Coniston and Crake Valley News

Serving the parishes of Colton, Coniston and Torver, Egton cum Newland & Lowick with Blawith

Coniston &Crake Churches

May 2020 www.conistonandcrakechurches.co.uk

The Coniston and Crake Valley Benefice

"To Grow, Witness and Love Like Jesus"

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Penny Bridge.	*Brian works for Filling Station on Thursday*	
LA12 7RQ	*Brian and Anne's rest day is Friday*	

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JOINT CONISTON CHURCHES CHILDREN'S & YOUTH WORKER

Charlie Day	charlieccyw@gmail.com	07788187718

Pastoral Letter

Dear All,

‘Mummy, Mummy, I’m scared. It’s dark in here. I need someone to cuddle me.’

‘I’m sorry, dear, both Mummy and Daddy are busy and can’t come now. Just remember that God is with you. He will look after you.’

Long pause.

‘But Mummy, I need someone with skin on.’

A sweet story but especially poignant in the present circumstances with many both living alone and self-isolating. There is a feeling of loneliness without the ‘skin’ of others and perhaps this has underlined the truth that God created us as relational beings. We need each other. We were meant to need each other. In this world where autonomy and independence are prized attributes, it has been humbling to come to terms with our dependence on others and to be thankful for the huge outpouring of compassion shown by so many willing volunteers.

At this time of terrible uncertainty and fear, when all that is ‘normal’ and familiar has been taken away, when there is a great gaping hole of space and time, people are beginning to look for something beyond themselves. There is a turning to prayer for many, a return to faith long forgotten and a desire for the comfort and presence of God. Perhaps at this time we have the unique opportunity both to face up to the ‘demons’ in our own lives and to hear God’s voice, without the clamour of everyday busyness.

I am writing this in Holy week, a week when Christians focus on the suffering of Jesus, but which has particular significance for everyone this year, as the events in our nation unfold ….

We see Jesus, not in I.C.U. but in Gethsemane feeling the fear and loneliness of his impending death. We see Jesus, not in the caring hands of the N.H.S. but at the cruel mercy of others. We see Jesus, not having the aid of oxygen but gasping for breath and we see Jesus in complete ‘lockdown’ in the tomb, a large stone rolled in front.

As you read this, that week will have passed. We will have heard those glorious words on Easter Sunday morning, ‘He is not here, He has risen!’ Lockdown is over! The sting of death has been removed!

In these exceptional times, faced with our own frailty and mortality, may we open our hearts to the living Lord Jesus and experience the new beginning that he wants for us all.

Pam

From the Registers

Funerals

6th April	Albert Edwin Line at St Mary the Virgin, Penny Bridge
24th April	David Briggs at St Mary the Virgin, Penny Bridge
29th April	Shirley Dawes at St Mary the Virgin, Penny Bridge

Churches in the Coniston and Crake Valleys

St Andrew's Church, Coniston LA21 8EN
St Luke's Church, Torver LA21 8AZ
St Luke's Church, Lowick LA12 8EE
Holy Trinity Church, Colton LA12 8HF
Church of St Mary the Virgin, Penny Bridge LA12 7RQ

Tottlebank Baptist Church, Colton LA12 8HY

Welcomes you to our Sunday services from 10.30 to 11.30am followed by refreshments, and midweek prayer meetings on Wednesdays at 7.30pm. Our moderator is Rev. Andrew Dodd. For further information contact Chris and Margaret Hamps, hampsc@outlook.com

Coniston Methodist Church, Coniston LA21 8HH

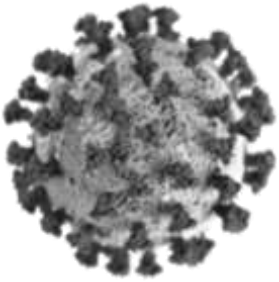
The Sunday morning service is at 11.00am and a warm welcome awaits you.
For further information contact Joyce Holland on 015394 41594.

St Francis of Assisi Church of the Sacred Heart, Coniston LA21 8AW

Mass is held on Saturdays at 6.00pm.
For further information contact Father Matthew Jacob on 01229 779673.

Coniston Christian Fellowship LA21 8AL

During the month of May we will not be meeting on Sunday morning. For further information, including the venue, please contact Norman and Christine Beech on 015394 41780 or Kevin and Julie Gregory on 015394 41125. See our website for more details www.conistonchristianfellowship.co.uk



CORONAVIRUS, COVID-19 UPDATE

The Bishop of Carlisle, the Rt. Revd. James Newcome, has written to all clergy and chaplains to advise that public worship has been suspended in the Diocese of Carlisle.

This is in line with Government advice on social gatherings and impacts on all Sunday services and other planned gatherings. **Therefore, there will be no services at any of the churches in the benefice until this suspension is lifted.**

Please note, that there will also be no services held at any of the others churches for the same reasons.

Church Services and Rotas for May 2020

3rd	**Fourth Sunday of Easter**		
St. Luke Torver	9.00am	**Bikers' Breakfast**	Rev Brian Streeter
St. Luke Lowick	9.30am	**Holy Communion (BCP)**	Rev David Bickersteth
Holy Trinity Colton	9.30am	**Morning Worship**	Pam Priestley
St. Mary Penny Bridge	11.00am	**Morning Worship**	Peter Fox
St. Andrew Coniston	11.00am	**Holy Communion (BCP)**	Rev Brian Streeter
10th	**Fifth Sunday of Easter**		
St. Luke Torver	9.30am	**Holy Communion by Extension (BCP)**	Peter Fox
Holy Trinity Colton	10.30am	**Holy Communion**	Rev Brian Streeter
St. Andrew Coniston	11.00am	**Worship For All**	Peter Fox
17th	**Sixth Sunday of Easter**		
St. Luke Torver	9.00am	**Informal Worship with Healing**	Pamela Hull
St. Luke Lowick	9.30am	**Morning Worship**	Rev Brian Streeter
Holy Trinity Colton	9.30am	**Holy Communion**	Rev Joanna Henson
St. Mary Penny Bridge	11.00am	**Holy Communion**	Rev Brian Streeter
St. Andrew Coniston	4.00pm	**Explore!**	Christians Together in Coniston
24th	**Seventh Sunday of Easter**		
St. Luke Lowick	9.30am	**Methodist Service**	Rev David Edmundson
Holy Trinity Colton	9.30am	**Holy Communion By Extension**	Peter Fox
St. Mary Penny Bridge	11.00am	**Holy Communion**	Rev Ian Swift
St. Andrew Coniston	11.00am	**Holy Communion**	Rev Harry Welch
St. Luke Torver	7.00pm	**Torver Junction**	Hazel Bowness / Linda Inman / Val Towndrow
31st	**Pentecost**		
St. Mary Penny Bridge	10.30am	**Holy Communion**	Rev Brian Streeter
Coniston Methodist Church	11.00am	**Holy Communion**	Christians Together in Coniston

CANCELLED

Parish Prayer Diary
May 2020

1st: Pray for front line NHS nurses and doctors, paramedics, midwives and other front line health and social care workers.

2nd: Pray for charity and agency workers delivering key front lines services to people in need at home.

3rd: **Sunday, the first day of the week**
In these days of being Church at home, pray we may listen for the voice of our Saviour Shepherd and joyfully follow His commands and leading.

4th: Pray for any living in strained atmospheres due to 'lockdown', praying especially that anyone in danger of domestic abuse will get help and support.

5th: Pray for postal workers and those working in the waste disposal sectors as they daily keep our communities functioning.

6th: Pray for those whose daily experience of anxiety and fear has been heightened by the relentless coverage of the pandemic.

7th: Pray for the Rt Rev Stephen Cottrell, currently Bishop of Chelmsford, as he prepares to take up the role of Archbishop of York in June.

8th: On this date commemorating the end in Europe of World War 2, reflect on the enormous sacrifices that were made at home and abroad, give thanks for the freedoms we enjoy, and pray for peace in our troubled world.

9th: Pray for our Government, the Royal Family, and all leaders with national responsibilities.

10th: **Sunday, the first day of the week**
Encouraged by all Jesus has done for us in the past, and His promise to be with us always, pray we may daily trust and not let our hearts be troubled.

11th: Pray for Christian Aid as it begins restructuring to develop its capability to help the world's poorest and speak out against the structures that perpetuate extreme poverty.

12th: Pray for those who work in national and local Governmental departments, especially at this time of increased workload.

13th: Pray for those who work in our Police and Fire & Rescue services - the front line and the support staff.

14th: Pray for all who work in our local shops and business.

15th: Pray for Head teachers, teaching staff, support staff and all those involved in providing child care.

16th: Pray for those feeling overwhelmed or unable to cope, pray they will get the help they need to get them through these difficult times.

17th: **Sunday, the first day of the week**
As we reflect on our personal liberation from our old way of life, may we renew our dedication to daily follow Jesus, who is the Way, the Truth and the Life.

18th: Pray for Syrian Christians starting new businesses, that they can be Christ's light in their communities

19th: Pray for the mental health charities, their staff and volunteers.

20th: Pray for the staff and management of St Mary's Hospice as they focus on delivering hospice services across our communities.

21st: This Ascension Day, rejoice the great, wondrous, mystery of faith: Christ has died, Christ is risen, Christ will come again. Hallelujah! (1 Timothy 3v16)

22nd: Pray for the science and research community working to find safe, effective vaccines.

23rd: Pray for relief agencies providing aid to refugees in war-torn areas.

24th: **Sunday, the first day of the week**
Give thanks that Jesus did not leave us comfortless but sent his Holy Spirit to strengthen us for service with inner peace and joy and assurance.

25th: Pray for those working in the funeral sector, especially during these challenging times.

26th: Pray for journalists and broadcasters that they will be mindful of their duty to report factually, responsibly and sensitively.

27th: Pray for those serving in our Armed Forces, especially at home.

28th: Pray for those agencies providing help for the hungry and the homeless.

29th: Give thanks for the faithful saints down the ages who proclaimed Jesus died and rose, and may we faithfully proclaim Jesus is Lord in our generation.

30th: Pray for those who have long-term illness, and for their carers.

31st: **Pentecost Sunday, the first day of the week**
As the Church was born that day the Holy Spirit fell upon the first disciples, pray that God the Holy Spirit will bring new life to us, our church, our community, our Nation.

AROUND THE PARISHES

Coniston & Torver

Thank you, Coniston, Thank you

Where does one begin to thank all the staff in the local shops in Coniston for looking after all of us, especially the over 70s, who have to self-isolate during this difficult time. Also to all the young volunteers who deliver orders from the shops and medication.

There is no waiting for a slot like with the large supermarkets, we get deliveries the same day our orders are placed and for small requests they can arrive within the hour.

So many people have offered to buy food or goods for us including the postman! I don't know where to start thanking you all, both volunteers and staff for the wonderful service you are providing in Coniston, we are so lucky. I am sure others will join me in saying “Thank you”.

A grateful recipient

Coniston Institute and Ruskin Museum – May 2020 events

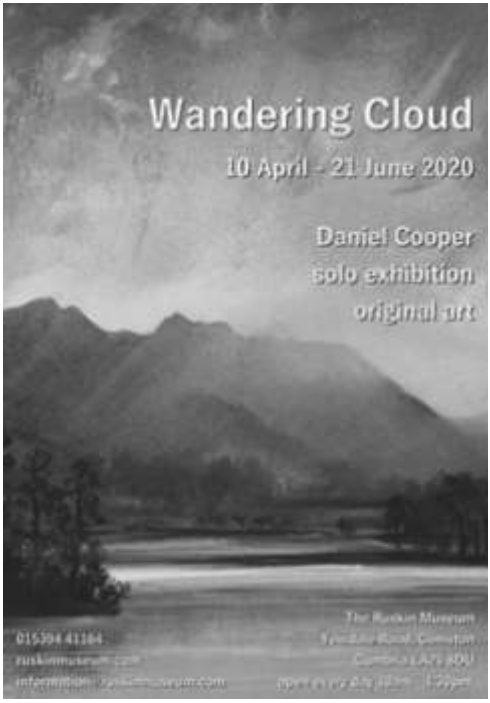
Coniston Institute and Ruskin Museum

Coniston Institute is an ideal venue for meetings, parties, music, theatre, workshops, and much more. We have functions rooms and facilities to suit a whole range of gatherings. Interested in booking a room or event at the institute? Phone Tracy Hodgson on 015394 41823 or email conistoninstituteuk@gmail.com
Coniston Institute and the Ruskin Museum both have Facebook and Instagram pages. Follow us to keep up to date with ‘what’s on’

The Ruskin Museum Coniston

Daniel Cooper’s *Wandering Cloud* exhibition will bring together new, original paintings and drawings in charcoal and mixed media, exploring the mood of sky and magnitude of the fells from around The Lake District.

For the full press release visit http://danielleecooper.com/news.html



Photographs

As we are all isolated at the moment, it would be great to share photographs of this beautiful community. It helps connect us with one another and also will provide hope for those who live further afield. Not everyone likes to use social media. Should you have anything to share from your garden or a particular view, you can send it to webmaster@standrewsconiston.org.uk and we'll put it in the centre of the front page where photographs rotate every 4 seconds. Please reduce the file size to less than 1MB before sending.

Recipes

Not being able to find replacement yeast and wanting to extend my current supply, I found an easy recipe for creating a sponge for a basic savoury bread dough in Andrew Whitley's Bread Matters. Here are the ingredients for the sponge:

3g yeast;
150g warm water;
75g Strong white flour;
75g Stoneground wholemeal flour

Mix this up, put in a large container with a lid and set aside in a dark place for 16-48 hours.

<u>The final dough includes:</u>
225g of the above Sponge;
150g strong white flour;
75g stoneground wholemeal flour;
4g sea salt;
15g olive oil;
105g warm water

I normally put the additional flour separately in the oven and set the heat to 50 degrees for at least 10 minutes. Take this flour and the other ingredients and mix together along with the sponge. I find that I need more flour for this as the base will be quite wet. Mix together, knead, cover and rise for at least an hour. Shape dough into either loaves or rolls, baked as is, or mixed with other ingredients as you wish. I let it sit in the pan until it takes the shape and size that I want. Bake in a 200 degree oven until done, depending on the size of the rolls or loaves.

<u>Remaining Sponge</u>

Put it in the fridge for as long as 14 days unless you wish to bake more bread within the next couple of days. In that case go directly to refresh the sponge below.

<u>Refresh the sponge</u>

The remaining sponge can be refreshed as follows:

Leftover sponge;
75g strong white flour;
50g stoneground wholemeal flour;
100g warm water

Mix this up, put in with remaining sponge in the container with a lid and set aside in a dark place for 16-48 hours.

Use the final dough recipe as before when you make the bread again. I have found that it can take a long time for the bread to rise. Start the bread in the morning you are baking and be ready to wait until supper. The flavour definitely improves with age.

Alternative Services

Pamela Hull is continuing to prepare the mid-week prayer service and Dorothy Reilly has been sending out a prayer list once a week. The prayer service includes links to music if you have a computer. If you don't, she is dropping off copies of the prayer service along with hard copies of Brian's Sunday talks in advance. She has recently been putting Brian's talks and the music for the service on a CD-rom which will work on a home stereo system. In the future she hopes to be able to create a podcast for this which will be added to the CD-rom. Brian's services are also available online at http://www.conistonandcrakechurches.co.uk/news-and-publicity and Pamela's weekly prayer service can be downloaded at http://standrewsconiston.org.uk/prayerandpraise/. Should anyone wish to be added to this list for distribution by e-mail or home delivery, please contact her on **015394 41997**.

Every Day with Jesus

Pamela has 24 copies (12 more than usual) of the Every Day with Jesus notes for May/June. If you are not already on her distribution list, please let her know on **015394 41997** and a booklet will be dropped off.

Where is God in a Coronavirus World?

John C Lennox, a Professor of Mathematics at the University of Oxford has written this timely book. Alex Stewart has obtained 100 copies. Please contact Alex or Charlie if you would like to receive a copy.

Donations

There are so many wonderful volunteers in the village right now and all of this help and support is a real blessing. It may be that some of you would like to find other ways of helping. The church building is temporarily closed but expenses continue. St. Andrew's and Torver community churches would normally see an influx of visitors now to help support Diocesan ministry and costs of building upkeep and maintenance. Costs remain but weekly collections have ceased. If you are able to help contribute, please go to http://standrewsconiston.org.uk/encounter/donate-now for the bank account details to pay by bank transfer. You will also find a gift aid form on this page. If you would like to pay by cheque or alternative means, please contact Treasurer and Church Warden Nick Monk on **015394 41255**.

Coniston Coronavirus Support

015394 41812

Call us at Coniston Sports and Social Centre between 10am and 3pm daily to chat to our volunteers or leave a message on the answerphone outside of these hours. We can organise practical help with collecting shopping and prescriptions, walking dogs, posting letters and other things as well as being available for just a chat.

We also have a Facebook group where those online can seek support and advice, search for "Coniston Coronavirus Support"

Charlie Day is also answering on the phone every Tuesday and Thursday afternoon from 12:30 - 2:00 for those wanting spiritual support and chat.

Egton cum Newland

Penny Bridge CE Academy… ...Business as usual?

They say that during times of crisis people show their true colours and I have been quite overwhelmed by the kindness, selflessness and generosity of the staff and parents of Penny Bridge Academy. On Monday 16th March we had an inkling that the schools were going to be closed and by the Wednesday we had an emergency staff meeting trying to get ahead of the game so that we had as much time as possible to plan how we would support the children if the school was closed by the end of the

week.

I don't know how we pulled it off but in two days, we had prepared a month's worth of reading books and work packs ready for the children to take home. I was aware that some schools had been struggling to stay open as many of their staff were ill or had to self-isolate. We had been fortunate; we were all fit and well.

The County Council were keen to establish hubs where key worker and vulnerable children could be looked after. There was no debate, my staff and I were unanimous; we wanted to help, we wanted to stay open. Every staff member volunteered to join a rota so that we could support those people who the nation was relying on, those people who put the needs of others before their own. We all wanted to help and do our bit.

So, on Friday 20th March we closed the school and then on Monday 23rd we reopened as a hub for key worker children, not just supporting the parents from our school but parents with children from other local schools as well.

Lynn Smolinski **Head Teacher**

Furness Year Book 1908

The Furness Year Book was a directory book which included adverts for local businesses as well as articles and the "Annals of Our Times" which is an eclectic list of what happened, including the weather, on each day in the previous year. Here are some events from May 1907.

10th: breezy, showery, warmer. Presentation to Mr. W. B. Robinson, station master, Greenodd on his retirement after 38 years' service – Canon Rawnsley presents the Cumberland Education Challenge Shield to Captain Shaw's School, Bootle – Decline in the number of Picture Postcards through the post.

12th: showery, oppressive, severe thunderstorm, one of the worst of recent years. Queen Alexandra and Princess Victoria in Athens – 89th Birthday of the Rev. L. C. Wood, vicar of Singleton and still in harness – Meeting of 15,000 Railway men in Hyde Park for shorter hours and increased wages.

15th: fair, sun, temperature 90 degrees – 81st Birthday of Tommy Dobson, the Cumberland huntsman, still "as lish as a cat" – Strike and rioting of Belfast dockers.

21st: showery, cold – Prince Fushimi of Japan visits Barrow; he leaves £100 for the workmen and Baron Goubey Yamamoti left £30 for the workmen's hospital fund – 85th Conference of Ancient Shepherds at Dunfermline – An inch of snow in Scotland.

24th: warmer, fine, severe thunderstorm in evening, Mr Arthur Baxter, South Ulverston, blinded and animals killed in various parts of the district – General Booth leaves Japan for China.

29th: fair, bright, cold – Mr. R. W. H. Woodburne, Thurstonville, appointed a County Magistrate – Arrival home of the Queen and Princess Victoria.

30th: dull, heavy rain – Annual Meeting of Ulverston Swimming Association – Prince Fushimi sends £100 for Barrow Charities – Motor International Tourist Races at the Isle of Man.

31st: wet – Lieut-Col Ainsworth's Will proved at £10,571 - Notable Tea Party of four at Cartmel, aged 84, 84, 83 and 78: total 329 years – Many acres of land intended for swedes still unseeded; swedes sown in June seldom do well in North Lonsdale, and missing May, common turnips are sown – Strike of French seamen at Marseilles and Havre.

CRAKE VALLEY HELP

We are a group of Crake Valley residents here to help during the corona virus outbreak.

If you are self isolated or house bound without support.

We can help with : shopping,
urgent supplies,
post,
dog walking
a friendly phone call

CALL 01229 357951

select option 5 for Crake Valley

This is not a medical Help Line

To Volunteer please join Crake Valley Help Facebook Group or phone 01229 357951 option 5 and leave a message.

Greenodd Village Hall

Coffee mornings/evenings, music shows and more

Find out what is going on in Greenodd Village Hall

www.greenoddvillagehall.co.uk

We are on Facebook… search for Greenodd & Penny Bridge Village Hall

Lowick and Blawith

Lowick Community Hall

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OR CONTACT ROB DOVE 01229 885647 OR LISA GRAVE 01229 861834

TRANSPORT DIFFICULTIES? WE MAY BE ABLE TO HELP

Cumbria County Council

Lowick, Blawith and Oxen Park Voluntary Social Car Scheme.

The Voluntary Car Scheme provides transport to members of the community of any age (under 16's must be accompanied by an adult, appropriate car /booster seats must be supplied) who cannot make their journey by public or private transport. The charge is £0.45 per mile travelled.

Typical journeys include hospital appointments and visiting, doctor's or dentist's appointments, shopping or transport to railway station.

The local contact number is 01229 885498

A THOUGHT FOR THE MONTH by Rev. David Gregg

MAY – VICTORY IN EUROPE

The 8th May is the 75th Anniversary of **V.E. Day.** War, of course, is no laughing matter, although a Scottish client did once tell me, with some glee, about a fellow countryman who was in a Bank very close to closing time, cashing a cheque for his business. He was slowly and carefully counting his baubies when an American behind him, getting frantic in case the till closed, said "Ah'd rather have *ten* Yanks in front of me than *one* Scotsman." The Caledonian lazily turned round and replied, "Aye – I mind that's just what Rommel said at the Battle of Alamein!"

Although I lived through the War as a child, my own experience of National Service was in the R.A.M.C. during the Suez Crisis. My basic training was done alongside Oliver Reed, soon to become a larger-than-life film actor. He never seemed quite as intimidated by the system as the rest of us. And only Olly would have had the nerve to try it on with a particular drill sergeant, unsurpassed when it came to sheer brutal, domineering terrorising of the raw recruits. We had come to the end of a particularly arduous forty minutes of his sadistic treatment. "Squad! Squad HALT!" came the order. Then, "Squad, Squad D-I-I-I-ISMISS!" A squeaky little voice (Olly's!) came from the middle of the platoon, "Ah, parting is such sweet sorrow." "Who said that?" roared the Drill Sergeant. "Shakespeare, Sergeant." came the quiet reply. We all hastily scarpered.

Hitler boasted that his Reich – *his* "reign of terror" – would last for a thousand years. It was overthrown in eleven! Once again, in keeping with the whole history of humankind, good had eventually triumphed over evil. There are some (including Her Majesty the Queen) who have rightly drawn a parallel with our present battle against the evils of the coronavirus. And just as the miracles of Dunkirk and the Battle of Britain and D-Day are seen by many as the triumph of good over evil, by the hand of Almighty God, in response to persistent National Days of Prayer, we too must make it our prayer that He will deliver us (albeit with much striving and trials and, sadly, casualties along the way) from this pestilence. And, of course, now as then, there is much goodness and heroism occasioned by the struggle. Perhaps a medal should be struck, when it is all over, for those in the front line who have borne the brunt of the battle.

(For further reading: Psalm 75. Ephesians ch. 6 vv. 10-18. Revelation ch. 12 vv. 7-11)

Questions? Worries? Chat?

The Vicar invites you to join him and others around the virtual table for a coffee and a chat.

Every Monday* where possible, from 2.00-3.00 pm the Vicar will be hosting an afternoon session on Zoom to answer questions, discuss concerns or just have a chat. If you would like to join him and possibly others dropping in, then all you need to run Zoom and join the meeting.

Meeting ID is **648-733-8111** and then enter the password is **883299**

*Please check the website Calendar to ensure that the Coffee with the Vicar session is being held that week.

Reports and News

Rusland Horizons Report

Living History Project

We are currently living through a historic period of time. One which will be remembered and spoken about for years to come. For many, this can be a time of reflection and contemplation, providing an opportunity to respond creatively to these new circumstances.

Rusland Horizons would like to invite you to be part of our Living History Project; sharing your experiences and capturing life in the valley and surrounding areas during the 'lockdown'. Record your thoughts, reflections, day-to-day life in your community in any way you like: through painting, drawing, writing, photography or even video.

Everyone is welcome to take part and share their experiences, get the whole family involved. Full details, ideas and information about how to send and share your experiences will soon be available on our website and Facebook page.

Wildflower and Birdsong of the Day

Follow our Facebook page where we are continuing to post a 'wildflower of the day'. A beautiful picture every day of a different wildflower plus interesting facts. We are also now posting a 'birdsong of the day'. Giving you various birdsongs to listen out for and learn about.

Rusland Horizons 2021 Calendar Competition

We are still looking for fantastic photographs for our first Rusland Horizons calendar. We have broadened the theme, which is now, 'A Rusland Landscape'. We hope to present the final twelve selected images at the Rusland Show in mid August. Full details for entry and submission are on the Rusland Horizons website.

For all the latest news, updates and information please visit the Rusland Horizons website http://www.ruslandhorizons.org or email hello@ruslandhorizonstrust.org, or Visit our Facebook page - https://www.facebook.com/RuslandHorizons/

Young Farmers Club Report

Emma, James and Alice Walmsley from Kent Estuary YFC have been working hard and showing exactly how young farmers help their local communities even when they're in lockdown. With several friends working in the NHS, they were only too aware of how uncomfortable the protective masks were, rubbing behind ears and causing pain and discomfort. The solution – special head bands with buttons that the masks can hook onto.

The 3 siblings have set up a production line along with others in their community to produce the headbands, using old t-shirts and a template they found online which they tested and amended to make sure that it was just right. The first batch of headbands have been sent to the Royal Lancaster Infirmary. The second are destined for the Royal Preston Infirmary and some of the headbands are also making their way to Bristol Royal Infirmary care of a neighbour's daughter who works there.

Emma, James and Alice have made over 100 of these headbands for their local hospitals. Fantastic work, well done!

Emma Walmsley

James Walmsley

Alice Walmsley

Not a huge amount to report – clubs are staying in touch via social media and have found a variety of ways to keep themselves occupied; virtual stock judging and a number of competitions, such as Limerick, decorated cakes, guess the baby competition. 20 out of our 25 clubs have made Loo Roll Challenge videos which are keeping spirits raised!

Stay safe and please get in touch if you need any further information!

YFC Spotlight

This is our Southern District President, John Garnett (or also known as Speedy).

John is a former member of Kent Estuary YFC, where he was club Chairman twice, and then went on to be Club Leader, Advisory and also President of the club.

John is a 4th generation Dairy and Sheep Farmer at Ackenthwaite Farm, Milnthorpe, where he farms 500 acres; milking 200 Holstein Friesian cows and lambing 550 breeding sheep.

John's proud moments from his time as a member include being elected as the Southern District Chairman and also the County Social & Competitions Chairman. He also has lots of fond memories; from National AGMs and Southern District holidays to competing at the Royal Smithfield Show from the age of 13.

John is married to Caroline and they have three children; Aimee, William and Ella (Aimee & William are members of Kent Estuary YFC). In his spare time, John enjoys shooting, watching horse racing and football and playing pool.

John has been on the National Judging Panel for the Holstein Society and then the Holstein Friesian Society since the age of 16. This has given him wonderful opportunities to Judge Dairy Cows in England,

Scotland, Ireland and Wales, including at the Dairy Event and the Royal Welsh Show. He was scheduled to judge at the Royal Highland Show this year, which has sadly now been cancelled.

Citizens Advice

I bought tickets for an event which has now been cancelled because of coronavirus. Can I get my money back?

If an event is cancelled, your refund rights will depend on how you bought the ticket.

If you bought your ticket from an official seller and the event is cancelled due to a government ban, you should get a refund. This is the case even if the organiser reschedules, or holds an event behind closed doors. The official seller is the best person to ask about how to get a refund.

If you bought your ticket from a ticket-reselling website, refunds will depend on the site's terms and conditions.

If you bought from a private seller and the event is cancelled or rescheduled then it is unlikely you will be able to recover your money. We recommend you contact the seller. Unfortunately we've found that in these situations scammers prey on those who are affected. If people or companies offer their services to recover money on your behalf for a cancelled event make sure that you're looking out for the signs of a potential scam.

In happier times, if ticket holders simply change their mind about going to see an event which is still going ahead, they have no legal right to a refund.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. South Lakes Citizens Advice is still delivering a service - Telephone and Digital Advice. How to access:

- Call 015394 46464 - this is being staffed from 9:30 - 12 noon
- Adviceline: 03444 111 444
- Email advice via our submission page on our website www.southlakescab.org.uk
- Help to Claim (Universal Support): 0800 144 8 444

Conserving Coniston & Crake

We managed to have 2 tree planting sessions with volunteers before all the necessary Coronavirus (Covid-19) restrictions came into force. Trees were planted along sections of Smithy Beck and also by the River Crake at Spark Bridge. Whilst planting at Spark Bridge we watched dippers flying up and down the river – always a thrill to see!

The community tree planting event that was planned for the end of the month for obvious reasons didn't take place. However, my furloughed husband and I did complete the main area, planting 60 trees including rowan, grey willow, downy birch, hornbeam, aspen and alder buckthorn.

In Search of the Salmon - the Water and Wildlife Sculpture Trail is now complete, waiting for you to discover it when it is safe to do so. It highlights iconic aquatic species and the work of the project. The sculptures are amazing, set off beautifully in stonewalls so take a look on the website for the photographs, which will have to do for now.

Tree planting at Spark Bridge

In Search of Salmon sculptures

The Coronavirus restrictions are impacting on much of our work for now and we feel a little frustrated that we can't get out to finish off more jobs, carry out surveys and have our events but quite rightly the health of the nation comes first.

Nature will continue to flourish, the birds are still singing and wildflowers will still grow, perhaps even better without our polluting and littering. When the crisis recedes, hopefully without much more suffering, nature will be there for us to embrace it once more; to gladden our hearts and restore our minds.

Email: kath@scrt.co.uk Tel:**07825873109** Tel:**01539 530047** www.ccc.scrt.co.uk

Northern Inter-Schools Christian Union—Fun Run Report

"I bet Charlie runs between his lunch groups", Ruth Evans quipped at one of our NISCU team days last autumn. Nick's ears pricked up, his head turned like an owl and he chortled, "that's not a bad idea for a fundraiser!" And thus, the Fun Run was born.

The aim was to run between the four secondary schools in the Furness area. We would start in Millom at Millom School and run through Broughton to Dowdales in Dalton. From there we would go to Ulverston Victoria High School before finishing at John Ruskin School in Coniston. The route would be roughly 40 miles. As a runner I was confident of my ability, but anything beyond a marathon distance is never a guarantee.

Nevertheless at 9am on Saturday 14th March I touched the gate at Millom School and set off heading to Broughton. There was a fantastic gathering in Broughton where members of the local community and church came out to hear a bit more about the work of NISCU. Rev Stephen Tudway prayed for myself and the work before sending me on my way in the company of Andy Connor. Andy and I made good progress through to Kirkby-In-Furness before being hampered by some slow muddy ground around Ireleth. Dalton was probably the toughest section for me.

After a quick photo at the sign of Dowdales we headed for Dalton zoo where we would encounter a bit of a problem. The route had us running through the zoo but when we got to the zoo, there was no path! Quick thinking from Joanna got us onto a new route down the A590 and heading for Swarthmoor where we would pick up the route again. Matt quickly snapped the photo outside UVHS and it wasn't long before we met the others at Ulverston Parish Church.

There was a lovely welcoming committee at Ulverston Parish Church where they had hosted a cake sale. I was in good spirits

having just reached the marathon distance and having 16 miles ahead of me. After being prayed for by trustee, Mat Inneson, we headed up the Cumbria Way to Coniston. The lovely welcoming committee at John Ruskin School were out in Lake Road beckoning us in and it was fantastic to have reached the end.

God's hand was over the whole event, through the various separate venues and the conversations to the run itself, God was working miracles throughout the day. This was always far more than a run, it was about ensuring the Christian Secondary Schools work continues in the long term so that schools are served by their local church community and staff and students can come to know Jesus for themselves.

Thank you again for your continued support! We really value you and all you do for us and the schools we serve. Please do continue to pray for the schools work in the Furness area and for the sustainability long term. If you would like to find out more then please do get in touch with either myself or Nick.

Every blessing, Charlie Day

The full report and details can be found at **www.niscu.org.uk/furness**. You can contact Charlie at **charlie.day@niscu.org.uk** or **07788 187718**.

Learning by Questions - LbQ

(Helping parents with children at home)

Tony Cann, former Chair of Brantwood, is founder of a company producing educational materials for schools. His team in Blackburn has developed LbQ over the past 15 years. It is a great tool for use by teachers in classrooms, but has been adapted to be available for parents to help with teaching their children at home. He is making this available free of charge to families during the current crisis. He has asked that we let parents know about it. Perhaps if you find it useful let other parents you know about it too.

Its strength derives from superb sets of graded questions and all with responses for wrong answers - the students not only answer at their own speed but learn and retry from their wrong answers. In its designed form LbQ is a professional system for use by teachers and students.

"To help parents in the current situation we have developed an easy to use and quick way for one child to use a question set relevant to what they might be doing at school at this time and benefit from the feedback and learn – parents might learn a thing or two as well!"

https://www.lbq.org/home is the way in for parents and https://www.lbq.org/ is the main site for teachers

"LbQ Home" is free and better than anything on the market, for which some companies charge £5 to £8 a month. You need a tablet or a computer and Wi-Fi.

CORONAVIRUS - SEPARATION

Death is always wrong. Every time I encounter a death, or hear of a death, I am always disappointed and feel a deep sense of wrong – death just feels wrong. There is a part of me that just wants to cry out, "This is wrong!".

The strange thing is though, that it is not death itself or the process of dying that feels wrong; aging and dying seem natural and normal. No, it is the finality of death that feels wrong. It is the finality, the coming to the end of a relationship, that I will never see that person again that feels wrong.

If I was being honest, it is the **SEPARATION** that death brings that feels wrong, not the dying.

And this feeling of separation has been made much worse by the Coronavirus outbreak. People we know or people we have heard about who have died and who we will never see again – separated for the rest of our lives. And for those who are mourning it has been made much worse, because we cannot be near them, we cannot comfort them, we cannot hug them. And even if someone we know has not died, there is still the impact of self-isolation and social-distancing that has amplified feelings of **SEPARATION**.

But does God – in His splendid self-isolation of heaven – understand or care? As we shed tears for deaths that should not have happened, and as we refrain from hugging our loved ones, does God really understand and care?

Well, during the Easter period, Christians remember Jesus' Crucifixion on Good Friday and Jesus' Resurrection on Easter Sunday. But there is a day in-between, the Saturday, called Holy Saturday. And as the old hymn says, "*His body bound and drenched in tears. They laid Him down in Joseph's tomb. The entrance sealed by heavy stone, Messiah still and all alone*". Jesus lay dead and all alone in the tomb on that Saturday. He was separated from his family and friends, but most of all he was separated from his Father in heaven. And God the Father felt and knew **SEPARATION** from His son, His only son, Jesus.

When we are tempted to despair, when all we want to do is cry out, "This is wrong!", then know that God Himself has felt this very same way, and understands and cares. But also know that Jesus' separation from his Father was to end our separation from the Father and from each other.

Therefore, in the same way that we know the lockdown will end, and that we will be reunited with each other, so we know that Jesus' Resurrection promises an end to all **SEPARATION** forever.

Brian Streeter

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Christian Aid Week 2020

From Sunday 10 May

In these strange times it can be difficult to know what day of the week it is, let alone what month; but May always brings Christian Aid Week and in that respect this year is no different to any other.

But life is different and so is this important week in the year. This year we cannot distribute the familiar envelopes nor can we go round all the houses collecting your valuable gifts. Not just in Coniston but across the UK. So, that means the amount Christian Aid can give to its partner organisations to do work across the world will be hit and hit hard.

But the needs are not changed; they continue and, in many places, and in many ways, they increase.

Let me tell you about Rose. She is 67 years old and lives in Kitui in Kenya. Kenya is one of so many countries badly affected by the way their weather has changed over the last 20 years or so. In Kitui 8 out of 10 people rely on rain to grow crops for food and to earn a living but changing weather patterns mean they are now struggling to survive a prolonged drought. Rose strives to provide water for her grandchildren, with a long and dangerous journey to collect water every day. The average life expectancy in Kenya is 65 for men, 70 for women; Rose is 67. Yet she still has to make this "journey for life" every day. "Because I am old I can't walk very fast," she says, "When I get home I just rest in the evening. I have no energy to do anything else."

How brilliant it would be if she could have a source of water near her home and community!

And that has happened for Florence. She has strength and power, thanks to an earth dam built for her community with the help of Christian Aid. Now she does not have to make the journey imposed on Rose. Now there is water at hand for cooking and washing and now there is water for a community vegetable garden set up by local women. It wasn't always like that for Florence. She had 4 children and after her husband died life became very difficult. "But God helped me and now I have gained strength." Her life has been renewed.

You can watch more of Florene's heart-warming story at www.christianaid.org.uk/appeals/key-appeals/christian-aid-week/resources

What can we do to help Rose and so many others, this year, with the restrictions we have and the effects they are having?

Christian Aid always offers 3 channels of help.

Give We can still give, even without the envelopes coming round. At any time, you can go to www.christianaid.org.uk and make a donation. Please, please think about doing this during the week commencing 10 May 2020. There is also the opportunity to make regular donations and this is becoming ever more important an aspect of maintaining Christian Aid's income.

And don't forget Gift Aid if you pay Income Tax.

Act The underlying cause of Rose's daily difficulty is the way the climate is changing. Rose said, "When I was a young girl, the rainfall we received was enough and there was plenty of food. Because of climate change and drought, I worry a lot about food. I pray to God that the rain will fall."

We will not stop Climate Change this week, but together we can make a difference; by the way we live and by getting governments to act. We want justice for all. Please, if you have not already done so, sign the Climate Justice Petition at www.christianaid.org.uk/campaigns/climate-change/climate-justice-petition where you can also find details of what Christian Aid is doing in tackling this global menace.

Pray Join your prayers with those of Rose and Florence and millions of others, every week and particularly during Christian Aid Week 2020; prayers of thanks and praise and prayers for a more just sharing of the earth's resources.

Thank You

Heartwarming Stories

This month there is no What's On list as events have been cancelled or postponed indefinitely. Nevertheless, even with people having to continue to self-isolate and practice social distancing, there have been notable demonstrations of neighbourliness and social action.

Therefore, if you have a **heartwarming** story or an example of someone being a **good neighbour** then please do share it by sending the story in to the editor, and we will make sure that the community knows.

Please email to **editor@conistonandcrakechurches.co.uk**

June Magazine

Please can all items, news, advertising enquiries and "What's On" events for this Magazine be emailed to the editor at **editor@conistonandcrakechurches.co.uk** by **May 15th**, or phone **07884 232281**, or to Jean Johnson if that's more convenient : **enquiries@conistonholidays.co.uk** or tel. **015394 41319**. If you don't have access to a computer you can leave items at the Vicarage but please give plenty of time to convert them to electronic format.

Calling all photographers!

If you have photos of local interest, perhaps not landscapes, that would be suitable for the cover of a future Magazine please email in as above. This month's cover photo is of Kingfishers at Spark Bridge by Harry Welch. We also have a gallery of contributed seasonal photos of our beautiful area on the website **www.conistonandcrakechurches.co.uk.** Please continue to send your images of life and work in the parishes to **editor@conistonandcrakechurches.co.uk**

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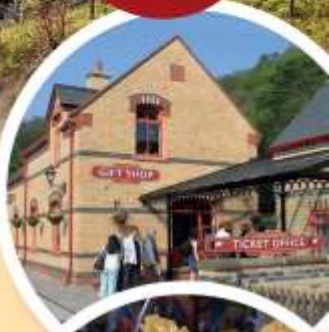

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