

TWO VALLEYS PARISH NEWS



Serving the parishes of Cartmel Fell, Crook, Crosthwaite,
Helsington, Underbarrow, Winster & Witherslack

September 2023

70p



**Join us at our launch event on
Tuesday 26th September at 4.30 pm
Crosthwaite CE Primary School**

**Presentations, Advice, New Ideas and a Chance
to talk to Stall Holders about Eco Issues and
Opportunities**

- **Presentation by Mike Berners-Lee, author of the timely best-sellers 'There is No Planet B' and 'How Bad Are Bananas? The Carbon Footprint of Everything'**
- **Cold to Cosy Homes in Cumbria, providing free advice on energy efficiency and help with home insulation**
- **New Recycling Opportunities at St. Mary's Church**
- **Hear all about the School's Eco Initiatives**
- **Lift-Share Scheme for Residents to offer or ask for a lift to reduce their car usage and Carbon Footprint**
- **Minimal Eco Friendly Products from Levens Village Shop**
- **Biodiversity Advice for cleaner rivers & wildlife support**
- **Meet Locals who have Gone Green by powering their homes and vehicles in an environmentally friendly way**

Wine and Nibbles

www.crosthwaiteandlyth.co.uk/clean.php

**Cover picture: Morecambe Bay - as a welcome to our latest Editor !
Church miniature pictures from watercolours by John Wilcock**

Church Services for SEPTEMBER 2023

Sunday 3rd September The 13th Sunday after Trinity

9.30am	Underbarrow	Holy Communion (CW)	Rev. Bob Dew
9.30am	Witherslack	Holy Communion + Healing Prayers	Rev. M. Woodcock
11.00am	Winstar	Holy Communion + Healing Prayers	Rev. M. Woodcock
11.00am	Crook	Morning Worship (CW)	tbc
6.30pm	Crosthwaite	Evensong (BCP)	Rev. M. Woodcock

Thursday 7th September 9.15am Holy Communion in St. Mary's Crosthwaite

Sunday 10th September The 14th Sunday after Trinity

9.30am	Cartmel Fell	Confirmation Service	Bp. Rob Saner-Haigh
9.30am	Underbarrow	Holy Communion (CW)	Rev. Prof. Ian James
11.00am	Crook	Morning Worship (CW)	tbc
11.00am	Crosthwaite	Holy Communion (CW)	Rev. M. Woodcock

Saturday 16th September 10.30am-12.30pm Messy Church, Crosthwaite School

Sunday 17th September The 15th Sunday after Trinity

9.30am	Underbarrow	Holy Communion (CW)	Rev. Simon Howard
10.00am	Witherslack	Café Church in the Parish Hall	
11.00am	Winstar	Holy Communion (BCP)	Rev. M. Woodcock
11.00am	Crook	Holy Communion (CW)	tbc

Sunday 24th September The 16th Sunday after Trinity

9.30am	Cartmel Fell	Holy Communion (BCP)	Revs. Woodcock & Howard
9.30am	Helsington	Morning Worship (CW)	Mrs. Dorothy Grace
11.00am	Crook	Morning Worship (CW)	tbc
11.00am	Crosthwaite	Holy Communion	Revs. Woodcock & Howard

Wednesday 27th September 7.30pm Crosthwaite Refresh

Sunday 1st October The 17th Sunday after Trinity

9.30am	Underbarrow	Holy Communion (CW)	Rev. Bob Dew
9.30am	Witherslack	Harvest Festival	Rev. Michael Woodcock
11.00am	Winstar	Harvest Festival	Mr. Nick Gray
11.00am	Crook	Morning Worship (CW)	tbc
11.00am	Crosthwaite	Harvest Festival	Rev. Michael Woodcock
5.30pm	Cartmel Fell	Harvest Festival	Rev. Michael Woodcock

A LETTER FROM NICK GRAY

What do you think?

Do we live “**on** the earth”, or “**in** the world”? Are we enmeshed as part of creation all around us, or do we, as select beings, exist to manage and take of the earth’s provision?

Is the rest of the world a “backdrop” to our existence, or are we an integral part of the “scenery”? Genesis 2 suggests the first of humankind Adam was *from* the earth - the Hebrew *adama*.

Since our enforced isolations during the height of the Covid pandemic we have all been much more aware of our reliance on those millions of others around us providing “essential services”. In health and welfare and public utilities; all those providing the food we eat as the supermarket shelves became depleted; from our farmers, right down to all levels of food processing and production. We are maybe less aware of those doing the “dirty” work of guarding prisons, abattoir work, military drone operators and mineral miners (of all ages). But to varying degrees we rely on their daily work for our daily existence.

Whether we crave social interaction, or are quite happy with our own company, none of us live in isolation. Church is a *community* of faith, however often we might engage. Our creeds and beliefs were shaped by the considered inspiration of previous generations of believers. Our liturgical prayers are spoken and shared daily across a worldwide communion of believers.

Our life is not just about “God and me”, or even “God and us” but about “God and Creation” - of which we are all a connected part. All loved by God, as he loves Creation, and all *part* of that love that brings Creation into being. As Psalms 148 and 150 encourage: “*Let everything that has breath praise the Lord*” – as well as sun, moon, mountains, trees and shining stars.

In my own sphere of particular musical interest, that of folk, roots and acoustic music, I’m presently enjoying songs from a new album from Grace Petrie called “**Connectivity**”. I’m just finishing a small book by the performance poet Kae Tempest entitled “**On Connection**”, and I love singing a song by one of my favourite guitarists the gospel blues singer Eric Bibb called “**Connected**”. So I’m obviously not the only one to be thinking along these lines! Here are some lines from the chorus of that song:

*“I’ve got my own way of talking, my own way to smile,
I’ve got my own way of walking, my own look and style,
I’ve got my own way of praying, my own way to sing,
But I’m connected to you, everyone and everything” . . .”*

Wishing you much joy in your engagement with this world around us.

Nick Gray.



FROM THE REGISTERS



Weddings

Congratulations to:

22nd July

Aaron Asplin & Anna Garrity married at St. Mary's Crosthwaite

29th July

Ciaran Henshaw & Rosie Monro married at St. Mary's Crosthwaite

12th August

Stuart Fogden & Rebecca Leeson married at St. Paul's Witherslack

14th August

Jordan Willis & Alicia Riley married at St. Mary's Crosthwaite



Funerals

With Sympathy, we remember those who have recently passed away:

24th July

Gordon Read (77) Funeral & Burial at St. Paul's Witherslack

26th July

Keith Lancaster (68) Funeral at St. Mary's Crosthwaite & Beetham Crematorium.

CALLING ALL PARISHIONERS

We plan to hold Harvest Festival Services in our churches on the following dates. Our Harvest Festivals are joyful occasions as we bring our village communities together. We look forward to welcoming you.... do come along.....

- 9.30am Sunday 1st October – Harvest Festival at St. Paul's Witherslack
- 11.00am Sunday 1st October – Harvest Festival at Holy Trinity Winster
- 11.00am Sunday 1st October – Harvest Festival at St. Mary's Crosthwaite
- 5.30pm Sunday 1st October – Harvest Festival at St. Anthony's Cartmel Fell
- 11.00am Sunday 8th October – Harvest Festival at St. Catherine's Crook
- 11.30am Sunday 8th October – Harvest Festival at All Saints Underbarrow

Sculptures by Mark Hunt

St Anthony's, Cartmel Fell is delighted to be able to display three sculptures created by Mark Hunt from Penrith using recycled materials.

Christ on the Cross (large), *Christ on the Cross* (small) and *The Creation of Adam* can be viewed within the precinct of the church.

The exhibition is free to view, any contributions to church funds for the upkeep of the building are appreciated.

Caring for our Community

Are there times when you feel lonely, or in need of a listening ear?

There is now a small team of community visitors, alongside Rev. Michael Woodcock, for the parishes of Cartmel Fell, Crosthwaite, Winster, and Witherslack; each has been safely recruited under our Safeguarding Policy and is trained and experienced in this role. Please feel free to contact any of the team below if you would like some company, a phone-call or a friendly chat over a cuppa, irrespective of which parish you live in. Although we are not professionals, we can be a listening ear. It doesn't matter whether you attend any of the churches or not. All conversations are confidential.

Anthony Clarke (Cartmel Fell)	015395 31481
Lily Holme (Winster)	015395 60247
Pat Howarth (Crosthwaite)	015395 68652
Alyson Groom (Crosthwaite)	015395 68930
Dorothy Grace (Crosthwaite)	015395 68569
Rev'd. Michael Woodcock	015395 68276

NOTICES FOR INDIVIDUAL PARISHES

WITHERSLACK

HARVEST SUPPER AND AUCTION SALE

Witherslack Parish Hall, Saturday 30th September at 6.45pm.

Enjoy a meat and potato pie or cheese and onion slice with peas supper with wine, then sweet followed by produce stalls, sale and very short auction.

PRICES STILL HELD at £8 [includes wine] Adults and £4 [includes soft drink] Children. Under 5 free.

Contributions of produce, flowers, cakes, home made chutneys and jams for the stalls/auction welcomed.

Please buy tickets by 28th September at Community Shop [cash] – 52188 or order them from Janet Read 07555 503877 [can pay direct into PCC Witherslack Parish Church with name tag Harvest Supper sort code 01-03-46 a/c no 83286209 or on the door by card].



“TONY’S TOWER PROJECT”

HOMEMADE REFRESHMENTS IN CHURCH

During the Art and Craft Exhibition held in the Barwick Hall

We will be serving light refreshments in St Paul’s Church on

Saturdays and Sundays from 10.30am – 4.30pm

From 23rd September until 8th October.

Everyone is welcome to pop in for a cup of tea or coffee.

Jars of jam, marmalade and chutney are gratefully
received for the produce stall and plants for the plant stall.

All money raised will go towards the repair of the church tower.

WITHERSLACK

ARTISTS & MAKERS GROUP



OLD SCHOOL ROOM WITHERSLACK

SAT 23 SEPTEMBER - SUN 8 OCTOBER 2023

OPEN DAILY 10AM-5PM

* * * FINE ART AND CRAFT IN A MAGICAL SETTING * * *

BARWICK HALL (NEXT TO CHURCH), WITHERSLACK,
GRANGE-OVER-SANDS, LA11 6RS

ADMISSION FREE - ENQUIRIES: 015395 52371

CROSTHWAITE

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
☆ Village Hall 100 club winner for August ☆
☆ was: ☆
☆ Matthew Dobson ☆
☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆



Crosthwaite Charity Concert. **An Afternoon of Music 🎵🎵 with Tea** **and Cake**

Sunday October 1st at 2.30pm in Crosthwaite Village Hall.

Local classical guitar group T and F (with our own John Sceal in the line up!) and the Aquarius String Quartet will entertain us with a wide range of music to delight you.

Delicious home made tea and cakes made by Geraldine and her wonderful team are included.

100% of the money you donate will be shared by our Village Hall, South Lakes Carers' Support and Crosthwaite Playgroup.

All welcome! Just come along.

Phone Mary on 015395 68223 with any requests or queries.

Advertising in the Two Valleys Parish News

Would you like to advertise your company, business, shop, hotel, crafts, art or services to the local community? We have a circulation of almost 700 potential customers!

Contact our Advertising Manager, Lorraine Brierley,
Phone 015395 60702 / 07826 800469
or e-mail brierleyl@yahoo.co.uk

CROSTHWAITE SHOW 2023

The Show this year was held in mid July, possibly for the first time in its history. It attracted over 130 entrants, of which around half were entering the children's competition classes. Entries were particularly strong in the domestic and flowering plant categories, and were of a high quality in the artwork and photography sections. Cups and other awards were presented by Martin Casson.

The strong showing in the children's categories is a demonstration of the involvement and support for the Show shown by Crosthwaite School.

The Eric Bowman Perpetual Cup for the best all rounder went this year to Christine Gibson and the new Children's Cup for the best contribution overall was won by Joseph Gibson.

Other cups were won by Verline Hill, Geraldine Wilson, Valerie Harrison, Paula Cross, Vonnie Sharp, Charlotte Webb, Margaret Gambie and Jenny Waldron.

We must thank the judges of the various categories who are from outside the villages and give up their own time to contribute to the Show's success.

Planning for the 2024 Show has already started but if any readers would like to get involved with the organisation or have any ideas for making the Show even more enjoyable, please contact Pat Howarth, chair of the organising committee (howarth8hr@btinternet.com).

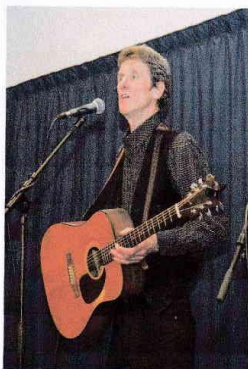


Crosthwaite Village Hall



Houghton Weavers

**TICKETS
JUST
£15**



**SATURDAY
OCTOBER 28TH.
7.30 START**

Tickets available from
hall committee members
Jenny Waldron, Tom Smith
Kath Edwards,, Katie Smith
phone Helen 07979840889

**A BAR WILL BE AVAILABLE
THROUGHOUT THE SHOW**



CARTMEL FELL

Cartmel Fell and District Local History Society

Following our summer break The Cartmel Fell and District Local History Society will meet in the Parish Rooms at Cartmel Fell (LA11 6NH) at 7.30 pm on Monday 11th September to hear the **Ambleside Oral History** group on 'Those were the days: Earning a crust.'



On 9th October, in a change from the published programme, we will hear **Rob David's** new talk '**Muncaster Castle's Wartime Secret: Protecting the Tate Gallery Collection**' and on November 13th Jean Turnbull will outline the history of the **Co-op Movement in Cumbria**. All welcome, visitors £5.

Exhibition

A joint Exhibition of works by Two Local Artists - Lizzie Mather & Adrian Hohler at Hare Hill Barn, Cartmel Fell, LA11 6NZ.

Sunday 24th September to Sunday 1st October.

Open daily 10am to 4pm

For further information www.harehillbarn.co.uk or 07766 592108

UNDERBARROW WITH HELSINGTON

(see Pages 15 & 16 for Marrow Day)

DATES FOR YOUR DIARY - AUTUMN EVENTS
AT UNDERBARROW INSTITUTE :



FRIDAY, 13th OCTOBER - DOMINO DRIVE

Move tables after every game, a fun and social evening for age 3 to 103. Save the date - more info to follow.

SATURDAY, 25th NOVEMBER - MUSIC WITH 'KENDAL BIG BAND'

16 piece 'Big Band' playing classic swing and a few rock numbers. Come and relax, enjoy the music and have a dance if you like, more info to follow.

ONGOING - TABLE TENNIS

Now the weather has turned more unsettled why not try a game of table tennis ? The table is all set up and ready to use, you just need to contact a member of the committee to borrow a key. Cost is just £2 per person per hour or £5 if more than 2 people.

Underbarrow & Bradleyfield Parish Council

The Council has recently welcomed two new Councillors, Sally Soady and Stuart Fairclough – we are pleased to have them but we are still two Councillors short (there should be seven). If anyone is interested in taking up this community role, please do contact any Councillor or me. We have around five or six meetings each year, all during the evenings at the Institute and these usually last no longer than 90 minutes.

Our new Chairman is Councillor Peter Swindlehurst, and the other Councillors are Richard Carruthers and Charlotte Cartwright.

The Council received a most generous grant from former County Councillor Jim Bland's budget and we are having a Daffodil Planting Day, as this grant has made it possible. This will be on Saturday 14th October, meeting at the Institute at 9.30am. All volunteers are welcome – watch this space for further details in the October Two Valleys News.

The next Council meeting is on Thursday 12th October at 7pm.

Kevin M Price. Parish Clerk.
01539-821596

parishclerkunderbarrow@gmail.com

CROOK

When there is a fifth Sunday in a month the churches in the Two Valleys Mission Community try to meet together. Recently, on the July fifth Sunday, St. Catherine's Church in Crook hosted a successful and interesting circular walk. The walk finished with a short open air service at the Old Church Tower which has beautiful views in all directions. The Tower is all that remains of the church which was there until 135 years ago when the current church was consecrated. Finally, we all enjoyed a picnic lunch in the village field.



Crook has recently lost one of its well known and respected residents with the death of Raymond Rowlinson. He had been brought up in Killington but had lived in Crook for many years. He worked locally and for years he also tended his productive very large garden. He had a produce stall in Kendal market on a Saturday and also provided produce for local shops and local friends. As his son told us, there were six seasons in Raymond's gardening year – snowdrops, daffodils, sweet peas, dahlias, marrows and pumpkins and finally Christmas wreaths. A very large number of people attended his funeral in Crook Church and admired the lovely floral arrangements made using his beautiful dahlias.



Art & Trail

Witherslack and the Winster Valley.

Saturday 30th September & Sunday 1st October

Art & Trail brings together art studios and exhibitions of many local artists within a short drive through the Winster Valley from Witherslack to Cartmel Fell.

Venues taking part are Halecat Open Studios; Hare Hill Barn Art Exhibition; St. Anthony's Church, Cartmel Fell; William Plumptre Pottery; Witherslack Artists and Makers Group - a collection of local artists.

All venues open 10.30am to 5pm each day.

Look out for the **Art & Trail** signs.

Further information:

07766 592108

www.harehillbarn.co.uk or www.williamplumtre.co.uk

Holy Trinity Church Winsters

Books/Cakes/Plants

SAT SEPT 30TH

in the **School House**

10.00am - 4.00pm

TEA COFFEE SOUP

HOMEMADE CAKES

Macmillan Cancer Support

DAY

LOOK FORWARD TO SEEING YOU!

For info:- Yvonne 01539488563/ Gill 01539443304

CASH ONLY EVENT

UNDERBARROW

MARROW DAY

Sunday 24th September

LIVE MUSIC FROM OTT!

**OVER 13 STALLS TO BROWSE PLUS TOSS
THE SHEAF, DOG SHOW, DOG SCURRY, WELLY
WANGING, BBQ AND BAR, BOUNCY CASTLE,
TEA AND CAKES AND MUCH MORE!**

**Who will have the Heaviest, Ugliest or best pair of
Marrows or pumpkins?**

Children's competitions

Can you make a marrow cat or vegetable vehicle?

Age groups: Under 5, Under 10 and 10 and over

ALL COMPETITION ENTRIES TO BE SUBMITTED BY 1.00

Will you win the top prize in the Duck race?



**OPEN 12.00 AM - End
FREE ENTRANCE!**



UNDERBARROW

CASH ONLY EVENT

UNDERBARROW MARROW DAY SHOW SCHEDULE

Sunday 24th September

**12.00 SHOW OPENS
1.00 DOG SHOW STARTS
2.00 COMPETITION RESULTS
2.30 DUCK RACE
3.00 TOSS THE SHEAF
4.30 RAFFLE DRAW
5.00 -7.00 BAND AND BEERS**

DOG SHOW CATEGORIES £1.00 PER ENTRY

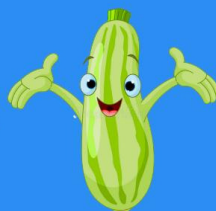
**WORKING DOG: UNDER 2 WORKING DOG: OVER 2
ANY OTHER BREED: UNDER 2 ANY OTHER BREED OVER 2
VETERAN: :OVER 9 YEARS OLD ALL BREED S
OVERALL CHAMPION**

WILL YOUR DOG HAVE THE WAGGIEST TAIL?

**PLUS a dog scurry on the day – See who will be
the fastest to retrieve!
£2.00 per entry.**



**OPEN 12.00 AM - End
FREE ENTRANCE!**



BRIGSTEER

DOOR-TO-DOOR POETRY NATIONWIDE

Rowan McCabe

"Ingenious"
- BBC Radio Scotland

"Highly talented with verse"
- Broadway Baby



Rowan McCabe is the world's first Door-to-Door Poet.
It's a bit like the Avon lady, except with rhymes.

Helsington & Brigsteer Village Hall

LA8 8AL

Fri 27 October 7:30pm (doors 7pm, BYO)

Tickets £12 | Text 07771 737629

www.highlightsnorth.co.uk



BRIGSTEER

TOUKI RIGHT OF PASSAGE

Powerful beats, driving grooves, and voices that leap
from East to West Africa and across to America.



Helsington & Brigsteer Village Hall

LA8 8AL

Fri 10 November 7:30pm (doors 7pm, BYO)

Tickets £12 | 07771 737629

www.highlightsnorth.co.uk



Curlew Recovery South Lakes: 4 Chicks fledged from our valleys.

18 Pairs

Four curlew chicks are now confirmed to have fledged from our valleys. Many congratulations, and our thanks, to all the farmers and volunteers who supported the work.

54 eggs

Many lowland curlew populations fail to breed successfully, so although 4 chicks may seem relatively few, it is still a huge achievement. We think that only one chick fledged in each of the previous two years. We believe there are 18 curlew pairs breeding in the Lyth Valley in 2023 and a few more in the surrounding parishes. We found all but two of the Lyth Valley nests. Some were predated before we could protect them.

26 chicks hatched
from 13 nests

We hope that everything we have learned will help us improve in future. We have support from Durham, Lancaster, Sheffield and Dublin Universities linking our work with eggshell, feather, and remote audio monitoring data to improve our conservation activities.

4 chicks fledged

Curlew Recovery South Lakes is a registered charity.

To get involved in this vital conservation work contact:

Susannah Bleakley and Barny Sykes: curlewrecoverysl@gmail.com

Or to join the many generous donors supporting this work, please give at:

<https://justgiving.com/curlewrecoverysl> Thank you.

Together we can help curlew survive and give our children the call of the curlew.

CROOK Crook WI recently had a most interesting talk about puzzles. Mr. Phillip Burley had agreed to come at very short notice when a speaker had been indisposed. It proved to be a fun evening learning about the history and provenance of different types of puzzles. Each table was given a box containing lots of different items and with encouragement and information, everyone tried to unravel and piece together the contents. There was a real buzz of enjoyment as everyone participated in an unusual event.

Preparations are in hand to encourage members to enter items in the WI section of the County Show next month. It is hoped to have one co-operative entry and several individual entries.

UNDERBARROW

Underbarrow WI have enjoyed a very good summer with two outdoor events. In July we visited Holker Hall House and Gardens, and made full use of the cafe with coffee, lunch and then afternoon tea! The garden visit was enhanced by a guided tour from one of the gardeners who told us about the development of the garden, and the special plants they have there.

In August we had a Jacobs Join lunch in Maggie Stockdale's garden, followed by a pottery session. Members made a range of small objects to be fired in Maggie's kiln.

We enjoyed glorious sunshine for both events so we were very lucky. At the September meeting, on the second Wednesday at 7.30pm, Miggy Scott will be leading circle dancing with us. Friends and any other WI members are very welcome to attend.

BRIGSTEER

August is the time for our Garden Meeting at Beryl's House when hopefully we can sit outside with a glass of bubbly and some nibbles and enjoy the view from her fabulous garden. After a brief shower, this year was no exception. President Sue was pleased to welcome four new members to our social night.

Names were taken for Heather's walk around Silverdale as well as for some of the up and coming Federation events. Penny and Dorothy are taking part in Reading Aloud and we're going to be one of the host venues for the Federation Quiz in November.

Work on the WI benches in the village is going well with the first one completed and the second one in progress.

Our next meeting is on Wednesday September 13th when we have Ian Gregg telling us all about The Story of Greggs. This will be an Open Meeting, with visitors welcome from 8p.m. £3 including refreshments. New members are very welcome to our meetings which start at 7.30p.m. Tel Sue or Liz on 07718 904082 or 07894

CROSTHWAITE AND LYTH

Crosthwaite and Lyth W.I. gathered in force to listen to their old friend Archie Workman tell them many fascinating facts about Lewis and Harris in the Outer Hebrides, especially about the Stones of Callanish, a stone circle, perhaps one of over 900 in the British Isles, which is older than Stonehenge and equally as impressive with much freer access. He moved on to the amazing beaches in the area which not only rival the Caribbean, but were used by some Caribbean Islands in their publicity until they were caught out!

Plans were laid for the annual Summer outing, theatre trips and afternoon excursions, and Madam President thanked the members for all their help and support for the Strawberry Tea and the Village Show.

Hildegard of Bingen

September 2023

I imagine that most people will not know who Hildegard of Bingen was, or why her name is alongside the date of 17 September in the Common Worship Calendar. Yet this German Benedictine nun, born c1098, is important enough to be honoured not simply with a Commemoration, but with a Lesser Festival, on a par, for example, with Gregory the Great on 3 September, or the Birth of the Virgin Mary on 8 September.

In brief, she was an extraordinary polymath – unusual for a woman at this date - and also a significant spiritual visionary. Pope Eugenius, at the Synod of Trier in the late 1140s, approved her visions as being from the Holy Spirit and gave her permission to document them.

Her visionary theology (for her visions were theologically rooted) was compiled in three great volumes. But, as if that was not enough, she also produced a considerable body of musical works for use in the liturgy, a musical morality play, two volumes on natural medicine and cures, a gospel commentary and two works on saints' lives. In addition, nearly four hundred of her letters survive, addressed to popes and emperors, abbots and abbesses. This correspondence, which includes many of the sermons she preached in the 1160s and 1170s, is one of the largest letter collections to survive from the Middle Ages. More surprisingly, perhaps, she also invented an alternative alphabet and an 'unknown language', a kind of secret code or intellectual brain-teaser.

So who was this remarkable woman? Her parents were minor nobility and she seems to have been the youngest of a large family. From her earliest years she had visions, and perhaps because of this her parents gave her as an oblate (someone not yet subject to monastic vows – in her case because she was too young) to the then newly formed Benedictine enclosed monastery at Disibodenberg where, probably around the age of 14, she was professed.

At the time of her entry into the community, she was under the guidance of Jutta, the daughter of the local Count, who subsequently became the Mistress of this growing community of women, which was at that time attached to a monastery of monks. When Jutta died in 1136, the nuns unanimously elected Hildegard as Mistress. The Abbot of the monastery wanted the female community to remain under his jurisdiction, but Hildegard was having none of this. She wanted, rather, to move the women's community to a new site so that they could become independent. When the Abbot refused, Hildegard appealed directly to the Archbishop of Mainz, who gave his approval. The Abbot still would not give way, but Hildegard eventually won through and the move was made in 1150. She founded a second monastery for her nuns in 1165. She died in 1179 at the age of 81, a truly venerable age for those times.

Hildegard was one of the first people to whom the formal process of papal canonization was applied - a practice that began in the twelfth century. But despite four attempts to complete the process, she did not graduate through all the stages, and remained at the level of beatification. Nonetheless, she was widely venerated as a saint, with her feast day being 17 September, the date of her death. Pope Benedict formalised her saintly status in 2012, thus paving the way for her to be named, later that year, as a Doctor of the Church. It is a rare title, honouring a remarkable woman.

Joyce Hill



My children have started at new schools, one in primary and the other secondary. Between uniforms, PE kit and bus fares, my finances are pretty stretched. Is there any help I can get?

A good place to start is the Citizens Advice website where you'll find lots of information on the support you might be entitled to for school-related costs.

The help you can get to cover school lunches will vary depending on how old your children are and if you claim benefits. Children in Reception, Years 1 and 2 automatically get free school meals. You can apply for free school meals for older children if you claim certain types of benefits, including Universal Credit, Child Tax Credit and Income Support.

If your child can't walk to school because of special educational needs or disabilities they should get free school transport. You may be able to get help with transport costs from your Local Education Authority (Westmorland & Furness Council) if your children can't walk because it's dangerous or too far, or if you are on a low income. They may also be able to help you with activity and school uniform costs. You're likely to be considered to be on a low income if you get means-tested benefits like Universal Credit or Housing Benefit. Check the Westmorland & Furness website for more information and to apply.

In some places there are also local charitable schemes that can help. A good place to find out about these is the school itself or Parent Teacher Association (PTA), which will usually know if these kinds of schemes exist. A lot of people are feeling the squeeze at the moment, but it's important to remember that help is available with school costs and you're not alone. For more information visit 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](tel:01539446464) - this is being staffed from 9:30 – 2pm**
- **Adviceline: 0808 2787 984**
- **Email advice via our submission page at www.southlakescab.org.uk**
- **Help to Claim (Universal Support): 0800 144 8 444**

Two Valleys Churches

"Enriching lives Embracing God"

Cartmel Fell, Crosthwaite, Winster, and Witherslack

Parish Priest: Rev'd. Michael Woodcock, The Vicarage, Crosthwaite, LA8 8HX
(not available Fridays) mich@elwoodcock.com 015395 68276

Reader: Dorothy Grace dorothygrace01@btinternet.com 015395 68569

St. Anthony's, Cartmel Fell

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

St. Mary's, Crosthwaite

Churchwardens: Mr. Steven Brierley 015395 60702 07470 169890
Mrs Pat Howarth 07765 010252
Mrs Geraldine Wilson 015395 68836 07766 646504

Holy Trinity, Winster

Churchwarden: Mrs. Lily Holme 015395 60247
Mrs. Cath Casson 015394 44958

St. Paul's, Witherslack

Churchwardens: Vacant

Underbarrow with Helsington

Associate Priest: Rev'd. Simon Howard

revdsimonhoward92@outlook.com : 07719 889577

For baptism, wedding, & funeral enquiries contact the **Church Administrator:**

Janet Sullivan assjadmin@stkmail.org.uk : 01539 730683

Safeguarding Officer for all above: Mrs. Jane Eccles 07779 953763 015395 58138

St Thomas' Kendal with St. Catherine's, Crook

Parish Priest: Rev'd. George Briggs, St. Thomas Vicarage, South View Lane,
Windermere Rd, Kendal.

george@stkmail.org.uk : 015395 83058

Curate: Rev'd. Vic Sekasi vsekasi@gmail.com 07786 061972

Readers: Tony and Hilary Fitch fitchesuk@aol.com : 015395 68577

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St Catherine's Churchwardens: Mrs. Lilian Atkinson 01539 821389

Mrs. Mary Allcock 01539 821312

Safeguarding Officer for Crook: Mrs. Lilian Atkinson, Low Fold, Crook
lilatkinson8@gmail.com

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Magazine postbox c/o Crosthwaite Vicarage. e-mail: tvn@crosthwaiteandlyth.co.uk

Advertising Manager and Magazine postal service:

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REGULAR EVENTS

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Pilates Intermediate	Mondays 09:15 - 10:15
Pilates Fundamentals	Mondays 10:30 - 11:30
Circle Dancing	Tuesdays 10:00 - 11:45
Table Tennis	Tuesdays 19:00 - 21:00 September to May
Yoga	Wednesdays 09.30 - 11:00
WI	Second Wednesday of the month 19:30
Dru Yoga	Thursdays 09.30 - 11:00
Tai Chi	Thursdays 13:45 - 15:45
Pilates	Fridays 09:15 - 10.15

CARTMEL FELL

For bookings contact Julie Balshaw Tel. 015395 68506 Email: balsh@hotmail.com

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

CROOK MEMORIAL HALL

For bookings contact Mrs. Kath Jackson Tel: 01539 821415

Music Group	Monday morning
Art Group	Monday afternoon
Table Tennis	Monday and Friday 7.30 – 10.00pm (from September during the winter months)
Guitar Group	Tuesday morning
Young Farmers Club	Occasional Tuesdays 7.30 – 9.30pm
WI	First Wednesday in the month (afternoons in winter, evenings rest of year)
Sewing/Craft Group	Occasional Wednesday evenings
Aerobics/Body Toning	Thursday 10am – 11.00am
Folk Dance Group	Thursdays 7.30pm – 10.00pm
Painting Group	Friday afternoon

MAGAZINE DEADLINES

Items for entry to the Editor(s) by **12th of previous month by e-mail or letter**
please.

CROSTHWAITE MEMORIAL HALL

Please check bookings online at website address:

www.crosthwaiteandlyth.co.uk/memorialhall.html

For Bookings contact Kath Edwards **015395 68879** or **07407 386976**

Playgroup	Tuesdays & Thursdays 9:30-12:00 noon (school term time)
Indoor Bowling	Tuesday and Thursday 7.30-10.00pm (3rd. Oct—14th. Dec 2023 9th. Jan—28th. March 2024)
Exchange	Lunches 1st Wednesday of month 1pm-3pm Teas 3rd Wednesday of month 2:00-4:00pm
Yoga	Wednesdays 7.00-8.30pm
WI	Social afternoons, Occasional 2:00-4:00pm Evening Meetings, Monthly 3 rd Wed 7.30-9.00pm
Art Club	Mondays 1.30-4pm (January-March then October-December)

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Snooker Club	Mondays from 7.30pm
WI	Every 2 nd Wednesday of the month - 2pm, October to March inclusive, 7.30pm, April to September inclusive.

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Books, Cakes and Plants Last Saturday in the month (April-November)

WITHERSLACK

For bookings contact Janet Crowe 07919 988566

janet.crowe@outlook.com

Indoor Bowling	Wednesdays 7.30pm - 10pm (from September to end of April). New members welcome - all equipment is provided.
Parent & Toddler Group	Tuesdays 10am until Noon in the Parish Hall
Women's Institute	Every 2 nd Tuesday of the month at 7.30pm
The Art Club	Fridays 9.30am - 12.30pm

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