

TWO VALLEYS PARISH NEWS

www.crosthwaiteandlyth.co.uk



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

October 2021

70p

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Cover picture Vintage buses in the sun, near the Punch Bowl and St Mary's Church miniature pictures from watercolours by John Wilcock

Church Services for October 2021

Here are our proposals for the next few weeks. Depending on the situation locally regarding the virus, this may change. Please refer to our website for up to date information www.crosthwaiteandlyth.co.uk/churches.php Online Services may be available on our "Two Valleys Mission Community" YouTube channel.

Sunday 3rd October

9.30am	Cartmel Fell	Matins (BCP)
9.30am	Helsington	Holy Communion (CW)
9.30am	Witherslack	Harvest Festival
11.00am	Winster	Harvest Festival
11.00am	Crook	Harvest Festival
6.30pm	Crosthwaite	Evensong (BCP)

The 18th Sunday after Trinity

Mr & Mrs T.Fitch/Mrs W. Ellis
Rev. Bob Dew
Rev. Michael Woodcock
Rev. Michael Woodcock
Rev. George Briggs
Rev. Michael Woodcock

Sunday 10th October

9.30am	Cartmel Fell	Harvest Festival
9.30am	Helsington	Holy Communion (CW)
10.00am	Witherslack	Family Service
11.00am	Winster	Morning Worship (CW)
11.00am	Crook	Morning Worship
11.00am	Crosthwaite	Confirmation Service

The 19th Sunday after Trinity

Rev. Michael Woodcock
Rev. Dr. Ian James
Rev. Michelle Woodcock
Tony & Hilary Fitch
Mr. Nick Gray
Rt. Rev. James Newcome

Sunday 17th October

9.30am	Cartmel Fell	Holy Communion (CW)
9.30am	Helsington	Holy Communion (CW)
9.30am	Witherslack	Holy Communion (CW)
11.00am	Winster	Holy Communion (BCP)
11.00am	Crook	Holy Communion (CW)
11.00am	Crosthwaite	Worship4All

The 20th Sunday after Trinity

Rev. Simon Howard
Rev. Ron Rutter
Rev. Michael Woodcock
Rev. Michael Woodcock
Rev. Vic Sekasi
W4A Team

Sunday 24th October

9.30am	Cartmel Fell	Holy Communion (BCP)
9.30am	Underbarrow	Morning Worship (CW)
11.00am	Winster	Matins (BCP)
11.00am	Crook	Morning Worship
11.00am	Crosthwaite	Holy Communion (CW)
5.00pm	Witherslack	Evensong (BCP)

The 21st Sunday after Trinity

Rev. Michael Woodcock
Rev. Simon Howard
Mr. Roger Bingham
Rev. David Parsons
Rev. Michael Woodcock
Rev. Michael Woodcock

Sunday 31st October

9.30am	Helsington	Holy Communion (CW)
11.00am	Crosthwaite	Holy Communion (CW)

The 22nd Sunday after Trinity

Rev. Simon Howard
Rev. Michael Woodcock

A LETTER FROM DOROTHY GRACE

October tends to be the time for harvest festivals, for giving thanks for the produce of the land, from livestock and grass crops to fruit from the orchards. As I write this in early September, the damsons in our small orchard are ripe and the apples will be ready shortly. The blackberries are succulent and plentiful – the sheer generosity of nature displayed in unkempt corners of the garden and in the hedgerows.



At the bottom of the garden I came across a cluster of ripe blackberries right next to a ripening yellow and red necklace of black bryony berries, reminding me that the bounty of nature is not just for our benefit; rather, it is part of a much wider, interwoven food chain that sustains all life on earth. We won't harvest all our damsons or apples, so that the remaining fruit will be food for the birds and other creatures that live in, or visit, our garden throughout the autumn and winter.

This cycle of life has continued largely unaffected by the Covid pandemic, while our lives have been impacted significantly. Even though restrictions have largely been lifted, this doesn't mean that life has gone back to how it was 18 months ago. A year ago, in my letter, I wrote: "Even now, as a 'new normal' becomes established, many still feel a sense of loss, of not being as they once were. Life may start to look the same, but somehow it isn't". I don't know about you, but I think this is still true; perhaps we have lost some confidence, not wanting to be in close contact with others, yet missing the comfort and joy of a hug from a friend or loved one.

As Rev Michael Woodcock wrote last month, our Western society's focus on the individual, on self-sufficiency, has been challenged by the pandemic, and we have realised how important are our friends, family and community. A recent article from the London Institute for Contemporary Christianity says: "Already popular, the concept of 'self-care' has gained further momentum during the pandemic, with Google searches for 'self-care routine' up 250% since the first lockdown. 'Self-care' means responding to your limits and needs to protect your physical, emotional, and mental wellbeing". These routines may include exercise, a particular diet or mindfulness, and may bring benefits; however, they are grounded in self-sufficiency, because we're worth it, 'we are enough'.

The article continues: "Self-care makes helpful suggestions but hollow promises". The issues it claims to address — unfulfillment, exhaustion from overcommitment, lack of connection — are only answered adequately by someone who offers true purpose, grace, and love. We can exercise, eat, and sleep well to protect our God-given bodies and minds. We can enjoy time with loved ones, recognising that God designed us for community. We can cherish beautiful music, films, nature and food, and praise the Creator. We can meditate, not on our own capacity, but on God's faithfulness and promises. Real 'self-care' means trusting the care of ourselves daily to God, who promises rest for the weary and burdened:

'Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls' (Matthew 11:28-29).

With best wishes



Dorothy Grace
Two Valleys Mission Community

FROM THE REGISTERS



Weddings Congratulations to:

Lee Johnson and Rosie Rickerby married at St. Mary's Crosthwaite on 4th September

Caroline Holmes and Joseph Williams married at St. Mary's Crosthwaite on 11th September



Funerals - with sympathy, we remember those who have recently passed away:

Stella Newbery (90) Funeral Service at Beetham Crematorium on 7th September

CALLING ALL VILLAGES

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 7th 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 will be in each church from Sunday 17th October onwards. These names will then be read out and remembered in the Service in Crosthwaite church at 4.00pm on 7th November. All are welcome to attend. It's often a very moving occasion.

Walk, Talk, Pray, Eat

Our last walk for this year will now be on **Tuesday 19th October and will begin at 11.00am from the church in Winster.** It will be a short 2-3 mile walk and will provide another opportunity to meet up, have a good natter and enjoy the autumn sunshine. As part of the walk, we will stop a few times at a suitable viewing spot for a moment's silence and a short prayer for the life of our community led by a member of the ministry team. If praying isn't your thing, that's fine, you can enjoy the silence and reflect on the view. We would like to welcome anyone from across the parishes to come along. This is not just for Sunday churchgoers.

We will aim to meet back at the church for around 12.30pm for a bring-your-own Picnic if you would like to bring one and stay. Equally, some may need to leave at that point and others who have not been able to join the Walk might like to come just for the Picnic. You are very welcome; the more the merrier.

The Children's Society Box Collection

A big thank you to all the box holders and donators to the Children's Society. You raised the wonderful sum of £391.80. This national collection will have a really positive effect on the lives of our vulnerable children and young people. If you find that you now have more loose change passing through your hands please consider searching out your collection boxes and make all those pennies count! The next collection will be in June 2022. Do let me know if you would like to have a box by contacting me on 015395 68639 or mcgibsonarnside@gmail.com.

Christine Gibson

Simon and Jude, Apostles

There are two red-letter days this month in the Common Worship calendar: Luke on 18 October (about whom I've written before), and Simon and Jude on 28 Oct. All three are apostles, which is why their commemorations are marked as principal feasts. But in fact we know very little about Simon and Jude from the gospels and, although there are some legends associated with them, this is sparse compared with some other apostolic saints. As a result, they don't figure prominently in Christian art either. It's odd that one feels the need to begin by making clear who they are not. Simon is not Simon Peter; and Jude is not Judas Iscariot. The gospels are careful about this too.

In the lists of apostles in Matthew 10, Mark 3, and Luke 6, the two Simons are distinguished by the name of Peter being attached to the first, and the second being identified as Simon the Zealot. In Luke this identifying term is ζηλωτης (*zelotes*) from the Greek ζηλος (*zelos*), meaning 'hotness', the corresponding verb meaning 'to seethe', or 'to boil'. This is also the way this Simon is identified in the list of apostles in Acts 1 - unsurprisingly, given that Acts and Luke are considered to have the same author. In Matthew and Mark, on the other hand, the identifying term is (in transliteration) *kananaiois* or *kananites*, depending on the manuscript. This was misinterpreted early on (including by Jerome, no less!) as indicating that Simon was from the town of Cana, or from the region of Canaan. This is what we have in the King James Bible: Simon the Canaanite. But *kananaiois* or *kananites* is actually an attempt to record in Greek the Hebrew word for 'zealous', *qanai* when written in our alphabet. So modern English bibles take account of this and distinguish Simon as 'zealot' in all three synoptic gospels and in Acts; they are all saying the same thing about him, but using different words, one pure Greek and the other representing Hebrew. 'Zealots' was a name given to a Jewish party of revolt against the Romans round about 70 AD, but this is unlikely to be relevant for Simon the Apostle. For him 'zealot' is probably a personal description, 'the zealous', perhaps originally in keeping the Law of Moses, and then in following Christ.

Jude is even more elusive. In the list of apostles in Luke 6 he is referred to as 'Judas of James', most naturally taken to mean - and usually translated as - son of James, though we don't know who that James was. In John 14 he is 'Judas, not Iscariot', which points to why we generally modify his name from Judas to Jude: it makes the distinction clearer. But the lists of apostles in Matthew and Mark don't include a Jude/Judas in addition to Judas Iscariot. Instead, they include a Thaddeus or Lebbaeus (depending on the manuscript). The general supposition is that this is an alternative name for Jude. In some church traditions Thaddeus is the name standardly used, as we see from dedications and shrines, neatly eliminating any risk of confusion.

Beyond this there is not much that can be said, except that there is no firm evidence for Jude being the author of the Epistle bearing his name. According to legend Simon and Jude were martyred together in the town we know as Beirut (then in the Roman province of Syria), and so that is why we commemorate them on the same day.

Joyce Hill



I'm a single parent and lost my job during the pandemic. My local Citizens Advice helped me apply for Universal Credit which has been really helpful to cover some of the income I've lost. But I'm very worried about my children,

especially buying their school uniforms and shoes, now they are growing so fast! Is there any support out there until I can find another job?

If you're on a low income or unemployed, you might be able to get help with some of the costs of sending your child to school, including school meals, transport and uniform. It's always worth talking to your local education authority to see what support is available.

Free school meals

Children in Reception, Year 1 and Year 2 automatically get free school meals. If you have older children you can apply for free school meals if you get certain benefits. In your case as you're on Universal Credit and you applied after 1 April 2018 you would be eligible if you earn less than £7,400 a year without benefits. You can see the full list of eligibility requirements on the [Citizens Advice website](#). To apply for free school meals you need to contact your local authority, you can check the details at [Gov.uk](#) by typing your postcode in.

Transport

If your children are aged between 5 and 16, your local education authority might offer free or lower cost transport if you don't live near school or your child's unable to walk there. You need to apply to your [local education authority](#) for help.

Uniforms and other costs

Your local education authority might also be able to help with some other costs, like uniforms, music lessons or trips and activities. There may also be local charitable schemes to help with these costs. It's worth checking with the school to see if it knows of any. If you live in South Lakeland, contact South Lakes Citizens Advice as they may be able to help with sourcing grants. Schools can sometimes also advise on finding secondhand uniforms.

What's next

If your child is staying in education after year 11, you must tell HMRC's Child Benefit Office if you want to continue receiving child benefit and any extra support for children within means-tested benefits. When your child turns 16, HMRC will send you a letter asking whether your child will stay in education or training. You must reply to this letter to keep getting Child Benefit.

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, your local charity, is here for you.

To access our current service please call on **0800 2787 984** or **015394 46464**

We will offer telephone appointments for in depth advice and ongoing casework. We may ask you to email, post or drop paperwork into our office and we will make every effort to deliver the service you need.

Alternatively email us by using our contact form on our website.

www.southlakescab.org.uk/contact-us/

To minimise the Covid-19 related health risks to our workers and clients South Lakes Citizens Advice is not providing a face to face service at this time.

CARTMEL FELL COMMUNITY TRUST

BONFIRE

SATURDAY 6TH NOVEMBER

6pm start with Procession from the Parish Hall



£8 for adults, £4 for children

To include Hotpot Supper & Homemade Puds

(Without supper - £5 adults, children free)

Indoor & Outdoor Seating Available

Lantern Competition in any medium

Fireworks

Mulled Wine

Raffle

Tickets available from Helen - 07979 840889 or via our
Facebook Page - 'Cartmel Fell Parish Hall'

NOTICES FOR INDIVIDUAL PARISHES

CROOK

The last Sunday in August was a lovely fine day when friends from other churches in the Two Valleys met at Crook for a walk instead of the normal morning service. The circular walk finished up at the Old Church Tower where we had a simple act of worship, prayers and a hymn. On returning to the village field, next to the lower car park, we were joined by the non-walkers for a bring-your-own picnic. This was another occasion to make friends from across the Mission Community.



It is hoped that the B4RN project to bring hyperfast broadband to Crook and Strickland Ketel will soon have enough participants signed up to make the project viable. When this happens then there will be investment opportunities which currently return 5% p.a. It has been recently announced that BT are planning that all copper wire, non-fibre and land phone lines are likely to be cut by 2025 as part of their modernisation plan. B4RN is the best protection to make sure you can keep your connection. You can even keep your old number.

Beckside Golf Club is in very good shape and is once again proving a popular course with both regular players and those on holiday in the area.

This year we are holding one Harvest Festival service at 11.00am on Sunday 3rd October. This will be followed by a "Jacobs Join" lunch in the Memorial Hall from about 12.30pm. This daytime event is in place of our normal Harvest Supper and it is hoped that people will welcome this change and come to join us. Tony Fitch and Anne Poynter have produced another book – this time about some of the properties in Crook – and this will, hopefully, be available on that day.

CROSTHWAITE

Indoor Short Mat Bowling

Indoor bowling is back!!! Every Tuesday and Thursday evening from 7.30 – 10.00 p.m. starting October 5th. If you live in any of our parishes, why not come along with a flat pair of shoes and give it a try. All equipment is provided. It is fun, sociable and very easy to learn. There is a refreshment break and natter after an hour or so. Old or young, all ages are welcome. We have junior members from the age of 12 usually up to 9 p.m. on school days. This season's dates are October 5th – December 16th and January 6th – March 31st.



For any further information contact Janet Richardson – Secretary 015395 68239.

From the Memorial Hall Committee.....

THANK YOUs

A massive '**Thank you**' to all of you who attended the 'Open Hall' event on 4th September, and especially for giving us LOTS of ideas for activities/events you would like to see in the Hall. We are currently reviewing all the information - watch this space!

And finally - a **HUGE** thank you to **B4RN** for the Hall's hyperfast broadband connection, which is now fully connected and ready to use! The Trustees of Argles Memorial Hall would like to thank B4RN very much for this internet connection; it will be a great asset to the village hall, and all of the Hall's Users.

Please keep up to date with all our plans by liking our Facebook page – Crosthwaite Memorial Hall



Argles Memorial Hall 100 Club



The lucky winners in August and September were:

August - Barbie Handley

September - Pat Metcalfe

Previous winners in 2021 have been:

January - Jean Sherratt

February - Pauline Crossley

March - John Handley

April - Henk Muller

May - Jordan Robinson

June - Linda Stott

July - Chris Smith



More from the Memorial Hall Committee.....

Save the Dates!

Quiz Night – Saturday 16th October at 7.30pm. Please see our main advert on page 27 of this magazine.

“Memories of Cumberland & Westmorland”, a film from The Cumbrian Film Archive– **Saturday 20th November**. This will be followed by a couple of shorter local films, including one following the construction of ‘Oak Fold - from Field to Finished.’ Please see next month’s magazine for more details.

Crosthwaite Christmas Fair – Saturday 4th December – lots of lovely local crafts, festive treats, entertainment – and maybe a visit from Santa!

Crosthwaite Christmas Fair Saturday December 4th, 2021 in The Argles Memorial hall from 10am.

Appleby Cheeses will be there. Christmas Boxes ready to post containing five 200gm hard cheeses each at £18 each box.

Special price for Crosthwaite. Please order. If by any chance the Fair has to be cancelled, I will get your order to you. Postage will cost you £3.00 per box if you need it to be posted. All proceeds from this stall go to Village Hall Funds.

Ann Smith 01539 568671



UNDERBARROW

Rosie's Homemade Jam Fundraising Campaign

From a fundraising idea promoted by the family of Sir Tom Moore (Captain Tom) I now have chutney available, please call me for details. . These will be for sale to raise money for both Breast Cancer Now and Underbarrow WI. I ask for a minimum donation of £3 per jar.

R.J. Harris, Lowfield, Underbarrow. Tel. 015395 68044



Emma Hawkes - Memorial Service and Celebration of her life

There will be a memorial service for Emma Hawkes, previous Underbarrow resident, on 22nd October at Kendal Quaker Meeting House at 11.00 am followed by food and drinks at The Black Labrador pub from 1.30pm. All welcome to one or both events.

If possible please E Mail or call Simon Hawkes on simonhawkes47@yahoo.co.uk , 07720 553122 to confirm attendance.

WINSTER

Harvest at Winster Church

Our Harvest Festival Service this year will be at 11.00am on Sunday 3rd October in Winster church.



WITHERSLACK

HARVEST SUPPER AND AUCTION SALE

Witherslack Parish Hall Saturday 2nd October at 6.45pm

Enjoy a pie and peas supper with wine, then sweet, followed by a short auction.

Adults £8 (includes wine) Children £4 (includes soft drink); under 5 free

Tickets available from Community Shop (52188), but only a limited number this year in order to comply with Covid regulations, so please get your ticket early.

Contributions of produce, flowers, cakes, home made chutneys and jams for the auction are most welcome.



Harvest at St. Paul's

Our Harvest Festival Service this year will be at 9.30am on Sunday 3rd October in St. Paul's church.

ALL DAY BREAKFAST

At the

Witherslack Parish Hall

Sunday 17th October



Served 10 til 2

**Only £8 for adults,
£4 children, £20 family**

Dementia Friendly Churches – Update and Information

South Lakes Dementia Hub

The Coronavirus pandemic has meant that the normal monthly meetings, to support people with dementia and their families, have not been possible. I am now pleased to confirm that meetings will be restarting in the normal way at **Abbot Hall Social Centre, Kendal from 2.00 pm. - 4.00 pm** on the following dates:

12th October
9th November
14th December

The meetings provide an opportunity to access information, guidance and support and some organisations and professionals will be available to talk about how they can help. If you would like more information about the meetings call **Sally Nelhams on 07774238081** or at [**KendalDAA@gmail.com**](mailto:KendalDAA@gmail.com)

As the Dementia Enabler for the Two Valleys community I would be pleased to talk to anyone who would like to discuss, in confidence, any particular concerns that they might have. I can be contacted on: 015395 68680.

With my good wishes,

Di Dew

Magazine Editor next month: Colin Edwards (015395 68879)
Magazine postbox c/o Crosthwaite Vicarage. e-mail: [**tvn@crosthwaiteandlyth.co.uk**](mailto:tvn@crosthwaiteandlyth.co.uk)
Advertising Manager and
Magazine postal service: Matthew Dobson, Aspen, Crosthwaite. LA8 8BS
(015395 68849)

BRIGSTEER

It was lovely to finally be able to hold our first meeting in the village hall, although minus the usual refreshments for now.

Penny and Dorothy ran through the usual business. Now that we're all receiving our Federation Newsletters by email, please let Dorothy know if you'd like to book any Federation activities including the Autumn Meeting next month and Literary Lunch in December. We also started to plan for Carol singing as well as our Christmas Party.

Robert Moser then gave us a thought provoking talk entitled, "The Surgeon, The Barmaid and The Banker, Decisions, Decisions, Decisions". Robert told us three stories about his extended family who all managed to escape Nazi Germany in the 30's and how they came to make their decisions, many of which still reflect the decisions refugees have to make today.

Next month on Wednesday 13th October at 7.30 in the Village Hall, we have Vanda demonstrating blocking a sinamay percher style hat. She will show how sinamay can be moulded around a wooden hatblock, and then demonstrate the techniques involved to complete the process of making a hat. She will also bring a selection of hats from her Hat Hire company, Mad Hatters, which the ladies can have fun trying on at the end of the demonstration.

New members and visitors most welcome.

CARTMEL FELL

13 members were present for the September meeting and pleased to see Lesley back with us.

Interest was shown in the 'Canary Girls' meeting and County show tickets were distributed.

Julie and Vanda addressed members on B4RN and urged anyone who hadn't signed up, to consider it.

The speaker was Mr Clive Darley, assisted by Mrs Jennifer Darley in appropriate costume with Mr James Archer - projectionist.

The subject was their trek across the Hindu Kush. The scenery was rugged yet beautiful and the lifestyle, unbelievable and dangerous. It was explained to us we would be hearing nearby places mentioned in the media but unfortunately for distressing reasons. This talk made all current news more poignant. Vanda expressed our gratitude.

Fiona Hope was the winner of the raffle.

The meeting on 6th. October will be a talk on the Armitt museum from Ambleside. Guests will be made most welcome.

CROOK

The speaker at Crook WI in September was our own member, Christine Raafat. Christine has written a fascinating historical novel called "The Will to Succeed". It is about Lady Anne Clifford who was an amazingly strong lady who lived well over 300 years ago and fought for her rights. She is very much associated with the Eden valley. Christine told us about the difficulties and pleasures of writing and then the frustrations of getting a book published which also requires much determination and hard work. The publication was launched just prior to the first lockdown which has, of course, proved a very hard blow and meant that publicity has been particularly difficult.

It is hoped that we can arrange for a meeting of the Lyth Valley Group of WIs next spring provided life continues to return to normal times.

CROSTHWAITE & LYTH

The ingenuity of folk knows no bounds, I am constantly amazed at how well folk are adapting to meeting and functioning safely and with consideration for others. Crosthwaite and Lyth W.I. held their August monthly meeting in the Argles Hall in a socially distanced manner and then learnt how to do socially distanced Circle Dancing and great fun it was too. Guided in the steps and formations by Helen Brookes who has skilfully adapted many Circle Dances to be taught and danced while maintaining an elegant space between participants. The music was varied and rhythmic and the members learnt five dances which they all performed to their obvious delight.

On 13th September members enjoyed a fascinating and very informative walk around the village led by Martin Douglas, who described our surroundings as they had been hundreds of years ago, and reminded us of the mud, dung and aromas of the past as well as lots of historical facts. How lucky we are! We then hosted Martin for lunch at the Punch Bowl.

MAGAZINE DEADLINES

Items for entry to the Editor(s) by **12th of previous month by e-mail or letter** please.

Two Valleys News Email Address has changed

If you need to contact the editors of this magazine, **the email address has changed.**

It is now **tvn@crosthwaiteandlyth.co.uk**. Please replace the old yahoo address in your email address book with this new one.

Two Valleys Churches

"Enriching lives Embracing God"

Cartmel Fell, Crosthwaite, Winster, and Witherslack

Parish Priest: Rev'd. Michael Woodcock, The Vicarage, Crosthwaite, LA8 8HX
(not available Fridays) mich@elwoodcock.com 015395 68276

Associate Priest: Rev'd. Michelle Woodcock michellewoodcock74@hotmail.com

Reader: Dorothy Grace 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

Churchwardens: Mr. Tony Walshaw 015395 52491

Underbarrow with Helsington

Associate Priest: Rev'd. Simon Howard

revdsimonhoward92@outlook.com : 07719 889577

For baptism, wedding, & funeral enquiries contact the **Church Administrator:**

Janet Sullivan assjadmin@stkmail.org.uk : 01539 730683

Churchwardens: Mr. John Lee 015395 68470
Mr. Peter Smith 015395 68927

St Thomas' Kendal with St. Catherine's, Crook

Parish Priest: Rev'd. George Briggs, St. Thomas Vicarage, South View Lane,
Windermere Rd, Kendal. george@stkmail.org.uk : 015395 83058

Curate: Rev'd. Vic Sekasi vsekasi@gmail.com 07786 061972

Readers: Tony and Hilary Fitch fitchesuk@aol.com : 015395 68577

Church Administrator:

Janet Sullivan crookadmin@stkmail.org.uk : 01539 730683

St Catherine's Churchwardens: Mrs. Lilian Atkinson 01539 821389
Mrs. Mary Allcock 01539 821312

Safeguarding Officer: Mrs. Jane Eccles 07779 953763 : 015395 58138

REGULAR EVENTS

(all subject to latest pandemic advice — please ring)

HELSINGTON & BRIGSTEER

Book online at 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 Tel. 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 Tel. 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 (1st Wednesday of the month)

CROSTHWAITE MEMORIAL HALL

Please check bookings online at website address:

www.crosthwaiteandlyth.co.uk/memorialhall.html

For Bookings contact Kath Edwards **015395 68879**

Playgroup	Thursdays 9:30 to 11:30 (school termtime)
MiniMovers	Not currently meeting until further demand
Indoor Bowling	Tuesday and Thursday 7.30 – 10.00pm (Oct 5-Dec 16 : Jan 6–Mar 31)
Exchange	Lunches 1st Wed of Month 1pm-3pm Teas 3rd Wed of Month 2:30-4:30pm from Sept
Yoga	Wednesdays 7.00 – 8.30pm
WI	Social afternoons Monthly 1st Mon. 2-4pm Evening Meetings Monthly 3 rd Wed 7.30 to 9pm
Art Club	Mondays 1.30–4pm (Jan-Mar and Oct-Dec)

UNDERBARROW INSTITUTE

For bookings contact Valerie O'Loughlin: Tel. 015395 68655

Snooker Club	Mondays from 7.30pm
WI	Every 2 nd Wednesday of the month - 2pm, October to March inclusive, 7.30pm, April to September inclusive

Underbarrow Institute is taking bookings for events again from 1st September.

WINSTER

For bookings contact Jane Crowe: Tel. 015394 44098

WITHERSLACK

For bookings contact Julie Walker (Tel 015395 52211)

Indoor Bowling	Wednesdays 7.30pm - 10pm (from September to end of April). New members welcome - all equipment is provided.
Parent & Toddler Group	Tuesdays 10am until Noon in the Parish Hall
Tea & Chat	Every Monday 1.30pm - 2.30pm in the Parish Hall
Women's Institute	Every 2 nd Tuesday of the month at 7.30pm
The Art Club	Fridays 9.30am - 12.30pm
Yoga	Wednesdays 6.00pm in the Dean Barwick Hall (£7/ session)

Caring for our Community

Are there times when you feel lonely, or in need of a listening ear? 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

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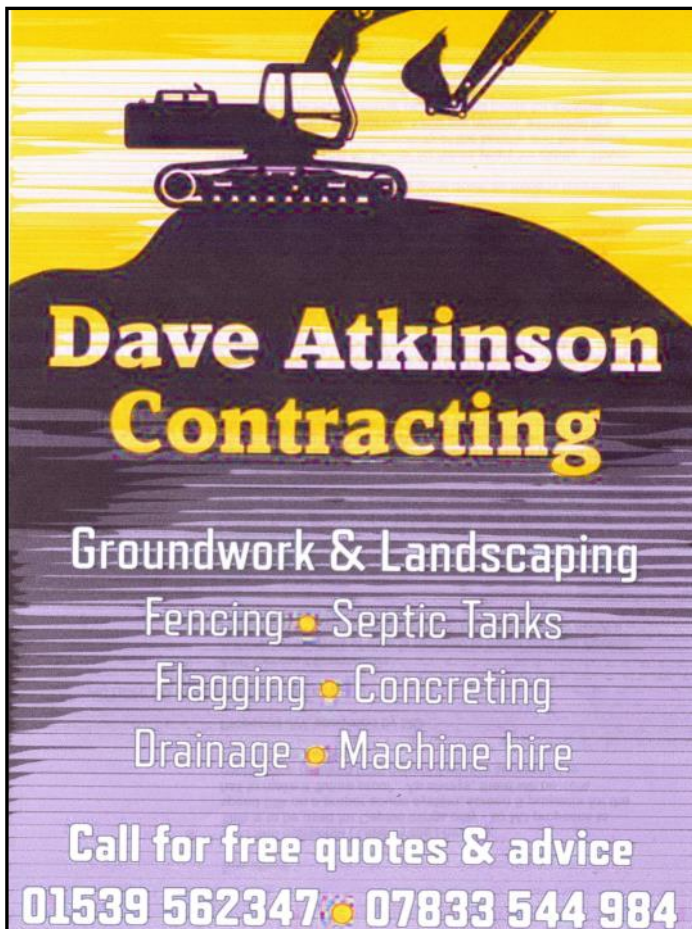
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