

# TWO VALLEYS PARISH NEWS

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



Serving the parishes of Cartmel Fell, Crook, Crosthwaite, Helsington, Underbarrow, Winster, & Witherslack

**November 2020**

**70p**

# The Lake District Calendar

## 2021 in aid of Witherslack Community Shop

In conjunction with watercolour painter, Bob Sutcliffe (Bob on Paintings, <https://www.bobonpaintings.com/>), this year's Community Shop calendar features a further 13 of Bob's hand selected watercolour paintings from the Lakes area. This is an opportunity, not to be missed, to purchase images of some of Bob's favourite paintings. The Calendar is available from the Witherslack Community Shop and is very reasonably priced at only £6.50 each. As with last year's calendar we expect the demand to be high so don't delay, order your calendars at the shop today.



Dear friends,

How easy do we find it to trust?

When we are born we have a natural ability to trust; a young child inherently trusts her parents to do good things. But we know, don't we, how trust can quickly be eroded. As we grow up there inevitably come times when we are let down; by family, by friends, by "the system". These can be hard lessons to learn at first, but then we become cynical. Oh dear. Cynicism begins to be our default position, especially when it comes to politics, governments, and other institutions. We don't trust.



The phenomenon of claiming there is such a thing as "fake news" has also added into this mix, so that now we don't know what to believe or who to believe. But it is not pleasant to live in a world without trust.

It takes time to build trust or to re-build it after its loss.

Back in the early part of the Old Testament, remember how the Israelites had been held captive in Egypt and how the Pharaoh of the day had kept them in slavery. Eventually, through the leadership of Moses, they escaped from Egypt, crossing the Red Sea, and found themselves on their long journey to the promised land. But this journey took them 40 years to complete! They could have got there in a few weeks as the crow flies, but instead their time in the wilderness lasted 40 years. Why? Partly so that they could learn to trust again. For generations they had been oppressed and abused by their captors; no wonder they were fearful, defensive, unable to believe that God wanted the best for them. Slowly over those years, they learned to trust in the promises of God. It was a long journey, a healing process.

In our modern life of cynicism and of people increasingly lacking in trust for all sorts of reasons, we need to learn how to trust again. Perhaps especially at the moment whilst we endure this long winter of living with this pandemic. We can have trust that God does want the best for us. It may not always come easily or immediately (we often learn a great deal through times of testing or waiting), but in the big picture God's desire is for us to flourish. I recognize this is not a message everyone finds it easy to hear or believe, but live with it, give it some time, reflect upon it.

In a similar vein, one of my favourite teachers, Richard Rohr, has written this:

God cannot abide with us in a place of fear.

God cannot abide with us in a place of ill will or hatred.

God cannot abide with us inside a nonstop volley of claim and counterclaim.

God cannot abide with us in an endless flow of online punditry and analysis.

God cannot speak inside of so much angry noise and conscious deceit.

God cannot be born except in a womb of Love.

So offer God that womb.

Yours in friendship,

Rev. Michael Woodcock,  
The Vicarage, Crosthwaite.

A handwritten signature in dark ink that reads "Michael Woodcock". The script is fluid and cursive, with a long, sweeping underline.

## Church Services for NOVEMBER 2020

### 1<sup>st</sup> November 21<sup>st</sup> Sunday after Trinity

9.30am	Cartmel Fell	Matins (BCP)	Mr. Julian Lambton
9.30am	Witherslack	Holy Communion (CW)	Rev. Michael Woodcock
9.30am	Underbarrow	Morning Worship (CW)	Rev. Prof. Ian James
11.00am	Winsters	Morning Worship (CW)	Rev. Michael Woodcock
4.00pm	Crosthwaite	All Souls' Service	Rev. Michael Woodcock

You can also watch our Two Valleys online service

at [www.youtube.com/channel/UCHIN2ZrSNH8aRhk-2cM41IA/](http://www.youtube.com/channel/UCHIN2ZrSNH8aRhk-2cM41IA/)

### 8<sup>th</sup> November 22<sup>nd</sup> Sunday after Trinity

9.30am	Cartmel Fell	Remembrance Service	Rev. Michael Woodcock
10.00am	Witherslack	Remembrance Service	Rev. Michelle Woodcock
10.30am	Underbarrow	Service of Remembrance	Rev. Ron Rutter
10.50am	Crosthwaite	Remembrance Service	Rev. Michael Woodcock
10.55am	Winsters	Remembrance Service	Rev. Graham Skilling

You can also watch our Two Valleys online service

at [www.youtube.com/channel/UCHIN2ZrSNH8aRhk-2cM41IA/](http://www.youtube.com/channel/UCHIN2ZrSNH8aRhk-2cM41IA/)

### 15<sup>th</sup> November 23<sup>rd</sup> Sunday after Trinity

9.30am	Cartmel Fell	Matins (BCP)	to be confirmed
9.30am	Witherslack	Morning Worship (CW)	Rev. Michael Woodcock
11.00am	Winsters	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Crosthwaite	Morning Worship (CW)	Mrs. Dorothy Grace

You can also watch our Two Valleys online service

at [www.youtube.com/channel/UCHIN2ZrSNH8aRhk-2cM41IA/](http://www.youtube.com/channel/UCHIN2ZrSNH8aRhk-2cM41IA/)

### 22<sup>nd</sup> November 24<sup>th</sup> Sunday after Trinity

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. M. Woodcock/ D. Grace
11.00am	Winsters	Matins (BCP)	Mr. Roger Bingham
11.00am	Crosthwaite	Holy Communion (CW)	Rev. M. Woodcock/ D. Grace
4.00pm	Witherslack	Evensong (BCP)	Mrs. Dorothy Grace

You can also watch our Two Valleys online service

at [www.youtube.com/channel/UCHIN2ZrSNH8aRhk-2cM41IA/](http://www.youtube.com/channel/UCHIN2ZrSNH8aRhk-2cM41IA/)

### 29<sup>th</sup> November Advent Sunday

9.30am	Underbarrow	Morning Worship (CW)	Rev. Bob Dew
10.30am	Crosthwaite	Advent Service From Darkness to Light	Rev. Michael Woodcock. Please pre-book for this Service contacting John Holmes
	015395 68599	<a href="mailto:johnmholmes@live.co.uk">johnmholmes@live.co.uk</a>	

**Cover photograph: Prue Dodgson**  
**Church miniature pictures from watercolours by John Wilcock**



# CALLING ALL VILLAGES

## Church Services

Churches remain open for public worship and we continue to work hard to ensure our buildings are Covid-secure for each Sunday. We do need to keep as near to 2m distances whilst inside and outside and it is important that congregation members follow carefully the instructions pertinent to their own local church building. Face coverings are mandatory. We are still not allowed to sing as a congregation, (although humming is allowed), so please stick to these rules.

We also have new QR Posters for each church so that those of you with modern smart phones can use the new NHS Covid-19 App and scan the QR code when you arrive at church. This will register that you have attended the church on that date and will assist the NHS Test and Trace systems. We will also continue to take our own “register” of attendees for track and trace purposes.

Needless to say, that if you feel unwell and are at all uncertain as to whether you may have Covid-19, then please stay at home and do not attend church on that day.

We will also continue to provide local Two Valleys online services on our Youtube channel. Please do “subscribe” to this (it’s free) and then you will be able to keep up-to-date:

[www.youtube.com/channel/UCHIN2ZrSNH8aRhk-2cM4IIA/](https://www.youtube.com/channel/UCHIN2ZrSNH8aRhk-2cM4IIA/)

Our Facebook group “Two Valleys Churches” also contains details of how to join with others for prayer, worship, study, and community life. Please do search for it on Facebook and request to join.

## Caring for our Community

Are there times when you feel lonely, or in need of a listening ear? We are all learning to live with Covid-19, and many of us have struggled through these last months to come to terms with the effects of the pandemic.

There is now a small team of community visitors, alongside Rev. Michael Woodcock, for the parishes of Cartmel Fell, Crosthwaite, Winster, and Witherslack; each has been safely recruited under our Safeguarding Policy and is trained and experienced in this role. Please feel free to contact any of the team below if you would like some company, a phone-call or a friendly chat over a (socially-distanced) cuppa, irrespective of which parish you live in. Although we are not professionals, we can be a listening ear. It doesn’t matter whether you attend any of the churches or not. All conversations are confidential.

Anthony Clarke (Cartmel Fell)	015395 31481
Lily Holme (Winster)	015395 60247
Pat Howarth (Crosthwaite)	015395 68652
Alyson Groom (Crosthwaite)	015395 68930
Dorothy Grace (Crosthwaite)	015395 68569
Rev’d. Michael Woodcock	015395 68276
<a href="mailto:2valleyschurches@gmail.com">2valleyschurches@gmail.com</a>	

## **Remembering our loved ones - All Souls' Service**

Every year at the beginning of November we take a little time to remember those who are no longer with us on earth. This year our **All Souls' Service is at 4.00pm on Sunday 1<sup>st</sup> November, hosted at St. Mary's, Crosthwaite**. In this Service we specifically remember those who have died within the last 12 months and whose funerals we have conducted, but if you would like to add any Names to this List; perhaps loved ones who lived elsewhere but who have died this year, or special people from the past, then please write their NAMES clearly in block capitals on the Lists that have been in each church since Sunday 11<sup>th</sup> October onwards. These Names will then be read out and remembered in the Service in Crosthwaite church at 4.00pm on 1<sup>st</sup> November. All are welcome to attend. It's often a very moving occasion. Due to Covid-19 restrictions, we are limited to numbers that can safely fit in the church under social-distancing, but we do want people to come and feel welcome. If you would like to come, please pre-book a place by contacting John Holmes on 015395 68599 or email [johnmholmes@live.co.uk](mailto:johnmholmes@live.co.uk) . You can sit together in your Covid bubbles, so please indicate to John how many people can sit in the same pew. This way we can maximize numbers safely.

**Remembrance Sunday** occurs this month on Sunday 8<sup>th</sup> November. Please note the start times of the services in your respective parish church as these may vary from the norm.

## **"Online Giving" as a way of supporting our churches**

As we are all aware, the pandemic has taken its toll on every organisation across our communities. Everything has suffered through being shut down, and all this alongside our own personal struggles and loss of income for some.

Our local churches have been no exception and each has faced a significant loss of income this year as well. I am sure many of you appreciate the presence and role of the churches in our villages, and we know how important it is to have these sacred spaces available for those important occasions of Christenings, Weddings, and Funerals, as well as for the special times of year: Harvest, Remembrance, Christmas, Easter, etc.

We would like to encourage donations to the church to ensure its continued presence and viability, and we now have a Covid-safe method by which you can donate, through our Online giving options which you can find on our Website:

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

If you look up our homepage you will now find a red "Please donate" button and if you click on this it enables you to choose which church you wish to donate to, and whether that is to be a one-off gift or more regular giving. This online giving option is currently active for St. Anthony's Cartmel Fell, St. Mary's Crosthwaite, Holy Trinity Winster, and St. Paul's Witherslack.

We are acutely conscious that the church is not alone in its struggles and that, alongside our own personal circumstances, there are many causes that need our support at the moment. However, it would be remiss of me, as your parish priest, not to be doing my best to ensure our lovely churches continue to be an active presence in our villages.

I leave this with you and hope that some of you may be inspired to add your support.

I hope everyone is continuing to keep well and safe, and that we will all find the strength to get through the next six months or more as we face this long winter ahead.

with kind regards,

Rev. Michael Woodcock

## Collects

The church's New Year begins on the first Sunday of Advent, which in 2020 falls on 29 November. The previous Sunday, the last in the old year, is consequently 22 November, and it is on this day that we say the most famous of our collects: 'Stir up, we beseech thee, O Lord, the wills of thy faithful people; that they, plenteously bringing forth the fruit of good works, may of thee be plenteously rewarded; through Jesus Christ our Lord. Amen'. Common Worship uses modernised language, but here I've chosen its original sixteenth century form as it was created for use in what was then the Church of England's new Book of Common Prayer. Even in its more modern form, however, it begins with 'Stir up...' and it is this which in recent centuries has made it part of our common culture: the day became known as Stir Up Sunday, when the Christmas pudding mixture was stirred up and wishes were made. So it has prompted me to write about Collects this month.

The liturgical term 'collect' for a short prayer has the same etymology as the verb 'to collect', although we pronounce them differently. Both come from Latin 'a gathering together', and 'to gather together'. The collect, known for centuries in the Latin liturgy as a *collecta*, is a short prayer which brings together an invocation, a petition, and a conclusion which calls upon Christ or ascribes glory to God. I always think of it as a rather efficient form of prayer! You can see the elements of it in the 'Stir up' collect above. However, as is often the case in the Church of England's traditional collects, the invocation (the address to God) only comes after the no-nonsense opening words of the petition, 'Stir up'. Another well-known example of doing things this way is the Evensong collect, 'Lighten our darkness, we beseech thee O Lord; and by thy great mercy defend us from the perils and dangers of this night; for the love of thy only Son, our Saviour, Jesus Christ, Amen.'

In the medieval liturgy there were elaborate rules about which collects were said when in the church's year, and since the number of days between Epiphany and Easter and between Pentecost and Advent varies from year to year according to the date of Easter, it was convenient to have the collects in a separate book so that they could be drawn upon as and when required. This special book of collects was known as a *Collectar* (Latin *Collectarium*). So, when Archbishop Cranmer was putting together the prayer book for the newly created Church of England, he was able to draw upon a rich tradition. Latin texts lie behind most of the BCP's collects, but some are original compositions, as far as we can tell, and each one, whether following the sense of its Latin source, or being completely independent, is sharpened and shaped very skilfully for the rhythms of English speech. In total, Cranmer's 1549 service book has eighty-four collects which cater for the cycle of the church's year, including fixed feast-days for those saints that the new church continued to honour, and a dozen or so collects embedded within services, which remained fixed - for example, 'Lighten our darkness...', said at every Evensong. They have been called 'jewelled miniatures', 'one of the chief glories of the Anglican liturgical tradition'. But it will be a task for another occasion to take a closer look at Cranmer's skill in creating them.

Joyce Hill

# NOTICES FOR INDIVIDUAL PARISHES

## CROOK

There seems to have been very little activity to report from Crook in recent months. A number of groups have been able to keep in touch by the wonders of the internet and the use of Zoom. Meetings of the Parish Council have been held and four members kindly spent a very wet Monday morning upgrading the car park next to the lower graveyard of the church. The WI arranged meetings in the car park at the Memorial Hall which gave members the chance to meet face to face, have a chat and enjoy cakes. The Art Group have also been keeping in touch and exchanging photographs of their work in progress. It has been possible to catch up with improvements and maintenance whilst buildings have been closed. The floor in the Memorial Hall was re-sealed, the lighting up-graded and necessary improvements have been completed to make the building Covid secure for the future. At the church all the planned improvements and maintenance have been completed including removal of the front row of pews, new carpets, purchase of new chairs and the installation of some under pew heating.



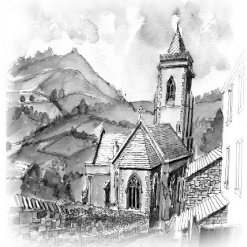
## CROSTHWAITE

### REMEMBRANCE SUNDAY Service 10.50am Sunday 8<sup>th</sup> November

The same Covid restrictions apply to the Remembrance Sunday Service, so please contact John Holmes on 015395 68599 or email [johnmholmes@live.co.uk](mailto:johnmholmes@live.co.uk) to pre-book a place.

### 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 on to further education or apprenticeships. If you would like to be considered for a grant please send a short application letter to Rev. Michael Woodcock at The Vicarage, Crosthwaite, Kendal LA8 8HX. Applications should be made before 1st December.



## COMMUNITY CORRESPONDENT, WESTMORLAND GAZETTE

Following the sad loss of Anne Douglas, we are looking for someone to replace her as the Community Correspondent for Crosthwaite and Lyth in the Westmorland Gazette. The work is not onerous. In the main, it involves receiving items of news and compiling them into a short report which is forwarded to the Gazette on a weekly basis. If you are interested and would like to discuss the role further, please get in touch with Martin French, the Parish Clerk. ([crosthwaiteandlyth.pc@hotmail.co.uk](mailto:crosthwaiteandlyth.pc@hotmail.co.uk))

## Mega-fast internet coming to the valley

There is a campaign to bring non-profit mega-fast internet to the valley. A leaflet was distributed throughout the Parish recently and the plan is to get the first phase, to the school, done by March. This will herald several further phases, spanning as far as Crook. We are using a Facebook Group [B4RN for Crosthwaite](#), to field any questions and for parishioners to voice their support.



## **Crosthwaite and Lyth Parish Council**

### **NEWSLETTER**

**October 2020**

The Parish Council met on Tuesday 06 October and the minutes can be viewed on the following link :- <https://www.crosthwaiteandlyth.co.uk/documents/parishcouncil/pcminutes/draftpcminutes.pdf?ver=202010101005>

The Parish Council is still meeting online and although we will be reviewing it in November it seems highly likely that the Council meetings will continue online. The Council realises that this might not suit everyone but ask that you use your networks to pass on Council news, and indeed this Newsletter.

This is a summary of some of the main points from the October meeting :

#### **Reports**

Cllr Jim Bland recommends that the Speed Restriction discussion looks at replacing the 40mph with 30mph.

Cllr John Holmes sent a report round councillors which included SLDC update on Climate Change. The following link shows what action we can take to reduce our carbon footprint. <https://www.southlakeland.gov.uk/your-environment/climate-change-and-biodiversity/tackling-emissions-in-south-lakeland/>

PSCO Jayne Park reported that there had been an attempted burglary in the area and that the theft of quad bikes and farm equipment remains an issue. The Police are continuing with their night time surveillance operation.

#### **Planning**

Three planning applications were considered (5489, 5520, and 5594) which the council had no objection to.

You can view planning applications on the Lake District National Park web site. <https://www.lakedistrict.gov.uk/planning/planning-application-search-tool>

#### **Speed Restrictions and Village Walkway**

Cllr Roger Smith has been working on this project for some time and would like to thank all those who have contributed to the consultation.

There were 104 responses

Speed Restrictions – 83 in favour of the plan, the remainder offered various alternatives to the proposal which have been considered.

Village Walkway – 93 in favour, 7 against, 4 no view either way

Council has asked Roger Smith will now be moving ahead to refine the proposals and get some quotes for the work.

He will also be looking at speed limits along the Starnthwaite Road

#### **Neighbourhood Plan**

As you will have seen the Group have sent out a Housing Need Survey Questionnaire which the Parish Council supports and asks every household to take part. Your responses are confidential and the more there are the better the judgement of need and the way forward.

Councillors are extremely supportive of the work the Group is doing and confident that with parishioners input a wide ranging plan can be put together for consultation in 2021.

**PLEASE TAKE THE TIME COMPLETE AND RETURN THE QUESTIONNAIRE**

## **Westmorland Gazette Correspondent**

Would anyone like to take on the role of Westmoreland Gazette correspondent?

If so please contact the Parish Clerk

### **Social Media**

The Clerk has been asked to post updates to various Parish Facebook Groups, which I shall be doing from my personal account; any shares and likes would be much appreciated.

### **The next Parish Council meeting is on 03 November 2020**

Please feel free to forward this Newsletter to your friends.

People can subscribe to the newsletter by contacting the Clerk [crosthwaiteandlyth.pc@hotmail.co.uk](mailto:crosthwaiteandlyth.pc@hotmail.co.uk) or through the Newsletter by opening in your browser and clicking 'Subscribe' tab in the top left corner. The newsletter is circulated via Mail Chimp.

Written by Martin French, Clerk to Crosthwaite and Lyth Parish Council

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## **UNDERBARROW**

### **A BELATED BUT BIG THANK YOU**

As winter approaches, and Covid-19 infections are still rising from their summer lows, the potential for further lockdown measures must be high on the agenda. In Underbarrow many folk, particularly the elderly and those people shielding, were only able to get by in the first lockdown because of great help from neighbours and friends. The village operation was masterminded by Jenny Brindley and Jennie Richardson, ably helped by Chloe Richardson and other volunteers who, amongst other things, regularly shopped and collected prescriptions. Louise at The Black Labrador ordered food and made sure no one went without. To all these people we give a belated but very big thank you.



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## **WITHERSLACK**

Scarecrow Event raised a fabulous amount of £1000 for Church funds.

A big thanks to everyone,

Anna Quilliam and Janet Crowe re raffle, Mary Southward re bric-a-brac, all the helpers and cake bakers and plant stall donaters, Tony Walshaw, Foggie and Rebecca for all the behind the scenes. Thank you to all the people who donated raffle prizes.

Most of all thank you to all the scarecrow makers weren't they great!





HELLO! WE ARE YOUR

## **UNDERBARROW & SURROUNDING AREA COVID-19 COMMUNITY SUPPORT GROUP**

We are here to support those who are vulnerable or self-isolating. We can help with:

- ✓ Shopping
- ✓ Collecting prescriptions
- ✓ Posting/collecting letters & parcels
- ✓ A Friendly chat

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**PLEASE CALL JENNIE ON**

**07825959268**

**AND YOU WILL BE MATCHED TO YOUR  
LOCAL VOLUNTEER WHO WILL BE  
HAPPY TO ASSIST.**

We have MANY wonderful volunteers all ready to help support you. This is a FREE SERVICE.



## Two Valleys Emergency Prayer Chain

Here is an updated version of our emergency Prayer Chain. 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. Please makes sure you have asked permission from the person (or family of) requiring prayer.

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

Please do print this page and keep it by your telephone.....

**Anne Bennett**

015394 42127

**Anne Wolfenden**

015395 68919

**Dorothy Grace**

015395 68569

**Dorothy Dobson**

015395 68378

**Anne Ratcliffe**

015395 35642

**Pat Howarth**

015395 68652

**Geraldine Wilson**

015395 68836

**Lily Holme**

015395 60247

**Michael & Michelle Woodcock**

015395 68276

**Chris Tomlinson**

07770 688644 or 015395 68342

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 answerphone 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 request to be kept confidential within the Prayer Chain then make that very clear when you contact the first person and ensure they understand to pass that message on.

## **Two Valleys Churches**

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

### **Cartmel Fell, Crosthwaite, Winster, and Witherslack**

**Parish Priest:** Rev'd. Michael Woodcock, The Vicarage, Crosthwaite, Cumbria.  
LA8 8HX( 015395 68276) e-mail: [2valleyschurches@gmail.com](mailto:2valleyschurches@gmail.com) (not available Fridays)

**Reader:** Dorothy Grace [dorothygrace01@btinternet.com](mailto:dorothygrace01@btinternet.com)

#### **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**

Churchwarden: Mr Tony Walshaw ( 015395 52491 )

**Safeguarding Officer:** Mrs. Jane Eccles ( 015395 33769/ 077799 53763)  
for the above four parishes.

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### **Underbarrow with Helsington**

For baptism, wedding, & funeral enquiries and any urgent pastoral needs please contact:

**Church Administrator:** Janet Sullivan [assjadmin@stkmail.org.uk](mailto:assjadmin@stkmail.org.uk) ( 01539 730683)

**Churchwardens:** Mr. John Lee ( 015395 68470)

Mr. Peter Smith ( 015395 68927)

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

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

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

**Churchwardens:** Mrs. Lilian Atkinson ( 01539 821389)

Mrs. Mary Allcock ( 01539 821312)

**Magazine Editors next month:** Stephen Rowlinson (015395 68912)

Magazine postbox c/o Crosthwaite Vicarage. e-mail: [twovalleysnews@yahoo.co.uk](mailto:twovalleysnews@yahoo.co.uk)

**Advertising Manager and**

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



# FROM THE REGISTERS



## **Confirmation**

Congratulations to: Glynda Bosson Confirmed by Bishop Emma Ineson on 11th October at St. Mary's, Crosthwaite

Geoffrey Stanley Confirmed by Bishop Emma Ineson on 11th October at St. Mary's, Crosthwaite



**Funeral** With Sympathy, we remember those who have recently passed away:

24<sup>th</sup> September John Michael Offley (81) Funeral Service at Beetham Crematorium

## **The Children's Society**

It is now time for the boxes to be collected so that the money can be counted and sent off to the charity.

The Children's Society raises £1.4 million from collection boxes. This helps children who don't feel safe, loved or able to cope with the many problems that they're facing in their daily lives.

I would be most grateful if you could bring your boxes to church or drop them off at Tarnside Farm, Crosthwaite, LA88BU (300 metres up the 'narrow lane' to the west of the A5074) The boxes can also be left at the Vicarage.

If anyone would like their box collecting or would like a box to support this very worthy charity please let me know.

Many thanks to you all

Christine Gibson on 015395 68639 or [cgibsontarnside@outlook.com](mailto:cgibsontarnside@outlook.com)

## **Advertising in the Two Valleys Parish News**

Would you like to advertise your company, business, shop, hotel, crafts, art or services to the local community? We have a circulation of almost 700 potential customers!

**Contact our Advertising Manager, Matthew Dobson, Aspen, Crosthwaite. LA8 8BS**

☎ 015395 68849 or e-mail [aspendobson@yahoo.com](mailto:aspendobson@yahoo.com)

## **MAGAZINE DEADLINES**

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

**Editorial note:** if any of our readers have any picturesque, colourful, seasonal photographs of the Two Valleys & surrounding area, that you think would be suitable for use on the front cover or back cover of the magazine, please send them to: [twovalleysnews@yahoo.co.uk](mailto:twovalleysnews@yahoo.co.uk). Please state approximately where & what time of year the photo was taken and who took the photograph.

*Thanks in advance* - **Two Valleys News Editorial Team**



**I've just had my hours cut at work. I'd like to take on a second job, but there's nothing around. I have children and I am worried about the cost of Christmas. How can I make less go further, without going into debt?**

One way to stretch household finances is to shop around for the best deals on your mobile phone and broadband, and on utilities, such as electricity. Installing a water meter can also sometimes bring savings. Check your insurances and subscriptions - cancel any you don't need and shop around for the others. It's normally cheaper if you don't leave it until just before the renewal date.

If your children are school age there may be help available with uniforms, technology and free school meals. [Our website](#) has more details. You may be eligible for benefits - [The Turn 2 Us](#) benefits checker is very useful.

Pay your rent or mortgage and council tax bills first as there can be serious consequences for missing payments. Try to negotiate lower repayments on your mortgage or credit cards. Keep track of your regular expenditure, such as housekeeping and essential travel, because it's easy to slip into overdraft, or miss a payment, and it can then become more and more expensive - and stressful - to get on the right track and out of debt. Likewise, think carefully about any 'buy now pay later' deals - they're not always the best option long term.

If you are worried about debt, here at Citizens Advice we have specially trained advisors available to help, so please do get in touch.

***Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems.***

***South Lakes Citizens Advice is still delivering a service - Telephone and Digital Advice***

***How to access:***

- ***Call 015394 46464 - this is being staffed from 9:30 – 2pm***
- ***Adviceline: 03444 111 444***

***email advice via our submission page on our website [www.southlakescab.org.uk](http://www.southlakescab.org.uk)***

- ***Help to Claim (Universal Support): 0800 144 8 444***

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Book online at [brigsteervillagehall.co.uk](http://brigsteervillagehall.co.uk)

Contact Ann Bryan (015395 68067)

Pilates Intermediate	Mondays 09:30 - 10:45
Pilates Fundamentals	Mondays 11:00 - 12:00
Short Mat Bowls	Mondays 19:30 - 21:30 September to April
Circle Dancing	Tuesdays 10:00 - 11:45
Community Teashop	Fourth Tuesday of the month 15:00 – 16:45
Table Tennis	Tuesdays 19:45 - 21:45 September to May
Yoga	Wednesdays 09.30 - 11:00
Dru Yoga	Wednesdays 18:00 - 19:30
WI	Second Wednesday of the month 19:30
Pilates	Thursday 18:00 - 19:00
Storynights	Second Thursday of the month 19:30
Pilates	Fridays 12:00 - 13:00

### 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 7.30pm during winter

### CROOK MEMORIAL HALL

For bookings contact Mrs. Kath Jackson (015398 21415)

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

### CROSTHWAITE MEMORIAL HALL

Please check bookings online at website:

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

For bookings contact Kath Edwards (015395 68879)

Playgroup	not planning to return until 2021
MiniMovers	not planning to return until 2021
Indoor Bowling	not planning to return until 2021
Exchange	not planning to return until 2021
Yoga	Wednesdays 7.00 – 8.30pm held at school hall
WI	not planning to return until 2021
Art Club	Mondays 1.30pm – 4pm (Jan to Mar & Oct to Dec)

## UNDERBARROW INSTITUTE

For bookings contact Richard Simpson (015395 68228)

Snooker Club  
WI

Mondays from 7.30pm  
Every 2<sup>nd</sup> Wednesday of the month - 2pm, October to March  
inclusive,  
7.30pm, April to September inclusive

## ALL SAINTS CHURCH, UNDERBARROW

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Tea & Chat

Every Monday 1.30pm - 2.30pm in the Parish Hall

Women's Institute

Every 2<sup>nd</sup> Tuesday of the month at 7.30pm

The Art Club

Fridays 9.30am - 12.30pm

Yoga

Wednesdays 6.00pm pm in the Dean Barwick Hall (£7/  
session)

**W**HEN as a child I laughed and wept,  
time crept.  
When as a youth I dreamed and talked,  
time walked.  
When I became a full grown man,  
time ran.  
And later as I older grew,  
time flew.  
Soon I shall find while travelling on,  
time gone.  
Will Christ have saved my soul by then?

A M E N

*From an old clock in Chester Cathedral*

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# Cunswick Scar and Lords Lot

## Description

A long walk that could be boggy through the pastures between the two heights. For this reason I would avoid doing in Winter. Instead make a day of it in decent weather. It is varied, needs your attention in choosing paths and around 13 miles long. Allow a leisurely 7 hours and take a picnic to have around the cairn of Cunswick Scar.

I would advise downloading the route and taking a GPS with you.

This is a great walk and one where you need your wits about you to choose the right paths. Nothing untoward will happen if you don't but you really want to get to the correct side of dry stone walls or hedges to avoid retracing your steps.

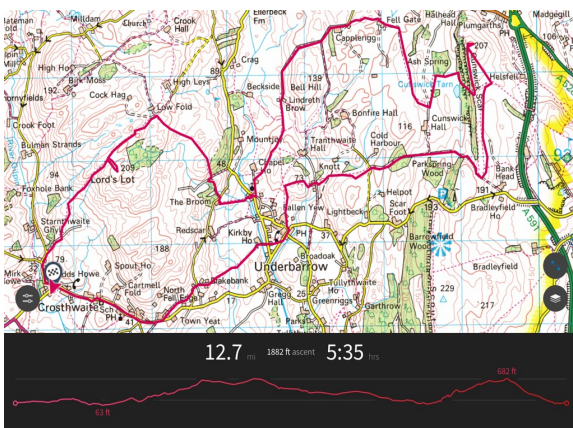
Possibly this walk belongs more to Underbarrow than Crosthwaite and if you fancy it but are short of time or energy it's perfectly possible to park a car near the Black Labrador and do the Cunswick Scar circuit from there missing out the return to Lord's Lot.

Most people would view the walk as typical of this part of south Lakeland. The two heights are not great, but offer different and magnificent views. The walking between them is through pastoral lands with rocky limestone outcrops breaking through the hilly paddocks that are enclosed by stone walls. Smaller hills are bypassed using old farm cart tracks and the magnificent pack horse route of Gamblesmire Lane. Above us is not only sky, but superb bird life too. Hedges are full of berries and birds' nests and the whole area exudes plenty.

## Route

Make your way through our lovely village towards Underbarrow until you get to the Blacksmiths beyond the Punchbowl. Take the little road here and then right onto the public footpath. Left at Broom Lane until Blakebank where the path takes you through this pretty garden and down to Underbarrow. Take the path in the village which goes through Nook Farm and then take care to choose the right turnings as you aim for the foot of Gamblesmire Lane.

This lane used to be a main route down from The Scars into the valleys and is a delight to walk up. Eventually you pass a limekiln on your left and meet the delightful, springy path up to the cairn of Cunswick Scar. Here you can rest and enjoy the incredible views across and down the Lyth Valley. Once you have taken this all in then make your way



*Lush pastures Provide fodder for the healthiest of farm livestock.*



back along the scar using the path adjacent until reaching a wooden gate that takes you through woods to the bottom of the cliff.

The path emerges just north of Cunswick Tarn and you should make your way on the path towards Cunswick Hall before turning sharply north taking footpaths that emerge after a mile at the gate of Cappelrigg Lane. This wonderful old road takes a route around Bell Hill which is easy walking and a delight. When you reach the junction at the end of this you should aim for Chapel Lane which takes you back to All Saints Church in Underbarrow.



Walk alongside the beck a short while now before turning right at the old mill back to Broom Lane.

You now have a choice. You've done the bulk of a good walk and so could cut and run to The Punchbowl for a well deserved pint. If it's a good day and you feel up to it then by turning right you can take the path before Mountjoy Wood that eventually takes you up to Low Fold Farm. A left turn at the crossroads leads you towards Lords Lot which is the second height objective of this walk. You need to deviate from the path left to get to the little summit which offers a great view down to Crosthwaite and beyond to Whitbarrow and the Winster Valley. When you've taken this all in the rejoin the main path which takes you to Hardriggs and home.



You know you've done a full days walk. Well done.

#### Things to see on the walk.

The views from the two heights of Cunswick Scar and Lords Lot are the real glories on this walk. From here you can look down to the 'Auld Grey' town of Kendal and beyond it to the Howgills. Looking down the scar you see the full scale of Scout Scar, the pretty farmland around Underbarrow and the full extent of the Lyth Valley. From Lords Lot you see the twin valley of Winster and the inviting hulk of Whitbarrow, beyond them Morecambe Bay.

In between you walk through wonderful, rich pastures feeding grand looking cattle and sheep. Sadly the dairies are mostly gone. The lanes connecting the fields and farms are ancient and make interesting and straightforward walking.

You can ponder who walked here before you when leisure was not the main purpose, but they genuinely connected communities.



*The Woods below Cunswick Scar*