

**APRIL 2016 70p**



**CARTMEL FELL**



**CROSTHWAITE**



**CROOK**

**TWO  
VALLEYS PARISH  
NEWS**



**HELINGTON**



**WINSTER**



**UNDERBARROW**



**WITHERSLACK**

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## Church Services for APRIL 2016

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### 3<sup>rd</sup> April

9.30am

9.30am

9.30am

11.00am

11.00am

6.30pm

### The 2<sup>nd</sup> Sunday of Easter

Cartmel Fell

Witherslack

Underbarrow

(joint with Helsington)

Crook

Winster

Crosthwaite

Matins (BCP)

Holy Communion (CW)

Holy Communion (CW)

Morning Worship (CW)

Holy Comm + Baptism (BC

Evensong (BCP)

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### 10<sup>th</sup> April

9.30am

9.30am

9.30am

10.00am

11.00am

11.00am

11.00am

### The 3<sup>rd</sup> Sunday of Easter

Cartmel Fell

Helsington

Underbarrow

Witherslack

Crook

Winster

Crosthwaite

Holy Communion (BCP)

Morning Worship (CW)

Morning Worship (CW)

All-age Service

Morning Worship (CW)

Morning Worship (CW)

Morning Worship (CW)

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### 17<sup>th</sup> April

9.30am

9.30am

9.30am

10.30am

11.00am

11.00am

11.00am

### The 4<sup>th</sup> Sunday of Easter

Cartmel Fell

Helsington

Witherslack

Underbarrow

Crook

Low Farm, Lyth

Winster

Morning Worship (CW)

Holy Communion (CW)

Morning Worship (CW)

Morning Worship w Baptis

Morning Worship & APCM

Damson Day Songs of Praise

Holy Communion (BCP)

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### 24<sup>th</sup> April The 5<sup>th</sup> Sunday of Easter

9.30am

9.30am

11.00am

11.00am

11.00am

4.00pm

Cartmel Fell

Underbarrow

(joint with Helsington)

Crook

Winster

Crosthwaite

Witherslack

Holy Communion (BCP)

Holy Communion & APCM

Morning Worship (CW)

Matins (BCP)

Holy Communion (CW)

**Songs of Praise**

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### 27<sup>th</sup> April

7.30pm

### Wednesday

Crosthwaite

Refresh

For further details see [www.crosthwaiteandlyth.co.uk/twovalleys](http://www.crosthwaiteandlyth.co.uk/twovalleys)  
and click on "Church Services for this month"

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## *A LETTER FROM BRIAN CROWE*

The news in recent weeks has revolved around fear, wherever you look.

In the US, Donald Trump's campaign is based on fear - that the US no longer retains its pre-eminent place in the world. The solutions offered are to build barriers to protect itself from the world:

- a wall to keep out Mexicans;
- the denial of visas to exclude Muslims;
- tariffs to exclude China's exports.

These arguments resonate well with those fearful of the future.

The Republican Party itself now admits fear in the face of Trump's success, worried about the consequences for the US.

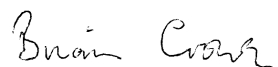
In Europe, the continuing Migration crisis offers no end in sight. We understand the need for compassion in the face of refugees trying to survive as they escape from Syria, Iraq or Afghanistan, but we become fearful when we see the vast scale of the numbers of people on the move. As Justin Welby, the Archbishop of Canterbury, recently expressed, "it is reasonable and legitimate for people to fear Europe's 'Colossal Crisis' of migration".

And in Britain, the EU referendum debate has so far been distinguished, not by its expression of alternative visions of how our nation may take its place among others to build peace and a fair society within our world, but by drawing attention only to the fears of whether we remain or leave.

Meanwhile, most of us are probably much more focused on our own concerns – our individual health, the costs of our own care in the future, our children's job prospects, our grandchild's education, completing required repairs following the floods, the impending welfare cuts facing those living with a disability. What do we do with our fear? We somehow assume that we are in control of our own lives, but in fact we always have to trust others, whether the doctor in the NHS, the teacher in the classroom, the employer in the workplace, the politician for a fair tax and benefits system. That trust is difficult to give, particularly if we have frequently been disappointed by those we've trusted.

Fear has always been with us. But this Easter let's look at the fear faced by Jesus' followers and see Jesus' response to their fear. Peter, the leading disciple, in his fear of the authorities, repeatedly denied Jesus, yet was welcomed back by Jesus and restored to friendship and love. Mary Magdalene, terrified by the lack of Jesus' body in the tomb, received Jesus' reassurance – "Don't be afraid!" He is not here, He has risen, just as he said."

This Easter, may you find yourself able to put your trust in One who will prove trustworthy, who loves us so much that he has been to the cross for us, and may he help us face our fear.



# FROM THE REGISTERS



## Baptisms

6<sup>th</sup> March  
13<sup>th</sup> March

Rowan Mary Crompton at St. Mary's, Crosthwaite  
Jacob Philip William Jackson at Holy Trinity, Winstar



## Funerals

2<sup>nd</sup> March

Penny Mutch (73) – Funeral & burial at St. Mary's, Crosthwaite

## **BIBLE Book of the Month LEVITICUS**

**Author:** Traditionally Moses.

**Date of composition:** Most of the laws appear to have been codified when the Israelites camped in the Sinai region c.1275 BC, but later editing could have taken place.

**Structure:** The book is in two parts, Chs 1-15 are laws of sacrifices and rituals, chs 17-27 cover mostly behavioural ethics. The “Day of Atonement” in ch.16 holds the two together.

### **Content:**

- Sets out the rules for Israelite sacrifices and shows why they were needed
- Gives rules for social personal behaviour
- Describes rituals covering everyday needs
- Stresses the holiness of God and his people

### **For Today:**

- God is holy, so we are also to be holy
- Worship is to be offered with care and reverence
- God wants to hallow ordinary things
- God has provided a means to restore our broken relationship with him

### **Leviticus in the New Testament:**

- Be holy: 1 Peter 1:15
- Called to be priests: 1 Peter 2:9
- Christ does what rituals could not: Hebrews 7:18-28
- Christ is a sin offering: Romans 8:1-4; 2 Corinthians 5:18-21
- Christ is a peace offering: Romans 5:1-11; Ephesians 2:13-18; Colossians 1:18-20
- Christ is our High Priest: Hebrews 3:1; 4:14-5:5; 8:1-13

## **Holy Days in April**

- 10 William Law, Priest, Spiritual Writer, 1761 - Lesser Festival
- 19 Alphege, Archbishop of Canterbury, Martyr, 1012 - Lesser Festival
- 21 Anselm, Abbot of Le Bec, Archbishop of Canterbury, Teacher of the Faith, 1109 - Lesser Festival
- 23 **George, Martyr, Patron of England, c.304 - Festival**
- 25 **Mark the Evangelist - Festival**
- 29 Catherine of Siena, Teacher of the Faith, 1380 - Lesser Festival

## **DAMSON DAY SERVICE - 11.00am Sunday 17<sup>th</sup> April in the marquee at Low Farm**

Once again we will be holding our usual special “Damson Day Songs of Praise” Service at 11.00am in the Marquee on the site of Damson Day itself on Sunday 17<sup>th</sup> April. It makes a change to hold a service outside rather than in a church building, and with the help of our inspiring Two Valleys Choir, it freshens us up as the season of Spring slowly unfolds. Do come along if you can .... Car parking will be clearly indicated.

**What is the Bible and how do we use it?** The Bible is complicated and hard to understand at times. Why not come along on Tuesday evenings at the Vicarage, Crosthwaite as we offer a short course to help us understand the Bible better? This course provides some fascinating material for us to explore, covering a wide range of aspects of the Bible in an informal way.

Session 1	What is it? What’s in it? How did it get there?	7.30pm Tuesday 5 <sup>th</sup> April
Session 2	Who when and where? Key events, times & geography	7.30pm Tuesday 12 <sup>th</sup> April
Session 3	One book, many voices? Kinds of literature	7.30pm Tuesday 19 <sup>th</sup> April
Session 4	The Word of the Lord? Authority & Interpretation	7.30pm Tuesday 26 <sup>th</sup> April
Session 5	Used, abused or gathering dust?	7.30pm Tuesday 3 <sup>rd</sup> May

Contact Rev. Michael Woodcock ☎ 015395 68276 if you would like any further details. No need to book, just come on the dates above, when you can.

## **LAMBING SERVICE - 2.00pm Sunday 15<sup>th</sup> May at High Farm , Crook, home of George and Emma Taylor**

We hold our second Lambing Service as we give thanks towards the end of a long season of lambing and hard work by our farmers this year. What a winter to have got through! We will certainly be glad of some warmer, drier days this Spring and Summer. At this special service, very suitable for all ages, we bless the lambs born this season and celebrate together all the signs of hope that this season brings.

So a warm invitation to all our lambing farmers across all the two valleys villages to come to this special gathering at 2.00pm on Sunday 15<sup>th</sup> May in the Barn at High Farm, Crook along with our usual congregations as well. There will be some sheep and lambs around to add to the atmosphere. Wrap up warm if the weather is chilly and please share transport wherever you can.

**DIRECTIONS:** Postcode LA8 8LR From Crosthwaite Vicarage, follow the Starthwaite Road uphill for approx 3 miles (turn right at the fork at Low Shepherd Yeat), then we are the first turning right, directly opposite Brow Head Farm.

From Crook church, follow Back Lane for approx 1 mile, after the dip at Mill Dam we are the first turning on the left.

Parking is available, although if wet weather, car sharing would be appreciated.

## **THANK YOU to TREVOR FARRER (Witherslack)**

On Sunday 3<sup>rd</sup> April, our valued organist Trevor Farrer will be retiring from his role as senior organist at St. Paul’s church. Trevor has been an excellent colleague with whom to work; he is unfailing in good humour and has dedicated himself to serving St. Paul’s faithfully in this way for many years. He says he is retiring, but we may still see him from time to time at the console. However, a well-earned retirement from this ministry beckons and we wish Trevor every blessing as we give thanks for his commitment and service these years past.

Thank you Trevor.

## Alphege of Canterbury

On 19<sup>th</sup> April the Church of England celebrates the memory of Alphege, described in the Calendar of *Common Worship* as ‘Archbishop of Canterbury, Martyr, 1012’. His death was at the hands of the invading Danes, by whom he had been taken prisoner. Not long after the Norman Conquest Archbishop Lanfranc (a Norman appointee) questioned whether Alphege had actually been a martyr, that is, someone who had suffered death for the faith, though he did not question Alphege’s piety and standing as Archbishop. The person with whom he had this conversation — the theologian and philosopher Anselm, who later succeeded Lanfranc as Archbishop — persuaded Lanfranc otherwise, the argument turning on the fact that, although the invading heathens wished to put him up for ransom, Alphege refused to make any payment to obtain his release and forbade anyone else to do so. According to the Anglo-Saxon Chronicle, the enraged the Danes had Alphege brought to their assembly at Greenwich, where some of the men, in a drunken stupor, ‘pelted him with bones and with ox-heads, and one of them struck him on the head with the back of an axe, so that he sank down with the blow, and his holy blood fell on the ground, and thus he sent his holy soul to God’s kingdom’.

Alphege was buried in St Paul’s. But in 1023, by which time England was part of an Anglo - Danish empire ruled by King Cnut, the king authorised a public display of veneration for the Archbishop. And so his body was taken from St Paul’s on 8<sup>th</sup> June, resting first at Southwark, and then at Rochester, before reaching Canterbury on 15<sup>th</sup> June, where he was reburied. There he was revered as a symbol of resistance to the Danes, in admirable contrast to the ineffectual King Ethelred, who had heavily taxed the country in order to pay the Danes to go away — though they repeatedly came back for more! King Cnut may have been astute in moving the focal point of Alphege’s potentially hostile cult away from London; but the decision to honour him publicly could be seen as a gesture of reconciliation towards his Anglo-Saxon subjects. Alphege’s cult flourished but was eclipsed in the twelfth century by that of Thomas Becket (?1118-1170), for which Canterbury became famous throughout Western Christendom.

Alphege, or more properly Ælfheah — for that was his Anglo-Saxon name, Alphege being a Norman version of it — was recognised while he was still alive as a learned and holy man, and a noteworthy leader of the church. He began his ecclesiastical career as a monk at Deerhurst near Tewkesbury; he then went to Bath in the early 960s, at a time when a great reform of monastic life and learning was taken place in England, and there he soon became Abbot. He was appointed Bishop of Winchester (the capital of England at the time) in 984 as a worthy successor to the greatest of the reformers, Bishop Æthelwold; and after working there to promote Æthelwold’s favoured cult of St Swithin, completing a massive extension of the cathedral, and continuing to foster the scholarship for which Winchester had become renowned, he became Archbishop of Canterbury in 1006. Archbishops (and Bishops) had major roles in society at large, not just in the church; and in Canterbury he would have been required to take a lead in resisting the renewed Danish invasions. It was their siege of Canterbury in September 1011 that led to Ælfheah’s capture and his death the following year.

**Joyce Hill**

# God for All, All for God

The Archdeacon of Westmorland and Furness, the Ven. Penny Driver, writes about our diocesan strategy of “**God for All**”

**The real challenge of the “God for All” plans and strategy is that it means everyone doing their bit. It means – All for God!**

If you are a member of a church in Cumbria (and a bit of North Yorkshire) we are asking you to play your part in helping more people connect with God and grow in your own faith through your care and service, worship and witness.

As I travel around the Southern archdeaconry the response to God for All is varied. Some say “Why should we bother?” Others suggest they are not equipped to do what we are asking of them. I overheard one gentleman say “not likely, this church will see me out just as it is.”

And yet we know in our hearts that falling numbers of worshippers and clergy, and more pressure on our finances is simply pointing us to the fact that we have not got the church we need for our task which is set out in the great commission at the end of Matthew’s gospel.

“Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit.” (Matthew 28:19)

This is not as difficult as it seems and there is quite a lot happening already. I meet many groups of Christians from different churches serving their communities through foodbanks, credit unions, coffee drop-in centres, playgroups and lunches for the elderly.

I meet other groups who have joined together to share Bible stories with children through Open the Book sessions in schools and Messy Church. There are study groups meeting in pubs, difficult questions websites and men’s breakfasts.

I meet church communities who are encouraging, training and authorising ordinary members of congregations to help with the leading of worship and pastoral visiting.

I find church communities asking the questions ‘What can we do better together? How do we share our resources and so become more effective?’ I meet many, especially in the tourist areas, looking at their buildings critically thinking how they might make them fit for purpose and help buildings tell the story of our faith by their welcome, their hospitality and by the way they offer Holy space to those who visit this beautiful part of our country.

There is so much already but we just need more! We need a critical mass in order to turn the tide; we need all of us to move from our complacency of the past where we found ourselves dwelling on “God for us and with our own vicar” and move now to “God for all and by us all”.

God is calling for change. God is calling for us to work for unity. And God has a purpose for us and for his church today. If you have a faith in God, a love for Jesus and you love your church, please discover how you might be involved, and even if you are not sure what you believe, get involved anyway; it might help you discover more of God for yourself.

**Penny Driver**  
**Archdeacon of Westmorland and Furness**



# CALLING ALL VILLAGES

## To all our Winsters and Crosthwaite Customers



This Friday is sadly our last Fish and Chip Friday. Our private party catering is continuing to do well and we have now found a buyer for our shop, which means we can now just concentrate on private parties. Sadly this also means that we will no longer have an outlet for unused stock, so we cannot cater for the variances we experience in the Winsters and Crosthwaite round. We never know what we will sell. We have enjoyed our two years with you all. It has been great fun. We wish you

all the best. Hopefully some of you may book us for your private or community parties in the future. As an example, at a private party we serve 100 people in 55 minutes and have a flat rate of £700 for 100 guests. You can visit us on:

[www.thelakedistrictfishandchipcompany.co.uk](http://www.thelakedistrictfishandchipcompany.co.uk) Best wishes Carole and Steve

## Crosthwaite Garden Ramble 29<sup>th</sup> and 30<sup>th</sup> May

This Spring Bank Holiday Sunday and Monday the gardeners of Crosthwaite are once again opening their gardens to the public in aid of charity.

Following on from the success of the 2014 Garden Ramble, which attracted 500 visitors, you are invited to stroll around the 14 delightful private gardens on show, each offering something different, from landscaped lawns to cottage gardens.

A free mini bus service will run to all the gardens from the village hall where refreshments are served all day, from morning coffee to light lunches and afternoon tea. The gardens will be open each day from 10.30 am to 4.30 pm. Tickets will be on sale from Crosthwaite village hall on the day. Adults £5, children under 16 free of charge.

All proceeds from the Garden Ramble will go to St. Mary's Church, Crosthwaite.

For further details contact ☎ 015395 68297

## Crosthwaite C.E. Primary School – Minibus hire

The school minibus will shortly be available for hire to all local community groups and individuals – subject to checks and approval from the school Governing Body. Charges are made per mile, to cover diesel costs and general wear over time. Any queries should be made to the Head Teacher (Matthew Jessop) or Finance Manager (Emma Metcalfe) at the school: ☎ 015395 68471

Email: [Mjessop@crosthwaite.org.uk](mailto:Mjessop@crosthwaite.org.uk) or [Emetcalfe@crosthwaite.org.uk](mailto:Emetcalfe@crosthwaite.org.uk)

Though priority for use will always be given to the school children, we are extremely keen that the minibus is used to support others within the community wherever possible – please contact us if you would like to discuss possible hire!

## Part time work

Part time work available for person/student this summer, own transport required.

For information please telephone William Plumpton ☎ 07765626393

Cartmel Fell Community Trust  
are holding an



# OPEN GARDENS



On Saturday 21<sup>st</sup> May 2016  
From 10am – 5pm

10 delightful gardens for you to wander around

Admission £7 for adults; children under 12 Free. This includes free car parking at Cartmel Fell Parish Hall and free transport to the Gardens.

Tickets available from Cartmel Fell Parish Hall and Bowland Bridge Stores  
Morning Coffee, Light Lunches and Afternoon Teas available at the Hall,  
along with Plants and Home Produce stall and a local  
photographic display



All proceeds to Cartmel Fell Community Trust



## Cartmel Fell Community Trust – Photographic Competition “Cartmel Fell and Bowland Bridge Through The Seasons”

Winning photographs will be used to produce Christmas cards and calendars for 2017 with all proceeds going to Cartmel Fell Community Trust.

Prints should be of Cartmel Fell and/or Bowland Bridge, and be 7”x5” and unmounted. Photos can be from any period, but must be available in digital format for reproduction. Photographs must have been taken by the entrant, who must be willing and able to donate the copyright to Cartmel Fell Community Trust for the purposes of reproduction.

Please securely attach your name, address, telephone number and age, if under 16yrs. to each photograph, along with a note of where it has been taken.

Photographs will only be returned if accompanied by a SAE. We would like to use the photographs for a display in Cartmel Fell Parish Hall during the Open Gardens Day (May 21<sup>st</sup>) and until shortly after the closing date – photos will be returned after then. Entries should be left at Bowland Bridge Stores by the closing date of 31<sup>st</sup> May 2016.

Happy Snapping!

### Michelle's London Marathon Update!

As you know, on 24<sup>th</sup> April I will be running the London Marathon in aid of the British Heart Foundation. Thank you so much to all those who have already sponsored me so generously, the target is slowly creeping up! Training has been going well and at the time of writing I have completed a 16 mile run and can still walk! If you would still like to sponsor me you can either sign a paper form at The Exchange in Crosthwaite on a Wednesday or go online to Virgin Money Giving and search for my name, or type in this link. <http://uk.virginmoneygiving.com/MichelleWoodcock1>

Thank you so much for your help and support. **Michelle Woodcock.**

# Damson Day Country Fair 2016

Saturday 16<sup>th</sup> April 10.30 – 4.00,

Low Farm, Lyth Valley LA8 8DJ

A celebration of the arrival of spring in Westmorland, and the Damson Blossom. A fun filled family day out, packed with local crafts, local produce, entertainment and refreshments

Admission: £6 adults, £3 children under 16, £15 for a family ticket.

## ***Damson Competition***

### **Open Categories:**

1lb Jar of Damson Jam

Bottle of Damson Gin or Liqueur

A Jar of any Damson Preserve

A Damson Dessert

Photography Class – ‘Our Damson Valley’ – the photograph can be black and white or colour, must not exceed 7”x5”, and should have been taken by the entrant within the last three years.

***The Damson Competition Cup will be awarded to the entrant with the most points in categories 1-5***

### **Children’s Classes:**

‘My Damson Valley’ - a picture or collage in any medium. Size should not exceed A3  
A Plate of small Cakes or Biscuits

Childrens Classes are categorised into:

\* Pre-school \* 4-6 years \* 7-11years \* 11-16years

*Please put name and age of child on the reverse.*

Competition entries can be dropped off at Crosthwaite Argles Memorial Hall on **Friday 15<sup>th</sup> April** between 1pm and 3.30pm, or between 10am and 11am on **Saturday 16<sup>th</sup> April** at the Damson Competition Tent (please note, an admission fee will be charged for entry to Damson Day).

The competition is open to individual amateurs. Only 1 entry per person per class.

Judging will take place between 11.30am and 1.00pm on Damson day. The Damson Competition Tent will be open to the public from 1.30pm.

If you wish to collect competition entries please do so between 4 and 4.45pm from the Damson Competition Tent, on Damson Day.

***Damson Competition details and competition schedules are available from Crosthwaite Exchange, Bowland Bridge Stores and Witherslack Community Shop.***

[www.lythdamsons.org.uk](http://www.lythdamsons.org.uk)

## **SAVE THE DATE!**

FrOCS are holding a **Summer Dance** on **Saturday 16<sup>th</sup> July 2016**

At **High Farm, Crook** (by kind permission of the Taylor family)

With live music from the Lancaster Bombers, a Hog Roast and Licensed Bar.

More details to follow – put the date in your diary now, it’s going to be a great night!

# ***NOTICES FOR INDIVIDUAL PARISHES***

## **Cartmel Fell and District History Society programme**

- Mon APRIL 11<sup>th</sup> Judith Shilinger & Alison Peak- Emergency! How people coped before 999  
Mon MAY 9<sup>th</sup> Private Tour of Cartmel Priory and Village Tour -10.30am. £3 pp  
Tues JUNE 14<sup>th</sup> Private Tour of Leighton Hall and Falcon Show 2pm. £6.95 pp

## **CARTMEL FELL**

### **SAVE THE DATE!**

**Cartmel Fell Community Trust** are holding a **Games Evening and BBQ** on **Saturday 23<sup>rd</sup> July 2016** at **Cartmel Fell Parish Hall**. Details to follow.

## **CROSTHWAITE**

**[www.crosthwaiteandlyth.co.uk](http://www.crosthwaiteandlyth.co.uk)**

### **St Marys – Pew Cushions.**

To complete the re-ordering of the Church all the pews have now been fitted with new cushions.

It is hoped that all the recent work carried out at the Church will enabled it to be used more extensively for other events e.g. Concerts etc.

We are now fundraising to cover the cost of the new cushions and if you feel you could make a contribution towards this it would be greatly appreciated.

To give some indication of cost a complete pew cushion has cost £130.00 and a single place would equate to £26.00. However that is only an indication and any contribution would be welcome.

Should you wish to make a contribution could you please make cheques payable to Crosthwaite PCC and forward them to Alyson Groom (The Treasurer) 12 Starnthwaite Ghyll, Crosthwaite, Kendal, LA8 8JB.

Thank you.

## **ST MARYS FLOWER ROTA**

April 3<sup>rd</sup> Flowers from Easter

Caroline Holmes to check.

April 10<sup>th</sup> Caroline Holmes

April 17<sup>th</sup> Geraldine Wilson

April 24<sup>th</sup>. Volunteer.

Note: Would Volunteers prepared to help please contact Vonnie ☎ 68028 or Eileen ☎ 68565.

Thank you.

## **CROSTHWAITE POST OFFICE**

Open Wed. 20<sup>th</sup> April

Closed Thursday 21<sup>st</sup> April

Apologies for any inconvenience caused.

## **CROSTHWAITE & LYTH BOWLING CLUB**

Outdoor bowling starts at the beginning of April and we look forward to another enjoyable season with old and new members. Our membership is also open to anyone from adjoining Parishes of Brigsteer, Cartmel Fell, Crook, Underbarrow, Winster and Witherslack, so come and join us! Please contact secretary, Pat Walker on ☎ 015395 68584.

## **CROSTHWAITE GARDEN RAMBLE**

**29<sup>th</sup> & 30<sup>th</sup> MAY**

### **Plants and Volunteers!**

We want to have a plant stall at the Garden Ramble, selling plants grown by local gardeners. So when you are planting your seedlings this month, please think of us and do a few more to donate to a very good

cause! We are also looking for volunteers to help with the running of the event at the end of May. If you can spare a few hours over those two days, please contact:

John Handley on ☎ 015395 68297 or email [john@handleyfamily.co.uk](mailto:john@handleyfamily.co.uk)

For offers of help with refreshments please contact Geraldine Wilson on ☎ 015395 68836  
Thank you for your support!

## **Crosthwaite & Lyth Recreational Field Trust**

The Recreational Field requires a Cleaner to carry out a weekly clean of the Pavilion from May through to Sept/October.

Would anyone interested in this please contact the Secretary:

John M Holmes. ☎ 015395 68599 or email: [johnmholmes@live.co.uk](mailto:johnmholmes@live.co.uk).

## **Crosthwaite Panto group**

On behalf of the Village hall committee, and the Crosthwaite Panto group, we would like to thank all who supported the Panto, and thank everyone who helped in anyway to make the two evenings such a success.

We received some really great comments about the production, which as you will know was written by our two stalwarts of the team Marilyn Shuttleworth, and Peter Sherratt. And to all the cast who so willingly gave of their all, to create some great laughs, and entertainment.

We managed to raise quite close to £1700. Plus we gave the takings from the raffle equal shares to the school, and as we always do, to Kendal Cancer Care, each receiving £124. Thank you for your generosity.

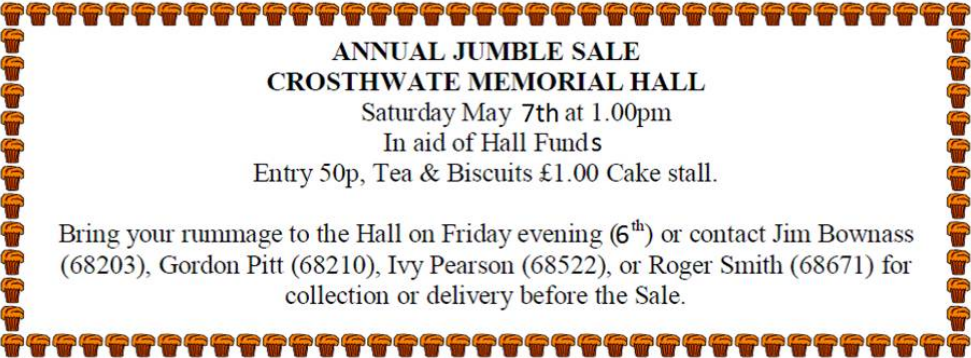
We are already making plans for the next show, which will be the final weekend of January 2017, and we are always looking for anyone who might like to join the team, either back-stage, on technicals, helping with props, or perhaps you fancy yourself as a character in the next production.

There are various numbers to give us a call on ☎, (all being the Crosthwaite code 015395), then 68000, 68203, 68522, 68671. Once again a big thank you to you all for your support.

## **UNDERBARROW**

### **UNDERBARROW SPORTS DAY SATURDAY 25<sup>th</sup> JUNE 1PM 'TIL LATE**

Fun and games for all the family  
Races, Tug of War, Rounders,  
Strawberries & Cream, Ice Creams,  
Hog Roast, BBQ, Licenced Bar, Music



**ANNUAL JUMBLE SALE**  
**CROSTHWATE MEMORIAL HALL**  
Saturday May 7th at 1.00pm  
In aid of Hall Funds  
Entry 50p, Tea & Biscuits £1.00 Cake stall.

Bring your rummage to the Hall on Friday evening (6<sup>th</sup>) or contact Jim Bownass (68203), Gordon Pitt (68210), Ivy Pearson (68522), or Roger Smith (68671) for collection or delivery before the Sale.

## Subscriptions for Parish News

Please find the enclosed cheque for the following magazine subscriptions from St Anthony's. David Chadwick Treasurer

David Chadwick	£6.00
Bill Sadler	£12.50
Jonathan Prichard	£6.00
Geraldine Braithwaite	£12.50
Total	£37.00

### **Holy Trinity, Winster**

**We're back!!!!!!**

#### **OLD SCHOOL BOOK AND PLANT DAY**

**SATURDAY APRIL 30<sup>th</sup>**

**10 - 4 pm**

Looking forward to welcoming all our customers to join us for tea, coffee, cakes or a warming soup.  
Come and celebrate  
Springtime in Winster.  
for details contact  
Margaret ☎ 015394-42325  
or Lily ☎ 015395-60247

## Winster

## Witherslack

### Thank You

Many thanks to all who supported our jumble sale. £359 was raised for Parish Hall funds. The next fundraising event is Sunday Lunch on 12<sup>th</sup> June  
Thank you Jane Crowe

### Thank You

A huge thank you from "the women of Witherslack" for a wonderful afternoon of indulgence and tea. Thanks to Katie, Caroline, Karen, Jackie, Philippa, Jane, not forgetting all the superb drivers and waiters and all those behind the scenes. **It was a lovely amazing experience!**  
**Many thanks!**

## Witherslack Vegetable Show

26th August

Start growing your vegetables now!  
Schedules from Witherslack Community Shop or ring Dorothy ☎ 52400

### Boon days for St Paul's Witherslack

Yes it's that time again Spring Clean for St Paul's, Friday 15<sup>th</sup> and Saturday 16<sup>th</sup> April 9.30 - 3.00.

There will be a list in the porch of suggested tasks for you to choose and sign up for. Please indicate on the list when your task is completed. This task can be done on other days if you wish.

Coffee and tea making facilities will be available on both days.

Please come, even for a short time, with cleaning materials to help keep our Church beautiful.

### St Paul's Witherslack

There will be a Songs of Praise service on Sunday 24<sup>th</sup> April at 4.00 pm followed by tea and scones.

Theme is Spring Flowers.

### Witherslack Community Shop

The shop is run by volunteers and once again we need to recruit a few more willing workers. Training is given and the work only entails waiting on shoppers. It is a pleasant way to pass an hour or two while helping run a worthwhile cause! Contact Liz ☎ 52155 or the community shop ☎ 52188.

## WITHERSLACK WI

### Fashion Show

by

Kitty Brown of Carnforth

FRIDAY May 6th 7.30

Parish Hall

Tickets £5 to include Wine and Nibbles

Enquiries Mrs P Hodgson

☎ 015395 52302

## **Lake District National Park Authority (LDNPA) public consultation**

The LDNPA is beginning a review of its planning policies (the Local Plan) and are seeking your views on a new Statement of Community Involvement. Public consultation for the Statement of Community Involvement is taking place from 23<sup>rd</sup> February until noon on 5<sup>th</sup> April 2016.

This document explains how you can expect the LDNPA to consult and involve you in: preparing the local development documents (such as the Local Plan have begun to review); and the development management process, including determining planning applications and offering planning advice.

The consultation document is available at [www.lakedistrict.gov.uk/sci](http://www.lakedistrict.gov.uk/sci) or call ☎ 01539 72455 to find out where paper copies can be viewed.

Sandra Edmondson, Strategy & Partnership Administrator, ☎ 01539 792663

## **Parish Council News**

The Landowners of Crosthwaite and Lyth are going to light a Beacon on Whitbarrow Scar on the Queens birthday 21<sup>st</sup> April – Please note that it is viewing from afar only – please watch it from gardens and homes.

Clean for the Queen – The Parish Council are organising a litter pick week commencing 11<sup>th</sup> April, please contact Mary Harkness if you wish to help.

The Parish Council elections are coming up early May 2016 – If you wish to volunteer to be a parish councillor then please contact the Clerk for a nomination pack.

Joanne Taylor Clerk

## **All Saints' Underbarrow Church Reordering**

Following the consultations held in Underbarrow last summer, the PCC of Underbarrow with Helsington agreed to seek approval for a faculty from the Diocese to progress with the reordering. We included within the plans the work identified to the rooves and gutters and other maintenance items identified by the Quinquennial inspection. This increased the expected total costs to between £110,000 and £120,000. Approval was received in December 2015. The PCC agreed to allocate £20,000 out of its reserves to this project, and the Helsington-based members of the PCC offered an additional £6,500 from its reserves which had arisen from the sale of the Sunday School many years ago. Members of the PCC were invited to consider how much they might be able to donate to this project over the next 3 years, which raised about £40,000. Therefore, the PCC agreed that the total of £65,000 was sufficient to make a start on the works, and the priority was determined to be replacing the heating and lighting. We will go out to tender shortly for this element of the works, with a view to commencing the onsite works in May, after the next wedding on May 7<sup>th</sup>. The PCC agreed that any services while the works are ongoing would be held at St John's Helsington, to allow the works to be carried out most efficiently. We anticipate that the church will remain closed until the end of July, in preparation for Toby Cartwright and Charlotte O'Loughlin's wedding on 20<sup>th</sup> August. We are delighted that we have reached the stage where our plans for the improvements to the church are beginning to come to fruition. We have made an excellent start to raising the required financial resources, but more will need to be done. We will shortly be giving the opportunity to other church members and parishioners to consider if they would like to contribute financially, and exploring the opportunity to apply for grants to allow the total scheme to be undertaken. I hope that you will not be inconvenienced too much by the church being closed while these works are progressing, and that you will welcome the improved facilities.



## Make sure you can vote in the Referendum!

Whatever your views on the European Union, you will only be able to vote in the forthcoming Referendum if you are on the electoral register.

Don't assume you are registered just because you pay Council Tax!

The registration system changed two years ago. Previously, one person in every household was responsible for registering everyone else who lived at that address. Under the *'Individual Electoral Registration'* system, each person is now required to register to vote individually, rather than by household. If you don't have a letter from the District Council showing that you are registered to vote, then take action now – it's easy to do.

You can register at [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote) or telephone the Electoral Services Office at South Lakeland District Council on 01539 733333. They can register you online or send you a paper form. You will need your National Insurance Number and date of birth.

*Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. We have various outlets across South Lakeland and can also give advice over the telephone – ☎ 015394 46464 for an appointment and help.*

*South Lakes Citizens Advice is a registered charity, No: 1118656 and company limited by guarantee: No:6113551. FRN: 617574*

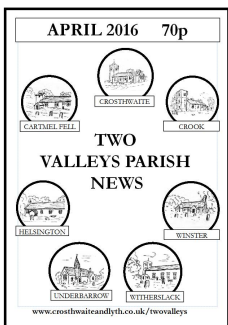
## TVPN Needs You! Calling All Potential Editors

The two Valleys Parish Newsletter is run by a team of volunteer editors. Working to an agreed rota, we take turns editing the monthly editions usually 2 or 3 times per year.

We have recently said goodbye to Lorraine Brierley who has been an editor for the last 12 years, so we say a huge “Thank You” to Lorraine as she takes a well-deserved retirement from this role. This means we need a replacement editor. As you are reading this magazine, you clearly find it interesting and useful, so would you be able to help and ensure that the Two Valleys News continues?

We use **MS Publisher** and could arrange for this software to be installed on your computer if you don't already have it. Training and guidelines are available. Basically we receive emails and information from local individuals, church groups, clubs and organisations pertaining to the following month's edition and these are download into the magazine template.

It is an interesting task, not too onerous and you get to find out what is going on a month before anybody else, so please give it careful consideration. If you are willing to join us please get in touch at [twovalleysnews@yahoo.co.uk](mailto:twovalleysnews@yahoo.co.uk) or have a chat with Brian Crowe (015395 68959), Michael Woodcock (015395 68276) or any of the current editors Charles & Ros Walmsley 015395 68745, Emma Taylor 015395 68004 or Liz & Ron Croy 015395 52155. **We look forward to welcoming you to the editorial group!**







## **BRIGSTEER**

We welcomed many visitors to our Open Meeting where Bronwen Currie gave us an interesting insight into her work as an Ecumenical Accompanier in Palestine and Israel alongside volunteers from 23 other countries. They monitor and report claims of human rights, offer protection through non violent presence and support Israeli and Palestinian peace activists. We were shown photos of families having their homes demolished, of the barriers between the land of the West Bank and Israel and the difficulties of crossing them. The vote of thanks was given by Sheila King. The group meeting is at Cartmel Fell on March 24<sup>th</sup> when there will be an origami demonstration. Lesley Boyer will coordinate the orders for sweet peas from Kevin Preston. At our next meeting on Wednesday 13<sup>th</sup> April, Lynn Matthews will talk to us about 'Dogs for the Disabled'. Many thanks Liz Threadgold

## **CARTMEL FELL**

At the March meeting, Lynn Matthews spoke on the charitable work of 'Dogs for Good', the new title that has been adopted instead of 'Dogs for the Disabled' in order to stress what a huge help trained dogs can be in improving the lives of those with physical and mental problems.

Lynn Matthews, who is confined to a wheelchair and has the use of only one hand, showed how her black Labrador willingly helped her with her clothing - removing her cardigan, her boots and socks. The dog, which was only too happy to demonstrate its skills to the joy of the audience, was able to retrieve dropped items - even a single coin was no problem, and it seemed so keen to help. We

were told that it was able to press 'entry' buttons, shut drawers, and attract attention when help was needed. It was very moving to see the dedication of the animal to caring for its disabled owner.

'Dogs for Good' also help children with autism and adults with dementia, thus relieving stress, and the animals also reduce the feeling of isolation which some older people experience.

On April 6<sup>th</sup>, at 7.30pm at Cartmel Fell Parish hall, there will be a talk by Angela Monkman-Brushett on 'Tanzania - The Kindness of Strangers.'

Visitors are very welcome at meetings.

## **CROSTHWAITE**

President, Jean Sherratt welcomed Claire Louise Chapman to the Meeting who gave a very interesting, informative, illustrated talk about Growing Well which is an organisation giving help and support to people who suffer from mental health issues through horticulture. The organic produce grown by Growing Well is sold through the Sizergh Barn shop and vegetable boxes. In addition to growing plants clients are also able to gain qualifications in Horticulture and tractor driving as Growing Well is also a training centre. Pam Pitt gave the vote of thanks.

The meeting on Wednesday 20<sup>th</sup> April will feature Sally Farrington speaking about the History and Manufacture of Tea, the hostesses are Mrs Pearson, Smith and Trotter.

## **UNDERBARROW**

Our meeting on March 9<sup>th</sup> was held at 1.30pm in the institute. Our President brought to our attention that she has confirmed the rules regarding speaker subject matters, and hopes that these have been respected and fully addressed and members reassured.

Attention was drawn to an item in our newsletter regarding a special dinner to be held at Castle Green Hotel, Kendal, in honour of our Queens 90<sup>th</sup> year. It will be held on July 15<sup>th</sup> and tickets are still available. Susan declared The One hundred Club is looking for new participants; she reminded us that Lyth Valley groups do seem to be lucky in this! W.I. Office have conveyed thanks for a recent Bursary in memory of the late Margaret Rivett and we also received thanks from Di Dew for generous contributions to Boxes of Hope, Rumania. Maggie read out financial news, namely Gift Aid being used regards our subscriptions. Our next meeting, our first of Spring (so therefore at 7.30pm) will be held on April 13<sup>th</sup> when Dr Hilary Crowe will speak on "20<sup>th</sup> Century History of Europe".

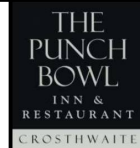
## WITHERSLACK

Nineteen members were present. Books of the Federation Raffle tickets were distributed for sale. Stewards for Holker Garden Festival were requested.

The fund-raising event on May 6<sup>th</sup> was discussed, also ideas for the summer outing in August and a tea outing in June.

The speaker Diane Hewitt had problems with her laptop which "died" at the wrong moment, but recovered later. She talked about the National Gardens Scheme, how it was first started, (all because of District Nurses in Liverpool!) and how much money the six Cumbria branches make for various charities. She explained how people are encouraged to open their gardens and how much support and advice they then get. Her pictures were mainly of her own garden at Bowness.

Next meeting. April 12<sup>th</sup>. Andy Lowe on "Roadside Heritage" - Not to be missed! Visitors welcome. ☎ 52302



☎ 015395 68237

### Light Lunch Menu

(Served from 12.00 – 5.30pm Mon-Fri and  
12.00 – 4.00pm Saturdays)

Smoked haddock  
champ mash, poached egg, mustard sauce  
£11.95

Crab risotto  
mascarpone, lemon & dill  
£9.95

Duck leg ragout  
tagliatelle, sage, Parmesan  
£11.95

Venison sausage  
Lancashire cheese mash, pickled red cabbage, glazed  
apple  
£12.50

Smoked mackerel pate  
Yorkshire rhubarb, hazelnut biscotti  
£8.50

Traditional fish pie  
leek sauce, runny egg  
£11.95

Ale battered fish and chips  
mushy peas, tartare sauce  
£11.95

### Sourdough toasts

All £7.50

Smoked salmon, scrambled egg, cream cheese & chive  
Camembert & caramelized red onion  
Steak au poivre, onion rings

## REGULAR EVENTS

### HELSEINGTON & BRIGSTEER

Book online at [sites.google.com/site/brigsteer/home](https://sites.google.com/site/brigsteer/home)

Zumba Gold Fitness Class	Mondays 10.30 - 11.30am
Short Carpet Bowls	Mondays 7.30 - 9.30pm September - April
U3A Circle Dancing	Tuesdays 10.00 - 11.45am
Table Tennis	Tuesdays 8.00pm September - April
Book Group	3 <sup>rd</sup> Wednesday of the month, 7.30pm
Women's Institute	Second Wednesday evening of the month, 7.30pm
UFOs Sewing Group	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday of the month, 2.00pm - 4.00pm
Pilates	Fridays 12.00pm - 1.00pm and 1.15pm - 2.15pm

### CARTMEL FELL

For bookings contact Helen Caldwell ☎ **015395 68428**

Women's Institute	First Wednesday in the month at 7.30pm
Local History Society	Second Monday in the month at 8pm during winter

### CROOK MEMORIAL HALL

For bookings contact Mrs. Kath Jackson ☎ **015398 21415**

Table Tennis	Monday & Friday 7.30 - 10pm (from September through winter months)
Young Farmers Club	Tuesday 7.30 - 9.30pm
Aerobics/body toning	Thursday 10am - 11am
Folk Dance Group	Thursday 7.30pm - 10pm
WI	Wednesday 7.30pm (1st Wednesday of the month)

### CROSTHWAITE MEMORIAL HALL

Please check bookings online at [www.crosthwaiteandlyth.co.uk](http://www.crosthwaiteandlyth.co.uk)—many changes

Playgroup	Tues & Thurs 9.30am—11.30am (12 <sup>th</sup> - 28 <sup>th</sup> April inclusive)
	<b>No bookings for 5<sup>th</sup> or 8<sup>th</sup> April</b>
Exchange	Wednesday 2pm - 4pm (1pm on the 1 <sup>st</sup> Wednesday of the month)
WI	Wednesday, 20 <sup>th</sup> 7.30pm
Art Club.	Mondays, <b>No bookings for April</b>
Snooker Club	Wednesdays 7pm - 9pm in the Parish Room. <b>No bookings for April</b>
Aerobics	Mondays, <b>No bookings for April</b>
Yoga	Wednesday 13 <sup>th</sup> and 27 <sup>th</sup> , 7.00pm
Indoor Bowling	Tuesdays & Thursdays, <b>No bookings for April</b>

### UNDERBARROW INSTITUTE

For bookings contact Richard Simpson ☎ **015395 68228**

Snooker Club	Mondays from 7.30pm
WI	Every 2 <sup>nd</sup> Wednesday of the month - 1.30pm October to March inclusive; 7.30pm April to September inclusive

### WITHERSLACK

Indoor Bowling	Wednesdays 7.30pm - 10pm (except June, July & August). All equipment is provided
Parent & Toddler Group	Tuesdays 10am until Noon
Tea & Chat Group	Every 1 <sup>st</sup> Tuesday of the month at 2pm
Women's Institute	Every 2 <sup>nd</sup> Tuesday of the month at 7.30pm
The Art Club	Fridays 9.30am - 12.30pm
Fitness Pilates	Thursdays 6.00pm - 7.00pm

# Two Valleys Churches

*"Enriching lives ..... Embracing God"*

## Cartmel Fell, Crosthwaite, Winster & Witherslack

**Parish Priest:** Rev'd. Michael Woodcock, The Vicarage, Crosthwaite, Cumbria. LA8 8HX  
☎ 015395 68276 Email: [mich@elwoodcock.com](mailto:mich@elwoodcock.com) (not available Fridays)

### St. Anthony's, Cartmel Fell

Churchwardens: Mr. Anthony Clarke ☎ 015395 31481  
Mrs. Vanda Lambton ☎ 015395 31311

### St. Mary's, Crosthwaite

Churchwardens: Mr. Matthew Dobson ☎ 015395 68849  
Mr. John Holmes ☎ 015395 68599

### Holy Trinity, Winster

Churchwardens: Mrs. Lily Holme ☎ 015395 60247  
Mrs. Cath Casson ☎ 015394 44958

### St. Paul's, Witherslack

Churchwardens: Mrs. Janet Read ☎ 015395 52481

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## Underbarrow with Helsington

**Parish Priest:** Rev'd. Brian Crowe, Middle Blakebank, Broom Lane, Underbarrow  
☎ 015395 68959 Email: [brian.crowe@gmail.com](mailto:brian.crowe@gmail.com)

**Reader:** Maureen Stevens ☎ 01539 734358 or [m-stevens@hotmail.co.uk](mailto:m-stevens@hotmail.co.uk)

Churchwardens: Mr. Bert Bolton ☎ 015395 68196  
Mr. J.A. Lee ☎ 015395 68470

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## St. Catherine's, Crook

**Vicar:** Rev'd. George Briggs, St. Thomas Vicarage, South View Lane,  
Windermere Rd, Kendal. Tel. 015395 83058

**Readers:** Tony and Hilary Fitch 015395 68577 or [fitchesuk@aol.com](mailto:fitchesuk@aol.com)

Churchwardens: Mrs. Ruth Hunter ☎ 015395 60117  
Mrs. Mary Allcock ☎ 01539 821312

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**Magazine Editor next month:** Liz and Ron Croy ☎ 015395 52155  
Magazine post-box c/o Crosthwaite Vicarage  
E-mail: [twovalleysnews@yahoo.co.uk](mailto:twovalleysnews@yahoo.co.uk)

**Advertising Manager:** Matthew Dobson, Aspen, Crosthwaite. LA8 8BS ☎ 015395 68849

**Magazine postal service:** Matthew Dobson, Aspen, Crosthwaite. LA8 8BS ☎ 015395 68849

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## MAGAZINE DEADLINES

Items for entry to the Editor(s) by 12<sup>th</sup> of previous month by e-mail or letter please

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