

# 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

**February 2022**

**70p**



Logs to burn; logs to burn;  
Logs to save the coal a turn.

Here's a word to make you wise  
when you hear the woodman's  
cries;

Never heed his usual tale  
That he's splendid logs for sale  
But read these lines & really learn  
The proper kind of logs to burn.

Oak logs will warm you well,  
If they're old and dry.

Larch logs of pinewoods smell  
But the sparks will fly.

Beech logs for Christmas time;

Yew logs heat well;

'Scotch' logs it is a crime

For anyone to sell.

Birch logs will burn too fast;

Chestnut scarce at all;

Hawthorn logs are good to last  
If cut in the fall.

Holly logs will burn like wax,  
You should burn them green;

Elm logs like smouldering flax,  
No flame to be seen.

Pear logs and apple logs,  
They will scent your room;

Cherry logs across the dogs  
Smell like flowers in bloom,

But ash logs all smooth and grey  
Burn them green or old,

Buy up all that come your way  
They're worth their weight in gold.

Honor Goodhart, 1920

Cover picture by Prue Dodgson  
Arwen — the “good and fair” storm !  
(Arwen is a Welsh name meaning a good or fair person)  
Church miniature pictures from watercolours by John Wilcock

## Church Services for FEBRUARY 2022

*(subject to any Covid restrictions permitting)*

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### Thursday 3<sup>rd</sup> February

9.15am Crosthwaite Holy Communion (CW) Rev. Michael Woodcock

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### Sunday 6<sup>th</sup> February The 4<sup>th</sup> Sunday before Lent

9.30am	Cartmel Fell	Matins (BCP)	Mr. Julian Lambton
9.30am	Underbarrow	Holy Communion (CW)	Rev. Bob Dew
9.30am	Witherslack	Morning Worship (CW)	Rev. Michael Woodcock
11.00am	Winster	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Crook	Morning Worship (CW)	Rev. George Briggs
4.00pm	Crosthwaite	Evensong (BCP)	Rev. Michael Woodcock

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### Sunday 13<sup>th</sup> February The 3<sup>rd</sup> Sunday before Lent

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am	Underbarrow	Holy Communion (CW)	Rev. Ian James
10.00am	Witherslack	Family Service	Rev. Michelle Woodcock
11.00am	Winster	Morning Worship (CW)	Mrs. Maureen Stevens
11.00am	Crook	Morning Worship (CW)	Mr. Nick Gray
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock

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### Sunday 20<sup>th</sup> February The 2<sup>nd</sup> Sunday before Lent

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michelle Woodcock
9.30am	Underbarrow	Holy Communion (CW)	Rev. Simon Howard
9.30am	Witherslack	Holy Communion (CW)	Rev. Michael Woodcock
11.00am	Winster	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Crook	Holy Communion (CW)	Rev. David Parsons
11.00am	Crosthwaite	Worship4All	Lay team

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### Sunday 27<sup>th</sup> February The Sunday next before Lent

9.30am	Cartmel Fell	Morning Prayer + APCM	Rev. Michael Woodcock
9.30am	Underbarrow	Morning Worship (CW)	Rev. Simon Howard
11.00am	Winster	Matins (BCP)	Mr. Roger Bingham
11.00am	Crook	Morning Worship (CW)	Tony & Hilary Fitch
11.00am	Crosthwaite	Morning Prayer + APCM	Rev. Michael Woodcock
4.00pm	Witherslack	Evensong (BCP)	Rev. Michael Woodcock

## A LETTER FROM SIMON HOWARD

In the middle of this month we have St Valentines Day, the annual celebration of love, or should that be 'Luuve' in your best Barry White basso profundo. If you are in a romantic relationship, whether you've been together 4 months or 40 years, you are invited to express your feelings in a great romantic gesture. Perhaps writing a piece of poetry or prose expressing the depth of your love or going out for dinner or giving them a foot massage or cleaning their car or sending them flowers and chocolates. But which one?



In a previous parish, which used to have lots of weddings, we would run a one-day marriage preparation course on the Saturday closest to Valentine's Day. The underlying philosophy of the day was that each couple had been on a marriage preparation course all their lives as they observed the relationship of their parents and other significant couples. The problem was that they had been on two *different* marriage preparation courses! Through the day we therefore gave the couples space to explore the expectations they had in a number of significant areas of married life. One of the exercises introduced them to the idea of 'Love Languages'.

In his book of the same name Gary Chapman suggests that there are '5 Love Languages':

*Words of affirmation; Quality time; Physical touch; Acts of service; Receiving gifts.*

He goes on to assert that we each have a preferred Love Language, one that communicates most loudly and clearly to us the message that this person loves us. There may also be one or two of the Love Languages that we struggle to interpret. The difficulty is that we and our partner may well be native speakers of *different* Love Languages. So, it's no good just shouting louder in your preferred Love Language and then being bewildered that the message isn't getting across. The key is to discover what communicates best to your beloved that you love them and then

speaking that language of love to them. So, cleaning their car might say 'I love you' more powerfully than the foot massage you would love to have!

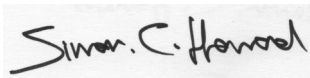
When clergy meet with couples to plan their wedding service one of the things they do is explore the text of the service. I always find the opening words of the liturgy deep and powerful, underpinning everything else that follows. They are a quote from a letter written by Jesus' close friend John.

*"God is love, and those who live in love live in God and God lives in them."* I John 4:16.

It's not just that Christians believe God loves each one of us and all of his creation. It is that love is his very nature. It is what he is. This is what John and the other disciples caught glimpses of in their friendship with Jesus from Nazareth, an eternal relationship between the Father, the Son and the Holy Spirit. Out of that relationship of love all things are made.

It could therefore be said that God's Love Language is 'Relationship'. We can see this in the events described in John's gospel. John perceived that God came to us as a human being, Jesus, and invited us into a relationship. At the end of his life Jesus 'opened wide his arms for us on the cross' and in a language beyond words said, "This is how much I love you". In that one action, vindicated by his resurrection, Christians believe that Jesus made it possible for anyone, everyone, to step into a relationship with God, who is love. And therefore, wonderfully, in all our relationships of love we experience something of God. So, in all those we love and are loved by, God comes to us, God is with us, God is loving us. Now that's worth a Valentine's day treat or two!

Yours in Christ



## FROM THE REGISTERS



**Funerals** With sympathy, we remember those who have recently passed away:

10<sup>th</sup> January Robert Emmett (89) Funeral at Beetham Crematorium & St. Anthony's Cartmel Fell



The Kendal and District Debt Centre (KDDC) was launched at a special service at St Thomas, Kendal on 9<sup>th</sup> January. The service was led by the Chair of Trustees, Revd Jonny Gios, and included video greetings from the Bishop of Carlisle and Paula Stringer CEO of Christians Against Poverty, the Bradford-based debt counselling charity the Kendal centre will be working with. Over 100 people were in the congregation from churches across Kendal and District and included Tim Farron MP and Cllr Douglas Rathbone, the Mayor of Kendal.

The aim of the charity is "to see lives transformed, renewed, and set free from debt across South Lakes". Initially it will have the capacity to take on two new people each month and is open to anyone and everyone. The Reverend Jonny Gios told those present that KDDC had been backed by £21,000 from various organisations - including The Cinnamon Trust, Carlisle Diocese and South Lakeland District Council.

*"It's been an absolute slog," he said. "We now have two years' worth of funding, which is great, but we still need more in order to sustain it. Covid has exacerbated and accelerated people being in debt."*

The service included the commissioning of the part time centre manager Samantha Vyner-Brooks. In her address she praised the work of the previous Kendal Debt Centre. Over 10 years it helped 72 families go debt free. She encouraged people to support the work of transforming lives in 3 ways.

To pray regularly for her and the centre's work. To help with this she invited people to sign up to receive the centre's newsletter. [www.kendaldebtcentre.org/](http://www.kendaldebtcentre.org/)

To volunteer to become a befriender, supporting someone as they work their way out of debt. [www.kendaldebtcentre.org/general-1](http://www.kendaldebtcentre.org/general-1)

To donate. To sustain and expand its work, the charity is looking for 25 people to donate £10 a month.

Revd Simon Howard

## The Childhood of Jesus

On 2 February the liturgical calendar celebrates a scene from early in Jesus's life, when he was presented in the Temple and was prophetically greeted by Anna and Simeon. This is a feast-day that has several different names: the Purification of the Blessed Virgin (pre-Reformation); the Presentation of Christ in the Temple (Common Worship); and Candlemas (a popular name from before the Norman Conquest). Everyone came to the church with a lighted candle, the light-filled nave dramatically enacting Simeon's words that the child would be 'a light to lighten the gentiles'. And so the service got its everyday name: in a world of firelight and the guttering flame of perhaps a single precious candle, it was only at the Mass of Candles that ordinary people would see an enclosed space so wonderfully illuminated.

There is only one other story about Jesus's childhood before we come to his baptism and ministry, and that is the account of his visit to the Temple in Jerusalem with Mary and Joseph when he was twelve years old and became so absorbed in debating with the teachers that he was left behind when the group that he and his parents were travelling with set off on the journey back to Nazareth. The purpose of the story is to show that Jesus had an extraordinary familiarity with and curiosity about his faith to a level way beyond his years, and - significantly - it is in his reply to Mary that he first claims God as his Father and looks forward to a divine ministry.

It is only Luke's gospel that has these two childhood stories, and both relate to Jewish religious practice. It is as if the author, with gentile Christians in mind as his audience, wished to make clear that Jesus had indeed been brought up in the great Jewish faith, out of which the new message grows. Matthew is the only other gospel dealing with Jesus's lifetime beginnings. But this text presents Jesus's Messiah-ship through a detailed genealogy and demonstration of prophesy-fulfilment, requiring an embedded knowledge of Jewish scriptures such as Luke's audience would be unlikely to have. Tellingly, it is Luke, in his account of the Presentation, who foretells the outreach to the gentiles through the words of Simeon.

So, in historical terms, what is going on in this second childhood story? That Jesus was twelve years old indicates that he was at the point of accepting his responsibilities as an adult in the Jewish faith, marked by a ceremony in the local synagogue. Preparation for it involved studying, as it still does for the bar-mitzvah. Perhaps the visit to Jerusalem for Passover was a further marker of this stage in Jesus's life: it was, after all, a long and potentially dangerous journey south from Galilee (hence the need to travel in a group), so it would be a special event for a family of modest means with children to consider. Their primary destination, the Temple, was the grandiose renovation and enlargement recently carried out by Herod the Great in a bid for popularity. The learned teachers were probably in an outer courtyard where, following the Passover, they made themselves available for public discourse and teaching.

Luke's account is full of human touches, and this attracted the great Cistercian abbot, Ailred of Rievaulx. In the early 1160s he wrote a short and engaging spiritual treatise on it, entitled *Jesus as a Boy of Twelve* (although of course the whole thing was in Latin). It's available in translation.



# CALLING ALL VILLAGES

## Two Valleys Mission Community House Groups - update

In the light of the current situation with Covid and the reluctance of many to be in someone else's home, we're postponing the start of House Groups until the situation improves and we all regain our confidence to go visiting – hopefully by Easter. Quite a number of people have already expressed interest in joining a Group; so far, we have enough for at least one day-time gathering and a few people for an evening gathering, and the offer of two homes in which to meet. But there is still plenty of room for more if you are interested in being part of this type of Group. There is more information in December and January's magazines.

So if you would like to be in a House Group, or are a bit unsure and would like more information, please contact  
Pat Howarth ([howarth8hr@btinternet.com](mailto:howarth8hr@btinternet.com)),  
Dorothy Grace ([dorothygrace01@btinternet.com](mailto:dorothygrace01@btinternet.com)) or

## Dementia Hub Dates for 2022

Listed below are dates for the Dementia Hub meetings which will be held at **Abbot Hall Social Centre, Kendal from 2.00 pm – 4.00 pm**. Meetings provide an opportunity for people with dementia and their carers to access information, guidance and support. If you are thinking of attending a meeting it is advisable to check if it is going ahead as sometimes meetings are postponed at short notice. Contact:

**Sally Nelhams on Mobile: 07774238081 or email:**

**[KendalDAA@gmail.com](mailto:KendalDAA@gmail.com)**

**8<sup>th</sup> February**

**8<sup>th</sup> March**

**12<sup>th</sup> April**



**ASH WEDNESDAY** is on Wednesday 2<sup>nd</sup> March this year and we will be holding a service of Holy Communion with ashing at 9.15am on that date in St. Mary's Crosthwaite for all the parishes across the Two Valleys villages. All are welcome.

**Lent Course** - we have plans to hold a Course covering five key "Pastoral Principles for living well together". In our increasingly complex world this Course helps us to examine how we live well together in the light of difference and diversity. We explore those things which often impair our relationships: prejudice, silence, ignorance, fear, hypocrisy and power. These often hinder our personal growth as Christians, can hurt other people, and create barriers that stop us welcoming others and belonging. It looks like a really important Course, so we encourage you to come along to as many of the five dates that you can. We are offering the Course in the daytime on Tuesday afternoons from 2.00-3.30pm (the venue to be confirmed next month as we keep an eye on the Covid situation) and repeated each Wednesday evening by Zoom.

Here are the dates for your diary:

Tuesday 8<sup>th</sup> March 2.00pm venue tbc. Subject: addressing **Ignorance** and paying attention to **Power**

Wednesday 9<sup>th</sup> March 7.30pm by Zoom

Tuesday 15<sup>th</sup> March 2.00pm venue tbc. Subject: talking about confidence and casting out **Fear**

Wednesday 16<sup>th</sup> March 7.30pm by Zoom

Tuesday 22<sup>nd</sup> March 2.00pm venue tbc . Subject: talking about respect and acknowledging **Prejudice**

Wednesday 23<sup>rd</sup> March 7.30pm by Zoom

Tuesday 29<sup>th</sup> March 2.00pm venue tbc. Subject: talking about openness and speaking into **Silence**

Wednesday 30<sup>th</sup> March 7.30pm by Zoom

Tuesday 5<sup>th</sup> April 2.00pm venue tbc. Subject: talking about integrity and admitting **Hypocrisy**

Wednesday 6<sup>th</sup> April 7.30pm by Zoom

We are welcoming back Chris Bannister to perform 'The Music of John Denver' at Winster Village Hall on Saturday 19th February. Doors open 7.30pm, show starts at 8.00pm. Tickets £10 from Jane 015394 44098 or Sarah 07973 802637 to reserve in advance. For more details visit the website [www.chrisbannistermusic.com](http://www.chrisbannistermusic.com)

## **Two Valleys Prayer Meetings**

We are beginning again our monthly gatherings to Pray for our parishes. A slight change to our original plans: On the fourth Monday of each month we will gather at 1.00pm at The Vicarage in Crosthwaite during the colder months (and in our churches by rotation in the warmer months). Bring sandwiches if you wish and we will eat lunch and chat for a while, then turn to a short time of Prayer for our parishes and end by 1.45pm. We will also aim to cover a theme in our prayers each month as well, which we will advertise in the weekly Noticesheets beforehand. Do come along as we use different ways of praying (use of music, silence, visual aids, etc.)

We meet this month at 1.00pm on Monday 28<sup>th</sup> February at the Vicarage in Crosthwaite.

# **NOTICES FOR INDIVIDUAL PARISHES**

## **CARTMEL FELL**

### **The Cartmel Fell Education Foundation**

If you are under 25yrs of age, live in St Anthony's parish and would like to be considered for a grant please apply by letter or email stating your age, address, current educational establishment and very briefly what the grant would be used for. Applications should be sent to The Secretary, Cartmel Fell Education Trust c/o Fell House, Cartmel Fell, Windermere LA23 3PB or emailed to [helenatcowmire@talk21.com](mailto:helenatcowmire@talk21.com) to arrive by 28<sup>th</sup> February 2022 at the latest.

Applications can be made every year whilst the residence and age conditions are met from students, apprentices or any young person pursuing an artistic or sporting talent. In addition, grants can be made direct to school in respect of qualifying school children.

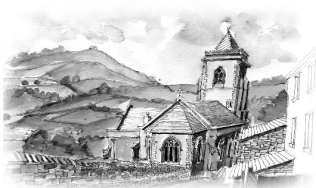


### **Cartmel Fell Community Trust Sunday Lunch**

Due to the ongoing Omicron Covid19 variant, we are postponing our Sunday Lunch until safer times. We look forward to seeing you all again very soon.....watch this space!

CROSTHWAITE

St Marys – Crosthwaite.  
"Flowers"



It was good to have so many helpers to decorate our Church for Christmas. The result was good, and the Church looked lovely, cosily and inviting. It would be good to work together again at Easter (Easter Sunday 17<sup>th</sup> April). In the meantime, we have a Rota at the back of Church for Flowers. It would be great if you feel you would like to add your name. We usually do the flowers on a two-weekly basis, and I would be pleased to have the help. If you want any further Information, please ring me.

Thank you so much.  
Vonnie Sharp (015395 68028)

Argles Memorial Hall, Crosthwaite

We have a few numbers left this year – would you like to join?



The 100 Club is a great way of supporting the Argles Memorial Hall, ensuring that the Hall is looked after and maintained for everyone in our community to use for many years to come. Once again, your support is needed more than ever, as some of the fundraising events we had planned have been unable to take place.

Subscription for this will be £12 per year, with a draw made for £25 every month. All proceeds from the 100 Club go towards the general upkeep of our lovely Hall. Payment can be made straight into the Argles Memorial Hall bank account by electronic transfer, or by cheque and posted to our Treasurer, or left in our letterbox outside the main doors.

~~~~~  
I/we would like to join the Argles Memorial Hall 100 Club. We would like ..... number(s) at £12 each. I/we enclose payment of £.....  
Name:

.....  
Tel No:

.....  
Email Address:

.....  
Please make **cheques payable to Argles Memorial Hall**, and send to:  
Mrs Jenny Waldron, Brow Cottage, Tarnside, Crosthwaite LA8 8BU.  
If paying by **electronic transfer**, our Account Name is:  
**Argles Memorial Hall, Account Number 31440969 Sort Code 40-26-02.**  
Please enter your full name as reference and either return this slip to Jenny at the address above or email 100club@crosthwaiteandlyth.co.uk to confirm your payment.

## EXCHANGE UPDATE

A BELATED HAPPY & HEALTHY 2022 TO ALL!

Owing to the ongoing uncertainty with the Omicron variant of Covid,

The next Exchange lunch is on **Wednesday 6<sup>th</sup> April at 12-30pm**, We hope to make this a special one with a welcoming drink and to celebrate Springtime!! Booking is necessary in the usual way by contacting Geraldine **015395 68836** or email: [grangeel@hotmail.co.uk](mailto:grangeel@hotmail.co.uk). If you require a vegetarian meal, please indicate when booking

There will be an Exchange Tea and Cake on **every 3<sup>rd</sup> Wednesday** **reverting back to the earlier time of 2-4pm.** **16<sup>th</sup> February, 16<sup>th</sup> March, 20<sup>th</sup> April and throughout the year.**

If you haven't yet visited the Exchange we would love to see you, so do pop in for a cuppa and delicious homemade cake which can also be purchased on our country market together with homemade marmalade and honey.

We look forward to meeting up again.

## THE LANDOWNERS OF CROSTHWAITE AND LYTH – AGM.

Like many other organisations we had hoped for a 'normal' AGM this year but in view of the ongoing Covid situation and risks with public gatherings we have decided to conduct our 2021 AGM virtually, as last year, by Zoom. The circumstances throughout the year have meant that normal activities have again been limited and the meeting agenda will be limited to minimal AGM business.

As last year, the existing Trustees have willingly agreed to co continue in post, thus maintaining a continuity through the difficult times, and there will be no elections at the AGM. The draft accounts will shortly be published on the Village website and will be made available by email if requested. As always residents of the Parish are welcome at our AGM and if you would like an invitation to join the Zoom meeting will you please write to [landowners@crosthwaiteandlyth.co.uk](mailto:landowners@crosthwaiteandlyth.co.uk) and joining instructions will be forwarded.

The online meeting is scheduled for **Tuesday 22<sup>nd</sup> February at 7.00pm.**

Martin Casson.

Chair of the Trustees.

# UNDERBARROW

## Charity Quiz Night POSTPONED

Unfortunately, due to rising levels of Covid19 the committee has taken the decision to postpone the Charity Quiz Night 2nd February 2022 at The Black Labrador



# WITHERSLACK

**“Vicar’s Surgery” - last Wednesday of each month at The Derby Arms.**

As I live some distance away from Witherslack and know it can be difficult for people to feel I am available in the village itself, I intend to come once a month to the Derby Arms generally on the last Wednesday of each month whenever possible from 12.00pm- 2.00pm. I will settle myself down at The Derby and can then be available for a kind of “Vicar’s Surgery” for a couple of hours. Do feel free to join me for a catch-up, a general time of sharing information of how things are in Witherslack, or for a more private conversation.

The next one will be **12.00pm-2.00pm on Wednesday 23<sup>rd</sup> February**, and likewise on the last Wednesday of each month whenever possible.  
Rev. Michael Woodcock. 015395 68276 email: [mich@elwoodcock.com](mailto:mich@elwoodcock.com)



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## \* MORE MISLEADING SIGNS:-

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- \* 1. Outside a second-hand shop – “We exchange *anything* – bicycles, washing machines, etc. Why not bring your husband along and look for a bargain.”
- \* 2. On a health food shop door – “Closed due to illness”
- \* 3. Spotted in a safari park – “Elephants, please stay in your cars”.
- \* 4. Seen during a conference – “For anyone who has children and does not know it, there is a day-care room on the first floor.”

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## FURTHER SNIPPETS OF LOCAL HISTORY

Last month I introduced you to the writings of Frances Adams, late of Underbarrow, whose forebears and relations (Martindales, Taylors and Inmans) all lived and worked in the Lyth Valley. My previous article was about the routine work that housewives and their families had to undertake on farms and smallholdings in the inter-war era – the cooking, polishing, chopping wood for the fire, preparing the oil lamps, washing the flag floors and feeding the various animals. She goes on to say...

“The men did the milking by hand, although the women could mostly milk, and did, in an emergency; but it was the women who set the milk up in big shallow basins in the dairy; who skimmed off the cream by hand (“fleted it” in the local dialect) the next morning and put it in the cream pot, which had a big stick and received a daily stir. Once a week (or twice, if the quantity justified it) the cream would be churned, and even the big end-over-end churns were turned by women as often as not; although one of the men would sometimes do it. When the butter “came”, it was worked by hand in the beautiful wooden basins to remove the surplus buttermilk and to distribute evenly amongst it some salt for flavouring. After that it was weighed into pounds and patted into shape by grooved wooden Scotch hands. Even the greaseproof paper wrapping had to be cut to the right size.

Then there were eggs to be collected and washed.

This was a way of life the whole year round; but each season brought its own extra tasks. In spring, hens had to be set on clutches of eggs to bring out the next season’s chickens; and even if that great advance on the hen, the incubator, were in use, the eggs still had to be turned by hand.

For men there was the ploughing with horse or a team of horse. The sowing of their corn, the setting of their potatoes, their “green crop”, turnips for winter feed for the cattle, the digging (“graving” in the dialect) of next season’s peats, and, of course, lambing, with often poor little orphan lambs having to be saved by tender care and nursing close to the fire.”

A bit more next month .....

Tony Fitch.

### **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**.

**I'm a bit anxious about going out into shops at the moment so I want to do more shopping online, but I have heard that there are a lot of delivery**

**problems. What should I do if my parcel goes missing?**

When you're online shopping, it's not always clear whom to contact if things go wrong. As a customer, your contract is with the seller that you bought the item from. It's the seller's responsibility to make sure the item is delivered to you. They should chase the courier to find out what happened to your order if there's a problem.

If your parcel hasn't arrived, check the delivery address you gave the seller, to make sure it's correct. Then contact the seller and ask where your order is. If the seller claims they've delivered it or doesn't know where it is, you can ask for a redelivery. You might be able to get a refund in some circumstances where the delivery time was essential and you let the seller know ahead of time.

Under the Consumer Rights Act 2015, you can ask the seller to deliver the item to you again if the item wasn't delivered either by an agreed date, or within a reasonable time - usually within 30 days. If the new delivery fails to come within a reasonable time, you can ask the seller for a refund.

Another problem people face is when parcels get left in different places, for example outside or with a neighbour. If your item was delivered by Royal Mail, and they left your package with a neighbour or in a certain place because you told them to, it's not the seller's or Royal Mail's responsibility if it gets lost. If they leave it somewhere you hadn't instructed, it's the seller's responsibility if it gets lost. You should contact the seller to ask for a redelivery or a refund.

If the item was delivered by a courier, check your terms and conditions or account details - they might include other places for delivery, like your porch or a neighbour's house. If you agreed to them, it's not the seller's or courier's responsibility if your order has gone missing. However if you did not agree to this, then it's the seller's responsibility if your order goes missing.



If you ordered something from a private seller or you're still having trouble after trying the tips above, you can contact the Citizens Advice [consumer helpline](#) for help.

**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.**

**How to access:**

**Call [015394 46464](tel:01539446464) - this is being staffed from 9:30 – 2pm**

- **Adviceline: 0808 2787 984**

**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**

## **MAGAZINE SUBSCRIPTION 2022**

Subscriptions for 2022 were DUE at the beginning of January.

The price has to be increased to £6.50.

Parishioners, please pay your Parish Distributor promptly.

For those who get the magazine by POST, please make out a cheque for £14.50 made payable to **Crosthwaite PCC** and sent to

Matthew L. Dobson at

Aspen, Crosthwaite, KENDAL Cumbria LA8 8BS.

If paying by BACS (**sort: 40-26-02, a/c: 20262366**), please let Matthew Dobson know, otherwise you may not receive the TVN.

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Those on the Helsington postal list,  
please make your cheque payable to

**Underbarrow with Helsington PCC**

and send it to Ms. Marilyn Taylor at  
5 Crow Wood, Brigsteer, KENDAL LA8 8AW

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**Matthew Dobson (015395 68849)**

### **WITHERSLACK**

Our latest meeting for Witherslack WI was held at the parish hall with 14 members in attendance and the meeting was chaired by our vice chair Linda Park.

We were due to follow our meeting with a talk from Danni Chalmers from Cumbrian Wool but unfortunately she couldn't attend due to COVID, so we ended the evening chatting over tea, coffee and biscuits. If anyone would like anymore details on Cumbrian wool you can look Danni up on Instagram where she has some great pictures from her South Cumbrian small holding or check out her shop on Etsy.

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### **UNDERBARROW**

Underbarrow WI started the year with an excellent talk about Cumbria's involvement in slavery. This centred around the trade in the eighteenth century from the port of Whitehaven on the West coast, and the trading triangle with Africa and the West Indies. The speaker, Mr Rob David from Kendal, explained how the whole community were implicit in the slave trade, not only the rich merchants who were able to live extravagant lifestyles and buy expensive mansions, but everyone who bought sugar and rum as a result of the trading in slaves, and their slave labour. The conditions for slaves on board the ships was shocking, the journey from Africa took fifteen weeks and about half of the slaves died on board or arrived in poor health.

Next month's meeting will be held on Wednesday 9th February at 2.00pm. There will be a talk entitled The Silk Road to Samarkand, which sounds intriguing! Visitors and new prospective members are welcome to come along. The meeting will be held at the Underbarrow Village Hall, LA8 8HQ. Any enquiries to Maggie on 68662 or Sarah on 68015.

## BRIGSTEER

We held our first meeting of [2022](#) in the village hall when we heard that our Carol singing around the village with the Brigsteer band raised £460 for the North West Air Ambulance service.

Dorothy gave us a summary of the various resolutions which had appeared in the WI Life for us to vote on. Whichever one has the most votes will go forward to be debated at the WI National AGM in June.

Our speaker for the evening was David Hall, Director of Blackwell Sailing which he helped to set up 29 years ago giving children with special needs the opportunity to take part in sailing and other watersports on Lake Windermere, with the help of many volunteers. David explained how the charity developed over the years, and about the specialist yachts that are now available to use.

On 9th February, we'll be holding another Open Meeting when we have Sandra Gold-Wood talking about The Canary Girls - the forgotten heroines of the munitions factories. Sandra and her supporters are campaigning to establish a memorial in the National Arboretum to honour these ladies from both world wars. New members and visitors always welcome to our meetings which start at 7.30pm and the speakers at 8pm in The Village Hall.

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### 80 not out

By a TVN reader

Today dear Lord I'm 80, and there's much I haven't done  
I hope dear Lord you'll let me live until I'm 81.

But then if I haven't finished all I want to do  
would you let me stay awhile until I'm 82?

So many places I want to go, so very much to see  
Do you think that I could manage to make it 83?

The world is changing very fast there is so much in store.  
I'd like it very much to live until I'm 84.

And if by then I'm still alive  
I'd like to stay till 85.

More planes will be up in the air so I'd really like to stick  
and see what happens to the world when I am 86.

I know dear Lord it's much to ask (and it must be nice in heaven)  
But I'd really like to stay until I'm 87.

I know by then I won't be fast and sometimes will be late  
But it would be so pleasant to be around at 88.

I will have seen so many things and had a wonderful time,  
So I'm sure that I must be willing to leave at 89.

Maybe....

# Two Valleys Churches

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

**Parish Priest:** Rev'd. Michael Woodcock, The Vicarage, Crosthwaite, LA8 8HX

(not available Fridays) [mich@elwoodcock.com](mailto:mich@elwoodcock.com) 015395 68276

**Associate Priest:** Rev'd. Michelle Woodcock [michellewoodcock74@hotmail.com](mailto:michellewoodcock74@hotmail.com)

**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**

Churchwarden: Mrs. Lily Holme 015395 60247

Mrs. Cath Casson 015394 44958

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

Churchwardens: Mr. Tony Walshaw 015395 52491

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## **Underbarrow with Helsington**

**Associate Priest:** Rev'd. Simon Howard

[revdsimonhoward92@outlook.com](mailto:revdsimonhoward92@outlook.com) : 07719 889577

For baptism, wedding, & funeral enquiries contact the **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 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](mailto:george@stkmail.org.uk) : 015395 83058

**Curate:** Rev'd. Vic Sekasi [vsekasi@gmail.com](mailto:vsekasi@gmail.com) 07786 061972

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

**Church Administrator:**

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

**St Catherine's Churchwardens:** Mrs. Lilian Atkinson 01539 821389

Mrs. Mary Allcock 01539 821312

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

**Magazine Editor next month:** Jolyon Dodgson (015395 52222)

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)

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(all subject to latest pandemic advice — please ring)

### HELSINGTON & BRIGSTEER

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

Contact Ann Bryan ( 015395 68067)

|                      |                                         |
|----------------------|-----------------------------------------|
| Pilates Intermediate | Mondays 09:15 - 10:15                   |
| Pilates Fundamentals | Mondays 10:30 - 11:30                   |
| Circle Dancing       | Tuesdays 10:00 - 11:45                  |
| Table Tennis         | Tuesdays 19:00 - 21:00 September to May |
| Yoga                 | Wednesdays 09.30 - 11:00                |
| WI                   | Second Wednesday of the month 19:30     |
| Dru Yoga             | Wednesdays 18:00 - 19:30                |
| Tai Chi              | Thursdays 13:45 - 15:45                 |
| Pilates              | Fridays 12:00                           |

### 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: 01539 821415

|                      |                                                                               |
|----------------------|-------------------------------------------------------------------------------|
| Music Group          | Monday morning                                                                |
| Art Group            | Monday afternoon                                                              |
| Table Tennis         | Monday and Friday 7.30 – 10.00pm<br>(from September during the winter months) |
| Guitar Group         | Tuesday morning                                                               |
| Young Farmers Club   | Occasional Tuesdays 7.30 – 9.30pm                                             |
| WI                   | First Wednesday in the month<br>(afternoons in winter, evenings rest of year) |
| Sewing/Craft Group   | Occasional Wednesday evenings                                                 |
| Aerobics/Body Toning | Thursday 10am – 11.00am                                                       |
| Folk Dance Group     | Thursdays 7.30pm – 10.00pm                                                    |
| Painting Group       | Friday afternoon                                                              |

### MAGAZINE DEADLINES

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

## CROSTHWAITE MEMORIAL HALL

Please check bookings online at website address:

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

For Bookings contact Kath Edwards **015395 68879**

|                |                                                                                                                                                        |
|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| Playgroup      | Thursdays 9:30 to 11:30 (school term time)                                                                                                             |
| Indoor Bowling | Tuesday and Thursday 7.30 – 10.00pm<br>(Jan 6–Mar 31)                                                                                                  |
| Exchange       | See notice on Page 12<br><b>Lunches</b> 1st Wed of Month 1pm-3pm<br>(12.30 on 6th Apr!) Booking essential.<br><b>Teas</b> 3rd Wed of Month 2:00-4:00pm |
| Yoga           | Wednesdays 7.00 – 8.30pm                                                                                                                               |
| WI             | Social afternoons Monthly 1st Tuesday. 2-4pm<br>Evening Meetings Monthly 3 <sup>rd</sup> Wed 7.30 to 9pm                                               |
| Art Club       | Mondays 1.30–4pm                                                                                                                                       |

## UNDERBARROW INSTITUTE

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

|              |                                                                                                                            |
|--------------|----------------------------------------------------------------------------------------------------------------------------|
| Snooker Club | Mondays from 7.30pm                                                                                                        |
| WI           | Every 2 <sup>nd</sup> Wednesday of the month -<br>2pm, October to March inclusive,<br>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

|              |                    |
|--------------|--------------------|
| Vinyasa Yoga | Tuesdays 7pm — 8pm |
|--------------|--------------------|

## WITHERSLACK

For bookings contact Julie Walker (Tel 015395 52211)

|                        |                                                                                                                   |
|------------------------|-------------------------------------------------------------------------------------------------------------------|
| Indoor Bowling         | Wednesdays 7.30pm - 10pm<br>(from September to end of April).<br>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 <sup>nd</sup> Tuesday of the month at 7.30pm                                                              |
| The Art Club           | Fridays 9.30am - 12.30pm                                                                                          |
| Yoga                   | Wednesdays 6.00pm in the Dean Barwick Hall<br>(£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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