

Coniston and Crake Valley News



February 2023 www.conistonandcrakechurches.co.uk

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, Penny Bridge, LA12 7RQ	<i>Brian works for Filling Station on Thursday</i> <i>Brian's rest day is Friday</i>	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**.

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Cover photo submitted by Rob Jones of Coniston Mountain Rescue Team

Pastoral Letter from Revd Joanna Henson

Woodside Cottage

Dear friends and neighbours,

I DON'T BELIEVE IT!

We took our Christmas decorations down on Friday 6th of January, the day following 12th Night – and the day after that I had a bit of a Victor Meldrew experience!

There – in Booths – was a whole display of HOT CROSS BUNS! Traditionally Hot Cross Buns are eaten over the Easter weekend, which starts on Friday, April 7th. That's so many days ahead my head is spinning trying to work out how many days that is. The thing is – we haven't even got to February 21st, which is Shrove Tuesday yet. (or Pancake Day as it is commonly called).

A large majority of us enjoy our pancakes on that Tuesday, but most of us may not know why we do that? It is because the next day is the first day of Lent, when many Christians will take some time out to prepare themselves, spiritually, to celebrate Christ's resurrection on Easter Sunday. In earlier times, using up the sugar, eggs and cream on a last feast of pancakes was a symbolic act as we entered a period of self denial and fasting; but now, although some do fast, it is more common to put aside things like the self indulgences of chocolate at the checkout and a G&T in the evening or time wasting habits of surfing the net etc.. We can also undertake to exert self discipline over activities such as time spent looking at our mobile phones! Those pancakes are symbolic of our intention to begin.

So – what do we do instead? We can use that time and energy to do something positive, buy a little extra food for the food bank, actually talk and listen to each other, even..... make some room for God in our lives, for surely He is there waiting to hear from you! This life is not just about existing from day to day – it is about living purposefully, fulfilling God's plan for us by following the teachings of His Son, Jesus. Jesus tells us many wonderful parables to help us understand what his plans for us are all about and how we can live them out from day to day.

Have a look for yourself – there are plenty of Bibles in our churches for you to dip into. Try Luke's Gospel for a start.

You might be pleasantly surprised by how hopeful and positive you can feel if you do this.

Take the step and try it, I'm sure you won't regret it!

With love and blessings, your sister-in-Christ,

Joanna

P.S. There are Easter Eggs for sale in Tesco! Agh!

Church Services for February 2023

5th	Third Sunday before Lent		
St. Luke Torver	9.30am	Winter Breakfast	Linda Inman
St. Luke Lowick	9.30am	Holy Communion (BCP)	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter

12th	Second Sunday before Lent		
Holy Trinity Colton	10.00am	Morning Worship	Pam Priestley
St. Mary Penny Bridge	11.00am	Morning Worship	Rev Harry Welch
St. Andrew Coniston	11.00am	Holy Communion (BCP)	Rev Brian Streeter

19th	Sunday Next before Lent		
St. Luke Torver	9.00am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter

22nd	Ash Wednesday		
St. Andrew Coniston	12.30pm	Service	Rev Brian Streeter
St. Mary Penny Bridge	7.30pm	Holy Communion	Rev Brian Streeter

26th	First Sunday of Lent		
St. Luke Lowick	9.30am	Methodist Service	Rev Grace Cauldwell
Holy Trinity Colton	10.00am	Holy Communion	Rev Brian Streeter
St. Andrew Coniston	11.00am	Morning Worship	Pamela Hull
St. Luke Torver	7.00pm	Torver Junction	Rev Brian Streeter

From the Registers

Wedding:

February 11th: Alice Susannah Longmire and Thomas Edward Woodburn
at St Luke's, Lowick

From the Editor

Here is another packed edition of the Magazine! I hope you enjoy it; your feedback is always welcome - see below for how to get in touch.

Please can you send items for the March magazine by **February 15th**.

Juliet Caldwell, Editor **07884 232281**
editor@conistonandcrakechurches.co.uk



Around the Parishes

Coniston and Torver

Rainfall, Garden House, Coniston, December 2022

Total - 349.1mm (13.7ins)
Wet days - 17
More than 1mm on 16 days
Wettest day - 19th - 67.5mm (2.7ins)
Frost on the 4th - 8th, 10th - 17th
Snow on the 9th
Thunder on the 25th
Total for 2022 - 2665.6mm (104.9ins)

Coniston Community Lunches for 2023

We will be holding lunches on **Monday 20th February** and **20th March** at 12.30pm in the Institute Reading Room.



All ages are welcome to join us, so why not come along and enjoy a warm and hearty 2 course meal in the company of friends.

As usual the lunch is free however any donations towards the costs will be gratefully received.

As space is limited please confirm your attendance by the Friday before the lunch and let us know if you have any dietary requirements or transport needs.

Also if you can offer any help on the day or donate something for the meal please get in touch with Helen on:

015394 41277 or email **e.glaister013@btinternet.com**

Helen

Westmorland Wildcats Girls Football sessions

For ages 5 - 11

Every Wednesday, 4.30 - 5.30pm at Coniston Sports and Social Club.

Run by Westmorland FA, £3 per session

To register, email **sophie.hughes@westmorlandfa.com**



Lunch and Dominoes

in the Institute Reading Room, 1st February and 1st March, 12.30pm

Come and join us for soup/roll and tea/coffee, followed by dominoes, all for £5.00.

Contact **Jean** on **015394 41617** for more details and bookings.



CONISTON MOUNTAIN RESCUE TEAM



AN EXHIBITION CELEBRATING
75 YEARS
OF CONISTON MOUNTAIN RESCUE

14th January 2023 – 26th March 2023

Normal opening hours apply.

Free entry to residents of LA21 and all Mountain Rescue members

(Proof of residency/ID card required)



The Ruskin Museum
Coniston, LA21 8DU
Tel : 015394 41164
www.ruskinmuseum.com



Coniston 14 Run - an annual spectacle around the lake.



"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. Last year I did it!"

There are now more than 800 runners booked onto the 41st Annual Coniston 14 Road Race that takes place on Saturday 25th March. As usual the event sets off on the circuit of the lake from John Ruskin School in Coniston at 11am.

The Police, the Coniston Mountain Rescue Team and the First Responders support the race. As in previous years and for the safety of the runners, there will be a short road closure between Torver and Coniston for the start of the race from 10.50am until 11.20 and along Lake Road, Coniston for the finish between 12.15pm and 14.00.

The men's record time for the course is 69 minutes 25 seconds and the women's record is 80 minutes 57 seconds, both achieved in 1989.

The race has a good reputation for its sustainable practice. Runners are encouraged to car share, water is provided in recyclable paper cups, every runner receives a Coniston slate coaster and support is given to local conservation projects. The lively Street Band, "BLAST Furness" will play at the event. This year it is planned to reinstate the prize-giving in the school hall and our local MP, Tim Farron, who has completed the race on several occasions, will give out the prizes.

It is a great community event and over 80 volunteers help on the day. We are always pleased to have extra marshals to help. Please contact the race director, **Janette Braithwaite**: janettemaude@hotmail.com if you wish to volunteer.

Each year the Coniston 14 Committee raises some £20,000 from the race and this is donated to about 30 local charities, good causes and clubs in the communities around the lake. Details for those who wish to apply will be given in the next newsletter.

Geoff Cooper, Coniston 14 Committee



John Ruskin School - opportunities

John Ruskin School at Coniston are looking for Invigilators, Readers & Scribes to assist with mock exams in November and March and GCSE exams in May and June. Please contact the Exams Officer on **015394 41306** or admin@jrs.org.uk for a chat about the roles, or download an application form from www.jrs.org.uk. Hourly rate £10.90, full induction & training given. Good literacy & numeracy required, plus DBS check.

By taking on these roles, you can help us to support our students during their exams; we look forward to welcoming you to our team.

Steph Bennett, John Ruskin School

Penny Bridge CE Academy

Let your light shine!



We are delighted to be asked to have a regular column in the Coniston and Crake Valley News where we can let you know all about what is happening at Penny Bridge CE Academy.

I thought it would be helpful to give a little background to our recent history. I have now completed one year in my role as full time Headteacher and after spending 9 years teaching in my local school, I could not be prouder to lead such a wonderful school with an amazing team of staff. The whole school community is thriving, with super supportive parents and of course, enthusiastic children ready and willing to learn.

We joined the Good Shepherd Multi Academy Trust (MAT) in May 2022, which is a county wide trust containing 10 faith schools and 2 non-faith schools, all with similar sizes and settings. The support of the trust is fantastic through financial advice, governance, curriculum design and standards whilst still allowing us to keep our unique identity with our own local governing body. Moving to a multi academy trust has been a positive move for the school and I am excited to see how we develop under the MAT over the coming years.



Each month, our School Council will help to contribute to the column, allowing them to write for a purpose and to inform you about all the exciting activities in school. We have just over 100 pupils split into 4 classes all named after local birds: Robins, Starlings, Kingfishers and Ospreys and our motto, linked to Matthew 5:16, is 'Let your Light Shine', promoting positivity, individuality and team-work amongst the children.

One of our recent ventures has been running a community café in Greenodd Village Hall with the support and help of Tom Watson. Following a baking club on a Monday evening, the children then serve drinks and cake to the local community when the outreach post office is in the hall. We will be starting this again on **Tuesday 23rd January** and for the following eight weeks.

I hope you enjoy reading all about the school through this column and do call in or drop me an email if you would like to get in touch.

Mr Graham Carrick

gcarrick@pennybridge.academy

ENMO Parish Council

The next ENMO (Egton with Newland, Mansriggs & Osmotherley) Parish Council meeting is on Tuesday **7th March 2023** at 7pm, Greenodd Village Hall. All members of the public are welcome.

BINGO

@ Greenodd Village Hall

Saturday 4 February 2 0 2 3

Doors open 19 eyes down 19 30

1/2 book 5

Full book 8

Raffle 1

Tea/Coffee 1



In aid of...

LOWICK SHOW



Save the date for Lowick Show-Saturday 2nd September 2023

www.lowickshow.co.uk

Haverthwaite Surgery Patient Participation Group



The groups' purpose is to represent the views and needs of the patients and to support the work of the Doctors and staff at the surgery.

At present we are a very small group composed mainly of older people. We would like to invite more people to join us especially younger people to better reflect the needs of families. We meet every three months at the surgery with the next meeting due in March.

If you would be interested in joining us please contact the secretary, **Pat Procter** on **01229 861466** or ask the reception staff. You will be very welcome.

Lowick & Blawith

Blawith Parish Council

On 9th January, Blawith and Subberthwaite Parish Council met for the first time since May. This was because it was not quorate, meaning that there were not enough Councillors to effectively run the Parish. This meant that District Councillors have to be co-opted to help. Cllrs. Ian Wharton and Ben Cooper have now officially joined.

At the meeting, Cllr. Wharton was elected temporary Chairperson until May. The rest of the meeting was devoted to looking at planning applications and enforcement, being updated on accounts and correspondence, Councillor training needs and setting the budget for the coming year.

Councillor Coward gave an update on the application for Bathing Water Status for Coniston and the benefits. The major emphasis was on the development of the Community Emergency/Resilience Plan and Budgets. The budget will cover running costs but also items as Lengthsman work, Community Improvement projects and Grants.

In the near future, we will be developing a local Parish plan for the area and we will need your input. We are also aware that it is very sparsely populated area, with an ageing and declining population, with an abundance of second homes and holiday lets and we need your input on what needs to be done. Another option is to merge with another local Council, but this will take time and negotiation. However, currently, we do desperately need at least 2 people as Parish Councillors. You do not have to live in the Parish, but within 3 miles. It should only require a few hours a month.

The next meeting is scheduled for **13th February at 7pm** at Water Yeat Village Hall. If you have any issues or would like to help, please feel free to attend. A great Community does not happen, it has to be worked at.

You can contact us by e-mail at **blawithandsubberthwaitepc@outlook.com**

St. Luke's, Lowick Churchyard

During the winter cut of the churchyard including the strimming of some of the longer grass, there have been some problems with items on the grass part of graves. In light of this the PCC has taken the decision to remove such items from the grass and keep them in safe storage.

If you notice some items missing from graves then please do consult the vicar, but please do refrain placing items on the grass as this makes mowing and keeping the churchyard tidy more difficult—this will be much appreciated.

Colton

Colton Parish Council News

It's certainly been a few weeks of extreme weather between extremely low temperatures in December and then an unwelcome amount of heavy rainfall over the past weeks. This is, unfortunately, a recipe for disaster for the condition of our roads especially in terms of standing water and potholes. Many of you have been in contact regarding this. Archie Workman, our amazing lengthsman, has been out and about doing as much as he can to clear drains to allow the surface water to drain away and make our roads passable whilst always taking care to keep himself safe. Please give him a wave and thank you if you see him out working. We are very lucky to have him.

Clearly, longer-term solutions are needed to make many of our roads safer. As a Parish Council, we liaise with Cumbria County Council to raise routes of particular concern and press for improvements. You can help us by reporting potholes, empty grit bins, and blocked culverts or drains to CCC via the online reporting system or the hotline. This really does make a difference especially if multiple reports for the same problem are logged or the problem repeats itself. We can then build a case for more substantial work on particular stretches. We are also liaising with Cumbria Constabulary and the Cumbria Road Safety Partnership in conjunction with adjacent parish councils to identify safety black spots and use mobile Speed Indication Devices to record traffic.

Spring is thankfully approaching. Reports of sighting of snowdrops in the parish always raises the spirits and we are looking forward to the return of the Rusland Spring Show after a break of 2 years.

Our next meeting is at Rusland Reading Rooms on **Monday 20th February**. All are welcome, as always.

Reports

Working Together to protect the River Crake

At the first Green Sparks in 2021, the Crake Valley mapping exercise garnered various contributions, several relating to the River Crake, indicating the importance attached to this natural resource and its rich diversity of habitats and river dependent wildlife. Water quality and human impact on wildlife were really important issues for many.

At the Green Sparks gathering in December the opportunity was given to learn about some of our superstar river neighbours who live on the Crake: kingfishers, dippers, grey wagtail and otters as well as some of the superstars who live within the river: migratory salmon and sea trout, caddisfly, stonefly and mayfly larvae.

There are a growing number of people looking at ways to work together to protect the River Crake and improve its biodiversity. If you would like to be involved in this fascinating and vital networking, South Cumbria Rivers Trust and Cumbria Wildlife Trust websites are superb sources of information and opportunities to get involved.

<https://scrt.co.uk/>

<https://www.cumbriawildlifetrust.org.uk/home>

By working together, we can continue to celebrate this precious and unique freshwater river that flows through our Crake valley and enjoy its iconic wildlife that are indicators of an unpolluted, healthy water ecosystem, which is good for nature and, ultimately, for us too. To build on the idea of mapping the River Crake wildlife, if you have sightings and would like to share them, Barbara Welch in Spark Bridge would love to hear about them; drop her an email of what's seen, where and when to: mrswelch.sb@gmail.com

Green Sparks News

Happy New Year! A really big thank you to everyone who took part in the Green Sparks Seasonal Gathering at Spark Bridge in December, and to those of you who sent messages of support even though you were unable to attend. We all know that tackling climate change and protecting our natural environment is becoming ever more urgent; it's great to know there are so many people in our local community committed to making a difference.

Date for your diary: 3rd March, 6 - 8pm: Coniston and Crake Catchment Partnership open house meeting at **Water Yeat Village Hall** - a chance to meet the team, learn more about what's happening and get involved.

Cumbria Wildlife cams offer a great way to share local wildlife with people who find it difficult to get to a local nature reserve. See <https://www.cumbriawildlifetrust.org.uk/wildlife/cams>

The website hosts a range of useful local information, including a series of downloadable walking guides see <https://www.cumbriawildlifetrust.org.uk/explore/wildlife-walks>

Travel by bus for only £2 Want to reduce your carbon footprint and try public transport? Now might be the time! The X12 bus, which serves much of the Coniston and Crake Valley, is participating in the £2 bus fare scheme until 31st March 2023. This caps the price of a single journey at £2. For the timetable see: <https://cumbria.gov.uk/buses/X12/> Alternatively the X70 offers a flexible dial-a-ride service Monday to Friday <https://cumbria.gov.uk/buses/x70/>

For other participating services see <https://www.cumbria.gov.uk/buses/fares/>

Leven Valley Suma – Year 6 children at Leven Valley School run a Suma food group to help local people buy organic, fair trade, 'green' and ethical food products. To find out more about Suma see www.suma.coop For information about the Leven Valley Suma Food group or to sign up email suma@levenvalley.cumbria.sch.uk or visit the 'Learning' section of our school website to find out more: www.levenvalley.cumbria.sch.uk

Finsthwaite and Lakeside Village Hall runs regular book swap events. It also houses a small library of donated books and sells surplus books in aid of St Mary's Hospice. The next 3 meetings will be held between 10.15 and 11.45am on 8th February, 8th March and 12th April.

Zero Carbon Cumbria is a partnership focussed on reaching net zero in Cumbria by 2037. They work closely with Cumbria Action for Sustainability, CAfS <https://cafs.org.uk/> Members include public and voluntary organisations, individuals and corporations. See <https://zerocarboncumbria.co.uk/>

Worth a listen – BBC Radio 4 Rethink Climate offers inspiring and challenging debate on tackling climate change. You can find it on BBC sounds or go to <https://www.bbc.co.uk/programmes/m001gl5k>

Farmers Arms and Grizedale Arts News

OPEN FOR FOOD & DRINK, THURSDAY - SATURDAY

Cafe, 10am - 5pm | Stable Bar, 12noon - 10pm

After a short period of closure in January as we continued with some of the more disruptive renovation works, we swung open the doors at the end of January to welcome you all back for coffee & cake, food & drinks, making and so much more.

We are still running all of our workshops and courses (see our website for all the info you'll need), but we are no longer running our volunteer days every Wednesday and will instead, have more focused volunteer days throughout the year concentrating on gardening, cooking, foraging and more (watch out on our social media channels and websites for more information).

New to our programme for 2023 is our Wednesday night talks programme. To kick things off, we welcome Karen Guthrie to join us on Wednesday 1st February with a beautifully-illustrated walk through her 20 years of garden making at Lawson Park, Grizedale Arts' RIBA-award winning base overlooking Coniston Water, where she is Warden & Head Gardener. On the 8th February, artist, researcher and textile artist Lokesh Ghai joins us from India to present an illustrated journey through traditional Indian crafts, discussing their powerful ability to connect us with unknown places. Following this on Wednesday 15th February author and academic Dr. Charlie Gere joins us for an unconventional look at the Lake District going beyond the picture postcard scenes of mountains to delve deep into subjects such as Nuclear power, slavery and UFO sightings.

Lastly for the month of February we welcome Bethan Pettitt who presents a richly-illustrated personal portrait of the diverse gardens of Brantwood where she is Head Gardener. Discover how her team balances the care of Brantwood's exquisite natural environment with the needs of a historic public garden, and how they continue to innovate, inspired by Ruskin's own upland agricultural experiments. All our talks start at 6.30pm and are just £5 to attend. You can book directly through our website at: www.lakedistrictfarmersarms.com/whats-on/.

We continue to run our Wednesday Community Lunch for just £5.00 per person. There is no need to book, but we do serve at 1pm sharp so don't be late as its first come first served!

To get involved, visit our websites -

www.lakedistrictfarmersarms.com | www.grizedale.org – or contact **Emma Sumner** (emma@grizedale.org | 01229 481160) who is always happy to hear from you.

Brantwood News

Brantwood will be closed to the public throughout January and February 2023.



Please visit our website for updates at www.brantwood.org.uk. Or call us on **015394 41395**.

Broughton and Coniston District Councillors' Update

LOCAL GOVERNMENT REFORM: Most efforts are to implement changes for the transition to the two Unitary Councils of Cumberland and Westmorland and Furness on April 1st. There will be two Councillors in this ward, Suzanne Pender, who will be responsible for Coniston and Hawkshead and Matt Brereton for High Furness.

The changes involves not only changing logos, but who is responsible for what, transfer of assets, organisational structure, merging of computer systems as well as drawing up plans and budgets. The Senior Executive team is now in place for Westmorland and Furness and the overall vision has been agreed.

The overall vision is to make Westmorland and Furness **'A great place to live, work and thrive', with a caring ethos running through all that it does.**

Councillors approved the first Council Plan on 19th December which will deliver this vision. It identifies the key challenges and opportunities for the new authority.

These include the challenges of delivering services in sparsely populated areas and with an ageing population and declining work force, tackling health inequalities and the affordability and energy efficiency of housing. Opportunities identified include ways to help reduce the area's and the council's carbon footprint and enhance biodiversity and how to effectively utilise the diverse and distinctive communities across Westmorland and Furness. The Council Plan was finalised following discussions, comments and feedback from residents, businesses, organisations and staff from across the existing councils in Cumbria during a consultation during August and September.

OTHER NEWS In November, SLDC agreed a budget for the refurbishment for Grange Lido and this project will be taken up by the new Council. Likewise, Windermere Ferry will also be passed over to the new Council. After developing the high level concept and public consultation for the replacement ferry, the project has currently been postponed, mainly due to the current economic instability.

HELP WITH THE CURRENT SITUATION. There are many organisations offering help, advice and support in the area to help economic hardship, from energy to housing, to foodbanks and mental health. Remember, we have a great community here and you are not alone. The link is below www.southlakeland.gov.uk and type in **Cost of living help, advice and support (southlakeland.gov.uk)**. Alternatively, you can contact us on **077784 30926**.

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

Stay Safe, Keep Healthy

Ian, Heather and Tracy

Egton WI

Well I seem to recall that I began my last entry congratulating “the girls” for making the effort to turn out for our Christmas supper meeting in such awful weather conditions! Was that an omen or what?

We started the year with our January meeting on that terrible day of constant rain (which one? I hear you cry) with floods popping up everywhere but our trusty members turned out in force, such are the women of the WI, ha! It was worth it as our first speaker of the year did not disappoint. The gloomy day of depressing weather was lifted by more laughter than I’ve heard a speaker induce before, as Chris Bibby from Bibby’s coach company delighted us with his oratory. We got a brief outline of the starting of the family business based in Ingleton, how he learnt on the job and this continued with some hilarious experiences he and his staff have encountered over the years, all this intertwined with snippets he played on his euphonium! His final yarn was all about a WI trip too - more rain involved there, this is somewhat a theme it appears! Who could ask for more?

Our speaker in February will be Rebecca Batstone who is going to inform us about “Growing Well” a mental health charity, so we look forward to understanding a little more about a very topical subject.

Please feel free to join us at any of our meetings and give us a try - second Tuesday of the month in Greenodd Village Hall at 7.30pm.

Also remember we will soon be selling tickets for our royal tea party to be held on Monday 8th May, to celebrate the King’s coronation. For further information please contact **07519 144799**.

Gill

Oxen Park Cinema Club



SUPPER SPECIAL - Tuesday **7th February** (NOT 2nd as advertised in programme) - *Phantom of the Open* - an extraordinary story of an ordinary man (from Barrow!!). 6pm for 6.30 in The Manor for supper before the film. Book now - this will be popular.

All bookings via the website - oxenparkcinemaclub.org.uk

If any film becomes fully booked we are more than likely to add another show on the following Sunday. So we have an extra showing of *The Phantom of the Open* on Sunday **12th February** (no supper) then on Saturday **18th February** 7.30pm *The Father*.

Tuesday **7th March**: “*Flee*”. Check the website for reviews and trailers

Friday Presentations (for charity) at The Carthouse Cinema, Oxen Park

3rd February 7.30pm, £3 on the door - Clare Dyson - *Thriving - A Journey into Regenerative Farming*. Clare comes to introduce her new and well reviewed film.

Booking essential - with Carol - crlmcneill@gmail.com

Carol

ROOKHOW NEWS

Summer Holidays

Rookhow has 6 whole weeks available in the Summer holidays (week-long bookings Friday - Friday). Please spread the word to your friends and family from away who might want to come and stay in the Rusland Valley. They can hire the whole site: Bunkbarn, Meeting House, yurt, camping and woodland and have the place to themselves! These bookings help us to run the charity and also support the mental health groups who come to stay. Check the website: <https://rookhow.org.uk>



Curious about Quakers

Local people are welcome to join us for the Curious about Quakers weekend 3rd - 5th February. This will be a relaxed, friendly weekend giving people the chance to find out more about Quakerism as well as giving time for reflection, shared meals, woodland wandering and campfires. If people want to stay at home and join us for the day and evening sessions, that's fine. Please email Sue if you want to find out more: contactrookhow@gmail.com or ring for a chat: **07377 971783**. See the Rookhow website for more details: <https://rookhow.org.uk/meet-with-us>

Open Days

Open Days on the 1st and 3rd Fridays of each month. Tea, coffee and homemade cakes. Our volunteer guides will be happy to show you around and you can wander into the woods too.

Quaker Meetings at Rookhow Meeting House

On the first Wednesday of every month 7.30 - 8pm and 1st and 3rd Fridays 12.30 - 1pm. All welcome.

Day bookings

Rookhow Meeting House can be booked for meetings & day events (Monday-Thursday) and as a base for use of the woodland.

Contact: **Sue Nicholls**, Rookhow Development Manager Tel **07377 971783**

Email: contactrookhow@gmail.com



from "Something to Do", Penguin Books 1966

February Flower - Lesser Celandine

Towards the end of February you may be able to find some Lesser Celandine in flower, in damp sunny places by the roadside or on banks or in fields. They have leaves about an inch long and nearly as broad, rather like an ivy leaf. The flower rises singly from the root on a slender naked stalk. It is as broad as a shilling, of a shiny yellow, and looks like a star.

In olden days herbalists made a green cooling ointment of the leaves. the great celandine is about 3 ft high and its juice was once used for sore eyes.

Roger Mallinson, MBE and the St Luke's organ

Well-known Windermere engineer Roger Mallinson has been awarded an MBE in the King's New Year's Honours.

Roger will be familiar to some from the 1973 incident in which he and Roger Chapman became trapped in their submersible on the seabed at a depth of almost 1600 feet during routine work to lay a transatlantic cable. The rescue which followed over the next three days captured the world's attention and when they were finally rescued the men had just 12 minutes of oxygen remaining on board.

Roger went on to work on various steam engines and particularly steam boats and he set up a Trust for the restoration of Shamrock, a gentleman's launch for which he built a new engine and which is still a regular sight on Windermere.

Back in 2014 Roger attended a funeral at St Luke's, Torver and noted that the 1899 organ was in a state of disrepair. He went on to spend nine months restoring and repairing the organ - the vicar Rev. Tim Harmer describing him as "the answer to our prayers" as the parish could not afford to fund the restoration.

There is a video from 2015 on YouTube showing the organ being played by Paul Gregson, the Royalty Cinema's organist while Roger enjoys a celebratory waltz with Linda Inman, Church Warden of St Luke's.

JUST WAR—24th FEBRUARY

On 24th February 2023 we will mark one year since the second invasion of Ukraine by the Russian Federation. It is important to note this is a second invasion as Crimea—internationally recognised as Ukrainian territory—was illegally annexed in 2014. Noting this anniversary, I thought it was appropriate to consider the Christian response to war, and in particular the idea of a Just War.

Christianity was birthed under the yoke of the Roman Empire, but slowly transformed the empire and then became the accepted faith of the empire under Emperor Constantine. In this period of transition many Roman soldiers who became Christians had to wrestle with a martial duty while professing a pacifist faith.

The development of Just War Theory or Tradition came from Old Testament theology that was then Christianized by Augustine, systematized by Thomas Aquinas, further developed by Francisco de Vitoria, and finally endorsed by the Protestant Reformers.

But it was in the work of Thomas Aquinas that the theological groundwork was mainly established, and the idea of 3 requirements for a war to be just—authority of the sovereign; a just cause; and the right intention. But over time this has been refined to 8 markers of a just war—conduct at the beginning of war (*jus ad bellum*) and the end of war (*jus in bello*); just cause; just intention; last resort; highest governmental authority; limited ends; proportionality; non-combatant immunity; and a reasonable hope of success. Finally, there is what is known as the 'intervention dilemma' which asks, "*If A is being attacked by B and you are the nearest third party to A, do you intervene with force to protect A?*". The alternative is a completely pacifist position, active (for example, stretcher-bearer, financial supporter or munitions supplier) or passive, that is standing by and not intervening.

Nevertheless, whatever your position on war as just or not, the call to prayer for peace and the active role of a peacemaker is still essential for every Christian.

Slava Ukraini—Glory to Ukraine, *Rev. Brian Streeter*

A THOUGHT FOR THE MONTH by Rev. David Gregg

FEBRUARY 22ND : ASH WEDNESDAY

"23324957 Private Gregg D., *SIR!*" For anyone who's ever done National Service it's burnt on your brain – your number, rank and name (*and* how to address an officer!). The only way to get your £2 a week on Pay Parade, it is also *all* you are required, under the Geneva Convention, to reveal to the enemy, if you are ever unfortunate enough to fall into their hands. Eight digits (- *seven* for officers!) that sum up what you have become, encased in khaki and shorn like a lamb, to a motley collection of RSMs, CSMs, Drill Sergeants, P.E. Instructors, Regimental Policemen and Platoon Corporals – all intent on changing you from what *you* want to be into what *they* want you to be!

The 'aim' was ultimately achieved by Military DISCIPLINE – The process of Learning the Regulations – Subjection to Authority – Unquestioning Obedience – and submitting to any retribution meted out for failure.

I was once invited to be the preacher for the Arborfield R.E.M.E. Apprentices' College Commissioning Service. I had them all pretty perplexed to begin with, by suggesting that things were probably very different from when I was in the Army, when DISCIPLINE – ORDERS – OBEDIENCE were the key features. Where we had Reveille, they presumably had corporals tippy-toeing around asking if anyone felt like getting up; where we had had Drill Sergeants terrorising us, they, I assumed, were told, "Some of you may fancy marching around a bit – after you've finished your smokes. Which way shall we go?"; and where we had Daily Part I Orders requiring immediate conformity, signed by the Colonel, theirs would say, "There's a bit of a do on in the main assembly hall this morning, if any of you feel like turning up." They, I supposed, would respond by standing around in groups, discussing whether the Colonel actually *existed!* I went on to give the text "God commands" (Acts 17:30).

The Army has a special book, called "Queen's Regulations", which sets out exactly and in great detail what you can and cannot do as a soldier. Every charge that is brought, via an AB 252, is for something "in contravention of Queen's Regulations". It's the same with the LORD God really, isn't it? Through the Apostles' and the Prophets' testimony (the Bible), and supremely through the teaching of the Lord Jesus Christ, He has revealed *His* will to *us*, in great detail. *Sin* is basically doing things, or failing to do things, in contravention of *God's* Regulations, and, somehow or other, we are going to be called to account for *ours*.

The Apostle Paul makes a direct link with all this when he exhorts Timothy to "share in suffering as a good *soldier* of Jesus Christ" (2 Tim. 2:3). Christian Discipline (the product of Discipleship) has the same basic ideas: learning and discerning the will of God; obedience and the working out (and *living* out) of the practical consequences of following Jesus Christ. Ash Wednesday marks the beginning of the protracted Lenten period of equipping ourselves for this by a programme of self-denial, prayer and bible-learning, physical exercise, and seeking special opportunity for witnessing to and sharing the faith.

There is, however, the other side of discipline which is the LORD's discipline. The writer of the Letter to the Hebrews, quoting from Proverbs ch.3 vv 11 & 12, puts it like this:

"My son, do not regard lightly the discipline of the LORD, nor weary when reproved by Him. For the LORD disciplines the one He loves and chastises every son whom

he receives.”

(The whole passage, Hebrews 12 vv 3-11, elaborates tellingly on the *family* motif invoked. It made me think of an exchange with our youngest son, aged 17. He came down to breakfast with a worried look. “Dad, you wouldn’t punish me for something I hadn’t done, would you?” “Good gracious, no! Why ever do you ask?” I replied. With an affected look of great relief, he said, “I’ve just found out that I’ve forgotten to post those two letters you gave me yesterday!” Matters of ‘omission’ are clearly included!)

Parish Prayer Diary February 2023

1st: Pray for society’s upholding of vulnerable people’s rights to respect and dignity.

2nd: Pray for an opportunity to talk with someone about how they are feeling, and to just listen without interrupting or advising.

3rd: Pray for NSPCC’s *Speak Out Stay Safe* safeguarding programme helping children recognise abuse in all its forms and how to get help if they need it.

4th: Pray the sanctity of Christian marriage continues to be celebrated and faithfully upheld; pray also for couples solemnising their marriage in church this month.

5th: **Sunday, the first day of the week:** May God give us grace to so love what He commands and to desire what He promises, that, among the many changes of this world, our hearts may be fixed where true joys are to be found.

6th: Pray for those who work in the science and research industries.

7th: Pray for local organisations working to improve our environment for the benefit of wildlife, which in turn benefits us.

8th: Pray for the Cumbria Community Foundation, providing means that make a difference to the most disadvantaged in our communities.

9th: Pray for the Benefice Staff team.

10th: Pray for Christians in positions of leadership in government, business, public service or the church.

11th: Pray for those who work long hours for the welfare and benefit of our society, remembering especially all NHS staff, police, social services, rescue services.

12th: **Sunday, the first day of the week:** Pray our creator God will grow in us reverence for all creation and respect for every person that we may reflect His light and love to a troubled world.

13th: Pray for Bible Notes contributors.

14th: Reflect on the love of Jesus in *1 Corinthians 13:4-7*; then pray the passage using your name as you seek to follow His example.

15th: Pray for ongoing armed conflicts across our world.

16th: Pray for Scripture Union’s Mission Partners working with young people, sometimes in very challenging areas.

17th: Pray for those who find the world to be a noisy, confusing place.

18th: Pray for the small minority of Christians in Afghanistan who despite having to keep secret their faith, reach out still to their communities with the love of Jesus.

19th: **Sunday, the first day of the week:** May our Holy God, who knows the disorder of our sinful lives, set straight our crooked hearts and bend our wills to love His goodness and glory revealed in Jesus our Lord.

20th: Pray today’s World Day of Social Justice will impact on reducing hunger and

poverty and promote social and political freedom at home and abroad.

21st: Pray for Head Teachers and their staff during the school half-term break.

22nd: Consider how to use the weeks of Lent to strengthen your walk with Jesus.

23rd: Pray for those who work on a helpline, often being the first point of contact to a distressed adult or child.

24th: Pray for Africa Inland Mission society partners responding to the call to share the love of Jesus with those who have never heard the Good News.

25th: Pray for our local farming community.

26th: Sunday, the first day of the week: Pray our Almighty God, whose Son Jesus fasted in the wilderness and was tempted, as we are, yet without sin: may give us grace to discipline ourselves in obedience to His Spirit; and, as He knows our weakness, so may we know His power to save through Jesus Christ our Lord.

27th: Pray for children returning to school after the half term break.

28th: Pray for the Governors of our local schools.

Readings for February 2023

5th 1 Corinthians 2.1-16

Matthew 5.13-20

12th Romans 8.18-25

Matthew 6.25-34

19th 2 Peter 1.16-21

Matthew 17.1-9

22nd Psalm 51.1-18

Matthew 6.1-6, 16-21

26th Romans 5.12-19

Matthew 4.1-11

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- finding out if you're eligible for any benefits or support with your energy and living costs.

advising on how to reduce living costs and providing information on other ways to increase your income.





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11 - 5pm

23rd Feb: Animal Applique Cushion £60

Part 1: 6 - 9pm

2nd March: Part 2: 6 - 9pm

11th March: Puffin Head £80

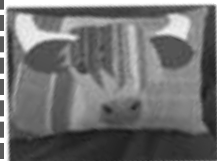
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12th March: Highland Cow Cushion £60

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26th March: ditto

23rd & 30th March: Highland Cow Head £80



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Prayer Hour

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

What's On Guide - regular events

Mondays	Knitting and Stitching, 7pm	Greenodd Village Hall
Mondays	Short Mat Indoor Bowling, 7 - 9pm, no experience needed	Greenodd Village Hall
2 nd & 4 th Friday	Tottle-Art: Art Group 10.30am - 12.30	Tottlebank Baptist Church
Tuesday	Coffee and Chat, 9.45 - 10.45am	Greenodd Village Hall
Wednesday	Community Lunch, 1pm sharp	Farmers Arms, Lowick
Thursday	"Young at Heart" exercise and lunch, 11am	Coniston S&S Centre
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
1 st Wednesday	Quaker Meetings, 7.30pm	Rookhow
1 st & 3 rd Friday	Quaker Meetings, 12.30pm	Rookhow
2 nd Wednesday	Bouth WI, 7.30pm, new or prospective members welcome	White Hart Inn (temporary)
1 st Wednesday	Prayer Hour - 10 - 11am	St Mary's, Penny Bridge
Friday	Indoor Bowling, 2 - 4pm	Coniston Institute

What's On Guide - February

1 st	Lunch & Dominoes, 12.30pm	Coniston Institute
1 st	Talk - Lawson Park's Gardens, Karen Guthrie 6.30pm	Farmers Arms, Lowick
3 rd	Talk - Regenerative Farming, 7.30pm	Oxen Park Cinema Club
3 rd - 5 th	Curious About Quakers Weekend, see p 16.	Rookhow
4 th	Workshop - Geli Plate Printing 2 - 4.30pm	Farmers Arms, Lowick
4 th	Bingo - Lowick Show 7pm	Greenodd Village Hall
7 th & 12 th	Film: Phantom of the Open, see p 15.	Oxen Park Cinema Club
8 th	Talk - Indian Crafts, Lokesh Ghai , 6.30pm	Farmers Arms, Lowick
11 th	Drop in Making Day, 10am - 4pm	Farmers Arms, Lowick
13 th	Blawith Parish Council meeting, 7pm	Water Yeat Village Hall
15 th	Talk - The Lake District, Dr Charlie Gere, 6.30pm	Farmers Arms, Lowick
18 th	Patchwork Cushions workshop, 10am	Farmers Arms, Lowick
18 th	Film: The Father, 7.30pm	Oxen Park Cinema Club
20 th	Community Lunch, 12.30pm - see p 5	Coniston Institute
22 nd	Talk - Brantwood's Gardens, Bethan Pettitt, 6.30pm	Farmers Arms, Lowick
25 th	Drop in Making Day, 10am - 4pm	Farmers Arms, Lowick
26 th	Concert: Claude Bourbon 8pm, see overleaf	Water Yeat Village Hall
1 st March	Lunch & Dominoes, 12.30pm	Coniston Institute

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