

TWO VALLEYS PARISH NEWS

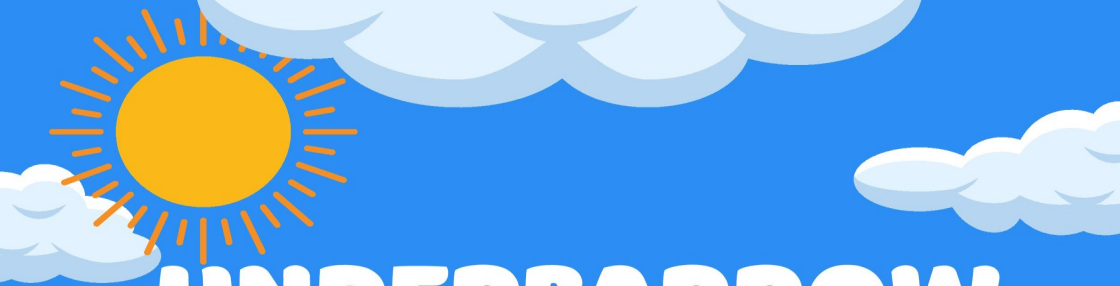
www.crosthwaiteandlyth.co.uk



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

September 2022

70p



UNDERBARROW MARROW DAY

Sunday 18th September

LIVE MUSIC FROM OTT!

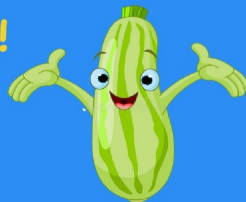
PLENTY OF STALLS PLUS TOSS THE
SHEAF, DOG SHOW, WELLY WANGING,
BBQ AND BAR, BOUNCY CASTLE, TEA
AND CAKES AND MUCH MORE!

Who will have the Heaviest, Ugliest or best
pair of Marrows or pumpkins?

Not one but TWO Duck races! Will you
win the top prize of £300?!



OPEN 12.00 AM - End
FREE ENTRANCE!



Church miniature pictures : from watercolours by John Wilcock
Cover picture : Diane Dew

Church Services for SEPTEMBER 2022

Thursday 1st 9.15am Crosthwaite Holy Communion (CW) Rev. Michael Woodcock

Sunday 4th September The 12th Sunday after Trinity

9.30am	Cartmel Fell	Matins (BCP)	Mr. David Hunt
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)	
6.30pm	Crosthwaite	Evensong (BCP)	Rev. Michael Woodcock

Sunday 11th September The 13th Sunday after Trinity

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am	Underbarrow	Holy Communion (CW)	Rev. Ian James
10.00am	Witherslack	Morning Worship (CW)	Mrs. Dorothy Grace
11.00am	Winster	Morning Worship (CW)	Tony & Hilary Fitch
11.00am	Crook	Morning Worship (CW)	
11.00am	Crosthwaite	Morning Worship with Baptism	Rev. Michael Woodcock

Wednesday 21st 8.00pm Compline at St. Anthony's Cartmel Fell Rev. Michael Woodcock

Sunday 18th September The 14th Sunday after Trinity

9.30am	Cartmel Fell	Morning Worship (CW)	Mr. Julian Lambton
9.30am	Helsington	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)	
11.00am	Crosthwaite	Morning Worship (CW)	Mrs. Dorothy Grace

Sunday 25th September The 15th Sunday after Trinity

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Winster	Matins (BCP)	Mr. Roger Bingham
11.00am	Crook	Morning Worship (CW)	
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock
11.30am	Underbarrow	Harvest Festival	Rev. Simon Howard
5.00pm	Witherslack	Evensong (BCP)	Rev. Michael Woodcock

Wednesday 28th 7.30pm Crosthwaite Refresh

A LETTER FROM SIMON HOWARD

I am writing this whilst sheltering from the heatwave. This summer's weather has been identified as further evidence of the Climate Emergency created by human activity. Although I don't agree with them, I do have sympathy with folk who deny that Climate Change is happening, or at least that humans are responsible for it. The implications of unchecked manmade climate change are terrifying. In the face of a potential catastrophe, which as individuals we seem powerless to prevent, it is a very natural reaction to look away and get on with life as if nothing is happening.



Last year the Church of England nationally committed to being carbon neutral by 2030, an ambitious target. Regionally the churches of Cumbria have adopted 'Tread Gently' as one of their 4 vision statements to guide their work for the next 10 years. However, despite this, the church in many ways has come late to the ecological party, which is disappointing, for in the face of climate anxiety and fear Christian faith can be a great help.

Trusting that we and all of creation are made and known and loved by God helps us face the truth and not be overwhelmed by the fear. Seeking to dwell in his love each day can then help us to act out his love. It can spur us to join the community of those daring to believe that the actions we take, and we encourage others to take, can and will make a difference. Acting out of faith, in love, creates a hope filled future.

As we celebrate the fruits of creation this harvest time and give thanks for the skill and dedication of our farming community, let us also reflect again on the damage we have inflicted upon the earth. As part of our reflections and celebrations let us renew our commitment to the planet by identifying

the next actions we can take, individually and as a community, to reduce our carbon footprint and to preserve and protect the gift of God's creation.

Yours hopefully

Simon C. Howard

FROM THE REGISTERS



Weddings

31st July
6th August

Congratulations to:

Dennis Sharp and Abi Cook married at St. Mary's Crosthwaite
Jessica Youngson and Maximilian Jarrold married at St. Mary's Crosthwaite



Funerals

15th August

With sympathy, we remember those who have recently died:

Jean Denney (92) Funeral at St. Mary's Crosthwaite

CALLING ALL VILLAGES

Harvest Festivals

We plan to hold Harvest Festival Services in our churches on the following dates. Our Harvest Festivals are joyful occasions as we bring our village communities together. We look forward to welcoming you.... do come along.....

11.00am Sunday 25th September – Harvest Festival at St. Catherine's Crook
11.30am Sunday 25th September – Harvest Festival at All Saints Underbarrow
9.30am Sunday 2nd October – Harvest Festival at St. Paul's Witherslack
11.00am Sunday 2nd October – Harvest Festival at Holy Trinity Winsters
tbd Sunday 9th October – Harvest Festival at St. Anthony's Cartmel Fell
11.00am Sunday 9th October – Harvest Festival at St. Mary's Crosthwaite

Bereavement Support

Bereavement can impact hugely and affect all areas of life. Are you grieving the death of a loved one or struggling with the long-term effects of loss? The Bereavement Journey is for anyone who has been bereaved at any time and in any way. By means of a series of films and discussion groups it gently guides you through the most common aspects of grief, enabling you to process the implications for yourselves and discern your next steps.

The Bereavement Journey is a five session course, running at St Thomas' Church, Kendal on Thursdays from 7-9pm beginning on 15th September. For more information go to <https://thebereavementjourney.org/> or to book contact Revd. Victoria Sekasi – vic@stkmail.org.uk

Please see poster on page 27.

St John Chrysostom

St John Chrysostom is one of the great saints of the Eastern Church commemorated in the Anglican calendar. His feast-day should be 14 September, the date of his death in 407. But this clashes with Holy Cross Day (a red-letter day), so his feast is celebrated on 13 September instead. He was renowned as a preacher: his sermons (over 700 of them) are scholarly in content and very vigorous in tone, and it is clear that he pulled no punches when tackling what he saw as the challenging issues of the day! It was his eloquence that quickly earned him the flattering nickname of 'Chrysostomos', meaning 'golden mouthed'. He wrote several treatises also, including one on the exalted nature of priesthood, another on the incomprehensibility of the Divine Nature and, alongside this, a book of Instructions to Catechumens, which has had a lasting influence on the catechism of the western church. But it is chiefly his influence on the liturgy that keeps his memory alive today. Even now the Orthodox and Eastern Catholic Churches of the Byzantine Rite use 'The Divine Liturgy of St John Chrysostom' as the normal Eucharistic liturgy. Modern experts debate Chrysostom's exact connection with this liturgy as it has come down the centuries, but the belief that he was the author gives this liturgy a special status and recognises his undoubted influence as a liturgist.

Surprisingly, perhaps, the Church of England has its own connection with him since it was his liturgy that Thomas Cranmer drew upon when he composed the Litany, as published in the original Book of Common Prayer of 1549. This Litany included a prayer believed to be by St John Chrysostom and, in the 1662 BCP (the one that endures to this day), this prayer was printed as one of the possible concluding prayers for Matins and Evensong. It's the familiar prayer that has in it the phrase 'that when two or three are gathered together in thy name, thou wilt grant their request'. Whether it really was written by John Chrysostom, we will never know, but it is rubricated in the BCP and in Common Worship as 'A Prayer of St Chrysostom'. Given his importance in the development of the Greek liturgy, I like the fact that, thanks to Cranmer, the Anglican tradition also has a liturgical connection with him, slender though it is.

St John was born c. 347 and was educated first in the law and then in theology at the great centre of learning in Antioch. He felt called to the monastic life and for a time lived as a hermit, when he began the extreme asceticism which permanently undermined his health. Bishop Flavian of Antioch ordained him deacon in 381 and priest in 386, appointing him to devote special attention to preaching. For the next twelve years he preached sermons on many of the biblical books, earning himself a reputation as an outstanding biblical interpreter and moralist and, as we have seen, the name 'golden mouthed'. Much against his wishes, in 398 he was made Patriarch of Constantinople, but once in post determinedly set about reform, presenting uncompromising moral challenges to other senior ecclesiastics and to the Empress Eudoxia. The enemies he made brought about his ruin. Following a packed trial, in 404 he was removed from his see. When this did not silence him, he was banished, first to Antioch and then to Pontus on the Black Sea. He was finally deliberately killed by enforced travelling on foot in bad weather.

Joyce Hill

WELCOME!

Whilst on a cycling holiday in Shropshire earlier this year we stopped and looked into a little village church. We noticed, displayed prominently in the porch, a Welcome notice that I set out below.

Apparently it emanated from Hereford Cathedral, and they have kindly given their permission for it to be reproduced in this magazine. Although some may feel a little uncomfortable with some of sentiments, it would, I think, take some beating as an amazingly all-inclusive, comprehensive welcome!

Here it is:-

"We extend a special welcome to those who are single, married, divorced, widowed, gay, confused, filthy rich, comfortable or dirt poor. We extend a special welcome to wailing babies, and excited toddlers. We welcome you whether you can sing like Pavarotti or just growl quietly to yourself. You are welcome here if you are just browsing, just woken up, or just out of prison. We don't care if you are more Christian than the Archbishop of Canterbury, or haven't been to church since Christmas ten years ago. We extend a special welcome to those who are over sixty but not grown up yet, and to teenagers who are growing up too fast. We welcome keep-fit mums, football dads, starving Christian tree-huggers, latte sippers, vegetarians or junk food eaters. We welcome those who are in recovery or still addicted. We welcome you if you are having problems, are down in the dumps, or don't like organised religion (we are not that keen on it either). We offer a welcome to those who think the world is flat, work too hard, don't work at all, or are just here because granny is visiting and wanted to come to the church. We welcome those who are inked, pierced, both or neither. We offer a special welcome to those who could use a prayer right now, had religion shoved down their throats as kids, lost in the local countryside and wound up here by mistake.

We welcome pilgrims, tourists, seekers, doubters..... and you!"

Tony Fitch.

CALGARTH PARK

Seeking volunteer trustees to join existing team

This is a small sheltered housing charity, set in a former Georgian mansion near the edge of Windermere Lake. We are looking for enthusiastic volunteers willing to help with the management, and with some interesting hands-on involvement - an opportunity to be part of a worthwhile community project.

For further information please contact Tony Fitch
015395 68577 or fitchesuk@aol.com



South Lakes Citizens Advice

The cost of energy and food is so high now. With the kids home from school for the summer, I'm having to pay more for lunches and snacks. I'm worried about how I'll put food on the table. I'm on a prepayment meter and I'm really scared we're going to be left without any gas or electric if I can't top up. What can I do?

You're doing the right thing in reaching out for support and there are things you can get help with.

As a prepayment meter customer, your energy supplier will be able to give you temporary credit if you can't afford to top up your meter. They might add this to your meter automatically, but if they don't, you can call them and ask them to do this.

If you run out of temporary credit, speak to your supplier to explain your situation. They may give you extra temporary credit if you're struggling with living costs. There are other reasons why they might give you extra credit too, including if you're disabled, have a long-term health condition, or you have children under the age of 5. You'll have to pay back anything extra you get, but you can agree how to do this in a way you can afford with your supplier.

If you pay council tax and you're in bands A-D, you should get a payment of £150 automatically. It could take until the end of September, but if you've not had it already you might need to make a claim. You can check how to do this on your council's website.

You might also be able to get a fuel voucher, which you can use to add credit to your meter. Contact your local council about this.

There's more government support coming from October, including a £400 payment to help you with your energy bills. If you have a prepayment meter, you'll be given vouchers in the first week of each month from October, via SMS text, email or post. Make sure your energy company has your up-to-date details.

To help manage other costs, it's also worth checking you're getting all the benefits you're entitled to. There are [benefits calculators](#) you can use online. On the Citizens Advice website, there's advice on how to [reduce living costs](#) and information on [other ways to increase your income](#).

The school holidays can be a really tough time. Contact your local council to find out what extra support you can get over the holidays. If you can't afford to buy food, your local Citizens Advice can help you get a referral for a food bank.

We know this is an extremely worrying time and everyone's situation is different. Don't struggle alone. If you need further support, contact your local Citizens Advice or call the national advice line: 0800 144 8848

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

TWO VALLEYS CHOIR

The Choir is in its 16th year and through the years it has sung in church services across our Two Valleys churches at Harvest and Christmas, and also in the 5th Sunday joint Two Valleys services. Covid put a stop to its activities in March 2020, but it is time to start again in earnest! The Choir will be singing in harvest festival services this autumn, and will start practices for this in September; these will be at 4pm on Thursdays in Crosthwaite Church. Practices for Christmas will start at the end of November – same time, same place. We practise for specific services, rather than regularly throughout the year.

The Choir is open to anyone in the Two Valleys, whether you come to church or not. There is no requirement to read music, and all music is provided. If you would like more information, would like to join the Choir or just give it a try, please contact me (dorothygrace01@btinternet.com) so that I can include you when I let the current choir members know the rehearsal dates when they're finalised.

Thank you.

The Children's Society box collection

"One of the best ways we can help young people is by listening to what they have to say. It lets us better understand the problems they face, which then means we can make sure we give them the right kind of support to overcome those problems"

Your donations enable this valuable service to continue to help disadvantaged young people in this country. Your box may be at the back of a cupboard but please restore it to your living area and continue to support children's mental health, their education and their safety.

I would be most grateful if you could bring your box to church or drop it off at Tarnside Farm, Crosthwaite, LA8 8BU. If anyone would like their box collecting or would like to have their own box to support this very worthy charity please let me know. Last year we raised £391.80. Well done to all box collectors!

Many thanks to you all

Christine Gibson 015395 68639 or cgibsonarnside@outlook.com

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

The Cartmel Fell and District Local History Society

The CFDLHS will commence its winter programme on September 12th with a talk in the Parish Rooms, Cartmel Fell LA11 6NH by Mrs Diana Matthews on "Historic Houses – Some Lakeshore Villas of Windermere".

On October 10th Mike Winstanley will talk about "Work on the Land in the North West c1780-1920".



CROOK

Fifth Sunday

The last Sunday in July was a fifth Sunday in the month. This meant that there was one church service when all the congregations from the Two Valleys joined together at Underbarrow Church. There were guest speakers from Kendal and District Debt Centre speaking about Christians Against Poverty. This was particularly appropriate at this time of rising prices and many people finding life difficult.



Fast Broadband

A gathering was held in Crook Memorial Hall to celebrate the huge community effort which is underway to bring very fast broadband connection to Crook and the surrounding area. Several of the employees of B4RN (Broadband for the Rural North) and their Chief Executive Officer were present together with the volunteers and helpers. The project has now reached the stage where digging is moving forward with the hope that most properties may be connected by the end of the year.

A Macmillan Cancer Care Coffee Morning

will be held in Crook Memorial Hall on Saturday 1st October from 10am to 12 noon. There will be a raffle, produce stall and cake stall. See poster elsewhere.

Harvest Festival Service

We will have our Harvest Festival Service at 11.00am on Sunday 25th September and follow this with a "Bring and Share" lunch in the Memorial Hall after which we are having a talk by Nick Gray about his time as a country vet in this area. Everyone is very welcome to join us.

MACMILLAN CANCER CARE COFFEE MORNING



SATURDAY 1ST OCTOBER 2022
FROM

10am to 12 noon

In

CROOK MEMORIAL HALL

Raffle and Produce Stall and Cake Stall

For more information contact Vivienne Ford, Olwen Cameron or Margaret Lister

CROSTHWAITE

TO MACMILLAN CANCER CARE

21st September, Tea & cakes 2pm

Crosthwaite Exchange Dates

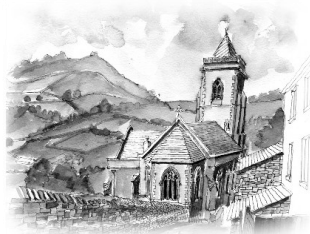
Lunch 1pm on Wednesday 7th September. **ALL PROCEEDS**

N.B. NO LUNCH ON FIRST WEDNESDAY IN OCTOBER. THIS WILL TAKE PLACE ON WEDNESDAY 12th OCTOBER AT 1pm.

19th October, tea & cake 2pm.

2nd November lunch at 1pm.

16th November, tea & cake 2pm.



OUR CHRISTMAS LUNCH IS BACK!!

7th December 12-30 pm, for complimentary mulled wine, followed with a 2 course festive lunch.

NO LUNCH IN JANUARY

BIRTHDAY LUNCH 1st FEBRUARY, FURTHER DETAILS TO FOLLOW.

ALL LUNCHEES NEED TO BE BOOKED BY CONTACTING GERALDINE,

grangeel@hotmail.co.uk. 015395 68836, 07766646504.

There is a country market on all the above dates.

We look forward to seeing you.

UNDERBARROW WITH HELSINGTON

Thank you!

Mrs Rosie Harris held a tea party in her garden in Underbarrow to raise money for the charity Breast Cancer Now. This event raised a total sum of £455.60.

Thanks to all who contributed, baked, or just came to share this occasion. The sun shone. A smaller event than usual it may have been, but the total was not down!!!!
Thanks again! Rosie Harris.



The Underbarrow with Helsington Harvest Festival Service and Lunch on Sunday 25th September 11.30am

The service will be about half an hour long,
with well-known hymns, prayers and a short reflection.

We are all encouraged to bring tinned and dried goods to 'decorate the church'.

These will then be donated to the Kendal Food Bank.

Items on their donations list at the moment include:

Instant pasta; Instant noodles; Instant mash; UHT semi-skimmed milk;
Large tins of vegetables; Sponge puddings; Custard; Crisps.

The lunch will include savoury finger food, cake and wine
and is a gift from the church congregation.

Everyone welcome.

Underbarrow Marrow day show schedule Sunday 18th September

FREE ENTRANCE!

LIVE MUSIC FROM OTT!

DOG SHOW CATEGORIES £1.00 PER ENTRY

·WORKING DOG: UNDER 2 OVER 2

ANY OTHER BREED: UNDER 2 OVER 2

·WILL YOUR DOG HAVE THE WAGGIEST TALE?

PLUS a scurry on the day – See who will be the fastest to
retrieve! £2.00 per entry.

Calling all budding artists – can you create an Animal from vegetables?

3 age groups:-

5 and under; 6-10; 11- 16

OPEN 12.00 AM - End

FREE ENTRANCE!

Middle Blakebank, Broom Lane, Underbarrow

We are opening our garden on September 4th from 11.00 am to 4.00 pm as part of the National Garden Scheme. We provide home made teas and offer informative garden tours with our wonderful gardener Con who knows all there is to know.

Please do come along and support the event if you can - there is plenty of parking. Cost Adults £5.00

Details at <https://findagarden.ngs.org.uk/garden/31498/middle-blakebank>



WINSTER



Holy Trinity Church Winster

Book/Cake/Plant Day

Sat Sep 24th

The Old School

10.00am - 4.00pm

**TEA, COFFEE, SOUP, HOME-
MADE CAKES, BOOKS, PLANTS**

For info:- Yvonne 01539488563/ Gill 01539443304



KAREN LAINSON * VIV CALVER * JUDY EVANS * TONY MORGAN

WITHERSLACK

ARTISTS & MAKERS GROUP



OLD SCHOOL ROOM
WITHERSLACK
SATURDAY 24 SEPTEMBER
TO SUNDAY 16 OCTOBER 2022

* * OPEN DAILY 10AM-5PM * *
* FINE ART AND CRAFT *
* IN A MAGICAL SETTING *
* * * * *

BARWICK HALL (NEXT TO CHURCH), WITHERSLACK,
GRANGE-OVER-SANDS, LA11 6RS

ADMISSION FREE - ENQUIRIES: 015395 52371

* COVID PRECAUTIONS WILL BE IN PLACE FOR YOUR SAFETY *



Witherslack Community Shop
Needs you

Please consider becoming a volunteer
Or a relief volunteer.

Please contact lizcroy@yahoo.co.uk

WITHERSLACK

HARVEST SUPPER AND AUCTION SALE

Witherslack Parish Hall Saturday 1st October at 6.45pm

Enjoy a meat and potato or cheese and onion slice with peas supper with wine, then sweet followed by produce stalls sale and very short auction. **PRICES HELD at £8** (includes wine) Adults and £4 (includes soft drink) Children under 5 free.

Tickets available from Community Shop (52188) or Janet Read (52481). Contributions of produce, flowers, cakes, home made chutneys and jams for the stalls/auction are greatly appreciated.



HARVEST FESTIVAL

Our Harvest Festival this year will be at 9.30am on Sunday 2nd October in St Paul's Church.

HOMEMADE REFRESHMENTS IN CHURCH

During the Art and Craft Exhibition held in the Barwick Hall
We will be serving light refreshments in St Paul's Church on

Saturdays and Sundays from 10.30am – 4.30pm

From 24th September until 16th October.

Everyone is welcome to pop in for a cup of tea or coffee.

Jars of jam, marmalade and chutney are gratefully
received for the produce stall and plants for the plant stall.

All money raised will go towards the repair of the church tower.

Advertising in the Two Valleys Parish News

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

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

Phone 015395 68849 or e-mail
aspendobson@yahoo.com

ALL DAY BREAKFAST

At the
Witherslack Parish Hall
Sunday 16th October



Served 10 til 2
Only £8 for adults,
£4 children, £20 family

BRIGSTEER

We met at Beryl's for our traditional garden meeting and unlike most other years, we were able to sit outside and enjoy the view on a beautiful sunny evening.

We enjoyed wine and nibbles whilst quickly going through any outstanding business. Susie has managed to secure extra places for our Christmas meal on 14th December at Kendal College. Please pay Sarah by return. The walk to Sedbergh went down well, after having to move dates due to the heatwave! We're going to Kirkby Lonsdale for a circular route via the river next Thursday, weather permitting.

We'll be back in the village hall for our next meeting on Wednesday 14th September when we'll be hearing all about the plans for the Eden Project North. New members and visitors always welcome.

CROOK

CROOK WI recently had a very interesting talk given by Mrs. Diana Matthews who stepped in at the last moment when our original speaker was unable to come. Mrs. Matthews told us about the history and stories of some of the very large houses on the shores of Windermere. Several members of the WI will be helping and exhibiting at the Westmorland County Show on 7th and 8th September.

CROSTHWAITE

Crosthwaite and Lyth W.I. had an inspiring and thought provoking talk this month from our own Shirley Heywood, who has had a home in Starnthwaite for many years, but who works as a Gynaecologist in Nepal for their Health Authority. She described for us how, over the years, after perceiving a need for fistula surgery in the country, she has developed the treatment provided from an annual camp - literally - where approximately 10 patients were operated on in a local schoolroom and post operative care was under canvas, to a purpose built unit with an operating theatre, 4 bed recovery room and pre and post operative care facilities.

This has necessitated a tremendous network of unpaid Health Facilitators finding the ladies with this unmentionable, but surgically repairable condition and encouraging them to go for treatment, often many days walk away.

The funding has come from many sources including the German government and a Kentmere based Trust and it was heart warming to hear that the work of the Unit is expanding throughout the Province, and that maternity services in Nepal are free.

And then we are off to Saltaire as guests of our old friends Bingley W.I. whom we haven't seen since pre-Covid days.

UNDERBARROW

The ladies of Underbarrow WI have celebrated 100 years since they were founded in October 1922. The Centenary Garden Party was hosted by Mr and Mrs Brian and Hilary Crowe at Middle Blakebank. Thirty members and guests assembled in the cool of the house, enjoyed a sumptuous afternoon tea, and took part in garden tours in the glorious sunshine in 30 degree heat. The ladies were resplendent in dresses and hats. The celebration cake was made and decorated by Mrs Margaret Hodgson. Mrs Maggie Stockdale the current President of Underbarrow WI welcomed members and guests, and reflected on the many members over the one hundred years, with their varied interests and activities over those years. Mrs



Lynne Pritchard, an amateur historian, read the Minutes of the first ever WI meeting in 1922. Mrs Olive Clarke addressed the gathering, she has celebrated her own one hundredth birthday this year and recalled when she visited Underbarrow WI 50 years ago, and found it very friendly as it is today. A toast was raised to the Women's Institute in general and to Underbarrow WI in particular, and to members past present and future. Thanks to all members and guests for a brilliant afternoon.

WITHERSLACK

The Witherslack WI meeting for June was held on Tuesday 14th June and was chaired by our Vice Chairman Linda Park. Our speaker that evening was Janet Berry on sugar crafting. It was very interesting and Janet demonstrated how to make sugar flowers some of which she had previously had featured in magazines. Janet was fantastic and made it look very easy - some of her creations that evening were then put into our raffle so our members had a chance to win them.

We also had a garden party to celebrate the Queens Jubilee which was held on Tuesday 7th June and which was kindly hosted by Sarah Bradley. We had 16 members who attended and we had a really enjoyable time in the sunshine in Sarah's beautiful garden.



WI Garden Party

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. 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,
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

Magazine Editor next month: Jolyon Dodgson (015395 52222)

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)

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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 Julie Balshaw 015395 68506 Email: balsh@hotmail.com

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** or **07407 386976**

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 3 rd 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 2 nd Wednesday of the month - 2pm, October to March inclusive, 7.30pm, April to September inclusive.

WINSTER

For bookings contact Jane Crowe: Tel. 015394 44098

Book, Cake and Plant day Last sat in month April - Nov

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 2 nd Tuesday of the month at 7.30pm
The Art Club	Fridays 9.30am - 12.30pm

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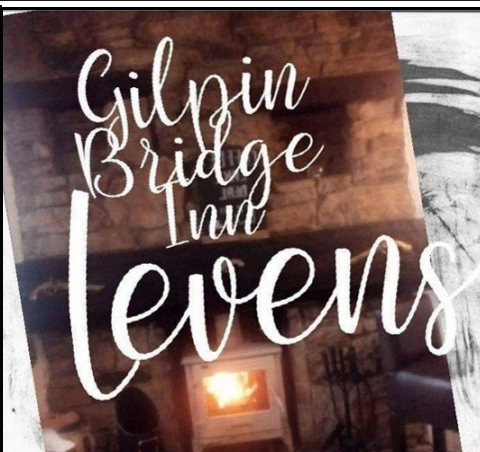
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