

Coniston and Crake Valley News



March 2022 www.conistonandcrakechurches.co.uk

Coniston
& Crake
Churches

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	vicar@conistonandcrakechurches.co.uk	01229 861668
The Vicarage,		07505 048736
Penny Bridge.	<i>Brian works for Filling Station on Thursday</i>	
LA12 7RQ	<i>Brian's rest day is Friday</i>	

SAFEGUARDING OFFICER

Juliet Caldwell	safeguarding@conistonandcrakechurches.co.uk	07884 232281
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To contact any of the Churchwardens, pastoral team, retired clergy or lay ministers please call or email the Administrator, Juliet.
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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**.

Coniston Christian Fellowship LA21 8AL

Coniston Christian Fellowship does not meet on Sundays but runs Bible Studies during the week. For further details, contact Alex or Ruth Stewart **07751 589 356 / 015394 49539**.



Shrove Tuesday, Ash Wednesday, and Lent

On the 1st March this year it will be Shrove Tuesday or Pancake Day as it is sometimes known. The name Shrove comes from the old English word “shriven” which means to be absolved or forgiven. Christians used to begin the Lent period by asking for forgiveness for their sins, a sort of spiritual cleansing. And as Lent often required a simplicity of life, i.e. no alcohol, no delicacies and even fasting, so Shrove Tuesday was the last opportunity to use up those rich foods, eggs, sugar etc. and thus pancakes were the perfect way to do so.

Lent itself begins on the next day, Ash Wednesday or 2nd March this year. Ash Wednesday is a day when Christians are reminded to be humble as part of their preparation in Lent. An Ash Wednesday service will often include the words “*From dust you came and to dust you will return*”, a reminder of our temporary nature and the humbleness of our origins. A cross of ashes is painted on the forehead to remind the Christian follower of the need to be humble, to seek forgiveness, and to prepare for the wonder of Easter.

The Lent period itself consists in total of 46 days until Easter Sunday. However, Lent does not include the Sundays – which are always feast days – and so Lent fasting and other spiritual disciplines are for 40 days. This echoes Jesus’ 40 days in the wilderness in preparation for His earthly ministry, and the 40 years that the Israelites spent wandering in the wilderness before entering the Promised Land of Israel.

Lent finishes on the morning of Easter Sunday, the 17th April this year, and I will explain a bit about Easter in the April issue – happy fasting!

Revd. Brian Streeter

From the Editor

This month’s cover represents the timber industry, which has been important in our area since early mediaeval times. Local woods have been harvested for the many bobbin mills in the Crake Valley as well as for tool handles, besoms, swill baskets, bark for tanning and the hugely important charcoal manufacture for the early iron industry. At that time the charcoal burners were known as “colliers” and indeed Colton may have derived its name from “Coleton” or “charcoal-town”.

Please do have a look through your photos and send me any “portrait” (vertical) format images of life and work in our area that I can use for future covers.

As usual the deadline for items to be included in April’s magazine is the **15th March**. Do let me know about your Easter activities and it’s not too soon to tell everyone about plans for the Queen’s Platinum Jubilee in June.

Thanks are due as always to our growing band of volunteer deliverers; if you know of a gap that you might be able to help with, please give me a call.

Juliet Caldwell, Editor

editor@conistonandcrakechurches.co.uk
07884 232281



Pastoral Letter from Vivienne Plummer

'Do not retreat into your private world'. On March 2nd, Ash Wednesday, we enter the 40 day penitential season of Lent when the Church primarily devotes itself to spiritual reflection in memory of Jesus' 40 days and nights spent in the wilderness where he was tempted 3 times by the Devil and in which he prepared himself for his 3 year earthly Ministry before enduring a three day agony on the Cross - & His subsequent Resurrection in Glory on the day we now know as Easter Sunday. Lent is a Season which traditionally the Christian Church observes as a period of fasting, repentance - a period set aside for reflection on Jesus, to concentrate on His sufferings and sacrifice for all of humankind. I was amused to see in a modern commentary that such things as 'watching TV and giving up smoking' were suggested as possible Lenten 'give ups'! I have to confess that I find the Lenten demand of 'giving up things' a difficult one, not because of lack of self-discipline (though I admit that often my self-discipline is stretched to the limits!) but that I have always felt that during Lent a more positive to TAKE UP something. I don't smoke and as my career was in television I felt it somewhat disloyal to give up TV! Also I always felt that giving up some item of food or drink was a private thing - with no one there to monitor me if I was sticking to my Lenten 'give ups'. So over the years I have tried to do positive things. Years ago I came across the poem below by the Rev Kathy Galloway of the Iona Community - for me it underlines what I am trying to express regarding 'taking up' things for Lent. I also feel it reflects how Christians should be a community of missionary disciples following the way of Christ whose always walked towards the difficulties and sufferings of the community around him - He did not retreat into His 'Private World'. The Church of England's latest Missionary report calls us to 'make a difference through the lives and love and service for others' urging us not to retreat into our private world - perhaps this Lenten Season we might take up some of the examples of service to others contained in Kathy Galloway's reflective poem "Do Not Retreat Into Your Private World" - 'There is no shelter from the rage of life, so meet its eye, and dance within the storm'.

Do not retreat into your private world,
That place of safety, sheltered from the storm,
Where you may tend your garden, seek your soul
And rest with loved ones where the fire burns warm.

To tend a garden is a precious thing,
But dearer still the one where all may roam,
The weeds of poison, poverty and war,
Demand your care, who call the earth your home.

To seek your soul it is a precious thing,
But you will never find it on your own,
Only among the clamour, threat and pain,
Of other people's need will love be known.

To rest with loved ones is a precious thing,
But peace of mind exacts a higher cost,
Your children will not rest and play in quiet,
While they hear the crying of the lost.

Do not retreat into your private world,
There are more ways than firesides to keep warm;
There is no shelter from the rage of life,
So meet its eye, and dance within the storm.

Kathy Galloway, 1989.

Church Services for March 2022

2nd	Ash Wednesday			
St. Andrew	Coniston	12.30pm	Combined Service	Rev Brian Streeter
St. Luke	Lowick	7.30pm	Combined Service	Rev Brian Streeter
6th	First Sunday of Lent			
St. Luke	Torver	**Winter Breakfast Cancelled**		
St. Luke	Lowick	9.30am	Holy Communion (BCP)	Rev David Bickersteth
13th	Second Sunday of Lent			
St. Andrew	Coniston	11.00am	Holy Communion and Baptism	Rev Brian Streeter
St. Mary	Penny Bridge	11.00am	Morning Worship	Vivienne Plummer
20th	Third Sunday of Lent			
St. Luke	Torver	9.00am	Morning Worship	Pamela Hull
St Mary	Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter
27th	Fourth Sunday of Lent, Mothering Sunday			
St. Luke	Lowick	9.30am	Methodist Service	Rev Graham Ransom
Holy Trinity	Colton	10.00am	Morning Worship	Pam Priestley
St Andrew	Coniston	11.00am	Holy Communion	Rev Harry Welch
St Luke	Torver	7.00pm	Torver Junction	Rev Brian Streeter

Mothering Sunday at Colton Church, 27th March at 10am

This will be an 'all age' service with the giving of flowers, liturgy, singing and story, craft for the children and also a time of quiet and reflection when we remember our mothers who have died. There will be an opportunity to light candles in thankfulness for them.

Celebrate with coffee and cake after the service. All ages very welcome.



From the Registers

Funerals

- 27th January: Ian Hugh Pirnie at Holy Trinity, Colton Funeral
- 15th February: Sheila Maureen Ramsbottom at Beetham Crematorium Funeral
- 26th February: Katherine Anne Mouzakitis at St Luke's, Torver Interment of Ashes

Baptisms

- 27th February: Reggie James Phillips at St Mary's, Penny Bridge

AROUND THE PARISHES

Colton

The Manor, Oxen Park – the new kitchen is coming along but it's likely the pub will be shut for the rest of February and into March.

Coniston and Torver

Rainfall, Garden House, Coniston, January 2022

Total - 154.6mm (6.1ins)

Wet days - 18

More than 1mm on 13 days

Wettest day - 7th - 37.0mm (1.5 ins)

Snow and hail on the 6th

Frost on the 16th, 19th and 20th.

Coniston 14 - March 26th

Never Give Up!

As a child I would regularly take comfort from a run around the surrounding fells. Life progressed and over the years I found myself being pulled in other directions, unintentionally disconnecting from running.

After having my first baby I bravely put on running shoes once more and entered a local event; the Coniston 14. I had wanted to complete this circuit of the lake for years having excitedly watched it snake out of the village past my parents' orchard on race day - not to mention laughing with my brothers as the entrants relieved themselves along the hedge before the start. What can I say, but strange things amuse a child!

Charging headlong into preparation, picking up where I left off in my head was not a good idea. I hadn't factored in my post-birth body requiring time to readjust, and proceeded to injure myself.

Even longer story short, some 19 years or so later, I am entered into what will be the 40th Coniston 14 Run, in March 2022. Having consistently run for a few years now, I feel like this year I will complete it. Or, in the words of Stephen King: "You can, you should, and if you're brave enough to start, you will."

Fay

At the time of writing there are still places available to run the Coniston 14 - go to **www.coniston14.co.uk** for more information. There will be a brief road closure between Coniston and High Ground at the start of the race (10.50am - 11.20am).

Cream Teas

We are re-starting cream teas – scones, jam and cream and cakes at a cost of £5.00, at **Coniston Institute Reading Room**.

On the **third Wednesday** of the month starting on **Wednesday 16 March at 3pm**.

For more information contact Joyce Holland on **015394 41594** or Ruth Stewart on **015394 49539**—Everyone welcome.





Part-Time Receptionist/Custodian required at The Ruskin Museum, Coniston

We are looking for a reliable & organised person to join our front of house team.

You will assist with the operation of our admission desk and shop, ordering and inputting stock into Sage. Previous retail & EPOS experience is desirable; however, training will be given.

2 days a week on a rota basis, including weekends (16 hrs/week in summer & 11 hrs/week in winter). You will also be required to be on a rota for the night alarm call outs. Equivalent to £9.59 per hour.

Please send a CV and covering letter with references either by post to: **Tracy Hodgson**, Director, The Ruskin Museum, Coniston, Cumbria. LA21 8DU or by email to **information@ruskinmuseum.com**



Coniston C of E Primary School

School Cook - our wonderful and amazing school cook, Mrs Diane Warne, will be retiring at Easter. Mrs Warne has worked in Coniston Primary School for 23 years and has brought love, kindness and a full belly to every child who has passed through! She will be missed by everyone and we all wish her a long and happy retirement.

School Cook Vacancy - If anyone feels they have boots big enough to fill Mrs Warne's role as School Cook, please go to <https://cumbria.gov.uk/jobsandcareers/schoolsearch.asp> for further details.

Retirement: We are very proud to honour Miss Wendy Yates' teaching commitment over the last 33 years at Coniston Primary School. Her early retirement began in mid February. The staff have missed her expertise and company over the last year but she will always remain part of the Coniston team.

Christians Together in Coniston

CTC are running their annual Lent Course leading up to Easter, starting on Monday 7th March for six weeks, at 3pm to 4pm at Coniston Methodist Church. The subject is the Prayers of Jesus.

All are welcome and no previous experience is necessary. For more information please contact Alex Stewart on **07751 589 356**.

Coniston Medical Practice and Coniston PPG

Dr Katharina Frey and Dr Clive Kelly will be running the Coniston 14 half marathon on 26th of March. This will be in memory of Dr Simon Fisher, who sadly passed away on 10th December, 2021. Simon was Katharina's husband, GP colleague and Clive's good friend. He tirelessly worked as a GP in Coniston during the covid pandemic until he died following a short illness exacerbated by Polycystic Kidney Disease.

We want to increase awareness of polycystic kidney disease and to raise funds for the great work pkdcharity.org.uk does in supporting research and informing and helping sufferers and their families. Our fund raising page is:

www.justgiving.com/Clive-Kelly3 or cheques can be made payable to PKD Charity and dropped off at Coniston Medical Practice. Thank you in supporting this worthy cause.

Doctors Katharina & Clive

ABM PRESENTS

Nancy Kerr & James Fagan

Live

• New LIVE ALBUM "An Evening With..."

"SUPERBLY EXECUTED... SUBLIME" - FROOTS

"DAZZLING FIDDLE" - LIVING TRADITION

"A PERFECT SNAPSHOT OF ONE OF FOLK'S
MOST TALENTED ACTS AT THE TOP OF
THEIR GAME." - FOLK RADIO UK

WWW.KERRFAGAN.UK



Coniston Institute – Saturday 19th March

Tickets £15 online at conistoninstitute.uk

Or e-mail sam.clarke.5555@gmail.com

Doors 7:00pm - bring your own drinks – cabaret style – raffle



Coniston Community Orchard Group

There was a great turnout for the initial meeting for those interested in establishing a traditional orchard in the heart of the parish.

There was a great deal of agreement in relation to what the aims of the group should be. It was clear that was a real desire to create an open access orchard which is a welcoming space for the whole community. The orchard will focus on creating an area with real bio-diversity and interest through planting a wide range of local heritage varieties of fruit trees and hedgerow, all under planted with native bulbs and meadow flowers.

As traditional orchards can last for over a hundred years, this project needs to ensure that planning is thorough and that the work undertaken in the next few years will contribute to the creation of a valuable community resource.

All people have something to contribute: you may be interested in getting your hands dirty when work parties are organised, you might be interested in fundraising, communication, design, or developing educational resources whatever energy and enthusiasm you have will be welcome within the group.

There will be another meeting in early March when we will be in a position to develop clearer terms of reference and to be able to identify the land upon which we hope to establish the orchard. This will be the starting point for a great deal of work. If you would like to be kept informed of developments please like our Facebook Group (Coniston Community Orchard Group); alternatively contact ***parish@coniston.info*** to be kept up-to-date by email. Similarly, if you have any questions or queries or would like to get involved please email ***parish@coniston.info***.

Coniston Co-op

Coniston Co-op's AGM will be held on Wednesday 16th March, 2pm in the Institute Reading Room. All members are invited to attend.



Job Vacancy - Parish Lengthsman, Coniston

Coniston Parish Council are seeking a self-employed Lengthsman, starting April 2022, to work approximately 20 hours per month.

The role would suit someone who has a range of outdoor skills, takes pride in the local community and wants to make a difference. The work will include grass cutting and weeding, litter picking, clearing drainage and minor maintenance of street furniture. You would need to arrange your own training, insurance, PPE, vehicle and equipment. Payment will be £18/hour by submission of a monthly invoice and timesheet.

The closing date for applications is 31st March.

If you are interested and would like more details of the role and how to apply, please contact the Parish Clerk on **015394 41442**, or email ***parish@coniston.info*** or on ***www.coniston.info***

WATER YEAT VILLAGE HALL
is thrilled to present



Peggy Seeger and Calum MacColl

The charismatic singer, songwriter, feminist, icon, Ewan MacColl's partner and muse, the undisputed queen of folk and political song. Join Peggy and her son Calum for a glorious evening of up-close performance by these two world-class musicians.

"Peggy may be folk royalty, but there's nothing reverent or nostalgic about this joyous and intimate performance" *The Guardian*

Friday 18th March at 8pm £15

or in advance from www.wegotickets.com/wateryeatvillagehall

Cabaret-style seating. Bring your own drinks and nibbles

www.peggyseeger.com

e-voice.org.uk/wyvh

Charity no: 22293

card payment accepted

Lowick and Blawith

Water Yeat and Blawith are in the early stages of forming a **Community Resilience Group**.

Part of the group's responsibility is to create a Community Emergency plan, so we can be better prepared for future emergency situations, and better equipped to support each other through difficult times.

Many towns and villages have successfully put plans together, to help create a safe and coordinated neighbourhood.

If you would like more information or to register an interest please contact

Mary Giles (parish councillor) on ***maryg0901@aol.com*** or **07788610911**.

We also have a WhatsApp group: WY and B Neighbours.

We hope to have a date for an informal meeting very soon - Watch this space!!!

Lowick and District Agricultural Society



Lowick Show are seeking a new Secretary!

Once again our 'La'al' Show is without a Secretary.

The committee are looking for someone to work alongside them to continue to provide the fabulous Show that we all know and love.

The applicant ideally needs to...

- have knowledge of agricultural shows
- be computer literate
- have great communication skills
- be a team player
- have good organisation skills
- have loads of enthusiasm!!!

There is a small monetary token set aside for this role and any equipment needed is provided.

If you think you might be the right person for the role, email the committee on ***secretary@lowickshow.co.uk*** for more info.



A massive thank you to all that attended the Lowick Show Coffee Morning, both helpers and guests.

It was lovely to once again see people able to relax and enjoy time with friends, bringing the community back together at last, whilst supporting a great cause.

Over £800 was raised, which is just brilliant!

We can't thank you enough for making this event a success. Roll on Show day (3rd Sept 2022), we hope to see you all there!

Lowick Show - Home Produce Committee.

Lowick Parish Council

A council meeting was held on Thursday 20th January 2022. Draft minutes from this meeting can be found on our website.

Cllr Ingham was tasked with creating a summary report from the findings of our Parish Plan survey. Two main projects apparent in the results would need to be led by the parish council, those being road safety on the A5092 and A5084 and the need for a resilience/emergency plan. Before work starts on these projects it would be useful to know if you, the parishioners, expect that we would do this and would anyone be prepared to get involved and help. The full report from the Parish Plan survey is on our website for anyone to view. WE NEED COMMUNITY RESPONSE from this report, it is your parish plan so we need to ensure that what we have deemed from the results is correct. Please respond before 13th March, if there are no comments we will presume we have interpreted the results correctly. Responses can be submitted via the website www.lowick.org.uk

We would also like to welcome our latest councillor, Celia Roblin. Great to have some fresh blood in the team!

Egton cum Newland

Prayer Hour

A monthly opportunity to meet for just one hour in **St Mary's Church, Penny Bridge**, to pray for items posted on the prayer board, for the churches across the Benefice, for our communities, and for the wider world.

The next Prayer Hour will be **Wednesday 2nd March, 10am-11am**.

Children in Distress (5p collection and other donations!)

Could I please express my thanks to everyone who contributed to the annual collection which this year has totalled £338. Once again, through your generosity we are able to provide sponsorship for twelve months for two children at St Margaret's Hospice in Bucharest, through the charity Children in Distress. Also this year as we have a surplus to the basic sponsorship, we have been able to send an additional sum to enable both children to have presents on their birthdays and at Christmas.



We continue to support Alexandru and are now also supporting Robert, who is a new arrival at St Margaret's. Robert is two years old, and I have some information about him which the charity has sent to me which is on display in Greenodd Village Stores.

Valentina who we previously sponsored has left the care of St Margaret's and has moved to a care centre nearer to her parents which means they are able to visit her more frequently, which is good news for her and for her family.

Once again, many thanks for your donations.

Caroline Lambert

Green Sparks - Focus on energy and sustainability

Like everyone else we are thinking about energy; in particular, the combined effects of the climate crisis, soaring energy prices and increasing fuel poverty. Given the age

and materials of many of the homes in our area, improving energy efficiency at home and reducing our reliance on oil and gas isn't as easy as much of the media makes out. Installing a heat pump isn't necessarily the best solution if you've got thick stone walls, slate floors and sash windows. Even many of the newer homes in this area are more than 50 years old. Finding affordable solutions can be complicated and convoluted!

Despite that, we know lots of you have successfully made changes to your homes that have improved their energy consumption. We'd like to find a way to enable local people to share experiences of what has worked and what hasn't, what's cost effective (or not) and to find out from each other what's available locally, including advice, expertise, suppliers, and fitters.

Some of you may be familiar with the information and support available from CAFS (Cumbria Action for Sustainability) See <https://cafs.org.uk/for-your-home/>

If you have used their services, such as their home audits or thermal imaging, was it useful? Following their advice, did you take action? Did it make a difference?

Or, are you (or would you like to be) part of a community scheme to tackle energy issues? Is this something worth considering? Is it practical?

Please email us (greensparks.sparkbridge@gmail.com) to let us know:

1. Would you be interested in taking part in Green Sparks event focusing on energy?
2. Would you be willing to talk (or share your experiences in another way) about any home projects or community initiatives you have been involved with that focus on energy and sustainability?

By the way, a great way to take quick and cheap energy saving steps is to sign up for CAFS Cold to Cosy Homes see <https://cafs.org.uk/cold-to-cosy-homes-cumbria/>

Ulverston Eco fair takes place at the Coronation Hall on Thursday March 17th. Doors are open between 11am and 6pm. See <https://www.thecoro.co.uk/ulverston-eco-fair>

Food waste digesters

South Lakeland District Council is offering highly discounted food waste digesters Green Cones and Green Johannas. The cones are available from **£15** instead of the recommended retail price of £79.50 and the Johannas are **£20** rather than £108.90. Both prices include delivery.

For information about the scheme see <https://www.cumbria.gov.uk/planning-environment/waste-management/foodwaste.asp>

Cumbria Wildlife Trust has a range of activities and events to join in with see: <https://www.cumbriawildlifetrust.org.uk/events>

The website has several useful guides to help individuals, families and groups take action to reduce their environmental impact. For a taste of what's on offer see <https://www.cumbriawildlifetrust.org.uk/actions/how-use-less-plastic>

Reports

Mothers' Union



Mother's Union members held their first meeting of the year on the 27th January. They began by re-affirming the Mother's Union mission before discussing this year's theme 'Transformation Now', sharing ideas from faith to bringing the group into the 21st century. Next they planned the programme for the year which includes outings and meals. This was followed by the usual tea and cakes!

The next meeting is on February 24th where 'My Favourite Hymns' is the topic. On March 25th members will be joining other branches in the Deanery for their 'Lady Day' celebration at 2pm in Flookburgh. For more information tel Kay: **015394 41559**.

THANK YOU!

A special thank you to Kay Shepherd for keeping the Mothers' Union up and running in difficult times for the local community.

Rev. Brian Streeter

Coniston WI

On Tuesday March 15th we will listen to Chris Laine talk about Antiques. We meet at 7.30pm in the Reading Room of Coniston Institute.



Egton WI

Our February meeting was a very enjoyable and tasty one! Lisa from Ginger Bakers in Kendal gave us a very enlightening talk telling us about herself and the ups and downs of starting your own business. Not only did she bring plenty of tasty samples for us all to try but our hostesses for the evening also provided delicious home baked biscuits so we all went home full. Our speaker on Tuesday 8th March will be telling us about the work that goes on at Manna House in Kendal so if you would like to join us for that you will be most welcome.

As mentioned last month we will be hosting a royal tea party in Greenodd Village Hall on Thursday 2nd June. We may be having two sessions in order to accommodate as many people as possible so please keep that afternoon free if you and your friends would like to come along. We aim to spoil you with a delicious tea served royally using bone china crockery. If you would like any more information then feel free to call Gill on **07519 144799**. No doubt it will soon be upon us, let's hope with some glorious weather appropriate for a royal celebration.

Bouth WI

Our next meeting, on Wednesday March 9th, is an open one where guests are welcome to join us; £3 entry includes tea, coffee, biscuits and a free raffle ticket. Our speaker is Peter McCafferty who is going to talk about Kendal Mint Cake and the media. Please join us for an interesting evening at Bouth Village Hall, 7 for 7.15pm.

If anyone is interested in joining the WI, please give our President a call on **07500 452598**.

Oxen Park Cinema Club

Mini Mountain Festival – 25th – 27th February – see website for details.



March 8th – *The Closer We Get* at 7.30pm – local film maker Karen Guthrie comes to introduce her own film and stay for Q&A at the end.

March 19th – *Knives Out* at 7.30pm - crime drama with Daniel Craig.

April 5th – *Ali and Ava* at 7.30pm an outstanding British made film set in Bradford.

More details on www.oxenparkcinemaclub.org.uk

All bookings to Carol – crlmcneill@gmail.com

Rusland Horizons Trust News

Hedge plant event - Tim Fleming's - Thwaite Moss

Saturday 12th February saw a tremendous turnout of volunteers for hedge planting on Tim Fleming's land at Thwaite Moss, as part of the Colton Greening Project and part-funded by Tim himself. Sadly, Tim, a long term supporter of Rusland Horizons and the community in general, passed away shortly before the event, following a long illness. His family encouraged us to carry on with the event and we are sure that Tim would have been pleased with both the turnout and the product of the volunteers' activity. We hope that a successful hedge plant and a job well done will serve as a fitting memory to Tim.

Colton Greening Project - future events

Dates and details about the Colton Greening Project events will be shared on our social media, website What's On page and members newsletter.

Walling work party - Saturday 12th March

Booking is open for our next walling work party and places are filling up fast! Join experienced waller, Jim Doherty, for our next walling event at Abbot Park Farm. Whether you're an experienced waller, or would like to learn this heritage skill for the first time, get hands-on helping to restore a treasured part of our landscape.

Full details and booking are available on our website at the What's On page <https://www.ruslandhorizons.org/whats-on.aspx>

Calling all volunteers!

We are extremely delighted to have been successful in winning a number of funding bids. The Colton Greening Project, as mentioned above, the Lottery funded project with students of Furness College and most recently an award via Cumbria Foundation for a project working in cooperation with Mind in Furness.

Whilst we are delighted to have been awarded these projects, they will require a considerable increase in resources to ensure successful delivery. We are, therefore, urgently asking for more volunteers from within the Rusland Horizons community to step forward and assist with various aspects of these projects, in addition to day-to-day activities of the Rusland Horizons Trust.

If anyone is interested, or would like to learn more about the volunteering opportunities available, please email us at hello@ruslandhorizonstrust.org

Living Well Services

Are you, or is someone you know, living with a progressive health condition? From diagnosis and through all the stages of your condition, we offer support, including -



Symptom
Management
Techniques



Creative
Therapy



Complementary
Therapy



Group
Sessions



Mindfulness

To access any of our services, or for further information, please call the Living Well Centre 01229 444407 or email Livingwellteam@stmaryshospice.org.uk

Here at **St Mary's Hospice** we offer programmes via the Living Well Team from both the main Hospice in Ulverston and the Living Well Centre in Barrow.

At present our internal groups are running as normal. External groups run by other organisations are on hold due to the Covid19 situation but are hoping to be back up and running next month as long as the situation improves.

Our service covers patients aged 18 or over with a progressive condition, such as but not limited to, MS, MND, dementia, cancer, Parkinson's Disease, heart/lung/liver/kidney disease and COPD. The patient must be registered with a GP practice within the Furness, Ulverston, South Lakes, Millom or Duddon Valley area.

Referrals can be made by telephone or in person and can come from the client themselves or anyone involved in their care.



Hospice sessions by referral include:

Day Hospice: Monday 10am - 2pm

Creative Therapy: Tuesday 1.30 - 3.30pm

Mindfulness: Wednesday 10 - 11.30am



Grant funding from the Frieda Scott Charitable Trust

Organisations supporting people in challenging circumstances across South Lakeland and Westmorland can apply for grants of up to £20,000, says Helen Carter from the Frieda Scott Charitable Trust.

"The money can be used in a number of ways. Previous recipients include Kendal based Manna House, which supports the homeless, vulnerably housed or lonely, and Temple Sowerby's Victory Hall, which needed help with damp proofing and the installation of a stairlift", explains director Helen Carter.

The Trust welcomes enquiries from both well-established and new groups which directly deliver programmes and services for the benefit of local communities.

To be eligible, organisations should be registered charities, formally constituted community groups or not for profit organisations (not including statutory bodies) providing demonstrable community benefit across the South Lakeland District area or the old County of Westmorland. Further information on eligibility can be found on the website – **<https://www.friedascott.org.uk>**

"The application process starts with a phone call, to discuss plans and eligibility" continues Helen Carter. "And we'll help throughout the process."

Anyone interested in applying for funding should call Celia Forsyth on **01539 742608** or email her at **celia@fcsct.org.uk**.

Brantwood News and Views

What better way to herald in the Spring than a visit to Brantwood house, gardens and Terrace Café. To enjoy all the seasons throughout the year, don't forget we have a Season Ticket which allows you to visit the house and gardens as many times as you like for a year (£12 individual, £23 joint). Please note that house visits are on a timed ticket basis.



John Ruskin's home 1872 - 1900

We are delighted to be able to have a second showing of Kate Bentley's work produced from her residency at Brantwood 'Ruskin's Reverie' in The Blue Gallery. After Kate commenced her residency in Sept 2018 she has focused solely on its influences. Kate's reasons behind applying for the residency were to enable her to move away from strong landscape influences in her paintings and to experiment with contemporary media, photography, 3D and experimental media. Initially she was influenced by Ruskin's connection to the Pre-Raphaelites and his association with Turner, but once Kate was submerged in the residency it was the interior of Brantwood itself that formed the integral part of her work during her time as Artist in Residence.

On display in the Severn Studio we have 'Gardens of Persephone', an amazing exhibition of mixed media artworks by Kendal artist Mike Healey. While not directly influenced by Ruskin's art, Mike's work explores parallel aspects of the natural world that Ruskin loved and captured in his etchings, drawings and watercolours. Exhibition runs until 12th March (open during house opening hours). From 16th March to the 24th April we have 'Landscapes from fell tops to shore' by Mark Pearce. A display of wonderful paintings of the valleys whose rivers run into the estuary at Ravenglass, the only coastal village in the Lake District. Our dedicated exhibition of Ruskin's mineral collection is also on display in The Treasury.

The Terrace Café has a new Spring menu to tempt you out too. Open every day 10.30 - 4.00pm (From 16th March open until 5.00pm)

House and Garden Winter opening hours Wed - Sun 10.30am - 4.00pm. Summer hours begin on Wednesday 16th March: Open every day 10.30am - 5.00pm.

www.brantwood.org.uk / 015394 41396



Why Fast in Lent?

When Jesus fasted in the wilderness for forty days, he did so in order to clarify his relationship with God and the nature of his calling. To face inner temptation, he needed to explore how he stood in relation to material needs and worldly power, and to affirm that his ultimate trust was in God, "*Man does not live by bread alone but by every word that comes from the mouth of God*". (Matthew 4.4).

Fasting and abstinence, if we are serious about them, have a particular significance in a world dominated by a culture of consumption. Today we are all encouraged to think of ourselves as 'consumers' or 'customers', as if the material things of Creation had no other meaning than to be used by human beings. Fasting is a form of restraint in which we stand back to contemplate things as they are in themselves, as they are in relationship to God the Creator, and not just as they exist for us.

Revd. Brian Streeter

Broughton and Coniston District Councillors' Update



Local Government Reform The division of Cumbria into two, Cumbria East and West, is progressing and there will be elections for a Shadow Council in May, which will run in parallel with SLDC and Cumbria County Council between May and April 2023. Broughton and Coniston ward will be split into two. Broughton, Kirkby, and ENMO and Pennington Parishes will become High Furness and the remainder will become Coniston and Hawkshead ward. There will be just one Councillor per ward.

Omicron Business Support There are grants available for business, particularly those in hospitality and retail, that have been affected by the Omicron variant outbreak. To apply go to <https://www.southlakeland.gov.uk/business-and-trade/business-support-grants-coronavirus-covid-19/>

Councillor Locality Allowances District Councillors are given a £1000 allowance to give for local community improvements. Janet and Tracy have given £1500 to support the X112 bus and £500 to help with printing costs of this magazine. Heather has donated £500 for an emergency generator for Hawkshead and Ian has donated his allowance to Green related community projects around the various Parishes.

Sewage Discharges There were several discharges into Coniston Water last year from the Waste Water Treatment plant and it seems that there have been some discrepancies in the reported number of times and amounts that were discharged. We are trying to organise a public meeting where residents will be able to discuss the problem with representatives of United Utilities.

Post Storm Arwen Emergency Response At the time of writing, we are bracing ourselves for Storms Dudley and Eunice. The sheer scale of devastation caused by Arwen was unprecedented. One thing for certain is that these events will be increasingly frequent. So, we are in the process of working with the various Parishes to formulate and update Emergency plans, which are coordinated with the County wide Emergency plans. In addition, we are talking with Ulverston Resilience Group and we are looking to develop localised resilience groups, support hubs and safe refuges. Over the next few weeks, we will be holding public meetings around the parishes to discuss the best way ahead for each area.

We will publish dates through the various social media when we can confirm in more detail about the public meetings.

Local Heritage Lists The National Park is developing a local heritage list. So, if you know of buildings, sites or features that you would like to see celebrated, you can help protect them by putting them on a local heritage list. It aims to celebrate valuable aspects of the past that relate to the local area. This could be old petrol pumps or road signs. It could be a fun project for Community groups and schools to embrace. To add to the list go to: <https://www.lakedistrict.gov.uk/planning/planningpolicies/communityplanningpolicy/local-list>

Contact us on **077784 30926**, if you have any queries/concerns or would like any more information.

Or ian.wharton@southlakeland.gov.uk,
heather.troughton@southlakeland.gov.uk
tracy.coward@southlakeland.gov.uk

Stay Safe, Keep Healthy, Ian, Heather and Tracy

Simnel Cake

A Simnel cake is a type of fruit cake that contains plenty of marzipan and is eaten at Easter, although it used to be specifically associated with Mothering Sunday. When folk were fasting during Lent, Mothering Sunday, on the fourth Sunday of Lent, offered a respite from 40 days of austerity.

Like most traditional British food eaten during winter and early spring, the Simnel cake contains lots of dried fruit, but it is much lighter than Christmas cake and contains a layer of marzipan both on top and in the middle.

To trace the origin of Simnel cake, you need to go right back to mediaeval times where it began life as a yeast-leavened bread, which may or may not have been enriched. This doesn't sound that much like a special bread, you may think, but what made it special is that it was made out of the highest quality flour possible; *simnel* is likely to derive from the Latin *simila* – the whitest and finest of flours.

As we get into the 17th and 18th centuries, the bread mixture had been swapped for a pudding batter, enriched with dried fruit, spices and almonds. It would be boiled and then wrapped in pastry, glazed with egg and baked until a good hard crust formed. It is not until the end of the 19th century that it is looking more like a cake, and the addition of marzipan layers would not come until the 20th century. The decoration with marzipan balls represents the eleven disciples (minus Judas) or Jesus and the eleven disciples.

There are various recipes online if you fancy making a Simnel cake this year.



Parish Prayer Diary - March

1st: Pray for this evening's meeting of ENMO Parish Council.

2nd: Prayerfully reflect how you can use the six weeks of Lent to deepen your relationship with Jesus.

3rd: Pray for university students experiencing mental health difficulties because of academic, financial or social pressures.

4th: On this World Day of Prayer join Christians around the world praying on the theme of God's promise "I know the plans I have for you". (*Jeremiah 29:11*)

5th: Pray for people whose lives are harmed by global trading systems that put profits first.

6th March: Sunday, the first day of the week

Pray in this season of Lent, God will strengthen us to discipline ourselves and, as He knows our weakness, may we know His power to overcome.

7th: Pray for communities struggling to survive through the climate crisis.

8th: On International Women's Day, give thanks for women who have encouraged and inspired you.

9th: Pray for Christians who have chosen to remain in Afghanistan. Pray for their safety and security as they adjust to life under their new Taliban government.

10th: Pray for those struggling with eating disorders; for courage and opportunity to reach out to support services able to help them journey to recovery.

11th: Pray for the work of *The Leprosy Mission*, a Christian organisation leading the world-wide fight against leprosy.

12th: Pray for parents who have lost a child.

13th March: Sunday, the first day of the week

Pray for your brothers and sisters in Christ travelling the same narrow road as you during this season of Lent.

14th: Pray for the leaders of the Commonwealth as they work towards shared goals of peace, democracy and the wellbeing of all peoples, especially its small and vulnerable member states.

15th: Pray for Christians involved in the entertainment industry and professional sport.

16th: Pray for the *Carers Trust* as it campaigns to give unpaid carers a voice, and signposts carers to local support and advice.

17th: Pray for this evening's meeting of Lowick Parish Council.

18th: Pray for the various *Red Nose Day* events raising donations to tackle homelessness, hunger, domestic abuse and mental health.

19th: Pray for those wearied by insomnia because of anxiety, illness or constantly changing work patterns.

20th March: Sunday, the first day of the week

May our loving, Eternal God, grant us insight to discern His perfect will for us, that we give up what harms us and seek the perfection we are promised in Jesus Christ our Lord.

21st: Pray for this evening's meeting of Colton Parish Council.

22nd: Pray for international organisations working to advance the sustainable stewardship of the unseen groundwater that provides drinking water and agricultural irrigation for millions of people.

23rd: Pray for communities devastated by natural disasters and the agencies working to bring emergency aid and disaster relief.

24th: Pray for the medical and science communities working with the World Health Organisation to combat tuberculosis and eradicate this treatable disease.

25th: Pray for Bishop James Newcome and his senior clergy and staff working for the Diocese across Cumbria.

26th: Pray for the Coniston 14 Road Race organisers, stewards and participants.

27th March: Sunday, the first day of the week

As we give thanks for our mothers who nurtured us, we pray our Father God, whose love is strong and tender, will watch over us and hold us all the days of our lives.

28th: Pray for our local farming community, especially at lambing time.

29th: Pray for Her Majesty the Queen and her family as they commemorate the life of HRH Prince Philip at the Thanksgiving service at Westminster Abbey.

30th: Pray for the Church Mission Society as it supports individuals and churches in sharing the Good News of Jesus at home and abroad.

31st: Pray for UN Peacekeepers helping countries navigate the difficult path from conflict to peace.

A Thought for the Month by Rev. David Gregg

March 17th : St. Patrick's Day

"Gregg" is an Irish name. Rumour, jovially fostered by Dad, had it that our Irish Gregg ancestors were "Privateers", which is a posh name for Pirates! Dad would never allow or repeat *any* jokes that made the Irish seem stupid. But stories that had them 'confounding the wise' were another matter. One favourite was of the two Irish navvies looking for work on a Birmingham building site. "You'll have to pass a brain test", said the Foreman, and sent one of them outside. "Now," he says to the other, "what would you be if you only had one eye?" "Half-bloind, Sir!" says yer man. "And what would you be if you had no eyes?" "Totally bloind, Sir." "Very good" says the gaffer, "You're on. Send in your mate." After a lengthy pause, the other comes in. The interrogation began. "What would you be if you only had one *ear*?" "Half-bloind, Sir." (Oh dear!) "And what would you be if you had *no ears*?" "Totally bloind, Sir – me cap would fall over me oiyes!"

This month we celebrate St. Patrick's Day. The noted evangelizer of the Irish was a Roman-Briton born into a Christian family. At the age of 16 he was captured and enslaved in Ireland. After six years he escaped, eventually to his old home, where he became a man of intense prayer. He was called in a dream to return to Ireland to preach Christ there. After about 12 years of intense and highly effective work, he was made Bishop of Armagh, effectively leader of the Irish Church. He is, of course, best remembered for his use of the shamrock, his teaching symbol of the Holy Trinity. But it was never an *explanation*, so much as an *illustration* of the ineffable mystery of 'three-in-one' and 'one-in-three'.

It is still very important to regard the being of Almighty God – Father, Son and Holy Spirit as primarily a *mystery*, falling into the category that Moses spoke of when he said "The *Secret* things belong to the LORD our God" (Deut. 29:29). If you are tempted to think of the formula "Three persons in One God" as an explanation or a solution, consider the following:

- (1). The first and commonest title for the Almighty is the Hebrew ELOHIM, the *plural* of EL (= GOD) (Gen. 1:1)
- (2). The first pronoun (attributed to God Himself) is "us" (plural) and "our" (plural)" Let *us* make humankind in *our* image" (Gen. 1:26)
- (3). The first reference to the Holy Spirit (Gen.1:1) and every subsequent use in the Old Testament has *feminine* verbs, as does "Wisdom".
- (4). There are two separate forms for the word ONE in Hebrew. YACHID – a simple, singular form, usually translated ONE-AND-ONLY as of Isaac as Abraham's only son (Gen. 22:2), and the far more common ECHAD – a more complex UNITY, first used to describe the *oneness* of male-and-female in marriage, "The two shall become *ONE*" (Gen.2:2). In the great command, "The LORD our God, the LORD is *ONE*" (Deut. 6:4), the Hebrew is the complex *ECHAD*!

(5). The following sayings are attributed to Jesus:

(a) “The Father is greater than I” (John 14:28)

(b) Concerning the end of the age, “No-one knows, except the Father” (Matthew 24:36)

(c) “Go therefore and make disciples of all nations, baptizing them in the *NAME* (singular!) of the Father and of the Son and of the Holy Spirit” (Matthew 28:19)

That mysterious NAME is rendered LORD in Hebrew and Greek. We know its meaning (“I am what I am.” Exodus 3:13-15) but not its precise form! It is the title of the God of the Covenant! In the light of all this “Three-*persons*-in-one-God” simply will not do. The Greeks tried “Three *faces*” and the Romans tried “three *personae*” (i.e. dramatic rôles), but “persons” in English designates individuals in their separate entirety – it clearly leads to *tritheism*, and is the main stumbling block to faith for hundreds of millions of monotheistic Muslims!

Ezekiel was content with “the appearance of the likeness of the glory of the LORD” (Ezek. 1:28). We too should be content with the MYSTERY of the being of God Almighty, and settle, like Patrick, for the Shamrock as a vivid *illustration* of the mystery of the “Three-in-one and one-in-three”, and praise the LORD, Whom Jesus instructs us to address as “Our Father in Heaven”.



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Take a look at the website www.carlislecathedral.org.uk/900years to see the programme of events and learn more about this amazing building and its history on the frequently turbulent Borderlands between England and Scotland.

Highlights of a visit to the cathedral include the iconic star painted ceiling, represented in the logo above, the 50 foot high east window dating from around 1350, the Memorial Chapel for the Border Regiment and many more historically significant carvings and paintings. The Cathedral Treasury houses various items unearthed during archaeological excavations including a 13th century crucifix made of Whitby jet and various artefacts from pre-cathedral times.



I've just been offered a new job and now I need to tell my current employer. The new company wants me to start as soon as possible. The problem is, we're already a bit short-staffed where I am now and I don't know how soon I'll be allowed to leave. How should I bring all this up with my boss?

The time between telling your employer you've found a new position and actually leaving is known as your notice period. If you've been in your current job for less than a month, you won't have to give any notice (unless your contract says otherwise). If it's more than a month, you'll have to give at least one week's notice. Your contract should make it clear exactly how long is expected. If you don't have a contract, and your employer has no written record of you agreeing to a notice period, you should give at least one week's notice.

Wait until your new employer has confirmed your employment by giving you a start date before handing in your resignation. It's then best to resign in writing (email is fine), so that you have a record of the date you told your employer. On the Citizens Advice website we have a page on handing in your notice with tips on how to write this letter.

You can work longer notice than your contract says, if you can agree it with your employer. If you're keen to move on sooner rather than later, it may also be possible to negotiate a shorter notice period than your contract says. If you want to go down this route, it can be useful to reassure your current employer that you will tackle any urgent work before finishing.

Fixed-term contracts are a bit different, as you won't need to give notice if you intend to leave on the last day of contract. Leaving early would usually mean giving at least one week's notice, unless your contract says otherwise.

If you have unused paid holiday days you should speak to your employer about either taking these during the notice period or being paid for them.

Finally, sometimes people can change their mind about moving jobs or find their circumstances alter. If this happens to you, you should speak to your current employer to see what the options are and if you can stay in your current role. If you need to speak to an adviser, call **South Lakes Citizens Advice** on **015394 46464**.

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

Call 015394 46464 - this is being staffed from 9:30 – 2pm

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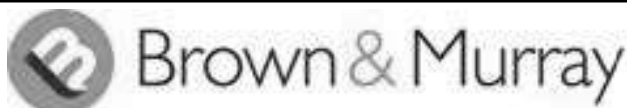
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What's On Guide - March

2 nd	Coffee Plus, 10.30-12.30	Coniston Institute
2 nd	Prayer Hour, 10am	St Mary's, Penny Bridge
4 th	World Day of Prayer, 2pm	Coniston Methodist Church
7 th	CTC Lent Course, 3pm - 4pm	Coniston Methodist Church
8 th	Egton WI: Manna House talk, 7.30pm	Greenodd Village Hall
8 th	Film: The Closer We Get, 7.30pm	Oxen Park Cinema Club
9 th	Bouth WI Open Meeting: Kendal Mint	Bouth Village Hall
12 th	Walling Work Party, Rusland Horizons	Abbot Park, Bandrake Head
15 th	Coniston WI: Antiques talk, 7.30pm	Coniston Institute
16 th	Coniston Co-op AGM, 2pm	Coniston Institute
16 th	Cream Tea, 3pm	Coniston Institute
18 th	Peggy Seeger/Calum MacColl	Water Yeat Village Hall
19 th	Film: Knives Out, 7.30pm	Oxen Park Cinema Club
19 th	Nancy Kerr/James Fagan Concert, 7pm	Coniston Institute
26 th	Coniston 14 Road Race	Coniston
27 th	Clocks Go Forward	British Summertime Starts
27 th	Mothering Sunday	

What's On Guide - regular events

2 nd & 4 th Fri	Gifts & Talents: Art Group 10.30am - 12.30	Tottlebank Baptist Church
Mon & Fri	Kettlercise, South Lakes Fitness, 9am	Greenodd Village Hall
Tuesday	Volunteer Day 10am - 4pm and Community Lunch, 12 noon	Farmers' Arms, Lowick
Wednesday	Kettlercise and Core, South Lakes Fitness, 6.45pm	Spark Bridge Village Hall
Thursday	Volunteer Day 9.30 - 3.30pm	Brantwood Gardens
2 nd Tuesday	Egton WI, 7.30pm, new or prospective members welcome	Greenodd Village Hall
1 st Wednesday	Prayer Hour - 10 - 11am	St Mary's, Penny Bridge

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