

Coniston and Crake Valley News

A man wearing a straw hat and a light blue t-shirt is standing in a field of tall grass, using a scythe to mow. He is seen from the side, holding the scythe with both hands. The background shows a line of trees under a bright sky.

August 2023

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

SAFEGUARDING OFFICER

Juliet Caldwell	safeguarding@conistonandcrakechurches.co.uk	07884 232281
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ADMINISTRATOR & MAGAZINE EDITOR

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ADMINISTRATOR

Marion Swift	2admin@conistonandcrakechurches.co.uk	01539 521337
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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 : Owen Jones scything at Brantwood, July 2023

Pastoral Letter from Brian Streeter

TREACLE

At a recent visit from a diocesan group to one of the churches under my care, one of the visitors asked me, “What is that book in the cabinet on the wall?”. I had no idea, having never taken much notice of it – it had simply always been there. “That is the Treacle Bible” came the proper response from one of the better informed members of the church – though no one knew what this meant.

Upon further investigation the “Treacle Bible” is historically significant. Dated at 1577, the Bible is not only old, but it is also known as the “Bishops’ Bible” as it was translated by bishops who were unhappy with the then current translation. The name the “Treacle Bible” comes from a poor translation of Jeremiah 8.22 where the Hebrew word for healing lotion is mistranslated as “treacle”, and is now commonly translated as “balm” – as in the Balm of Gilead.

There are other Bible translations that have poor translations or misprints. The infamous “Sinner’s Bible” informs the reader that, “thou shalt commit adultery”. King Charles I ordered that all printed copies which omitted the “not” should be destroyed – but some inevitably survived. As a consequence of these sorts of errors, there is a common misunderstanding or misinformed opinion that current translations of the Bible must contain many poorly translated words, misprints and/or copying errors. In fact, the very opposite is true.

In this very extensive area of biblical research, there have been shown to be differences between hand-copied versions of the Bible in the original Hebrew (the Old Testament) and ancient Greek (the New Testament). However, most of these copying errors are very minor, and none change the meaning of the message in any significant way. In fact, whenever the argument that the Bible is riddled with errors and contradictions is raised, then I am inclined to think that this more wishful thinking and that some desperately *want* this to be true. After all, the Bible and its message can then casually be dismissed.

But what does the Bible itself say about the message it contains? In Isaiah 55.11, the LORD God says through this servant, the prophet Isaiah:

“So shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and succeed in the thing for which I sent it”

In other words, none of God’s words – including the Bible – are a mistake or superfluous. They have a plan and purpose for you and me, and they will achieve that plan – even when we misprint the odd word.

Blessings in Christ,

A handwritten signature in dark ink, appearing to read 'Brian', with a stylized flourish at the end.

Church Services for August 2023

6th	Ninth Sunday after Trinity		
St. Luke Torver	9.00am	Bikers' Breakfast	Rev Brian Streeter
St. Luke Lowick	9.30am	Holy Communion	Rev Harry Welch
St. Andrew Coniston	11.00am	Morning Worship	Pamela Hull
St. Mary Penny Bridge	11.00am	Morning Worship	Rev Brian Streeter
13th	Tenth Sunday after Trinity		
Holy Trinity Colton	10.00am	Holy Communion	Rev Joanna Henson
St. Andrew Coniston	11.00am	Healing Service	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Holy Communion	Rev David Bickersteth
20th	Eleventh Sunday after Trinity		
St. Luke Torver	9.00am	Holy Communion	Rev Brian Streeter
St Andrew Coniston	11.00am	Morning Worship	Pamela Hull
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter
27th	Twelfth Sunday after Trinity		
St Luke Lowick	9.30am	Methodist Service	Rev Sue Nicol
Holy Trinity Colton	10.00am	Morning Worship	Pam Priestley
St. Andrew Coniston	11.00am	Holy Communion	Rev Brian Streeter
St Luke Torver	7.00pm	Torver Junction	Rev Brian Streeter

From the Editor

Please send in your items for inclusion in the September edition by August 15th.

Juliet Caldwell, Editor 07884 232281

editor@conistonandcrakechurches.co.uk



From the Registers

Wedding: 5th August, Holy Trinity, Colton:

Rebecca Louise Brown and Ben Thomas Cooper

Baptism: 20th August, Holy Trinity, Colton: Holly Dickinson

Around the Parishes : Colton

Bouth Village Hall

The newly renovated hall is now available for bookings. You can make contact with the Hall Secretary, Alison Gruber via email: [**bouthvillagehall@gmail.com**](mailto:bouthvillagehall@gmail.com).

Lowick and Blawith



Monday 28th August

at 7pm

**Spark Bridge Village Hall
Raffle and Refreshments**

Blawith & Subberthwaite Parish Council update

The Parish Council met on 10th July and it was attended by Suzanne Pender, the area Westmorland and Furness Councillor. She updated us on various activities she has been involved with in the Coniston and Hawkshead ward. Efforts are being put towards the Hawkshead area which has been particularly hard hit, post Covid. Plans for the replacement ferry have been put on hold but the Mallard will have extra maintenance and upgrades.

We have arranged for the path to be cleaned up between Blawith and Lowick and also the Parish Noticeboards restored. In September, we will be holding a Boon Day around Blawith to tidy up and give basic maintenance to the area. Notifications will be put out through social media and on the noticeboards. All will be welcome and refreshments will be provided.

On 21st June, there was a memorial meeting at the Farmers Arms to celebrate the life of Diana Rutherford. Diana was a former Parish Council chair. She was passionate about the environment and you would have often seen her litter picking by the main road at weekends. She was tireless and selfless. If something needed doing, she sorted it. A true community champion and she will be greatly missed.

Ian Wharton has rejoined the Lakeland District National Park as a Board Member. His first duty was to attend the official opening of the West Windermere way, a multi user trail from Fell Foot to Lakeside YMCA. If you have any Park related issues, he may be able to give advice: [**ian.wharton@lakedistrict.gov.uk**](mailto:ian.wharton@lakedistrict.gov.uk)

We still need another Parish Council member so if you live within 3 miles, are over 18 and interested in improving the local area, we would like to hear from you.
[blawithandsubberthwaitepc@outlook.com**](mailto:blawithandsubberthwaitepc@outlook.com)**

Parish Council meetings have been moved to Lowick Community Hall as Water Yeat Village Hall became too costly and is not fit for purpose. We still meet on the second Monday of each month. The next meeting, however will be on September 11th.

Ian Wharton Chair, Blawith and Subberthwaite Parish Council.

KEEPING ST. LUKE'S GRAVEYARD TIDY & SAFE

The Diocese of Carlisle has for some time set out rules and regulations for the upkeep and maintenance of churchyards under its care. It is the responsibility of the Incumbent and PCCs to uphold these rules and regulations to ensure the decent order and natural beauty of the area.

The St. Luke's, Lowick with Blawith PCC is aware that this is an extremely sensitive subject but there have been a growing number of items left at gravesides that fall outside the rules and regulations.

It is with some regret that any items that do not conform to these criteria will be removed and stored – in addition, they become a hazard when they are hidden by long grass which is then strimmed.

Any removed graveside items can be collected from the vicar, the Revd Brian Streeter at the Vicarage, Penny Bridge.

Brian Streeter

Egton cum Newland

**Greenodd And District
Horticultural Society**

Annual Show

Saturday August 26th 2023

Greenodd Village Hall

2 pm

Presentation of Awards – 4.00pm
Followed by raffle and auction of exhibits.

Light refreshments available

Admission : Adults £1.00 Children Free

Schedules available at 2 Bank Terrace Greenodd.
Ellies Garden Centre
And in the Village Hall.

Or if would like a schedule to be posted or emailed please get in touch
greenodd.horticultural@gmail.com or via facebook.



Parish Council of Egton, with Newland, Mansriggs & Osmotherley

Next meeting is on Tuesday 5th September at 7pm in Greenodd Village Hall.

Greenodd Post Office opening times: at Greenodd Village Hall

Mondays: 12.15 - 16.00

Tuesdays: 9.00 - 12.30

Fridays: 12.15 - 16.00

Coniston & Torver

Rainfall, Garden House, Coniston, June 2023

Total - 104.8mm (4.1ins)

Wet days - 11

More than 1mm on 7 days

Wettest day - 18th - 31.5mm (1.2ins)

Listening to views in Coniston

Don't forget to look out for Chris Clark as he works his way around every house in Coniston and surrounding area over the coming months, asking how people are feeling about village life and whether they think there is anything the community needs. He is accompanied by one or two village locals and will be carrying identification! His picture is here. He very much looks forward to meeting you and to hearing what you have to say.



To contact Chris (Children, Youth and Community worker for the churches in Coniston) - tel: 07594 775046 or email: conistoncommunityworker@gmail.com

Presentation Evening for Coniston 14 Run



Our annual Presentation Evening was held at Coniston Sports and Social Centre on Wednesday 28th June. Janette Braithwaite, the race co-ordinator, presented a total of nearly £20,000 of donations from the Committee to the following 27 clubs, organisations and good causes:

Coniston Bowling Club, Coniston Care Scheme, Coniston and Crake Newsletter, Coniston Sailing Club, Coniston Cricket Club, Coniston District Tennis Club, Coniston Lawn Tennis Club, Coniston Cameo Club, Coniston Christmas Lights Committee, Coniston Football Club, Coniston Institute, Coniston Mountain Rescue Team, Coniston Primary HSA, Coniston Primary School, Coniston Sports and Social Club, Coniston Parents and Toddler Group, Coniston Tourist Information Centre, Coniston W.I., Coniston Young at Heart, Torver Street Party, South Cumbria Rivers Trust, Friends of the X112 Bus, Hawkshead Guides and Brownies, John Ruskin School, St. Mary's Hospice, Ulverston and Ulverston MIND.

It was good to see the great range of organisations that support the community. Representatives of each organisation described their activities and how the donations would be spent. A pie and peas supper followed and there was the chance to recruit volunteers for helping at next year's race on Saturday 23rd March 2024.

Geoff Cooper, Chair, Coniston 14 Committee.



Coniston Sports and Social Centre

August Events – get the dates in your diaries

Wednesday 2nd August – **Monthly Charity Quiz Night**, open from 7pm, quiz starts at 8pm, £3pp

Saturday 5th August – **Private Wedding at the centre**

Monday 28th August – **Bank holiday Monday – Bar Open**

Plus Sky Sports fixtures shown on our screens during opening hours (currently Friday – open from 4pm, Saturday – from 12pm and Sunday from 1pm)

If you'd like to book our facilities or have any other enquiries please do get in touch.
Tel: **015394 41812**, email: **Conistonsports@gmail.com**

A huge thank you to all who supported the July monthly quiz night – it was a great night again. £168 has been donated to Coniston Mountain Rescue – chosen by the winning team.

Please join us for our next one.

Becca Myers (Club Secretary)



VACANCY FOR PARISH COUNCILLOR

If you care for your community and want to see decisions made that reflect the need to maintain a flourishing community then the vacancy for a new parish councillor on Coniston Parish Council has might just be for you.

If you would like to find out more just look on www.coniston.info for more information, or call for an informal chat. If you are interested apply by letter or e-mail to the Parish Clerk (contact details below) outlining your skills, relevant experience and reasons for applying by the 1st September 2023.

Contact: Michael Dearnley, Parish Clerk, Coniston Parish Council, Bluebird Lodge, Coniston, LA21 8AJ Tel: **01539 441 442** E-mail: parish@coniston.info



Reduce food waste with

Coniston Community Larder

The larder is stocked with essentials for anyone who needs them. Please help yourself.

If you have surplus food (unused, unopened) don't waste it, leave it in the fridge or at the back of church.

Larder and Fridge situated inside St Andrew's Church, Coniston.
Open daily. Contact parish@coniston.info for more information.



Friends of the X112 are pleased to announce the return of the

ASDA BUS

Every Monday, leaving Coniston at 8.45am, arriving at Asda via the Coast Road at 11.07am

Leaving Asda for the return trip at 1.55pm.

Coniston WI

Coniston WI have enjoyed a trip to Lowther to see the stunning display of daffodils that were produced to sell for Eden charities. Our WI helped to make 113.

We have played bowls at Hawkshead, and walked 9 miles via Torver Common and met for lunch at Undercragg.

We are busy producing items for the County Show and we have had a talk from the Women's Centre in Barrow. We are helping with the community fridge and planned the village outing.

Three new members have joined. Our next meeting will be on Tuesday 19th September at the Reading Room, 7.30pm. For more information please contact **Judith** on **015394 41245**

Egton WI

For our July meeting Egton WI were graced with the presence of Barry the bobby, otherwise known as our Community support officer and wildlife officer. He came to talk to us about scams/scamming and involved audience participation as we shared our experiences of both attempted and unfortunately successful scams which had affected members or their families. One certainly has to be aware these days and never be too shy to question things.

The previous week we had another police officer come to our village hall when WI county hosted a talk. The subject then was "County Lines". For those of you in the dark this was all about drug running in our area. I'm pleased to report that mainly due to new initiatives and the way in which the police now deal with these issues that they have had a huge success rate and whilst of course it still continues, we are in a much better situation now.

We have no speaker in August but twenty of us will be gathering together for an evening of croquet followed by refreshments. Also we hope to be represented in the Greenodd Horticultural Show at the end of the month.

Our next meeting will be on Tuesday 12th September when Emma Maskell-Ludlow will be telling us about "Living With Autism and ADHD." If you would like to join us or want any more details please call on **07519 144799**.

In the meantime we hope you all have an enjoyable summer. **Gill**

Oxen Park Cinema Club

The new programme of films has now been decided and you can pick up a copy at our stall at Rusland Show on 19th August. It is usually first Tuesday and third Saturday of each month. We have 2 supper Specials, a Christmas family Show and a Double Bill with the two Top Gun Maverick films - all will be on our website very soon and you can book in to secure a seat.

www.oxenparkcinemaclub.org.uk



Illyria return for their third performance this year with the Children's classic Robin Hood on Wednesday 9th August.

Tickets: <https://www.ticketsource.co.uk/illyria/t-zzpxpqa>

Performance start at 6.30pm. Adults: £17.00, Stu/child £8.50 (4-16 yrs, under 4 free). Held in Brantwood's lakeside meadow. Bring a picnic, low backed seating and insect repellent!

PLEASE NOTE: We do not recommend you turn up by car on the night to buy tickets for the performance. Our parking is very limited but tickets can be purchased on the gate if you travel to and from the performance via Coniston Launch who will be running a special service to and from the performance. £8.00 return. Leaving Coniston Boatlandings at 6pm (please arrive at 5.45pm) and returning after the performance. Go to www.conistonlaunch.co.uk, then click on book now then click on Brantwood Theatre. Alternatively info@conferry.co.uk phone number **017687 75327**.

In the Blue Gallery we have '*Ruskin's Lamps: The Seven Lamps of Cumbria*'. Composer Rebekah Okpoti and photographer Ian Clegg present a 7-part interactive music exhibition, based on Ruskin's Seven Lamps of Architecture. An artistic intervention into the life and work of John Ruskin, it takes a unique and multidisciplinary look at traditional but overlooked RGB Still Life Photography process and Contemporary Classical Organ Music reconnecting the Seven Lamps of Ruskin's work. On display from 14th July until 20th August.

From 5th August, our Severn Studio exhibition is '*Down the Field*' by Sarah Garforth. Sarah is a painter and printmaker based in Ramsgill in the Yorkshire Dales. This is a series of screenprints limited to 20, based on her morning walk in Gouthwaite Reservoir field with her dog Dotty. The prints show the month by month changes in the flora and fauna, the seasons and a few personal memories. Each has an insect or animal indicative of the month. *"Dotty can be quite stubborn and insists on just sitting, sniffing the air. So I find myself sat down in the grass with her, doing the same! It is by no coincidence that in design there is a big nod to some of my favourites.... Mackintosh, Morris and Klimt."* On display until 17th September.

Wild Wednesdays at Brantwood – FREE ACTIVITY

Drop in and join in the fun at Brantwood throughout August. Every Wednesday Brantwood will be hosting a series of nature-based activities from 10.30am through to 3.30pm for children 4yrs + and adults alike. Join us for sketching, wild weaving, fern printing, forest bathing, pond dipping, planting, storytelling, pebble art and much more. Come for the day or just join a session (**Sessions last an hour starting at 10.30am, 11.30am, 1.30pm and 2.30pm and will be filled on a first come first served basis. Children must be accompanied at all times.*)

For full details of all our exhibitions and events, please visit our website www.brantwood.org.uk. Box office: enquiries@brantwood.org.uk or call **015394 41396**.

The Farmers' Arms, Lowick - what's on in August



4th Aug // 12-4pm // Pay What You Can (from £5) // Clay Workshops For All Ages
10th Aug // 7.30pm // Free // The Stable Bar Presents: Celtic Fiddles
11th Aug // 12-4pm // Pay What You Can (from £5) // Clay Workshops For All Ages
12th Aug // 10am-4pm // POA // Drop In Making Days with Tom Philipson & Francis Lloyd-Jones
17th Aug // 7.30pm // Free // The Stable Bar Presents: Reuben Tighe
18th Aug // 12-4pm // Pay What You Can (from £5) // Clay Workshops For All Ages
25th Aug // 12-4pm // Pay What You Can (from £5) // Clay Workshops For All Ages
26th Aug // 10am-4pm // POA // Drop In Making Days with Tom Philipson & Francis Lloyd-Jones

Rookhow Open Days



Rookhow Quaker Meeting House, a Grade II* listed building built in 1725 is open to the public on the 1st and 3rd Friday of every month 10am-4pm all year round. You may have seen the big white building on the left, halfway between Oxen Park and Satterthwaite. Locals are very welcome to come in and have a look around. Tea, coffee and homemade cakes provided. Our volunteer guides will be happy to show you around and you can wander into the woods too. If you'd like to come with a group, please let Sue know in advance so we have enough cakes! It was wonderful to meet members of Coniston WI recently.

Quaker Meetings at Rookhow Meeting House

On the first Wednesday of every month 7.30-8pm and first and third 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.

Dark Skies Cumbria

Rookhow has some new external lights which are Dark Skies-friendly which is better for wildlife. Kendal Metalworks have also made some new handrails for the front entrance with dark skies-friendly strip lights underneath. With thanks to the Friends of the Lake District who have contributed a grant towards the costs.

Rookhow is a 300 year old Grade II* listed Quaker Meeting House in the Rusland Valley and is a registered charity. Its 16 bed Bunk barn provides simple affordable accommodation for groups and families. We put 5% of our bookings income into subsidising stays for vulnerable groups and have already supported 400 people from 30 organisations. Website: rookhow.org.uk. Contact **Sue Nicholls**, Development Manager Tel **07377 971783** Email: contactrookhow@gmail.com

Members of Coniston Mothers' Union had an outing to Morecambe for their June meeting. They tried their hands at ten pin bowling at Soul Bowl which was new for some, for others they last bowled in the mid 1960s! Caring staff explained the rules and procedures with scores ranging from 44 to 81 after an hour's enjoyable experience which took years off us!

We then moved to their VISTA restaurant where a table had been prepared. Again the very welcoming, helpful staff served enjoyable meals while we looked over Morecambe bay to the hills of home.

Our next meeting will be held on 28th September, all are welcome. For more information contact **Kay: 015394 41559**.

Furness Year Book - 1908 - excerpts from events in August 1907

3rd: Slight Fire at Thwaite Moss Farm, Rusland: fruitless journey of the Fire Brigade. Thomas Martindale, aged 9, lost for four days and nights on Westmorland Fells, without food.

15th: Heavy rain overnight, a wild wet day. Windermere Agricultural Show. King Edward visits the Emperor of Austria at Ischl.

17th: Kirkby Flower Show and Sports. Hawkshead Horticultural Show. 1200 boilermakers locked out of the Barrow Shipyard as a result of labour disputes on the Tyne.

20th: Wet overnight, fine breezy day. North Lonsdale Agricultural Show, receipts £83 13s.9d.

22nd: Dull, wet. Grasmere Sports. Opening of the Co-operative Festival at the Crystal Palace.

24th: Fair, cold, the first consecutive 12 hours without rain in August. Millom, Broughton, Coniston and Finsthwaite Horticultural Shows.

26th: J.McMahon of Preston swam from Grange to Morecambe, 12 miles in 3h 15m.

30th: Hoar frost, fine. Lowick Agricultural Show. Mount Vesuvius in eruption.

31st: Cartmel and Rusland Horticultural Shows.

Coniston and Crake Valley Community Fundraiser For Ukraine



Raffle

Arts &
Crafts

Furniture /
Electrical

Tombola

Plants &
Produce

Household
items

Bakes &
Cakes

Books &
Jigsaws

Clothes &
preloved

Hot Dogs

Children's
Stall

Vintage &
collectibles

**St Andrew's Church, Coniston
Saturday 26th August**

10am - 4pm

DONATIONS & VOLUNTEERS NEEDED

Any time you can spare would be greatly appreciated

Please drop off donations:

Electricals for PAT test Thursday 24th 4 - 6pm

All other goods Thursday 24th 4 - 6pm/Friday 9am - 4pm

Help set up Friday 25th 9am - 4pm

Questions and volunteers please contact:

Linda 015934 41777, Gabrielle 07920 586049



RUSLAND SHOW

SATURDAY 19th AUGUST 2023

Field opens 11:30 First event 12:20

Whitestock Meadow, Rusland LA12 8LB

- Flowers, Vegetables, Home Produce, Handicraft and Children's Exhibit Competitions
- Fell Races, Track Races, Hound Trails – **Cash Prizes**
- Children's Competitions: Pet Show, Fancy Dress, Obstacle Course, Children's Races
- Craft Tent, Refreshments, Ice-Creams, Local skills and crafts demonstrations
- Free Circus skills workshops by Jesters
- Tug of War (£100 1st Prize donated by The Manor House)
- Music event after the Show!



ADMISSION: ADULTS: £5.00 CHILDREN under 16: £1.00

Contact: Maureen Boyren, Hill Park Farm, Colton, Ulverston. LA12 8HP Telephone: 01229 885300

Email: ruslandshowinfo@gmail.com

Website: www.ruslandshow.org

Find us on Facebook: Rusland Valley Horticultural Society Ltd





**Saturday
2nd Sept
2023**
gates open 8:30am

LOWICK SHOW

the Lowick 'L'al Royal' show

Adults £7.50 | Under 16's £2.50 | Under 5's FREE | Car Park FREE

save £1 on advanced adult tickets, buy them at www.lowickshow.co.uk

Classes to enter... Livestock/Horses/Home Produce

Enter on the day... Novelty Dogs/ Children's Races/
Cumberland Wrestling

On the Field... Refreshment Tent/

Trade Stands/Local Crafts Tent/

Beer Tent-open throughout the day until 9:30pm.

CLOSING DATE FOR ENTRIES - 4TH AUGUST

SAT NAV LA12 8EE

Are you looking to complete some home improvements? Or make your home more energy efficient? Be on the lookout for scams! Fraudulent schemes are on the rise, including 'free energy surveys' offering fake government rebates. Stay safe with our top tips...

1. Make sure you're working with a trusted trader or company

Do your research. If you can't get a personal recommendation from people you know, then check up on the company or website you're using.

2. Don't be rushed into a decision

If someone is pressuring you to make a fast decision or pay money without giving you time to do your research, it's most likely a scam. Comparing quotes with other companies will help you make sure you're getting a fair price.

3. Get a contract for the work

Always get a contract in writing before you give the go-ahead.

4. Pay by card, not cash

Avoid contractors who demand full payment up front, or only accept cash. If you pay by credit or debit card, you may be able to get your money back through the bank if something goes wrong. If possible, agree to pay in stages.

5. If a trader scams you, report it

Reporting scams helps stop the criminals responsible, and protects others from being scammed. Call the Citizens Advice consumer service on 0808 223 1133. They will pass on details of the scam to Trading Standards, and can offer further advice. Also report the scam to Action Fraud. They will issue a crime reference number, which can be helpful if you need to tell your bank you've been scammed. Visit the Friends Against Scams website to learn more about how to protect yourself from scams.

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

• Email advice via our submission page on our website www.southlakescab.org.uk

Help to Claim (Universal Support): 0800 144 8 444

Prayer Hour

Monthly opportunity to meet in Penny Bridge church, to pray for items posted on the prayer board, for the churches in our Benefice, for our communities, and for the wider world. Next Prayer Hour will be **Wednesday 2nd August, 10am - 11am**

Readings for August 2023

6th	Romans 9.1 - 5	Matthew 14.13 - 21
13th	Romans 10.5 - 15	Matthew 14.22 - 33
20th	Romans 11.2 - 2a, 29 - 32	Matthew 15.21 - 28
27th	Romans 12.1 - 8	Matthew 16.13 - 20

A THOUGHT FOR THE MONTH by Rev. David Gregg
AUGUST 1ST : LAMMASTIDE (FEAST OF FIRST-FRUITS)

In 1976 we went on a family holiday to the south of France. We went in a heavily laden Land-Rover, and a double puncture obliged us to camp overnight at Giens, our crossing point on the River Loire. It had a somewhat nondescript chateau overlooking the river, which was prominently featured on a poster in the camp office, where I went next morning to settle the bill. To my surprise it bore the caption, "Le Premier Chateau de la Loire." Well, to me, 'premier' indicated the *best*, so I asked the proprietor why? Was it the biggest or the oldest or (tongue-in-cheek, because we have seen Chenonceau – and a dozen other better-looking ones), the most *beautiful*? "No!" he said. "It's the first one that you come to if you are travelling downstream from Orleans!"

Before the Industrial Revolution, we all lived in an agricultural society. In Christian England, from Anglo-Saxon times onwards, the agricultural year was marked by three main festivals – *Plough Sunday* in January, marking the return of the labourers to the fields, after the Twelfth Night of Christmas festivities; *Rogationtide*, with the asking of God's blessing on the crops (in connection with the Ascension) and *Harvest Thanksgiving*, which began with Lammas on August 1st and ended with the great celebration when "all is safely gathered in".

Like the Chateau at Giens, the emphasis of LAMMAS (a contraction of LOAF-MASS) was on the FIRST - when a loaf made from the first corn of the wheat harvest was presented to the Lord with thankful anticipation of all that was to follow. We still have a remnant of the spirit of Lammas in the hymn, incongruously sung now at the *end* of the of the Harvest, "Now thank we all our God", with the lines:

And now, on this our festal day,
Thy bounteous hand confessing,
Upon Thine altar, Lord, we lay
The *first-fruits* of Thy blessing.
Bright robes of gold the fields adorn,
The hills with joy are ringing,
The valleys stand so thick with corn
That even they are singing.

(Another remnant, of course, is the beginning of the main school holidays, so that the children are available to gather in the harvest!)

The background to the Bible is likewise completely agricultural, as the parables of the Sower, and the Wheat and the Tares and the Angel-reapers at the "harvest" of the end of the age illustrates. And the place of "First-fruits" in the Biblical Tradition is instructive. In the Hebrew Scriptures we have the *actual practice*, related to our "Daily Bread", where the third of the great feasts (following the Passover and the Feast of Unleavened Bread) was the Feast of the First Fruits, where, as at Lammas, and pointing forwards, to the Harvest thanksgiving at Pentecost, 50 days later, the first loaf was dedicated. It is linked to the support of the Temple ministry, and to the *Tithing* of a tenth of every element of the agricultural produce – and the wine! In the New Testament we get the *symbolic*, (parabolic and proverbial) use of the imagery, with Christ at His Resurrection designated as the "First-fruits of those who have died" (1 Corinth. 15:20) and the infant church as the first-fruits (at Pentecost) of what is to come in the fulness of time. Elsewhere, our new life in Christ is identified as the "first-

fruits of the Spirit”, leading to the ultimate cleansing of the whole of creation. (Romans 8:18-25). The Lord Jesus Christ, designated as the “Bread of Life” and commemorated in the Bread and Wine of the Eucharist, is a major over-arching theme.

What can Christian disciples learn (and practice!) from all this? At least three things come to mind:

Rededicating our whole lives to the LORD at Harvest time – a new beginning, including a reassessment and renewal of our own *tithing* etc.

Rejoicing in the Resurrection, and our place in ‘life eternal’, guaranteed by the Lord Jesus Christ as the first-fruits.

Thanksgiving for *all* that the Lord provides, by our regular participation in the Eucharist.

Praise be to God.

Parish Prayer Diary August 2023

1st: Pray for the local Shows and Country Fairs taking place this month.

2nd: Pray for today’s Benefice staff team meeting.

3rd: Pray for those rebuilding lives and communities after recent natural disasters

4th: Pray for hospital medical staff, managers and support staff.

5th: Pray the sanctity of Christian marriage continues to be celebrated and faithfully upheld; pray also for couples solemnising their marriage in church this month.

6th: Sunday, the first day of the week

Pray the Holy Spirit, Who is the life and light of the Church, will open our hearts to the riches of His grace that we may bring forth the fruit of the Spirit in love, joy and peace.

7th: Pray for those who earn their living from the sea, especially merchant sailors and trawler crews.

8th: Pray for our local businesses.

9th: Pray for the Mothers' Union working worldwide in partnership with churches to serve the Lord in local communities.

10th: Pray for Christians in Libya who follow Jesus despite isolation and difficulties, praying particularly they will be protected from violence and kidnapping.

11th: Pray for church-run Food Banks and Food Pantries, the organisers, helpers and clients.

12th: Pray for the youth of our Nation and the challenges they face.

13th: Sunday, the first day of the week

Lord Jesus, as You taught Your disciples to be persistent in prayer, give us patience to never to lose hope but always to bring our prayers before You and to wait expectantly.

14th: Pray for charities working abroad to prevent the spread of disease in areas affected by poverty, drought and conflict.

15th: Pray those suffering from addiction of any kind may be helped and accompanied on their journey to wholeness.

16th: Pray for the wellbeing of our farming community.

17th: Pray for pupils receiving A, AS and T level results and considering their future options. Pray for parents and teachers as they support them.

18th: Pray for new Christians as they daily root their security in Jesus and their identity as child of God.

19th: Pray our nation nurtures respect for the dignity of all peoples, seeing the worth of every soul as God our Father sees them.

20th: Sunday, the first day of the week

May our God of glory, help us to lay aside all that prevents us from seeking His kingdom, for we have found that pearl beyond all price: Jesus our Saviour.

21st: Pray for those working in the judicial system and for those who will be going to court or a tribunal.

22nd: Pray for Barnardo's helping children, young people and families in need.

23rd: Pray for the work of the British Red Cross who find and return to families, people missing through conflict, disaster and migration.

24th: Pray for pupils receiving GCSE results, and their families helping their children prepare for the return to full time education or the taking up of an apprenticeship.

25th: Pray for those involved in providing local public transport.

26th: Pray for all involved in the local tourist and hospitality industry.

27th: Sunday, the first day of the week

Remembering our loving heavenly Father is always more ready to hear us than we are to pray, we ask He will increase His grace within us that we, ever thankful, may serve Him with freedom and joy.

28th: Pray the tired find rest and recuperation today.

29th: Pray for Relate charity working to help those experiencing relational problems.

30th: Pray for the charity MIND working to give support and respect to everyone experiencing mental health problems.

31st: Pray missionaries serving God far from home as they learn to share the good news of Jesus through the local language and culture.



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Regular events - some of these may be suspended over the summer so please check before attending

Wild Wednesdays at Brantwood - see page 12

Monday	Knitting and Stitching, 7pm	Greenodd Village Hall
Monday	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	Parent and Toddler Group 9.30 - 11.30am	Coniston S & S Centre
Wednesday	Lowick Parent & Toddler Group 9.30 - 11.30am (term time only)	Lowick Community 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	Bouth Village Hall
1 st Wednesday	Prayer Hour - 10 - 11am	St Mary's, Penny Bridge
Fridays	Indoor Bowling, 2 - 4pm	Coniston Institute

What's On Guide - August

2 nd	Quiz Night 7pm onwards	Coniston Sports & Social Centre
2 nd	Cartmel Show	Cartmel
4 th	Closing date for Lowick Show entries!	See page 17
4 th	Clay Workshop for all ages 12 - 4pm	Farmers Arms, Lowick
9 th	Mary Sumner Day	Coniston Mothers' Union
9 th	Open Air Theatre - see page 12	Brantwood
10 th	Celtic Fiddles in the Stable Bar, 7.30pm	Farmers Arms, Lowick
11 th	Clay Workshop for all ages 12 - 4pm	Farmers Arms, Lowick
12 th	Drop in Making Day 10am - 4pm	Farmers Arms, Lowick
17 th	Reuben Tighe in the Stable Bar, 7.30pm	Farmers Arms, Lowick
18 th	Clay Workshop for all ages 12 - 4pm	Farmers Arms, Lowick
19 th	Rusland Show - see page 16	Whitestock Meadow
20 th	Lakeland Country Fair	Torver
22 nd	Hawkshead Show	Hawkshead
25 th	Clay Workshop for all ages 12 - 4pm	Farmers Arms, Lowick
26 th	Drop in Making Day 10am - 4pm	Farmers Arms, Lowick
26 th	Greenodd Horticultural Show see page 7	Greenodd Village Hall
26 th	Ukraine Fundraiser - see page 15	St Andrew's, Coniston
27 th	Grasmere Show & Sports	Grasmere
28 th	Prize Bingo, 7pm with raffle & refreshments	Spark Bridge Village Hall
31 st	Rusland Horizons Photo Competition entry deadline	
3 rd Sept	Lowick Show - see page 17	Lowick Bridge

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