

**MARCH 2016**

**70p**



**CARTMEL FELL**



**CROSTHWAITE**



**CROOK**

**TWO  
VALLEYS PARISH  
NEWS**



**HELINGTON**



**WINSTER**



**UNDERBARROW**



**WITHERSLACK**

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## Church Services for MARCH 2016

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### 6th March

### The 4th Sunday of Lent

9.30am	Cartmel Fell	Mothering Sunday Service
9.30am	Underbarrow	Mothering Sunday Communion
10.00am	Witherslack	Mothering Sunday Service
10.30am	Helsington	Mothering Sunday Service
11.00am	Crook	Mothering Sunday Service
11.00am	Winster	Mothering Sunday Service
11.00am	Crosthwaite	Mothering Sunday Service

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### 13th March

### The 5th Sunday of Lent

9.30am	Cartmel Fell	Morning Prayer & AGM
9.30am	Helsington	Holy Communion (CW)
9.30am	Underbarrow	Morning Worship with Baptism
9.30am	Witherslack	Holy Communion (CW)
11.00am	Crook	Morning Worship (CW)
11.00am	Winster	Matins (BCP)
11.00am	Crosthwaite	Morning Prayer & AGM

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### 20th March

### Palm Sunday

9.30am	Cartmel Fell	Holy Communion (BCP)
9.30am	Helsington	Holy Communion (CW)
9.30am	Underbarrow	Morning Worship (CW)
9.30am	Witherslack	Morning Prayer & AGM
11.00am	Crook	Holy Communion (CW)
11.00am	Winster	Morning Prayer & AGM
11.00am	Crosthwaite	Holy Communion (CW)

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For Holy Week services see page 6 of the Magazine

### 27th March

### EASTER DAY

9.30am	Cartmel Fell	Easter Communion (BCP)
9.30am	Helsington	Easter Communion with Baptism
9.30am	Underbarrow	Easter Communion (CW)
9.30am	Witherslack	Easter Communion (CW)
11.00am	Crook	Easter Communion (CW)
11.00am	Winster	Easter Communion (BCP)
11.00am	Crosthwaite	Easter Communion (CW)

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### 30th March

### Wednesday

7.30pm	Crosthwaite	Refresh
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For further details see [www.crosthwaiteandlyth.co.uk/twovalleys](http://www.crosthwaiteandlyth.co.uk/twovalleys)

## ***A LETTER FROM HILARY FITCH***

Are you holy? The word 'holy' in modern times can have various connotations – when applied to people, we may think of someone who is 'good' or perhaps with a more negative overtone, of someone who feels morally superior to others because they *think* they are good, as in the expression 'holier than thou'.

In January, I decided that during 2016 I would read my way through the Old Testament and at the time of writing I have reached Numbers. One of the things that has struck me during my readings is how frequently the concept of 'holiness' arises. Firstly, God is holy: he is the powerful Creator, morally perfect and the righteous Judge, loving and merciful. His holiness marks the difference between God and humankind. Places can be holy because of their association with God, for example when Moses encounters God in the burning bush, he is told to remove his sandals because he is standing on holy ground. The Israelites are given precise instructions on how to build the Tabernacle and this too is a holy place where God is worshiped and he is present with his people. In fact, the whole nation of Israel can be described as holy because God has chosen them to be his own people, set apart from others. This is not because the Israelites are intrinsically superior to any other people but because God has selected them to live by the laws he gives them and so become holy, his treasured possession. They are to respond to God's holiness by reverencing him and living moral lives according to his commandments. This was somewhat of an uphill struggle. When Moses returns to the people after having received the Ten Commandments on Mount Sinai, he finds that they have made a golden calf and are busy worshipping it! The whole of the Old Testament is the story of Israel's relationship with God and the struggle to be his holy people. Many times the people turn away from God, they suffer as a consequence and ultimately God rescues them.

Jesus is the fulfilment of the relationship between God and Israel and is the 'true Israelite' being obedient to God and morally perfect. In the New Testament, Jesus is called the Holy One of God and is the supreme example of divine holiness. We too are called to share in his holiness by following his example through the power of the Holy Spirit. The apostles called the members of the early Christian church 'holy ones' or 'saints', not because they had achieved moral perfection but because they had recognised that they needed the forgiveness made available to them through Christ's death on the cross.

Perhaps Lent is a good time to look at ourselves and see if we are holy: to examine our lifestyle, our thoughts and actions and to see how we match up to God's standard. As we look towards Good Friday, we see what it cost God in Jesus to make forgiveness and holiness available to us all and on Easter Sunday we can celebrate his resurrection and his victory over sin and death.

Wishing you a happy Easter.



## HOLY WEEK EVENTS AND SERVICES

Maundy Thursday	7.00pm Holy Communion ( <i>CW</i> ) at St. Mary's, Crosthwaite
Good Friday	10.00am Good Friday Meditation at St. Anthony's, Cartmel Fell 12.00pm Good Friday Meditation at St. John's, Helsington
Easter Day	9.30am Easter Communion (BCP) at St. Anthony's, Cartmel Fell 9.30am Easter Communion ( <i>CW</i> ) in St. Paul's, Witherslack 9.30am Easter Communion with Baptism at St. John's, Helsington 11.00am Easter Communion ( <i>CW</i> ) at St. Mary's, Crosthwaite 11.00am Easter Communion ( <i>CW</i> ) at St. Catherine's, Crook 11.00am Easter Communion (BCP) at Holy Trinity, Winster 9.30am Easter Communion at All Saints, Underbarrow



### After Storm Desmond

In the weeks and months ahead as our homes dry out, many of us will be trying to repair the damage caused by Storm Desmond. Help is available, so please do use it.

Your local Citizens Advice can help you find out about your options and support you with filling in form, making phone calls and so on.

Apart from housing issues, there might be problems with benefit payments, problems with your job or money worries. Whatever the problem, we are here to help for free and in confidence.

The Cumbria Community Foundation's Flood Recovery Appeal raised almost £5 million in the 6 weeks that followed 5 December and helped more than 1300 Cumbrian families in need. Support is available to individuals or families whose homes have significant structural damage or flooding and employees who have lost work or income because of storm or flood. Grants are also available to voluntary and community group. Check the website for details and forms. [www.cumbriafoundation.org](http://www.cumbriafoundation.org). The charity is still raising money and you can donate online or telephone 01900 825760.

The government has introduced several measures to help those hit by the floods. They include a £5,000 repair and renew grant for all affected homeowners and businesses and compensation to local authorities that exempt residents from paying some or all of their council tax because they've had to leave their home. Details of all the measures are available at [www.gov.uk](http://www.gov.uk).

If you have difficulty getting flood insurance in high-risk areas, information and advice is available on the National Flood Forum website [www.floodforum.org.uk](http://www.floodforum.org.uk) or telephone 01299 403055. DEFRA has published a guide entitled 'Obtaining flood insurance in high risk areas' giving information on how to obtain a suitable policy, it can be downloaded at [www.defra.gov.uk](http://www.defra.gov.uk)

## Easter

The early church's first cyclical commemoration was on a weekly basis, with Sunday being the day on which the Resurrection was repeatedly celebrated in eucharistic gatherings. As far as we know, there were no regular annual commemorations for most of the first two hundred years. But when a yearly cycle did begin to emerge, Easter was the first feast to be established. As one of the great scholars of liturgical history has neatly expressed it, 'Early Christians sanctified the week before they did the year and kept the Lord's Day long before they observed Easter'.

Documentary evidence for Easter dates from the late second century. But at that time, when it was first introduced, what people meant by 'Pascha', as it was officially known in the Latin liturgy of the western church, was the full sweep of the redemption, covering the passion and death of Christ as well as the resurrection. By the fourth century, however, the liturgy covering annual commemorations was much more developed. As a result, Easter, which had at first been the only regular annual celebration, no longer stood alone; and the elements of what had originally been known by one term, 'Pascha', celebrated over several days as if it were one observance, had been formally sub-divided, with each special day within the old over-arching 'Pascha' having its own particular name. Thus the Latin church of Western Christendom had, and of course still has: *Dominica Palmarum* (Palm Sunday); *Coena Domini* (literally 'the Lord's Supper', although in England we know it as Maundy Thursday); *Parasceve* (literally 'Preparation Day', reflecting Jewish custom, as in the Gospel narrative, although we know it as Good Friday); *Sabbatum Sanctum* (literally the Holy Sabbath, again reflecting Jewish custom, as in the Gospel narrative, where the Sabbath is the seventh day of the week and the holy day of the Jews, the day on which God rested according to Genesis, although we know it as Holy Saturday — not to be confused with Easter Saturday, which is the Saturday after Easter); and *Pascha* (known in English as Easter).

With this increasingly detailed terminology, Pascha/Easter comes to be reserved for the day on which the Resurrection is celebrated, marked by an ever more elaborate and joyous liturgy, and with the season of Pascha/Easter beginning on the Sunday itself. Of course the resurrection makes no sense without the crucifixion, the celebration no sense without the suffering. But it is interesting to note that, just as people today are more likely to attend church on Easter Day than they are to participate in the liturgy of the preceding days, so, even in the early eighth century, the Venerable Bede, in a letter to the Archbishop of York, complained that some people were lax in their attendance at church and turned up only for Christmas, Epiphany and Easter — by which he clearly meant Easter Day itself and not what came before.

As the annual cycle of the liturgy was beginning to develop in the second century, with Easter as the originating point, there were those argued that it should be observed on a fixed date. It is a debate that has been revived this very year. But historically, as we know from the Gospels, the events being commemorated took place at the time of the Jewish Passover, which is tied to the lunar calendar. So Easter (so far, at least) has always been a movable feast, along with all the days in liturgical cycle which are calculated in relation to it.

# ***CALLING ALL VILLAGES***

## **ALLEGRI SINGERS “Celebrating Shakespeare” St Mary’s Church, Crosthwaite 4.00 pm Sunday 13 March (Note early start)**

William Byrd: Mass in Four Parts; Anthems by Tomkins, Amner and Weelkes  
Vaughan Williams: Three Shakespeare Songs and also Poulenc: Four Christmas Motets  
Retiring Collection

Allegri’s programme this time focuses on Shakespeare: music from his time and a setting of three of his texts. The first half includes William Byrd’s Mass in Four Parts, written for Roman Catholics avoiding persecution by meeting in secret, and anthems written by Tomkins, Amner and Weelkes for the newly formed Anglican Church.

In the second half of the programme, the choir will sing settings by Vaughan Williams of 3 Shakespeare poems, including the richly atmospheric *Full Fathom Five*, with its wonderful representation of tolling bells. The concert ends with something very different: Poulenc’s four *Christmas Motets*, among the 20<sup>th</sup> century’s most beautiful unaccompanied choral

**CUMBRIA FLOOD APPEAL** Just to report back that as a result of various collections at our churches before and over Christmas, the two valleys churches sent a combined total of £1384.50 to the Cumbria Flood Appeal. Thank you to everyone who contributed.

**MOTHERING SUNDAY SERVICES** There will be special all-age services for Mothering Sunday Services in all our parishes on Sunday 6<sup>th</sup> March. Do come along and bring mums, aunts, grannies and great grannies...

**JOINT CHURCH-SCHOOL SERVICE** - Each term we now hold a special mid-week joint Church-School service in St. Mary’s Crosthwaite where the whole School, and as many from the congregation as can make it, meet at 9.00am for a special service. Our next one is at **9.00am on Thursday 17<sup>th</sup> March in St. Mary’s church**. Any parents, grandparents, or whoever has any association with the School or wishes to support it as part of our local community are all invited and warmly welcome to this short service which only lasts 30 minutes.

**ANNUAL CHURCH MEETINGS** Several Annual Parochial Church Meetings (AGMs) will take place this month as part of our Sunday services. Please check the Service Rota at the beginning to see when your parish’s takes place. We do encourage everyone on our church electoral rolls to come to these short services with AGM... It provides an opportunity to report on all the activities of the church’s life, to say thank you to those who work so hard through the year, and to look ahead to our future.

**Two Valleys Prayer meeting** 2.30pm Tues 8 March at the Vicarage



Steve & Carole would like to wish everyone a very Happy New Year.  
Next visit with Fish and Chips will be on Friday 26<sup>th</sup> February and every last Friday in the month throughout 2016 at:

Winster Village Hall 5 pm to 6pm  
Crosthwaite Village Hall 6.30pm to 8pm

We are also available for private parties, weddings, christenings or village events and can provide a full three course meal if desired. Tel 07757 617 976  
[www.thelakedistrictfishandchipcompany.co.uk](http://www.thelakedistrictfishandchipcompany.co.uk)

### **LATIN RHYTHMS TO BRING ON THE SUMMER IN BRIGSTEER!**

Latin jazz band, **SONRISA**, will tour the North of England in Spring 2016 with Highlights Rural Touring, performing

#### ***'A TASTE OF LATIN '***

a musical journey from Spain to South America, combining a collection of original material with traditional songs from the Latin world given a unique interpretation.

Performed by five outstanding professional musicians comprising vocals, trumpet, flute, acoustic guitar, bass guitar, cajon and percussion the show covers many Latin styles including Cuban Son, Tango, Bossa Nova, Samba and Rumba with a chance to either get up and have a go or sit back and soak up the spectacle in an evening full of fun vibes, toe-tapping rhythms and heartfelt songs.

**Helsington & Brigsteer Village Hall**  
**Saturday 12th March -7.30pm.**

### **DAMSON DAY 2016**

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, competitions and entertainment.

Competition schedules available from Crosthwaite Exchange, Bowland Bridge stores and Witherslack Community Shop

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

**CROSTHWAITE PLAYGROUP**

Held @ THE MEMORIAL HALL, Crosthwaite, Nr Kendal  
LA8 8HT

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**SATURDAY 12 MARCH**

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MORE!**

**9AM – 11PM**

**Sellers make 80%!**

**A great chance to have a spring clear out!**

**DROP OFF ITEMS FRI 13<sup>TH</sup> 3.30PM -6.30PM**

**Tel: Maria 07824442306 TO SELL**

**£1 entry fee includes a FREE TEA OR COFFEE!**



RNLI Lake District Branch

**QUIZ NIGHT and SUPPER**

at

**THE BROWN HORSE, WINSTER**

**Monday 21 March 2016**

**7pm for 7.30pm**

**Raffle**

**Teams of 4**

**Tickets including supper £9.00**

**For tickets tel. Margaret on 015394-42325**

**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!**

# **BRIGSTEER WI**

**IN CONJUNCTION WITH**



*Present*

## Eye Witness Stories from the **West Bank & Israel**

Come and hear first-hand Robin Jager's sister, Bronwen Currie who has recently returned from the West Bank

What is daily life under occupation really like?

What is the Israeli peace movement doing?

What can we do to promote a just peace in Israel-occupied Palestine?

**8pm Wednesday 9 March**  
**Brigsteer Village Hall**

**ALL WELCOME! tell others... bring them!**

This meeting is organised by Brigsteer WI  
For more information please contact EAPPI on  
020 7663 1144 or [eappi@quaker.org.uk](mailto:eappi@quaker.org.uk)

# NOTICES FOR INDIVIDUAL PARISHES

## CARTMEL FELL

### 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 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!

## 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.

### CARTMEL FELL AND DISTRICT HISTORY SOCIETY—14 MARCH

This month’s talk will be by Dr. Michael Winstanley, entitled: Virgin Islands with local interest: Quakers, BirKetts.

## CROSTHWAITE

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

### SUNDAY SCHOOL AT ST. MARY’S

It has been great to meet some different children at the Crosthwaite Sunday School. Thank you for coming! We hope you have enjoyed it.

Seeing as everyone who helps run Sunday School - Claire Parsons, Christine Gibson and Lindsay Dobson - live on farms, SS will not run through March. We will all be busy lambing sheep! We plan to be up and running again on Sunday 10th April, when we hope to see you again.

*Lindsay Dobson*

### ST MARYS FLOWER ROTA

March 6<sup>th</sup> – 13<sup>th</sup> – 20<sup>th</sup> Lent – No Flowers.  
Saturday March 26<sup>th</sup>. 1.30pm Volunteers requested to help Vonnice & Eileen do Flowers for Easter Sunday 27<sup>th</sup> March.  
Please bring your own scissors.

Any queries please contact Vonnice (68028) or Eileen (68565).

Thank you .

### CROSTHWAITE POST OFFICE

Open Wed. 2 March

Closed Thursday 3 March

Open Wed. 16 March  
Closed Thursday 17 March  
Open Wed. 23 March  
Closed Thursday 24 March

We are sorry for any inconvenience caused.

### **CROSTHWAITE PARISH COUNCIL MEETING FEBRUARY 16**

Crosthwaite and Lyth held their first meeting of 2016 at which it wanted to say "Thank you" to all the people who helped out in the wake of the floods.

A thank you goes to all those involved in the production of the "Treasure Island" pantomime also.

Congratulations go to Matthew Dobson who has been invited to meet with the Queen for his service to the church as church warden for 50 years.

It was noted that there has been lots of positive comments from residents about the letter in the Gazette regarding the A590. SLDC will be sending out a Crosthwaite & Lyth Housing Needs Survey – the parish council would like to ask if all residents can complete the form even if they are not looking for a home and return it to the SLDC promptly please. This will enable the Parish to get a thorough view of the Parish's needs. And lastly, The Parish council is calling for a roundabout again on the A590, where there have been 2 further accidents recently. The

Clerk will write to Jonathon Read from Highways England.

### **CROSTHWAITE GARDEN RAMBLE 29 & 30 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**

**For offers of help with refreshments  
please contact Geraldine Wilson on  
015395 68836.**

Thank you for your support!

### **CROSTHWAITE SCHOOL'S NEW CLASSROOM**

**St Patrick's Day charity Wine tasting quiz**  
Brigsteer Village Hall Thursday 17<sup>th</sup> March  
7pm

Tickets £15.00pp (includes Irish Stew  
Supper and 3 glasses of wine)

For tickets Call: Rachel Cunliffe –  
[015395 68394/07535 011173.](tel:01539568394)

## **WITHERSLACK COMMUNITY SHOP**

*A special place at the heart of the community*

<b>Mon/Tues/Thurs</b>	<b>7.45 – 6.30</b>
<b>Wednesday</b>	<b>7.45 – 12.30</b>
<b>Friday</b>	<b>7.45 – 6.00</b>
<b>Saturday</b>	<b>9.00 – 1.00</b>

**CLOSED BANK HOLIDAYS**

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Order by phone - collection next day or a weekly order for your basics

*And much, much more, such as homemade cakes, Suma, Ecover, bird nuts,  
kindling, W.Gazette, damson produce + recycle batteries, donate to the Food Bank, Dry Cleaning, local  
craft presents, Community Notices,  
Parish Council Planning folder, Bus timetables.*

Dear all,

I am writing this letter on behalf of Crosthwaite Church of England Primary School. For those that do not know us, we provide superb educational provision for children aged from three to eleven years of age with a varied range of abilities, with the vast majority of our growing school roll being from the local villages, hamlets and valleys.

In recent years the school has gone from strength to strength, with ongoing improvements made to all areas of the school environment, resources, staffing and governance – all for the benefit of the children. We are especially proud of the balance we have between results (always at least very good) and the fantastic provision of numerous enhanced learning opportunities for all children in school.

The school numbers are increasing each year, and our projections indicate that this will continue for the next few years – something not seen in most rural schools.

As part of our ongoing evaluation of our school, and based on what we know we need to improve, what we know will benefit the children the most and what the data – including analysis of school space using DfE (Department for Education) guidance - tells us, our next aim to is to further enhance the teaching space, which is increasingly under strain.

At present one of our classrooms is full and – due to its position – also serves as a corridor between other classrooms and the hall. This is something that we need to address – whilst staff and children are fantastically focused the lack of space and other distractions, especially during the winter months – are something we aim to address.

Whilst there is no disputing the fact that we require a classroom, and an intervention room, there is a lack of funding available from both the Diocese of Carlisle and Cumbria County Council. The school has explored funding options for a new classroom from both these sources, and will continue to do so, but the likelihood of receiving anything is not good!

We are therefore now looking to the community and local businesses to ask if they are in a position to either support us at fundraising events or to pledge any amount of money to help us to be able to meet the needs of the school and children, and enable us to make the teaching and learning environment for all our children as outstanding as the other areas within school.

The school is now in the midst of planning a range of fund raising events which will be further publicised on the school website. Plans for the new classroom are also available for viewing (in Mr Jessop's Blog) at: <http://crosthwaiteprimary.net/head/>

A committee for the fundraising project are to meet on Wednesday 24<sup>th</sup> February at 3.30 p.m. at the school and all interested parties are welcome to attend to see the dedication of the community, governors and staff to ensure that the education for today and the future is sustained at Crosthwaite Church of England Primary School. If anyone is interested in becoming part of this committee and helping the school then please come along!

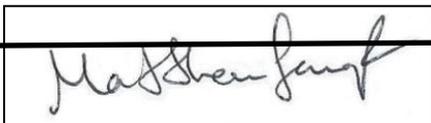
We have also organised our first fundraising event for 17/3/2016. This will be held at Brigsteer Village Hall, with a 7.30 p.m. start, and will be a wine tasting evening, with all welcome! A further letter and adverts will be issued in the near future.

If you are able to help us in any way we would be extremely grateful. If you wish to discuss this further please do not hesitate to contact Matthew Jessop (Head teacher), John Holmes (LA Governor and SLDC Councillor) or Rachel Cunliffe – all can be contacted through the school office.

Finally, though all at school recognise that these are increasingly difficult times for a large number of people, we do our utmost to support a number of charities locally, nationally and internationally but have a duty to do our very best not for these but for the children that we have the privilege of educating and preparing for the future.

If anyone would like to donate directly, please visit the school website and use the Gift Aid form that can be downloaded or click on the link to our donations page.

Yours sincerely,



Matthew Jessop  
Head Teacher



## 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.



## Two Valleys Emergency Prayer Chain

Here is an updated version of our emergency Prayer Chain with some new names added, as we give thanks for others who have retired from this list after many years of faithful service. Should an urgent matter for prayer occur (e.g. an accident, or someone suddenly taken ill, or an operation about to take place) and prayer be needed quickly, those at the top of the list are informed, who then telephone the next person down on the list, who then telephones the next person, and so on..... Very quickly a "chain" of prayer is set up, and each person commits themselves to pray for the situation confidentially.

Here is our Prayer Chain for the villages across our Two Valleys.

Please do cut this page out of the magazine and keep it by your telephone.....

**Anne Bennett**  
015395 31405

**Anne Wolfenden**  
015395 68919

**Dorothy Dobson**  
015395 68378

**Anne Ratcliffe**  
015395 52107

**Brian Crowe**  
015395 68959

**Pat Howarth**  
015395 68652

**Geraldine Wilson**  
015395 68836

**Lily Holme**  
015395 60247

**Chris Tomlinson**  
07770 688644

**Michael & Michelle Woodcock**  
015395 68276

If you want to use the Prayer Chain, call up the people at the top of the list. If they are in, they will pass on the message to the next person on the chain. The prayer request will then travel down the list. In the event of someone being out, a message is left on an answer-phone if possible and the next person on the list is contacted - we will try to ensure that the request gets through to everybody in the end.

Do use the Prayer Chain again for follow up information - e.g. if you send a message that someone is extremely ill, please follow up with a message to say what the outcome is, so that those who are praying are informed. If you wish your re-

*If anyone would like to be added to this Prayer Chain list then please contact Rev. Michael Woodcock*



## REPORTS & NEWS

### **BRIGSTEER**

At our Open Meeting in February, we welcomed Simon Thomas from the Staff of Life bakery. Simon is so enthusiastic about his produce and demonstrated how he makes one of his artisan loaves. Always using the best ingredients, no scales, just an eye for quantities, and plenty of ideas on how to vary the type of loaf you make. He made it look so easy, but did tell us about his disasters as well.

The trip to The Girls at the Lowry had been a great success with a repeat planned later in the year. In the meantime, five members are looking forward to afternoon tea at The Villa. We raised over £100 providing tea and cakes at the Highlights performance in the village hall.

At our next meeting on Wednesday March 9th we have fellow Brigsteer resident, Robin Jager's sister, Bronwen Currie who will giving us first hand experience of what life in the West Bank of Palestine is like and the work of her organisation. This is sure to be an interesting and inspiring talk where visitors are very welcome to join us from 8pm. For more information call Beryl or Sue on 68570 or 68776.

### **CARTMEL FELL**

In February, Maria Galvin gave a Powerpoint presentation of her work with a firm which will sort and clear the homes of those whose hoarding habit has overwhelmed them, and who have no-one to help them. Often, this habit stems from a medical condition, but it was a warning to those of us who find parting

with belongings very difficult!

It was clear that sorting and paring down one's belongings leads to a feeling of satisfaction that a house is easier to run, and that charities and other recipients can benefit from the 'purge.'

On March 2nd., at 7.30pm., at Cartmel Fell Parish Hall, Lynn Matthews will speak on 'The Work of Dogs for Good.'

There is a W.I. Spring Group meeting at Cartmel Fell on March 17th at 7.30pm.

### **CROSTHWAITE**

At our open meeting Alan Oatway gave an excellent and moving talk about the impact of the 2015 earthquake in Nepal. His photos of his experience and the devastation inspired the audience to support his charity which is helping villagers to rebuild their lives.

Mary Choiseul presented the outline of the 2016 WI resolutions so that members could make an informed vote for one of the eight proposals. The President, Jean Sherratt, thanked members for their support and contribution to the Christmas party and the Christmas fair.

Jean Seal will be our delegate to the half yearly council meeting for our federation. She is also responsible for the Crosthwaite & Lyth WI Facebook page which advertises our activities and hopefully will reach out to our community. Thank you to Jean for using social media to make us more accessible.

The speaker at the meeting on 16th March 2016 will be Wendy Ellwood, talking about Gran on the Run.

### **UNDERBARROW**

Underbarrow W.I. Open meeting on Feb' 10 th saw us welcoming Prof Ernest Rutter talking on "Hydraulic Fracture and Shale Gas" .This was a well received and interesting talk attended by some 23 visitors as well as our own enthusiastic members.The Prof Rutter talked widely around his subject, along with the financial implications of such ventures.

Prior to our talk, members met to discuss local issues, our subscriptions, and W I news letters were distributed. Members were reminded that the Quilting Exhibition at Farfield Mill is ending soon, the final day being Feb' 16th.

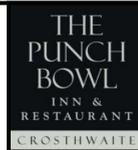
The date of the Town Halls W I scrapbook display is Fri'February 26 th and is for one day only.

We have now corrected the dates for Holker Garden Festival: June 3rd, 4th, 5th.

Our next meeting will be Wednesday March 9 th, 1.30pm when Jackie Huck will be with us. Her subject "Stories and Poetry". Please bring along an interesting bookmark for the competition.

## **WITHERSLACK**

After usual WI business presided over by Mrs Caroline Blee there was a talk by Ian Robinson of Cartmel Cheeses. Based in Unsworth Yard in Cartmel the shop sells hand made cheeses mostly sourced in the UK and the locally made St James sheep's milk cheese by Martin Gott of Holker. Mr Robinson brought along four cheeses for the members to try and explained the different processes by which they were made. Stichelton, a blue Stilton type, Tunworth, a Camembert type, Wescombe Cheddar and Hawes Wensleydale. A very interesting, informative and delicious presentation.



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### **Light Lunch Menu**

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

Cauliflower soup  
cardamom, raisins, onion bhaji  
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Smoked haddock  
champ mash, poached egg, mustard sauce  
£11.95

Caesar salad  
smoked mackerel & horseradish  
£10.50

Duck leg ragout  
tagliatelle, sage, Parmesan  
£11.95

Venison sausage  
Lancashire cheese mash, onion gravy,  
glazed apple  
£12.50

Crab risotto  
mascarpone, lemon, pea shoots  
£9.95

Turkey Blanquette  
cranberries, brie & dumplings  
£12.95

Ale battered fish and chips

# **REGULAR EVENTS**

## **HELINGTON & 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**

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

Playgroup	Tues & Thurs 9.30am—11.30am
Exchange	Wednesday 2pm - 4pm (1pm on the 1 <sup>st</sup> Wednesday)
WI	Wednesday, 16th 7.30pm
Art Club.	Mondays , 1.45pm to 4pm
Snooker Club	Wednesdays 7pm - 9pm in the Parish Room, Crosthwaite
Aerobics	Mondays 7.30 pm
Yoga	Wednesday 2nd, 9th and 23rd, 7.00pm
Indoor Bowling	Tuesdays & Thursdays 7.30pm to 10pm

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

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## 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@ymail.com](mailto:brian.crowe@ymail.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 postbox 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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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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