

Coniston and Crake Valley News



The Coniston and Crake Valley Benefice

"To Grow, Witness and Love Like Jesus"

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

Revd Brian Streeter The Vicarage, Penny Bridge. LA12 7RQ	vicar@conistonandcrakechurches.co.uk <i>Brian works for Filling Station on Thursday</i> <i>Brian's rest day is Friday</i>	01229 861668 07505 048736
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To contact any of the Churchwardens, pastoral team, retired clergy or lay ministers please call or email the Administrator, Juliet.

Churches in Coniston and the Crake Valley

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. The church building is usually open daily 10am – 4pm for visitors and for private prayer. Our moderator is Rev. Andrew Dodd. For further information contact Chris and Margaret Hamps, hampsc@outlook.com

Coniston Methodist Church, Coniston LA21 8ER

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 5.00pm.

For further information contact Father Matthew Jacob on **01229 779673**.

Pastoral Letter from Revd. David Bickersteth



Dear Readers,

Without doubt the greatest event of June is the national celebration of Her Majesty's seventy years as our Sovereign. Not only is her length of service a record, but the quality of her service to the nation and Commonwealth is without precedent. At the heart of her reign typified by dignity, courage, and tireless service, is her strong faith. She has been a truly great Supreme Governor of the Church of England, recognising that Christ is the Head, she the servant of her Master.

A week after the special Bank Holiday, the Church celebrates Pentecost – Whitsunday. The gift of the Holy Spirit to the disciples and the Church. It is the promise that God is always with us. But if we are honest many of us will at times doubt His presence. War, terminal illness, death, and many other issues cause us to question – and for some, uncertainty is a complete barrier to faith.

Yet the Christian faith is a resurrection faith – not pie in the sky when I die as some have said, but a reality that even in death God is with us. All but the Evangelist John, died from cruel martyrdom. For two thousand years Christians have faced trials, war, plague, and uncertainty. The Black Death killed nearly half of Europe in the Middle Ages. Wars ravaged Europe for generations – at one time, lasting a hundred years! Did people abandon faith? Well, some, but the Christian witness survived and grew. The greatest growth of the Church in China was during the Cultural Revolution when all belief apart from complete subservience of the Communist Party, resulted in probable death.

The Church has survived and thrives in much of the world – especially Africa, Latin America, and parts of the Far East, because Christ is a reality, a present encounter of love. It is this reality of faith that has sustained our Queen in some very difficult times. The reality of knowing Christ through a personal relationship the heart of which is prayer.

Jesus didn't promise an easy life – in fact he promised that to be His follower would be like bearing your own cross – a process of death. In this life, He said there would be wars, famines, plagues – but be of good courage, 'I have overcome the world'. (John 16:33).

Death comes to all, but resurrection life is also Christ's promise. Our duty in this world, is the duty shown by the Queen, a duty of loving service to all people, irrespective of who they are. God the Holy Spirit is God's gift to the Queen, and God's gift to you. All you need to do is ask God for His gift! (Luke 11:13).

Enjoy the Platinum Jubilee – we are unlikely to see such a celebration again. Also enjoy Pentecost – for God is with us – we only need to seek, knock, and open!

David Bickersteth

Church Services for June 2022

5th	Pentecost		
St. Luke Torver	9.00am	Bikers' Breakfast	Rev Brian Streeter
St. Luke Lowick	9.30am	Jubilee Service	Rev Harry Welch
St. Andrew Coniston	11.00am	Jubilee Service	Rev Brian Streeter
12th	Trinity Sunday		
Holy Trinity Colton	10.00am	Morning Worship	Donald Wroe
St. Andrew Coniston	11.00am	Holy Communion (BCP)	Rev David Bickersteth
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter
19th	1st Sunday after Trinity		
St. Luke Torver	9.00am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Morning Worship	Pam Priestley
26th	2nd Sunday after Trinity		
St. Luke Lowick	9.30am	Methodist Service	Rev Graham Ransom
Holy Trinity Colton	10.00am	Holy Communion	Rev Brian Streeter
St Andrew Coniston	11.00am	Holy Communion	Rev Joanna Henson
St Luke Torver	7.00pm	Torver Junction	Rev Brian Streeter

From the Editor

Welcome to the Jubilee edition of the Magazine; I hope you all get to enjoy some of the events we've got going on around our area over the long Bank Holiday weekend, see all the details on pages 9 and 10.

Please spare a thought for those who have to work during what will no doubt be one of the busiest times of the year in the Lake District.

The deadline for next month's edition is June 15th.

Juliet Caldwell, Editor

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From the Registers

Funerals

7 th April	Edna Greene at St Andrew's, Coniston	Interment of Ashes
7 th April	Timothy Jason Baker at St Andrew's, Coniston	Interment of Ashes
22 nd April	Geoffrey Elleray at Holy Trinity, Colton	Interment of Ashes
26 th April	Evelyn Mavis Grundy at St Andrew's, Coniston	Interment of Ashes
9 th May	Hazel Mary Nicholson at St Andrew's, Coniston	Funeral

Baptisms

22 nd May	Lily Elizabeth Sharp	at St Andrew's, Coniston
29 th May	Poppy Faith Prothero	at St Mary's, Penny Bridge

Weddings

30 th April	Laura Jane Barlow and Philip Alan Lowrie at St Andrew's, Coniston
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New Coniston Children, Youth & Community Worker – Chris Clark



Hello! My name is Chris Clark and I'm really looking forward to being the Children, Youth and Community Worker for Coniston through the Coniston churches, starting in June. It'll be great to meet you all!

Since my mid-teens, I've lived and worked in rural areas, growing up in Northumberland, before becoming a youth worker in the Peak District, then just north of Penrith, and for the last twelve years in South East Cornwall. I've been involved in everything from outdoor village plays to assemblies and after-school clubs to cardboard boat races. I often seem to be the back end of the cow in our Christmas pantomimes ...

Please do say hello if you see me around and I look forward to serving the village community in Coniston.

Chris Clark

AROUND THE PARISHES

Coniston and Torver

Rainfall, Garden House, Coniston, April 2022

Total - 114.1mm (4.5ins)

Wet days - 10

More than 1mm on 8 days

Wettest day - 5th - 28.2mm (1.1ins)

Frost on the 8th, 9th, 19th, 28th & 29th.

Coniston Tourist Information Centre

The Coniston TIC is run by volunteers; they would love to hear from anyone who would like to help, a regular commitment is not necessary. If you are interested, please email mail@conistontic.org or call **015394 41533**.

Egton cum Newland

Fundraising for Ukraine



Alice and Isaac Redhead held a cake and flower sale on the wall of Oak Vale Cottage, Penny Bridge at Easter. They raised £60 for Ukraine relief. Thankyou to all who supported them.

Anonymous Donation

Another £100 donation - the tenth, making a total of £1,000, has been received for the Church Organ Fund.

This generous giving is very much appreciated.



The Crake Valley Friendship Club is having one of their regular coach trips on the 20th July. Our destination is a visit to Cleveleys followed by St Annes-on-Sea. There are often spare seats on our trips which are up for grabs to non-members; for enquiries, please contact Anne on **01229 861278**.

Coach leaves Greenodd 9.00am

LOWICK SHOW



Saturday 3rd September 2022

Our show is back!

***Come and join us for the
Lowick and District Agricultural Show!***

Our popular show is a celebration of the achievements of the local farming and wider community throughout the year.

*There is a wide range of activities to interest everyone –
Livestock Classes, Home Produce, Horses,
Cumberland and Westmorland Wrestling and Hound Trailing.
There are Craft Tents and Trade Stands selling local produce.
There is entertainment for the children!*

Refreshments are available as well as a Licensed Bar.

Adult £6 Under 16 £2.50 Under 5 Free!

Car Park Free! Postcode LA128EE

Find out more about our show on Facebook and

lowick.org.uk

WATER YEAT VILLAGE HALL

is delighted to welcome back



Steve Tilston

The folk legend is this time in company with double bass player Hugh Bradley. One of our most celebrated songsmiths, expect an intimate evening of unique arrangements of popular folksongs alongside his own acclaimed material. Steve is a dazzling guitarist with a style echoing the elaborate rhythmic "folk baroque", but also drawing from classical, roots and tradition.

SATURDAY 18TH JUNE at 8pm £12

or in advance from www.wegottickets.com/wateryeatvillagehall

Cabaret-style seating.

Bring your own drinks and nibbles.

www.e-voice.org.uk/wyvh

www.stevetilston.com



PLATINUM JUBILEE CELEBRATIONS

Bouth

Friday 3rd June: Jubilee Tea for the villagers - on the Green at 4pm; organised by the WI (Village Hall if wet).

Oxen Park

Sunday 5th June: 1 - 4pm: lots of games and fun for all the family - including dogs. Contact Carol McNeill for details: crlmcneill@gmail.com

Tottlebank

Sunday 12th June: Members at Tottlebank Baptist Church (LA12 8HY) will be planting a tree to commemorate the Queen's Jubilee at 11.30am, followed by tea and cake. Everyone welcome to the service at 10.30am and the tree planting.

Blawith and Subberthwaite

Saturday 4th June: There will be a Jacob's Join in the afternoon. Please continue to let Sue 01229 885238, Mary 01229 885082 or Marguerite 01229 885498 know if you can come and what you would like to contribute to the party.

Greenodd and Penny Bridge

Thursday 2nd June: Royal Tea Party, 2pm, Greenodd Village Hall arranged by the WI, for tickets call Gill on 07519 144799.

Saturday 4th June: A procession starts at 1.45pm from Greenodd Village Hall going up to the school. All are invited to wear red, white and blue; we will be joined by a 1926 Humber car (from the Queen's birth year) and the Royal British Legion. At school there will be a short ceremony followed by sports, puppets, tombola and other activities for the afternoon.

Lowick

Friday 3rd June: Farmers Fair, 10am - 6pm, with local makers and activities.

Friday 3rd June: 2 - 5pm: Picnic on the Green, bring a picnic and a rug and listen to the UVHS Swing Band. (cancelled if wet)

Sunday 5th June: 9.30am at St. Luke's, Lowick - there will be a service to celebrate the Queen's Platinum Jubilee, with refreshments afterwards in the Community Hall.

continued:

Torver

Thursday 2nd June: supper in the Schoolroom at 7.30pm, followed by a bugler at 9.40pm and the lighting of a beacon on the fell above Brocklebank Ground at 9.45pm.

This is one of a national chain of beacons:

see <https://www.queensjubileebeacons.com/>

Saturday 4th June: The Wilsons' Arms are hosting a street party on the Village Green.

Coniston

Thursday 2nd June: Beacon Lighting, Maundry Bank (Mountain Rescue and Girl Guides).

Friday 3rd June: Coniston Cricket Club: Cricket All Stars, Fancy Dress and children's entertainment.

Friday 3rd June: 3pm, Sports & Social Club: Anthony Hewitt, pianist, plays from his "Van Beethoven" with break dancer Bogdan Suci.

Saturday 4th June: 12.30 - 4pm, Sports & Social Club: Parish Picnic, children's activities and races, crafts and more

Saturday 4th June: 5pm, Sports & Social Club: Family event with live music and barbeque.

Sunday 5th June: 11am, Church Service, St. Andrews

Sunday 5th June: afternoon tea and music at Coniston Institute: organised by the WI, tickets (£5) from Judith Myers: 07896 618474. Afternoon tea hampers will be distributed to those who are housebound - contact Judith for details.

Sunday 5th June: Closing ceremony, tree planting at the Institute.

Celebrate the Queen's Jubilee with the Ulverston International Music Festival - coming to your village Friday 3rd June, with special guest Bogdan Suci, break dancer.

In Celebration of the Queen's Jubilee Anthony Hewitt, international pianist, will be performing a short programme of light classics and popular music. Playing from the back of a van!

In 2012 he completed his epic 'Olympianist' cycle tour from Lands End to John O'Groats accompanied by 'Van Beethoven' from which he performed a series of concerts for charity. He is being joined by special guest Bogdan Suci, break dancer. Join us on Friday 3rd June for one or all performances. Cyclists can tour to each location with Anthony by bike.

Millom - Outside Beggar's Theatre, 11am,

Broughton, the Square, 1pm,

Coniston Sports & Social Club, 3pm.

Reports



Mothers' Union

Members of Coniston and district Mother's Union met at No 3 Little Moss Close.

The short worship included thanks for the new partner Dr Abbas who is joining our medical practice and for peace in Ukraine.

A discussion then took place on names, settings, events and words beginning with A in the Bible. We began with an explanation of Amen, then looked at Absalom, Anna, Aquila, Abigail, Abijah, Artemus and prophet Ahijah. Researching the names and what events they had taken part in was also interesting.

Our May meeting is a Hot Pot cruise on the Lancaster Canal and in June we are having a cream tea - for more information about the Mothers' Union please call Kay on **015394 41559**.



Egton W.I.

We seem to be all systems go with our WI at the moment.

It was nice to welcome our neighbouring WIs to our group meeting, with Maria Benjamin from Lower Nibthwaite Farm being our speaker. She enthralled us with her entrepreneurial ideas and enthusiasm and we wish her lots of luck with her soon-to-be-made Lake District tweeds and wish her continued success with her luxury handmade soaps which she sells online and at the farm.

Our monthly speaker was Sophie Martin, a local artist and illustrator and she brought along some of her original artwork for us to look at in detail after her slide show and talk. One of her most recent commissions was for the National Trust where she has produced illustrated walk guides to be sold at the Bowness Information Centre. It's great to know that we have so many skilled people on our doorstep.

Next month we welcome Jenifer Snell back to our WI where she intends to give us "Peeps into the past". Before that we have litter picking to carry out in the village plus our Royal Jubilee tea party on Thursday 2nd June. Tickets still available from Gill on **07519 144799** at £10 a head. Profits from that will go to our worthy local charity Sunbeams. If you fancy a yummy homemade tea do get in touch before it's too late!

Although it is still some time off we still have seats available on our planned outing to Devil's Porridge, the WW1 munitions museum at Gretna, on Monday 8th August. If you would like a seat then please call Gill on the above number. The cost will be £23.50 but we do require a non refundable deposit of £10 please, bring a friend too - the more the merrier.

With a croquet evening in the pipeline aided by a glass or two of Pimms and followed by fish and chips you can see why I said it's all go!

Do join us: we will make sure that you are made welcome; next meeting **Tuesday 14th June** at 7.30pm in Greenodd Village Hall.

Coniston W.I.

We have two events planned for June:

On the **15th** we entertain Tebay & Orton and Crosby Ravensworth WI's.

On the **21st** we are having a swim!?! and Jacob's Join picnic at the head of the lake - meet at Monk Coniston carpark at 6.30pm.



Brantwood News and Views

Brantwood celebrates summer with magic, mischief and Shakespeare.

Brantwood Outdoor Theatre is back! Join us on 21st June (Summer Solstice) for what promises to be a magical performance of Shakespeare's A Midsummer Night's Dream. Book now on Illyria's website <https://www.ticketsource.co.uk/illyria/t-dvaappq>
Tickets: Adult £15; Students £12; Children (4-16) £8.50 (under 4s free).

Save the date: Peter Pan. Featuring real flying! 10th August 2022.

The Terrace Café will be open for drinks and snacks prior to the performance. Gates open 5.30pm.

Our 2022 programme of exhibitions continues with The Skies are for All: Ruskin and Climate Change which runs until 26th June in the Blue Gallery. This will be followed by 'Ruskin's Perspective: The Art of Abstraction from 30th June. This exhibition draws on a cultural history of maths to explore 19th century scientific ideas about the relationship of things and their properties to each other.

Rachel Gibson's exhibition 'A Little Wilderness', delicate paintings and drawings inspired by the natural world, continues until 12th June in the Severn Studio. The next exhibition in the Studio from 18th June is 'Swallows and Amazons: As Seen from Abroad' by the Arthur Ransome Society. This features illustrations from his famous books which have been used in publications around the world. These subjects form the core of an exhibition rooted in the landscape around Brantwood, yet viewed from as far afield as Helsinki, Tokyo and Prague.

Estate events continue with a moth morning and butterfly walk, the opening of our wildflower meadow and dawn scything.

Don't forget: The Terrace Café has now launched a Brantwood Brunch menu, which includes teacakes, bacon buns, haggis butter toast amongst other delicious morning delights. Available between 10.00 - 11.30am. New lunchtime menu also now available (12.00 - 3.00pm).

For full details of all our exhibitions and events, please visit our website **www.brantwood.org.uk**. (Tel: **015394 41396**).

Oxen Park Cinema Club

The new Disney film **Encanto** will be shown on Sunday 22nd May at 2.30pm.

This is a free children's show as part of our celebrations for the Cinema Club's 20th birthday. Seats **MUST** be booked with club secretary Carol – crlmcneill@gmail.com as numbers will be limited.

All under 12's must be accompanied by an adult. No food allowed.



Rookhow

300 year old Quaker Meeting House in the heart of the Rusland Valley. Come and have a look around the renovated Grade II* listed building and hear about the history of early Quakers and what Rookhow is involved with today. 1st and 3rd Fridays, 10am - 4pm with a Quaker Meeting at 12.30 - 1pm. For more information contact Sue Nicholls, Rookhow Development Manager.
Email: contactrookhow@gmail.com
Website: rookhow.org.uk



Rusland Horizons Trust

Furness College

The first cohort of Furness College students came to the valley in March. They enjoyed two days of learning bushcraft skills, with the fantastic team from Woodmatters, as well as surveying and conservation activities.

We are now busy preparing and planning for the next group of students in June. Activities will again include bushcraft skills with Woodmatters, as this is always popular, plus a charcoal burn with the Natural Charcoal Company, another favourite. Events will conclude with a three-day residential at Rookhow.

Mind in Furness

The first two of our Full Cycle sessions in partnership with Mind in Furness took place in April and May. We were very kindly allowed to hold the events at Hay Bridge which provided a perfect and stunning venue. The days included a nature walk, fire making skills and cooking damper bread and at the second session, the making of May whistles with Countryside Ranger Duncan Goulder. All activities were met with enthusiasm and participants enjoyed a great day!

We are delighted that seven of the eight remaining sessions will also be held at Hay Bridge - with thanks to Helen and Keith for supporting this programme and allowing us to use this fantastic venue!

Butterflies of the Rusland Valley Talk

Our butterfly talk at the end of April, held at Hay Bridge Nature Reserve in partnership with Butterfly Conservation Cumbria, was a great success. Tickets were snapped up quickly and if space had allowed, we could probably have filled many more places. Our thanks go to Rob Fitter for organising the event, Chris Winnick for presenting such a fascinating and knowledgeable talk and of course, Helen and Keith for the use of Hay Bridge as the venue.

For moth and butterfly enthusiasts, we are currently looking at the possibility of future events in the coming months, including a butterfly and moth walk.

Dawn Chorus Walk

An early morning awaited those that joined Rusland Horizons and local expert and birding enthusiast, Jamie Green, on our Dawn Chorus Walk event on Sunday 15th May. The 6am start didn't seem to put anyone off as the event booked up not long after being announced! The walk went through Stoney Hazel woods, a lovely location to listen to the birds whilst learning how to identify them by their song.

Dry-stone walling work parties

Our popular dry-stone walling work parties will be back in June and July! We are currently confirming dates and finalising details but the wonderful waller, Jim Doherty, will be sharing his knowledge once again and providing help and guidance to both beginners and more experienced walling volunteers.

We hope to be able to confirm dates in the next couple of weeks.

Future events

Keep up to date with all our latest events on our website and on social media - Facebook and Instagram. **www.ruslandhorizons.org**

For any enquiries, including suggestions for events and volunteering opportunities to help support the Trust's activities, please contact **hello@ruslandhorizonstrust.org**



The Farmers Fair, Farmers' Arms, Lowick, Friday June 3rd, 10am - 6pm

Fit for a queen: Join our plethora of local makers and producers selling food and drink, fresh produce, crafts, bric-a-brac and everything in between. Join an in-the-know tour of our historic building and garden or drop in on a making session in our workshop and take home a nice bit of pottery to remember the big weekend with. There will be very special topnotch baking in our Café, and a delicious celebratory menu in The Stable Bar.

Workshops and Courses -

to book visit lakedistrictfarmersarms.com/whats-on

Workshop: Are You Sitting Comfortably?

Upholstery with Dianne of Evans Taylor Restoration

Saturday 11th June, 10am - 4pm, £60.00 (materials not included)

In demand local upholstery guru **Dianne** has been teaching her craft for 20 years, and many of her works can be enjoyed in The Farmer's Arms.

Pottery: The Building Blocks

a 6 week evening course with Francis Lloyd-Jones

Wednesday 8th June to 13th July, 6pm - 8pm, £120 per person (including materials)

An expert-led and comprehensive introduction to ceramics covering all the basics from clay to throwing on the wheel to firing. All abilities are welcome.

Wood & Clay

a 6 week evening course with Tom Philipson

Thursday 9th June to 14th July, 6pm - 8pm, £120 per person (including materials)

Tom makes beautiful ceramics without ever throwing on a wheel: His craftsmanship in wood creates the much-admired mould-made pieces in use throughout The Farmer's Arms and for sale in our shop. Here's a chance to learn his simple but effective techniques and to make your own unique pieces to take home and cherish.

Clay & Fire

Sunday Raku with Martine Becquet

Sundays 19th & 26th June, 10am - 3pm, £130 per person (including materials)

The Japanese pottery firing technique of raku creates sumptuous, burnished finishes like no other. Join local potter **Martine Becquet** to learn this surprisingly easy craft.

No pottery experience necessary.

Pottery Drop-ins

Every Saturday afternoon, 2pm - 6pm, no booking required (NB some previous experience necessary)

Keen to start pottery again but have nowhere to do it? Our recently installed in-house Potter, **Francis Lloyd-Jones**, can help!

Just £5 an hour (pay-as-you-go), with bags of clay for £20 (includes all slips and glazes and firing)

Volunteering at the Farmers Arms

Every Tuesday (10am - 4.30pm) we welcome a dedicated band of hard-working volunteers of all ages and walks of life to help at the inn. Activities are very varied and it's a lot of fun, a great way to meet new people and contribute your ideas to the project. Our volunteers are always rewarded with plentiful tea and cake, and a delicious 2-course lunch too.

Those not able to volunteer are still welcome to join us in The Stable Bar at 1.00pm sharp for a one-pot, two-course **Community Lunch** made by our very own local Cordon Bleu trained **Rosemary Campbell**. Just £5.00 per person, everyone is welcome, but we sadly cannot cater for dietary requirements just yet.

Contact Valley Project Manager, **Emma Sumner** for more information.
hello@lakedistrictfarmersarms.com

Green-Fingered Saturdays

2pm-4pm on the last Saturday of the month (April - October)

Can't make our regular Volunteer Tuesdays?

No problem. Join our new Saturday afternoon sessions alongside gardeners **Grace Holland & Karen Guthrie** and help in our no-dig vegetable garden, with our beautiful containers or in our new Farmer's Field wildflower meadow. We guarantee lots of learning and a fair spadeful of fun too.

No need to book, just come along on the day. Tea & cake at the session end to reward you too!

Films at the Farmers

Renzo Martens - White Cube (2020)

Wednesday 1st June, 7pm

Documenting **Renzo Martens's** long-term project in the Congo with plantation workers cooperative CATPC, *White Cube* critiques how art is used and proposes an alternative restorative function. With its timely and hard hitting message, the film provokes and suggests comparison which could be easily understood within the local context of the Crake Valley.

Friends of the X112



Supporting Rural Transport in South Lakeland and the Furness Peninsula

Friends of the X112 hold coffee mornings every 3rd Thursday of the month, the next is on Thursday 16th June.

At St Mary's Church Hall opposite the Kiosk in Ulverston, between 10 - 12noon. Coffee/tea and a biscuit £1, toasted teacakes £1.

Our next lunch is on 30th June at Rampside Village Hall between 11 - 2pm. Lunches cost £10 for 2 courses, all food is home made.

Details for all events: Sue on **01229 869637** or Barbara on **01229 871243**.

We know that times are incredibly tough but please remember, you don't have to face this alone. Contact South Lakes Citizens Advice on **015394 46464** to help you find a way forward.

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 (this line will open more in due course)***
- ***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***



St Mary's Living Well

Creative Therapy

Creative Therapy Drop-In Session

Wednesday, 8th June from 1.30 to 3.30pm

at The Coniston Institute (Reading Room)

Creative Therapy for anyone living with a progressive health condition enables individuals to take a sense of control and boosts self-esteem.

If you would like further information,
please call the Living Well team on 01229 444407
email LivingWellTeam@stmaryshospice.org.uk

A THOUGHT FOR THE MONTH: by Rev. David Gregg

JUNE: MERRYMAKING AND “JUBILEE”

In her book “Danger, Saints *still* at work!”, Jean Rees records the following story:

There are various schools of thought about faces; some think that the Christian is recognized by a radiant face; some by a long, gloomy one. Lady Dobbie, wife of the famous general, was a woman of great wit and humour. She had travelled by train to visit us in Kent. “There was a man sitting opposite us,” she said. “We thought at first he was a Christian, but we found out later it was only indigestion.”

There *are* occasions for solemnity and seriousness of course, but Christians have no excuse for projecting a permanent air of doom and gloom. There can be no doubt that the Lord Jesus Christ was/is at heart a thoroughly cheery character. He enjoyed parties and, as the provision of more wine at the wedding at Cana reminds us (John 2: 1-11), was more than willing to facilitate the enjoyment! Of course, we can never imagine Him *drunk*, or with a *hangover*, and we need to recognize when enough is enough. But He was thoroughly convivial during His time on earth, and totally at ease with good dining and merrymaking, and those of us who seek to follow Him and imitate Him should certainly seek to be the same!

The Month of June this year, especially with the celebration of the Queen’s Platinum Jubilee, is a clear invitation to merrymaking. “Jubilee” itself is a Hebrew word meaning ‘Make a joyful SHOUT’ (e.g. Hallelujah, Hosannah, Hip-hip-hooray? God save the Queen?) especially to commemorate significant events and anniversaries. (The root idea is the BLAST on the Ram’s horn.) Amongst the elements it embraces are eating and drinking (especially *wine!*), music and song, and laughter and gladness.

On page after page, story after story, food and drink is at the heart of the biblical narrative. The enjoyment of food and drink, particularly as the focus for feast-making at “festivals”, and for the daily (and particularly *weekly* i.e. Sabbath) pursuit of table-fellowship, is to be encouraged and affirmed. The Lord Jesus ordained bread and wine to be at the heart of our commemoration of Him, and the mark of the early church was that “they partook of food with glad and generous hearts” (Acts 2:46).

Wine, especially is singled out. The home wine-maker may start with Paul’s minimal “take a little wine for thy stomach’s sake” (1 Timothy 5:23) as a tentative scriptural guide, but once he has tasted his own spiced elderberry, apple and raisin, dandelion hock and delicate gorse wines, he will quickly graduate through an enthusiastic appreciation of the miracle of the wedding in Cana (which he finds he can almost emulate, though with a somewhat extended time-scale!), to a full-blooded “Amen” to the psalmist’s assertion that God has ordained the fruit of the vine “to gladden the heart of man”. (Psalm 104:13). He has then learned to make festival and holy day in the time-honoured Christian way.

The joy of *Music and Song* are particularly exemplified in the Book of Psalms. Making a joyful noise unto the LORD, clapping your hands, dancing and striking and playing any number of instruments are all commended, to express joy in God's goodness and love and in the sheer joy of living. Psalm 150 is a fitting climax, and a complete answer to any who criticise 'happy-clappy' worship!

"A time to weep, and a time to laugh", says the Preacher (Eccles. 3:4). It's a wonderful medicine, and a very important ingredient for a merry heart. Even the LORD Himself enjoys a good laugh, usually at the incongruity of wickedness, and the silly presumptions of His creatures (e.g. Psalms 37:13 and 59:8). But laughter is also Jesus's promised blessing (Luke 6:21) and will be a feature of heaven. And Isaac will be there, with his name that shows the place of laughter in God's wonderful plans.

The vision of Heaven in the book of Revelation, full of shouts of joy, and of music and singing, promises an eternity for the people of God where "Death will be no more, mourning and crying and pain will be no more." Joy and merrymaking will be eternal. Hallelujah, Hallelujah, Hallelujah.

Parish Prayer Diary - June 2022

1st: Pray for this afternoon's Benefice Staff Team meeting.

2nd: Pray for the Queen and members of the Royal family.

3rd: Pray for parents nurturing their children and showing them the ways of love, justice and truth.

4th: Pray for the events happening across the Crake Valley as the community celebrates the Queen's Platinum Jubilee.

5th: Pentecost Sunday, the first day of the week

The Church was born the 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.

6th: Pray for students taking GCSE, A Level and BTEC examinations.

7th: Pray for hospital medical staff working to address long waiting lists of delayed treatments and procedures.

8th: Pray for Prison Chaplains, that through their work and ministry lives of inmates will be transformed and made whole.

9th: Pray for the millions of unpaid carers giving vital care to loved ones living with an illness, disability or mental health condition.

10th: Pray for Victim Support charity providing specialist support to individuals of all ages affected by crime and traumatic events including domestic violence.

11th: Pray for all who serve the Lord overseas, especially in areas where Christianity is viewed with suspicion and Christians persecuted.

12th: Trinity Sunday, the first day of the week

Pray our faithful and unchanging Lord will help us grow in knowledge of His truth and draw us deeper into His love that we may truly worship our Holy God, who is Father, Son and Holy Spirit.

13th: Pray for those living with dementia, in all its forms, and for those who daily care and support them.

14th: Pray for the unemployed as they look for work.

15th: Pray for charities such as Age UK, Age Concern, Counsel & Care, providing advice to older people and their families.

16th: Pray for those who work locally in the veterinary sector caring for animals, both livestock and pets.

17th: Pray for the Christian church in Myanmar, as believers follow Jesus with boldness and courage, and pray for church leaders caring for their congregations during difficult, challenging times.

18th: Pray for fathers everywhere especially fathers who battle against poverty to provide for their children.

19th: Sunday, the first day of the week

May our God of truth help us to keep his law of love, and to walk in ways of wisdom, that we may know the true life of peace and joy Jesus alone brings.

20th: Pray for refugees settling into new communities.

21st: Pray for the Commonwealth Heads of Government meeting in Rwanda as leaders come together to agree actions to improve the lives of all their citizens.

22nd: Pray for those who served in the Armed Forces and are having a difficult time adjusting to life out of the military, especially those suffering with PTSD.

23rd: Pray for our farming community, working long hours, often in isolation. Pray for wisdom for their decisions and pray they keep safe.

24th: Pray for grandparents looking after grandchildren, for each to be a blessing to the other and good memories are created.

25th: Pray for healthcare professionals in children's hospices caring for seriously ill children and young people, and giving support to families.

26th: Sunday, the first day of the week

Pray our faithful creator God, whose mercy never fails, may deepen our faithfulness to him and to his living Word, our Saviour, Jesus.

27th: Pray for those living in retirement, residential and supported housing, and for the administrators, catering, ancillary and maintenance staff.

28th: Pray for work of The Gideons International, that many people come to know the Lord Jesus through reading Gideon-placed Bibles and New Testaments

29th: Pray for Rt Rev Stephen Cottrell, Archbishop of York.

30th: Pray for Social Workers in our local Adult and Children & Families Social Care services, who carry large caseloads, many of which are complex and challenging.

Prayer Hour

Monthly opportunity to meet for just one hour in Penny Bridge church, to pray for items posted on the prayer board, for the churches in our Benefice, for our communities, and for the wider world.

Next Prayer Hour will be **Wednesday 1st June, 10am-11am.**

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What's On Guide - June

1 st	Coffee Plus, 10.30am - 12.30pm Christians Together in Coniston	Coniston Institute
1 st	Film: White Cube, 7pm	Farmers Arms, Lowick
2nd - 5th	Jubilee Events - see pages 9 & 10	
3 rd	Farmers Fair, 10am - 6pm	Farmers Arms, Lowick
8 th	Living Well Creative Therapy Drop in Session, 1.30 - 3.30pm	Coniston Institute
9 th	Celtic Fiddles, 7pm	Farmers Arms, Lowick
12 th	Tree Planting & service 11.30am	Tottlebank Baptist Church
16 th	X112 Coffee Morning, 10am - 12noon	St Mary's Hall, Ulverston
18 th	Steve Tilston, 8pm	Water Yeat Village Hall
19 th	Fathers' Day	
21 st	Outdoor Theatre: A Midsummer Night's Dream	Brantwood
22 nd	Film: Disney's Encanto, 2.30pm	Oxen Park Cinema Club
30 th	X112 Lunch 11am - 2pm	Rampside Village Hall

What's On Guide - regular events

2 nd & 4 th Fri	Gifts & Talents: Art Group 10.30am - 12.30	Tottlebank Baptist Church
1 st Wednesday	Coffee Plus, 10.30am - 12.30	Coniston Institute
Tuesday	Volunteer Day 10am - 4pm and Community Lunch, 1pm prompt	Farmers' Arms, Lowick
Thursday	Volunteer Day 9.30 - 3.30pm	Brantwood Gardens
2 nd Tuesday	Egton WI, 7.30pm, new or prospective members welcome	Greenodd Village Hall
3 rd Tuesday	Coniston WI, 7.30pm, new or prospective members welcome	Coniston Institute
2 nd Wednesday	Bouth WI, 7.30pm, new or prospective members welcome	Bouth Village Hall
1 st Wednesday	Prayer Hour - 10 - 11am	St Mary's, Penny Bridge

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