

SEPTEMBER 2014 70p



CARTMEL FELL



CROSTHWAITE



CROOK

**TWO
VALLEYS PARISH
NEWS**



HELINGTON



WINSTER



UNDERBARROW



WITHERSLACK

www.crosthwaiteandlyth.co.uk/twovalleys

Church Services for SEPTEMBER 2014

THURSDAY 4th 9.30am Holy Communion (CW) in St. Mary's, Crosthwaite

7th September	The 12th Sunday after Trinity	
9.30am Cartmel Fell	Matins (BCP)	Mrs. Judy Goodland
9.30am Underbarrow	Joint Holy Communion with Helsington (CW)	Rev. Bob Dew & M Stevens
9.30am Witherslack	Holy Communion (CW)	Rev. Michael Woodcock
11.00am Crook	Holy Communion (CW)	Rev. Ray de Vial
11.00am Winster	Holy Communion (BCP)	Rev. Michael Woodcock
6.30pm Crosthwaite	Evensong (BCP)	Rev. Michael Woodcock

14th September	The 13th Sunday after Trinity	
9.30am Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am Helsington	Morning Worship (CW)	Mrs Maureen Stevens
9.30am Underbarrow	Holy Communion (BCP)	Canon Michael Middleton
10.00am Witherslack	All-age Service	Rev. Michelle Woodcock
11.00am Crook	Morning Worship (CW)	Rev. George Briggs
11.00am Winster	Matins (BCP)	Mr. Leonard Lambert
11.00am Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock

21st September	The 14th Sunday after Trinity	
9.30am Cartmel Fell	Holy Communion (BCP)	Rev. Michelle Woodcock
9.30am Helsington	Holy Communion (CW)	Rev. Ron Rutter
9.30am Underbarrow	Holy Communion (CW)	Mr. Neil Carter
9.30am Witherslack	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am Crook	Morning Worship (BCP)	Tony & Hilary Fitch
11.00am Crosthwaite	All-age Service	Rev. Michelle Woodcock
6.00pm St. Mary's Windermere	joint Evensong (with Winster congregation)	

Wednesday 24th 7.30pm "Refresh" (Informal Praise) hosted by St. Mary's, Crosthwaite

28th September	The 15th Sunday after Trinity	
9.30am Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am Helsington	Morning Worship (CW)	Maureen Stevens
9.30am Underbarrow	Holy Communion (CW)	Rev. Andrew Knowles
11.00am Crook	Morning Worship (CW)	Kevin Cook
11.00am Winster	Matins (BCP)	Mr. Roger Bingham
11.00am Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock
6.30pm Witherslack	Evensong (BCP)	Rev. Michael Woodcock

A LETTER FROM TONY FITCH

WE ARE ALL IN THIS TOGETHER

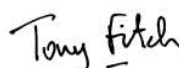
A number of years ago, when I was under much personal pressure and stress, a good friend of mine, having heard my tale of woe, offered me his support saying “we are all in this together”. Simple words, but they gave me great reassurance - he would be with me during that difficult time and I would not be alone, struggling by myself.

In our recent commemoration of the outbreak of the First World War, we have been encouraged, through recorded memories, photographs and letters, to try to share the experiences of warfare in the trenches and the experiences of those keeping the home fires burning, waiting for news – good or bad. We were encouraged to be “in it” with them.

With the great advancements in the media, we are now thrust almost instantly into the thick of the world’s troubles. For better or for worse, nothing much can happen in the world – even in the remotest corners – without the press, or at least someone with a mobile phone, being there and transmitting it to millions of listeners or viewers. We switch on the news and we are immediately with the flack-jacketed reporter crouching behind a low wall watching a gun battle rage; we are with the pathetic stream of refugees leaving their ruined city; or we are in the hospital watching the brave medics struggling with huge numbers of injured civilians. Worst of all, we are with those innocent young children scarred for life by conflicts they can barely understand. It is often almost too much to bear. But they, the victims, are probably encouraged by knowing that through the media we, the outside world, are to some extent “in it” with them, albeit in a very indirect way.

Sadly we are also all in this together, not just because of the images we see, and not because of the knock-on effect that it may have on us as a result of globalisation (e.g. oil prices), but because in many cases we learn that the troubles have been stoked up by armaments, money, equipment and know-how supplied by our own country. We really are rightly, and in some respects perhaps wrongly, in this together.

But where is God? We might well ask. It is sometimes difficult to understand, but He is surely there in the midst of the suffering. He did not make the suffering. He gave mankind free-will – the privilege of choice. If God was just a divine puppet-master then maybe all these conflicts would be avoided, but we would have no individual identity, no freedom of choice and therefore little quality in life. We get the benefits of this freedom, but we must share the burdens when, as so often happens, we get it wrong. But we can share these burdens with each other and with our Maker. Jesus never said it would be easy. He, too, had to suffer, and through his Holy Spirit he is here and shares our suffering with us. Until we, humankind, get things right – until there is genuine repentance and a humble return to the Lord – there will be conflict and suffering, but He calls himself “Immanuel”, “God with us”. He is in this with us. He is just a prayer away.

A handwritten signature in black ink that reads "Tony Fitch". The signature is written in a cursive, slightly slanted style. The first name "Tony" is written above the last name "Fitch", which is underlined. The entire signature is contained within a thin black rectangular border.

FROM THE REGISTERS



Baptisms

20th July

Alice May Coates at St. Paul's, Witherslack



Weddings

19th July

Steven Jamie Paul Andrews and Helen Louise Briggs at St. John's,

Helsington

26th July

Joss Crewdson and Sarah Scott at Holy Trinity, Winster

1st August

Nicholas Hennessey & Emily Parrish at St. Anthony's, Cartmel Fell

1st August

John William McConville and Claire Margaret Taylor at St. John's,

Helsington

6th August

Sarah Jackson & Philip Jones at Holy Trinity, Winster



Funerals

19th July

Margaret Dargue (88) Funeral & Burial at St. Mary's, Crosthwaite

"Time to Pray" for the Two Valleys

Our next gathering will be at 2.30pm on Tuesday 9th September in St. Anthony's, Cartmel Fell. We meet together for about 45 minutes to pray for all that is going on in our parishes. Let Michael Woodcock or Brian Crowe know if you have any particular requests for prayer.

Refresh

Refresh - a time to worship God, reflect on life and meet other people.

We hope you've had a good break over summer! From now on, Refresh will be meeting on the final **Wednesday** of each month, not Thursday. The next gathering is **Wednesday 24th September**, at the usual time of 7.30pm, in St Mary's Church, Crosthwaite. Everyone is welcome - we'd love to meet you.

Holy Days in September

3 Gregory the Great, Bishop of Rome, Teacher of the Faith, 604 - Lesser Festival

8 The Birth of the Blessed Virgin Mary - Lesser Festival

13 John Chrysostom, Bishop of Constantinople, Teacher of the Faith, 407 - Lesser Festival

14 Holy Cross Day - Festival

15 Cyprian, Bishop of Carthage, Martyr, 258 - Lesser Festival

16 Ninian, Bishop of Galloway, Apostle of the Picts, c.432 - Lesser Festival

17 Hildegard, Abbess of Bingen, Visionary, 1179 - Lesser Festival

20 John Coleridge Patteson, First Bishop of Melanesia, and his Companions, Martyrs, 1871 - Lesser Festival

21 Matthew, Apostle and Evangelist - Festival

25 Lancelot Andrewes, Bishop of Winchester, Spiritual Writer, 1626 - Lesser Festival

27 Vincent de Paul, Founder of the Congregation of the Mission (Lazarists), 1660 - Lesser Festival

29 Michael and All Angels - Festival

Mary in Islam

The list of September feast-days in the Calendar of *Common Worship* includes one in honour of the Virgin Mary, specifically the celebration of her birth, traditionally dated as September 8th. Several years ago I wrote about the non-biblical stories of Mary's birth and her family — narratives that date back to the early centuries of Christianity. This time I thought it would be interesting to look at way Mary is treated in Islam.

Mary is, of course, recognised and honoured as the mother of Jesus, who is accepted by Moslems as a major prophet. The Arabic form of her name transliterates as Mariam. She has many titles within this tradition, for example, The Virgin, The Purified, the Exalted, Queen of the Saints, to name but a few; and she has the distinction of being the only woman mentioned by name in the Qur'an. Indeed, the nineteenth chapter of the Qur'an is named after her, which is a clear sign of her importance, since there are in total only eight people who have chapters named after them, and Mary (Mariam) is the only female figure. In the Qur'an Mary's mother's name is Hannah, which corresponds the name of Anne or Anna in the Christian tradition; and there is a further similarity in that Mary's parents are described as being elderly and childless before giving birth to Mary. Being therefore seen as an answer to prayer, she was dedicated to the service of God. Hannah prayed for Mary to be protected from Satan, and there is a *hadith* (deriving from oral tradition: not the Qur'an itself) which says that the only children born without the touch of Satan were Mary and Jesus.

The Qur'an states that Mary grew up in the temple of prayer, under the care of the prophet Zechariah who, when he entered her prayer-chamber, often found that she had been provided with food from God. We hear nothing more about her upbringing. But what does figure is Jesus' virgin birth. The first mention of this is a report of Mary's question to Jibril (Gabriel) about how she shall conceive when she has had no relations with a man. Jibril replies that God can accomplish all things, and that the virgin birth of Jesus will be a sign for all mankind. Later it is stated that God breathed 'His spirit' into Mary while she was still chaste. We can see some similarities with the Christian tradition in this, although of course Islam does not accept that Jesus is God incarnate. But the actual birth-narrative differs from that in the Bible. According to the Qur'an, when Mary's labour-pains began, she held on to a palm-tree. A voice reassured her, and on that day, vowing to speak to no man, she gave birth. She immediately took the child to the temple, where she was taunted by all the men present with the exception of Zechariah, who alone believed in the virgin birth. When she was questioned by the others about how she had been able to conceive and give birth while still unmarried, Mary pointed to the baby Jesus, who then began to prophesy from the cradle.

Islamic literature does not provide any narratives about Mary's later life, but she is believed to have been buried in the Kidron Valley, at the foot of the Mount of Olives. Although the site is now run jointly by the Greek and Armenian churches, Muslims who visit will find a mihrab showing the direction of the Kaaba in Mecca and thus the direction they need to face when they pray there.

CALLING ALL PARISHIONERS

****HARVEST FESTIVALS in the Two Valleys****

Cartmel Fell - Our Harvest Festival Service will be at 5.30pm on Sunday 12th October in St. Anthony's church, with the Harvest Supper following immediately afterwards.

Crook - Harvest Festival will be held on October 5th at 11am for Morning Worship and 6.30pm for the Evening Service. October 7th is the date for the Harvest Supper.

Crosthwaite - Our Harvest Festival Service will be at 11.00am on Sunday 12th October in St. Mary's church.... Do come and join us ... with the Harvest Supper the following day on Monday 13th

Helsington & Brigsteer—The annual harvest service will be on 28th September at 9.30am, and the Supper will be held in Brigsteer village hall at 7.00pm on Tuesday, 30th September.

Underbarrow - The Harvest Service will be at 6.00pm on October 5th and the Supper will be held in The Institute on Tuesday 7th October at 7 p.m.

Winstar - Our Harvest Festival Service this year will be at 11.00am on Sunday 5th October in Winstar church.

Witherslack - Our Harvest Festival Service this year will be at 9.30am on Sunday 5th October in St. Paul's church.

For further details see 'Notices for Individual Parishes'



Cartmel Fell and District Local History Society

This season we have another interesting list of speakers. New members are most welcome. We meet on the 2nd. Monday in the month at 8pm. in Cartmel Fell Parish Hall. Fees are £10.00 for the season or £2.00 per visit.

8th. Sept.- Rachel Newman-Through the glass darkly: New light on the Dark Ages in Cumbria

13th.Oct.- Andy Lowe- A Career in Ruins

10th.Nov.- ELP Windsor- Poppies in the Lyth Valley

8th. Dec. - Dr. Michael Winstanley-Historical Pageants in the Northwest with Jacob's Join Christmas celebration supper

12th. Jan. -AGM and members' presentations

9th. Feb. -Barry McKay- Chapmen,Pedlars &Hawkers in Cumbria

9th. March- Suzanne Tiplady -Bobbin Mills at Force Satterthwaite

13th. April - Steve Caunce -The Hiring Fair

Monday May 11th. Guided tour of Levens Hall and garden

Tuesday June 9th. Guided tour of Swarthmoor Hall am. /pub lunch/ Guided tour of Gleason M⁶ pm.

Hon. Secretary: Jeni Boothman 015395 68389 jeni.boothman@tiscali.co.uk



Now is the time to start thinking about filling a shoebox for a child who will otherwise probably have nothing this Christmas ... or last Christmas ... in fact many of the children we have seen have never in their lives had any toys or gifts of any kind.

Empty shoeboxes and leaflets will be available in your church very soon, so please take one. They will be collected in early November ready for our local team to hand them out in early December.

We have been hugely encouraged by the tremendous support for Boxes of Hope, Cumbria in its first year. With your support, we have been able to reach over 9,000 children with shoebox gifts; finish the building of a school extension; sponsor the education of 36 children; buy a new minibus for transporting young disabled people to a day centre and for taking children on outings when funds allow; pay the electricity bill for an after school club which would otherwise have closed; provide money for dressings and ointment in 2 villages where residents had nasty lacerations; supply school uniform and other new clothing to hundreds of children; provide huge boxes of stationery supplies to various schools; fund a group of children to go to the zoo. We have sent teams in December to give out the shoeboxes, April to visit the new school extension and July to take 2 groups, each of 40 children, to a summer camp for their first ever holiday. All these trips have been self funded. Our administration costs are minimal and we are all volunteers, so all money we raise goes to where it is needed.

Our latest challenge is to raise money to buy a commercial washing machine for Tinca School. Attendance at school is often poor because the children have no clean clothes (because they have no running water at home) and they are ridiculed by their classmates for being dirty and smelly. If you would like to make a small donation, every little helps. Or you may like to hold a coffee morning.

There are lots of stories and pictures on Facebook and on our website www.boxesofhopecumbria.co.uk or contact Rosemary Webster, 015395 68013 for further information.

Thank you.



Underbarrow Marrow Day and Duck Race

at the Punchbowl Pub Underbarrow LA8 8HQ
Sunday 7th September 2014 12.00 til 4.00p.m.

Fundraising event for local cancer charities.

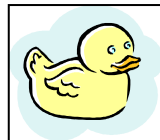
Traditional Marrow Competitions Children's competitions
Duck Race Hog Roast

Helicopter rides Dog Show

Bouncy Castle Cream Teas Nearly New

A fun day out for all the family, Everyone welcome .

Enquiries Tel: Charlie 015395 68426 Maggie 015395 68662 or Chris and Louise at the
Punchbowl pub Underbarrow Tel: 015395 68234





Holy Trinity Winster
will participate in
THE WORLD'S BIGGEST COFFEE MORNING
at the
Old School

Saturday September 27th 10-4pm.

Tea, coffee, cakes, books, linens, Val and Margaret's plants, competitions, **bring and buy** and lots more.

Do come and support our event.

Proceeds divided between Macmillan and Holy Trinity.

Adult Ed comes to Crosthwaite

A new weekly Yoga class is to take place at Crosthwaite Village Hall, starting on the 24th September. Two exciting art and craft textile workshops are also planned at the Hall, one in Autumn and one in Spring.

The new leisure classes are organised by South Lakeland Community Development Centre which manages a range of over 100 courses and workshops for adults in South Lakeland.

Manager Chris Wood says "Setting up classes in villages between the larger towns seems like a good idea so we're giving it a try. Yoga is a popular subject and we hope there will be enough interest locally to establish the class in Crosthwaite as a long term feature."

Yoga will run at the Village Hall from 7pm to 8.30pm on Wednesday evenings - but on WI nights it'll be in the School Hall. Rosie Dent from the CDC says "It was a delight setting up this class - Val Harrison, Jim Bownass and the School were all very keen to make it happen and couldn't have been more helpful!"

To express an interest or find out more about classes please ring 015396 21031, email admin@sedberghcdc.org.uk, or have a look at www.sedberghcdc.org.uk.

Wanted – Volunteer Drivers

Could you spare a couple of hours to support your local community whilst experiencing the delights of the picturesque Lyth Valley at the same time? If so, why not consider volunteering to support the Lakes & Lyth Valley Community Wheels scheme which operates a return trip to Kendal, once a week for the villages of Crook, Winster, Bowness, Underbarrow, Crosthwaite and Brigsteer.

Local People are being sought to drive a 16 seat, fully accessible minibus as provided by Cumbria County Council. Volunteers will need to possess a full UK driving licence and be under 76 years of age.

Volunteers will be provided with Disclosure & Barring Service (DBS) checks and training to a MiDAS standard (Minibus Driver Awareness scheme) and volunteer mileage expenses will be covered at a cost of 45p per mile.

We are seeking to recruit a number of drivers to join our existing pool of local drivers. This is a great opportunity to support your local community and develop a new skill at the same time.

Anybody interested in becoming a volunteer driver or wanting further details regarding

CROSTHWAITE SHOW

Many thanks to all who entered the Show making the hall a delightful assembly of local talent, including splendid work by the children of Crosthwaite school and playgroup. Our thanks also to all who helped in any way, without whom the Show could not take place.

Our cup winners this year are:

Kathleen Lawson Cup for best Cut Flowers and Pot Plants.....Shelly Postlethwaite

Jack and Mary Myers Rose Bowl for best Rose.....Shelly Postlethwaite

Esther Bowman Vase for most points in Sweet Pea Classes.....Eric Bowman

Westmorland Damson Association Award for best Fruit and Vegetables entry.....Douglas Blair

Pat Wilson Cup for best Floral Art exhibit..... Margaret Gambie

Agricultural Committee cup for best Domestic entry.....Shelly Postlethwaite

Crosthwaite Photography Cup for best Photograph.....Rosemary Webster

Rodney Sale award for best Art exhibit.....Jill Wesson

WI Competition cup for best Handicraft exhibit.....Margaret Sale

Eric Bowman cup for best all- rounder.....Shelly Postlethwaite

Valerie Harrison, Pat Howarth, Shelly Postlethwaite

Magazine 'whoopsies' - amusing excerpts from parish magazines around the country!

Please remember in prayer the many who are sick of our church and community.

This week we invite any member of the congregation who enjoys sinning to join the choir.

This Monday we will be holding a "Bean Supper" in the church hall. Music will follow.

The topic for our sermon next week will be "What is Hell?". Come early and listen to our choir practice.

This evening there will be a meeting in the south and north ends of the church. Children will be baptized at both ends.

Next Sunday, a special collection will be taken to defray the cost of the new carpet.

All those wishing to do something on the new carpet will come forward and get a piece of paper. **9**

This week our Pastor is on vacation. Massages can be given to church secretary.

The Witherslack Artists and Makers Group

Annual Show 2014

13th September till the 12th October 2014

**The Old School Room (Barwick Hall next to the church),
Witherslack**

Open Daily 10am till 5pm

Admission free

Jane Bradley	Annie Hudson	Alvin F Irving	Fiona Clucas	Paul Girling	Jacqueline Dobson
Hans Ulrich	Daniel Cooper	Jo Vincent	Sally Bamber	Judy Evans	Martin Copley
Eileen Strand	John Calver	Pip Hall	Owen Jones	Beverley White	

Refreshments

During the Witherslack Artists and Makers Exhibition in Barwick Hall, we shall be serving homemade refreshments in the church every weekend.

From 13th September till the 12th October 2014

10am till 4pm.

Everyone is welcome to pop in for tea or coffee and homemade bakery.

There will also be books, Bric a Brac, plants and produce for sale.

Contributions for the Book Stall, Bric a Brac, plants and homemade jams gratefully received.

Contact Mary Southward 52078 or Sue Wooldridge 52392

CONFIRMATION SERVICE

St. Mary's, Crosthwaite is hosting a Confirmation Service this year at 11.00am on Sunday 19th October. If anyone is interested in being confirmed, please speak to either Michael Widdcock (015395 68276) or Brian Crowe (015395 68959).



How to Rent – a Checklist

For people who cannot afford to buy their own home, and don't qualify for social housing, the only option is to rent in the private sector. There's a shortage of affordable private rented housing across South Lakes, partly due to the number of holiday homes, but where private renting is available it can often feel daunting for both tenant and landlord. The government has published 'How to rent - The checklist for renting in England'. The checklist is designed for future and existing assured short-hold tenants in the private rented sector, and gives a useful summary of rights and responsibilities, with helpful suggestions on questions to ask. It includes links to other websites for more detailed information. The checklist is available on the GOV.UK website at www.gov.uk/government/publications/how-to-rent

Be wise to Scams

We are hearing of more and more scams in our area, stay safe with our tips.

Be Wise

- Government and financial institutions will ***never*** ask for information by email.
- Don't give information yourself, instead confirm what the cold caller already has. Beware - Scammers have a surprising amount of accurate data.
- Never give complete passwords or full account information but instead confirm certain letters or the last few digits.
- If someone phones you, take their details and phone them back later that day ***from a different phone***. Scammers often keep the call connected so phoning back immediately from the same phone is like being put on hold and doesn't create a new call.
- Request written information before making a decision, but beware of giving your address if they don't already have it.
- Don't give anyone 'remote' access to your computer over the phone.

Signs of a scam

- The call, letter, e-mail or text has come out of the blue.
- You are asked to send money in advance.
- You are under pressure to respond quickly, no time to think about it or get advice.
- You're offered something for nothing and it seems too good to be true.
Scare tactics are used, for example claiming your computer has been hacked or identity stolen.

What to do if you have been scammed

- Report it to Action Fraud on **0300 123 2040** to help stop it happening to others.
- If you've used your credit or debit card ask your bank for a chargeback.

Get advice and report it to Trading Standards through the Citizens Advice consumer service on **08454 04 05 06** or online advice at www.adviceguide.org.uk

Free, confidential advice and help is available from Cumbria Rural Citizens Advice Bureau on any aspect of consumer problems, benefits, debt, housing, employment and any other problems. We have various outlets across South Lakeland and can also give advice over the phone - telephone 015394 46464 for an appointment and help.

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

NOTICES FOR INDIVIDUAL PARISHES

CROSTHWAITE

www.crosthwaiteandlyth.co.uk

HARVEST FESTIVAL

Our Harvest Festival Service will be at 11.00am on Sunday 12th October in St. Mary's church.... Do come and join us ... The Harvest Supper will be held on 13th October 2014 in the Memorial Hall beginning at 7pm prompt.

A home cooked main course and dessert and tea or coffee, followed by a short auction of produce from the Harvest Festival held on the previous day. Bring your own wine or soft drinks, glasses provided.

The tickets cost £7 adults, £3 children. Tickets available from members of the PCC or the Exchange. Do come along and join us for what is always an enjoyable evening.

****Crosthwaite aerobics...** Change of date**

Classes begin again on Monday Sept 29th. Everyone welcome! First session free for new members.

Crosthwaite & Lyth Parish Council

Crosthwaite and Lyth Parish Council held their monthly meeting on 5th August where they wish to inform parish members that an organised litter pick will be taking place the 3rd week of September, week of 15th where they are looking for volunteers, along with the important safety message "Please be careful of needles" . Please contact Mary Harkness,

Chairman of the PC to register your interest.

The parish council are asking parish members to inform the clerk if they have problems receiving a Vodafone mobile signal within the parish as there is a 3G Vodafone initiative taking place shortly which we can inform them of the problems within our parish.

A sign has been made and due to go up on Crosthwaite village Green as a reminder that there is no parking, the village green is common land and there are no rights to park.

Crosthwaite Playgroup

Crosthwaite Playgroup are holding a Race Night on 27th September at Underbarrow Punchbowl at 7.30pm. Please contact Nicola Swindlehurst 07902874523 or Emma Taylor 07733415204 for further information. Thank you.

****Save the date****

Crosthwaite Playgroup will also be holding a Nearly New Sale on 18th October. More details to follow..

St Mary's Church

Flower Rota

September 7 th	Caroline Holmes
September 14 th	Volunteers
September 21 st	Volunteers.
September 28 th	Volunteers.

Would Volunteers prepared to help please contact Vonnice 68028 or Eileen 68565

BUY A BRICK FOR ST. MARY'S CHURCH CROSTHWAITE

St. Mary's church in Crosthwaite is getting new toilets, a new vestry and a revamped kitchen. Now you have the chance to sponsor a part of the building works by "buying" one of the bricks, ridge stones, quoin stones or a piece of sanitary ware. Your name and contribution will appear in a "Book of Sponsors" in the church for all to see how you gave your support to this project and helped to create a church fit for the 21st Century. You can sponsor as many items as you would like!

Our Shopping list consists of:

2,900 Bricks—£5

64 Quoin Stones—£15

5 Ridge Stones—£25

6 Taps—£30

3 Wash Basins—£50

2 Toilets—£50

You can make your purchase by contacting Lorraine Brierley:

By Post: Cheques made payable to Crosthwaite PCC and sent to :

Michael Yeat Farm, The Row, LA8 8DD

By email: brierleyl@yahoo.co.uk

Tel: 015395 68172/07826 800469

Once they're gone, they're gone, so get your bid in now!



HELSINGTON and BRIGSTEER

Harvest Supper

The annual harvest supper will be held in Brigsteer & Helsington village hall at 7.00pm on Tuesday, 30th September. The choice of main course will be cottage pie or vegetable Stroganoff crumble with peas or salad, followed by home-made puddings. A glass of wine or a soft drink is included in the ticket price and there will be entertainment and a harvest-themed raffle. This traditional parish event marks the

change of the seasons and we hope to welcome you to share a meal with friends old and new. Newcomers to the village in the year past will be especially welcome. Tickets at £7.50 for adults, £2.50 for under 16s are available from Mary Cross 68685, Elizabeth Bradshaw 68434, Sue Griffiths 68776, mjfleetwood@btinternet.com and other members of the PCC.

HELSINGTON PARISH COUNCIL

A meeting of the Parish Council will be held on Wednesday 3 September 2014 starting at 7.30pm in the Helsington & Brigsteer Village Hall

Early in the agenda there is a public participation item during which members of the public are invited to speak at the discretion of the Chairman. Following this item you are welcome to stay and listen or may leave as you choose.

J a c q u e l i n e D a v i d s o n
Clerk to the Council

UNDERBARROW

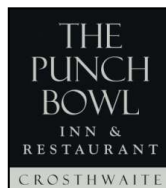
UNDERBARROW HARVEST SUPPER

The Harvest Supper will be held in The Institute on Tuesday 7th October at 7 p.m. Tickets will be available from PCC members towards the end of September.

UNDERBARROW CHURCH CLEANING

A big thank you to everyone who cleans All Saints' Church! At the moment this involves people cleaning on a 10 week cycle, but we would like more volunteers which would mean that turns would come round less frequently. If you think you could spare the time please phone Barbara Lee on 68470 to discuss what is involved. In practice it is only a commitment of a couple of hours each cycle.

The **Strawberry Tea** held at Lynwood on 13th August was well attended and everyone enjoyed tea and cakes in the garden on what turned out to be mostly a fine and sunny afternoon. Underbarrow WI would like to thank everyone who donated so generously and we are pleased to report that £600 was raised for Breast Cancer Care.



Light Lunch Menu

(Served from 12.00 – 5.30pm Mon-Fri and 12-4 Saturdays)

Roast tomato & red pepper soup
feta, mint pesto
£5.50

Steamed Scottish mussels
bacon, cider & parsley
£9.95

Chargrilled Lyth Valley pork medallions
bubble & squeak, poached apple
£13.50

Smoked haddock
champ mash, poached egg, mustard sauce
£11.95

Ale battered fish & chips
mushy peas, tartare sauce
£11.95

Creamed wild mushrooms
spinach, garlic, toasted truffle brioche
£7.95

Crab risotto
mascarpone, lemon, samphire
£9.95

Chicken Caesar
grilled lettuce, quails eggs, parmesan
£10.95

Open sandwiches (served on our homemade bread)

Coronation chicken, carrot, beetroot & raisin salad

Tomato & mozzarella, olive, rocket, char grilled bread

Smoked salmon & prawn Marie rose, marinated courgette, capers

£6.50 each

Auction of Promises

There will be an Auction of promises on Saturday 25th October 2014 at Underbarrow institute. Please contact Valerie O'loughlin on 015395 68655 for more information.

WINSTER

Holy Trinity Winster

will participate in
**THE WORLD'S
BIGGEST COFFEE MORNING**

at the
**Old School
Saturday September 27th
10-4pm.**

Tea, coffee, cakes, books, linens, Val and Margaret's plants, competitions, **bring and buy** and lots more.

Do come and support our event.

Proceeds divided between Macmillan and Holy Trinity.

WITHERSLACK

www.witherslack.org

St. Paul's Harvest Festival

Our Harvest Festival Service this year will be at 9.30am on Sunday 5th October in St. Paul's church. Service followed by coffee and biscuits

St. Paul's Harvest Display

This year, we plan to have a special Harvest display for our Festival
We would be most grateful for any produce, flowers etc which could be used to enhance our displays. These could be left in the back of our Church in the few days be-

fore the Festival which is on the 5th October.

Afterwards any produce will be distributed appropriately within the village

For any queries please contact Liz 52155

Harvest Supper and Auction Sale

Witherslack Parish Hall

Saturday 4th October at 6:45 pm

Enjoy a pie and peas supper with wine, sweet and coffee - followed by a short auction

Adults £7.00 (incl wine) Children
(under 5free) £2.50 (inc. soft drink)

Tickets available from the Community
Shop (52188)

Contributions of produce, flowers, cakes, homemade chutneys and jams for the auction are most welcome

The Musical Evening with "Three's

Company", held at Halecat House on the 9th July in memory of Val Pattison, raised £1291 for St. Mary's Hospice. The weather could not have been kinder, the setting was perfect and a good time was had by all! Warmest thanks to all who supported it."

Brigsteer WI

Open Meeting

Wednesday 10th September
7.30 pm

Helsington and Brigsteer Village Hall

Admission £2 including refreshments

Roadside Heritage By Andy

Lowe

All welcome

WITHERSLACK COMMUNITY SHOP

A special place at the heart of the community

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

Order by phone - collection next day or a weekly order for your basics

Visiting friends or family? Why not take some local goodies such as Moss Howe Damson jams, local handmade aprons, or choose from our range of Made in Cumbria items.

Use it or lose it- it's your choice



CARTMEL FELL

On Wednesday, September 3rd, at 7.30pm, at the Parish Hall, Cartmel Fell, there will be a talk on 'The River Lune - Wheels and Water' by Christine Raafat.

The competition will be an item of local history.

BRIGSTEER

Brigsteer WI members met at president Beryl Mansbridge's house for their garden meeting in August, when Penny Blair from Crosthwaite gave us her report as our representative at the National Federation AGM in Leeds. Luckily we were able to enjoy the lovely view from the garden although it was too chilly to sit out. Fifteen members are off to the theatre in Keswick and one lucky member is off on a course at the WI college in Oxfordshire after winning a bursary. Our next meeting is open to all and we have Andy Lowe talking about Roadside Heritage on Wednesday 10th September in the village hall. Guests are invited to join us at 8pm when admission will be £2 including refreshments.

Visitors are welcome to attend our meetings.

CROSTHWAITE

Jean Sceal presided over the July Meeting. Penny Blair gave her report on the A.G.M. in Leeds the resolution on Organ Donation was passed she said it was important to talk to Family. Pam Pitt agreed to be delegate to the Autumn Council Meeting. It was a Members Night and two members entertained, Penny Blair and 2 Friends gave a TAIKO drumming demonstration and spoke on it's History, secondly Ros Walmsley showed her skill in SUGAR CRAFT and showed how to make a Pansy and Lily of the Valley. They were thanked for making the evening so enjoyable.

Some yummy recipes for you to try this September:

Butternut squash soup with chilli & crème fraîche

Ingredients

1 butternut squash, about 1kg, peeled and deseeded
2 tbsp olive oil
1 tbsp butter
2 onions, diced
1 garlic clove, thinly sliced
2 mild red chillies, deseeded and finely chopped
850ml hot vegetable stock
4 tbsp crème fraîche, plus more to serve

Method

Heat oven to 200C/180C fan/gas 6. Cut the squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with half the olive oil. Roast for 30 mins, turning once during cooking, until golden and soft.

While the squash cooks, melt the butter with the remaining oil in a large saucepan, then add the onions, garlic and ¾ of the chilli. Cover and cook on a very low heat for 15-20 mins until the onions are completely soft.

Tip the squash into the pan, add the stock and the crème fraîche, then whizz with a stick blender until smooth. For a really silky soup, put the soup into a liquidiser and blitz it in batches. Return to the pan, gently reheat, then season to taste. Serve the soup in bowls with swirls of crème fraîche and a scattering of the remaining chopped chilli.

Recipe from Good Food magazine, [October 2009](#)

Damson cobbler

Ingredients

900g/2lb [damsons](#), washed and stalks removed
100g/4oz [caster sugar](#)
For the cobbler topping
225g/8oz [self-raising flour](#)
2 tsp [baking powder](#)
75g/3oz chilled [butter](#), diced
100g/4oz [caster sugar](#), plus 1 tablespoon
a pinch of [salt](#)
1 medium [egg](#)
100ml/4fl oz [buttermilk](#)
15g/1/2oz [flaked almonds](#)

Method

Spread the damsons over the base of a 2 litre/3½ pint shallow ovenproof dish and sprinkle with the caster sugar. Preheat the oven to 190C/375F/Gas 5.

Sift the flour, baking powder, the 100g/4oz of caster sugar and a pinch of salt into a bowl or a food processor, add the butter and work together until the mixture looks like fine breadcrumbs.

Break the egg into the buttermilk and beat together well. Add to the dry ingredients and mix together lightly into a soft, sticky dough. Drop walnut-sized spoonfuls of the mixture over the top of the damsons, leaving a little space between each one, then sprinkle with the flaked almonds and the remaining 1 tbsp of sugar.

Bake in the oven for 30-35 minutes until golden and bubbling, covering it loosely with a sheet of foil if it is browning a little too quickly. It is done when a skewer, pushed into the middle of the cobbler topping, comes away clean. Leave to cool briefly before serving with some custard, double cream or crème fraîche.

By Rick Stein From [Rick Stein's Food Heroes](#)

REGULAR EVENTS

HELSINGTON & BRIGSTEER

Book online at sites.google.com/site/brigsteer/home

Zumba Gold Fitness Class	Mondays 10.30 - 11.30am
Short Carpet Bowls	Mondays 7.30 - 9.30pm September - April
U3A Circle Dancing	Tuesdays 10.00 - 11.45am
Table Tennis	Tuesdays 8.00pm September - April
Book Group	3 rd Wednesday of the month, 7.30pm
Women's Institute	Second Wednesday evening of the month, 7.30pm
UFOs Sewing Group	2 nd & 4 th Thursday of the month, 2.00pm - 4.00pm
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

Playgroup	Tues & Thurs (term time) 9.30—11.30.
Exchange	Wednesday 2pm - 4pm (1pm on the 1 st Wednesday)
WI	Wednesday, 17th at 7.30pm
Art Club	No club in Sept.
Snooker Club	Wednesdays 7pm - 9pm in the Parish Room, Crosthwaite
Aerobics	Mondays 7.30 starting Sept 29th

UNDERBARROW INSTITUTE

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

WITHERSLACK

Indoor Bowling	Wednesdays 7.30pm - 10pm (except June, July & August). All equipment is provided
Parent & Toddler Group	Tuesdays 10am until Noon
Tea & Chat Group	Every 1 st Tuesday of the month at 2pm
Women's Institute	Every 2 nd 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 Woodcock**, The Vicarage, Crosthwaite, Cumbria. LA8 8HX
☎ 015395 68276 Email: 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, Winstar

Churchwardens: Mr. Michael Hopkinson 015394 42681
Mrs. Lily Holme 015395 60247

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

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St. Catherine's, Crook

Churchwardens: Mrs. Ruth Hunter 015395 60117
Mrs. Mary Allcock 01539 821312

St. John's, Helsington

Churchwardens: vacant
vacant

All Saints, Underbarrow

Churchwardens: Mr. J.A. Lee 015395 68470

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MAGAZINE DEADLINES

For **HELSEINGTON** to Mary Cross (☎ 68685) by **9th of previous month**
For **UNDERBARROW** to Mabel Evans (☎ 68481) by **9th of previous month**
All others to the Editor(s) by **12th of previous month by email or letter**