

A photograph of a winter forest. The trees are bare and covered in snow. In the foreground, there is a small, dark structure with a snow-covered roof, possibly a shed or a small building. The ground is covered in snow and some low-lying plants are visible. The overall scene is serene and cold.

Coniston and Crake Valley News

January 2024 www.conistonandcrakechurches.co.uk

WATER YEAT VILLAGE HALL

We don't often give you early warning. Several of you missed them in September and those who came would be very happy to hear them once more. We've been very fortunate to secure another booking with the

The Autumn String Quartet



Save the date - Sunday 24th March 2024
Dvorak and Shostakovich

Rusland Valley Horticultural Society Ltd

POTATO DAY

Sunday 21st January

Greenodd Village Hall, 10am - 2pm, admission £1



Sale of 120+ varieties of seed potato, fruit bushes and trees, seeds, onions, flower bulbs & tubers and more! (supplied by Brighter Blooms Nursery, Preston)

Home-made soup & cakes

See www.growvegandfruit.co.uk for lists of produce available - can be ordered online and collected on the day.

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

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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**.

Church Services for January 2024

7th	Epiphany		
St. Luke Torver	9.30am	Winter Breakfast	Linda Inman
St. Luke Lowick	9.30am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter
14th	Second Sunday of Epiphany		
Holy Trinity Colton	10.00am	Holy Communion	Rev Joanna Henson
St. Andrew Coniston	11.00am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Holy Communion	Rev David Bickersteth
21st	Third Sunday of Epiphany		
St. Luke Torver	9.00am	Holy Communion	Rev Brian Streeter
Tottlebank Baptist Church	10.30am	Service of Christian Unity	Rev Brian Streeter
28th	Presentation of Christ in the Temple		
St. Luke Lowick	9.30am	Methodist Service	Mrs Paulette Bissel
Holy Trinity Colton	10.00am	Morning Worship	Pam Priestley
St. Andrew Coniston	11.00am	Holy Communion(BCP)	Rev Brian Streeter
St. Luke Torver	7.00pm	Torver Junction	Rev Brian Streeter

From the Registers

Funeral

20th December at St. Luke, Lowick

Moyra May Towers

From the Editor

Best wishes for 2024 and thank you to all contributors, distributors and funders - and the readers of course! We've got a few new advertisers this year so do take a look through the advert pages as well - there might be something really useful there.

Please send items in by **January 15th** for inclusion in the February Magazine.

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

Cover photo: the yurt at Rookhow, Rusland

Pastoral Letter from Brian Streeter

FUTURE

As we move on to 1st January and we enter a new year – 2024 in this case – it is very natural to look forward and to consider the future. The future is not always at the forefront of our minds but at certain times, like the beginning of a new year, it can become a priority and can even crystallise into some proactive decision-making and actions, for example, new year's resolutions. That is not to say that the present or even the past cannot influence or over-shadow that future, but for a time the future becomes the centre of attention.

My aunt recently passed away, and this was the auntie who (along with her husband, our uncle) brought up my brother, sister, and I when our parents passed away. So, the death has almost felt like being orphaned again. In addition, my aunt is almost the last of her generation and so I rise ever higher in seniority (in age) in our wider family. Also, as many of you will know my wife, Anne, passed away just over 30 months ago and this occupies much of my quieter moments, and certainly colours my thoughts of the future.

In the early years of the Church, Christians were eagerly awaiting what they thought was the imminent return of Jesus. Of course, Jesus had promised to return but had not said when. As time progressed and some people began to pass away – as was natural – others began to worry. In his First Letter to the Thessalonians, the Apostle Paul wrote to the Christians in Thessalonica:

“But we do not want you to be uninformed, brothers and sisters, about those who have died, so that you may not grieve as others do who have no hope. For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have died”

If you do not believe in any future, if you think that this lifespan is all there is, then you live and grieve “as others do who have no hope”. Instead, as Paul urges we are to remember Jesus’ promise that He will return, and not just return but that He will raise ALL from the dead to be judged according to their life. For Christians entering 2024, 2025, 2026 and possibly far beyond, there is the call to look forward with hope –not to a dead end, literally or metaphorically.

So personally, I do grieve for the losses of the past, especially my wife in 2021 and my aunt in 2023; I grieve for ongoing conflicts in Ukraine and in Israel; I grieve for the Church of England that fails to give the Good News to the people of our nation as they deserve; I grieve a great many of my own failures. But I still look forward to a future in hope, as I believe in Jesus who died and rose again, and who will raise me - with my wife and aunt - to a future of endless life.

Blessings in Christ,



Around the Parishes : Colton

Bouth Village Hall

Coffee mornings will start for the New Year on **Wednesday 17th January** from 11am – 1pm and then every third Wednesday of the month, donation £2.00

Colton Parish Council

Our parish has experienced, to put it mildly, some very challenging weather events in the past few weeks. Many residents were without power due to snowfall for many hours and, in some cases, days. The level of snow also meant many were also unable to get out of their villages and homes to find information and warmth. The storm that blew through a week later caused significant flooding. brought down more trees and large branches causing yet more travel and connectivity problems. As always, our communities pulled together to help each other, and the visitors caught up the chaos. A huge thanks is due to each and every local resident who checked on neighbours, helped clear our roads of trees and snow and made sure the most vulnerable were looked after. Without their help, many would have been isolated or stuck at home for much longer. Massive thanks are also due to our local pubs which acted as support hubs and offered warm meals and company for many. Paul Harris, our superb PCSO was out and about as soon as possible to check on our parish. Finally, our thanks as ever to Archie, our lengthsman, who was out as soon as the roads were passable to help clear blocked drains and culverts.

Whilst the local response was extremely heartwarming, we were highly concerned at the lack of information and on the ground support from Electricity North West. In some cases, it was more than 36 hours before any real contact was made. Information provided on the website or via calling the phoneline was useless for many as there was no mobile signal due to the masts being off-line after about 6 hours of power outage. Many residents have also been moved to VOIP and so have lost their copper connection to a landline. The local power network clearly lacks any resilience proven by the multiple outages experienced over the past few months even in good weather. We are gathering information and will be writing to Electricity North West to document our concerns and ask for a response on how they intend to improve the network resilience. We will also formally raise our concerns with Westmorland and Furness Council. If you want to share any information about your local situation during the recent severe weather, please email the clerk (clerk@coltonparishcouncil.org.uk) or talk to your local councillor. The more we know the more evidence we have available.

At our December meeting PCSO Paul Harris updated us with regard to the rural crime team's work including a recent poacher watch initiative. The local community is often best placed to spot and report wildlife crime such poaching activity. You can report online at www.cumbria.police.uk/report-it or you can phone 101.

Our first 2024 parish council meeting is on a WEDNESDAY rather than our usual Monday and will be held on the **17th of January** at Rusland Reading Room.

Lowick & Blawith



Lowick Church Porch replacement

13th December: the builders are starting to put the roof back on the porch. They're working until 22nd December and hope to complete the project, including landscaping, by mid January.

Lowick Parish Council

Our next Meeting will be on Wednesday 24th January at 7.30pm in the Lowick Community Hall. Everyone is welcome to attend. At our last meeting in November we decided to purchase a new notice board for Lowick Green and discussed the ongoing flooding at Woodgate. Highways say they have a plan in place to resolve this issue. Please let us know about their progress.

The LDNP Development and Control Committee met on 6th December 2023. Lowick Parish had two planning applications on their agenda for consideration. The first was the controversial change of use of building to holiday lets and replacement agricultural building for Lowick Farm, Lowick Green, LA12 8DX. The planning officers had recommended refusing the proposal and Lowick Parish had objected to the development. The application was deferred to the Development Committee so the applicant could submit additional information. Prior to the meeting the Development Committee had recommended that this proposal should be passed. Les Ingham, vice chairman, and Peter Winter, Lowick Green's representative, both spoke at the meeting and gave extremely strong and sound reasoning against the proposal which did not seem to be considered by the majority of the business minded members of the committee. The only vote against was from an ex-farmer who was finding it difficult to decide if the farm business had ever been or ever would be viable.

The second Planning application was for a development at Pickle Wood, Lowick Parish and Blawith Council had made strong objections. The application was passed with conditions by the development committee.

Your Councillors are devastated by these results, I feel that LDNP Development Committee have made our position untenable by refusing to respect the democratic decisions of our parishioners.

Finally after the cold weather we are aware that salt bins may need to be topped up. If anyone is passing a bin please can they check and if more salt is required please report it to one of your councillors or directly on the Westmorland and Furness Council website by navigating to "streets roads and pavements" and clicking on the "report a problem" button.

We would like to wish everybody a joyful Christmas and happy and healthy New Year.

Egton cum Newland

The next meeting for **Egton with Newland, Mansriggs and Osmotherley Parish Council** will be held on **Tuesday 9th January** at 7pm in Greenodd Village Hall. Members of the public are welcome to attend.

Coniston & Torver

Coniston 14 - a Race with a difference.

Runners choose many words to describe the Coniston 14 Road Race. "Picturesque", "undulating", "friendly" and "well organised" are often mentioned.



It's also sometimes referred to as a "quirky" run as it doesn't fit into any standard distance category for a race. Its name refers to the 14-mile circuit around Coniston Water from John Ruskin School in Coniston village. But even this distance isn't strictly correct. The official measurement is 13.875 miles. For two years after 2009 it even became the Coniston 14+ when Bouthrey Bridge over the Crake was damaged in floods and the race circuit was extended to Lowick Bridge adding a further 3 miles to the distance. So this annual community organised event, which started with the first race in 1982, is certainly a run with a difference.

This year will be the 42nd Annual Race and will start at 11am on Saturday 23rd March. The Police, the Coniston Mountain Rescue Team and the First Responders support the race. As in previous years, a road closure to protect the safety of the runners will operate between Coniston and High Ground in both directions from 10.50 until 11.20. There will also be a closure on Lake Road to coincide with the return of the majority of runners between 12.15 and 14.00.

Many runners return each year for the race and running clubs from as far as Norfolk and the West Midlands take part. There will be several pacers from a local running club to help runners meet their target times.

Each year the Coniston 14 Committee raises some £20,000 from the race and this is donated to about 30 local charities and clubs in the community.

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.

You can book your place for the race through the website: **www.coniston14.co.uk**

Geoff Cooper for Coniston 14 Committee

Lunch and Dominoes

Will be on **10th January** - the second Wednesday - **at 12.30pm** in Coniston Institute Reading Room. Do come along and join us for soup/roll and a pud, tea/coffee, followed by dominoes. All for £5.00.

To book a place, ring Jean on 41617, by the Monday before. Everyone welcome

Rainfall, Garden House, Coniston, November 2023

Total - 363.9mm (14.3ins)	Wet days - 21
More than 1mm on 20 days	Wettest day - 12 th - 33.5mm (1.3ins)
Frost on the 10 th , 11 th , 24 th , 25 th , 28 th , 29 th & 30 th .	



BURNS NIGHT CEILIDH at 7.30pm
SATURDAY 20th JANUARY 2024
at the Coniston Institute
£22 per ticket

We will be entertained by the Cornerstone Band, who will be playing ceilidh music and talking us through some traditional ceilidh dances. If you don't want to dance, it's worth coming to listen to the live band and enjoy the company.

We'll serve traditional Scottish fare including haggis (traditional or vegetarian) with neaps and tatties plus a wee dram to wash it down.

You can come in a kilt if you like, but it is not compulsory. However please try to wear something tartan – it could be just a tie or a scarf.

Because we need to know how many of you will be attending please book your place as soon as possible from Derek Adams by email **no1@dsadams.co.uk** or phone **07973 179805** or phone Anne Hall on **07771 988518**. Your place will be confirmed on receipt of payment. **We have 45 places so book early to avoid disappointment!**

This event will be organised by Coniston and District International Twinning Association.



Happy New Year from the **Coniston Community Lunch team**

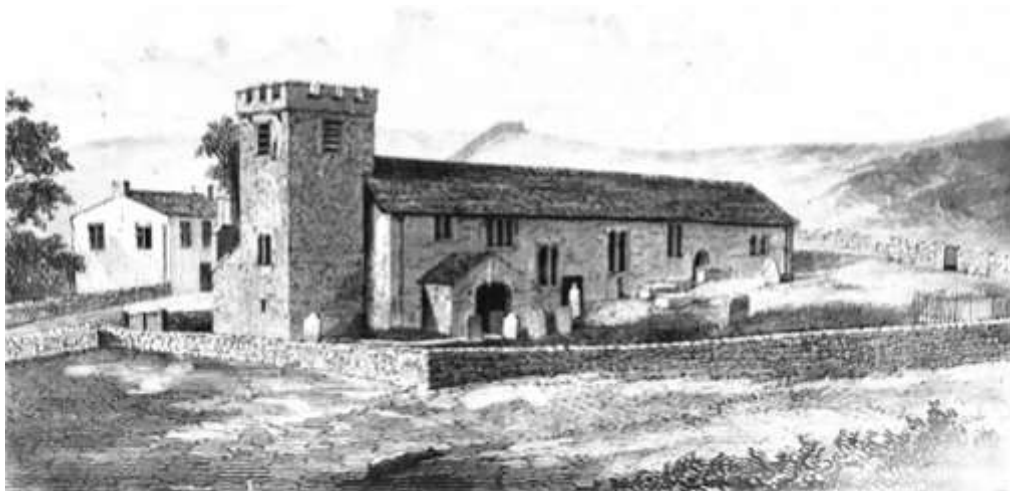
Our next lunch will be **Monday 15th January** at 12.30pm in the institute reading room.

As usual we will be serving a hearty two course lunch plus tea or coffee. We expect no payment, however a suggested donation of £5 towards our costs would be very welcome

Places are limited so please confirm attendance by phoning or texting Helen on **07583 371275** or email **e.glaister013@btinternet.com**, by the Friday before. Also please let us know if you have any dietary requirements or need help with transport.

We are always grateful for additional help so please get in touch if you can offer help either on the day or providing food.

Helen



Colton Church, 1798 By A Dean, printed by Hare, Milnthorpe

"Recollections from Colton Church" (from "The Dawn of the Day 1895 – 1896)

Sent in by Susan King of Colton

March 1894

The frost with difficulty has been kept out of the church, and the pipes are in working order owing to occasional fires during the week. Worshippers are requested to help as liberally as they can at forthcoming offertories.

Easter 1894

The vicar, Mr Moser, walked from Kendal to Graythwaite Hall for a morning service, then to Nibthwaite for afternoon service, with an evening service at Bouth, and a walk home to Kendal afterwards.

February 22nd 1895

Considerable damage was done to slates by the recent severe gale. A great quantity of slates were stripped off both Nave and Transept, and many coping stones were blown right away as were many lengths of iron spouting. The stone cross over the east end was blown to the ground and broken to pieces. It is estimated that the repairs will be about £16 at least.

March 17th 1895

The service was to be held at Nibthwaite but the building proved too cold, and there being no means of warming it – the service was held in the open air at the foot of Coniston Lake – the early afternoon's sun assisting matters in the wintry weather.

Reports

Women's Institutes



Egton WI

Happy New Year everyone from the lasses of Egton WI.

I would like to begin my little report with a huge "THANK YOU" to those of you who kindly supported our autumn fundraising event in November. What a busy and enjoyable time we had. We offered soup and/or pudding for a donation only and you did us all proud. Your generosity was wonderful and with the donations and stall takings I am delighted to tell you that we made an amazing £1200 on that day alone! That will enable us to hand over a cheque to St. Mary's hospice for over £2000 as that will be the total raised for them over the year. I also wish to thank all the businesses who kindly supported us. Firstly to "Born and Bread" who gave us the lovely sourdough bread (which several people commented on) to serve with the soups, Sipping Fox, Tyndale, Peter Hutchinson (butcher) and Armers who gave us raffle prizes, Booths, Co-op, Aldi and M&S who came up trumps too, without them we wouldn't have had such a good raffle. To sum up, a good community exercise and much appreciated by us all.

December was our Christmas party and supper, plus entertainment! The supper was provided by the committee as in the previous year. As I write this the following morning I am delighted to say that it went off very well with our members enjoying a lovely supper (too many puds) and everyone seemed to enjoy the entertainment, even those of us performing! All in all it was a fine way to end the year on and hopefully in 2024 we can entice some more ladies to join us.

We begin on **Tuesday 9th January** at 7.30 pm. in Greenodd Village Hall so why not take up a New Year resolution and give us a try, you will be made most welcome.

Gill 07519 144799

Coniston Mothers' Union



Members of Coniston Mothers' Union finished the year with three events in spite of the snow.

Members and husbands enjoyed a delicious Christmas Lunch at St Mary's hospice café. Besides a lovely setting the staff were very helpful and friendly, a good time was had by all.

Monday the 4th December, five joined other Deanery Members for the Furness Deanery Advent Carol Service at Ulverston Parish Church. The service was compiled and led by Rev. Madi Simpson, while branch and diocesan members did the readings and prayers. Colin Dean played the organ for the hymns and carols. The afternoon ended with tea and mince pies. Thanks to those who organized the event.

Wednesday 6th saw a magical journey down the valley which looked like fairy land due to frost on all the trees by the river Crake. On arrival to Dalton parish centre their MU members greeted us with the usual warm welcome and delicious hot meat pies. A short service followed, then two games before visiting the 43 decorated Christmas trees in the church where the standard was the best ever, all so different. The three events were a wonderful way to end a busy and varied year. If you would like to know more or join us contact **Kay, 015394 41559**.

Girlguiding



Girlguiding in Hawkshead would welcome any girls who would like to join Rainbows, Brownies or Guides. We have 12 Volunteers who provide a wide range of activities for our young members. If you would like to join, please visit www.girlguiding.org.uk and I will respond. **Judith Myers**

Brantwood News and Views



Wishing all our visitors and Friends a very happy 2024. To see in the New Year we have two new amazing exhibitions. In the Blue Gallery we have a dedicated exhibition on John Ruskin's Secretary, Laurence ('Laurie') Hilliard: 'A Strange, Bright, Gifted Boy'. Hilliard was the most familiar face at Brantwood for six years, entertaining all with his sense of humour, his love of boats and his profound devotion to Ruskin. He was also a talented artist, whose potential was just being recognised when he died of pleurisy of a yacht in the Aegean, aged just thirty-two. On show from 17th January until 10th March.

In the Severn Studio we welcome back Phil Entwistle with his exhibition 'The Bay and Beyond' which opens on Saturday 6th January and continues until 17th March. There will be an opportunity to meet Phil between 11-3pm on Saturday 6th and Sunday 28th January. All proceeds from exhibition sales will be donated to treeaid.org. Tree Aid works with people in the drylands of Africa. Led by local people, Tree Aid projects are tackling poverty and the effects of the climate crisis by growing trees, improving incomes, and restoring and protecting land.

In the second of our 2023-2024 Concerts, Pianist Thomas Graff will be performing in Brantwood's Drawing Room on Saturday 20th January. Performance begins at 7pm, doors open 6.30pm. Seating is limited to forty so booking early is recommended (bookings@brantwood.org.uk or tel: 015394 41396). Tickets £25 (includes an interval drink). Pre-concert supper will be served in the Terrace Cafe from 5.30pm at £16.50 per person, booking essential (theterrace@brantwood.org.uk or tel: 015394 49025). More 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.



Westmorland
& Furness
Council

Community Drop-in Surgery

Hosted by Suzanne Pender, Councillor for

Hawkshead and Coniston

Last Friday of the month **Friday 26th January**

10-11am Herdwicks Café, Coniston

11.30-12 noon Undercrag, Torver

2pm The Manor, Oxen Park by appointment

2.45pm The Farmers Arms, Lowick by appointment

Contact: Suzanne.pender@westmorlandandfurness.gov.uk Tel: 07501 806298

The Farmers Arms, Lowick



Happy Christmas and New Year to you all! Here's a short update on what's on at the Farmer's Arms.

We will be open on **Christmas Day** for drinks and mince pies. There'll be mulled wine and Crake Valley mulled apple juice 12–4pm

We are closed on Boxing Day and the 27th and 28th and reopening with an all day menu 29th to 31st Dec, and 'probably the best Bloody Mary this side of Bouth', ideal with kedgeree.

Forget watching the Jools Holland Hootenanny and join us at the **New Year's Eve Party** as we have a late night licence until 1am with a special buffet throughout the evening with The Farmer's Arms favourites alongside some unusual cuisines we have offered during 2023. This includes sushi, curries, Indonesian patties and much more... all in all, it's world food at your local! The Vicar of Soul will be spinning some R&B and soul classics followed by the fantastic Reuben Tighe and his saxophonist performing rock and roll classics!

In the New Year we will be open for courses and workshops (there's still a few places on upcoming pottery and woodwork courses) but the pub will be shut for maintenance work up until **Burns night** on the 25th January when we will reopen with a grand dinner and a haggis fuelled ceilidh alongside an unusual take on the 'Address to Us'.

Save the date! February the 14th is our **Feast of St Valentine**. Book now for an alternative to sitting opposite your loved one separated only by a single red rose.

Our all new **Complete No-Dig Edibles Course!**

Inspired by the success of our sold out annual Gardening School, we're offering more unique and specialist learning experiences taught by no-dig gardening experts Matt Turnbull and Karen Guthrie. Beginning on the 25th February, you'll manage your own small veg patch in weekly sessions and learn how to prepare the soil for planting and manage and plan your year of veg.

Join a growing network of passionate people offering care and support



Community Catalysts are running a free development programme, to help people get set up **working for themselves**, offering care and support to older and disabled people locally. The programme is funded by Westmorland and Furness Council.

People might choose to offer a range of help at home, such as cleaning, cooking, shopping, trips out, sitting and chatting, support to dress and wash, DIY, gardening and more to support people in their community to remain independent at home. For more information about setting up, or anything else, you can contact **Jade Gibson** your local **Community Catalyst**

Call or text: **07435 943 933** Email: jade.gibson@communitycatalysts.co.uk

Haverthwaite Patient Group

Things at Haverthwaite Surgery remain somewhat in flux at present. While the surgery remains on its old site for the time being it is likely that it will move to temporary accommodation on the new site, just along the road, in the near future. Whether the “temporary” becomes “permanent” or there is a new build is up in the air for now. All depends on how the ICB can negotiate leases. But at least we keep our surgery.

Charlene, the practice manager and advanced nurse practitioner, has been looking into ways to increase efficiency and safety. A survey of phone calls shows that nearly 50% of these are to order repeat prescriptions. Not only is this time consuming for everyone but there is a real safety risk with ordering medication verbally. In the coming months there will be 4 new options for ordering medications. The best option is to use the NHS App on smart phone, laptop, or another device. There will hopefully be training sessions, for anyone who would like to attend, sometime next year. The second option will be a dedicated email address just for prescriptions. Alternatively, patients can fill in the green form that comes with their medication and either post it to the surgery or put it in the box supplied. The final method will be a dedicated phone line with an answer phone but this is the least secure.

Finally, the surgery will be closed December 25th and 26th and January 1st. If you need repeat prescriptions over Christmas week can you please order them just a week ahead.

A Merry Christmas and Happy New Year from us all

Charlene Morgan

Haverthwaite Surgery

Oxen Park Cinema Club

There are some great film in January - book your seat online now! Note some different start times.

Tuesday 2nd - **Polite Society** 7.30pm, worth checking out the trailer.

Saturday 20th - A Double Bill with Tom Cruise - **Top Gun** (1980) at 4pm followed by the latest **Top Gun Maverick** at 8pm. Plenty of action.

Sunday afternoon 28th - **Fadia's Tree** 4.30pm

Tuesday 6th February - **The Quiet Girl** 7.30pm - an unusual Irish film with gaelic language.

www.oxenparkcinemaclub.org.uk

Carol



Rookhow

WINTER 'QUAMPING'

While the Bunkbarn is closed over the Winter for renovation work, we'll be offering 'Quamping' (a Quaker version of glamping or champing) in the 300 year old Grade II* listed Quaker Meeting House and heated yurt in the woods. 2 nights minimum. See the website for more details: **rookhow.org.uk/quamping**

OPEN DAYS throughout the Winter

Rookhow continues to be open to the public on the 1st and 3rd Fridays 10am-4pm throughout the Winter. Come over for a look around, have a cuppa and homemade cake and hear about Rookhow's history and current work. Several people have attended Quaker Meeting for the first time (12.30-1pm). Quaker Meetings for Worship are also held on the 1st Wednesday of every month 7.30-8pm. Just turn up. All welcome.

Website: **rookhow.org.uk** LA12 8LA

Contact Sue Nicholls, Development Manager Tel **07377 971783**
Email: **contactrookhow@gmail.com**

Green Sparks

River Crake Noticeboard – next steps

We're delighted with the level of support and enthusiasm for the noticeboard, and we've had some really useful feedback.

In addition to our proposals to focus on the special character of the River Crake, its ecology and wildlife, suggestions include: a local map, walking routes, cultural and Industrial history, seasonal changes in wildlife, and safety information. To accommodate everything we will have to consider whether it will be possible to install more than one board.

The next steps include –

- Working with local artists to create a visual
- Local fundraising events and grant applications
- Planning ahead for upkeep and maintenance
- We'll be working with the local parish councils throughout the process.

We aim to produce a board that's visual and informative, accessible to people who find lots of text hard to digest, and durable in all weather conditions. If you would like to get involved please contact us **greensparks.sparkbridge@gmail.com**



These two lovely old photos of Spark Bridge are from the collection of Eric and Bernice Buck. The picture below shows Bernice's mum at their family shop (to the left of the bus in the top picture) with her pet lamb in around 1911.





South Lakes

Here are some simple tips to help save money on energy bills:

- Check your thermostat: A room temperature between 18°C and 21°C is ideal for most people. Turning your thermostat down by one degree could save you around £115 a year.
- Keep the heat in: Check your home for any gaps in the doors, windows and floors. Blocking any holes could save you around £30 a year. It is important to allow for some ventilation as without it mould and damp can form.
- Turn off anything you're not using: Turning your appliances, like TVs and washing machines, off instead of leaving them on standby could save around £60 a year. Turning off lights – even if it's just for a few seconds - could save around £25 a year.

If you're struggling to afford your energy bills, you might be able to get support from the government or your energy supplier. The first step is to contact your supplier to find out what they can offer. You may be eligible for benefits including the Warm Home Discount, Cold Weather Payments or the Household Support Fund. Find out more about these on the Citizens Advice website.

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

- ***Adviceline: 0808 2787 984***

***email advice via our submission page on our website
www.southlakescab.org.uk***

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



Lowick Young Farmers' Club

PRIZE BINGO

Wednesday 31st January

Grizebeck Village Hall

Doors open 7pm, eyes down 7.30pm

Raffle

A THOUGHT FOR THE MONTH by Rev. David Gregg

JANUARY 1ST : NEW YEAR'S DAY

I am told that All Nations Bible College in Ware has a crèche and nursery for babies and toddlers, with a notice over the door that reads, "We shall not all sleep, but we shall all be changed!" It is, of course, a parody of 1 Corinth. 15:51, where the Apostle Paul is writing on the mystery of New Life and the Day of Resurrection. Newness is a very basic topic in the *New Testament*, and fittingly should occupy us on New Year's Day. There are *two* principal forms of newness in New Testament Greek. The one, NEOS, signifies New in TIME (i.e. Novel, Fresh, Young, Unused) as in neo-natal or neo-lithic etc. The other, KAINOS, signifies New in NATURE (usually with a sense of "Better"). An illustration of the difference would be in a phrase like "I have a New Car". If it is brand new it would be NEOS, but if it is a used (but better) car, it would be KAINOS.

There are far fewer uses of Neos in the New Testament writings. The majority of which refer to Jesus' sayings about New Wine in Old Wineskins etc. The much more frequent usages are of Kainos, with the *New Covenant*, (the Subject of Hebrews ch. 8) as the most conspicuous, linked to the Bread and Wine of Communion. There is also the newness of Jew and Gentiles coming together within the New Covenant as one new people of God.

The second emphasis is on the New Creation, with the notion of a believer becoming a New Creature with New Birth and given a New Name.

Thirdly is a New Order, a New Way of Life, with a New Commandment of Love and a New song, and Treasures Old and New for Worship.

Finally, (especially for the future) there is New Hope, with the vision of a New Heaven and a New Earth, a New Jerusalem and the overall promise, "Behold I make *all things New*" as the culmination of Revelation (Rev. ch. 21 v. 5)

So, as we come to New Year's Day, let us do so with Renewed Thanksgiving for our place in the New Covenant in Christ; with Renewed commitment to worship, especially in regular communion; with Renewed resolution to lead the New Way of Life, and Renewed Hope in the Resurrection and the New Life to come.

Hallelujah – Amen.

Parish Prayer Diary January 2024

1st: We commit our new year to God, praying He will guide us and strengthen us for Kingdom service.

2nd: Pray for all affected by violence in Gaza and Israel; pray also for the Christians there serving Christ in every possible way.

3rd: Pray for the physical and mental wellbeing of journalists and investigators exposing injustice and exploitation.

4th: Pray for pupils and students returning to school or college.

5th: Pray for the work of The Gideons International, that many people come to know the Lord Jesus through reading Gideon-placed Bibles and New Testaments

6th: Pray for St Mary's Hospice in Ulverston, its staff and patients.

7th: Sunday, the first day of the week

Give thanks to God, who in the birth of Jesus has revealed the fullness of His love. Pray He will help us to dwell in His light and share His love each day.

8th: Pray for families needing food banks to help them over a difficult financial time.

9th: Pray for Christians in Parliament, an All-Party Parliamentary Group which exists to support MPs and staff in their work in the Houses of Parliament.

10th: Pray for children with special needs, and their families.

11th: Pray for our local councillors.

12th: Pray for the local Voluntary Social Car Scheme and the drivers who offer their time for this valued service.

13th: Pray for Benefice churches that are open each day; that those who come seeking God find He is faithful to His promise: 'you will....find me when you seek me with all your heart'. (*Jeremiah 29v13*)

14th: Sunday, the first day of the week

Give thanks for the freedom we have to worship each week remembering the many Christians who do not have this privilege but still faithfully meet when they can.

15th: Pray for Open Doors charity providing practical support and emergency relief to Christians worldwide who suffer for their faith in the Lord Jesus.

16th: Pray for residents and staff at our local nursing and care homes.

17th: Pray for the Open Doors *World Watch List* launch today; a unique opportunity for MPs and the public, to hear from persecuted Christians abroad who are serving their communities through their churches.

18th: Pray for those awaiting hospital appointments or results of recent medical tests.

19th: Pray for all involved in education at every level.

20th: Pray for our local businesses.

21st: Sunday, the first day of the week

As we come to worship today let us give thanks for Christian fellowship and pray God's word will speak to each of us through the power of the Holy Spirit.

22nd: Pray for those housebound because of age or infirmity and are dependent upon Social Services or other agencies to meet their daily needs.

23rd: Pray for Refuge, the charity committed to the needs of adults and children experiencing domestic abuse, helping them rebuild their lives.

24th: Pray for local parent and toddler groups, that they will be places of refreshment, encouragement and friendship.

25th: Pray for those who keep our church buildings well maintained and for those to prepare for Sunday worship.

26th: Pray for The Bible Society, working to translate and distribute Bibles worldwide so people can read God's Word in their own language.

27th: Pray for our local farming community.

28th: Sunday, the first day of the week

May God our creator, who in the beginning commanded the light to shine out of darkness: shine in our hearts and help us to so live out our days that we may be signs of His wonders in the world.

29th: Pray for families, especially children, experiencing great anxiety and uncertainty because of relational difficulties at home.

30th: Pray for all medical staff working in hospital, general practice and community settings.

31st: Pray for the Olinda Mission run by Ian and Simea Meldrum, Anglican vicars, serving the poor and disadvantaged of Olinda, Brazil. Pray especially for their latest project on violence prevention offering activities to keep children and youths off the streets.



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Readings for January 2024

7th Isaiah 60.1 - 6

Matthew 2.1 - 12

14th 1 Samuel 3.1 - 10

John 1.43 - 51

21st Genesis 14.17 - 20

John 2.1 - 11

28th Malachi 3.1 - 5

Luke 2.22 - 40



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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 from 9th Jan	Coniston CAMEO 2 - 4pm	Coniston Institute
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
1 st Wednesday	Dominoes and Lunch, 12.30pm	Coniston Institute
Thursday	"Young at Heart" exercise and lunch, 11am £5	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
3 rd Wednesday	Coffee Morning 11am - 1pm	Bouth Village Hall
Fridays	Indoor Bowling, 2 - 4pm	Coniston Institute

What's On Guide - January

2 nd	OPCC Film: Polite Society, 7.30pm	Carthouse Cinema
3 rd	Prayer Hour, 10 - 11am	St Mary's Penny Bridge
6 th	Meet the artist - Phil Entwistle, 11am - 3pm	Brantwood
9 th	Coniston CAMEO, 2pm	Coniston Institute
9 th	Egton Parish Council meeting, 7pm	Greenodd Village Hall
10 th	Lunch & Dominoes, 12.30pm	Coniston Institute
11 th	X112 lunch, 11.30am see page 20	Rampside Village Hall
11 th	Film: The Chosen, 2pm	Greenodd Village Hall
15 th	Community Lunch, 12.30pm see page 9	Coniston Institute
17 th	Coffee Morning, 11am	Bouth Village Hall
17 th	Colton Parish Council 7pm	Rusland Reading Room
20 th	OPCC Film: Top Gun, 4pm	Carthouse Cinema
20 th	OPCC Film: Top Gun Maverick, 8pm	Carthouse Cinema
20 th	Pianist Thomas Graff, 6.30pm	Brantwood
20 th	Burns Night Supper, 7.30pm see page 9	Coniston Institute
21 st	Potato Day, 10am - 2pm see page 2	Greenodd Village Hall
24 th	Lowick Parish Council meeting, 7.30pm	Lowick Community Hall
25 th	Burns Night Ceilidh & dinner	Farmers Arms
27 th	Concert - Rod Demick & Jackie McAuley, 7pm	Coniston Institute
28 th	OPCC Film: Fadia's Tree, 4.30pm	Carthouse Cinema
31 st	YFC Prize Bingo, 7pm	Grizebeck Village Hall
2 nd Feb	Quiz, 7pm	Water Yeat Village Hall

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