

*In the bleak mid-winter
Frosty wind made moan,
Earth stood hard as iron,
Water like a stone;
Snow had fallen, snow on snow,
Snow on snow,
In the bleak mid-winter
Long ago.*

*Our God, Heaven cannot hold Him
Nor earth sustain;
Heaven and earth shall flee away
When He comes to reign:
In the bleak mid-winter
A stable-place sufficed
The Lord God Almighty,
Jesus Christ.*

*What can I give Him,
Poor as I am?
If I were a shepherd
I would bring a lamb,
If I were a wise man
I would do my part,
Yet what I can I give Him,
Give my heart.*

Photo taken by Margaret Blades



St. Catherine's Church, Crook

December 09 - January 2010

*We all owe everything to Almighty God;
Come and worship Him at St Catherine's.*

A warm welcome is given at 10 am each Sunday

WHO'S WHO at St Catherine's

Vicar:	Rev. Canon Tim Montgomery
Associate Minister:	Rev. Tim Harmer
Hon. Asst. Minister	Rev. Canon Clive Porthouse
Licensed Readers:	Mrs Marian Porthouse Mr Reg. Bradby
Church Wardens	Mr Tony Fitch Mr Don Webster
Hon. Treasurer:	Mrs Hilary Fitch
P.C.C Secretary	Miss Margaret Blades

Two Valleys Team Churches' Office
c/o St Thomas' Church
Stricklandgate
Kendal
LA9 4QG
01539 730683

Revd Tim Harmer
015395 68865
revtim.harmer@virgin.net

Please do not hesitate to contact us for baptisms, weddings, funerals or any pastoral need. Please ring Tim Montgomery or go via the churches' office.

We are grateful to those who care for our church and grounds week by week – cleaners, flower arrangers, gardeners. Let us know if you want to help!

Church Services Every Sunday at 10.00am

DECEMBER

JANUARY

6th	HOLY COMMUNION (CW) The Call to Change Luke 3:1-11 Phil.1:1-11	3rd	MORNING WORSHIP (NB) We Gentiles share God's blessings with Jews Eph.3:1-12 Matt. 2:1-12
13th	MORNING WORSHIP Preparing Christ's Way Isa.40:1-11 Luke 10:1-12	10th	MORNING WORSHIP What Jesus brings us Eph. 1:3-14 John 1:10-18
2.30pm	CAROL SERVICE		
20th	MORNING PRAYER (BCP) The Joy of Christ's Advent Hebr.10:5-18 Luke 1:39-55	17th	MORNING WORSHIP God at work in Argentina ARCHDEACON G. HOWE Isa. 62:1-5 2 Cor. 8:1-15
24th	CHRISTMAS EVE MIDNIGHT COMMUNION	24th	HOLY COMMUNION Continuing Jesus' work 1 Cor.12:12-31 Luke 4:14-21
25th	CHRISTMAS DAY MORNING WORSHIP		
27th	MORNING WORSHIP The Message of St. John 1 Jn 1:1 to 2:2 Jn 21:19b-25	31st	MORNING WORSHIP Love Actually Hosea 11:1-11 1 Cor. 13

Photo of Christmas 2008 in Crook church taken by Hazel Phillips

More than 160 Cumbria walks to download and print FREE!

There's no doubt about it, walking is good for you. It is good for your heart, it is good for your lungs, and it is good for the muscle and bone growth of your children and it is good for your feeling of well being! Strong scientific evidence now supports the many benefits to health of regular walking - it is recommended that we take at least 10,000 steps a day.

Studies show that walking can:

- Reduce the risk of coronary heart disease and stroke
- Lower blood pressure
- Reduce high cholesterol
- Reduce body fat
- Enhance mental well being

So, how do you find out what is on offer? John Harris, a keen walker, got fed up with the lack of information on walks in the County. He decided that if he couldn't find what he was looking for - he had better create it! So www.walkingincumbria.org.uk came into being.

Details of more than 160 walks to download and print free, details of all the Cumbria walking groups, maps and walk books - plus a lot more information.

Check out the website and get walking!

Church Cleaning Rota

December

January

February

5th	Audrey Rowlinson	2nd	Ann Heap	6th	Jennifer Gorst
12th	Sandra Lauder	9th	Ann Underwood	13th	Hilary Fitch
19th	Lillian Atkinson	16th	Sylvia Girdam	20th	R & E Bradby
26th	Thelma Brown	23rd	Marian Porthouse	27th	Judi Webster
		30th	Mary Allcock		

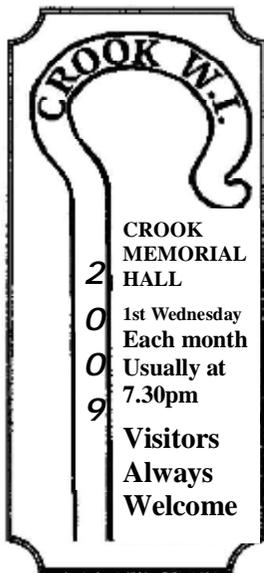
Church Flower Rota

December

January

February

Nancy Bowes	Olwen Cameron	Christine Barker
Joan Matthews	Margaret Wardle	Jean Bainbridge



December 2nd
CHRISTMAS BRING & BUY AUCTION
Competition:- Festively Wrapped Soap

January 6th
NEW YEAR PARY
(Please note 12 Noon start)
Co-operative Lunch
Entertainment:- A Musical Interlude

President:- Mrs Ann Underwood Secretary:- Mrs M. Simm
Vice President:- Mrs S. Mulvany Treasurer:- Mrs S. Tredwen

At our October meeting, Paul Heavey, MD of Lakes Speciality foods, demonstrated creative cuts with a skirt of beef, deftly butchering lamb and pork before our eyes while regaling us with recollections of his career to date. He advised us on new methods of cooking meat and gave us a new slant on its presentation. Enterprising stuff.

A busy month for WI, many of us gathered at Levens for a group meeting when we gained an insight into the lighter side of church life in an hilarious presentation from the Rev Carole Marsden. During this meeting Jenny Gorst, who has very skillfully organised the group meetings for the seven Lyth Valley groups for the past ten years, handed on the baton to Judi Webster who will no doubt continue its smooth development.

Hopefully you will all have noticed the improvement the WI Garden Posse has made to the 'garden area' of the Memorial Hall. Leaving it to overwinter now, we plan to be creative next spring. Who says we're just buns and cakes!

November's AGM produced changes in the committee as we move around to bring in new ideas. John Butcher brought the original plan and some actual pieces of the Thirlmere aqueduct as well as other visual aids, and delivered a very professional visual presentation where you could hear a pin drop.

The Book Group thrives and indeed a Cycling Group is beginning to emerge. Do join us if you are interested - you don't have to join the cycling group!!

Ann Underwood

CHRISTMAS SERVICES

Sunday 13th December
10am Morning Worship
Carol Service at 2.30pm
(with Chris Mansley singers)

Christmas Eve
Thursday, 24th December
11.15pm Mid-night Communion

Christmas Day
10am Morning Worship
Please note service on Christmas Day

Dear Friends,

Another Christmas approaches and I sometimes wonder if they come round more quickly every year! Thanks to Joan Gunning for her piece on Christmas in Bethlehem which gives us a special perspective this year. I won't try to add any more to that but will simply wish you all a very happy Christmas and a peaceful new year.

In 2010 I will be taking a three month sabbatical from February to April. I can't believe that I am now in my tenth year as Vicar of St Catherine's and St Thomas, and I am grateful for this opportunity to take a break as well as to follow-up on my interest in the developing styles of leadership in the church. I will also be attending to my emerging book on the leadership of Moses ... which I hope will be ready for publishing sometime before I eventually retire!

So we approach the season of goodwill and hope with the usual amount of wonder that God should love us enough to come and live among us. May you experience some of that love and wonder this year as we celebrate again the mystery of Emmanuel – God with us.
 Revd. Canon Tim Montgomery.

"And it came to pass....."
in Bethlehem.

Nearly seven hundred years before Jesus was born, Micah, a prophet of God, foretold of a wonderful ruler who would be born in Bethlehem. Micah's contemporary, Isaiah, prophesied the same event; a saviour, to be born of David's line.

These Godly men could not have guessed how long God would delay before He fulfilled their inspired message.

The countries of Israel and Judah experienced turbulent times for many years but there was no sign of a saviour. King David's family was scattered, not one of his descendants lived in Bethlehem.

World history, used by God, came to our rescue. The Roman Empire had grown to include the entire Mediterranean area and it was the Emperor Caesar Augustus who authorised a census to enable Rome to tax the population. Every citizen was compelled to return to the town of their ancestral origin.

So, two humble peasants, Mary and Joseph set out from Nazareth to enrol in Bethlehem. Both of them were of the lineage of King David and Mary was carrying the Son of God, the promised Saviour.

Few people remember Caesar Augustus but Our Lord Jesus Christ, is still in the centre of world affairs. This Christmas millions of people living all over the world will sing His praise. Many will wonder at his leaving the glory of His Father's dwelling, to come as a child in great humility, to the world that He created. When He was a man, people marvelled at His teaching and His control of the physical and spiritual world. Finally, Emanuel, suffered the anguish of atoning for our sins by His death on the cross. Distraught followers despaired until standing near the sepulchre they were asked..."Why seek ye the living among the dead" (Luke 24:5). The resurrection confirmed, that to Him all things are possible. We give thanks that He promised, "I will never leave you or forsake you" (Hebrews 13:5).

No wonder Bethlehem became a centre of pilgrimage. The town is built on limestone hills in which caves are found. These have always been used to store goods, to keep sheep safe on winter nights and for simple dwellings. It is probable that Jesus was born in a

Crook Memorial Hall Committee

Christmas Coffee Evening

for all the family

Saturday 5th December 2009

at 7.30pm

Bingo - Dominoes Stalls - Raffles

KID'S TEA PARTY

Saturday 2nd January, 2010

2.00pm to 4.00pm

(Grandchildren Welcome)

followed by

Hot Pot Supper and Quiz

at 7.30pm.

CHRISTMAS COFFEE EVENING

In Aid of the Wooden Spoon Society

Friday 4th December 2009

Underbarrow Village Hall at 7 pm

£1 entry for as much Tea/Coffee/Biscuits as you would like.
Raffle & Tombola Cake & Hand Made Cards Stall Bric a Brac
Guess the weight of the Christmas Cake and various other stalls and competitions.

A Fun evening for all to enjoy!!

Team members:- Dave Higson, George Taylor, Claire Longney and Brenda Hornsby

Look forward to seeing you there!

The Memorial Hall committee is hoping to have another
Afternoon Tea and Get Together in February 2010.

There will be a **Book Stall** again - so please 'gather together' all your books, DVD's and jigsaws for this event.

Christmas By The Cupful "A heaping cup of happiness

2 of love and caring,

1 of understanding,

1 of joyful sharing.

A level cup of wisdom,

1 of artful living,

1 of thoughtful insight,

1 of selfless giving.

Mix ingredients together,

Toss in a little flair,

Serve to everyone you know,

Topped with a tiny prayer.

May every measure of happiness

Be yours this Christmas time!

May we use this recipe often, not only at Christmas, but all during the year."



cave and later laid in a manger.

Early in the third century Origen noted that a particular cave was always pointed out as the place where Christ was born. Possibly it was over this cave that the Emperor Constantine built the first basilica. Today the Church of the Nativity is a huge austere building in Manger Square. The church is shared for worship by monks of Greek, Latin and Armenian orders and the interior shows evidence of the loving workmanship of many craftsmen who have decorated the walls and floor through nearly 2000 years.

The cave is a colourful grotto, it has not retained its simplicity but many people give thanks in this small place for the coming of their Saviour.

Bethlehem has rarely been a place of peace, at present it is situated on the West Bank; Arab Christians and Muslims live there uncertain of to-morrow. But, through November and December, people will be planning religious processions and making traditional objects from olive wood and mother-of-pearl, all ready for the Christmas street market.

On the road from the centre of the city to the Shepherds' Fields, there is a small school. The House of Hope was opened about fifty years ago by a retired teacher, it provides handicapped young people with skill training; many of the children are Arabs and come from a nearby refugee camp. This is a Christian school which gives the pupils hope for the future, both in this life and the next. It is a true symbol of God's intent for Bethlehem. JG.

**O come, all ye faithful,
Joyful and triumphant
Come ye, come ye to Bethlehem,
Come and adore Him, born the King of Angels.
O come let us adore Him – Christ the Lord.**

ACC Pastoral Care Foundation Course
A national training resource for churches and pastoral carers

Kendal : Jan – Mar 2010

The Association of Christian Counsellors (ACC) has produced the Pastoral Care Foundation Course to enable carers to develop their understanding of pastoral care and become more effective in relating to and caring for the people and communities around them.

Teresa Onions from St. Catherine's Church, Crook has been involved in re-editing and delivering this material and will be running the course early next year for Churches in Kendal and surrounding areas.

The course involves 10 x 2hr sessions (an introductory Friday evening followed by 3 Friday evenings/Saturdays once a month) and some personal reflection. Sessions cover a biblical understanding of pastoral care, aspects of human need, the caring relationship, listening and responding skills, resources and safe practice.

Cost £95, including course folder and book. Further information from Teresa tel: 01539 735373 [email:teresaonions@yahoo.co.uk](mailto:teresaonions@yahoo.co.uk)

There will be Tea and Carols at Middle Blakebank (the home of Hilary and Brian Crowe) on Saturday 19th December at 3.30pm - everyone very welcome.
(Please note new time)

ST CATHERINE'S CAROL SINGERS

A group of us will be singing carols to homes in the centre of Crook village on Tuesday December 22nd and to some of those who live further out on Wednesday 23rd between 6.30 and 9.30pm. We hope you will be at home to hear our Christmas message. This year we are collecting for the Air Ambulance and the Crook First Responders.

A sign up sheet will be in the church for those who would like to come and sing and share a simple supper afterwards on the Wednesday night at Gravel House.

Peter and Mary Simm, Gravel House 01539 821503

Archdeacon's visit - 17th January 2010

At the September meeting of the PCC we considered an appeal from the Diocese for a contribution towards the renovation of a house for the newly appointed Assistant Bishop of Argentina. Some pictures showed just how urgently the work was needed, and the PCC decided to send £1200 to pay for all the repairs to the leaky roof. Archdeacon George Howe keeps in close contact with the Church in that country and has gladly said he will come on 17th January to preach about what God is doing there. We hope there will be a good turnout to hear him.

40 YEARS ON

Recently we remembered the bravery shown by the Apollo Astronauts who landed on the Moon just over 40 years ago, but did you know that Buzz Aldrin was also a Presbyterian and a member of Webster Presbyterian Church just outside Houston?



One day at Cape Kennedy, while working with the sophisticated tools of the space effort, it occurred to Buzz that it might be possible to take Communion on the moon, because so many in the NASA programme believed that what they were doing was part of God's eternal plan for man.

Each astronaut was allowed to carry a few personal items as long as they were not too heavy, so his Minister found a light silver chalice and the bread and wine were carried in plastic packets. There would be just enough gravity on the moon for the liquid to pour.

After much thought, the astronauts chose John 15:5 to read when they took communion. It is some words of Jesus:

**"I am the vine, you are the branches.
If a man remains in me and I in him,
he will bear much fruit;
apart from me you can do nothing".**

In the one sixth gravity of the moon, the wine curled slowly up the side of the cup as he took communion, and at that same time the congregation received the bread and wine in a service back in his home church.

(Taken from a sermon preached by Mrs Jean Doyle in 1969)
C.P.