

TWO VALLEYS PARISH NEWS

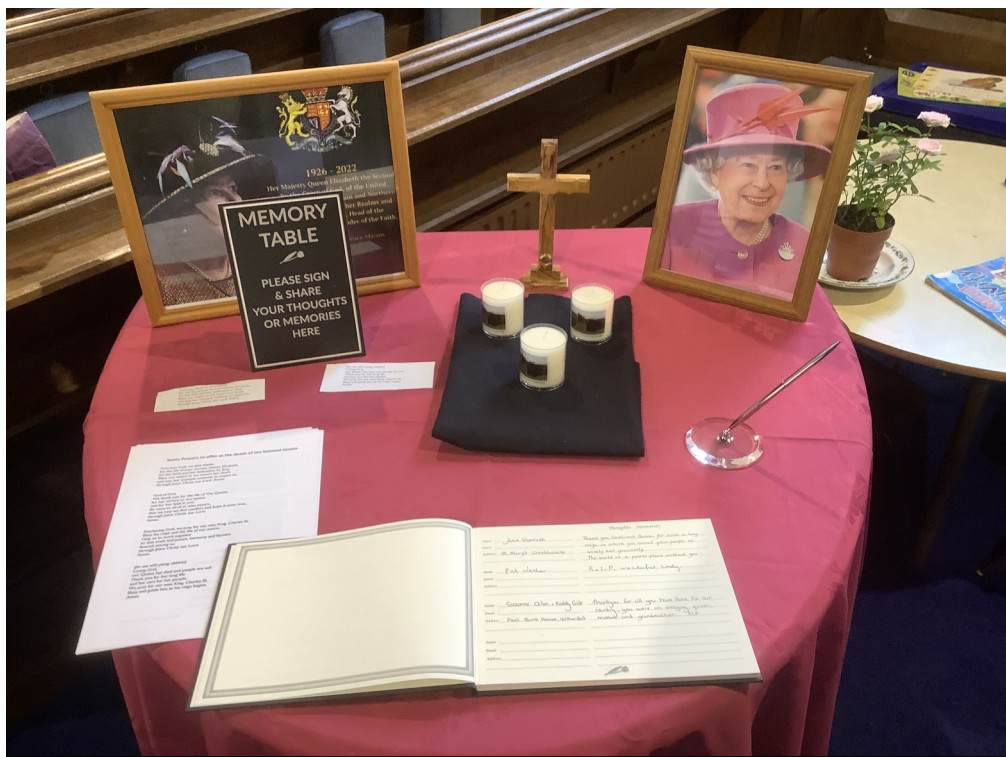
www.crosthwaiteandlyth.co.uk



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

October 2022

70p



A LETTER FROM MICHAEL WOODCOCK



Dear friends,

At the time of writing this, our Country has only just heard the breaking news of the death of our beloved Queen. As you read this, we will all still be coming to terms with this great loss and beginning the long processes of adjustment that face us. It has been true to say that Her Majesty's influence on so many of us has been profound, even though the vast majority of us never met her; this loss, it seems, feels both personal and national (indeed international).

Any kind of loss stirs things deeply within us and brings to the surface our truest feelings. This is often revealing, and we learn much about ourselves and those we love. At the Special Service held at St. Paul's Cathedral the day after her death, the Bishop of London quoted one of our most eminent current-day theologians N.T.Wright. The fuller quotation is here: **"Now love doesn't stop at death – or if it does, it's a pretty poor sort of love! In fact, grief could almost be defined as the form love takes when the object of love has been removed; it is love embracing an empty space, love kissing thin air and feeling the pain of nothingness. But there is no reason at all why love should discontinue the practice of holding the beloved in prayer before God."**

We sincerely grieve the loss of Queen Elizabeth II; so much has already been said about her faithfulness, humility, and her deep sense of service and duty. Her death will have stirred up other kinds of losses we may be facing, as well as recent bereavements. We, all of a sudden, find ourselves processing and feeling these losses afresh. Emotions rise to the surface and we become more human as a result.

Meanwhile, we look to the future. Our country will not collapse. For many years, many wrote off Prince Charles and did not consider the monarchy would survive long beyond Elizabeth II. However, from his very first day as King Charles III, he has impressed us with his words and actions, and the crowds of people encouraging him with spontaneous cheering and shouts of “God save the King” have shown that we will be able to move forward.

In his speech to the Nation, King Charles, reflecting on the past 70 years, said that the “Our values have remained, and must remain, constant”. He also said he would “endeavour to serve (us) with loyalty, respect and love.” Those are three interesting words to have chosen and are worth us remembering; if we all sought to serve one another with loyalty, respect and love we would be creating ever stronger communities.

We give thanks for our gracious Sovereign Lady, Queen Elizabeth.

We ask God to bless His Majesty King Charles III.

yours in friendship,

Rev. Michael Woodcock,
The Vicarage, Crosthwaite.

FROM THE REGISTERS



Weddings Congratulations to:

Jonathan Benn and Stephanie Noblet married at St. Mary's Crosthwaite on 17th September



Funerals With Sympathy, we remember those who have passed away:

Lynne Lowdon (67) Funeral Service at St. Mary's Crosthwaite on 31st August



Baptism We welcome into the Lord's family:

Ada Rose Slater baptized on 11th September at St. Mary's Crosthwaite

Church Services for OCTOBER 2022

Thursday 6th

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

Sunday 2nd October The 16th Sunday after Trinity

9.30am	Cartmel Fell	Matins (BCP)	Miss Wendy Ellis
9.30am	Witherslack	Harvest Festival	Rev. Michael Woodcock
10.30am	Underbarrow	Holy Communion (CW)	Rev. Ron Rutter
11.00am	Winster	Harvest Communion	Rev. Michael Woodcock
11.00am	Crook	Morning Worship (CW)	Mr. Kevin Cook
6.30pm	Crosthwaite	Evensong (BCP)	Rev. Michael Woodcock

Sunday 9th October The 17th Sunday after Trinity

9.30am	Witherslack	Family Service	Rev. Michael Woodcock
10.30am	Underbarrow	Holy Communion (BCP)	Rev. Simon Howard
11.00am	Winster	Morning Worship (CW)	Mrs. Janet Thompson
11.00am	Crook	Morning Worship (CW)	Rev. George Briggs
11.00am	Crosthwaite	Harvest Festival	Rev. Michael Woodcock
5.30pm	Cartmel Fell	Harvest Festival	Rev. Michael Woodcock

Thursday 13th

8.00pm	Cartmel Fell	Compline	Rev. Michael Woodcock
--------	--------------	----------	-----------------------

Sunday 16th October The 18th Sunday after Trinity

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. George Wilson
9.30am	Witherslack	Holy Communion (CW)	Rev. Michael Woodcock
10.30am	Underbarrow	Holy Communion (CW)	Rev. Bob Dew
11.00am	Winster	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Crook	Holy Communion (CW)	Rev. David Parsons
11.00am	Crosthwaite	Worship4All (CW)	Lay Team

Sunday 23rd October The 19th Sunday after Trinity

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
10.00am	Witherslack Parish Hall	Café Church	
10.30am	Underbarrow	Morning Worship (CW)	Rev. Simon Howard
11.00am	Crook	Morning Worship (CW)	Mr. Nick Gray
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock

Sunday 30th October The 20th Sunday after Trinity

10.30am	Cartmel Fell	Morning Worship	Rev. Michael Woodcock
---------	--------------	-----------------	-----------------------

CALLING ALL VILLAGES

Remembering our loved ones - All Souls' Service

Every year at the beginning of November we take a little time to remember those who are no longer with us on earth. This year our **All Souls' Service is at 4.00pm on Sunday 6th November, hosted at St. Mary's, Crosthwaite**. In this Service we specifically remember those who have died within the last 12 months and whose funerals we have conducted, but if you would like to add any Names to this List; perhaps loved ones who lived elsewhere but who have died this year, or special people from the past, then please write their NAMES clearly in block capitals on the Lists that will be in each church from Sunday 16th October onwards. These Names will then be read out and remembered in the Service in Crosthwaite church at 4.00pm on 6th November. All are welcome to attend. It's often a very moving occasion.

POETRY to get involved in AT UNDERBARROW CHURCH

We are going to run a **poetry workshop** in Underbarrow Church for anyone who likes reading poetry or prose, and who maybe fancies the idea of doing a bit of writing themselves, playing around with words and writing together in a group situation. It will be on **Friday October 21st at 10.30am**. We will combine our thoughts and ideas together to create a group poem on that morning, and then will hopefully have further enthused some of you to have a go at writing at home!

Later in November we are holding another of our popular **poetry reading afternoons** at Underbarrow Church on **Friday November 18th at 2.30pm.**, where you can either share 2 or 3 poems of your own choice or alternatively just come along and listen to the readings and enjoy the coffee and cakes.

The theme will be:

Reflections engendered by the ending of the reign of Queen Elizabeth II

In light of the long reign and recent death of Queen Elizabeth II, and the ensuing thorough media coverage, it will most likely have made all of us reflect on some aspect of life related to her reign. Ideas that come to my mind so far are; traditions, values, family, country, horses - but anything at all that has come into your mind, however random it may be, is totally relevant for the theme.

If you are interested in coming to either of the above, or would like more information, please contact Jenny Whalley at jenwhall43@gmail.com

Underbarrow with Helsington Church Council Is looking for a new treasurer.

*Do you have bookkeeping skills?
Could you offer the equivalent of a couple of hours a week
to support the life of a local church?
If so we would love to hear from you.*

Please contact the Associate Priest, Simon Howard.

revdsimonhoward92@outlook.com

For more information about the role please get in touch with our retiring treasure John Matthews
jpmatthews951@gmail.com

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.

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

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

Harvest Festival and Harvest Supper Sunday 9th October

Our Harvest Festival will take place at 5.30pm, followed by Harvest Supper in the Parish Hall.

We will be decorating the church on Saturday from 10am.

Please book tickets for the supper with Vanda. The cost is £10 per head to include a two course meal and soft drinks. Please bring your own alcoholic drinks.

Vanda 015395 31311



Cartmel Fell and District Local History Society

On 10th October Mike Winstanley will talk to the society about “Work on the land in the North West”

Followed on 14th November by Ian Hodgkinson will tell us about The ague: a history of indigenous malaria in Cumbria and the north, perhaps very relevant in view of global warming?

Both these talks will take place at 7.30 p.m. in the Parish Rooms on Cartmel Fell (next to St Anthony's church.. Visitors £3).

Cartmel Fell B4RN broadband. I'm pleased to say that we now have the majority of wayleaves and funding that we need, and our aim is to have Cartmel Fell properties connected up to B4RN broadband by April 2023. We will soon start to talk to individuals about planning the location of their wall boxes if they have signed up to receive service. In the meantime, if anyone would like to chat or hasn't seen our latest email update, please contact me on 07947464621 or email info@cartmelfellb4rn.com



Best wishes, Julie Woodgate

CARTMEL FELL COMMUNITY TRUST

BONFIRE

SATURDAY 5TH NOVEMBER

6pm start with Procession from the Parish Hall



£12 for adults, £6 for children

To include Hotpot Supper & Homemade Puds

(Without supper - £6 adults, children free)

Indoor & Outdoor Seating Available

Fireworks Raffle Bar Mulled Wine

Hot Drinks available

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

CROOK

Crook Art Group Exhibition



Free entry

**Saturday 15 and Sunday 16 October 2022
10 to 4 p.m.**

**The Memorial Hall
Crook Road LA8 8LG**

Meet Artists at Work

Great Raffle

Enjoy Home Made Refreshments

Everyone welcome



CROSTHWAITE

Crosthwaite & Lyth Charities – Fuel & Food poverty this winter.

The Trustees are conscious that there may be many in our parish who will struggle with fuel and food costs this winter, but who may be too shy or embarrassed to admit this. As the Crosthwaite & Lyth Charities have some small grants to offer, we wondered that if anyone knows of someone who might benefit from such a grant (but who may themselves be too shy to admit this), that such people be proposed to the Trustees as potential recipients - they could be proposed by an anonymous neighbour or friend. They must be resident in the parish of Crosthwaite & Lyth to qualify. Please make any proposals of potential recipients in writing to The Vicarage, Crosthwaite. LA8 8HX by the end of November at the latest, in time for the trustees' scheduled meeting on 5th December, but remember that as a proposer you may remain anonymous.

We also welcome applications for educational grants from young people living in the parish of Crosthwaite & Lyth and who are going on to further education or apprenticeships. Please apply in writing to Rev. Michael Woodcock, The Vicarage, Crosthwaite, Kendal LA8 8HX by the end of November.



Harvest at St. Mary's

Our Harvest Festival Service this year will be at 11.00am on Sunday 9th October in St. Mary's church.

St. Mary's Church Crosthwaite Harvest Flowers

We will decorate the church for Harvest on Saturday 8th October at 1.30pm. Your help and any contributions of flowers or pot plants would be very much appreciated. Thank you, Vonnie Sharp. Tel. 68028.

The winners of the Argles Memorial Hall 100 Club for August and September are John Pearson and Peter Windsor

COMMUNITY HARVEST SUPPER, MONDAY 17th OCTOBER, 7pm @ ARGLES MEMORIAL VILLAGE HALL CROSTHWAITE

PIE & PEAS SUPPER (vegetarian, vegan, gluten free option) Followed by delicious homemade desserts, coffee/tea, soft drinks included. £7 adults, £4 child under 5s go free. RAFFLE & GAMES.

FOR TICKETS, PLEASE CONTACT

STEVEN BRIERLEY 015395 60702 stevenjbrierley@yahoo.co.uk

LORRAINE BRIERLEY 07826 800469, brierley@yahoo.co.uk

Please come and join us for a get together, all ages welcome.

CROSTHWAITE EXCHANGE DATES

N.B. THERE WILL NOT BE A LUNCH ON 5th OCTOBER, THIS WILL NOW TAKE PLACE ON WEDNESDAY 12th OCTOBER, AT 1pm.

19th October, tea & cake 2pm.

2nd November, lunch 1pm.

16th November, tea & cake 2pm.

OUR CHRISTMAS LUNCH IS BACK!!

Wednesday 7th December 12-30 pm. For complimentary mulled wine, followed with a 2 course festive lunch. This is always popular, so please book early to avoid disappointment !

NO LUNCH IN JANUARY.

BIRTHDAY LUNCH 1st FEBRUARY 2023, we will be celebrating 17 years!
ALL LUNCHES NEED TO BE BOOKED BY CONTACTING GERALDINE,
015395 68836, grangeel@hotmail.co.uk, 07766646504

There is a country market on all the above dates.

Thank you for your continued support and if you haven't yet experienced the Exchange, please do, a warm welcome awaits you, hope to see you soon.

UNDERBARROW WITH HELSINGTON

Underbarrow Village Hall are holding a Domino Drive on Friday, 28th October starting at 7 pm prompt.

Adults £5 and school children £2.50.

Tea/coffee and soft drinks. Finger food and Cash bar

Future events for your diary:

Saturday, 26th November - From 8pm Pie and pea supper. Followed by live music from local band The Ride. Further details to follow.



WINSTER

Harvest at Winster Church

Our Harvest Festival Service this year will be at 11.00am on Sunday 2nd October in Winster church.



Holy Trinity Church Winster



Book/Cake Plant Day



Sat Oct 29th
The Old School

10.00am - 4.00pm

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

**For info:- Yvonne 01539488563/
Gill 01539443304**

WITHERSLACK

Harvest at St. Paul's

Our Harvest Festival Service 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.

Woodland for lease

Witherslack Parish Council controls some small parcels of land, mostly former quarries, that have become self-seeded woodlands. These are offered to residents on a five-year lease following a woodland management plan.

The benefits and opportunities are the enjoyment of the amenity space, together with the extraction of firewood and coppice.

The rent is negotiable; public liability insurance is required.

For further details contact the Parish Council through mwandaj@icloud.com or jolyondodgson@btinternet.com.

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.

ALL DAY BREAKFAST

At the
Witherslack Parish Hall
Sunday 16th October



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

Café Church

Sunday 23rd October at 10am

Witherslack Village Hall



Café Church is a time of informal fellowship and discussion, sitting at tables with refreshments, as in a café. It's an opportunity to discuss aspects of spirituality and what it might mean to live as Christians in today's world, which is something we can't normally do in a Sunday service!

Everyone is welcome, whether you usually come to church or not. Just come and see. It's perfectly acceptable just to sit and listen while you sip your tea/coffee and eat cake!

This is our last Café Church for 2022.

The three previous gatherings have all been well-attended and enjoyed by all who have come. It's now time to review this new venture and plan ahead for 2023.

For more information please contact Dorothy Grace or Revd. Michael Woodcock (contact details on Two Valleys Churches page).

Edward the Confessor

King Edward (ruled 1042-1066) is one of several royal saints of Anglo-Saxon England. All except Edward achieved their sanctity by popular acclaim, the way saints were always made in the western church until a more legalistic papally-controlled procedure developed in the twelfth century. In early centuries people were often acclaimed as saints because of their steadfast willingness to die for the faith in the Roman persecutions, so becoming 'martyrs' from the Greek for 'witness'. Later, when the historical circumstances no longer exacted this extreme form of witness, the church began to use the term 'confessor' for those marked out as saintly figures by the manner of their life. Edward, who later became Edward the Confessor, died in his bed on 5 January 1066. But he was not canonized until 11 February 1161, when Pope Alexander III, using the new system for making saints, issued a sealed proclamation (a papal bull). Edward is consequently the only English king to have been canonized by the Pope using this quasi-legal procedure.

You may wonder what he did to deserve it. The short answer is: not a lot. He married Earl Godwin's elder daughter Edith who, after his death, had a *Life* written about him. Her motives were complex: this was, after all, just at the time when William the Conqueror overthrew the country's Anglo-Saxon heritage, which she clearly wished to honour through her husband's memory. It naturally puts Edward in a good light but it does not have the full-blown characteristics of a saint's life. To become that, and so be capable of supporting a campaign for him to be recognised as a saint, it was rewritten in the early 1100s. The man who did this, Osbert of Clare, was Prior of Westminster Abbey, which Edward had lavishly rebuilt and where he was buried. Of course, the monks of Westminster had every incentive to promote Edward's cult, and Osbert approached his task in the full knowledge of how he needed to modify the narrative and its interpretation. In particular, he seized upon the fact that Edward and Edith had not had any children and turned this into an argument that the king had been a saintly celibate even within marriage. Even so, when Osbert put the case to Pope Innocent II in 1139, the Pope postponed a decision, saying that there was not enough evidence. Another factor might well have been that the Pope and King Stephen of England had quarrelled. Twenty years later, however, the political situation changed. There was a dispute over the papal succession in 1159, and Alexander III became Pope with the strong support of Stephen's successor, Henry II. Henry, at this remove from the brutality of the Norman Conquest, conducted something of a campaign throughout his reign to rehabilitate the country's Anglo-Saxon past, and this sat well with the continuing desire of the Westminster monks to promote Edward's cult. So a fresh approach was made to the papacy, with Alexander's agreement in 1161 being seen as a political reward for Henry's support in his election. Edward's cult was further promoted by Henry III who, in 1269, on 13 October - now Edward's feast-day - moved (translated) the body to a new shrine, where it remains today.

Edward, succeeded by his brother-in-law Harold, became one of the national saints of England. But in 1351, following Edward II's establishment of the Order of the Garter, George of Lydda was proclaimed the country's patron saint.

BROOD IN THE BELFRY

Ascending the two sets of ladders that give access to the belfry at St Catherine's Church, Crook is not for the faint hearted, and the rather feeble light filtering through the louvres in the belfry makes the room somewhat eerie. I ventured up there after having tolled the bell for about five minutes at midday on Saturday to mark the death of our amazing sovereign Queen Elizabeth, and I was amply rewarded. At first I thought it was a bat silently circling above my head, but as my eyes became accustomed to the poor light I realised that it was a swallow. It was obviously a little alarmed at my appearance in its safe home, and after a couple of circuits it silently and deftly disappeared out one of the narrow slits in the northern louvre where the protective grill was missing, only to return again a few minutes later with provender for a row of little beaky heads protruding from a cup-shaped mud nest clamped to the side of one of the beams. What a magic moment and well worth the climb! I retreated and left the dutiful parent to its duties.

I was rather concerned at this bird's continued presence this late in summer but apparently swallows can produce up to three broods in a year, and as long as they are away on their journey to their winter habitat by October they should be ok.

The swallow is distinguished from other similar birds (e.g. Swifts and House Martins) by its whitish under-parts, its chestnut throat and its forked tail with long streamers. Long ago it was thought that when swallows disappeared in winter they hid at the bottom of lakes or flew to the moon. We now know that most of them fly to South Africa in search of food.

It is amazing to think that swallows will, each year, fly some sixteen thousand miles to and from Africa, over the Sahara Desert and across the Mediterranean Sea, feeding and presumably sleeping on the wing. They arrive here in spring with pin-point accuracy, back at the place where they were fledged – no maps; no sat-nav! Their stamina and their navigation surely put us in awe of God's creation.

Swallows generally need the insides of buildings for their nesting places. Barns, porches, out-buildings and belfries are the most chosen sites - sites which are becoming scarce in this modern age, thus accounting in part to the declining numbers of these delightful spring visitors. Swallows rarely nest under open eaves – such nests are the nesting sites of house-martins. Personally I think it is sad when the quinquennial surveys that are obligatory for churches instruct us to put up grills to prevent these birds nesting in the belfry. As far as I am aware they do no harm nesting in this most ideal of places, and in view of the effort that they have made to reach this place, they deserve something of a welcome, especially as we are now encouraged to make our churches eco-friendly.

Tony Fitch.

My oldest child has started school and, with uniforms and PE kits, the costs are mounting. The school we got into isn't within walking distance so I now need to budget for bus money five days a week too. We're already pretty stretched - is there any extra help I can get?

On the Citizens Advice website, we have lots of information on the support you might be entitled to for school-related costs. If you're claiming benefits it's worth checking if you can get extra help for things like school lunches, transport and uniforms.

Children in Reception, Year 1 and Year 2 automatically get free school meals. For older children, you can apply for free school meals if you claim certain types of benefits. The full list is available on the Citizens Advice website, and includes Universal Credit, Child Tax Credit and Income Support.

For transport costs, your local education authority might be able to offer free or discounted transport if you're not able to walk to the school. Contact them directly to find out how they can support you.

Your local education authority might also help you with activity and school uniform costs, if you're on a low income. You're probably considered to be on a low income if you get means-tested benefits like Universal Credit or Housing Benefit. There are also some local charitable schemes that can help - check with your school, as they will usually know what is available in your area. Schools can sometimes also advise on finding cheap or free second-hand uniforms.

If your child is disabled or has a health condition, you can also claim Disability Living Allowance (this isn't means-tested).

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

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.

At our meeting on September 14th we welcomed Meg Fletcher of Kinamba Community

Project, Kigali RWANDA who kindly agreed to talk about the charity's work towards reducing poverty 'Helping Children to Help Themselves' at short notice. Details of the charity 's work can be found on their website www.kinambaproject.org.uk

She also brought along crafts for sale made by the Kigali workshop.

On Wednesday October 12th we have Joe Murphy speaking on Cumbria Wildlife Trust's Nature Reserve. New members and visitors always welcome.

CARTMEL FELL

A hot summer's day was perfect for the annual outing. Julie Balshaw drove the school mini-bus to The Devil's Porridge museum near Gretna. Our welcome involved a short but very interesting history of the munitions factory and the conditions endured by the workers. Home made cakes with tea or coffee were served on china crockery before we toured the museum.

On the same day Yvonne Bradbury enjoyed representing us at Underbarrow's centenary garden party, again perfect weather for a special occasion.

Molly and Ruth took part in the mystery trail in Grange on 19th. August, another fine evening.

A week later than usual, due to the County Show, we will hold a meeting on 14th and watch the sky-dive Jane did recently raising money for Cumbria Young Carers.

We will get back to our normal 1st Wednesday in October when on the 5th. we are very much looking forward to welcoming Caroline and her team from Kitty Brown Boutique who return to the Cartmel Fell catwalk following an absence of 5 years. Our models will show off the latest Autumn/Winter collection.

£5 to include home made biscuits and tray bakes with tea or coffee which will be served from 7p.m with the show from 7.30p.m.

There will be a room raffle with proceeds going to Blood Cancer U.K

Please come and join us, it is guaranteed to be a friendly fun evening with clothes and accessories to purchase following the show.

The meeting on 2nd. November will be the Annual meeting, the W.I stall will be in attendance, with hopefully seasonal gifts!

The competition: Your favourite Christmas Bauble.

WITHERSLACK

Witherslack WI held its July meeting and present were 12 members. We had a meeting followed by a very informative talk from local lady Katie Welch on the 4 Myers's-Briggs major personality types and how they can be split into different colours (red, yellow, blue and green) and what that says about who you are. It was very interesting seeing which members fell into which category.

For our August meeting we had a fantastic day out at Scales WI. They made us beautiful and tasty afternoon tea. It was a great social outing for us all with an added bonus that the weather was warm and sunny. We look forward to more outings like this again over the coming year.

Two Valleys Churches

"Enriching lives Embracing God"

Cartmel Fell, Crosthwaite, Winstar, and Witherslack

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

(not available Fridays) mich@elwoodcock.com

015395 68276

Reader: Dorothy Grace

dorothygrace01@btinternet.com

St. Anthony's, Cartmel Fell

Churchwardens: Mr. Anthony Clarke 015395 31481

Mrs. Vanda Lambton 015395 31311

St. Mary's, Crosthwaite

Churchwardens: Mr. Matthew Dobson 015395 68849

Mr. John Holmes 015395 68599

Holy Trinity, Winstar

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)

HELSINGTON & BRIGSTEER

Book online at 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	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

Printed by Absolute Digital Printers Ltd., ☎ 01539 738441

Having a Clear Out?

We collect old suitcases, leather bags, trunks, galvanised buckets or similar, wooden ladders, coat stands, old wooden boxes and crates, old kitchenware, TG Green Cornishware.

Cash payment. Pleasant service guaranteed.

Please contact Peter: Mobile 075392 90879

or e-mail: eigerbird@hotmail.co.uk

HIGHGATE VETERINARY CLINIC



Friendly, caring and professional team who are highly recommended and trusted by their clients.

173 Highgate, Kendal, LA9 4EN

☎ 01539 721344

Unit 1 Beezon Road Trading Estate,
Kendal, LA9 6BW

☎ 01539 887988

Website: www.highgate-vets.co.uk

NORTHERN ELECTRICAL

CONTRACTORS, NEC (LTD)

We provide a complete electrical service from installation, maintenance, to testing for commercial and domestic.

We are fully qualified and are NIC EIC approved contractors and domestic installers.

Call Martin on

☎ 077914 96951 or 015395 52507

HALE GARAGE CO

(Practical Automobile Engineers)

Established over 80 years



Main A6 Road, Hale

New & Used Car Sales Service & Repairs

Full Dealer Computerised Diagnostics Equipment.
Petrol & Diesel MOT Testing. Body Repairs. Tyres.
Batteries. Exhausts & all your motoring needs.

Free collection or loan car service.

☎ 015395 62173/62839 halegarage@btconnect.com

HADWINS (LINDALE) LTD

Audi - Volkswagen Dealers - Service & Parts

☎ Grange (015395) 35522 / 34242

Do you need a Girl Friday?

Too busy! Too much to do?

PA work - business cover - cleaning -
decluttering - gardening -
decorating - shopping - sewing

The list goes on...

Simplify your life.

Call Isabel on ☎ 0787 6224013

or e-mail issyg52@icloud.com

JOE DOBSON - JOINERY

Manufacture and Install. Free Quotations

☎ Mobile: 07979 226748

LAKEWOOD LOCK & SAFE CO

Meathop, Grange over Sands

Locksmith & Safe Engineer

Locks supplied, fitted, opened and repaired
Safes supplied, fitted, opened and repaired
Free security surveys for your peace of mind

On time, every time

Over 30 years experience

☎ 07407 192270

LYTH VALLEY ELECTRICAL

All types of electrical work undertaken from lighting to re-wires, extra sockets to new installations. No VAT

☎ Scott Walker 015395 68935

Mobile: 07766 939956

e-mail: lyth.valley.electrical@gmail.com

HALECAT HOUSE & GARDENS, WITHERSLACK

Available for self catering weeks or weekends.

Weddings, parties and events

To book or make an enquiry please

☎ 015395 52387

website: www.halecat.co.uk

PLUMBING & GENERAL PROPERTY MAINTENANCE

☎ PETE 01539 821853/ 07734 983803

COMPUTER HELP AT HOME

Plain English help with your computer.

☎ Graham Brook 015395 60868

ANTHONY CLARKE

The Ashes, Cartmel Fell

Funeral Director

Private Chapel of Rest

Prepaid Funerals - Woodland Burials

Cremations arranged

☎ **015395 31481** (Day or night)Website: www.agclarke.co.uk**PARKIN & JACKSON LTD**
Monumental Sculptors est. 1855

14 Appleby Road, Kendal, LA9 6ES

☎ **01539 722838**New Memorials, Additional Inscriptions
and Renovations, house Names and Numberswww.parkinandjackson.co.uk

info@Parkinandjackson.co.uk

**INDOOR POOL, SPA TREATMENTS and
LEISURE CLUB**Daily Membership from £7.75 per day
(Gym & Swim)

Annual Memberships from £200

at **DAMSON DENE HOTEL**☎ **015395 68676****RICHARD McCONNACHIE**

Painting & Decorating Services

Free Quotations

☎ **015394 88985 – 07403 447346**E-mail Rmcc50@hotmail.com**G.J.W Painting and Decorating**Interior and exterior decoration, paper hanging,
coving and window repairs.

Fully insured.

Contact. **Gary walker**

07966589453 - 01539 723068

Garywalker2000@yahoo.co.ukwww.gjwpaintinganddecorating.co.uk**MYERS INTERIORS LTD**Kitchens, bedrooms and bathrooms individually
designed & manufactured for you in mind.New build/restoration & repair, roofing,
traditional stonework, fine plastering & tiling.

Please ring for a free quotation.

☎ **015395 68418** or**mobile: 07890 556857**E-mail: myersdavid7@aol.com**TERRA FIRMA LANDSCAPE
CONSTRUCTION**For all hard landscaping, drives, patios, rockeries,
steps, walling, fencing, turfing etc.Garden structure design. Also digger and
groundwork services.**Joel Crompton** ☎ **07786 073606**website: www.terrafirma-landscapes.co.uk**P.V.DOBSON & SONS (MOTORS)
LTD.****All makes serviced & MOT**

Free car collection

Free courtesy car if needed

M.O.T. Testing Centre

☎ **Witherslack 52441****WITHERSLACK COMMUNITY SHOP***A special place at the heart of the community*

Now open:

Monday, Tuesday, Thursday, Friday 9-5**Wednesday 9 - 1**

Order by phone - collection next day or a weekly order for your basics

☎ **015395-52188***And much, much more, such as homemade cakes, Suma, Ecover, bird nuts,
kindling, damson produce + recycle batteries, donate to the Food Bank, Dry Cleaning,
local craft presents, Community Notices, Provide the Westmorland Gazette
Parish Council Planning folder, Bus timetables.**Use it or lose it*

WILKINSON

Home Reared Salt Marsh Lamb
- Whole or Half

☎ 015395 52270 or 07748 120644

MILKMAN AND NEWSAGENT

Contact **Stephen and Mandy Walling** for your
fresh milk, eggs, potatoes and daily newspapers

☎ 015395 68135

STUART CLEMENTS

SOFT LANDSCAPING, GARDEN
MAINTENANCE

☎ 07400 694692

e-mail: stuart.clements11@gmail.com

WITHERSLACK WOODLANDS

Quality hardwood logs seasoned
specially for woodburners.

☎ JOHN 015395 52353

or e-mail:

sales@wither Slackwoodlands.co.uk

WAYNE PUTLEY

DRY STONE WALLING

☎ mobile: 078525 21488

3 Bowness Road, Ridge Estate,
Lancaster LA1 3HW

IAN BRADSHAW

Painter & Decorator Ltd

Interior & Exterior

Over 35 years experience

Free quotes / No vat

☎ 015395 62089 or 079683 90396

Janet Smedley
Chartered Physiotherapist



*If you need physiotherapy or want to find out
more please do not hesitate to contact me.*

www.jesphysio.co.uk

Email: janet@jesphysio.co.uk

07831 219849

101 Lake Road, Ambleside, Cumbria, LA22 0DB

MILLSIDE CANINE

Dog Grooming and Home Boarding

Qualified Dog Groomer

(level 3 City and Guilds)

All breeds and sizes catered for

Licensed Home Boarder

Call Katie Douglas on 07736471023

www.millsidecanine.com

MJM Gardening, Grass/Hedge

Cutting, Borders etc.

(Retired Professional Person)

Call Mark: Mobile 07845 417639

JAMES E PARK

Forestry, & tree surgery.

Locally sourced seasoned logs delivered.

All aspects of tree work undertaken.

☎ 015395 34977 or

mobile: 07866 479949

LAKES LANDSCAPES LTD

Andrew Metcalfe

LANDSCAPING & BUILDING CONTRACTORS, Broad Oak, Crosthwaite

Patios/Paving - Stone walling/facing - Fencing - Digger work - Concrete foundations/slab
work - Block work - Wet dashing/rendering - Plaster boarding/plastering -

Tiling walls/floors - stud work - Joinery. 15 year's experience

mobile: 07773 650 075 website: www.lakeslandscapes.com

Heydays Care & Support Services

Your local provider of outstanding Homecare
Are you looking for a little extra help & care
for a loved one in their own home?

We can assist with Domestic help, Shopping
services and a full range of care services that
are flexibly designed into homecare services to
suit individual needs

Call our friendly team to discuss 015395-52548

Our warm professional and reliable team cover

Lyth Valley, Witherslack, Levens &

Surrounding Villages

Established 2011 www.heydayscare.co.uk



HANGING GARDEN HOUSEPLANTS

Houseplants & Plant Pots delivered to
your door.

National Delivery available.

Website: www.hanging-garden.co.uk

Email: info@hanging-garden.co.uk

Facebook: @HangingGardenHouseplants

J BEGG, QUALIFIED TIME-SERVED BUILDER

All aspects of building and maintenance work:

Roofing, Gutters, Chimney stack work,

Fireplaces, Patios, Plastering and Tiling.

No job too small.

☎ mobile: 079295 16185



Artisan soap bars handcrafted in the
Lake District.

Using only high quality, moisturising
plant oils and butters, and fragranced
with beautiful pure essential oils.

Palm oil and paraben free.

Gift boxes available.

Available to buy online:

www.snowgoosesoap.com

CHIMNEY SWEEP

Est. 1992,

☎ 015394 45117 or

mobile: 07763 145594

Andrew Backhouse

Chimney Sweep Ltd

WOODEN FLOOR RESTORING SANDING AND REFINISHING LTD

ADAM HUGHES

Mobile 07483855937

Email, adamhughes0482@gmail.com

Home Care Support and Befriending

Are you lonely? Would you like some help inside your home? Would you like to get
out and about? I am here to help you!

Services Provided: Hairdressing, Shopping, Home-cooked meals, Driving to doctor
appointments, Trips out and about, Cleaning, Ironing, and the like.

Fully insured, CRB Checked, references upon request

Brittney Godfrey ☎ 015394 22531

or mobile: 07881108231

BB CONTRACTING -

S & M CARTER

Round Baling and Wrapping,

Slurry Spreading at competitive rates.

Simon mobile: 07774 799109

or Michael mobile: 07876 013362

GRASSGARTH KENNELS AND TARNSIDE CATTERY

Luxury Accommodation for your pet.
Fully Licenced, Heated and Spacious.
Inspections welcome. Open All year.

ALSO SCRUFFY TO FLUFFY GROOMING STUDIO

Hilary ☎ 015395 52150
or mobile: 07764 372272

Louise Thompson Photography

All occasions, from pet portraits,
to wedding photography, to livestock
imagery

web:

www.louisethompsonphotography.com

e-mail:

louisethompsonphotography@yahoo.com

Call mobile: 078709 19785

SAM CROMPTON - JOINER LOFT CONVERSIONS, WINDOWS, DOORS, CONSERVATORIES etc.

in Hardwood, Softwood or UPVC
Any other internal and external joinery work
and alterations undertaken.

PVC fascia boards and guttering
supplied and fitted

☎ 015395 68298 or mobile: 077894
34903

CARTER ROOFING SERVICES LTD

Your local roofing specialist - over 35 years
experience in all aspects of roofing.

Pitched Slate, Tiling, Flat Roofing, Gutters &
Chimneys Repairs, Renewals & Expert Advice :
No Job Too Small

Contact Nick for your free quotation & a
friendly, reliable service at sensible rates.

☎ 015395 68046 or mobile: 07824 469427
or e-mail: nickcarter62@hotmail.co.uk

S & A HODGSON LTD

Excavation Contractor
18 ton Drop Side Tipper
1-13 ton Excavators & Breakers
Kubota with Rototilt
General Digger Work
Demolition & Groundworks

☎ Andy 07836 782707 or
015395 52458

www.sandahodgsonplant.co.uk

KingSharp

Mobile sharpening service

- Domestic & professional kitchen knives
- Domestic & professional scissors
- Dog grooming & horse clipper blades
- Garden & carpentry tools

Call Foggy:(07487 277116

www.kingsharp.co.uk

Bailand Carpentry & Joinery

Kitchens, Bathrooms, Bedrooms,
Extensions, Renovations, Restorations
Domestic Carpentry, Bespoke Joinery,
Geometric Tiling

Call: James Bailand

☎ 01539568770

mobile: 07815141166

website: www.bailandcarpentry.com

Timber Hitchings

Professional Tree Care

Fully trained and insured local business
providing tree care, hedge cutting,
stump grinding.

☎ 01539 732 398

mobile 07917116939

TimberHitchingsPTC@gmail.com



KEVIN

King of Egypt

The story of a very unlikely hero



"Uproarious... hilarious... liberating"
London Pub Theatres



"Moving, funny & deeply human"
Victoria Times



"Hilarious... bound to simultaneously
break hearts and lift spirits"
Vue Weekly, Alberta

ROB GEE.CO.UK

Written & Performed by Rob Gee

Directed by Tara Gatherer

"The kind of performer you pray you'll discover" Orlando Sentinel
Comedy - Spoken Word - Contains Adult Themes



Supported using public funding by
ARTS COUNCIL
ENGLAND

Brilliant show coming to Brigsteer Village Hall on
Thursday 17th November 2022 at 7.30
via Highlights North.

Tickets available via the Highlights North website
or direct from melanieyates800@gmail.com



Dave Atkinson Contracting

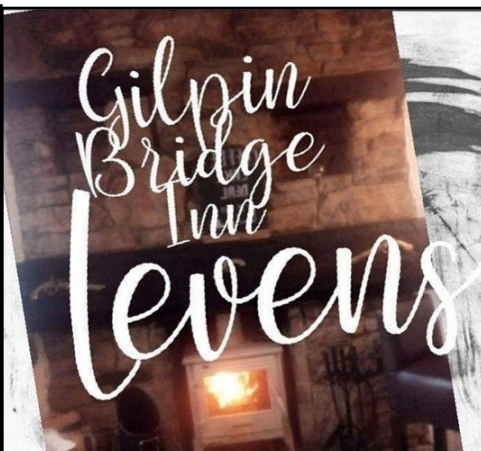
Call for free quotes & advice
01539 562347 • 07833 544 984

Groundwork & Landscaping

Fencing • Septic Tanks
Flagging • Concreting
Drainage • Machine hire

You can advertise here in
this space (¼ page) full
colour for just £145 per
year.

Please contact Matthew
Dobson on 015395 68849.



015395 52206

Open 7 days a week

Coffee & Cake Deal

Dog Friendly

Cask Ale

8 En-suite
Bedrooms

Function Room

Homecooked Bar
Meals