TWO VALLEYS PARISH NEWS

www.crosthwaiteandlyth.co.uk



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

May 2022



Church miniature pictures: from watercolours by John Wilcock Cover picture: Great Spotted Woodpeckers by Martin Grace

See website for further details.

Church	Services	for	MAY	2022
Church	Services	IOT	MAI	ZUZZ

Sunday Ist May The 3rd Sunday of Easter

Cartmel Fell	Matins (BCP)	Mr. David Hunt
Underbarrow	Holy Communion (CW)	Rev. Simon Howard
Witherslack	Morning Worship (CW)	Tony & Hilary Fitch
Winster	Holy Communion (BCP)	Rev. Simon Howard
Crook	Morning Worship (CW)	
Crosthwaite	Evensong (BCP)	Lay team
	Underbarrow Witherslack Winster Crook	Underbarrow Witherslack Morning Worship (CW) Winster Holy Communion (BCP) Crook Morning Worship (CW)

Thursday 5th 9.15am Crosthwaite Holy Communion (CW) Rev. Michael Woodcock

Sunday 8th May The 4th Sunday of Easter

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. Janet Thompson
11.00am	Crook	Morning Worship (CW)	
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock

Sunday 15th May The 5th Sunday of Easter

9.30am	Cartmel Fell	Morning Worship (CW)	Mrs. Jane Eccles
9.30am	Underbarrow	Holy Communion (CW)	Rev. Simon Howard
9.30am	Witherslack	Holy Communion (CW)	Rev. Michael Woodcock
I I.00am	Winster	Holy Communion (BCP)	Rev. Michael Woodcock
I I.00am	Crook	Holy Communion (CW)	
I I.00am	High Farm Croo	k Lambing Service	Rev. Michelle Woodcock

Monday 16th 8.00pm Compline at St. Anthony's Cartmel Fell Rev. Michael Woodcock

Sunday 22nd May The 6th Sunday of Easter

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Wednesday 25th 7.30pm Crosthwaite Refresh

Sunday 29th May The 7th Sunday of Easter

9.00am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock
10.30am	Parish Walk	Begins from top end of Ke	ndal Green outside St.
		Thomas's Primary School	

A LETTER FROM MICHAEL WOODCOCK



Dear friends,

What kind of people choose to go to church? Why do people go to church? One of the reasons is that we recognize our failings, we know that we are not perfect and that we often get things wrong – in the things we think, or do, or say. Gathering together in church gives the space to admit to such things, to effectively say we are sorry and to reset ourselves. We know how often all the gadgets

we use need to be reset from time to time. "Have you tried turning it off and on again?" we are advised, and often it works. It's a bit like that when we go to church; we have that opportunity to turn ourselves off and on again.

We've just finished this year's Lent Course and one of the topics we looked at was Hypocrisy. Do those of us who go to church think we are better than those who don't? Do we look down our noses at others because we think we're better than them? Oh dear, NO. Far from it. I think these days everyone I know who attends our churches knows they are imperfect and definitely no better than anyone else – it's one of the reasons why they go. There *might* have been a grain of truth in this some decades ago, when people wanted "to be seen" as church-goers - it had something to do with the social strata that existed in those days. Perhaps there was a level of looking down on those who didn't bother to come. That was wrong. Maybe that false perception still lingers on a bit. In all my time here in the Two Valleys I have always shaped our churches to be places of welcome for everyone and sought to defeat any signs of hypocrisy.

However, when we are honest, we recognise that there are aspects of hypocrisy in all of us. Which of us isn't a bit hypocritical occasionally? (As much as we rightly condemn the appalling invasion of Ukraine, we too easily choose to forget that that UK was part of recent campaigns in other places that involved the bombing and killing of civilians; all seen as part of the collateral damage to be expected!)

Jesus left us that wonderful and simple teaching in the Sermon on the Mount in Matthew Ch.7, ³ Why do you see the speck in your neighbour's eye, but do not notice the log in your own eye? ⁴ Or how can you say to your neighbour, "Let me take the speck out of your eye", while the log is in your own eye? ⁵ You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your neighbour's eye.

Church and Christian faith is a great leveller, the greatest leveller. We acknowledge that we are all the same, with our different merits and weaknesses. We don't think or boast that we are better than anyone else. We come before God and each other, admitting and owning up to our weaknesses, and we seek to put them right.

So, we come to Forgiveness – that lies at the heart of Christian faith. If we say to ourselves, "I haven't got anything to be forgiven for. I've done nothing wrong" then we are kidding ourselves and probably falling into the same trap of hypocrisy. Forgiveness is one of the most powerful gifts we can both offer and receive. It resets us. It enables us to live better. We forgive ourselves, we forgive others, we receive forgiveness from God every time we come to Him (in Church or wherever) & simply admit our weaknesses & ask for forgiveness.

So, if you come to Church you're in good company. On equal terms with everyone else who is there. You are welcome. You are walking alongside all of us who are looking for that regular "reset".

Yours in friendship,

Michael Woodcock

Rev. Michael Woodcock, The Vicarage, Crosthwaite.

FROM THE REGISTERS



Funerals

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

28th March Cyril Davidson Robinson (85) Funeral Service at St. Mary's,

Crosthwaite

5th April Hilary Holliday (80) Funeral Service at Holy Trinity, Winster

11th April John "Jack" Telford (91) Funeral Service at St. Anthony's

Cartmel Fell.

CALLING ALL PARISHIONERS

ASCENSION DAY Thursday 26th May

This year Beetham Parish Church is hosting the Deanery Ascension Day Communion service for the whole deanery.

7.30pm Deanery Ascension Day Holy Communion at Beetham Parish Church.

Two Valleys Walk - Monday 9th May

We have a weekday circular Walk planned for Monday 9th May from St. Anthony's Church beginning at 10.30am. The hope is to see some bluebells if they are still out by then. So, anyone from across all our villages is welcome to join us for a 10.30am start from the car park at St. Anthony's LATI 6NH. The walk should last about 90 minutes, returning to the Church around 12 noon.

Two Valleys Prayer Meetings

On the fourth Monday of each month we gather at 12.30pm to pray for our parishes: 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 around 1.15pm. Do come along as we use different ways of praying (use of music, silence, visual aids, etc.) We meet this month at 12.30pm on Monday 23rd May in St. Anthony's Cartmel Fell.

"Vicar at The Derby". Witherslack. Last Wednesday of each month.

Rev.Michael Woodcock will be at The Derby Arms again from 12noon until 2.00pm on Wednesday 25th May. Happy to have a chat with anyone about anything really.....

Fifth Sunday plans - Two Valleys Monthly Walk: Sunday 29th May - Open to everyone! Come along for a short Walk around one of our 7 parishes in the Two Valleys Mission Community, this time round St. Thomas's Kendal. We meet at the top end of Kendal Green off Windermere Road outside St Thomas' Primary School for 10.30am. Parking in road around the Green outside the school. Walking up onto Kendal Fell via Old Hallsfell Hall and back through Serpentine Woods. Bring your own Picnic Lunch on the Green, if the weather looks good!

Queen's Platinum Jubilee Church Services

On Sunday 5th June we have a special Jubilee Celebration Church Services at the following churches:

- 9.30am Jubilee Celebration Service at St. Anthony's Cartmel Fell
- 10.30am Jubilee Celebration Service at All Saints Underbarrow
- I I.00am Jubilee Celebration Service at St. Paul's Witherslack
- II.00am Jubilee Celebration Service at Holy Trinity Winster followed by byo Picnic Lunch at Green Yew
- 11.00am Jubilee Celebration Service at St. Catherine's Crook

6.00pm Jubilee Celebration Service at St. Mary's Crosthwaite - preceded by Street Party Refreshments from 4.30pm outside the Village Hall.

We would like to invite all Village organisations to these services as we make them real community gatherings, singing some well-known hymns and marking this tremendous achievement of Her Majesty Queen Elizabeth. See further details elsewhere in the magazine for each parish.

CROSTHWAITE

Please note that refreshed signs and helpful instructions will be appearing in the Churchyard shortly. Matthew Dobson.



The Dead Sea Scrolls

My recent article on the Codex Sinaiticus has led a few people to ask if I would also write about the Dead Sea Scrolls because, like the Codex, they have been discovered in modern times and have similarly advanced our understanding of the history of biblical texts. The Codex Sinaiticus is a complete Christian bible, but its greatest impact has been on our understanding of the evolution and textual history of the New Testament, for reasons that I explained back in March. The Dead Sea Scrolls, by contrast, are important for the study of the Hebrew Scriptures, our Old Testament, and what we know as the Old Testament Apocrypha, found in bibles of the Roman Catholic and Eastern Orthodox tradition, but which was a collection of texts initially not carried over into the Protestant biblical tradition - clearly a topic that would be worth writing about on another occasion!

It was in late 1946 or early 1947 that a Bedouin shepherd came across a large collection of rolled up scrolls in the Qumran caves, close to the north shore of the Dead Sea. Their importance was quickly recognised and extensive searches were made, leading to the discovery of many thousands of fragments and some texts that are complete or nearly so, variously in Hebrew, Aramaic, Greek and Nabataean. Although they have survived by being in a very dry climate and away from the sun, they are exceedingly fragile. A great deal of work remains to be done on them, not least in identifying what works the fragments are from and in safely unrolling and reading those that still exist as scrolls. However, it is now clear that the manuscripts - a few written on papyrus, but most on parchment - are a collection over a wide expanse of time: from the third century BCE to the first century CE.

About 40% are copies of books from the Hebrew Bible (our Old Testament). Before this discovery, the oldest surviving Hebrew-language Scriptures were from the tenth century CE, such as the Aleppo Bible. But the Dead Sea Scrolls are a thousand years earlier. Interestingly, the Scrolls have shown that these texts have remained very stable over a long period: they do not show evidence of textual change that might have been expected. Rather, they witness to an extraordinarily persistent tradition of very careful copying, placing the preservation of holy texts in an altogether different league from the copying of other material. A further 30% of the texts are works from the Second Temple period (516 BCE to 70 CE) which did not finally make it into the approved collection of Hebrew Scriptures. These include the Book of Tobit and Ecclesiasticus or the Wisdom of Sirach, books that remain in the Christian Old Testament Apocrypha. The remaining 30% are previously unknown texts which were evidently for the use of a sect which had developed from within Judaism, and which had similarities in some of its thinking with aspects of Christian teaching, itself, of course, coming out of Judaism. This community seems to have held possessions in common and to have lived together according to a rule. Most scholars identify them with the Essenes, who are alluded to in a number of texts from around the time of Christ. Almost everything found is held by Israel, since 1965 in the specially constructed Shrine of the Book, which also houses the Aleppo Bible and other early manuscripts. It is here that the painstaking research is carried out and the Scrolls are displayed in rotation.

Joyce Hill

Thanksgiving for Lambing Service

in the barn at High Farm, Crook (LA8 8LR) at 11.00am on Sunday 15th May



All are welcome from the
Two Valleys Parishes of Cartmel
Fell, Crosthwaite, Crook,
Helsington, Underbarrow,
Winster & Witherslack & beyond!

A short service for all ages led by

Rev Michelle Woodcock as we gather together to give thanks and celebrate the end of the Lambing season.

Burneside Brass Band will accompany some well-known hymns.

Tea & cakes will be served afterwards.

Please let Emma Taylor (07733415204)

know if you can bring some cakes to

share or for further information.

Please bring a picnic blanket or rug as seating will be in



the form of hay bales!
Parking is limited so car
sharing

would be appreciated.

CALLING ALL VILLAGES

Poetry at All Saints

Some readers of TVN will recall that, before the pandemic, All Saints was the venue for a successful series of poetry readings on particular themes. Following discussion at the Underbarrow with Helsington APCM, it was decided to see whether there might still be enthusiasm for such events. If so, we would probably look for a date in June in the first instance. If you are interested, please let me know by email (anscot03@gmail.com). Please also suggest a theme.

John Lee

Crosthwaite Show: 2nd July 2022

After a three year gap we are hoping that this year's show wlll be a bumper event, with more and better exhibits than ever before!

With this in mind please be aware that the Show schedule with all the details of the classes is now available so you can browse and decide how you can get involved.

As always there are classes for children as well as adults so that all the family can take part. Please consider planting seeds for flowers and vegetables which will be ready in July. There are classes too for handicrafts- in any kind of material including a chance to recycle and upcycle which we hope will appeal. As well as for gardeners, there are classes for your photographs and your sketches or paintings, and of course for the many talented bakers and preservers out there.

The Schedule is available both online and as hard copy. Please go to the Crosthwaite and Lyth website (crosthwaiteandlyth.co.uk) where you can look at the schedule and entry form and download them. Alternatively you can pick up a schedule - they are free- from Crosthwaite School, Playgroup, The Exchange, from your local WI and from any member of the Show Committee.

Please text or ring me on 07765010252 and I will get a schedule to you.

Please do not think that you have to be of Chelsea Flower Show standard, or a budding Mary Berry! We also welcome entries from men!! The main thing is to have real community involvement, with lots of entries to make it a Show to remember.

Pat Howarth
On behalf of the Show Committee

Thank you to everyone who supported the plant stall last year; together we raised a fantastic £2000 for the Winterberg Trust School in rural South Africa. The school provides primary education for 60 children on remote farms in the Eastern Cape and the transport to secondary school for older children.

The plant stall is up and running again in Thorns Lane, Underbarrow LA8 8BB and has a wide variety of perennial plants. All are grown locally and are robust and thrive in our climate. So to fill up the gaps in your borders after winter, please do call round and take a look. New varieties will be added through the season. I am always pleased to chat about plants and gardens, so if you would like to discuss plant choices, please give me a call on 07789 515 868.

Many thanks and happy gardening.

Beth Curl

THE LANDOWNERS OF CROSTHWAITE AND LYTH

&

THE PARISH COUNCIL OF CROSTHWAITE AND LYTH

JUBILEE PICNIC AND WALK SATURDAY 4TH JUNE 2022 12.30PM

We invite you to a picnic and walk on Whitbarrow to celebrate the Platinum Jubilee of Her Majesty the Queen.

Meet in the field known as 'The Square' beyond the end of the tarmac road through The Row, with thanks to the Sharp family.

(what3words: ///included.obvious.craftsman Grid Reference 447895)

Plenty of parking in the picnic field.

Bring your own food and drinks (and a flag to wave!)

An introduction will be given by Claire Hensman, Lord Lieutenant of Cumbria and Trustee of The Landowners of Crosthwaite and Lyth.

At 2.30pm, following the picnic, a walk of approximately 3 miles will set off along Whitbarrow Road towards The High Allotment where a summary will be given about the recent acquisition by The Landowners and future plans for its management.

The walk will encompass some of the more accessible areas before leaving through the gate onto Township Allotment, making our way back to The Square for approximately 4.00pm.

Suitable clothing and footwear for walking over the rough ground are recommended. Well behaved dogs on leads are welcome.

NOTICES FOR INDIVIDUAL PARISHES

CROOK

The village rummage sale will be held in the Memorial Hall at Ipm on Saturday 14th May. Any enquiries to Kath Jackson on 01539 821415.

Plans are in hand for the Jubilee Celebrations during the first weekend in June. Leaflets are available with all the information.

The Coffee and Chat event which has been held on the first Tuesday of the month appears to have run



its course with very few people turning up recently. The organisers have decided that for the moment, and until life has returned to more normal times, these Tuesday get-togethers will no longer take place.

CROOK Memorial Hall recently hosted a community meeting for everyone interested in B4RN which will bring superfast broadband to our local area. Many people turned up and there was huge interest. The hall was packed for the presentation. Many questions were addressed and there appeared to be a lot of support for this project. It is planned to have a further meeting to update everyone as to how things are progressing.

UNDERBARROW WITH HELSINGTON



Jubilee Celebrations at All Saints, Underbarrow.

Sunday June 5th

10.30am – A 30-minute Service of Thanksgiving for the life and work of

the Queen

Followed by coffee and cake Everyone Welcome

A great way to begin Underbarrow's day of celebration.

Underbarrow Village Institute Committee

PLATINUM JUBILEE Celebration

Sunday June 5th

Including:

- Nature Ramble and Treasure Hunt from Ipm
- Afternoon Teas being served in the Institute from 3pm
 - Followed by Bingo, Prosecco and Ice cream! Everyone Welcome!

Text or phone Irene on 07789 671830 if you wish to attend.

Argles Memorial Hall

CROSTHWAITE





CONGRATULATIONS! March & April's winners are: Gordon Mills & Jean Sherratt There are still a few numbers left – if you would like to join, please email us on 100club@crosthwaiteandlyth.co.uk

The <u>Table Top Sale</u> planned for the 7th May has been cancelled due to lack of support. The Argles Memorial Hall <u>Annual General Meeting</u> will be held on Monday 30th May at 7pm in Argles Memorial Hall. All welcome.

A RIGHT ROYAL LUNCH Queen Elizabeth's Platinum Jubilee Friday 3 June 12.30 p.m.

Crosthwaite Memorial Hall

Calling all residents of Crosthwaite & Lyth!

An opportunity to get together as a community.

Come and join us for a right royal lunch to start a weekend of celebrations to commemorate

Oueen Elizabeth's Platinum Jubilee.

Come" Dressed to kill" as we will toast our Queen with a glass of fizz.

followed by a special buffet lunch.

Adults £12
Primary school children £5

For further information and to book a place please contact
Geraldine
015395 68836
Mobile 07766646504
e-mail grangee I @hotmail.co.uk

Or purchase your tickets at The Exchange

NB.THERE WILL NOT BE AN EXCHANGE ON WEDNESDAY Ist JUNE.

CARTMEL FELL



CARTMEL FELL PLATINUM JUBILEE CELEBRATIONS

Thursday 2nd June

Lighting of the Beacon

Join us on Ludderburn

(by kind permission of Mike & Ruth Smith)

From 8.45pm, with Beacon lit at 9.15pm



Friday 3rd June

Cartmel Fell WI are holding a

Celebration Cream Tea

From 2.00-4.00pm In Cartmel Fell Parish Hall

£2.50 per person

Please join us for an afternoon of chat, laughter & reminiscing!



Saturday 4th June

Jubilee Family Fun Day (inc Cartmel Fell Sports)

Fun & Games for all the Family, starting at 2.30pm on the fields at Goswick Hall (by kind permission of Mr & Mrs J Wright)

Bring your own picnic – we will provide Tea, Coffee and Squash – please bring your own mug!

Competitions to include:

Best Made Crown

Best Jubilee-Decorated Cake

Best decorated Plastic Duck (to race down the river)

Fancy Dress – Jubilee Style

Everyone welcome!

Dress up, dress down, dress fancy, Red, White & Blue, it's up to you!

SUNDAY 5TH JUNE

<u>Platinum Jubilee</u> Celebration Service

St Anthony's Church, Cartmel Fell at 9.30am

All welcome!

Please see our Facebook page for further details of the above, and for details of our Right Royal Scarecrows! Search for Cartmel Fell Parish Hall

Crosthwaite and Lyth Parish Council

Crosthwaite and Lyth Parish Council organised a Grand walkway opening with guests of honour Jim and Pam Bownass and Chris Fletcher on Wednesday 30th March. A happy group of residents and Councillors Harkness, Dobson, Metcalfe & Sykes gathered together to see Pam cut the red ribbon and Cllr Metcalfe planting a Rowan tree dedicated to the donors. This is in thanks to Jim, Pam and Chris for their public spirited "sale" of the land for the path for £1. The formal opening celebrated our typical Parish "can do" culture. We are grateful for this act of generosity, which benefits all who walk that way, now and in the future. It has greatly improved pedestrian safety on this dangerous section of the village lane. And the views are amazing!

Witherslack Meathop & Ulpha Parish Council

The next meeting of the Council will be on Wednesday 25th May at 7pm and this will be held at Ulpha Farm. All are welcome to attend and there is always an opportunity for questions or comments to be addressed to the Council.

Kevin M Price. Parish Clerk. kevtherev7@hotmail.com

Underbarrow & Bradleyfield Parish Council

The next meeting of the Council will be on Thursday 19th May at 7pm at Underbarrow Institute. All are welcome to attend and there is always an opportunity for questions or comments to be addressed to the Council.

Kevin M Price. Parish Clerk. kevtherev7@hotmail.com

A Piper's Lament

Bagpipers are few and far between and get many requests – for gigs, weddings and other special occasions. A piper was asked by a funeral director to play a lament at the graveside of a homeless man. He had no family of friends and was to be interred in a cemetery in a less well-known part of town. The piper was not familiar with that area but agreed to play.

The appointed day arrived and the piper set out in good time in his car, heading into the outskirts of town. Unfortunately he got lost and had neglected to equip himself with a street map or his sat-nav. In desperation he asked several pedestrians for directions and got various not-very-helpful answers.

Finally the piper arrived, but almost an hour late, and saw that the funeral directors had gone and the hearse was nowhere in sight. There were only the diggers and crew left, and they were sitting nearby eating their lunch.

The piper felt badly and apologised to the men for being late. He went to the grave and looked down. The grave was already part filled-in and the coffin no longer in sight. The piper didn't know what else to do, and so started to play.

The workers put down their lunches and began to gather round. The piper played out his heart and soul for this man with no family or friends. He played like he had never played before for this homeless man.

As the piper played "Amazing Grace", the workers began to weep. They wept, the piper wept – they all wept together. When he had finished, the piper packed up his bagpipes and started for the car. Though his head was hung low, his heart was full.

As the piper opened the door of his car, he heard one of the workers say, "I never seen nothin' like it before, and I've been putting in septic tanks for twenty years." Tony Fitch



I am a single parent, with two young children.

I am already struggling to stay on top of my household bills, my weekly food shop is getting much more expensive and now my don't know how I'm going to afford all these

energy bill is going up too. I don't know how I'm going to afford all these price rises. What can I do?

First of all, you are not alone in this and there's support to help you. It's always worth checking if there are benefits you don't know about that you're eligible for, including support with your energy costs and living costs. On the Citizens Advice website there's a benefits calculator, advice on how to reduce-living-costs and information on how to reduce-living-costs and information on other ways to increase your income.

There's also emergency support that you may have access to, such as food bank vouchers or fuel vouchers. You could contact your local council to see if they could also offer support.

If you're struggling to stay on top of bills, it's really important to understand what money you have coming in and going out each month. Citizens Advice has a budgeting tool on its website that can help with this.

And if you're already behind on bills, prioritise paying your rent or mortgage, plus energy bills and Council Tax first. Not paying these bills has the most serious consequences. You should speak to the person or company you owe money to, to see if they can help you repay your bills sustainably.

We know that times are incredibly tough but please remember, you don't have to face this alone. Contact South Lakes Citizens Advice on 015394 46464 to help you find a way forward.

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 12 noon (and will open more in due course)
- Adviceline: 03444 111 444
- Email advice via our submission page on our website www.southlakescab.org.uk
- ♦ Help to Claim (Universal Support): 0800 144 8 444

the WI

REPORTS & NEWS

BRIGSTEER

Our April meeting commenced with a minute's silence for lackie Fleetwood, a loyal member for 16 years, who sadly passed away in March. At the Federation Spring Council Meeting the President was presented with a certificate marking 75 years of Brigsteer WI. After various items relating to information received from NFWI and CWFWI had been reported, we turned our attention to how we might mark the occasion of the Queen's Platinum Jubilee - cocktails were suggested (not necessarily alcoholic!) but exactly how has yet to be decided. We were pleased to welcome Caroline Eames as our speaker for the evening on "Forensic Science - Fact not Fiction", an interesting talk on a fascinating subject which certainly lived up to expectations. Her experience spans over 30 years from starting as a forensic scientist with the Home Office to her more recent role as Senior Forensic Scientist with a private company near Chorley. Many aspects of forensic science were covered, from the careful recovery and evaluation of findings from crime scenes to the constantly improving techniques such as DNA profiling which revolutionised the evidence finding process and led to the establishment of the national DNA database in 1995. Our speaker for the next meeting on 11th May is Kevin Preston, professional gardener and expert grower of sweet peas, who will explain the care and conditions required for success and bring along examples to illustrate his talk as well as various other plants for sale. Visitors are welcome to attend the talk at 8pm.

CROSTHWAITE AND LYTH

Marion Yates and Ruth McGill from Animal Rescue Cumbria were our speakers in March, accompanied by Annie, Polo and Connie, three rescue dogs.

The original rehoming centre was set up 50 years ago by 4 women and then was helped to get charity status by Betty Wainwright and husband Alfred. Their current home, Kapellan, was purchased in 1984 and became known as The Wainwright Centre. With 8 staff & 60 volunteers, 300 cats and 120 dogs are rescued each year, mainly due to owner change of circumstances like illness and moving home rather than cruelty or ill treatment.

The Centre is funded through donations, fundraising events & income from their charity shop, Pre Loved for Pets, on Beezon Road in Kendal. Following intake, rescued animals are assessed, checked and blood tested after which the Centre advertises its animals online. On average the Centre receives 150 enquiries for each dog. Animals are then matched to applicants. The staff of the Centre carry out an enrichment programme with sensory, social and cognitive games and tasks to stimulate and develop the animals in their care.

It was obvious from our speakers that they were passionate about the work they do & are serious about matching the right pet to the right owner. Both speakers & their canine assistants were a great hit with our members. Our next meeting at the Crosthwaite village hall was on 20th April with a talk entitled 'Queen Victoria: Who do you think she was?' Newcomers are always welcome at our meetings.come & give it a go!

CROOK

Earlier in the year Crook WI enjoyed a delicious lunch at the Belsfield Hotel. Unfortunately it was a rather wet day so we couldn't savour the lovely views. In March we had a very interesting talk from members of Kendal Mountain Rescue team. Some members were able to go to the Spring Meeting in Kendal Town Hall. The Lyth Valley Group Meeting hosted by Brigsteer WI enjoyed a talk by Vivienne Tregidgar who entertained us with the story of how she came to live in Arctic Norway with extremes of weather and the travails of learning a new language and way of life. At our most recent meeting Lynne Pritchard spoke to us on "Researching your Family History". We were given suggestions and tips about how make a start with practical suggestions of how to collect information and how to be methodical and organized.

CARTMEL FELL

A spring flower workshop was greatly enjoyed by members in April. Sue Wareing demonstrated and helped, ensuring everyone went home with a 'creation'. Molly reported on the group meeting 4 members had attended at Brigsteer, the first for 2 years.

Interest was shown in the Celebration Afternoon Tea in May. The competition for a spring posy in a teacup was won by Evelyn Cervetti, Margaret Hodgson was 2nd, also winning the raffle.

The resolution will be discussed in May followed by a Jacob's Join supper. The W.I will be hosting a Cream Tea on Friday 3rd. June, 2p.m - 4p.m £2.50. This will form part of Cartmel Fell's Jubilee celebrations. Everyone will be most welcome.

UNDERBARROW

At their April meeting, Underbarrow WI members and guests were entertained by Carolyn Francis, a well known musician from Kendal who spoke to us about Cumbrian Traditional Music, She brought along eight of her Lakeland Fiddlers, who played a range of instruments including cello and accordion. We had an excellent night, the hall resounded with live music, and we particularly enjoyed hearing about how music used to be shared and performed in Cumbria in the past, including music for dancing in village halls, and for clog

dancing.



At the May meeting, on Wednesday 11th at 7.30pm, David Fellows will be speaking about The Ribble Way from Estuary to Source. Everyone welcome. Enquiries to Maggie on 07887881011.

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 dorothygrace01@btinternet.com

Reader: **Dorothy Grace**

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. Steven Brierley 015395 60702

Holy Trinity, Winster

Churchwarden: 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

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

Parish Priest: Rev'd. George Briggs, St. Thomas Vicarage, South View Lane,

george@stkmail.org.uk: Windermere Rd. Kendal. 015395 83058 Curate: Rev'd. Vic Sekasi vsekasi@gmail.com 07786 061972 Tony and Hilary Fitch fitchesuk@aol.com: Readers: 015395 68577

Church Administrator:

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

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

01539 821312 Mrs. Mary Allcock

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

Magazine Editor next month: Colin Edwards (015395 68879)

Magazine postbox c/o Crosthwaite Vicarage. e-mail: tvn@crosthwaiteandlyth.co.uk

Advertising Manager and

Magazine postal service: Matthew Dobson, Aspen, Crosthwaite. LA8 8BS

(015395 68849)

REGULAR EVENTS

(all subject to latest pandemic advice — please ring)

HELSINGTON & BRIGSTEER

Book online at <u>brigsteervillagehall.co.uk</u> 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 Thursdays 09.30 - 11:00 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

(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

(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 12th 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
For Bookings contact Kath Edwards 015395 68879

Playgroup Tuesdays & Thursdays 9:30-11:30am

(school term time)

Indoor Bowling Tuesday and Thursday 7.30 – 10.00pm

(starting again in October)

Exchange Lunches 1st Wed of Month 1pm-3pm

Teas 3rd Wed of Month 2:00-4:00pm

Yoga Wednesdays 7.00 – 8.30pm

WI Social afternoons Monthly 1st Tuesday. 2-4pm

Evening Meetings Monthly 3rd Wed 7.30 to 9pm

Art Club Mondays 1.30–4pm (starting again in October)

UNDERBARROW INSTITUTE

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

Snooker Club Mondays from 7.30pm

WI Every 2nd Wednesday of the month -

2pm, October to March inclusive, 7.30pm, April to September inclusive.

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

Women's Institute Every 2nd Tuesday of the month at 7.30pm

The Art Club Fridays 9.30am - 12.30pm

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

Advertising in the Two Valleys Parish News

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Crosthwaite Post Office Outreach -UPDATE

A start date has finally been agreed by the Post Office, and is MONDAY 9th MAY. This will run every Monday (excluding Bank Holidays) from 9am until 10.30am in the Meeting Room.

The Post Office have agreed to 1.5 hours per week, based on the number of customers using the Punchbowl Post Office, before it closed; if more people use the Outreach Post Office, then they will increase our hours, if the Post Office isn't well supported, the hours will be cut. USE IT OR LOSE IT!

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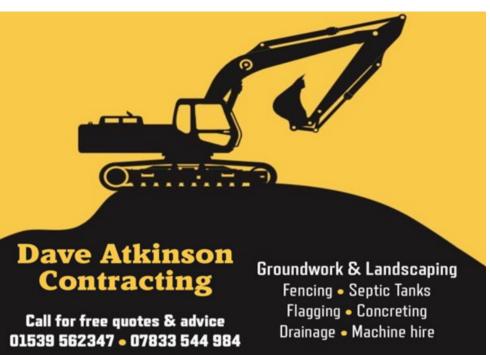
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