

Coniston and Crake Valley News

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



November 2020 www.conistonandcrakechurches.co.uk

The Coniston and Crake Valley Benefice

"To Grow, Witness and Love Like Jesus"



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Pastoral Letter

Dear friends,

How has the lockdown in its various forms been for you? We are in month nine of the preventative measures set by the government and it looks like these will continue into the New Year in one shape or another. The wearing of masks has become routine, sidestepping oncoming pedestrians may soon become a new 'Strictly' dance routine, the lack of face to face contact with some may be a blessing, but sadly face to face contact with loved ones may only be possible by phone, tablet, laptop or computer. One blessing for our family was a Zoom birthday celebration for an aunt on her 80th birthday. We had participants from across the UK joined live by family and friends in New Zealand and Florida. The technology enabled us to see one another and chat and laugh together.

Being British we have a moan and groan about the restrictions but generally we just get on with it because we know it is for the common good. The closure of church buildings and the limitation on forms of worship has changed our Sunday worship and Christian fellowship. The choices at the moment are either a Church service with limited numbers, hymns and songs on video but no singing, no wine at communion, no shaking hands or embracing in the peace or fellowship over coffee afterwards, or, a Zoom on line service. I have enjoyed both and found something meaningful in both forms.

Folk I have spoken with say they miss our Christian fellowship. Henri Nouwen was a Dutch Catholic priest, professor, writer and theologian; his interests were pastoral ministry, spirituality, social justice and community. On Christian fellowship he said, "Such are the gifts of Christian community: listening, sharing, worship, prayer, music, books, images, ways of resting and eating, walking and talking, laughing and crying – sacred time and space set apart to "taste and see that the Lord is good" (Psalm 24:8)".

This we have sacrificed for the common good, for brother and sister in Christ, for neighbour and friend, for loved ones both near and far, and as our faith declares, out of sacrifice comes new life. Our sacrifices are not in vain and we are not alone in making them. Our fellowship continues in the sacrifices we make.

It would be all too easy to hunker down and pull the duvet over our heads and wait for the storm to pass. To go it alone and focus on self-preservation. To resist the Lord's call to 'Come' and instead become so self-absorbed in our fear that we are afraid to poke our head out from under the duvet and hear His voice calling over the storm. Let us not allow our desire to 'Stay' drown out the Lord's call to us to 'Come'.

The fellowship we enjoy and miss so much has its root not in a particular church or form of worship or personality, but rather in Jesus Christ. We are united in Him by the Gift of the Holy Spirit present in the hearts of those who own Jesus Christ as their Lord and Saviour and have committed their life to Him, as He did for them. Such fellowship transcends parish boundaries; such fellowship greets another Christian as a brother or sister in Christ not as a competitor or enemy. Such fellowship has the concern of all at heart, not merely self-preservation. This is fellowship born out of Christian love not worldly fear. The Lord still calls to us, yes, even in the circumstances we experience today. Can you hear Him?

In the Old Testament we hear God's promise, "I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of

flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.” Ezekiel 36:26f. We are joined by this same Spirit; this promise is fulfilled in the Christian today. In this promise we can still experience true fellowship. Those we sat amongst are still our brothers and sisters in Christ. Those with whom we shared the peace still care for us. Those we shared communion with are still one with us. The fellowship cannot be broken unless we choose to ‘Stay’ rather than ‘Come’.

If we remain in such fellowship then the evidence is shown through concern for fellow Christians, not isolation and self-preservation, by working for the good of the whole community not preferential treatment for the few. It is by the same Spirit we hear our Lord's call to, “Come”. We are not alone; we are still in fellowship with one another. ‘Come’. Can you hear Him? Are you listening? Come!

Harry

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 Thursdays at 10.00am and Saturdays at 6.00pm.

For further information contact Father Matthew Jacob on 01229 779673.

Coniston Christian Fellowship LA21 8AL

During the month of November we are meeting on Sunday mornings. For more information, including the venue, please contact Alex and Ruth Stewart on 015394 49539. 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 the suspension of public worship has been lifted in the Diocese of Carlisle.

Please refer to the benefice website for the latest information on the provision of worship and the associated risk assessments, and note that face masks must be worn

Church Services for November 2020

1 st All Saints' Day			
St. Luke Lowick	9.30am	Holy Communion	Rev Harry Welch
St. Luke Torver	10.30am	Zoom Service	Rev Brian Streeter
Holy Trinity Colton	10.30am	Zoom Service	Rev Brian Streeter
St. Andrew Coniston	10.30am	Zoom Service	Rev Brian Streeter
St. Mary Penny Bridge	10.30am	Zoom Service	Rev Brian Streeter

8 th Third Sunday before Advent (Remembrance Sunday)			
St. Luke Torver		No Service	
St. Luke Lowick	9.30am	Morning Worship	Richard Wood
Holy Trinity Colton	10.30am	Morning Worship	Donald Wroe
St. Mary Penny Bridge	10.30am	Holy Communion	Rev Brian Streeter
St. Andrew Coniston	10.45am	Worship For All	Peter Fox

15 th Second Sunday before Advent			
St. Luke Torver	9.00am	Holy Communion by Extension	Peter Fox
St. Luke Lowick	10.30am	Zoom Service	Rev Brian Streeter
Holy Trinity Colton	10.30am	Zoom Service	Rev Brian Streeter
St. Andrew Coniston	10.30am	Zoom Service	Rev Brian Streeter
St. Mary Penny Bridge	10.30am	Zoom Service	Rev Brian Streeter

22 nd Sunday next before Advent			
St. Luke Torver	10.30am	Zoom Service	Pamela Hull
St. Luke Lowick	10.30am	Zoom Service	Pamela Hull
Holy Trinity Colton	10.30am	Zoom Service	Pamela Hull
St. Andrew Coniston	10.30am	Zoom Service	Pamela Hull
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter

29 th First Sunday of Advent			
St. Luke Torver	10.30am	Zoom Service	Rev Brian Streeter
St. Luke Lowick	10.30am	Zoom Service	Rev Brian Streeter
Holy Trinity Colton	10.30am	Zoom Service	Rev Brian Streeter
St. Mary Penny Bridge	10.30am	Zoom Service	Rev Brian Streeter
St. Andrew Coniston	11.00am	Holy Communion	Rev David Bickersteth

Parish Prayer Diary November 2020

1st: Sunday, the first day of the week

Our God is holy and his glory is proclaimed in every age: as we rejoice in the faith of his saints, may he inspire us to follow their example with boldness and joy.

2nd: Pray for pupils and all staff returning to school after the half-term break.

3rd: Pray for the ENMO Parish Council meeting this evening.

4th: Join with Christians across the benefice at 10am for an hour of prayer at home, praying for family, our community, our nation and the needs of the world. Pray for benefice staff team meeting this afternoon and St Mary's PCC meeting this evening.

5th: Pray for Christians in Sudan: that they will be freed from the oppression and restrictions they face both in living out their faith and in sharing it.

6th: Pray for all who work to produce our food; pray especially for those in the farming industry engaging with government about changes to subsidy payments.

7th: Pray for those who are struggling with their mental health.

8th: Sunday, the first day of the week (Remembrance Sunday)

Pray that our God, who alone is our refuge and strength, may bring near the day when wars shall cease and poverty and pain shall end and the earth may know the peace of heaven through Jesus Christ our Lord.

9th: Pray for our local Councillors, and those participating in the Blawith & Subberthwaite Parish Council meeting this evening.

10th: Pray for those who work in our police, firefighters and ambulance services.

11th: On Armistice Day, we remember those who died in the service of their country during two world wars and the many conflicts since, praying comfort for those who mourn and healing to those wounded in body, mind or spirit.

12th: Pray for *The Prayer Course* as the discussion / study Zoom sessions continue this month.

13th: Pray for the fellowship of Alcoholics Anonymous, its members and newcomers.

14th: Pray for Christian Aid staff who face danger and deprivation in their work delivering front-line disaster aid and now have to contend with Covid-19.

15th: Sunday, the first day of the week

Pray our faithful Lord may stir us from apathy, restrain us from excess and revive in us new hope that all creation will one day be healed in Jesus Christ our Lord.

16th: Pray for the victims of faith-based abuse, reported or not; pray they get the understanding and help they need through contact with *Safe Spaces*, a support service run by the national charity Victim Support

17th: Pray for hospital staff nursing directly patients with coronavirus, especially

nurses who are feeling overwhelmed or exhausted.

18th: Pray for areas where wildfires have destroyed homes and communities.

19th: Pray for this evening's meeting of Lowick Parish Council.

20th: Pray for children living in poverty in this country who have poor health, reduced opportunities to succeed in life and are vulnerable in many ways; pray also for those people and organisations working to eradicate this situation.

21st: Pray for refugees fleeing their troubled homeland to find safety and peace.

22nd: Sunday, the first day of the week – Christ the King

May the Eternal Father stir up the will of His faithful people, that hearing the call of Christ the King and following in His service, they bring forth the good fruit of the Spirit as they live and move within the Kingdom that has no end.

23rd: Pray for ordained ministers serving the church in these difficult days, that remembering Jesus' call they may be refreshed and inspired in their service.

24th: Pray for those working in local authorities, faith groups and charities addressing homelessness during the pandemic and as winter approaches.

25th: Pray for former prisoners who need to find accommodation and work.

26th: Pray for the science community seeking a safe vaccine against Covid-19.

27th: Pray for the unpaid carers in the UK; pray especially for children and teenagers who support a dependant parent.

28th: Pray for our local foodbanks and Citizen Advice services.

29th: Sunday, the first day of the week – Advent 1

As we begin a new Church year, we recommit ourselves to turn from the darkness of sin to the light of holiness, that we may be ready to meet Jesus, our Lord, our King, our Saviour when He comes or calls.

30th: Pray for people who lack basic sanitation and suffer sickness from unsafe water; pray also for organisations working to address this issue.



Soultime Christian Meditation

Anxiety, Sleep Help & Bible

"Soultime is a beautiful, quiet and accessible way of drawing close to God in Jesus day by day. I warmly recommend it to you." **Archbishop Justin Welby**



Prayer Hour, At Home

4th November, 10am – 11am

Although for the time being we cannot physically meet together in a church building, our prayer fellowship can still pray, each at the same hour, in the safety of our own homes on the first Wednesday of each month. If you can join in at 10am on 4th November please use this format to guide your prayers as we pray together.

Settle into this hour of prayer by reflecting on the opening three verses of Psalm 5

*In the morning, Lord, You hear my voice;
In the morning I lay my requests before You
And wait expectantly*

And as we begin our time together, we say the prayer Jesus taught us:

*Our Father in heaven, hallowed be Your name
Your Kingdom come, Your will be done on earth as it is in heaven
Give us today day our daily bread
Forgive us our sins, for we also forgive everyone who sins against us
And lead us not into temptation, but deliver us from evil.
For Yours is the kingdom and the power and the glory for ever.
Amen.*

During this quiet hour...

hold before the Lord, the matters that weigh heavy on your heart, situations you have seen in the media, items or issues from the prayer diary which especially speak to you;

pray for your family, your neighbours, your community contacts;

the Christian fellowship in the Benefice of Coniston and Crake Valley;

the Church across its national and international denominations;

pray for our Country and the Nations of the world.

Take time also to be still, to listen to the gentle whisper of God.

Finally, we close our prayer hour with the words of The Grace:

*May the grace of our Lord Jesus Christ and
the love of God and the fellowship of the Holy Spirit
be with us all, evermore. Amen.*

AROUND THE PARISHES

Colton

All the residents of the village of Bouth and Colton parish, want to congratulate Dot & Ron Meians on the celebration of their 60th Wedding Anniversary on Friday 6th September. It is great to have some good news to celebrate!



A few of regular Colton churchgoers, enjoyed a very peaceful, spiritual, service on Sunday 4th October. The quiet music was beautiful and Donald preached very simply and meaningfully. We were all sitting very separately from each other, and wearing our masks, and we would like to invite more people to come to the services, next one, the service of Remembrance, on Sunday 8th November. It is important to reflect on the past tragedies of World

Wars and pray for the innocent people suffering from continuing uprisings.

Judy Redhead

Coniston & Torver

Rainfall, Garden House, Coniston, August 2020

Total - 364.4mm (14.4ins)
Wet days - 20, More than 1mm on 17 days
Wettest day - 25th - 69.0mm (2.7ins)
Wettest August since 1962



Rainfall, Garden House, Coniston, September 2020

Total - 174.0mm (6.9ins)
Wet days - 15, More than 1mm on 11 days
Wettest day - 2nd - 64.0mm (2.5ins)

Coniston Institute and Ruskin Museum – November 2020 events

THE RUSKIN MUSEUM—The Museum will be moving to reduced Winter hours from Monday 9th November. We will then be closed every Monday but open Tuesday to Sunday from 10.30am with last entry 3pm. For more details on visitor safety procedures for the Museum please visit our website www.ruskinmuseum.com.

Free Entry: Residents within the parishes of Coniston and Crake Churches are reminded that there is free entry to the Museum for the remainder of the year. Please bring either proof of your address or a copy of this magazine. We look forward to welcoming you

Campbell100. Throughout 2021 The Ruskin Museum and Coniston Institute are planning a series of events to mark the 100th birthday of Donald Campbell.

Part of this will be the showcasing of photographs of 'Donald in Coniston', focusing on his time here in Coniston, the village community he loved. We already have some great photos in the Museum collection, but we would like to add more. If you have any photos or memorabilia from that time and you would like to share them, please get in touch with Helen or Jamie at the Museum 015394 41164

CONISTON VILLAGE INSTITUTE—Bookings for The Institute Main Hall and Reading Room can now be made subject to specific guidelines for the safety of

service users. If you would like to discuss a possible booking and the guidelines in place please contact Tracy Hodgson, General Manager on 015394 41823

Live Music and Theatre at Coniston Institute. With the nights drawing in and the village settling to winter it's great to think there might be entertainment in the Village Hall, and the chance of a night out as usual.

Thanks to Sam Clarke's hard work and passion for bringing live music to Coniston Institute we are still hopeful that the programme of music events for the Autumn/Winter season will be able to go ahead. Live Theatre is also on the cards with the return of James Rowland for another one man show, many of you will remember his brilliant 'Revelations' from last November.

TEAM VIKING by James Rowland



★★★★★ 'Joyous – heart-lifting and incredibly moving... as accomplished a piece of storytelling as you could hope to see' *The Stage*

Thanks to funding from the Parish Council and the support of Jago Miller's expertise we are planning to pilot the live streaming of some events. Our aim is to reach members of our community and regular audience who, for whatever reason, cannot attend but would still enjoy being part of the evening.

With the current covid situation anything could happen, and our main concern is the safety of visiting artists and our audience. Plans for the events are being very carefully made following the current Covid19 safety rules and we will be keeping a close eye on any changes introduced by the Government in the forthcoming weeks.

Potential dates for your diary between now and Christmas:

Saturday November 21st - The Ukulele Uff Trio

Saturday November 28th - James Rowland, 'Team Viking'

Saturday December 12th - Holly Clarke and guests

Please keep up to date with what is happening by checking our notice board, following us on Facebook and Instagram, or checking our website. If you have any questions please give Helen a ring on 07583 371275

Remembrance Sunday in Coniston

Given the strange circumstances we find ourselves in with the coronavirus pandemic, and the ever-changing restrictions and guidance, then there has been some speculation as to whether we would be going ahead with our annual Act of Remembrance and Remembrance Sunday service.

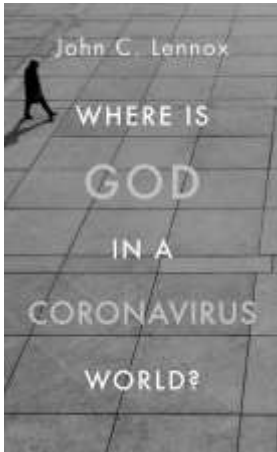
We would like to reassure our readers that the Remembrance Sunday service with the Act of Remembrance will be proceeding as usual, as it will in all the churches in the Crake Valley where they are normally held—please refer to the "Church Services for November 2020" on page 5.

Naturally, social-distancing and other guidance will need to be followed, however, we



intend to keep proceedings as normal as possible.

Where is God in a Coronavirus World?



Christians Together in Coniston, which represents all the churches in Coniston and the surrounding area, are offering free copies of John Lennox's book, "Where is God in a Coronavirus World?". As the book's introduction says:

"We are living through a unique, era-defining period. Many of our old certainties have gone, whatever our view of the world and whatever our beliefs. The coronavirus pandemic and its effects are perplexing and unsettling for all of us. How do we begin to think it through and cope with it?"

John C. Lennox is Emeritus Professor of Mathematics at the University of Oxford and Emeritus Fellow at Green Templeton College.

If you would like a copy of the book or simply to have a conversation then please do contact **Alex Stewart** on **015394 49539** or **Brian Streeter** on **07505 048736**.

Christians Together in Coniston Annual General Meeting

Christians Together in Coniston will be holding their Annual General Meeting on Sunday 15th November, at 3.00pm as a Zoom meeting.

This meeting is open to all to hear about the past year's activities and to look forward to the year ahead. If you would like details to join us at the AGM Zoom meeting then please contact **Graham Ransom** on **01229 583198** or **Alex Stewart** on **015394 49539**

Egton cum Newland

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

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.

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.



Lowick Community Hall

LOOKING FOR A GREAT VENUE FOR YOUR CLASSES,
MEETINGS OR PARTIES?

LOWICK COMMUNITY HALL IS WARM, SPACIOUS, VERSATILE AND
COMFORTABLE *AND OFFERS EXCELLENT VALUE FOR MONEY*

*SINGLE BOOKINGS: £20.00 FOR UP TO FOUR HOURS

*SIX OR MORE BOOKINGS PER YEAR: £13.00 FOR UP TO FOUR HOURS

ACCESS TO FREE WiFi AND DATA PROJECTOR

ALSO AVAILABLE FOR FULL DAY EVENTS

FOR MORE DETAILS AND TO CHECK AVAILABILITY GO TO WWW.LOWICK.ORG.UK

OR CONTACT ROB DOVE 01229 885647 OR LISA GRAVE 01229 861834

Lowick with Blawith

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

Macmillan Afternoon Tea Boxes

A sincere thank you to everyone who supported our event to raise money for Macmillan Cancer Support. This was in place of the Coffee Morning we usually hold at Water Yeat Village Hall, which had to be cancelled due to Covid restrictions.

Grateful thanks to all the people who donated cakes, jam etc for the stall which helped to raise extra funds. We were overwhelmed by the number of orders we received and had to stop when we got to 131 boxes! Thanks to all the generous donations we raised £2,780 for Macmillan Cancer Support, way beyond our expectations!

A massive thank you to our local community for making this such a successful and worthwhile event.

**MACMILLAN
CANCER SUPPORT**

Anne Thompson

Reports and News

Young Farmers Club Report

Cumbria YFC Tractor Run—"Protect Our Farming Future, Save Newton Rigg"

Upwards of 80 tractors took part in the Cumbria YFC Tractor Run in support of Newton Rigg College on Sunday 20th September. Young Farmers from throughout the county made the strength of their feelings known about the closure of Newton Rigg by taking to the county's roads on a warm and sunny Sunday.

Tractors set off from Broughton in the South, Drigg in the West and Longtown in the North of the County with the lead tractors hauling a trailer carrying a very important

message "Protect our Farming Future, Save Newton Rigg College". Many thousands of young farmers have passed through the college's doors since Newton Rigg opened and Cumbria YFC County Office has been situated at the college for over 80 years.

Cumbria YFC County President, Mrs Judith Emmott commented, "Newton Rigg is not just an Agricultural College, it provides a variety of courses, giving young people amazing opportunities to further their education. It is where lifelong friendships are

formed and it gives them the grounding and support that will set them up for life. For the Agricultural students they have the benefit of a state-of-the-art Dairy Unit and the only working Hill Sheep Farm in the Country. The investment in the facilities for the nurturing of students has been outstanding and as a County we must fight to keep the College moving forward. The number of students wanting to attend in the future is surely a sign that Newton Rigg is a vital educational facility that we must do everything possible to keep the college open. The Tractor Run is the Young Farmers way of showing everybody how much the College is valued".

Neil Curr, County Chair of Cumbria YFC confirmed, "We currently have over 1500 members, many of whom attend or were planning on attending the college, making use of not only the farming and agricultural courses, but also forestry, agricultural engineering, animal care, public services, horticulture, game keeping, beauty and child care. The loss of the college would have a great impact on the future of many young people. The busy nature of farming means that for many, travelling outside of the county for education and training may not be an option meaning that learning and keeping up with new ideas may suffer. At a time when food standards, responsible farming and good quality home grown food is becoming more and more important, it is essential that Cumbria future proofs its farming and agriculture ensuring it is fit for purpose. To do this we need to make sure that the farmers of the future have the best education and training possible. Cumbria is the 2nd largest producer of milk and red meat in the country and it is really



important that young people who work in or are wanting to work in agriculture and farming get the opportunity to access the most up to date technologies and developments to keep us at the top of the game. Without Newton Rigg College, the future and quality of farming within the county is at great risk”.

John Stevenson, MP for Carlisle congratulated the young farmers on their endeavour. “Newton Rigg College is an extremely important further education and training provider for the local area. I hope Cumbria YFC had a successful tractor run in support of the college. A different challenge, which I hope they enjoyed.”

Originally planned for August, the Tractor Run was rescheduled due to Eden being on the “watch list” for Covid-19 at the time. With strict Covid-19 protocols in place and Chief Stewards on hand to direct the proceedings, the young farmers were finally able to show their support for the college.



MP for Penrith and the Border, Dr Neil Hudson welcomed the young farmers at the end of the Tractor Run and spoke to them about his work in trying to secure a future for the college. Dr Hudson commented “It was humbling and heartening to join with Cumbria Young Farmers' Tractor Run in

support of Newton Rigg. Huge thanks to everyone who made this special occasion possible. This is the next generation of farmers. They have shown loudly and clearly what this vital Cumbrian College means both to them and our UK farming future. We will keep working hard to try to save Newton Rigg and the Government-led Strategic Review that I have triggered and is now evaluating management bids coming forward gives us the best chance of achieving that.”

Cumbria YFC would like to thank all those who helped ensure the Tractor Run went smoothly, especially Chief Stewards Messers Richard Gardiner, John Garnett, Alex Sibbald and Stephen Procter. Grateful thanks also to Mr Tony Blackburn of Newton Reigny Trailers for the use of his field and to Mr and Mrs Blaylock of Hallburn Farm Longtown for the use of their yard as the Longtown starting point.

Cumbria YFC Southern District Club Officer Training

A fantastic night of Southern District Club Officer Training at Lane Farm took place on the evening of Thursday 1st October. Officers from the 10 Southern District clubs gathered (socially distanced!) to take part in their annual Officer training event. Trainers and Cumbria YFC Advisory members: Paul Barrow (Eden Valley YFC) and James Taylor (Crook YFC) lead the Secretary training whilst Emma Williamson (Eden Valley YFC) and Dan Asplin (Kent Estuary YFC) took the Chairs training. County Treasurer Kevin Batty oversaw the Treasurer training. The young farmers present agreed it had been an excellent night and felt that the training would be very useful in helping them to fulfil their club officer roles. The evening also gave the young farmers a long over-due opportunity to meet up with each other for the first time in over 6 months.



Southern District Chair William Longmire and Vice Chair Jess Rogerson helped

organise and supervise the evening, ensuring that covid protocols were in place and social distancing was adhered to. Cumbria YFC Chief Officer Joanne Mills commented that “It was the first time we’ve ever had to take a tape measure to officer training, but it was a great night and meeting up again really gave the young farmers a boost!”.

Junior Reading District Finals

The District Finals of the Junior Reading District Competition held at PRUFC, Penrith and Lane Farm, Milnthorpe saw the young farmers gather in a socially distanced manner to read excerpts from “Stig of the Dump” by Clive King. A great evening was had by all with the judges commenting on the excellent reading skills of those who took part. The results were as follows:

Northern District:

- 1st: Skelton C: Maisie Strutt, Hannah Holmes, Charlotte Elliott
- 2nd: Raughton Head: Rachel Bell, Mark Musgrave, Margaret Bell
- 3rd: Caldbeck: Caitlin Brownrigg, Daniel Taylor, Olly Monkhouse
- 4th: Greysouthen: Sarah-Beth Fillingham, Jessica Walker, Charlotte Pickthall
- 5th: Skelton B: Alfie Hay, Hope Wear, Ollie Hay
- 6th: Skelton A: Philippa Dickinson, Chloe Stephenson, Amy Wilson



Southern District:

- 1st: Lowick: Zara Clough, Matthew Bedford-Tyson, Ava Bigland
- 2nd: Crook: Lola Armistead, Mika Armistead, Anna Hayton
- 3rd: Ken Estuary: Abbie Date, Millie Kitching, Hannah Barton

The top 3 teams from both districts will go onto compete at the County Final in January 2021. A very big thankyou to judges: Mrs Valerie Gornall and Mrs Emma Williamson and Mrs Sue Robson and Mr Dave Malloy for their support and positive feedback and to stewards for the evening: William Longmire, Jess Rogerson and Robbie Tuer. A final thank you to Christine Knipe and the WCAS team at Lane Farm and to Caren Bainbridge at PRUFC for helping the young farmers to run safe and socially distanced competitions.

Conserving Coniston & Crake

We celebrated World Rivers Day on September 27th with an event! We organised some family river dipping (following covid-19 guidelines) and had 21 adults and children exploring the River Crake at Spark Bridge. It was really good to be out sharing our love for rivers and freshwater minibeasts - we even caught a young salmon!



At the end of September Mike & I finally managed to progress the reedbed restoration work. We'd been waiting for several weeks for the water levels on the lake

to be low enough to access the fenced off areas by the shore at Water Park. We had 750 plug plants to put in and given the conditions on the day (damp to say the least) we got them all planted in just a couple of hours. We also checked how the reed plants our conservation volunteers had transplanted back in August 2018 were doing -they had taken and were growing well along with the bullrushes.



Reedbeds are an important habitat for a variety of birds as well as for otters and help to filter pollutants and trap sediment. Over recent years Coniston Water has lost around 50% of its reedbeds so the work at Water Park and Blea Brows has been vital to help restore and protect this precious habitat.

As the final fencing work comes to a close we can look forward to the project's last tree planting sessions this winter. Depending on what the current Covid-19 guidelines and restrictions are we hope to have some volunteer help with these. If you're interested then please keep an look out on our website & social media sites and in the Crake Events/Nobbut Torver bulletins.

We're now waiting for the walks leaflet to be printed. It gives details of three circular walks starting in Lowick, Water Yeat and Torver, taking you on familiar paths by becks to highlight some of the work the project has done. There will be a version to download from our website before the end of November. If you'd like a "proper" copy of it or any of the publications (Septic Tank Good Practice Guide, In Search of the Salmon Art Trail) then just get in touch. We're hoping to distribute these through the catchment but Covid-19 makes it a little difficult.



Before



After

Kath Smith, Communities & Engagement Officer, Conserving Coniston & Crake
Email: kath@scrt.co.uk Tel:07825873109 Tel:01539 530047 www.ccc.scrt.co.uk

Rusland Horizons Report

Calendar photo competition - winners announced

We would like to say a big thank you to everyone who submitted photographs for our 2021 calendar competition. There have been some outstanding photographs, capturing the beauty of the Rusland Valley perfectly. The winner, and runner up, were announced this week on our Facebook page. Congratulations to David Kidwell, who won with his wintery landscape shot, and Colin Barr, runner-up, with his more autumnal photograph of the valley. The task now remains to select further photographs to complete the Rusland Horizons 2021 calendar.

Keep checking our website <http://www.ruslandhorizons.org/> and Facebook page <https://www.facebook.com/RuslandHorizons/> for updates on the final photographs and details of how you can purchase the calendar.



La'l acorns to great oaks

This year is proving to be an especially good one for acorns, so we need your help. We would like you to go hunting for acorns, then plant them and grow your own oak seedlings. Next summer, we can then plant your seedlings to grow on, helping to conserve native species in the woodlands of Rusland.

Woodland children's activities

This half term, we have some fantastic Forest School woodland activities for the kids to get involved in. Taking place in Rookhow's wonderful ancient woodland, and run by Gareth Thomas, from Woodmatters. Learn how little acorns turn into mighty oaks, try your hand at whittling (carving) your own acorn, plant an acorn in a pot to take home and toast marshmallows over the fire bowl!

Dates: Monday 26th and Tuesday 27th October. For full details and session times, please visit our website. <https://www.ruslandhorizons.org/whats-on.aspx>

Unlocking history with a photo library

The residents of Oxen Park, Bandrake Head and Colton, have been inspired by the past to create something for the future. They are compiling a photo library that will document the people, houses and landscapes of their area. Preserving and sharing memories from the past, but also creating a place for present day photographs which can be added to in future years.

If you have any photos hidden away in the attic or in forgotten photo albums, that were taken in Oxen Park, Bandrake Head or Colton, then please get in touch. Contact details can be found on the following website, along with all the current photos in the library <https://twiceeleven.wixsite.com/ruslandphotolibrary>

Future events update

We are ever hopeful that our work parties can return in the near future. It is still our intention to make these, and other events, a regular feature in the calendar. However, we are mindful of the current situation, the limit on group gatherings and additional precautions we all must take.

Citizens Advice

I've just had my hours cut at work. I'd like to take on a second job, but there's nothing around. I have children and I am worried about the cost of Christmas. How can I make less go further, without going into debt?



One way to stretch household finances is to shop around for the best deals on your mobile phone and broadband, and on utilities, such as electricity. Installing a water meter can also sometimes bring savings. Check your insurances and subscriptions - cancel any you don't need and shop around for the others. It's normally cheaper if you don't leave it until just before the renewal date.

If your children are school age there may be help available with uniforms, technology and free school meals. Our website has more details. You may be eligible for benefits - The Turn 2 Us benefits checker is very useful.

Pay your rent or mortgage and council tax bills first as there can be serious consequences for missing payments. Try to negotiate lower repayments on your mortgage or credit cards. Keep track of your regular expenditure, such as housekeeping and essential travel, because it's easy to slip into overdraft, or miss a payment, and it can then become more and more expensive - and stressful - to get on the right track and out of debt. Likewise, think carefully about any 'buy now pay later' deals - they're not always the best option long term.

If you are worried about debt, here at Citizens Advice we have specially trained advisors available to help, so please do get in touch. 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

Questions? Worries? Chat? Virtual Coffee With the Vicar



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.

From the Registers



Weddings

10th October Stuart Moore and Lisa Durrant at St. Andrews, Coniston



Funerals

3rd September Jennifer Dixon at St Mary's, Penny Bridge

4th September Sue Schober at St Andrew's, Coniston

18th September Marjorie Whirity at St Andrew's, Coniston

2nd October Joyce Denison at St Mary's, Penny Bridge

7th October Brian Parry at St Andrew's, Coniston

9th October Harry McGrath at St Mary's, Penny Bridge

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NOVEMBER 29TH : ADVENT SUNDAY

My niece, Emma (aged 6) and my nephew James (aged 4) were once setting out the correct Christmas fayre for Father Christmas's annual visit. Emma said to her mother, "Don't put out *too* much sherry or Father Christmas might get drunk." Not to be outdone, James chimed in with, "And tell him not to have *too* many mince pies, or he might get eaten!"

They, at least, were beginning their *celebration* of the birth of Jesus, the Saviour of the World, the King of Kings, and Lord of Lords, at the proper time – Christmas Eve, the eve of the traditional Twelve Days of Christmas. Nowadays, (I write on 15th October!) the season is already under way, with TV adverts and pamphlets through the door, shop displays inviting festive food and drink and personal gift purchases, and advanced planning (Covid 19 permitting!) for parties and other premature festivities ("I want it and I want it *now!* being the spirit of the age".)

The Christian tradition has been to mark the Feast of the Incarnation in three stages:

Advent: the season of *Preparation*

Christmas: the season of *Celebration*

Epiphany: the season of *Proclamation*

The Church begins it's liturgical year on Advent Sunday (this year on 29th November). I can never come to Advent without thinking of General MacArthur's famous promise when withdrawing from the Philippines in 1942, "I shall return!" (When he *did* finally come back, in 1944, it elicited the famous headline, "MacArthur flies back to front!"). Advent (= "The Coming!") prepares us not only for the human *birth* of the Messiah – for which our Advent Calendars and Advent Candelings provide an ongoing reminder) but, importantly, for the ultimate sure expectation that the Lord and Judge of all the Earth will one day return in glory at the end of the age, to establish His Kingdom forever. In preparation for this, a period of repentance and fasting is customary, (although the *Sundays* of Advent may be omitted from the fast!)

Those who await the return of our Saviour with prayer and humble expectation (He Who first came as the babe of Bethlehem, "the Prince of Peace") will surely find extra blessing and joy.



WHAT'S ON GUIDE - NOVEMBER

- Tues 3rd: **ENMO Parish Council**, 7.00pm, TBA
- Tues 3rd: **Film: Green Book**, 7.30pm, Carthouse Cinema, Oxen Park
- Wed 4th: **Prayer & Praise**, 12.00pm, St Andrew's Coniston
- Thur 5th: **Torver Parish Council**, 7.30pm, Zoom meeting
- Mon 9th: **Blawith & Subberthwaite Parish Council**, 7.00pm, Water Yeat Village Hall
- Wed 11th: **Prayer & Praise**, 12.00pm, St Andrew's Coniston
- Wed 11th: **Bouth WI**, 77th AGM, 7.15pm, Village Hall, Bouth
- Sat 14th: **Film: Green Book**, 7.30pm, Carthouse Cinema, Oxen Park
- Sun 15th: **Christians Together in Coniston AGM**, 3.00pm, Zoom meeting
- Wed 18th: **Prayer & Praise**, 12.00pm, St Andrew's Coniston
- Thur 19th: **Lowick Parish Council**, 7.30pm, TBA
- Sun 22nd: **Film: Green Book**, 7.30pm, Carthouse Cinema, Oxen Park
- Sat 21st: **Live Music: "The Ukulele Uff Trio"**, Coniston Institute
- Sat 28th: **Live Streaming: "Team Viking"**, Coniston Institute
- Mon 30th: **Colton Parish Council**, 7.00pm, TBC

December 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 **November 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 Tractor Run by Cumbria YFC. 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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