



CROSTHWAITE



CARTMEL FELL



HELSINGTON

**TWO  
VALLEYS PARISH  
NEWS**



UNDERBARROW



WITHERSLACK



WINSTER

# *A LETTER FROM TIM HARMER*

## **Transformation**

When I was much younger, in my teens, there was a very popular mail order course that one could send away for. It was called the 'Charles Atlas' course. Lots of teenage boys, like my brother and I, sent away for it. We had visions of transforming ourselves from seven stone weaklings into strong he men.

Charles Atlas was an American strong man who had developed a system based on dynamic tension which would improve your physique and make you stronger. The theory was perfectly sound and if you followed the course you would develop a muscular physique and get stronger. But the trouble was that the course was so boring because it consisted of holding a series of static positions with your muscles in tension, that my brother and I soon got fed up with it. I was reminded of this the other day when June and I were talking about getting fit again after the Christmas eating season and as I remembered my early teenage years visions of being transformed into a modern day Charles Atlas floated before my eyes.

But of course it isn't that easy, we need to change our whole life style, to apply ourselves over a long period of time, one doesn't get fit and lose weight just like that. As we work at it, we become fitter and firmer, so we hope. But what also happens is that our lifestyle is changed as we accommodate the regular exercise and the new found fitness.

We live in an age which demands instant answers, the instant gratification of desire. However, the transformation that Jesus brings is a life long calling of the Spirit for every Christian to change into the likeness of God.

Jesus came to transform the world and to bring Justice for all. It is interesting to reflect, as I write this magazine letter in the week that my 94 year old father has died, that we now live in a time when the old certainties that our parents knew have gone. My father's Christian faith gave him the framework to live his life. It gave him the moral compass to navigate through life and to pass onto his family. But many, many people are living in a moral and spiritual vacuum. We only have to listen to the news each evening to understand that.

Jesus brought to us a new way of seeing God, a new way of relating to him and a new way of life characterised by humility and service. Inspired by the Spirit we move in the full knowledge of his love for all. If we resolve to deepen our knowledge of God through a commitment to spend time thinking about, praying to and responding to him, then we will continue to be transformed by the renewal of our hearts and minds.

We will come into that wisdom and understanding that comes only from God and then we can continue to share it with others, in the natural way of human sharing. Through friendship, love, care and giving that other person the time that says 'I love you, God loves you'.

Unconditionally, without reservation we say ‘He wants to know you and for you to know him’.

The key to our church’s effectiveness in reaching out to other people and drawing them into a life of faith and belief will come from our own transformation through a deepening sense of spirituality and knowledge of God in Jesus.



## FROM THE REGISTERS



### Weddings

28th December Joanne Nicholson and Matthew Irving  
at St Catherine's , Crook  
8th January Kym Wilkinson and Michael Astill  
at St Catherine's , Crook



### Funeral

22<sup>nd</sup> December Peter Mark (89) Funeral & Burial

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### Peter Mark

We were saddened to learn of the death of Peter Mark in December. Peter had a long life in Witherslack based around Bowes Lodge. Having married Doris in 1952, they spent many happy years farming, hosting families as a B&B and enjoying the social scene around the Coniston Fox Hounds. Peter and Doris were so close and relied on each other more and more in recent years and, in his frailty, Peter would have felt the loss of Doris quite deeply. Thus, in a way, we are thankful that Peter is now at peace and reunited with his beloved wife.

### Holy Days in February

- 2 **The Presentation of Christ in the Temple (Candlemas) - Festival**
- 3 Anskar, Archbishop of Hamburg, Missionary in Denmark and Sweden, 865 - Lesser Festival
- 14 Cyril and Methodius, Missionaries to the Slavs, 869 and 885 - Lesser Festival
- 17 Janani Luwum, Archbishop of Uganda, Martyr, 1977 - Lesser Festival
- 23 Polycarp, Bishop of Smyrna, Martyr, c.155 - Lesser Festival
- 27 George Herbert, Priest, Poet, 1633 - Lesser Festival

# CALLING ALL PARISHIONERS

## THANK YOU

Many, many thanks again to all those who prepared our churches for Christmas in another difficult year of weather. So many people put a great deal of effort and all quietly and calmly behind the scenes; those who decorated our churches so beautifully; those who organized and provided refreshments, those who worked so hard at clearing paths and car parks of snow ... Thank you also to our organists and especially this year to the Two Valleys Choir and to Dorothy Grace. We had a record 33 singers this year who, in different combinations, sang at four different Carol Services. We are so grateful to you all for your commitment and enthusiasm. Thank you.

## A SPECIAL SERVICE EXPLORING THE THEME OF "DEPRESSION"

Depression is such a common thing to suffer from in our stressful world. Is it OK for a Christian to feel depressed? This is a genuine question that many people today struggle with; "If Christian faith is supposed to bring joy, then how come I feel depressed?" This can lead many people into feelings of guilt when they are depressed and this guilt then makes them feel even worse - it can at times be a vicious circle. **At 6.30pm on Sunday 6<sup>th</sup> February the Evening Service in St. Mary's, Crosthwaite** will be dedicated to exploring this theme and will help us discover how we can live with depression and how the Christian faith may be able to help us. It's no fun being depressed, but it's OK to feel depressed. So who is this service for? Well, everyone really....

Those who would like to know more about depression

Those who may live with someone who suffers from depression

Those who may know of friends or family who occasionally get depressed

Those who themselves may struggle with depression from time to time

If anybody is interested in this service and wishes to know more (or who may have something to contribute) then do get in touch with Rev. Michael Woodcock 015395 68276 before hand. This is of course a special Two Valleys service and so we extend an open invitation to people from all our villages

## THE E100 CHALLENGE

*"I've read bits of the Bible but I don't really know how they all fit together."*

*"I love the Bible. I'd like some help to understand it better and how it applies to my life today."*

*"I've never read the Bible much but I'm interested in finding out more of what's in it."*

Any of those quotes sound like you? Then the E100 Bible Reading Challenge

may be for you! This scheme is based around 100 carefully selected Bible readings (50 from the Old Testament and 50 from the New Testament) designed to give participants a good understanding of the overall Bible story from Genesis to Revelation. The 'E' stands for Essential and each of the Essential 100 readings ranges from a few verses to a few chapters. In some of our parishes we may be using this tool in the months ahead to help us all understand the Bible much better, but without having to read every single page. If you would like to get going yourself on reading these top 100 readings then you can download the reading scheme from [http://e100.scriptureunion.org.uk/files/E100\\_planner.pdf](http://e100.scriptureunion.org.uk/files/E100_planner.pdf) and take it at your own pace. Alternatively, contact Rev. Michael Woodcock (015395 68276) and he will get you a paper copy.

\*\*\*\*\*  
 \* **FLOWER SHOW 20 AUGUST 2011** \*  
 \*  
 \* The Art and Photography classes for this year's show are: \*  
 \* Lyth; Heritage; Love \*  
 \*  
 \* We look forward to some interesting entries. \*  
 \*  
 \*\*\*\*\*



It's PANTO Time  
**ALADDIN**  
 and the  
**BEANSTALK**



**World premier** of this brand-new Crosthwaite Pantomime!

Yes, the waiting is almost over. The Crosthwaite Panto Players will be performing this (almost) famous new work at the Argles Memorial Hall, Crosthwaite

**Friday 28<sup>th</sup> & Saturday 29<sup>th</sup> of January 2011.**

Last year was a big sell-out, so book your tickets early from:

Caroline Holmes: 015395 68599  
 Geraldine Wilson: 015395 68836  
 Marilyn Shuttleworth 015395 68522  
 or from the Exchange on Wednesdays  
 Children: £3 - Adults: £7.50

## **5TH SUNDAY SERVICE**

On **30th January** at 10.30am the 5th Sunday service at All Saints, Underbarrow will have a slightly different feel to it. Having had a very 'old' style of service in October at Cartmel Fell, which was wonderful, this time the service will have a more contemporary feel in terms of music and other aspects of the service.

There won't be a 5<sup>th</sup> Sunday choir as such, but we would like to gather a group of singers who will lead the hymns and songs, along with one or two instrumentalists and a digital piano. Much will be familiar, just done a slightly different way.

If you would like to be part of the singing group, please come to practices on Thursdays 20th & 27th January at 4pm in St Mary's, Crosthwaite. For more information please contact Dorothy Grace (015395 68569).

### **CEILIDH at BRIGSTEER VILLAGE HALL**

- Friday March 18<sup>th</sup> at 7.30pm.
- Hot pot supper.
- Raffle.
- Dancing to Jump the Gun. - caller Chris Bland.

Tickets £12=50 from Sue Griffiths 015395 68776.

Susie Bulman 015395 68083.

Proceeds in aid of Lyth Valley First Responders.

### **Behind the scenes at Westminster Abbey**

On Friday 11<sup>th</sup> March Canon Michael Middleton will give an illustrated talk based on his experience of being Canon Treasurer of Westminster Abbey for seven years. The talk will be in The Institute, Underbarrow at 7 p.m., and will be followed by refreshments. Tickets costing £5 will be available from PCC members and on the door. All proceeds are for All Saints' Church Underbarrow. The talk will doubtless be of interest to those watching the Royal Wedding on television in April as well as being very informative from both present day and historical perspectives.

# ***NOTICES FOR INDIVIDUAL PARISHES***

## **BRIGSTEER**

After a break from Bawdy tales for Irish Mythology and Harp music in January, Dreamfired Storynights are turning back to stories to warm you up this February. Shonaleigh is a Jewish Storyteller from Sheffield, and she's going to be answering the age old question of What Women Want, on Friday 25th February at 7.30pm. As ever tickets can be booked on 0789 148 7375 and [katq@dreamfired.co.uk](mailto:katq@dreamfired.co.uk). They're £7 and include coffee and cake and a second half of guest stories from local performers. New for 2011, if you want to bring your own beer or wine, please do - but don't forget to bring glasses too!

## **CARTMEL FELL**

### **Cartmel Fell Parish Council.**

The next meeting of the Council will be held at Tower Wood Outdoor Pursuits Centre on Thursday 24th February at 7.30pm.

All residents are invited to attend, either as observers or to ask questions during the time allowed for public participation. There is still a vacancy for one Councillor and it is hoped that one might be co-opted at this meeting.

If you are interested in serving the community in this way, please contact either the Chairman, Councillor Ted Walsh, or the Clerk, Kevin Price (01539-821596) or simply attend the meeting

## **ST ANTHONYS ROTAS COFFEE**

13th Feb Anne Ratcliffe  
27th Feb Vanda Lambton

## **FLOWERS**

Evelyn Cervetti & Julie Balshaw

## **CROSTHWAITE**

**Calor Cumbria Village of the Year  
2009**

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

## **LANDOWNERS OF CROSTHWAITE AND LYTH AGM**

The AGM of the Charity will be held on **Wednesday 2<sup>nd</sup> February at 7.00pm** in The Memorial Hall, Crosthwaite.

Minutes of the previous AGM are available for inspection each Wednesday at The Crosthwaite Exchange c/o Penny Mutch.

## **Crosthwaite & Lyth Parish Council**

### **Winter Gritting of minor roads.**

Cumbria Highways, through contractors Amey, have clear priorities when treating roads in snowy/icy conditions - the A5074 and the C5048 through the village are at priority 1 & 2 respectively and have been kept reasonably clear during the recent severe weather. However the rural minor roads are rarely treated under the current priorities and mostly provided with grit bins/heaps. Knowing that this has caused problems for people living in the smaller communities and dependant on minor roads for access, the Parish Council has placed a contract with David Wilson of Skelmergh who as sub contractor to Amey is also responsible for treating the C5048 . He will treat the minor roads to Howe, Row, Tarnside and Starntwaite as necessary when called out to treat the C5048.

Clearly the cost of this contract until next April will depend on the weather for the rest of the winter but is unlikely to be less than £1000. The Parish Council has agreed to meet these costs out of reserves. For next year (2011/12) the PC will look to keep costs down by sharing equipment and contracts with neighbouring parishes with similar problems, a number of whom have also taken separate action in 2010/11. However we have felt it advisable to add £1000 to the 2011/12 parish precept (equivalent to an additional £2.85 pa on a band D property), to cover these

additional costs in coming years.

**NB Parish Salt Scheme:** You will no doubt be aware that Cumbria Highways have delivered bulk salt to sites in rural parishes so that they can deal directly with local problems on untreated highways, nominally under the control of Parish Councils. We have authorised our contractor to remove a major part of the stock at the Memorial Hall for use on the minor roads but leaving sufficient for local emergencies and those not helped by the contract's scope.

We do have to emphasise that this salt/grit is for use on the public highways only – not for treating private roads, drives and footpaths; householders should buy in their own supplies of grit/salt in advance to cover this (although to be practical the old, infirm or impoverished can be helped directly from the Parish stock) Please be sensible in your use of this stock – it may not be replenished and others may need it more than you!

**Next Meeting:** Thursday 3<sup>rd</sup> February at 7.30pm in the Parish Room. All are welcome.

### **THANK YOU**

Pat Walker would like to say a very big thank-you to family, friends and neighbours for their cards and good wishes of support during my recent stay in hospital. Thanks also to the First Responders and Lancaster and Royal Preston Hospital for their expert care



## **ST MARY'S ROTAS COFFEE**

13th Feb Margaret & Rodney Sale.  
27th Feb Caroline & John Holmes

## **FLOWERS**

6th Feb Volunteers  
13th Feb Volunteers  
20th Feb Volunteers  
27th Feb Volunteers

Note: Will volunteers for Flowers  
please contact Vonnie Sharp (52005)  
Or Eileen Alston (68565)

The New Rotas are on display in the  
Church. It would be appreciated if any  
one can help out with either Coffee &  
Refreshments or Flowers would enter  
their names against their preferred date.

Thank you.

## **CROSTHWAITE HELPLINE**

Please contact:

Geraldine & Arthur Wilson on 015395  
68836.

## **HELSINGTON**

### **St John's Helsington Special Candlemas Service**

**Sunday 6<sup>th</sup> February 2011 @ 11am**

You are invited to join us at  
Helsington Church with your family.  
Could each child bring their own  
baptism candle  
or another candle in a holder.

## **.Helsington Church Flower Rota**

The Church Flower rota is currently  
being updated. Is there anyone in the  
parish who would like to join the rota  
to display flowers on the altar for  
Sunday services? Please contact  
Elizabeth Bradshaw on 68434 if you  
are interested.

## **CAROL SINGING**

We had a beautiful moonlit evening  
for the carol singing around Brigsteer  
and raised £190 for the Lyth Valley  
First Responders. Grateful thanks to  
all who sang, donated and raised our  
spirits to make the evening so  
enjoyable.

## **WINE TASTING**

Andrew Trueman from Oddbins will  
be presenting 6 wines for tasting in  
Brigsteer Village Hall on Friday  
February 18<sup>th</sup> at 7.30pm. There will  
be a quiz and raffle. Tickets £10 to  
include nibbles, from Elizabeth  
015395 68434 or Beryl 015395  
68570.

## **UNDERBARROW**

### **Behind the scenes at Westminster Abbey**

On Friday 11<sup>th</sup> March Canon Michael  
Middleton will give an illustrated talk  
based on his experience of being  
Canon Treasurer of Westminster

Abbey for seven years. The talk will be in The Institute, Underbarrow at 7 p.m., and will be followed by refreshments.

Tickets costing £5 will be available from PCC members and on the door.

All proceeds are for All Saints' Church Underbarrow. The talk will doubtless be of interest to those watching the Royal Wedding on television in April as well as being very informative from both present day and historical perspectives.

### **Underbarrow & Bradleyfield Parish Council**

At the last meeting the recent death of Councillor Robin Brown was noted with regret. Mr Harry Younger was unanimously co-opted to fill this vacancy. The next meeting of the Council will be held on Tuesday 29th March at Underbarrow Institute at 7pm. This meeting will include the letting of Smithymire and full details will be given in the March Parish Magazine. Kevin M Price. Parish Clerk. 01539-821596)

### **UNDERBARROW HELPLINE**

Please contact:

Frank Hodson on 01539 728280

Mabel Evans on 015395 68481

Tom Handley on 01539 724013

## **WINSTER**

### **HOLY TRINITY FLOWERS**

2nd, 9th, 16th Katrina Hardman  
23rd, 30th Cath Casson

## **WITHERSLACK**

[www.wITHERSLACK.org](http://www.wITHERSLACK.org)

### **St. Paul's Carol Service**

A large congregation enjoyed a joyful and beautiful candlelit traditional Carol Service. The children from Dean Barwick School, who performed beautifully, enhanced the service with readings and carols.

This service was followed by mulled wine and mince pies in the Barwick Hall.

Unfortunately, the Christmas Fair had been cancelled because of snowy weather. However, we were able to have some of the stalls in the hall. We are most grateful for everyone's generosity and as a result were able to raise more than £460, which includes the proceeds from the raffle. This will go towards much-needed church repairs and maintenance.

### **WITHERSLACK COMMUNITY SHOP**

Monday 7.45 – 6.30

Tuesday 7.45 – 6.30

Wednesday 7.45 – 12.30

Thursday 7.45 – 6.30

Friday 7.45 – 7.00

Saturday 9.00 – 4.00

Tel. 015395 52188

### **SUNDAY CLUB**

The next Sunday Club will be on Sunday 6<sup>th</sup> February. We meet at St.

Paul's church, Witherslack from 9.30am - 10.30am. All children aged 3 - 12 are welcome and will enjoy making friends with our small existing group who eat biscuits, play games and create craft items!

For more details phone Michelle Woodcock on 015395 68276.

### **EVENING SERVICES : NOVEMBER – MARCH**

From November the evening services at Witherslack will be held at 4.00pm through the winter until the end of March.

### **BARWICK HALL**

The renovations are almost complete and what a difference! Volunteers, to whom we are most grateful, have

redecorated the hall and kitchen and have installed a toilet block. If you wish to hire the hall, please contact Irene Brennand 015395 52337 [irene.brennand@mypostoffice.co.uk](mailto:irene.brennand@mypostoffice.co.uk)

### **ST PAUL'S ROTAS SIDESMEN**

6th Feb. Anne Duffin  
13th Feb Danny Jackson  
20th Feb R.Coates & Trevor Farrer  
27th Feb Tony Brennand

### **READERS**

6th Feb. Hilda Jarvis  
13th Feb Barbara Page,  
20th Feb, Steve Hodgson  
27th Feb Val Pattison.

### **FLOWERS**

Unavailable



### **BRIGSTEER**

The Meeting on Thursday 10th, at 2pm will take place at Brigsteer Village Hall. This will be a Members Meeting, so do come along to enjoy the company of old and new friends.

The 'Second Saturday' Coffee Morning will be held at Trevol, Brigsteer on Saturday, 12th February 10.30-12noon. Please telephone 68434, for details. Everyone will be most welcome.

### **CARTMEL FELL**

January's meeting was conducted in a cold and waterless parish Hall - no 'loos'! However it was well worth 'turning out' for. Trevor Hughes gave a superb illustrated talk on 'Kendal Treasures' - all to be found in the Mayor's Parlour in the Town Hall. The wealth of information contained within historic charters demonstrates the development of Kendal and the surrounding area from C15th together with artefacts which are still in use today. The discovery of more historic items within the Town Hall and their conservation is an ongoing project enthusiastically being undertaken by Trevor. And all the items are available to be viewed by the general public by arrangement. It was proposed that

Cartmel Fell WI arrange a date in the future for viewing this fascinating collection.

Doreen Williamson has started a file of copies of members favourite recipes. Each recipe can be purchased for 25p which will go towards funds. The file will be left in the Parish Hall for other groups to purchase the recipes. If you have a favourite recipe to be included in the file included please see Doreen.

The next meeting is Wednesday 2nd Feb starting at 7.30pm in Cartmel Fell Parish Hall and will be a talk on 'Natural History of Bees' by David Walmsley. Visitors very welcome.

For further information tel: Anne Ratcliffe 015395 52107

## **CROSTHWAITE & LYTH**

Come and join us at the first of our  
2011

OPEN MEETINGS  
on

Wednesday 16<sup>th</sup> February at 8pm at  
Crosthwaite Memorial Hall

Local Speaker – Bob Sanderson  
of Cath's Garden Plants, The Walled  
Garden, Heaves Hotel

Specialist in plants which thrive in  
this area

Admission £2-50, including light  
refreshments

Bob will bring plants for sale and  
there will also be a raffle

All welcome – men too!

## **WITHERSLACK**

The January meeting was minus secretary Pauline Hodgson who was poorly. Linda Park stepped into the breach. The treasurer collected subscriptions and handed out programmes and membership booklets. Tina Pearsall was thanked for printing an excellent programme. Three members had enjoyed the party at Crook. Jane Yeaman wrote to thank for the donation the WI gave to fund a children's Christmas party. It was thought very important to keep up the custom. Two members achieved full attendance in 2010- Pauline Hodgson and Tilly van Rees

It was announced that the long running relationship with Taylors of Harrogate has sadly come to an end. They have been very generous with gifts of tea and accessories over the years.

Although the Christmas Fair had to be cancelled, £468 was raised for the church by selling raffle tickets and some goods at the community shop. A letter from the PCC thanked all who had contributed to this result.

President Ann Walshaw read through the Resolutions and members voted..

The speaker Shirley Crisp, who has a lingerie shop in Windermere, showed the many and varied models of bras that she stocks, from the smallest little scrap for a child to very ornate contraptions with lace and ribbons. She also has bras for women after surgery and when pregnant or nursing. It was an uplifting talk.

Next month : February 8th Open Meeting. Andy Lowe on "Making a Grand Entrance" Everyone welcome including husbands and friends. Tea and biscuits. Parish Hall 8pm.

# REGULAR EVENTS

## BRIGSTEER

Scottish Dancing	Thursdays at 7.30pm in Brigsteer Village Hall Contact Pauline Hampson 015395 68672
Table tennis	Tuesdays at 8pm in from October 5th in Brigsteer Village Hall
Yoga	Tuesdays 6 - 7.30pm from 14th September in Brigsteer Village Hall
Women's Institute	2nd Thursday of the month, 2pm winter, 7.30pm summer

## CARTMEL FELL

For bookings contact Helen Caldwell Tel. 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
Chi Kung (beginners)	Wednesdays 4-5pm
Tai Chi	Thursdays 4-5pm

## CROSTHWAITE MEMORIAL HALL

Check bookings online at <http://www.crosthwaiteandlyth.co.uk>

Art Club	Mondays 1.45pm
Rainbows	Mondays 4.30pm-5.30pm (except 21st February)
Aerobics	Mondays 7.30pm-8.30pm
Playgroup	Tuesdays & Thursdays 9.30-11.30am (except 22nd & 24th February)
Exchange	1st Wednesday 1pm-4pm; other Weds 2pm-4pm
Women's Institute	Wednesday 16th February at 7.30pm
Indoor Bowling	Tuesdays and Thursdays 7.30pm—10.00pm

## UNDERBARROW INSTITUTE

Quilting class	Mondays 2-4pm
Billiards Club	Mondays from 7.30pm
Brigsteer Table tennis	Tuesdays 8pm (see above)
WI	Every 2nd Wednesday of the month at 7.30pm (1.30pm in Nov, Dec, Jan & Feb)

## WINSTER

Book & Plant days	10.30am—4.30pm last Saturday in the month
Keep Fit	Mondays 9.30am-10.30am
Line Dancing Classes	Mondays 7.30pm-9.30pm at Winster Village Hall

## WITHERSLACK

Indoor Bowling	Wednesdays 7.30-10pm
Parent & Toddler Group	Tuesdays 10am until Noon
Tea & Chat Group	Every 1st Tuesday of the month at 2pm
Women's Institute	Every 2nd Tuesday of the month at 7.30pm
The Art Club	Fridays 9.30am-12.30pm