



# Hightown Farmers' Market

Sunnyfields are holding these fantastic markets once a month. They are really worth a visit. I bought some amazing smoked cheese, garlic and herb cheese, some yellow carrots, yellow beetroot and beeswax lip balm, all produced by small family businesses. I also purchased coasters, painted by a local artist. A perfect present for my sister!

The donkeys are very friendly girls and welcome a fuss.

The next market will be on 12th March.



## St Stephen's Church Hall

# TODDLER GROUP

Term time

Every Friday 9.30 to 11.30am



## Sanctuary Flowers

No flowers during Lent

## MARCH BIRTHDAYS

Isabella Diane Louise Forsyth



Dear Editor,

We would like to thank everyone for their cards, messages, flowers and kind words regarding the passing of Malcolm. We would also like to thank everyone for their donations to Dementia UK. We have wonderful memories of Malcolm which cannot be taken away.



Marjorie, Mandy and John Walker

## USEFUL TELEPHONE NUMBERS/WEBSITES

Hightown Doctor's Surgery— 0151 929 3603

The Brain Charity — 0151 298 2999

Hightown Hotel—0151 929 2492

Blundellsands Sailing Club—Cwill1951@virginmedia.com

Hightown Club—07884 491 806 (Chris Scrine)

Local taxi—Formby Village Radio Cars 01704 877777

Police (Non-Emergency) – 101

NHS (Non-Emergency) – 111

Sefton Council Main Number – 0345 140 0845

Adult Social Care – 01704 704389 (North) / 0151 529 3761 (South)

Children's Social Care – 0151 934 3114

Children's Safeguarding Concerns – 0345 140 0845 (8am-6pm)

Sefton Council Emergency Duty Team (weekends) 0151 934 3555

Sefton Council for Voluntary Service – 0151 920 0726

Healthwatch Sefton – 0800 206 1304

Sefton Security – 0151 934 4746

NHS Southport and Formby CCG: 01704 395 785

Sefton Carers Centre (helpline) – 0151 288 6060

Stop Hate UK - 0800 138 1625

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National Domestic Abuse Helpline 0808 2000 247

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Established 1907 Hightown



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***No boat required!***

***We sail all manner of yachts up to 30ft in length from moorings in the Alt between April and October. During the winter we fit out our boats in the boat yard with lots of socialising and events throughout the year at our club house overlooking the shore.***

***If you are interested in joining the club or trying some sailing with existing members, please contact:***

**Rohan Pickard – Commodore**  
[rohan.pickard@gmail.com](mailto:rohan.pickard@gmail.com)

**Chris Williams – Rear Commodore**  
[Cwill1951@virginmedia.com](mailto:Cwill1951@virginmedia.com)



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For Membership Enquiries, Contact: Chris Scrine: 07884 491 806

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For details, Please contact:

Brian Taylor: 0151 929 2720

Keith Aldis: 0151 929 3612



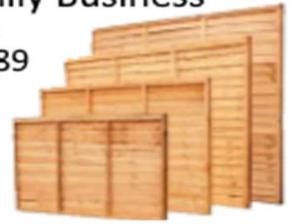
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to find out more ?

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To find out more:  
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