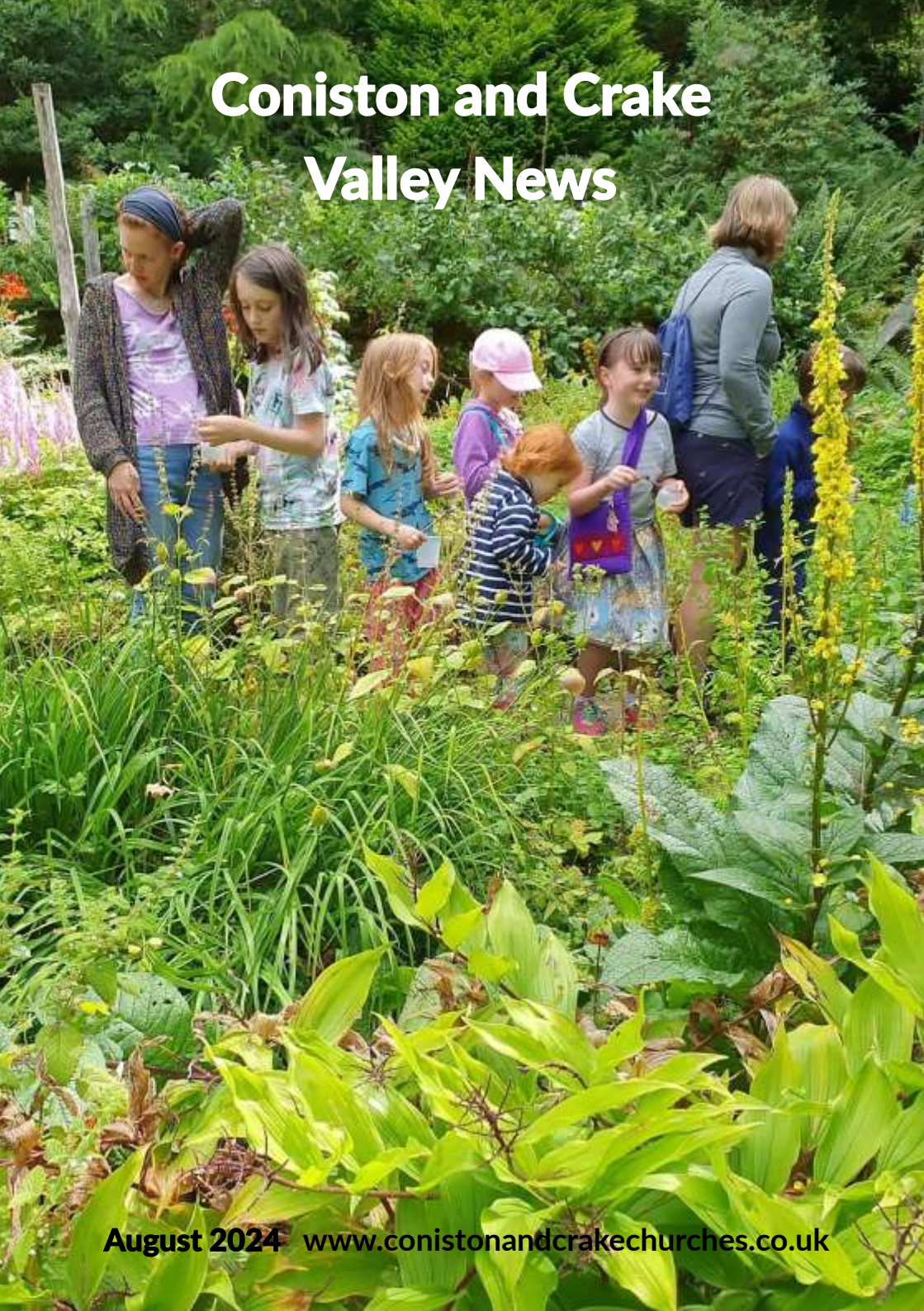


Coniston and Crake Valley News

A group of children and adults are walking through a lush garden. The children are dressed in casual summer clothing, including t-shirts, shorts, and a backpack. They are surrounded by tall green plants and yellow flowers. The background is filled with dense green foliage.



**Saturday
7th Sept
2024**
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 and into the evening.



SAT NAV LA12 8EE

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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ADMINISTRATOR & MAGAZINE EDITOR

Juliet Caldwell	admin@conistonandcrakechurches.co.uk	07884 232281
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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 10.30am and Saturdays at 5.00pm. For further information contact Father Matthew Jacob on **01229 779673**.

Church Services for August 2024

4th	Tenth Sunday after Trinity		
Schoolroom Torver	9.00am	Bikers' Breakfast	Rev Brian Streeter
St. Luke Lowick	9.30am	Morning Worship	Richard Wood
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Harry Welch
St. Andrew Coniston	11.00am	Holy Communion & Baptism	Rev Brian Streeter
11th	Eleventh Sunday after Trinity		
Holy Trinity Colton	10.00am	Holy Communion	Rev Joanna Henson
St. Mary Penny Bridge	11.00am	Holy Communion	Rev David Bickersteth
St. Andrew Coniston	11.00am	Healing Service	Rev Brian Streeter
18th	Twelfth Sunday after Trinity		
St. Luke Torver	9.00am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Morning Worship	Rev Brian Streeter
St. Andrew Coniston	11.00am	Morning Worship	Pamela Hull
25th	Thirteenth Sunday after Trinity		
St. Luke Lowick	9.30am	Methodist Service	Rev Paulette Bissell
Holy Trinity Colton	10.00am	Morning Worship	Pam Priestley
St. Andrew Coniston	11.00am	Holy Communion	Rev Brian Streeter
Schoolroom Torver	7.00pm	Torver Junction	Rev Brian Streeter
		Contemporary Worship	

From the Registers

St. Mary, Penny Bridge, 2nd July, Interment of Ashes: Raymond Dawson Wilkinson

St. Andrew, Coniston, 24th July, Funeral: Cathryn Jean Walker

St. Andrew, Coniston, 4th August, Baptism: Ophelia Beau Hardy

St. Luke, Lowick, 8th August, Interment of Ashes: George James Preston

St. Andrew, Coniston, 18th August, Renewal of Vows: Belinda & Martin Carter

St. Mary, Penny Bridge, 24th August, Wedding: Chloe May Alty and Tyler James Williamson

St. Luke, Lowick, 25th August, Baptism: Olivia Mae McLean

St. Andrew, Coniston, 31st August, Wedding: Lydia Alice McMeekin and Harry McFadden-Marsh

From the Editor:

Please send items for the September magazine by **15th August** to editor@conistonandcrakechurches.co.uk or phone **07884 232281**

Cover photo: Wild Wednesdays at Brantwood

Pastoral Letter - Revd Harry Welch

Dear Friends,

In the benefice, we are currently having a series of Bible sermons on the life and ministry of Old Testament Prophets. The Prophets were called by God to speak a message to a particular generation. There are five Major Prophets and twelve Minor Prophets; seventeen in all. The messages contained therein are tailored to counter the misconceptions and malpractices which had crept into the people's relationship with God.

There is a pattern to the Prophets' message from God. First is a reminder of where the people were in their relationship with God before they strayed. This is followed by a description as to how far the people had fallen from away, and then an encouragement, or warning, to turn back to God. Not all the Prophets were enthusiastic about their call from God. Isaiah was overwhelmed by a vision of God given as part of his calling, whereas Jonah tried his best to avoid his call and found himself all at sea. However, each message reached the intended recipients and God awaited their response. The message came from God's heart to His people; His desire to forgive and restore, to heal and save the lost sheep.

This waywardness of God's people was not confined to Old Testament times. Jesus is the embodiment of every message given to each of the Prophets. In the New Testament, the Lord spoke to the generation He lived amongst and turned an act in time – His death and resurrection – into a promise for all eternity of forgiveness and restitution. All that God promised to do in reconciliation, be it Old or New Testament, was made possible through the life death and resurrection of Jesus Christ.

So, how do we, as Christians in our generation, avoid such waywardness? How do you and I ensure we do not go astray? The Prophet Micah offers the solution. The Prophet declares,

*"He (God) has shown you, O mortal man,
what is good and what does the Lord require of you?
To act Justly and to love Mercy and to walk humbly with your God."*

Once reconciled to the Father through Christ the Son, the call is, 'live out your faith in the power of the Holy Spirit.' Evidence of such a relationship is to act justly: to make a stand for right and to oppose evil. To love mercy: to bestow upon others the blessings we have received from God, no grudges, no divisions, no partisanship save that of being a child of God. Thirdly to walk humbly with your God. Herein lies the source of power, wisdom and discernment to stay true to the faith. The Hebrew word meaning 'to walk humbly' includes in it walking in a funeral or bridal procession. The Christian has died in Christ and as such is part of His Church, His bride and awaits the day when the church, living and spiritual, will meet the bridegroom Jesus Christ as He gathers His people to Him. The cure for waywardness is faithfully and humbly walking with Christ each day. May our walk together reveal Christ's power to change lives and enable us to encourage one another on our faith journey.

In Him,

Harry

Around the Parishes : Colton

Save the date! - Colton Church Harvest Supper is to be held on the 4th October, in the Church Hall after the Farmers' Harvest Service. Anyone wanting to attend please give your names to Sue Dean on **01229 861435**, or **07769 551155**, before 25th September.

Colton Parish Council News

Come and have a chat with us at Rusland Show on Saturday 17th August – meet your new Councillors, find out about our new community plan and how you can get involved. The show is held at Whitestock Meadow in the lovely Rusland Valley. To find out more see **<https://ruslandshow.org/>**

Colton Parish Council has installed a new defibrillator outside Finsthwaite and Lakeside Village Hall, thanks to funding from North West Ambulance Service. For information about where you can find defibrillators near you see **<https://www.defibfinder.uk/>**

We know that many of you are still very concerned about the condition of local roads and lanes. Please continue to report issues on the Westmorland & Furness website using the link from this page **<https://www.westmorlandandfurness.gov.uk/parking-streets-and-transport/streets-roads-and-pavements>**

Problems on minor roads, including blocked drains, can often be dealt with by our lengthsman, Archie. If you spot anything that Archie might be able to help with, please contact the clerk **clerk@coltonparishcouncil.org.uk** Before committing to any work we will assess if it's safe and practical for Archie to tackle the job.

Westmorland & Furness Council has launched a consultation on the future of Ulverston Library and the Coro. You have until 23rd August to share your views. See **<https://www.surveymonkey.com/r/UlvLibraryCoroWF>**

You are welcome to join us at our next Parish Council Meeting 7pm on Monday 2nd September at Finsthwaite and Lakeside Village Hall. For minutes of the last meeting and the agenda see **<https://coltonparishcouncil.org.uk/>**

spark Bridge Village Hall Duck Race



Sunday 11th August, 2pm



Everybody Welcome!

Ducks cost £1 each - cash prizes

Tickets available from The Royal Oak

Tombola, Raffle, Cakes & Refreshments

**GREENODD & DISTRICT
HORTICULTURAL SOCIETY**

**80th
Annual Show**

**FLOWERS * VEGETABLES * POT PLANTS *
FLORAL ART
HOME PRODUCE * PHOTOGRAPHY *
CHILDREN'S CLASSES
HANDICRAFTS * WINES & LIQUEURS**

**GREENODD VILLAGE HALL
Saturday 24th AUGUST 2024
at 2.00 p.m.**

**Trophies presented at 4.00 p.m.
Followed by auction of exhibits**

Raffle Light refreshments available

Admission: Adults £1.00, under 16's Free.

**Schedules from:
P Hutchinson, Greenodd Village Hall and Ellies Garden
Centre
2 Bank Terrace, or telephone 581274
email greenodd.horticultural@gmail.com or find us on
Facebook**

Egton cum Newland

LAKES LIGHTNINGS COLLECTION

OPEN COCKPITS EVENT

Low Lodge, Spark Bridge, LA12 7RR

Friday 23rd August to Monday 26th August, 10:30am - 5:00pm

FREE ADMISSION

A donation to Lakes Lightnings Collection upkeep would be appreciated

Light refreshments provided and you are welcome to bring a packed lunch to eat in our garden.

Photography is allowed, but any images posted, please credit them to 'Lakes Lightnings Collection'

The collection is on grass so please wear appropriate footwear and be aware of the caution notices. Well behaved dogs, on leads, are welcome.

NOTE: if bad weather, cockpit access WILL be restricted.

Heather Airey: 07734 257266

Neil Airey: 07799 275508



Save the date! MAMMA MANIA (Abba tribute) are coming to Greenodd Village Hall on Friday 27th September!

For tickets call 01229 861638

HAVERTHWAITE PATIENT GROUP

When I called in at the surgery on Friday Open Reach were fitting the cables needed for the new IT supply. Now it just needs the NHS tech team to sort the connection and the IT should be fully up and running which will mean an end to the overload problems the surgery has had to cope with. Hurrah and well done to all the staff for their hard work.

We continue raising money for equipment and the next thing on the agenda are 2 chairs for the waiting room. These will have arms and be higher than the other chairs to help those with limited mobility to sit and stand more easily.

We have a coffee morning booked in Greenodd Village Hall for **Saturday 14th September** to help towards this. We will have a raffle, tombola, cake stall and book stall. Any contributions to these stalls will be gratefully received and of course we need your support on the day. Please do join us between 10am and 12 noon.

Pat Procter

Penny Bridge CE Academy

As we approach the end of another vibrant and productive school year, it's a joy to reflect on the wonderful achievements and memorable experiences of our pupils. This year has been filled with hard work, perseverance, and many exciting adventures.

One highlight of the final term was our Year 5 and 6 students embarking on an unforgettable residential trip to London. This journey offered them a wealth of cultural and educational experiences, from exploring historic landmarks to participating in enriching activities. The students demonstrated exceptional behaviour and curiosity.

The Year 3 and 4 pupils enjoyed an adventurous residential trip to Rookhow, Rusland, this trip provided a perfect setting for our students to engage in team-building activities and outdoor learning. Their enthusiasm and cooperative spirit were evident throughout.

Across all year groups, our students have shown remarkable dedication and perseverance in their studies. Their resilience and hard work have been inspiring, and their achievements reflect the collective effort of our wonderful school community.

We extend our heartfelt thanks to the children, staff, parents, and wider community for their unwavering support throughout the year. Together, we have created an environment where every child can be proud of their achievements.

As we look forward to the next academic year, we are excited to build on these successes and continue nurturing the talents and potential of all our children.

Wishing everyone a restful and enjoyable summer break!

Mr G Carrick - Headteacher.

Coniston & Torver

Rainfall, Garden House, Coniston - June 2024

Total - 127.8mm (5.0ins)

Wet days - 17

More than 1mm on 17 days

Wettest day - 13th - 43.2mm (1.7ins)

Coniston Co-op

The Co-op Committee met on Thursday 11th July.

The positive news is that building repairs and restoration should be completed for all properties to be occupied in August.

Sadly, the weather seems to have worked against us so that a hoped-for, seasonal upturn in profits has not happened yet. The return of 'Bluebird' seems not to have had an impact on sales.

The Committee is working on strategies to keep CCS's books balanced.

The Committee will meet next on Thursday 8th August. Members should contact the secretary with questions, complaints, and ideas for moving the business forward.

Call at the Co-op

Wildflower Plug Planting at Boon Crag this August and September

We need your help to restore the wildflower hay meadows at Boon Crag this summer!

Since the 1930's, we have lost 97% of our wildflower meadows in Britain and now it only covers 1% of the land. Species rich grasslands, like hay meadows, are important for many reasons. To name a few of their ecosystem services; these habitats help increase pollination, improve soil health, act as natural flood defenses, improve animal health and provide nutritious food.

Cumbria Wildlife Trust and the National Trust are working together to restore traditional hay meadows to three of the fields at Coniston and the more helping hands we can get, the better.

Activity: Wildflower Plug Planting

Location: Boon Crag, Coniston.

Date: 14 th August: Boon Crag 1	w3w///date.native.plums
20 th August: Boon Crag 3	w3w///engineers.peachy.blatantly
12 th September: Boon Crag 2	w3w///sneezing.slider.flat
13 th September: Boon Crag 2	

Time: 10am - 3:30pm

Parking: Parcel 1: Monk Coniston Car Park: w3w///ethic.bunk.slept
Parcel 2 & 3: Monk Coniston Car Park or a car park in Coniston

What to bring: Warm waterproof clothing and sturdy boots. Sun hat and suncream - weather depending. Packed lunch and drinks. your own working gloves and spade if you have them but they will be provided. We hope to see you there.

BLUE MOON – An Exhibition by Rachael Arnett

Many of the pictures in this exhibition feature scenes in moonlight and are predominately blue (Rachael's favourite colour) hence the title. Rachel has an enduring fascination with the moon and so endeavoured to produce a body of work based on this. Some pictures are imaginative, loosely based on Lakeland scenes or painted from life in the case of the 'Still Life' pictures.

Although Rachel has a particular style when painting en plein air using ink and wash, in this exhibition a variety of styles are displayed, some more detailed, along with those employing a looser livelier style to exploit the adaptability and translucent quality of watercolour, her preferred medium. She enjoys painting the frames to match the paintings.

On display at The Ruskin Museum until 18th August. Normal opening hours apply, admission fee applies.



CORNERSTONE BAND
LAST DAY OF SUMMER CEILIDH

Saturday 31st August

7.30 pm at Water Yeat Village Hall

Entry £15 per person – contact Derek Adams to book your place

email no1@dsadams.co.uk or phone **07973 179805**

Bring your own drinks and glasses

Organised by Coniston Twinning Association

CONISTON INSTITUTE
MUSIC PROGRAMME
OCT 24 TO MAR 25
SAVE THE DATES

SAT 19th OCT: ROD DEMICK & JACKIE MACAULEY.

SAT 23rd NOV: KINNARIS QUINTET. (SCO)

SAT 7th DEC: KATHRYN TICKELL & AMY THATCHER.

FRI 17th JAN: SHANE COOK BAND (CANADA) tbc.

SAT 15th MAR: DAOIRI FARRELL TRIO. (IRL)

MORE DATES TO BE CONFIRMED

TICKETS WILL BE AVAILABLE FOR EACH EVENT

APPROX 1 MONTH BEFORE ONLINE AT:

conistoninstitute.uk

**follow us on facebook : coniston institute
music venue**

LOOK FOR THIS PAGE EVERY MONTH FOR A POSTER

Coniston Methodist Church are delighted to announce a
Special Summer Holiday Show
by the ever-popular

BARROW MALE VOICE CHOIR

on

Thursday 22nd August at 7.30 pm.

come and join us for a great evening out

Advanced Notice

Notice that an open meeting is being organised by Coniston St Andrew's Mothers' Union on Thursday 31st October at 2pm in the Coniston Institute Reading Room when the speaker will be a member of SPRINGFIELDS, the Kendal organisation who support Men and Women suffering with Domestic Abuse. Come and learn of their valuable work. Open to all and put the date in your diaries.

Reports

Mothers' Union



Members of Coniston Mothers' Union had a wonderful outing in June. They began with lunch at Bootle where they were joined by a past deanery and diocesan leader for the rest of the day at St Bees.

They found the Mothers' Union Caravan to be on a beautiful pitch at the Seacote Holiday Park overlooking St Bees Head and the sea. It is rented from Seacote with funding from Carlisle Diocese MU and Time to Change to provide holidays for those that need a break for example carers, those facing a challenge etc. In 2023, 37 children and 18 adults enjoyed holidays. Members looked round the well-equipped caravan noticing all the extras the MU provide, toys, towels and a grocery box; there were feedback sheets from visitors who had enjoyed their stay for our members to read. Time was spent sitting on the decking looking at the view while watching paragliders taking off in front of us.

The day was completed with a fascinating historical tour of St Bees Priory which included an illustrated talk by Chris Robson on the St Bees Body. All felt it was a worthwhile visit with most planning to return.

Their next meeting is an outing to Barton Grange on September 26th,
All welcome at our meetings and outings: contact **Kay: 015394 41559.**

Afternoon Tea in Celebration of Olive - Coniston WI



The Federation made its final farewell to our Honorary Life President - the remarkable woman that was Olive Clarke – with ‘tea in the tent’ on the County Showground.

Olive was the first woman to be President of the County Show so this was a fitting venue and she had always relished the opportunities it provided for the community to meet up and have a good old chin wag while casting a critical eye over the opposition in the ring.

The Trustees and Shows Committee pulled out all the stops and the marquee looked lovely with white tablecloths, flowers, plates of scones, steaming teapots and mix and match china cups. Apart from our own WI guests, we welcomed Alison and Gwen (Olive’s daughters), Claire and Peter Hensman (Claire had judged the Challenge entries), Angela Cornthwaite (CEO of the Agricultural Society) and the new Show Chairman, Matthew Robinson, with his wife Alison.

Karen welcomed everyone and then we all faced Preston Patrick Church and sang ‘Jerusalem’. She then went on to give a eulogy to Olive, saying,

“She grasped life, always spotted an opportunity. Her beehive mind had a dozen different compartments on the go at any time. She had this ability to digest an idea, reflect, evaluate and then come out with a remark that cut right to the heart of the matter. No dithering or indecisiveness with Olive.”

Members Ruth Rigg and Mary Allcock gave their fond memories of Olive and then Gwen thanked everyone for the event. She and Alison then announced that Coniston WI had won the Olive Clarke Community Challenge with their Community Larder.

Tea and scones were then served and the level of chatter rose.

Alison and Gwen have thanked the WI saying, “It was all exactly right ...with a warm informality.” And “Mum would be proud.”

We had planned the event with care, knowing that Olive did not want a large memorial service and that her legacy would be her work on earth but the members showed how to live out Olive’s desire that the WI was all about “fun and friendship”.



WI President and Vice President Judith Myers and Tracy Dearnley with Retired Lord Lieutenant Claire Hensman and Olive’s daughters, Alison and Gwen.

Egton WI

Thank you to all our friends, neighbours and local WIs who came along to our tea party last month. We had a lovely afternoon and with your support we raised the amazing sum of £564.45 for the Duddon Valley Mountain Rescue Team.

We really hope that you will join us again in October (Saturday 19th) when we will be serving soup and puddings all for a donation towards the same cause. There will of course be lots of stalls and competitions to keep you entertained too.

Well for our last meeting before the “summer??” break we had Matthew Cookson talking to us about South Walney Nature Reserve where he works most weekends as a volunteer. He had lots of interesting things to tell us about the changing land/seascape, the flora and fauna, and the varied birdlife which inhabit the area. The area only became a reserve in 1963 having previously been an industrial site. At one time it was a salt pan and then was owned by the Holker Estate which extracted gravel for the construction of the Liverpool docks. A final snippet from his talk relates to Peggy Braithwaite - she was the only female in the UK to run a lighthouse, which she did at Walney in the 80's until the lighthouse became automated. More girl power!

We are looking forward to our croquet session next week (indoor bowls should it rain - never) and also our next walk which will be a circular one incorporating Conishead Priory. Our previous “walk” was a trip to Piel island which was fun and the sun came out too.

We aim to raise more funds when we host one of the regular dances in our village hall in August and then we next meet on Tuesday 10th September when Julie Winterson will be giving us a talk entitled “One Woman's Wardrobe “. Do join us then.
Gill



BRANTWOOD NEWS AND VIEWS

Our first two **food & folk** nights at The Terrace were both a huge success so we've decided to host **Food & Folk #3 on Friday 9th August, 6.30pm**. For just £37 per person and including Chef's snack & welcome drink on arrival, a 4 course tasting menu & live folk music all night! Join us for a relaxed gathering celebrating good food, good music, and good company. Kicking off the night we have Phil Davies, a local acoustic guitarist & singer from Coniston, who will be playing a variety of contemporary songs. Phil will be followed by singer songwriter Olivia Dacre from Barrow and The Men in Hats! a three piece band from Ulverston. Booking: **www.brantwood/terrace**.

In the Blue Gallery we have **RADIANT FORM: RUSKIN AND SHELLS**. Ruskin was a keen collector of shells, fascinated by their manifold shapes, patterns and colours. He noted that painters like Rembrandt and Titian used shells to demonstrate technical prowess. He produced his own studies of shells for use as teaching aids. From the decorative arts to architecture, from mathematics to cosmic symbolism, the spiral forms of shells have always inspired questions about our relationship to the natural world. On display from 30th July – 29th September.

In the Severn Studio 'Pull My Thread – Textiles for a Cool Planet' by BLUE PATCH

which opens on Saturday 27th July. Blue Patch is the UK's sustainable directory and a community for small businesses. By investing 100% of its surplus revenue in renewable energy Blue Patch is also helping tackle climate change and is a non-profit organisation. **bluepatch.org**. Pull My Thread gathers together textile designers, crafters, artists and inventors to explore the fabrics we surround ourselves with and how we might protect ecology. On display until 22nd September.

OUTDOOR THEATRE: Illyria return with a performance of Arthur Conan Doyle's 'Hound of the Baskervilles' on Tuesday 20th August at 6.30pm. Running time (approx): 140-minutes (including a 20-minute interval). Suitable for all ages. Gates open 5.30pm. Held in Brantwood's lakeside meadow. Please bring seating/rug. Tickets: Ad £18.00; Students £10.00; Children (4-16) £10.00 (under 4s free). Well-behaved dogs on leads are permitted. Venue is NOT wheelchair accessible. Box office: **<https://www.ticketsource.co.uk/illyria/t-vvkygqv>**

Wild Wednesdays will be back during the Summer holidays from 24th July throughout August. Join us every Wednesday this Summer for a day of nature-filled fun! From 10.30am to 3.30pm, Brantwood will host a range of activities for children (4yrs +) and adults alike. Sketch, weave, print, dip, storytelling and more! £3 per child. Full booking details on our website.

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**.

ROOKHOW NEWS

Open Days at Rookhow

We'd be very happy to show any local groups around Rookhow at one of the Open days on the 1st and 3rd Friday of every month 10am-4pm. If you would like to visit with your WI, church group, local history or U3A group, please get in touch. Our friendly volunteer guides will tell you about Rookhow's history in the Rusland Valley over the last 300 years and you are welcome to look around the whole site.

Quaker Meetings in the Rusland Valley

Join us for some peace and silence reflection in the beautiful Grade II* listed historic Meeting House. Quaker Meetings are held at Rookhow on the 1st Wednesday of every month 7.30-8pm and on the 1st and 3rd Fridays 12.30-1pm when it's Open Days. All welcome, especially local people. Just turn up.

Restore-Nurture-Create weekend at Rookhow 11th – 13th Oct 2024

All age community weekend at Rookhow, with stories and songs around the campfire, crafts, all age woodland games and Epilogues (evening reflections). Come and enjoy the peace of Rookhow and the beauty of the woodland. Contact Sue for more details. Non-Quakers welcome. Suggested donation £75 per adult.

For more details, email: **Sue Nicholls**, Rookhow Development Manager.

Email: **contactrookhow@gmail.com** Tel. **07377 971783**

Website: **rookhow.org.uk**

Gruffalo Olympic fun for all the family at Grizedale & Whinlatter Forests!



Forestry England

Forestry England's Whinlatter and Grizedale forests are gearing up to ignite Olympic-sized excitement in the nation's forests this summer with a fantastic addition to their beloved Gruffalo 25th birthday trails. Alongside the brilliant family trail, visitors will be able to take part in an extra dose of fun as they embark on a quest to find hidden Gruffalo character signs and enjoy Olympic-inspired challenges.

Families and forest explorers alike are invited to immerse themselves in the thrill of the hunt by finding the signs and then attempting some sporty challenges that promise to test their skills and agility.

Adding a delightful twist to the adventure, players must keep their eyes peeled for scattered letters along the way. These letters hold the key to decoding an Olympic-themed word.

This free Gruffalo activity will be available at **Whinlatter and Grizedale forests from 23rd July 2024**, promising a summer filled with unforgettable forest adventures.

Farmers Arms - August Events

1st - Reuben Tighe live music in the stable bar

2nd - Friday Kids Clay every Friday during the school holidays 10-12 book on our website now

3rd - Make a Belt in a day 10-4pm

4th - Bookmaking and Letterpress day 11-4pm

10th - Make your own noodle bowl and chopsticks 10-4pm

15th - Wolftown Rendez-vous live music in the stable bar

24th - Workshop Open Day come find out about our courses and evening classes demos tea and cake

30th - Mike and Solveig live music from Glasgow and Norway in the stable bar

31st - Drawing club 10-1pm

For more information please contact Flora deBechi, Education Programme Officer flora@lakedistrictfarmersarms.com or visit www.lakedistrictfarmersarms.com

Green Sparks News August 24

Fixfest run by People Planet Pocket and PEAT Southlakes will be popping up in Grange on Saturday 3rd August 11am - 3pm at Grange Methodist Hall call in for free demos, workshops & activities to help you reduce, reuse and recycle by fixing, mending and repairing! All welcome!

Cumbria Wildlife Events in August include Seaside Flowers **Sunday 4th August** 11:00am - 4:00pm at Earnse Bay, Barrow-in-Furness and a Night Time Adventure on **Friday 9th August** 6:00pm - 9:00pm at Brown Robin, Grange over Sands.

For a full list of what's on and how to book see <https://www.cumbriawildlifetrust.org.uk/events>

If you are involved in a school you might want to make school leaders aware of grants for state funded schools, including Academy Trusts and educational institutions, to enable them to install workplace EV chargers see <https://www.find-government-grants.service.gov.uk/grants/workplace-charging-scheme-for-state->

Another scheme for schools is the **Learning Through Nature Local School Grant**, which offers £500 worth of equipment for your school grounds, staff training in your school grounds, a climate audit of your school grounds and a climate pack. The Deadline for applications is 6th September. For more information, see ltl.org.uk or contact ginaparkermullarkey@gmail.com.

Cafs is running a series of events for people who own, run or have a leadership role in SME businesses and other organisations looking to reduce their carbon footprint and develop a strategic approach to net zero and decarbonisation. <https://cafs.org.uk/events/>

Cold to Cosy If you (or someone you know) is living in a cold or damp home it's time to think about getting winter ready; see <https://cafs.org.uk/cold-to-cosy-homes-cumbria/> for free advice. Applicants who qualify for extra help (e.g. people on means tested benefits, those with long term health conditions or disabilities) can also receive free energy saving and draft proofing materials.

Oxen Park Cinema Club

We are nearly at the start of our new season - the website is now open for bookings and membership (saves you lots) **www.oxenparkcinemaclub.org.uk**

September films are: Tuesday 3rd - *Wicked Little Letters* and Saturday 14th – *Oppenheimer*. Always check the reviews so you know what you are coming to watch - there are few emotionally stirring, sex and violence!! so watch out.

A reminder that you can collect a programme at the Rusland Show on Saturday 17th August - enjoy our films? come and have a chat at our table in the local activity marquee.

Carol

A THOUGHT FOR THE MONTH by Rev. David Gregg AUGUST : THE PARIS OLYMPICS

Each corps in the British Army holds annual corps sports. In 1957, the star of the Medical Corps sports week was Dr. Roger Bannister. Each unit was expected to submit entrants, and our very small unit (of only 80 men) struggled to supply a team. Since the prospect of five days “leave” in Aldershot, in return for the minimal effort of a single heat on the track was on offer, I put myself down for the 100 yards! One of the competitors had run for Great Britain in the 1956 Olympics, and I am able to boast (tongue in cheek!) that I finished *ahead* of him in the Heats! (I trailed in a very poor last in Heat 1, and he almost overtook me as the leading runner in Heat 2!)

This year's Paris Olympics marks the 100th anniversary of the 1924 Paris Olympics, the setting for the film “Chariots of Fire”. Its chief theme is the remarkable story of Eric Liddell, the 100 metres champion of Great Britain, who declined to compete on the Sabbath Day, because of his Christian principles, but went on to win the 400m title instead, breaking the World record in the process. (He spent the rest of his life as a Christian Missionary, eventually dying of disease in a Japanese internment camp in February 1945.

There are at least two ways that the Olympic Games feature in the New Testament.

One is with reference to the foot-races. In 1 Corinthians ch. 9 vs. 24-27, the apostle Paul writes:

Do you not know that in a race the runners all compete but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things they do, to receive a perishable wreath, but we an imperishable one.

Elsewhere the author of the Epistle to the Hebrews writes:

Therefore since we are surrounded by so great a cloud of witnesses (= spectators?) let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith. (Hebrews ch. 12 v. 2)

The laying aside of every encumbrance is a reference to the near-nakedness in which Greek athletes are usually depicted (the root of the word 'gymnasium' etc. ('gymnos') *means* naked!)

Secondly, the reference to "a perishable wreath" is, of course, to the *olive wreath*, the ancient symbol of peace and reconciliation and hope, laid on the head of every victorious athlete. It is the olive twig brought to Noah by the dove (of peace) that marked the end of the flood and reconciliation of God and humankind after the sin of the fall from grace in Eden. The process of producing *olive oil* by crushing the fruit to produce the pure oil for light, sustenance, heating and anointing lies behind Isaiah's famous prophecy of the suffering Messianic Servant in ch. 53. (The word 'Messiah' and its Greek equivalent, 'Christos', *means* the "Anointed One") and is especially significant in v. 10 ("Yet it was the will of the LORD *to crush Him* with pain".) The whole imagery of the Olive lies behind what is arguably the most revealing account of the suffering of Jesus and its consequences in the New Testament. The setting is the Garden of Gethsemane at the foot of the Mount of Olives. The name Gethsemane means "the Olive Press", and it is here that the submission of Jesus to the Father's will begins the whole process of squeezing the life out of Him, and the subsequent producing of the Oil of the Holy Spirit to bring reconciliation and the fruit of love, joy, peace etc., and the sure and certain hope of the eternal and imperishable crown of glory to all those who repent and put their trust in Him. "For God so loved the world that He gave His only Son, so that everyone who believes in Him may not perish but may have eternal life." The first thing I see every morning is the Olive Tree outside our bedroom window that speaks so clearly of God's grace. Hallelujah!

Parish Prayer Diary August 2024

1st. Pray for the organisers of the August local shows.

2nd. Pray for all leaders with national and international responsibilities.

3rd. Pray parents and God-parents take seriously their promises to nurture the Christian spiritual development of children they bring for baptism this month.

4th. **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.

5th. Pray for the local business providing hospitality and tourism services.

6th. Pray for Relate charity helping couples experiencing relational problems.

7th: Pray for benefice staff team meeting.

8th: Pray for Christians in Pakistan who face oppression in all areas of life and lack of religious freedom; pray especially for new disciples of Jesus who are most vulnerable to violence persecution.

9th: Give thanks for the Mothers' Union Literacy Programme in Sudan, transforming the lives of formerly illiterate women to empowerment and community leadership.

10th: Pray for sanctity of Christian marriage continues to be celebrated and faithfully upheld; pray also for couples solemnising their marriage in church this month.

11th: 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.

12th: On International Youth Day, pray our young people may be guided to make wise choices, with hearts and minds open to hear and respond to the call of their heavenly Father, to Whom each one is so precious.

13th: Pray for Jigsaw, Cumbria's Children's Hospice in Carlisle.

14th: Pray those suffering from addiction of any kind may be helped and accompanied on their journey to wholeness.

15th: Pray for pupils receiving A and T level results. Pray also for parents and teachers as they support young people considering their future options.

16th: Pray for those who earn their living from the sea, especially merchant sailors and trawler crews.

17th: Pray for former prisoners seeking accommodation and work.

18th: 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.

19th: Pray for the wellbeing of our farming community.

20th: Pray for those seeking justice through the courts or a tribunal.

21st: Pray for Barnardo's charity helping children, young people and families in need

22nd: Pray for pupils receiving GCSE results, and families helping their children prepare for the return to full time education or the taking up of an apprenticeship.

23rd: Pray for Paramedics.

24th: Pray for Christians in local government.

25th: Sunday, the first day of the week

Father God, you search us and know us: may we rely on you in strength and rest on you in our times of weakness, now and in all our days

26th: Pray the tired find rest and recuperation today.

27th: Pray for Cumbria Fire & Rescue Service.

28th: Pray for organisations protecting and improving habitat for wildlife.

29th: Pray for those in need of the Lord's healing in body, mind or spirit.

30th: Pray for the Red Cross helping families to reconnect with loved ones missing through conflict, disaster and migration.

31st: Pray for those who need the Lord's healing touch.

Readings for August 2024

4th Jeremiah 29.1 - 14
11th Daniel 12.1 - 13
18th Obadiah 1.1 - 4
25th Ezekiel 37.1 - 14

John 6.24 - 35
John 6.35, 41 - 51
John 6.51 - 58
John 6.56 - 69

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Monday	Basketball, 7 - 8pm	Coniston S & S Centre
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
Tuesday	Coniston CAMEO 2 - 4pm	Coniston Institute
Tuesday	Youth Club age 11 & over 7 - 9pm	Coniston S & S Centre
Wednesday	Parent and Toddler Group 9.30 - 11.30am (term time only)	Coniston S & S Centre
Wednesday	Beginners Pilates, 4.30pm	Greenodd Village Hall
Wednesday	Lowick Parent & Toddler Group 9.30 - 11.30am (term time only) £1.50	Lowick Community Hall
Wednesday	Community Lunch, 1pm sharp, £7.50	Farmers Arms, Lowick
Thursday	"Young at Heart" exercise and lunch, 11am £5 (term time only) or just come for lunch at 12 noon.	Coniston S&S Centre
Thursday	Volunteer Day 9.30 - 3.30pm	Brantwood Gardens
Thursday	Zumba 6.30pm with Valentyna	Coniston Primary School
Thursday	Netball Skills 6.30 - 7.30pm	Coniston S & S Centre
2 nd Tuesday	Egton WI, 7.30pm	Greenodd Village Hall
2 nd Tuesday	Ulverston Repair Café 6.30-8.30pm	Croftlands Community Centre
3 rd Tuesday	Coniston WI, 7.30pm,	Coniston Institute
1 st Wednesday	Charity Quiz, 8pm, £3 per person	Coniston S & S Centre
2 nd Wednesday	Bouth WI, 7.30pm	Bouth Village Hall
1 st Wednesday	Prayer Hour - 10 - 11am	St Mary's, Penny Bridge
3 rd Wednesday	Coffee Morning 10.30am - 12.30pm	Bouth Village Hall

What's On Guide - August

1 st	Live music - Reuben Tighe	Farmers Arms
2 nd	Kids Clay Fridays during school hols 10-12	Farmers Arms
3 rd	Make a belt in a day 10 - 4pm	Farmers Arms
4 th	Bookmaking and Letterpress Day 11 - 4pm	Farmers Arms
9 th	Food & Folk #3, 6.30pm see page 14	Brantwood
10 th	Make your own noodle bowl & chopsticks 10am - 4pm	Farmers Arms
11 th	Spark Bridge Duck Race, 2pm, see page 6	Spark Bridge
13 th	Talk: Bethacar Common environmental project, 7pm see back cover	Water Yeat Village Hall
14 th	Wildlife Trust plug planting, Boon Crag see page 10	Boon Crag, Coniston
15 th	Live music - Wolftown Rendezvous	Farmers Arms
17 th	Rusland Show	Whitestock Meadow
18 th	Lakeland Country Fair	Torver
20 th	Hawkshead Show	Hawkshead
20 th	Wildlife Trust plug planting, Boon Crag see page 10	Boon Crag, Coniston
20 th	Outdoor Theatre - The Hound of the Baskervilles see page 15	Brantwood
22 nd	Concert: Barrow Male Voice Choir, 7.30pm	Coniston Methodist Church
23 rd - 26 th	Lakes Lightnings Open Cockpit Days 10.30am - 5pm see page 8	Low Lodge, Spark Bridge
24 th	Workshop Open Day	Farmers Arms
24 th	Greenodd Horticultural Show 2pm	Greenodd Village Hall
30 th	Councillor Suzanne Pender drop in surgeries 10am Herdwicks, 11.30am Undercrag Torver	
31 st	Drawing Club 10 - 1pm	Farmers Arms
31 st	Ceilidh - Cornerstone Band 7.30pm see p11	Water Yeat Village Hall



RUSLAND SHOW

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- 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!



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

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