

**JANUARY 2014 70p**



**CARTMEL FELL**



**CROSTHWAITE**



**CROOK**

**TWO  
VALLEYS PARISH  
NEWS**



**HELINGTON**



**WINSTER**



**UNDERBARROW**



**WITHERSLACK**

[www.crosthwaiteandlyth.co.uk/twovalleys](http://www.crosthwaiteandlyth.co.uk/twovalleys)

## Church Services for JANUARY 2014

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### Thursday 2nd January

9.30am Crosthwaite Holy Communion (CW)

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### 5th January

9.30am Cartmel Fell  
9.30am Helsington  
9.30am Underbarrow  
9.30am Witherslack  
11.00am Crook  
11.00am Winster  
6.30pm Crosthwaite

### The 2nd Sunday of Christmas

Matins (BCP) Mrs. Judy Goodland  
Holy Communion (CW) Rev. Matt Allen  
Holy Communion (BCP) Canon Michael Middleton  
Holy Communion (CW) Rev. Michael Woodcock  
Holy Communion (CW) Rev. Brian Crowe  
Holy Communion (BCP) Rev. Michael Woodcock  
Epiphany Evensong (BCP) Rev. Michael Woodcock

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### Monday 6th January The Epiphany

8.00pm Epiphany Sung Compline in St. Anthony's, Cartmel Fell

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### 12th January

9.30am Cartmel Fell  
9.30am Helsington  
9.30am Underbarrow  
9.30am Witherslack  
11.00am Crook  
There will not be a service  
11.00am Crosthwaite

### The 1st Sunday of Epiphany

Holy Communion (BCP) Rev. Michael Woodcock  
Morning Worship (CW) Maureen Stevens  
Holy Communion (CW) Rev. Bob Dew  
All-age Service Rev. Michelle Woodcock  
Morning Worship (CW) Reg and Elaine Bradby  
at Winster on the 2nd Sunday during winter months  
Holy Communion (CW) Rev. Michael Woodcock

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### 19th January

9.30am Cartmel Fell  
9.30am Helsington  
9.30am Underbarrow  
9.30am Witherslack  
11.00am Crook  
11.00am Winster  
11.00am Crosthwaite

### The 2nd Sunday of Epiphany

Holy Communion (BCP) Rev. Michelle Woodcock  
Holy Communion (CW) Rev. Ron Rutter  
Morning Prayer with baptism Rev. Brian Crowe  
Holy Communion (CW) Rev. Michael Woodcock  
Morning Worship (BCP) Tony & Hilary Fitch  
Holy Communion (BCP) Rev. Michael Woodcock  
All-age Service Rev. Michelle Woodcock

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### 26th January

9.30am Cartmel Fell  
9.30am Helsington  
9.30am Underbarrow  
11.00am Crook  
11.00am Winster  
11.00am Crosthwaite  
4.00pm Witherslack

### The 3rd Sunday of Epiphany

Holy Communion (BCP) Rev. Michael Woodcock  
Morning Worship (CW) Maureen Stevens  
Holy Communion (CW) Rev. Brian Crowe  
Morning Worship (CW) Revs. Muthalaly & Crowe  
Matins (BCP) Mr. Roger Bingham  
Holy Communion (CW) Rev. Michael Woodcock  
Evensong (BCP) Rev. Michael Woodcock

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## *A LETTER FROM MICHAEL WOODCOCK*

What kind of world do we live in? I confess to feeling extraordinarily depressed at times as we witness both the recent past and the present day in terms of what mankind can do to itself. I wonder if any of you watched Simon Schama's TV series, *The Story of the Jews*, last autumn on the BBC? At times it was heart-rending stuff as we heard of centuries of persecution of a people called the Jews, culminating in the horrendous pogrom slaughters of the early 1900s in Tsarist Russia and then the holocaust itself which began in the 1930s. How can human beings turn against each other and cause such violent suffering? And so often it happens in the name of one religion or another.

And then we had that horrendous terrorist atrocity recently in Nairobi where even children were blatantly murdered simply for not being of a certain faith. And suicide bombs detonated outside St. Andrew's church in Peshawar, Pakistan killing worshipping Christians as they left their church that morning.

In many ways it would be perfectly understandable if you were to dismiss any and all religions on this basis. If for one nano-second I thought that what I stood for in proclaiming my Christian faith could be likened to such atrocities I would not blame you for hounding me out of my job and my home. These awful and unspeakable examples sicken and repulse me and I simply cannot understand the mind of anyone who can claim any sort of legitimate right to oppress, persecute, maim or kill another human being in the name of their religion. My faith in God bears absolutely no resemblance to these other kinds of beliefs (in gods or God) that can lead to such dreadful atrocities. Sometimes I feel ashamed to call myself religious if there is any possibility of any of my parishioners classing me in the same bracket as those who have a "religious" belief which can somehow justify violence or murder.

This makes me quite depressed. However, I have to cling on to my belief that the person I choose to follow, Jesus Christ, stands for something entirely different to the extremist religious fanaticism that we often hear about in our news today. The Jesus I know abhors all forms of violence and oppression in the name of religion. He abhors all types of hypocrisy and self-righteousness. He abhors attitudes that seek only to exclude or discriminate, because that goes against the all-embracing nature of GOD who is love.

I am ashamed of my church when it fails to present our Christian faith properly. I feel embarrassed when folks in our villages are left with an impression of the Church which is judgmental, hypocritical or snobbish. That is most definitely not the kind of church in which I wish to be Parson. The reality is that our local churches, I hope, are not like that. We are made up of ordinary people who recognize our imperfections and are trying our best to follow the true example of Jesus Christ and everything he really stands for.

As you read this you may just have celebrated Christmas and be looking into the New Year. I hope and pray that when you hear about the life of our churches in the Two Valleys you will never equate us with the inexcusable distortions of religious belief that are currently present in our world, but instead take us as we are; ordinary villagers who see in the person of Jesus Christ a supreme example to follow (and even to believe in), who makes life better than if we were on our own.

Happy New Year to you all,

*Michael Woodcock*

# FROM THE REGISTERS



## **Wedding:**

7<sup>th</sup> December, Claire Broughton & James Burnham at Holy Trinity, Winster



## **Funeral:**

10<sup>th</sup> December, at St John's Memorial Service & Burial of Ashes for Keith Philip Shaw

## **Holy Days in January**

- 1 The Naming and Circumcision of Jesus - Festival**
- 2 Basil the Great & Gregory of Nazianzus, Bishops, Teachers of the Faith, 379 and 389 - Lesser Festival
- 6 The Epiphany - FEAST**
- 12 Aelred of Hexham, Abbot of Rievaulx, 1167 - Lesser Festival
- 13 Hilary, Bishop of Poitiers, Teacher of the Faith, 367 - Lesser Festival
- 17 Antony of Egypt, Hermit, Abbot, 356 - Lesser Festival
- 18-25 Week of Prayer for Christian Unity
- 19 Wulfstan, Bishop of Worcester, 1095 - Lesser Festival
- 21 Agnes, Child Martyr at Rome, 304 - Lesser Festival
- 24 Francis de Sales, Bishop of Geneva, Teacher of the Faith, 1622 - Lesser Festival
- 25 The Conversion of Paul - Festival**
- 26 Timothy and Titus, Companions of Paul - Lesser Festival
- 28 Thomas Aquinas, Priest, Philosopher, Teacher of the Faith, 1274 - Lesser Festival
- 30 Charles, King and Martyr, 1649 - Lesser Festival

## ***CALLING ALL PARISHIONERS***

### **Open house at the Vicarage, Crosthwaite**

We would like to invite any friends and neighbours from across all the two valleys parishes to drop by at the Vicarage anytime between **11.00am and 2.00pm on Saturday 4<sup>th</sup> January for a drink and nibbles**. The festivities will nearly be over by this 11th day of Christmas but not quite, so do come and say hello at some point on that day.... we'd love to see you. *Michael, Michelle, James and Eleanor Woodcock* ☎ 015395 68276

### **Two Valleys Prayer Meeting 2.30pm Tuesday 14<sup>th</sup> January in the Vicarage**

We meet again to pray for our parishes at 2.30pm in the Vicarage at Crosthwaite. Anybody is welcome to come and join us for a short time as we learn to pray together for our lovely parishes with their various needs.

### **Thank You**

A big thank you to all you lovely people who have sent cards and good wishes to me. I can't wait to be better from the operation and be with you all again! Penny Mutch

## **Shoebboxes**

A team of 9 from South Cumbria has just returned from a week in Romania, giving out most of your 9,007 gift filled shoeboxes (23% up on last year) to some of the neediest children in Europe. Although many live in unbelievable squalor, it was heartwarming to see a lot of the children in school, where they clearly enjoyed their lessons in bright, friendly and happy classes. Education is where change for the better will really take place, and Boxes of Hope is starting a child sponsorship scheme at Tinca School, where the children can currently attend for only a few hours a day because there is insufficient funding to run the school to capacity.

We gave out shoeboxes in churches, villages, apartment blocks etc. In the city mission in Oradea "Children of the Promise", where orphans and abandoned children are given food and after school activities, they treated us to rousing Christmas songs. One of our team made the apt comment that prior to the trip she imagined we would be taking a little light into the children's lives, but in reality the children brought light into ours. Thank you everyone who supported this year's shoebox campaign in any way, however small. The joy on the children's faces can be seen in some of our Facebook and website photos, [www.boxesofhopecumbria.co.uk](http://www.boxesofhopecumbria.co.uk). The response in this our first year as a charitable trust has been fantastic, and we look forward to many more years working in partnership with People to People, a Romanian Christian charity which does amazing work throughout the year to help reduce the appalling poverty in their country. Rosemary Webster, ☎ 015395 68013

## **Cartmel Fell Educational Foundation**

The Cartmel Fell Educational Foundation is meeting in February 2014. If you are under 25, live in St Anthony's Parish and would like to be considered for an individual grant, please send a short application letter to the Foundation Secretary, c/o Little Hartbarrow, Cartmel Fell, Windermere. LA23 3PA. The Foundation welcomes applications from students, apprentices or any young person pursuing an artistic or sporting talent or hobby

## **Housegroup**

A new housegroup has been set up in Crosthwaite which will meet fortnightly at a venue in Starnthwaite Ghyll, beginning in the New Year. This is an informal group which will provide support and fellowship alongside some Bible teaching to enable members to develop their knowledge and spiritual growth. If anyone else in the Two Valleys is interested in joining a housegroup please contact one of the following; Michael Woodcock (015395 68276), Brian Crowe (015395 68959), Maureen Stevens (01539 734358) or Pat Howarth (015395 68652).

## **Dobson Motors**

Thank you for putting a notice about our Christmas Fair in your Parish News. I am pleased to be able to tell you that £2209 was raised for Martin House Children's Hospice. We would like to thank everyone who supported us.

Regards, Bridget Hammond, P V Dobson Motors Ltd, Bridge End Garage  
☎ 01539 552441 Fax 01539 552521

## **Week of Prayer for Christian Unity**

The Two Valleys are participating in this year's event with a service at

**St John's Helsington**

**On Tuesday 21<sup>st</sup> January at 2.00pm**

**Our theme for this 4<sup>th</sup> day in the Week of Prayer is:  
"Together we affirm that God is faithful"**

This service is an opportunity for all in the Two Valleys who follow Christ to come together.

If you would like to take part in the service by reading or leading prayer please contact Maureen Stevens by 10<sup>th</sup> January

### **Counting the birds that are counting on you**

It will be all eyes to the skies on Saturday, 25<sup>th</sup> and Sunday, 26<sup>th</sup> January 2014, as the nation takes part in the RSPB's annual Big Garden Birdwatch.

The activity is the biggest garden wildlife survey in the world and last year almost 600,000 people counted the birds in their garden.

Big Garden Birdwatch, which has been running for 35 years, provides the RSPB with masses of information about changes in numbers of garden birds in winter, and helps to alert conservationists to significant declines in UK garden species such as house sparrows and starlings.

And this year, for the first time, we need you to log some of the other wildlife you see in your garden too. We want to know whether you ever see deer, squirrels, badgers, hedgehogs, frogs and toads in your gardens, to help build an overall picture of how important our gardens are for giving all types of wildlife a home.

Doing the Big Garden Birdwatch is fun and easy, and you don't even need to leave the comfort of your own home. To take part, spend just one hour at any time over the Big Garden Birdwatch weekend noting the highest number of each species seen in your garden or local outside space at any one time. You then simply submit your results to the RSPB, either online at [www.rspb.org.uk/birdwatch](http://www.rspb.org.uk/birdwatch) or in the post.



**Tel 07757 617 976**

Steve & Carole would like to wish everyone a very Happy New Year.  
**Next visit with Fish and Chips will be on Friday 31<sup>st</sup> January and every last Friday in the month throughout 2014 at**

**Winster Village Hall**

**5 pm to 6pm**

**Crosthwaite Village Hall**

**6.30pm to 8pm**

**We are also available for private parties, weddings, christenings or village events and can provide a full three course meal if desired.**

### **Underbarrow Marrow Day Xmas Lunch and Fayre**

The Underbarrow Marrow Day Committee wishes to thank everyone for supporting their Xmas Lunch and Fayre, which was held on Sunday 1<sup>st</sup> December at the Institute. It was a great success. As usual this Marrow Day event was a fundraiser for local cancer charities, and the next charity donation will be made in the New Year.

There was excellent support from the local community, and the hall was packed as friends and families enjoyed a splendid three course lunch including succulent spit-roast turkey! Other attractions included local Xmas produce and wreaths; children's toys and books; and a visit from Santa. There was a Christmas card competition and the children from Crosthwaite School and Playgroup produced some lovely sparkly cards. The afternoon was rounded off with the singing of carols led by a choir made up of local volunteers, with Lilian on the keyboard.

Our thanks to all who attended and supported the event, and all who helped in many different ways.



## Cutting the Cost of Energy

Big Energy Saving Week runs from 27 January 2014 with a mission to help you cut your fuel bills and get all the financial support you are entitled to. There's information on how to switch to another tariff or supplier, if you can get a better price elsewhere, and advice on steps you can take to decrease the amount of energy you use and lose.

Big Energy Saving Week is a joint project between Citizens Advice, Government, energy suppliers, Energy Saving Trust, Acre, Age UK and other voluntary and charitable organisations. To find out more get in touch with your local Citizens Advice.

*Free, confidential advice and help is available from Cumbria Rural Citizens Advice Bureau on any aspect of consumer problems, debt, benefits, housing, employment and any other problems. We have various outlets across South Lakeland and can also give advice over the phone. For telephone advice and/or to make an advice appointment contact 015394 46464. If you don't need us for advice, how about helping us by becoming a volunteer or making a donation? Not many people realize that we are a charity - see our website for details [www.cumbriaruralcab.org.uk](http://www.cumbriaruralcab.org.uk).*

### **TVPN MAGAZINE SUBSCRIPTION 2014**

Subscriptions for 2014 are due at the beginning of January.

The price has been kept at **£6.00**

Parishioners please pay your Parish distributor promptly.

Those who get it by post - cheque **£12.00** made payable to **Crosthwaite PCC**  
and sent to

Matthew L. Dobson

ASPEN Crosthwaite Kendal Cumbria LA8 8BS

Those on the **HELINGTON** Postal list

Please make Cheques payable to **Helsington P.C.C.**

and send to **M. Wrigley**, Orchard House, Brigster, Kendal LA8 8AN

### **Advertise here!**

Contact Matthew Dobson,

Aspen, Crosthwaite. LA8 8BS

☎ **015395 68849**

email: [aspendobson@yahoo.com](mailto:aspendobson@yahoo.com)



## WINDERMERE REFLECTIONS.....

The New Year is a good time to reflect on resolutions for 2014! Here's a thought – a way for all of us to help protect and improve the health of the area is to be careful with our food and other waste.

Fats, oils and food waste are a source of phosphate which we need to keep out of the lakes. You can help to reduce the risk by not pouring fats and oils down the sink (even small amounts can cause problems), not letting food scraps go down the drain and by composting food waste.

We live in a disposable age, with convenient products, which can be used and thrown away. We've got; wet wipes; cotton wool; tissues; nappies; cotton buds and dental floss to name just a few.

Unfortunately, these products are often thrown down the toilet, instead of the bin, causing havoc in the sewers. Some of these items even end up in our rivers and lakes, and millions are spent every year on clearing our drains and sewers.

### **Lake-friendly New Year resolutions:**

- Dispose of fats, oils and greases in the bin not via the sink
- Compost! The County Council has a good offer on compost bins ([www.getcomposting.com](http://www.getcomposting.com) , ☎ 084457 14441)
- Take chemicals, paints and oil to the household waste sites rather than pouring down the drain
- Only flush pee, poo and toilet paper!

For more information about Windermere Reflections' work, please call or look on the website ([www.windermere-reflections.org.uk](http://www.windermere-reflections.org.uk)). Thanks for your help!

Debbie Binch

Project Officer, Windermere Reflections

☎ 015394 34401

### **The Landowners of Crosthwaite and Lyth. Registered Charity No. 1073467.**

The AGM will take place in Crosthwaite Memorial Hall on Wednesday 5<sup>th</sup> February 2014 at 7.00pm.

All existing Trustees, (M J Casson, M L Dobson, Mrs C Hensman, A A Marshall, Mrs P Mutch, J E Park, J Sceal, D W Stott, R Sykes), must resign each year but all have indicated a wish to be re-elected. Anyone considering standing for election as a Trustee is invited to contact the Chairman, Martin Casson: ☎ 68612, for an informal discussion prior to notifying the Charity's Agent Mr J Lambton at Carter Jonas, 52 Kirkland , Kendal LA9 5AP in writing with details of proposer, seconder and a brief candidate CV by 17<sup>th</sup> January 2014.

## The Naming and Circumcision of Jesus

New Year's Day is a significant feast-day in the liturgical calendar, the day when we celebrate Jesus' circumcision. It is accordingly marked in the calendar of Common Worship in red letters, although it is not in bold, which indicates that it doesn't rank quite as highly as, for example, Christmas Day, Epiphany, Easter and so on; it also doesn't rank as highly as the other feast-day associated with Christ's infancy, the Presentation of Christ in the Temple (Candlemas), which we celebrate on 2nd February.

The practice of circumcision had long been in use as a religious rite among the Jews, who regarded it as part of the law of Moses. So it was perfectly normal for Jesus to be circumcised. Interestingly, however, the sole reference to it in the gospels is in Luke 2 v. 21, which is the gospel that is distinguished by having a strong gentile focus. But on reflection we might think that this makes good sense: for an audience not accustomed to circumcision, this significant and inevitable practice needed to be referred to explicitly. Luke tells us that the ceremony, which was also the occasion for naming the child, took place on the eighth day after Jesus' birth (Luke 2 v. 21). This was the standard time-frame, as we see from the same detail in Luke's reference to the circumcision and naming of Jesus' cousin John (Luke 1 v. 59). In both cases the name conferred on the baby was that given by the angel at the time of conception – in John's case the visitation of the angel Gabriel to John's father Zacharias, and in Jesus' case the visitation of the angel Gabriel to Mary. Both names were significant. John, which comes to us from Greek via Latin, is ultimately derived from a Hebrew name meaning 'graced by Yahweh'; Jesus, which is the Greek form of the Hebrew name 'Joshua', means 'Jehovah / Yahweh saves', an indication in this case of Jesus' role as the saviour of mankind, as foretold by Gabriel.

The first day of January comes eight days after Christmas by the inclusive counting method that was in use for the Roman calendar, which shaped the date sequences of the liturgy in the early centuries of Christianity: that is to say, it is the eighth day if you count both 25th December and 1st January. However, the Feast of the Circumcision could not have been instituted until after the establishment of 25th December as the date for celebrating Christ's birth since the choice of 1st January makes sense only in relation to this being date of Christmas. No dates, either for the birth or the circumcision, are indicated in the gospels, except for the information that the circumcising took place eight days after the birth. The Feast of the Circumcision must have entered the liturgy, therefore, after 336, when December 25th is first recorded as the date for celebrating the Nativity. But it is likely that some time passed before the circumcision was liturgically observed since there is no evidence for it before the mid-500s when, in the western church, the geographical starting-point for the observance seems to have been Gaul, although there is also sixth-century evidence from Spain. It did not become established in Rome until the ninth century, but there is firm evidence that the Anglo-Saxon church observed 1st January as the Feast of the Circumcision from at least the eighth century, probably through direct influence from the church in Gaul, with which they had close contacts.

Joyce Hill

Joyce Hill is Emeritus Professor of Medieval History at Leeds University and writes a monthly article for St Aidan's Church, Leeds.

# ***NOTICES FOR INDIVIDUAL PARISHES***

## **CARTMEL FELL**

### **LOCAL HISTORY SOCIETY**

An enthusiastic group of members and visitors gathered in November to hear Dr. Ian Saunders give an illustrated talk about “Antique Maps and their Makers” – with emphasis on North West England.

Dr. Saunders started by recounting the origins of mapping, leading up to the production of the first county maps of Britain in the 16<sup>th</sup> century. These continued to be refined for about two hundred years. Then, in the mid 19<sup>th</sup> century, the Ordnance Survey began to dominate mapmaking as it does today. Finally, he amused his audience with a few oddities and eccentric maps.

The 2014 season begins on January 13<sup>th</sup>, with the AGM in the Parish Hall, starting at 8pm, followed by presentations from members about their recent research. Subscriptions will be payable at that time.

For more information, contact the Secretary, Jeni Boothman, ☎ 015395 or 68389 or e-mail:

[jeni.boothman@tiscali.co.uk](mailto:jeni.boothman@tiscali.co.uk)

### **Cartmel Fell Parish Council**

The next meeting of the Council is on Thursday 9<sup>th</sup> January at Tower Wood Outdoor Education Centre at 7.30pm. This will be the annual Precept meeting, where the budget for the forthcoming financial year is agreed and set. Residents of the parish are encouraged to attend and there is always a space for comments and questions

to be addressed to the Council at the start of the meeting. At our November meeting we were pleased to welcome Mrs Marian Smith as a newly co-opted Councillor and so we are back up to strength again now.

Kevin M Price., Parish Clerk.

## **CROOK**

### **Crook Morris Wassail**

Crook Morris Wassail Day Saturday 11th January 2014 at Mrs Pat Walkers', The Barn, The Row, Lyth. Ceremony starts at 1.30pm in the orchard. Everyone welcome, the celebrations continue from about 2.30pm at the Hare & Hounds, Bowland Bridge with dancing, music, song and a Mumming Play, until late night.

### **Crook and Winster Parish Council**

The next meeting of the Council is on Tuesday 21<sup>st</sup> January at Winster Village Hall at 7.30pm. This will be the annual Precept meeting, where the budget for the forthcoming financial year is agreed and set. Residents of the parish are encouraged to attend and there is always a space for comments and questions to be addressed to the Council at the start of the meeting. Recent concerns of the Council have been the perennial problem of speeding on the B5284 (the possibility of investing in our own speed indicator device is being explored) and the potholes and drains around the parish that require attention.

Kevin M Price. Parish Clerk.

[www.crookandwinsterparishcouncil.co.uk](http://www.crookandwinsterparishcouncil.co.uk)

# CROSTHWAITE

[www.crosthwaiteandlyth.co.uk](http://www.crosthwaiteandlyth.co.uk)  
**Crosthwaite & Lyth Parish Council**

The parish council met on 5<sup>th</sup> December. PCSO Martin Boak came to the meeting to update the parish council. Recent incidents include diesel being stolen from a tractor parked in a farmyard and heating oil siphoned out of a household tank. Although thieves may drill into a locked tank, the police still advise locking it. The police have stepped up patrols in the area and they ask you to report suspicious vehicles by calling 101.

The next planned meeting of the parish council is 4<sup>th</sup> February 2014 in the parish room. The full draft minutes are available on the Crosthwaite and Lyth website: [www.crosthwaiteandlyth.co.uk](http://www.crosthwaiteandlyth.co.uk)

Kim Kearney  
Clerk to Crosthwaite & Lyth Parish  
Council ☎ 015395 68341

## Short Mat Indoor Bowling

Will re-commence on Tuesday January 7<sup>th</sup> 2014. The Annual Dinner is on Thursday 16<sup>th</sup> January, when the draw for the Singles Competition will be drawn. New members are very welcome. Come one evening and have a go. Penny Blair ☎ 68441

# HELSEINGTON and BRIGSTEER

## Second Saturday Coffee Morning

The 'Second Saturday' Coffee Morning will be held on 11<sup>th</sup> January 10.30 - 12 noon at 2, Plum Tree Barns.

Please contact Sue and Richard Griffiths for details, ☎ 68776.

As ever, everyone will be most welcome.

## Food Bank

The Food Bank in Brigsteer has run into difficulties with finding a secure bin to be placed in the car park at the Wheatsheaf. We are still looking, so if anyone can help us, we would be most grateful. Please be in touch with Mary Cross ☎ 015395 68685

## The Wheatsheaf - Now Open

Join us for coffee, lunch, dinner and special events. Come and see what a positive impact we are making on the surrounding areas and our future plans to grow and support the local communities. We look forward to meeting you.



## Morecambe Bay Nature Improvement Area Volunteer Work Parties January 2014

### Quick reference guide for January:

Where	When	What
<a href="#">Edkins Thwaite</a>	16 <sup>th</sup> January	Scrub cutting and burning
<a href="#">Far Amside</a>	Saturday 18 <sup>th</sup> January	Gorse cutting and burning
<a href="#">Holme Stinted Pasture</a>	23 <sup>rd</sup> January	Gorse cutting and burning
<a href="#">Cinglebarrow</a>	30 <sup>th</sup> January	Limestone pavement restoration

I'd like to know more, who can I talk to? Please contact Adrienne King either by email at [adrienne.king@rspb.org.uk](mailto:adrienne.king@rspb.org.uk), or by phone on 07753775968.

# UNDERBARROW

## Underbarrow and Bradleyfield Parish Council.

The next meeting of the Council is on Tuesday 7<sup>th</sup> January at Underbarrow Institute at 7pm. This will be the annual Precept meeting, where the budget for the forthcoming financial year is agreed and set. Residents of the parish are encouraged to attend and there is always a space for comments and questions to be addressed to the Council at the start of the meeting.

Kevin M Price. Parish Clerk.

[www.underbarrowparishcouncil.co.uk](http://www.underbarrowparishcouncil.co.uk)

**Underbarrow Marrow Day Committee report. See page 8**

# WINSTER

## Crook and Winster Parish Council.

[www.crookandwinsterparishcouncil.co.uk](http://www.crookandwinsterparishcouncil.co.uk)

See Page 12

# WITHERSLACK

[www.witherslack.org](http://www.witherslack.org)

## pudding tasting thanks

The pudding tasting was a very happy occasion with lots of people enjoying the tasting. There were 23 wonderful puddings and it proved very difficult to vote for our favourite! Our sincere thanks to John Geldart for donating the Plumgarth voucher for the pudding prize which was won by Pauline Hodgson with her superb profiteroles.

The children's cup cakes were a delight. The prizes were awarded to Thea Bennett and Emma Winn but we felt that they all deserved a prize!

The pudding tasting and raffle made £307. A big thank you is due to Jean Hudson for providing the lovely raffled Christmas cake. The quiz, which made £116, was great fun and we are most grateful to Joan Crowe for devising this.

So many thanks to all those who helped make the event such a success, all those who made the puddings, donated raffle prizes and of course all those who came to enjoy the occasion.

They're Back! Those wonderful Church Bulletins! These sentences actually appeared in church bulletins or were announced in church services:

- "The Fasting & Prayer Conference includes meals".
- "The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.' "
- "Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands".
- "Don't let worry kill you off - let the Church help".

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ovarian cancer destroys families



In March,  
**make time for tea**

hold a tea party, enjoy some cake,  
educate the women you love about  
ovarian cancer and help raise funds  
for world class research.



For your free fundraising pack:  
Visit: [www.eveappeal.org.uk/tea](http://www.eveappeal.org.uk/tea)  
Email: [tea@eveappeal.org.uk](mailto:tea@eveappeal.org.uk)  
Call: 020 7605 0100



Charity reg no. England and Wales (1081706)  
and Scotland (SC042812)

Ovarian cancer is the fifth most common cancer in women; each year in the UK almost **7,000** women are diagnosed, and 4,300 women die from the disease. The Eve Appeal is determined to change this and by holding a tea party for us you could help save the lives of the women you love. So dust off the recipe books, bring out the tea set, hang the bunting and get ready to eat cake in the name of charity!

## Step back in time to 1914!

We plan to have an exhibition in Witherslack church over May Day weekend 2014 commemorating life in Witherslack, Meathop and Ulpha in 1914. There will also be floral displays in the church and refreshments in the hall. We would be most grateful for items which we could display from WW1 and anything connected with:

Farming  
Household  
Blacksmith/Farrier  
Cobblers  
Joinery  
Peat cutting  
Forestry  
e.t.c.!

As well as garments, pictures and photos pre 1915  
Please contact one of the following if you can help;

Mary ☎ 015395 52078

Sue ☎ 015395 52392

Val ☎ 015395 52398.

## YOUR PARISH NEEDS YOU!

### WITHERSLACK COMMUNITY SHOP

Monday	7.45 – 6.30
Tuesday	7.45 – 6.30
Wednesday	7.45 – 12.30
Thursday	7.45 – 6.30
Friday	7.45 – 6.00
Saturday	9.00 – 1.00

☎ 015395-52188

### PLEASE SUPPORT YOUR VILLAGE SHOP

Did you know that we sell high quality locally sourced meats, delicious local preserves and juices, delectable home-made cakes – and lots more besides...?

AND we offer a dry cleaning service!

**NEW SEASON'S VENISON** in stock! **LOVELY XMAS GIFTS & STOCKING FILLERS** from "Made in Cumbria" and Tradecraft!

Have you tried our **SCRUMPTIOUS CROISSANTS**? (supplied by Grange Bakery) Come and see what we've got: all sorts of lovely gifts and delicious local foodstuffs, including fabulous Cowmire Hall Christmas puddings. And don't forget you can order bread, veg, Higginson's and dairy produce etc. to avoid the crowds. Just give us a call.

Closed from 12.30 Xmas Eve: re-open Friday 27<sup>th</sup>. Closed New Year's Day.



### **Brigsteer WI**

At our Annual Meeting in November we were pleased to welcome fellow WI member Mrs. Olive Clarke MBE DL who gave us an interesting and informative talk on the post of Lord Lieutenant of Cumbria, a role which dates back to the time of Henry VIII. She told us of her position as Deputy Lieutenant, which she has held since 1993, and some of the various events she has been involved in, including assisting with several royal visits to the county.

Plans were made for our Christmas meal at the Wheatsheaf and carol singing around the village. In 2014 our meetings will change to the second Wednesday of the month at 7.30 in the village hall. Our first meeting on 8<sup>th</sup> January will be a talk by fellow member Barbara Clifford on her trip to Burma. This will be an Open Meeting from 8pm with entry £2 including tea and cakes. New members and visitors are very welcome.

Call ☎ 68776 or 68073 for more information.

Many thanks  
Liz Threadgold

### **Cartmel Fell WI**

In December, Cartmel Fell members had their Christmas party at The Hare and Hounds, Bowland Bridge. At the AGM, Ruth Smith was re-elected president and Lesley Wright was presented with a bouquet of flowers as members thanked her for her sterling work as secretary of their WI for 30 years. The January meeting will be on the

second Wednesday, January 8<sup>th</sup> 2014, at 7.30pm at Cartmel Fell Village Hall when Janet Hurst will introduce "Chair-based Exercise – Zumba Gold"

Visitors are always welcome to these meetings. Jean Caldwell

### **Underbarrow WI**

Barbara Lee presided over a very busy November meeting. Members were pleased to see that the 2014 AGM Resolutions included several issues we could feel really strongly about and Margaret Hodgson delivered her report on the Annual Council Meeting at Castle Green. We all sang Happy Birthday to Jennifer Breed who has reached a landmark and Barbara Lee presented her with a bouquet of flowers. Barbara also congratulated our quiz team, the "Underbarrovians" - Sarah Rashleigh, Susan Hackett, Diana James and Irene Matthews, who won the quiz held at Windermere Golf Club on 4<sup>th</sup> November. The speaker for the afternoon was Dorothy Grace, who kindly stepped in at short notice. During a very entertaining talk, Dorothy showed us that there is more to Peru than the Inca Trail and with the aid of slides showed her experiences of Peru and the varied terrain and wildlife she encountered during her trip. From her arrival in Lima which is like many other cities to the rain forest where the best way to travel is by boat and a trek to Machu Picchu to see the ruins of the Inca city high in the mountains and finally to Lake Titicaca where the indigenous people live on rafts of reeds.

Barbara Lee presided at the meeting on 12<sup>th</sup> December during which she thanked Doreen Swindlehurst for organising the Christmas Wreath demonstration by Judi Webster and everyone who attended agreed that it had been great fun. Barbara also thanked Doreen for providing the mince pies and



Margaret Hodgson for making the mulled wine. Barbara also thanked Hilary Crowe for leading such excellent walks in the district which had been enjoyed by many of our members and gave us the opportunity to meet members of Crook WI.

Members were reminded that their 2014 subscriptions of £34.70, were due at the start of the new year and that these should be paid to Margaret Hodgson at the January meeting. Members were also reminded that their votes for the WI Annual Resolution needed to be submitted and that if they did not have the forms from their copies of WI Life, then Maggie Stockdale could provide voting forms.

Lyn Pritchard, who is to be our speaker at our 12th February meeting asked if we could take along any items which related to family history and say how and why these had a special meaning for us.

After the business was concluded, 34 members and guests enjoyed Christmas lunch at The Wheatsheaf in Brigsteer. The next meeting will be held on 8<sup>th</sup> January 2014 at 1.30 pm in the Institute when the speaker will be Susan Wilson whose talk "Buck Ruxton murder mystery and a vital ingredient" has been rescheduled from November.

### Witherslack WI

A lot of laughter was heard at the December Meeting when Magician Chris Winnick kept his audience spellbound with his illusions and tricks. These were designed for an audience of 5 year olds going on 80. Chris started his magic at the age of 9, spending his pocket money sending away for tricks. We saw animals created in seconds from balloons, familiar card tricks, rope tricks and a beautiful white rabbit who stole the show. Finally he sawed a lady in half. Brilliant!

President Ann Walshaw wished everyone a Happy Christmas.

January's speaker: Catherine Gordon on "South Lakeland Mind".

Competition: 'An Unwanted Christmas Present'!

NB. Subscriptions are due.

Visitors welcome. ☎ 52302

### **Guidance Notes for Submission of Articles for the TWO VALLEYS PARISH NEWS (from July issue)**

To put an article in the Two Valleys Parish News please follow these few, easy instructions:

- Keep your article short and to the point as much as you can
- Email your text to: **twovalleysnews@yahoo.co.uk** or drop a paper copy into The Vicarage in Crosthwaite **by 12<sup>th</sup> of the month.**
- Please put your name and contact details on any handwritten articles as anonymous correspondence will not be published.
- If you know you are going to be later than 12th of the month, let the editor know - we will do our best to accommodate you!
- State which part of the magazine you want it to appear in - under a specific village or under Calling All Parishioners
- If you want your event given special emphasis please state that in your email. We can do boxes, special borders, larger font etc. - space permitting.
- Format the text to give the editor some idea of how you would like your text laid out in the magazine - the editor's decision is final though and will be dictated by the space available and the look of the magazine.

We hope this helps you when submitting an article and look forward to your continued support of this vital community publication.

**Editorial Team, Two Valley Parish News**

## REGULAR EVENTS

### HELSSINGTON & BRIGSTEER

For bookings and more information contact Jackie Fleetwood ☎ 015395 68148

Zumba Gold Fitness Class	Mondays 10.30 - 11.30am
Short Carpet Bowls	Mondays 7.30 - 9.30pm
U3A Circle Dancing	Tuesdays 10.00 - 11.45am
Table Tennis	Tuesdays 8.00pm
Book Group	3 <sup>rd</sup> Wednesday of the month, 7.30pm
Women's Institute	Last Wednesday evening of the month, 7.30pm
UFOs Sewing Group	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday of the month, 2.00pm - 4.00pm
Circle Dancing	Thursdays, 7.30pm - 9.30pm
Pilates	Fridays 12.00pm - 1.00pm and 1.15pm - 2.15pm

### CARTMEL FELL

For bookings contact Helen Caldwell ☎ 015395 68428

Women's Institute	First Wednesday in the month at 7.30pm
Local History Society	Second Monday in the month at 8pm during winter

### CROOK MEMORIAL HALL

Table Tennis	Monday & Friday 7.30 - 10pm (from September through winter months)
Young Farmers Club	Tuesday 7.30 - 9.30pm
Aerobics/body toning	Thursday 10am - 11am
Folk Dance Group	Thursday 7.30pm - 10pm

### CROSTHWAITE MEMORIAL HALL

Check bookings online at [www.crosthwaiteandlyth.co.uk](http://www.crosthwaiteandlyth.co.uk)

Aerobics	Mondays 7.30pm - 8.30pm
Playgroup	Tuesdays and Thursdays 9.30am - 11.30am
Exchange	Wednesday 2pm-4pm (1pm on the 1 <sup>st</sup> Wednesday)
WI	Wednesday 20 <sup>th</sup> November at 7.00pm for meeting GM & main at 7.30pm
Art Club	Mondays, 1.45pm- 4.00pm.
Snooker Club	Wednesdays 7pm - 9pm in the Parish Room, Crosthwaite
Pathfinders (age 8-11)	Monday 13 <sup>th</sup> January 4.15pm - 6pm
Trailblazers (age 11+)	Monday 13 <sup>th</sup> January 5.15pm - 7pm
Indoor Bowling	Tuesdays and Thursdays, 7.30pm - 10.00pm
Table Tennis	Friday 1 <sup>st</sup> & 8 <sup>th</sup> Novembers at 2pm

### UNDERBARROW INSTITUTE

Quilting class	Mondays 2 - 4pm
Billiards Club	Mondays from 7.30pm
WI	Every 2 <sup>nd</sup> Wednesday of the month at 7.30pm
Zumba Gold class	Thursdays, 7.30pm - 8.30pm

### WINSTER

Book & Plant days	10.30am - 4.00pm on the last Saturday in each month (April-November)
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### WITHERSLACK

Indoor Bowling	Wednesdays 7.30pm - 10 pm (except June, July & August). All equipment is provided
Parent & Toddler Group	Tuesdays 10am until Noon
Tea & Chat Group	Every 1 <sup>st</sup> Tuesday of the month at 2pm
Women's Institute	Every 2 <sup>nd</sup> Tuesday of the month at 7.30pm
The Art Club	Fridays 9.30am - 12.30pm
Stretch and Tone	Mondays 2.00pm - 3.00pm
Fitness Pilates	Thursdays 6.00pm - 7.00pm

# Two Valleys Churches

*"Enriching lives ..... Embracing God"*

**Parish Priest:** **Rev'd. Michael D. Woodcock**, The Vicarage, Crosthwaite, Cumbria. LA8 8HX  
☎ 015395-68276 Email: [mich@elwoodcock.com](mailto:mich@elwoodcock.com) (not available Fridays)

## **St. Anthony's, Cartmel Fell**

Churchwardens: Mr. Anthony Clarke 015395-31481  
Mrs. Vanda Lambton 015395-31311

## **St. Mary's, Crosthwaite**

Churchwardens: Mr. Matthew Dobson 015395-68849  
Mr. John Holmes 015395-68599

## **Holy Trinity, Winster**

Churchwardens: Mr. Michael Hopkinson 015394-42681  
Mr. David Porritt 015394-43461

## **St. Paul's, Witherslack**

Churchwardens: Mrs. Janet Read 015395-52481  
Mrs. Marianne Whiteway 015395-35059

**Assistant Curate-in-charge:** **Rev'd. Brian Crowe**, Middle Blakebank, Broom Lane,  
Underbarrow. ☎ 015395-68959 Email: [brian.crowe@ymail.com](mailto:brian.crowe@ymail.com)

**Readers:** **Reg Bradby** 01539-725800 or [regbradby@hotmail.com](mailto:regbradby@hotmail.com)  
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**Tony and Hilary Fitch** 015395-68577 or [fitchesuk@aol.com](mailto:fitchesuk@aol.com)

## **St. Catherine's, Crook**

Churchwardens: Mrs. Ruth Hunter 015395 60117

## **St. John's, Helsington**

Churchwardens: vacant  
vacant

## **All Saints, Underbarrow**

Churchwardens: Mr. J.H. Willison 015395 68359  
Mr. J.A. Lee 015395 68470

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**Assistant Curates:** **Rev'd. Michelle L. Woodcock**, The Vicarage, Crosthwaite  
☎ 015395-68276 Email: [michellewoodcock74@hotmail.com](mailto:michellewoodcock74@hotmail.com)  
**Rev'd. Matt Allen**, Sunnybank, Underbarrow  
☎ 015395-68865 Email: [matt@stkmail.org.uk](mailto:matt@stkmail.org.uk)

**Magazine Editors next month:** Lorraine Brierley ☎ 015395 68172  
(GUIDANCE NOTES in this issue, page 18)

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☎ 015395-68849

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☎ 015395-68849

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## **MAGAZINE DEADLINES**

For **HELINGTON** to Mary Cross (☎ 68685) by **9<sup>th</sup> of previous month**  
For **UNDERBARROW** to Mabel Evans (☎ 68481) by **9<sup>th</sup> of previous month**  
**All others** to the Editor by **12<sup>th</sup> of previous month** by email or letter (see page 18) **19**