

TWO VALLEYS PARISH NEWS

www.crosthwaiteandlyth.co.uk



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

February 2023

70p



A COLD EVENING CAROL SINGING AROUND CROSTHWAITE

Photographs Courtesy of Peter Hill



**Cover picture : Female pheasant in the winter snow
Church miniature pictures from watercolours by John Wilcock**

Church Services for FEBRUARY 2023

Thursday 2nd February

9.15am Crosthwaite Holy Communion (CW) Rev. Simon Howard

Sunday 5th February The 3rd Sunday before Lent

No Service at Cartmel Fell

9.30am	Witherslack	Morning Worship (CW)	Rev. Michael Woodcock
10.30am	Underbarrow	Holy Communion (CW)	Rev. Bob Dew
11.00am	Winsten	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Crook	Morning Worship (CW)	tbc
4.00pm	Crosthwaite	Evensong (BCP)	Rev. Michael Woodcock

Sunday 12th February The 2nd Sunday before Lent

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
10.30am	Underbarrow	Holy Communion (CW)	Rev. Simon Howard
No Service at Witherslack			
No Service at Winsten			
11.00am	Crook	Morning Worship (CW)	Rev. George Briggs
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock

Sunday 19th February The Sunday next before Lent

No service at Cartmel Fell			
9.30am	Witherslack	Holy Communion (CW)	Rev. Michael Woodcock
10.30am	Underbarrow	Holy Communion (CW)	Rev. Ron Rutter
11.00am	Winsten	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Crook	Holy Communion (CW)	Rev. David Parsons
No Service at Crosthwaite			

Ash Wednesday 22nd February

9.30am Crosthwaite Holy Communion (CW) Rev. Simon Howard

Sunday 26th February The 1st Sunday of Lent

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
10.30am	Underbarrow	Morning Worship (CW)	Rev. Simon Howard
11.00am	Crook	Morning Worship (CW)	Mr. Nick Gray
11.00am	Crosthwaite	Morning Worship & Baptism	Rev. Michael Woodcock
No Service at Winsten			
No Service at Witherslack			

A LETTER FROM SIMON HOWARD



Hello,

Imagine the scene. You are standing secure on a rocky mountain looking out, whilst all around you the clouds swirl about driven by an ever-changing wind. Sometimes they bring showers of rain, occasionally they part to offer views of the valleys round about you, but you stand secure in the midst of it.

This might be the scene you enter on top of a Lakeland fell in February, or in any other month come to that!

But it is also the image that has been offered to me from two different directions as I have navigated my way through life over the past year.

The first person to offer it was the counsellor I was working with helping me to process my thoughts and feelings after a period of multiple change and loss. The invitation was to see our thoughts and feelings as the weather swirling round the mountain. They affect us, indeed at times they can overwhelm us, but they are not who we are. We are separate from them, standing on the mountain. He suggested the Mindfulness R.A.I.N. Process as a useful, kind, way of responding to the stormy weather of our thoughts and feelings.

The second person who offered this image was the Augustinian monk, priest and teacher Martin Laird in his book 'Into the Silent land'. The book is designed to help people explore silent prayer, simply being in the presence of God with no agenda or requests. The hardest thing about sitting still in silence is that the mind keeps on spinning off in all sorts of directions. All these thoughts and feeling he says, are like the weather swirling round a mountain. The art of silent, contemplative prayer is to recognise when we have become caught up in the weather and then gently return to the reality that actually we are standing on the mountain, which is God, and his great love for us.

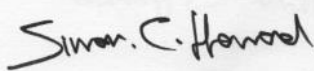
I found Identifying God as the mountain on which we stand really helpful. For if God and his love for us and for all of creation, is where each of us stands, if it is the landscape in which we lead our lives, then whatever storms assail us we stand secure. For, as Lent prepares us to celebrate, this is the God whose love has conquered even death for us. In the deepest sense therefore 'It's OK', or as Sister Julian of Norwich put it much more poetically, "All shall be well, and all manner of things shall be well."

And if God really is the mountain on which we stand that quotation changes from mere optimism, that in the future the weather, the economy, the political situation,

will get better, into real hope. For if we know that God holds us in his love today, then we can trust that he will also fulfil his promises in the future in a way that leads to true freedom for each one of us. When we have that kind of hope we can dare to live more fully in the present moment knowing that all of life is in good hands.

May you enjoy adventures on the mountains
month, whatever the weather.

this



LENT COURSE – *“Both vintage and fresh, David Wilbourne’s gift is to enable us to see again the face of Jesus delightfully present with us through our Lent journey.”*

GRAHAM USHER, BISHOP OF NORWICH

Whatever our church denomination, we often use the same Sunday Gospel from the Revised Common Lectionary. During the first five Sundays of Lent, four of the Gospels are curiously from John’s Gospel. By basing each of the five sessions in this course on the previous Sunday’s Gospel, David Wilbourne provides a brilliant connection to the preaching and teaching that has just taken place. Serious yet full of life and humour, the course covers:

Monday 27 February - Session 1: Temptation . . . On checking every word that comes out of the mouth of God. Matthew 4:1-11

Monday 6 March - Session 2: Strangers in the night . . . Nicodemus came to Jesus under cover of darkness: finding God in surprising places. John 3:1-17

Monday 13 March - Session 3: The winner takes it all 'You worship what you do not know': upping our game with worship. John 4:5-42

Monday 20 March - Session 4: I was blind but now I see. John 9

Monday 27 March - Session 5: Them bones, them bones, them dry bones, hear the word of the Lord! Contrasting events in John with parables in the Synoptics. John 11:1-45

The course booklet is accompanied by a lively CD, in which David Wilbourne and guests from various denominational backgrounds, put forward their thoughts on the themes of the course.

On each Monday we will hold a session at 2.00pm in the Vicarage at Crosthwaite and will repeat the session on the same day on Zoom in the evening at 7.30pm.

If you would like to come to some or all of these sessions, then please use the Sign-in sheets in each church, or let Michael Woodcock know at mich@elwoodcock.com

CALLING ALL PARISHIONERS

ASH WEDNESDAY is on Wednesday 22nd February this year and we will be holding a service of Holy Communion with ashing at 9.30am on that date in St. Mary's Crosthwaite for all the parishes across the Two Valleys villages. All are welcome.

FROM THE REGISTERS



Baptisms We welcome into the Lord's family:

Hugo Francis Prichard baptized on 17th December at St. Anthony's Cartmel Fell



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

Rev. Brian Crowe - Funeral and Burial on 12th January at All Saints Underbarrow

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

Cartmel Fell and District Local History Society

On 9th January, following the AGM, the Society heard Ian Smith, retired Coroner for South Lakes, talk firstly about the development of Coroners from the first reference in 1194 to the present day. He then went into fascinating detail of two of the prominent cases with which he was involved.



We next meet in the Parish Rooms on Cartmel Fell (LA11 6NH) at 7.30 pm on Monday 13th February to hear **Dan Elsworth of Greenlane Archaeology** talk about **some of the historic buildings they have looked at in the Cartmel Fell area and a bit further afield to the north.**

On 13th March Dr Suzanne Tiplady's talk is entitled "**Sawrey Ground, Dixon Ground and the Baptist Chapel at Hawkshead Hill – following the fortunes of the Baptist community at Hawkshead**". All welcome, visitors £5.

CROOK

Various events in the village were disrupted by the exceptional cold weather. A few hardy people turned up for the Coffee Evening in the Village Hall and enjoyed a chat and drink but the plans for dominoes, bingo and a raffle were abandoned.



St. Catherine's Church was beautifully decorated with a large Christmas tree kindly donated by Mrs Ford. Re-cycled Christmas cards which had been crafted into houses and buildings of all sizes, were used to great effect to decorate the windowsills. Unfortunately the weather was so bad that it was decided to cancel the carol service. The evening service on Christmas Eve was also affected by the dreadful weather with a smaller congregation than usual. The morning service on Christmas Day proved more popular this year.

A very successful Quiz evening was held in Crook Memorial Hall. There was a pie and pea supper followed by delicious, donated sweets. There were 18 teams and Stephen Rowlinson was the very competent quiz master. The winning team was "The Heir and Three Spares", second was "One and Three" and the third was "No Smokers".

CROSTHWAITE

Footcare at Crosthwaite Memorial Hall

Lakes Foot Care

Wednesday 1st March

Wednesday 5th April



Contact Debbie, Registered Foot Health Practitioner on 07706851814 for an appointment/enquiries



LANDOWNERS OF CROSTHWAITE AND LYTH

Registered Charity 1073467

Notice is given that the Annual General Meeting
of the
Landowners of Crosthwaite and Lyth
will be held in
Crosthwaite School
on
Tuesday 7th February 2023
at 6.00pm.

PLEASE NOTE THE EARLY START.

The existing Trustees are seeking re-election and Minutes of the previous AGM,
together with draft accounts will be available on the website

www.crosthwaiteandlyth.co.uk/landowners.php

from 17th January.

Agent to the Charity: Mr Julian Lambton, Carter Jonas, 52 Kirkland, Kendal.

Tel: 01539 722592.

New Gardening Club

I wonder if there may be any interest in starting an informal gardening club?

During the growing season, many of us often have “spare” plants and seedlings and sometimes struggle to find a home for them. Growing conditions in this part of the world are often a challenge, and newer residents may find it helpful to hear what does well, and what reliably perishes in the first cold, wet winter. Everyone who enjoys their garden has successes and failures, and sharing experience and advice can be really encouraging.

A few suggestions:

Meeting once a month from April to September

Setting up an online group for plant swaps

A visit to a garden of interest

A short talk/demonstration on a particular topic

I hope there will be interest from experienced and novice gardeners of all ages. We would need a minimum of 10 members to make it viable to book the village hall for meetings, but we could start an online group for fewer people.

Please let me know if you would like to be involved and have any ideas.

Jenny Waldron, Tarnside, Crosthwaite

email jennifer.jane57@gmail.com



Argles Memorial Hall, Crosthwaite



The **100 Club** is a great way of supporting the Argles Memorial Hall, ensuring that the Hall is looked after and maintained for everyone in our community to use for many years to come. Your support is essential in making this happen. Subscription for this will be £12 per year, with a draw made for £25 every month. All proceeds from the 100 Club go towards the general upkeep of our lovely Hall. Payment can be made straight into the Argles Memorial Hall bank account by electronic transfer, or by cheque and posted to our Treasurer, or left in our letterbox outside the main doors.

Renewal emails have been sent out to all existing members; if you have already paid, thank you, if not please consider doing so as soon as possible.

We do have a few numbers left for this year, so if you would like to join, please fill in your details and send to the contact details given.

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

Name: .....

Tel No: .....

Email Address: .....

Please make **cheques payable** to **Argles Memorial Hall**, and send to:

Mrs Jenny Waldron, Brow Cottage, Tarnside, Crosthwaite LA8 8BU.

If paying by **electronic transfer**, our Account Name is:

**Argles Memorial Hall, Account Number 31440969 Sort Code 40-26-02.**

Please enter your full name as reference and either return this slip to Jenny at the address above or email [100club@crosthwaiteandlyth.co.uk](mailto:100club@crosthwaiteandlyth.co.uk) to confirm your payment.

# WITHERSLACK

## WITHERSLACK CAFÉ CHURCH – CORRECTION

ALL the Café Church meetings in 2023 will be on the 4<sup>th</sup> **SUNDAY** of the month at 10am in the Parish Hall: 26<sup>th</sup> March, 28<sup>th</sup> May, 23<sup>rd</sup> July, 24<sup>th</sup> September and 26<sup>th</sup> November. Many apologies for the confusion caused by the error in the notice in January's magazine. Dorothy Grace



### Age UK Lunch Club

Held at Derby Arms Witherslack, 1st Tuesday of the month  
For more information and to book a place  
Please phone Linda Park  
01539552275

*Note for your diary*  
**Saturday 25th March**



**ABBA ABBA ABBA**

disco/karaoke in the Parish Hall  
More details to follow in March magazine and on Witherslack Hub.  
Do come it will be FUN.

**As the weather has turned colder, I've noticed black mould and damp in our flat. Our letting agency said they would speak to our landlord, but nothing has happened. I'm really worried about how**

**this might affect our health. Our tenancy agreement isn't up for eight months, what can I do?**

Unfortunately, it isn't always easy to work out the cause of mould or damp. This can make it difficult to work out if your landlord is responsible. The most common causes are rising, penetrating, construction and condensation damp. On our website there is information that may help you work out what type of damp you have, who is responsible and what you can do. Check your tenancy agreement too for mentions of repairs and damp. <https://www.citizensadvice.org.uk/housing/renting-privately/during-your-tenancy/dealing-with-repairs/>

A landlord will have to act in relation to damp if it makes the property unsafe for someone to live in, e.g. if it is making them ill. The landlord will also be responsible if the damp is related to repairs they should have carried out, like if heaters are broken.

One of the most common causes of damp is condensation. To prevent this, it's important to keep homes well-heated and well-ventilated, but this is expensive. You may be eligible for help to insulate and heat your home.

If your landlord is responsible for the damp in your property but doesn't act, you can report them to the local authority. If you're in social housing you might also be able to use the landlord's formal complaints procedure. Visit our website to find out more. If it reaches the point where you want to get out of a fixed term tenancy agreement early, do speak to an adviser first. Contact your local Citizens Advice on 015394 46464 or 0808 2787 984 for personalised support.

***Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. South Lakes Citizens Advice, your local charity, is here for you. How to access:***

- **Call [015394 46464](tel:01539446464) - this is being staffed from 9:30 – 2pm**
- **Adviceline: 0808 2787 984**
- **email advice via our submission page on our website [www.southlakescab.org.uk](http://www.southlakescab.org.uk)**
- **Help to Claim (Universal Support): 0800 144 8 444**

## Caring for our Community

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

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 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

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, Lorraine Brierley,**

Phone 015395 60702 / 07826 800469

or e-mail [brierleyl@yahoo.co.uk](mailto:brierleyl@yahoo.co.uk)

## REMINDER - MAGAZINE SUBSCRIPTION 2023

If you receive a monthly Two Valleys Parish News then your subscription for 2023 is now due.

The price is being held at **£6.50** for 12 issues and you are asked to please pay your Parish distributor promptly or make a payment via bank transfer using the bank details below. Please give your name as a reference so we can track your payment!

If you receive your TVPN by POST then the cost for the next year is £14.50. Please make cheques payable to Crosthwaite PCC and send to:

**Lorraine Brierley, 4 Whitbarrow Grove, Levens, Kendal, LA8 8LT.**

Alternatively you can pay by bank transfer using the details below:

**Account Name: Crosthwaite PCC**

**Sort Code: 40-26-02    Account No.: 20262366**

If you pay by bank transfer PLEASE use your name as a reference and let me know so I don't chase you for payment !

Tel: 07826 800469    Email: [brierleyl@yahoo.co.uk](mailto:brierleyl@yahoo.co.uk)

If you are on the Helsington postal list please make cheques payable to:

**Underbarrow with Helsington PCC**

And send to: Marilyn Taylor, 5 Crow Wood, Brigsteer, Kendal, LA8 8AW

Kip Dave  
**Winter Wilson**

*"A tour-de-force display of outstanding songwriting."*

*John Waltham, The Living Tradition*



*"Kip Winter simply has a voice to die for."*

*John Roffee, Maverick Magazine*

*"Winter Wilson just get better and better."*

*Dai Jeffries, RnR Magazine*

*"An unmissable album."*

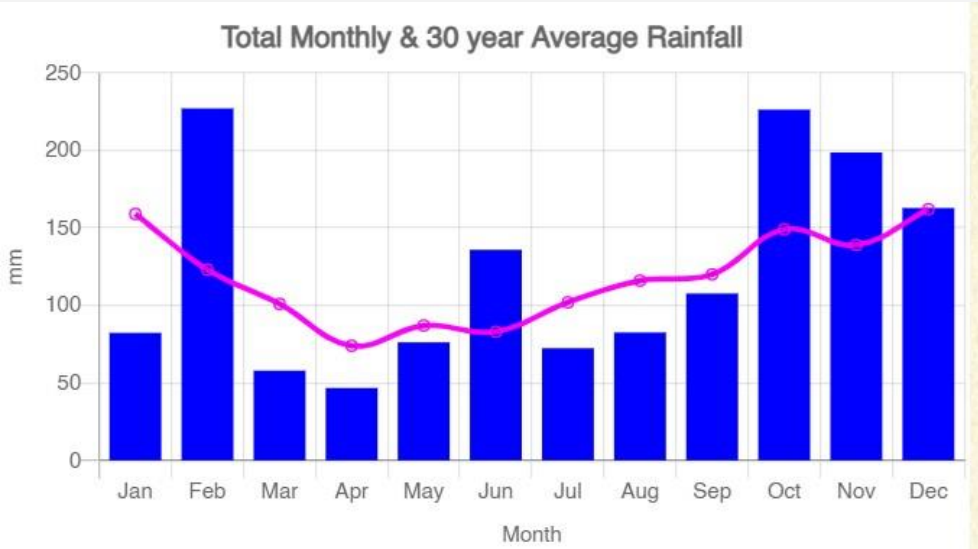
*Johnny Whalley, Folk Radio UK*



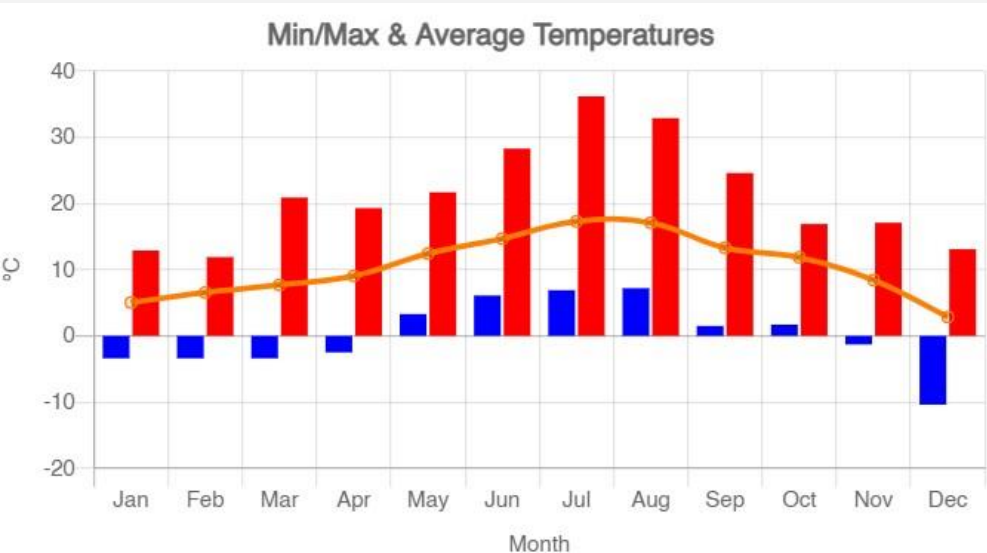
**Helsington & Brigsteer Village Hall**  
**Friday 17th February 7:30pm (Doors 7pm)**

**Tickets £12. To reserve email Melanie at  
melanieyates800@gmail.com  
or book direct via [www.winterwilson.com/dates](http://www.winterwilson.com/dates)**

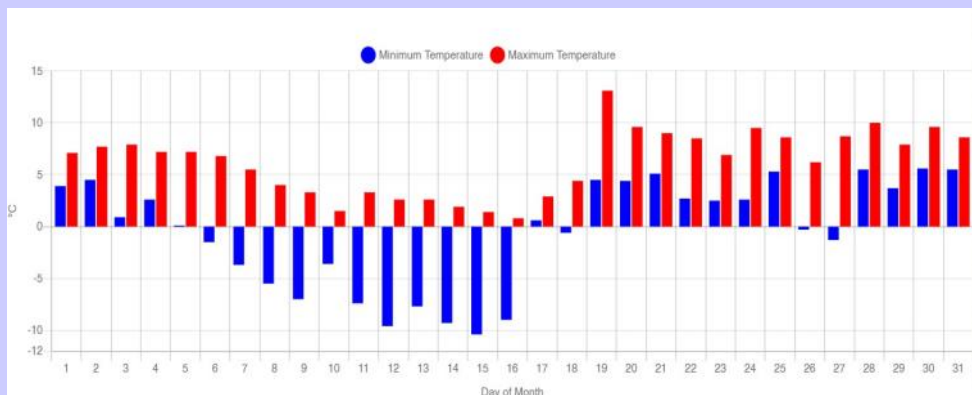
[www.winterwilson.com](http://www.winterwilson.com)



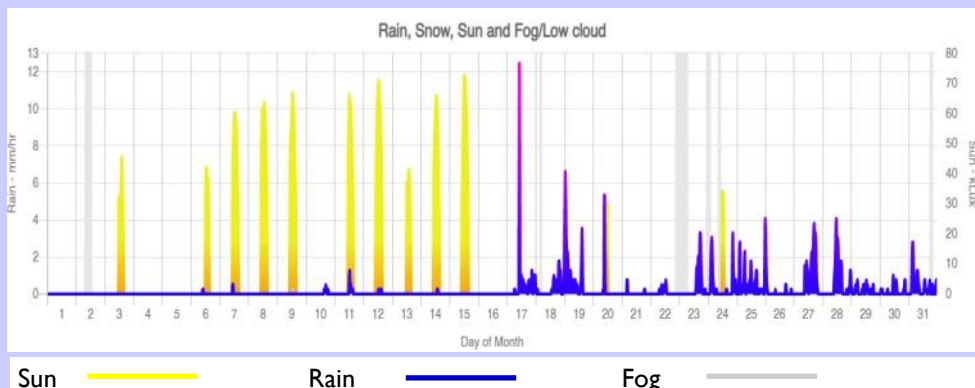
**CROSTHWAITE WEATHER FOR 2022 (AND EARLIER)**  
*(Measured and supplied by Charles Walmsley)*







### **Crosthwaite Weather for December 2022** (Measured and supplied by Charles Walmsley)



The 'rain' showing on the 11th December is melting snow in the rain gauge cup. The snow actually fell early on the morning of the 10th December. The 'rain' showing on the 12th & 14th December is melting frost.

### **Otter in the Lyth Valley**

Spotted by Angela and Stephen Dobson about 9.30 on New Year's Day on the river bank near Aspen.

"It was a beautifully healthy looking specimen and we hope to see many more sighting of it in the future. What a wonderful start to the New Year!"



Library picture

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The Witherslack Parish Hall Committee would like  
to invite you to their annual...

# Winter Warmer Meal



## Sun 12th Feb

A meal to warm the soul

### Soup and a hot pudding

Lots of choice...All homemade  
Veggie and Gluten free options

**Only £7.50** children £4

Served 12 til 2... Witherslack Parish Hall

### BRIGSTEER

Our new President Sue Griffiths welcomed two new members to our first Open Meeting for 2023, when Johan and Peter Welsh showed us some fabulous slides of the wildlife they had encountered during their stay at the Queen Elizabeth National Park in Uganda. They told us of their work with schools on the perimeter of the Park and how their work with teachers and staff had such a positive impact to the running, wellbeing and school environment, when they made their return visit three years later.

A group of us are off to see the Kendal College students perform Songs from the Musicals, and names were taken for a trip to the Brewery in March.

Our next meeting is on February 8th, when Cherrie Trelogan will present her talk - Memories of Working in Museums and Galleries. She was Deputy Director and Head of Education for Lakeland Arts and will share some of her memories of working in Cumbria and in Galleries and museums in other parts of the country.

Our meetings start at 7.30 in the village hall and this meeting is open to all from 8pm. Visitors £3 including refreshments.

If you would like a copy of our programme or more information about our group, please contact Sue on 07718 904082 or Liz on 07894 710014.

### CARTMEL FELL

21 members and friends enjoyed an excellent Christmas dinner at the Hare & Hounds, Bowland Bridge at the beginning of December. A good raffle and Secret Santa were popular.

Ruth was thanked for her work during her term as president, in reply Ruth expressed thanks for all the help she had received, making it a pleasure, and wished Julie Woodgate all the very best in taking the institute forward.

The January meeting saw a few members missing due to illness but nevertheless was a good evening.

Julie took her first meeting as president and welcomed new member Fiona Daley.

Jane and Yvonne had attended Crook WI's party at lunch time and reported on a good, friendly party with the usual delicious buffet table and interesting amusing entertainment.

Sue read one of her recent literary works "No trifling matter". This evoked long forgotten memories for some and she was applauded through tears of both joy and nostalgia.

Our own member Florence Salberter gave an interesting presentation on "Restoring the canals of the Olympic Park" Along with the work of creating the park, the canals alone were an enormous task, having been neglected following change in industry

between the 1700-1800s.

Anything and everything had to be removed before the repairs could begin, resulting in a sensitive and sympathetic reconstruction to preserve the heritage.

The next meeting will be on 1st February at Goswick Hall by kind invitation of Lesley. Terry Bond will tell us of "Early Travellers in the Lake District". The competition is for a travel souvenir. As always visitors or prospective new members will be most welcome.

## **CROOK**

Crook WI held their annual January party and welcomed guests from other nearby WIs. After a business meeting and a delicious lunch we were entertained to a delightful afternoon of stories and the singing of some favourite well-known songs.

## **UNDERBARROW**

Underbarrow WI members enjoyed a crafting session for the January meeting. Sylvia Bearpark, one of our own members, led a workshop on making greetings cards with fabric. After a very professional demonstration from Sylvia, everyone succeeded in making lovely cards, and we were impressed by our own creativity.

The February meeting will be held at the Underbarrow Institute on Wednesday 8th at 2.00pm. We will be visited by a representative of Age Concern in Kendal. They will be telling us about what support services are available to older people in our area, and also telling us about how to prevent slips and falls, which are common accidents for that age group. This meeting is open to anyone wherever they live, including men as well as women, - please do let anyone know who might benefit from coming along. There will be refreshments after the talk.

On Thursday March 23rd at 7.30pm Underbarrow WI will be hosting a Group Meeting for all the WIs in the Lyth Valley group- Brigsteer, Crosthwaite, Crook, Cartmel Fell and Witherslack. We will be entertained by Carolyn Francis, a local musician who plays and teaches violin. She and her group, the Lakeland Fiddlers, will talk about and play music from the Lakeland area. There will be two competitions, a small musical object in any medium and a homemade Lakeland Tea Bread. There will be a raffle. This is a WI members only event, entry £4.00.

### **Additional Magazine Editors**

We are looking for some additional **editors** for this local Parish Magazine, the **Two Valleys News**, to join the existing team.

Currently each editor is taking a two month turn followed by six months break, though this could be made more flexible. Some basic computer skills would be helpful, but existing editors will be able to assist and guide you.

For more information email [tvn@crosthwaiteandlyth.co.uk](mailto:tvn@crosthwaiteandlyth.co.uk).



# 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](mailto:mich@elwoodcock.com) 015395 68276

**Reader:** Dorothy Grace [dorothygrace01@btinternet.com](mailto:dorothygrace01@btinternet.com) 015395 68569

### **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 60702/07470 169890

### **Holy Trinity, Winster**

Churchwarden: Mrs. Lily Holme 015395 60247

Mrs. Cath Casson 015394 44958

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

Churchwardens: Mr. Tony Walshaw 015395 52491

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## **Underbarrow with Helsington**

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

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

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

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

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

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

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

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

**Church Administrator:**

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

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

Mrs. Mary Allcock 01539 821312

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

**Magazine Editor next month:** Colin Edwards (015395 68879)

Magazine postbox c/o Crosthwaite Vicarage. e-mail: [tvn@crosthwaiteandlyth.co.uk](mailto:tvn@crosthwaiteandlyth.co.uk)

**Advertising Manager and Magazine postal service:**

Lorraine Brierley 4 Whitbarrow Grove, Levens. LA8 8LT. (015395) 60702

[brierleyl@yahoo.co.uk](mailto:brierleyl@yahoo.co.uk)

## REGULAR EVENTS

### HELSINGTON & BRIGSTEER

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

Contact Ann Bryan ( 015395 68067)

|                      |                                         |
|----------------------|-----------------------------------------|
| Pilates Intermediate | Mondays 09:15 - 10:15                   |
| Pilates Fundamentals | Mondays 10:30 - 11:30                   |
| Circle Dancing       | Tuesdays 10:00 - 11:45                  |
| Table Tennis         | Tuesdays 19:00 - 21:00 September to May |
| Yoga                 | Wednesdays 09.30 - 11:00                |
| WI                   | Second Wednesday of the month 19:30     |
| Dru Yoga             | Thursdays 09.30 - 11:00                 |
| Tai Chi              | Thursdays 13:45 - 15:45                 |
| Pilates              | Fridays 09:30 - 10.30                   |

### CARTMEL FELL

For bookings contact Julie Balshaw Tel. 015395 68506 Email: [balsh@hotmail.com](mailto: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<br>(from September during the winter months) |
| Guitar Group         | Tuesday morning                                                               |
| Young Farmers Club   | Occasional Tuesdays 7.30 – 9.30pm                                             |
| WI                   | First Wednesday in the month<br>(afternoons in winter, evenings rest of year) |
| Sewing/Craft Group   | Occasional Wednesday evenings                                                 |
| Aerobics/Body Toning | Thursday 10am – 11.00am                                                       |
| Folk Dance Group     | Thursdays 7.30pm – 10.00pm                                                    |
| Painting Group       | Friday afternoon                                                              |

### MAGAZINE DEADLINES

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



## CROSTHWAITE MEMORIAL HALL

Please check bookings online at website address:

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

For Bookings contact Kath Edwards **015395 68879** or **07407 386976**

|                |                                                                                                             |
|----------------|-------------------------------------------------------------------------------------------------------------|
| Playgroup      | Tuesdays & Thursdays 9:30-1:30am<br>(school term time)                                                      |
| Indoor Bowling | Tuesday and Thursday 7.30-10.00pm<br>(Jan 10 <sup>th</sup> -Mar 30 <sup>th</sup> then October 3rd-December) |
| Exchange       | <b>Lunches</b> 1st Wednesday of month 1pm-3pm<br><b>Teas</b> 3rd Wednesday of month 2:00-4:00pm             |
| Yoga           | Wednesdays 7.00-8.30pm                                                                                      |
| WI             | Social afternoons, Occasional 2:00-4:00pm<br>Evening Meetings, Monthly 3 <sup>rd</sup> Wed 7.30-9.00pm      |
| Art Club       | Mondays 1.30-4pm<br>(January-March then October-December)                                                   |

## UNDERBARROW INSTITUTE

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

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

## WINSTER

For bookings contact Jane Crowe: Tel. 015394 44098

Books, Cakes and Plants Last Saturday in the month (April—November)

## WITHERSLACK

For bookings contact Janet Crowe 07919 988566

[janet.crowe@outlook.com](mailto:janet.crowe@outlook.com)

|                        |                                                                                                                   |
|------------------------|-------------------------------------------------------------------------------------------------------------------|
| Indoor Bowling         | Wednesdays 7.30pm - 10pm<br>(from September to end of April).<br>New members welcome - all equipment is provided. |
| Parent & Toddler Group | Tuesdays 10am until Noon in the Parish Hall                                                                       |
| Women's Institute      | Every 2 <sup>nd</sup> Tuesday of the month at 7.30pm                                                              |
| The Art Club           | Fridays 9.30am - 12.30pm                                                                                          |

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