

**FEBRUARY 2015 70p**



**CARTMEL FELL**



**CROSTHWAITE**



**CROOK**

**TWO  
VALLEYS PARISH  
NEWS**



**HELSINGTON**



**WINSTER**



**UNDERBARROW**



**WITHERSLACK**

## Church Services for FEBRUARY 2015

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### 1st February

9.30am	Cartmel Fell	Matins (BCP)	Mr. Bob Emmett
9.30am	Helsington	Candlemas, joint with Underbarrow	Rev. Brian Crowe & Maureen Stevens
9.30am	Witherslack	Holy Communion (CW)	Rev. Michael Woodcock
11.00am	Crook	Morning Worship (CW)	Mr Kevin Cook
11.00am	Winster	Holy Communion (BCP)	Rev. Michael Woodcock
6.30pm	Crosthwaite	Evensong	Rev. Michael Woodcock

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### Presentation of Christ in the Temple (Candlemas)

### 8th February

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Bob Dew
9.30am	Helsington	Morning Worship (CW)	Mrs. Maureen Stevens
9.30am	Underbarrow	Morning Worship with Baptism	Rev. Brian Crowe
9.30am	Witherslack	Matins (BCP)	Tony & Hilary Fitch
11.00am	Crook	Morning Worship (CW)	Revds George Briggs & Brian Crowe
11.00am	Winster	Matins (BCP)	Mr. Leonard Lambert
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Bob Dew

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### The 2nd Sunday before Lent

### 15th February

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michelle Woodcock
9.30am	Helsington	Holy Communion (CW)	Rev. Ron Rutter
9.30am	Underbarrow	Holy Communion (BCP)	Canon Michael Middleton
9.30am	Witherslack	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Crook	Holy Communion (CW)	Rev. David Parsons
11.00am	Winster	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Crosthwaite	All-age Service	Rev. Michelle Woodcock

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### The Sunday next before Lent

### Wednesday 18th February - Ash Wednesday

9.30 am	Crosthwaite	Holy Communion (CW) <i>with ashing</i>
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### 22nd February

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am	Helsington	Morning Worship (CW)	Mrs. Maureen Stevens
9.30am	Underbarrow	Holy Communion (CW)	Rev. Bob Dew
11.00am	Crook	Morning Worship (CW)	
11.00am	Winster	Matins (BCP)	Mr. Roger Bingham
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock
4.00pm	Witherslack	Evensong (BCP)	Rev. Michael Woodcock

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### The 1st Sunday of Lent

### Wednesday 25th

7.30pm "Refresh" hosted by St. Mary's, Crosthwaite

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## *A LETTER FROM BRIAN CROWE*

This week we have witnessed the brutal and barbaric shooting of French journalists and cartoonists of the Charlie Hebdo satirical magazine, and the siege and additional killing of innocent people who happened to be in the wrong place at the wrong time. We have all been shocked and outraged by these events, and we are probably now more fearful than ever of violent terrorism in our own country.

Personally, I found the gunmen's claim when they shouted "Allahu Akbar", "God is Great", as they carried out their attack especially objectionable. While the shooting itself was deplorable and cowardly, the idea that this action was somehow on behalf of God is simply wrong. I wanted to shout back, "This is not God"; "God is not like this". The immediate condemnation of the attacks by 21 different faith leaders who gathered together in Paris, not least those representing the Muslim community, was impressive and provided hope.

And in the days since the attacks the response of the French nation has been exhilarating. They have come onto the streets, mostly in dignified silence, seeking to reclaim their national cultural values of liberty, equality and fraternity, particularly, of course, focusing on the right of free speech. This too has provided hope that perhaps the desires of the majority will be able to triumph over the extremism of the few. Perhaps the pen can be mightier than the sword.

So we do see some signs of hope coming out of this tragedy. But there is also a greater Christian hope. While these tragic events have been occurring in France, Christians have been celebrating the season of Epiphany. This unusual word literally means "Revelation". We are remembering that God through Jesus Christ revealed something of himself by dwelling among us in human form. This is why I am confident that when the extremists shout, "Allahu Akbar", "God is Great", I can respond "This is not God". Jesus revealed not a God of hatred and violence, but a God of Love.

We don't know God perfectly, but our Christian hope comes from knowing a God who loved us so much that he sent his Son not only to reveal himself to us, but also to die a violent death at the hands of the religious and political leaders of his day. By that death and subsequent resurrection, he enables us to come into the presence of God as forgiven people.

As we face fears of the terrorist, and other fears in our daily lives, may our hope be not only in our religious leaders, or the will of the majority, but also in the God who loves us.

Brian Crowe

# FROM THE REGISTERS



## Baptisms

18<sup>th</sup> January

Ben Anthony Taylor at St. Mary's, Crosthwaite

## Marriages

12<sup>th</sup> December 2014

Wedding of Christopher Mark Gough and Emma Jayne Myers  
at St Catherine's Crook



## **Holy Days in February**

- |    |  |
|----|--|
| 2  | <b>The Presentation of Christ in the Temple (Candlemas) - Festival</b>                 |
| 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***

**ASH WEDNESDAY** ... is on 18<sup>th</sup> February... and there will be a service of Holy Communion (CW) with Ashing on the day at **9.30am in St. Mary's, Crosthwaite**. We welcome anyone from all our villages to come and join us. The Service of Holy Communion with Ashing is a significant and powerful way of beginning the season of Lent. We burn last year's palm crosses and from the ash there is an optional opportunity in the service to receive a sign of the cross in ash on one's forehead as a symbol of our need for forgiveness. If you still have your palm cross from last year, please hand it beforehand to Mrs. Caroline Holmes (015395 68599).

## **LENT – Listening to or Reading the New Testament –**

During Lent this year we invite you to complete the scheme we began in Advent to read or listen to the second half of the New Testament. This second half of the scheme begins in the first week of Lent on Monday 23<sup>rd</sup> February. If you wish to have a copy of the Reading Plan then they will be available from each church or alternatively you could contact Rev. Michael Woodcock (015395 68276) and he will get it to you. It can also be found on the church website homepage [www.crosthwaiteandlyth.co.uk/twovalleys](http://www.crosthwaiteandlyth.co.uk/twovalleys) . We read (or listen ) to the second half of the New Testament over the 6 weeks of Lent up until Easter, needing to find about 20 minutes each day for 5 days in each week. Remember, if you would prefer to listen rather than read, then the David Suchet recording of the Bible is of excellent quality and well worth the investment (Google search "David Suchet Bible" to find it).

Many people from across our Two Valleys parishes are joining in with this experience and we will share a sense of achievement by Easter when we will have read the whole of the New Testament together – some perhaps for the first time.

## Two Valleys "Time to pray" 2.30pm Tuesday 10<sup>th</sup> February in the Vicarage

We meet again to pray for our parishes at 2.30pm in the Vicarage at Crosthwaite. Anybody is welcome to come and join us for a short time as we learn to pray together for our lovely parishes with their various needs. As we gather, we can pray either silently or out loud; all our prayers are valid as we pray for all local needs. If you have any local requests for prayer then do let Michael Woodcock know. 015395 68276 [mich@elwoodcock.com](mailto:mich@elwoodcock.com)

# CEILIDH

## WITH LIVE BAND AND BAR

CROSTHWAITE MEMORIAL HALL  
7.30 PM, SATURDAY 14 MARCH 2015



AN EVENT JOINTLY IN AID OF  
MEMORIAL HALL FUNDS AND THE LYTH VALLEY FIRST RESPONDERS

DANCING TO LIVE BAND - "JUMP THE GUN"  
WITH CALLER, CHRIS BLAND.

Admission: **£10.00** (adults), **£5.00** (juniors 11 - 16) includes pie & peas supper  
Beer, wine and soft drinks bar. Licence applied for.

TICKETS AVAILABLE FROM

ROGER SMITH 68671  
MARILYN SHUTTLEWORTH 68522  
JOHN HOLMES 68599  
THE EXCHANGE  
ANY FIRST RESPONDER



## The Saint who created an alphabet

St Cyril, whose feast-day we keep on 14<sup>th</sup> February along with that of his brother St Methodius, created an alphabet in the mission-field so that he could translate the gospels and the liturgy into the local tongue. You might well imagine that this was the alphabet now known as Cyrillic, the script still used for many Slavic languages and for quite a number of smaller languages which are non-Slavic. But the alphabet that Cyril created was actually Glagolitic; the Cyrillic alphabet, though related to Glagolitic, was devised a little later, probably by followers of Cyril, and was named after the saint in homage to him, in recognition, no doubt, of the inspiration provided by his pioneering work.

Cyril and Methodius are known as ‘Apostles of the Slavs’. They began life in Thessalonica, where they were born to a well-to-do Greek family of senatorial rank. But the brothers chose to become priests and after their ordination went to Constantinople, where Cyril (then still known by his baptismal name of Constantine, rather than Cyril, which he did not adopt until he was in Rome at the very end of his life) became librarian of the great church of Hagia Sophia. Being a considerable scholar, he was sent on a number of important missions by the Emperor. Then, in 862, the two brothers were sent as missionaries to Greater Moravia, the Emperor in Constantinople no doubt seeing this as an opportunity to spread Byzantine influence in an area where power was contested. They learnt the local language so that they could preach and teach, but there was no written culture into which the Scriptures and the liturgy could be translated. So Cyril set about creating an alphabet that was suitable for the sound-system of the vernacular, and in 863 he and Methodius began their work of translation, using the newly created Glagolitic alphabet. The use of the Slavic vernacular in church and for reading the Bible was thus established at the outset (by contrast with the practice in many other parts of Christendom), and Cyril is widely regarded as the founder of Slavonic literature. After about four years, the brothers journeyed to Rome, where Cyril died in 869 in the monastery where he took the name by which he is now remembered. Methodius returned to Moravia, but eventually retreated to Constantinople in the face of opposition from those who were against the use of the vernacular and who attacked him with the (false) charge that he was unorthodox. In Constantinople he continued working on the translation of the Scriptures, still using Glagolitic, and it was in Constantinople that he died in 885.

Of course, 14<sup>th</sup> February is most commonly thought of as Valentine’s Day. But in *Common Worship* the Feast of Cyril and Methodius is marked as more important: a Lesser Festival, by comparison with Valentine, designated simply as a Commemoration. As far as Valentine is concerned, we have little more than pious legend to rely on, and nothing at all in the Christian tradition to suggest why this name and date are associated with courtship and choosing a ‘Valentine’. There may be a kernel of truth in the story that Valentine was a priest who was martyred on the Flaminian Way c. 269, just outside what were then the limits of the city of Rome, but in 1969 the Pope removed his name from the general calendar of the Roman Catholic Church. Cyril and Methodius, by contrast, are without doubt historical saints of considerable importance, whose annual celebration in the liturgy is thoroughly deserved.

**Joyce Hill**



## Jesus, a light to lighten the nations

**The annual service of Candlemas at St John's Church, Helsington  
9.30 am on Sunday 1<sup>st</sup> February.**

This is the day we celebrate Mary and Joseph taking the baby Jesus to the Temple to be dedicated to God. So it's a special day for remembering our own baptism, or dedication, and the baptism of our children.

**Families and anyone from across the Two Valleys who would like to remember and celebrate their baptism are very welcome.**

If you still have it, please bring your baptism candle (and a stand for it). Don't worry if you cannot find it or do not have one – there will be a candle available for everyone to share in this festival of light.



CROSTHWAITE SHOW  
15TH AUGUST 2015

A reminder that the Art and  
Photography classes this year  
are

**Early One Morning  
A Pathway  
Summer Fun**

We hope you are all feeling inspired

## MAGAZINE SUBSCRIPTION 2015

Subscriptions for 2015 are due at the beginning of January.

The price has been kept at **£6.00**

Parishioners please pay your Parish distributor promptly.

Those who get by post cheque **£12.50** made payable to **Crosthwaite PCC**  
and send to Matthew L. Dobson

ASPEN, Crosthwaite, Kendal Cumbria LA8 8BS

Those on the **HELINGTON** Postal list

Please make cheques payable to **Helsington P.C.C.**

and send to **M. Wrigley**, Orchard House, Brigsteer, Kendal LA8 8AN

## Placing Adverts in the Two Valleys Parish Newsletter

As the team of editors of the TVPN we do try to accommodate everyone who wants to advertise in the magazine, however please remember it takes a long time to put everything together and some requests for advertising shows and events take up much more time than we would like especially during the festive season.

- It is best to give us the information as text without any formatting, plus images (jpeg format) with an indication of what you want - even a scribbled note (legible please!)
- By all means provide us with a predesigned advert but don't expect to have a full page spread - ask but sometimes there just isn't the space. We can design the advert to fit the largest space available which is sometimes only a half page.
- If you must design your own, use the common computer programmes such as Word, OpenOffice, WordPad, and please avoid obscure or non-editable file types such as pdf - we can handle almost every file type but making them into a compatible format for the magazine can be a nightmare! Many thanks



## Volunteer to help South Lakes Citizens Advice deliver its free telephone advice service

In the Spring of this year South Lakes Citizens Advice is expanding its telephone service for residents in the South Lakeland area. This is an exciting development that will enable South Lakes Citizens Advice to help more local people with its free, confidential and impartial advice.

South Lakes Citizen Advice is currently seeking volunteers to help deliver this telephone service. So if you can spare one day a week and would like to help local people, why not volunteer? We offer free training that will enhance your skills, and help you to gain confidence and improve your employment opportunities. Travel expenses will be paid.

For an application form please call Rachel on 015394 46464 or email [support@southlakes.cabnet.org.uk](mailto:support@southlakes.cabnet.org.uk). We look forward to hearing from you!

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

## Free to a good home

We have some carpet and curtains in very good condition which are available for collection to anyone who needs them; details as follows:

Plain claret coloured wool carpet in 3 pieces. Sizes

14ft 11in x 11ft 8in

8ft 4in x 9ft 5in

7ft 4in x 3ft 2in

Also 2 pairs of lined curtains, floral design on a white/cream ground with matching frilled pelmets and tiebacks.

**Pat Howarth 015395 68652**

## Typos happen

Some of you have noticed a few typos in the magazine now and then. To improve this, we are now using a new set of rules for editing:

1. Verbs HAS to agree with their subjects.
2. Prepositions are not words to end sentences with.
3. And don't start a sentence with a conjunction.
4. It is wrong to ever split an infinitive.
5. Avoid clichés like the plague. (They're old hat)
6. Also, always avoid annoying alliteration.
7. Be more or less specific.
8. Parenthetical remarks (however relevant) are (usually) unnecessary.
9. Also too, never, ever use repetitive redundancies.
10. No sentence fragments.
11. Contractions aren't necessary and shouldn't be used.
12. Foreign words and phrases are not apropos.
13. Do not be redundant; do not use more words than necessary; it's highly superfluous.
14. One should NEVER generalise.
15. Comparisons are as bad as clichés.
16. One-word sentences? Eliminate.
17. Eschew ampersands & abbreviations, etc
18. Analogies in writing are like feathers on a snake.
19. The passive voice is to be ignored.
20. Eliminate commas, that are, not necessary. Parenthetical words however should be enclosed in commas.
21. Never use a big word when a diminutive one would suffice.
22. Use words correctly, irregardless of how others use them.
23. Understatement is always the absolute best way to put forth earth shaking ideas
24. Eliminate quotations. As Ralph Waldo Emerson said, "I hate quotations. Tell me what you know."
25. If you've heard it once, you've heard it a thousand times: Resist hyperbole; not one writer in a million can use it correctly.
26. Puns are for children, not groan readers
27. Go around the barn at high noon to avoid colloquialisms.
28. Even IF a mixed metaphor sings, it should be derailed.
29. Who needs rhetorical questions?
30. Exaggeration is a billion times worse than understatement.  
And the last one...
31. Proofread carefully to see if you any words out.

*“Hold a Fish and Chip Supper to help spinal cord injured people rebuild lives after injury”*



## **Great British Fish and Chip Supper – Friday 15<sup>th</sup> May 2015**

Want to eat Fish and Chips, while raising money for charity? Hold a fish and chip supper on Friday 15<sup>th</sup> May 2015 whilst raising awareness of spinal cord injury and supporting SIA's vital services.

You can hold a fish and chip supper in your own home, at work or hold a larger supper at your local community centre.

SIA will provide a fundraising pack containing hints and tips, recipes, invitations and donation envelopes. By inviting 8 friends and asking them to donate an additional £5.00 means you will raise at least £40.00 from your supper but we will also give you additional fundraising ideas to raise even more money for SIA.

In 2015 we want to make the batter matter and raise £40,000 from everyone holding suppers. Last year we raised £20,000 from the suppers.

The money raised from the suppers will help the Spinal Injuries Association offer support to individuals who become paralysed and their families, from the moment a spinal injury occurs, and for the rest of their lives by providing services and publications which enable and encourage paralysed people to rebuild lives after spinal cord injury.

Every year in the UK over 1,000 people experience a spinal cord injury and there are an estimated 40,000 spinal cord injured people in the UK alone.

Community Fundraising Manager, Elizabeth Wright, says, “The Fish and Chip Supper is a wonderful opportunity for a great evening with friends and family. We are also encouraging people who work to hold a Fish and Chip Lunch in their work places to raise even more funds. You may be even a local community group wanting to run a fun evening with your group.

For more information or request a fundraising pack call Elizabeth Wright on 0845 071 4350 or email

[fundraising@siafishandchips.co.uk](mailto:fundraising@siafishandchips.co.uk) or visit [www.siafishandchips.co.uk](http://www.siafishandchips.co.uk)

## Challenges for Country Churches

The Church of England is not in good shape. But across the country, and in rural areas especially, it's a part of the landscape and social fabric that many of us know and love. Not in good shape? This is not just what critics are saying, but many of its friends as well. While some parish churches are vibrant with life, it's more typical that congregations are slowly decreasing in number, and getting older. It's getting harder to pay the bills to maintain the buildings. Parish clergy are expensive to pay and house, and they're overstretched by sometimes unreasonable demands.

A younger generation questions the foundations of religious belief, and has little grasp of even the fundamentals of what Christians believe and practise. What they do often see is an institution which has little to offer them, and often seems to drag its feet on issues of morality and equality. The historic wealth, which paid so many of the bills only a generation ago, now yields only a fraction of the running costs. The Church's heritage of buildings are a liability, costly to maintain, expensive to insure, not fit for purpose, and inadequately valued by the communities around them. What's the future?

Is it enough just to try harder, when earlier efforts have failed? Or is it time to be honest, and admit that radical changes may be needed? What are the questions, and who is coming up with any good ideas?

An interesting contribution to the debate this Autumn has been a series of five events in Oxford entitled "The Future of the Church of England". The last takes place on 4th December. Participants have included Sir Barney-White Spinner, Executive Chairman of the Countryside Alliance, and Dame Fiona Reynolds, until recently Director-General of the National Trust, one of the country's most successful membership organisations. Alongside them a high-profile cast of church leaders and lay people representing a wide spectrum of opinion and presenting a range of refreshing and challenging ideas.

You can listen to all the bite-sized five-minute presentations online, and the complete platform discussions and audience debate, on the event website.

Norman Winter writes: I have been attending these events to record them and make them available online. You can listen on the website or download the recordings to listen to at leisure. I felt that they are worth bringing to the attention of our magazine readers as they are touching on so many matters affecting our rural community.

To find out more, go to [www.faithdebates.org.uk/oxford](http://www.faithdebates.org.uk/oxford). Follow the "VIEW DEBATE"

### Mike Wolfenden

#### Electricity North West

Electricity North West have offered to come to the Crosthwaite Exchange on February the 11th to explain their involvement in repairs and electricity cuts while work is being done in our area. Steve Bradley is the rep who will be at the exchange to give a short talk and then take questions about the work to be done and general information about our electricity supply. If you have any questions or just want to hear what he has to say, be at the exchange on February the 11th from 2pm.

# ***NOTICES FOR INDIVIDUAL PARISHES***

## **CARTMEL FELL**

A date for your diary...

Cartmel Fell Community Trust QUIZ NIGHT with supper. Saturday 21st March, 7p.m. in Cartmel Fell Parish Hall. BYO drinks

**Winners!**

The winner of the Cartmel Fell Community Trust 100 Club Draw for December was Frank Mills, and for January is Helen Todd. Congratulations!

## **CROOK**

### **Crook Memorial Hall**

Crook Memorial Hall Working Committee are holding a Table Top sale in the Village Hall, Crook, on 15<sup>th</sup> February.

Tables are £7.00 each pre-booked (£10 on the day if available) .

Ring Alison on 01539 821402 or

Kathleen on 01539 821415 for details.

## **CROSTHWAITE**

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

### **Christmas Card Collection**

Thank you to all who contributed to the collection in lieu of (or as well as!) sending a Christmas card to local friends in the parish. By signing the card in church and making a donation we collected £58 which I have sent on behalf of us all to Save the Children Ebola Crisis Appeal. Thank you for your generosity once again.  
Pat Howarth

### **Educational grants**

The Atkinson and Lyth Charities welcome applications for educational grants from young people living in the Parish of Crosthwaite and Lyth who are going onto further education or apprenticeships. If you would like to be considered for a grant please send a short letter of application to Rev. Michael Woodcock at The Vicarage, Crosthwaite, Kendal LA8 8HX. Applications should be made before the Trustees meeting on 18th March.

### **St. Mary's needs bell ringers!**

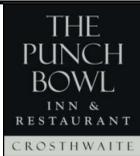
If you would like to try bell ringing, please contact either Christine Knighton (015395 68373) or John Holmes (015395 68599) and we can arrange for you to see if it is something you might like to try and take part in. All are welcome. Practices are on Fridays between 10 and 12, and service ringing is for one hour before the service on Sundays. Diana Handley (tower captain).

### **St Mary's Church**

– Flower Rota for February 2015

February	1 <sup>st</sup>	Eileen & Vonnie
February	8 <sup>th</sup>	Flowers from wedding on February 5 <sup>th</sup> .
February	15 <sup>th</sup>	---ditto---
February	22 <sup>nd</sup>	Lent – No Flowers.

Please note No Flowers in Lent 22/2/15 to 4/4/15.



☎ **015395 68237**

### **Light Lunch Menu**

(Served from 12.00 – 5.30pm Mon-Fri and  
12-4 Saturdays)

Pea and ham soup  
*mint pesto, sourdough*  
£4.95

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

Game casserole  
*Thyme dumplings, glazed beetroots*  
£13.95

Crab risotto  
*mascarpone, lemon, pea shoots*  
£9.95

Confit duck leg  
*Bubble and squeak, Lyth valley damsons*  
£12.95

Ale battered fish & chips  
*mushy peas, tartare sauce*  
£11.95

Pork and sage faggots  
*Apple purée, caramelised onions*  
£10.50

Chicken Caesar salad  
*grilled gem lettuce, quails eggs, parmesan*  
£11.95

### **Open sandwiches**

**(served on our homemade bread)**

Coronation chicken, carrot, beetroot & raisin  
salad

Creamed garlic mushrooms and spinach,  
toasted brioche

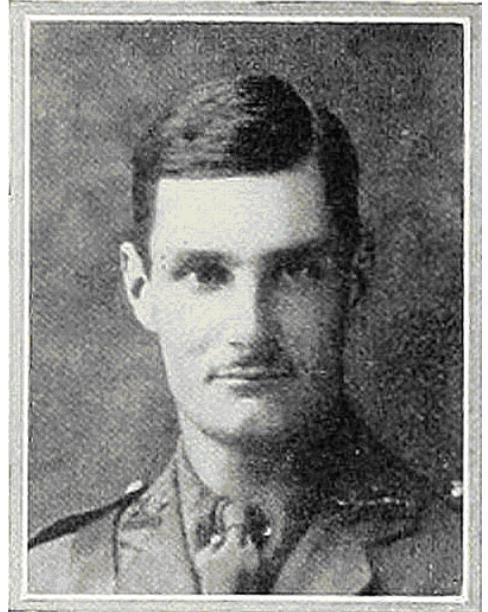
Smoked salmon & prawn Marie rose, pickled  
cucumber, capers  
£6.50 each

Vonnie & Eileen will be decorating the Church on Saturday April 4<sup>th</sup> commencing 1.30pm for Easter Sunday the 5<sup>th</sup>. As many Helpers as possible welcomed (please fetch own scissors) Please contact Vonnie 68028 or Eileen 68565

## **HELINGTON and BRIGSTEER**

### **The Helington Nine**

The lives of the nine men listed on the Helington war memorial will be commemorated and celebrated in dramatised readings at 7.30 pm on Friday, 6th February in Helington & Brigsteer Village Hall. Based on extensive research over the past 15 months, the evening will focus on three of the men who died in the Great War. Eight readers from the parish, mostly in



**2nd Lt. Arved Waterhouse,  
Kings Own Royal Lancaster Regiment**

## HELINGTON PARISH COUNCIL

**A meeting of the Parish Council will be held on Wednesday 4 February 2015 starting  
at 7.30pm  
in the Helsington & Brigsteer Village Hall**

Early in the agenda there is a public participation item during which members of the public are invited to speak at the discretion of the Chairman. Following this item you are welcome to stay and listen or may leave as you choose.

Jacqueline Davidson  
Clerk to the Council

the personae of people who knew the men, will describe the family life, education and war service of the men, illustrated by many images. Their schooldays at Helsington School and how the war affected the people of Brigsteer will also be explored, as will the reality of life in the trenches. Although inevitably the stories are sad, they include much humour and even a little irreverence. The evening will be a unique opportunity to learn about life in Helsington and Brigsteer before the First World War and what the Helsington men of a hundred years ago experienced in the trenches. There will also be an opportunity to see the excellent exhibition panels on the Kendal Pals battalions and how the war affected Kendal. There will be no charge for the evening, but to help in the organisation of seating and refreshments, admission will be by programme, obtainable in advance from Mike Fleetwood (015395)68148 or [mjfleetwood@btinternet.com](mailto:mjfleetwood@btinternet.com), Mary Cross 68685, Sue Griffiths 68776 or Elizabeth Bradshaw 68434.

### Diary Date

Brigsteer Open Gardens will take place on Sunday 24<sup>th</sup> and Monday 25<sup>th</sup> May 2015 of the Spring Bank Holiday weekend.

### More details to follow.

Contact **Barbara Clifford Tel 68355**  
[barbaraclifford100@gmail.com](mailto:barbaraclifford100@gmail.com)

## WINSTER

**RNLI Lake District  
Branch**

**QUIZ NIGHT and  
SUPPER**

**at**

**THE BROWN HORSE  
WINSTER**

**Monday March 23rd  
2015 7.30pm**

**Tickets £8.00 including  
supper**

**Raffle Teams of 4**

**For tickets contact:**

**Jean Curtis**

**015394 42937**

**Margaret Gambie**

**015394 42325**

# WITHERSLACK

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

Witherslack Parish Hall  
Committee

Jumble sale

Saturday 21 March. 10 - 12

Refreshments available

For any info tel: 07917742627 or  
52275



## BRIGSTEER

Our first meeting of 2015 saw the welcome return of Andrew Lowe who's subject this time was Woodland Craft and Industry in the Lake District. Andrew is such an enthusiastic and informative speaker and this time was no exception. We were shown slides starting with views of the broad leaf woodlands of the Winster and Rusland valleys. Andrew talked about the history of coppicing, making charcoal, and how to spot evidence of the remains of some of ancient industries, such as tanning using oak bark, medieval smelting, and the importance of the bobbin mills in the area.

Our President Beryl welcomed new member Jean Seddon as well as eight guests. Carol singing around the village complete with musicians raised the fantastic sum of £250 for the North West Air Ambulance. Everyone had enjoyed the Christmas meal at the Wheatsheaf, especially the carol singing quiz. WI members

## FINANCIAL VOLUNTEERS NEEDED FOR WITHERSLACK COMMUNITY SHOP

**BOOKKEEPER** 3 - 4 hrs/week, as relief for current volunteer or job share. Experience of Sage or similar would be helpful.

**STOCKTAKE ORGANISER** 2- 4 times a year approx. Spreadsheet knowledge  
Contact Janet Read for these on 015395 52481

**TREASURER** for Committee with accounting skills. Contact Liz Croy 015395 52155

will be providing refreshments for the presentation by members of St John's Church of "The Helsington Nine" on Friday 9th February.

The speaker at our next meeting on Wednesday 11th February is Sally Farrington who will be talking on the History of Tea.

## CARTMEL FELL

On January 7th, Deborah Yearnshire of Livingstons, Solicitors of Ulverston, told members about her work dealing with many of the problems facing people - making wills, arranging lasting power of attorney, and inheritance tax. Her helpful answers to questions proved very useful reminders to the audience not to leave those arrangements too late!

On February 4th, at Cartmel Fell Parish Hall, there will be another Open Meeting (8.00pm for visitors) when Steve Ratcliffe, Planning and Partnership Director of The Lake District National Park, will speak on 'The Lakes for World Heritage Status.' All welcome.

## CROSTHWAITE

President Jean Sceal (JSc) welcomed members including a new member, Katy Edwards, to the Christmas party. Several members had attended the Christmas Festival at Ulverston, Carols in

Kendal Parish Church and the WI stall at the Crosthwaite Christmas Fair, which was highly successful.

Crook WI had kindly invited two of our members to their New Year lunch on 7 January 2015. Pam Pitt and Geraldine Wilson will represent us.

Members were alerted to the new Food Hygiene law which requires that members identify all ingredients on produce which is made for or served to the general public. Further information is available on the website: [cumbriawestmorlandwi.org.uk](http://cumbriawestmorlandwi.org.uk)

Following WI business, members enjoyed a lively Christmas party. The magician, Chris Winnick was enthusiastically received and entertained all. A vote of thanks was given by Jean Sceal.

The President thanked a number of members for their support over the year and wished everyone a Happy Christmas.

The meeting in February 2015 will be on The Smokery at Haverigg Prison with speakers Mary Tyson and Morag Hopkins.

## **UNDERBARROW**

President, Sarah Rashleigh welcomed members to the first meeting of 2015. Members of the committee gave a short presentation on each of the new resolutions for NFWI campaigns and these were discussed. Sarah Rashleigh and Maggie Stockdale have both been successful in obtaining observer tickets to the Centenary AGM at the Albert Hall. The speaker was Dorothy Grace who, appropriately for such a cold wintry afternoon, talked to us about a photographic holiday in southern Africa that she had enjoyed with her husband in July 2013. With the aid of very high quality photographs, Dorothy showed us the very different environments of Chobe River National Park in Botswana and Etosha in Namibia and the birds and mammals that live in each location as well as talking us through the wildlife dramas which unfolded whilst they watched. The competition for a bird

photograph was won by Susan Hackett. The next meeting will be held on 11th February at 1.30 pm when the speaker will Susannah Cogger who will talk about Aromatherapy and the competition will be for a pretty perfume bottle.

## **WITHERSLACK**

The January Meeting started with the Vicar, Michael Woodcock, explaining his ideas for raising money for church repairs. Idea 1. To make an audio recording of older members of the Witherslack community talking about the "olden days". Idea 2. To set up a Geocache at the church. The WI is very willing to help.

The second attempt at a group photo failed as the memory card on the camera was inadvertently wiped! A third attempt will take place next month so please come promptly.

Two ladies had very much enjoyed the Crook Party with an excellent speaker.

Travel arrangements were made for next week's dinner at Woodside Farm.

The Resolutions were voted on by a show of hands.

The winners of last year's competitions were 1st Pru Dodgson. Joint 2nd Tina Pearsall and Jean Hudson. 3rd Jean Mallinson

Tina Pearsall has again made the programme and wants House Leeks by way of thanks. (To put on a new wall!)

The speaker, local potter, William Plumtre spoke very movingly about his time in Japan as a young man learning the craft from a famous traditional potter. The experience obviously had a profound effect on his life and work. The whole Japanese way of life was so different to western ways, but he became able to embrace it..He has been back several times taking his family. He had some examples of pots to show us.

Next Month is an Open Meeting: "Heavy Horses , the story" by Annie Rose. Parish Hall. 8pm £2.50 to include refreshments.

## REGULAR EVENTS

### HELSSINGTON & 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 ☎ 01539821415

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

Check bookings online at [www.crosthwaiteandlyth.co.uk](http://www.crosthwaiteandlyth.co.uk)

Playgroup	Tues & Thurs (term time) 9.30—11.30 (not 17th or 19th)
Exchange	Wednesday 2pm – 4pm (1pm on the 1 <sup>st</sup> Wednesday)
WI	Wednesday, 18 <sup>th</sup> at 7.30pm
Art Club.	Mondays 1.45-4.00.p.m.
Snooker Club	Wednesdays 7pm - 9pm in the Parish Room, Crosthwaite
Aerobics	Mondays 7.30
Yoga	Wednesdays 11th & 25th 7.00pm
Indoor Bowling	Tuesdays and Thursdays 7.30 - 10.00 p.m.

### UNDERBARROW INSTITUTE

For bookings contact Richard Simpson on ( 01539568228)

Quilting class	Mondays 2 - 4pm
Billiards Club	Mondays from 7.30pm
WI	Every 2 <sup>nd</sup> Wednesday of the month at 7.30pm
Zumba Gold class	Tuesday night 6.30pm to 7.30pm

### 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
Stretch and Tone	Mondays 2.00pm - 3.00pm
Fitness Pilates	Thursdays 6.00pm - 7.00pm

# Two Valleys Churches

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

**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: Mr. Michael Hopkinson 015394 42681  
Mrs. Lily Holme 015395 60247

### **St. Paul's, Witherslack**

Churchwardens: Mrs. Janet Read 015395 52481  
Mrs. Marianne Whiteway 015395 35059

**Assistant Curate-in-charge:** **Rev'd. Brian Crowe**, Middle Blakebank, Broom Lane,  
Underbarrow. ☎ 015395 68959 Email: [brian.crowe@ymail.com](mailto:brian.crowe@ymail.com)

**Readers:** **Reg Bradby** ☎ 01539 725800 or [regbradby@hotmail.com](mailto:regbradby@hotmail.com)  
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**Tony and Hilary Fitch** ☎ 015395 68577 or [fitchesuk@aol.com](mailto:fitchesuk@aol.com)

### **St. Catherine's, Crook**

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

### **St. John's, Helsington**

Churchwardens: vacant  
vacant

### **All Saints, Underbarrow**

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

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**Assistant Priest:** **Rev'd. Michelle Woodcock**, The Vicarage, Crosthwaite  
☎ 015395 68276 Email: [michellewoodcock74@hotmail.com](mailto:michellewoodcock74@hotmail.com)

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## **MAGAZINE DEADLINES**

For **HELINGTON** to Mary Cross (( 68685) by **9<sup>th</sup> of previous month**  
For **UNDERBARROW** to Mabel Evans (( 68481) by **9<sup>th</sup> of previous month**  
**All others to the Editor(s) by 12<sup>th</sup> of previous month by email or letter**