

TWO VALLEYS PARISH NEWS



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

October 2023

70p

Holy Trinity Church Winsters

Books/Cakes/Plants

SAT OCT 28TH

in the **School House**

10.00am - 4.00pm

TEA COFFEE SOUP

HOME-MADE CAKES

BOOKS PLANTS

LOOK FORWARD TO SEEING YOU!

For info:- Yvonne 01539488563/ Gill 01539443304

**Cover picture: Sculpture at St. Anthony's Church, Cartmel Fell
Church miniature pictures from watercolours by John Wilcock**

Church Services for OCTOBER 2023

Sunday 1st October

9.30am Underbarrow
 9.30am Witherslack
 11.00am Winster
 11.00am Crook
 11.00am Crosthwaite
 5.30pm Cartmel Fell

The 17th Sunday after Trinity

Holy Communion (CW) Rev. Bob Dew
Harvest Festival Rev. Michael Woodcock
Harvest Festival Mr. Nick Gray
 Morning Worship (CW) Rev. Vic Sekasi
Harvest Festival Rev. Michael Woodcock
Harvest Festival Rev. Michael Woodcock

Thursday 5th October

9.15am Crosthwaite Holy Communion (CW) Rev. Michael Woodcock

Sunday 8th October The 18th Sunday after Trinity

9.30am Cartmel Fell Holy Communion (BCP) Rev. M.Woodcock + B.Lock
 11.00am Crook **Harvest Festival** Rev. George Briggs
 11.00am Crosthwaite Holy Communion (CW) Rev. M.Woodcock + B.Lock
 11.30am Underbarrow **Harvest Festival** Rev. Simon Howard

Sunday 15th October

9.30am Underbarrow
 9.30am Witherslack
 11.00am Winster
 11.00am Crook

The 19th Sunday after Trinity

Holy Communion (CW) Rev. Michael Woodcock
 Holy Communion (CW) Rev. Simon Howard
 Holy Communion (BCP) Rev. Simon Howard
 Holy Communion (CW) Revs. Parsons & Woodcock

Sunday 22nd October

9.30am Cartmel Fell
 9.30am Underbarrow
 11.00am Crook
 11.00am Crosthwaite

The 20th Sunday after Trinity

Holy Communion (BCP) Rev. Michael Woodcock
 Morning Worship (CW) Tony & Hilary Fitch
 Morning Worship (CW) Tony & Hilary Fitch
 Holy Communion Rev. Michael Woodcock

Sunday 29th October

10.30am Helsington

The 21st Sunday after Trinity

Fifth Sunday United Service

Sunday 5th November

9.30am Underbarrow
 9.30am Witherslack
 11.00am Winster
 11.00am Crook
 4.00pm Crosthwaite

The 22nd Sunday after Trinity

Holy Communion (CW) Rev. Simon Howard
 Holy Communion (CW) Rev. Michael Woodcock
 Holy Communion (BCP) Rev. Michael Woodcock
 Morning Worship (CW) tbc
 All Souls Service Rev. Michael Woodcock

A LETTER FROM SIMON HOWARD

“Do you fancy coming ‘Balsam bashing’” asked my friend, an enthusiastic warrior in the battle against these botanical invaders. He spends many happy hours in the summer canoeing up and down local rivers armed with a sturdy stick. If you bash the flowering heads off Himalayan Balsam before they seed, you can limit their spread. Repeat this each summer for a few years and eventually you can eradicate them from an area altogether. Left to their own devices these exuberant big leaved plants with their pretty pink flowers smother the smaller native species. Which, starved of light and nutrition, wither away, their gentle beauty and diversity lost for ever.



Remembering that adventure made me wonder whether ‘Balsam bashing’ might be a useful metaphor for a key process in the business of trying to ‘live together well’ in our complex and occasionally confusing culture. Some of the ‘invasive species’ I am aware of in my own life are these:

The exuberantly marketed ease of internet shopping brings the items we desire to our front door at the click of a button, but the cost is an impoverished high street and local economy.

We are repeatedly told that embracing the effort of cooking with local, seasonal, raw ingredients is a step towards a healthier diet and a healthier food chain. Yet those tasty convenience foods and ‘out of season’ fruit and veg still find their way into our basket of shopping, the temptation to feast on our heart’s desire smothering the good we want to do.

Bingeing on the ‘Box set’ of our favourite TV series, scrolling through the tailor-made news feeds on our phones, responding to the latest posts on our favourite social media platform is entertaining and fun. But all this screen activity can also act as a kind of electronic opioid, anaesthetising us from the emotional pain of facing personal issues or difficult relationships, blocking out the trauma we see in the world around us and the fear of what the future might hold.

You may well have others to add to the list. So, how might we respond?

Well, by making such a list we have actually taken our first step, because to be a successful ‘Balsam basher’ the first thing to do is to learn what Himalayan Balsam looks like. The next step is to recognise that although it is a big, beautiful plant, it is preventing a whole variety of smaller yet even more beautiful plants from growing. Therefore, I think the first ‘stick’ to bash our cultural balsam with is the stick of

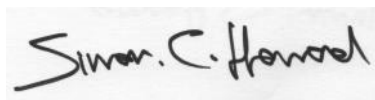
‘Quiet Reflection’. Creating regular short spaces to sit without distraction and listen to the joys and desires of our hearts and to acknowledge the absences and empty spaces. In this way we begin to recognise the native species we hope will come into bloom.

Next, we wield the stick of ‘Double Thinking’. This is the art, the habit, of not acting on our first thought or feeling but stepping back and examining it, thinking about it again. When I do this I find I begin to recognise that I am more than my thoughts and feelings, that I can choose to act differently. The image that helps me with this process is the picture of me standing on a mountain surrounded by swirling clouds of weather. That weather is my thoughts and feelings. For me, as a person of faith, the mountain is God’s love for me and the foundational identity it gives me as a much-loved child of God. From that place of security, I can then choose how to respond to the ‘weather’ of my thoughts and feelings at any particular moment.

To that ‘in the moment’ tool I add the third ‘balsam bashing stick’ of ‘Daily Recollection’. This involves making a space at the end or the beginning of the day to gently run through the events of the last 24 hours. On the first ‘fly past’ I note the events and people that have made my heart rejoice, and I give thanks to God for them. The second time I go through the day I note where I have turned to God, turned to the light, and where have I turned away from God, turned towards the dark, towards my selfish desires. Without beating myself up about it I give those darker moments to God’s love. In this way I am gradually getting better at turning to the light and not responding to those selfish desires that pull me into the dark.

You may well have your own favourite ‘Balsam bashing sticks’ that help you to combat the smothering effect of some of the more destructive aspects of our culture. It would be good to chat about them sometime. Whatever way we ‘bash back the Balsam’ it does mean we end up living in a critical tension with our culture. Yet the prize of that tension is creating families and communities that make space for the God given desire for health and wholeness, reconciliation, and peace. We create places of care and consideration for one another and for all the species that we share the plant with. We create communities that look more and more like the Kingdom that Jesus came to establish; places where Love is winning.

Yours sincerely

A handwritten signature in black ink that reads "Simon C. Howard". The signature is written in a cursive, flowing style.

Rev'd Simon Howard
Associate Priest in the Two Valleys Mission Community
The Parish of Underbarrow with Helsington

FROM THE REGISTERS



Weddings Congratulations to:

Wayne Dixon & Emma Chapman married at St. Mary's Crosthwaite on 18th August

David Oakes & Grace Fussell married at St. Anthony's Cartmel Fell on 9th September



Baptisms and Confirmations

We welcome into the Lord's family:

Hannah Gross Baptized & Confirmed at St. Anthony's Cartmel Fell on 10th September



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

Lilian Margaret Jackson (93) Funeral Service at Beetham Crematorium on 24th August

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

5th Sunday Service 10.30am at St. John's Helsington Sunday 29th October

We warmly invite all our villages to this united service. A Service reflecting on our pressing need to work towards being carbon-neutral and to sustain biodiversity. What can we practically do – in our churches, in our local villages, and personally? This is a key issue of our times, so come along to hear about some ideas and initiatives that are going on locally and perhaps to be inspired to begin something new in your own parish.

Sculptures by Mark Hunt

St Anthony's, Cartmel Fell is delighted to be able to display sculptures created by Mark Hunt from Penrith using recycled materials. One of them is featured on the front cover of this magazine. The exhibition is free to view, any contributions to church funds for the upkeep of the building are appreciated.

Remembering our loved ones - All Souls' Service

Every year at the beginning of November we take a little time to remember those who are no longer with us on earth. This year our **All Souls' Service is at 4.00pm on Sunday 5th November, hosted at St. Mary's, Crosthwaite.** In this Service we specifically remember those who have died within the last 12 months and whose funerals we have conducted, but if you would like to add any Names to this List; perhaps loved ones who lived elsewhere but who have died this year, or special people from the past, then please write their NAMES clearly in block capitals on the Lists that will be in each church from Sunday 15th October onwards. These Names will then be read out and remembered in the Service in Crosthwaite church at 4.00pm on 5th November. All are welcome to attend. It's often a very moving occasion.

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

A new bench has been installed next to the toposcope outside St John's Helsington, overlooking the Lyth Valley. It has been arranged by Charlotte Ratcliffe and the National Trust at Sizergh, in memory of Charlotte's parents and sister - Raymond (d 2010), Ruth (d 2021) and Hannah Clarke (d 1988). Ruth and Raymond lived in Brigsteer before moving to Kendal, and were active at St John's (Raymond often playing the organ), although they were members of Carver Uniting Church in Windermere. Ruth was Moderator of the URC in the '90s. They were involved with the installation of the millennium toposcope, so it is very appropriate that the National Trust wanted a new bench next to it, which was accessible to all. 'A door wide open to the light' is a quote from a hymn written by Alan Gaunt for Ruth and Raymond after the death of their daughter Hannah, who died following a cycling accident in the Lyth Valley in 1988. It is hoped that the bench will enable many people to enjoy the magnificent view.



YOUR VALLEY NEEDS YOU!!

The Westmorland Damson Association is starting to organise next years Damson day, to be held on Saturday 13 April 2024. The event will be at the Westmorland Showground at Crooklands, we have endeavoured to hold it as usual in the Lyth Valley, but to no avail - the Showground will offer us a 'dry/dryish' site with good parking facilities and easy access.

The WDA committee is in need of people to join us to help with organising the event and making it happen. Over the years we have had many wonderful and memorable Damson Days in all sorts of weathers. We would like some volunteers to join us on the organising committee that would meet in the months leading up to the event and other volunteers to be more involved on the day and to help setting up during the week before and dismantling afterwards. As many of you know these occasions do not just happen and they depend on the willingness and dedication of many people. Many of you reading this will have helped in the past for which we thank you. Who do you know that could help now and guarantee the continuation of a lovely event early in the year when the damsons are in blossom.

This year's harvest of damsons is now in full swing with 'Damsons for sale' signs alongside the roads in the Lyth Valley. The Westmorland Damson Association was set up in 1996 by Peter Cartmell and friends to help enhance the damson orchards in the valley through grants. We also buy in damsons from growers to freeze at our cold store at Halecat in Witherslack, which can then be bought throughout the year or sold commercially to jam makers and damson gin producers. This year we are supplying fresh damsons to three local Booths Stores. Alongside Damson Day these sales help to advertise the glories of the Lyth Valley damson and all its uses. Over the past few years our damsons and their blossom have been featured on

Countryfile and Gardeners' World and an article in Country Life magazine. For an in depth history of the Lyth Valley damson enjoy and revel in the podcast by Desmond Holmes and Hartley Trotter that is on 'Countrystride #54: Damsons of the Lyth Valley'. They are both local farmers with a story or two to tell.

If you are able to help us in anyway please contact us via info@lythdamsons.org.uk

If you would like to purchase frozen damsons from us during the year please contact Sam Reynolds on 07760286785

Many thanks and hope to see you at the Damson Day next year.

*Poetry reading afternoon
in Underbarrow Church
Saturday October 28th at 2.30pm
POETRY THAT MAKES YOU SMILE*

Do please come and join in our poetry reading afternoon. You can bring along 2 or 3 poems that you want to share with us, which make you smile or laugh out loud, or just come and listen to others reading their choices.

Followed as always by tea or coffee and cake.

Please let Jennie Whalley know on 07443529490 if you wish to come along and join us, especially if you are wishing to read your own choice of poetry.

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

HARVEST FESTIVAL AND SUPPER

The Harvest Festival will be at 5.30pm on Sunday 1st October at St Anthony's. All are welcome.

The Supper will follow on after the service and will take place in the Parish Hall. Tickets £8 per head, £4 for children under 16. Please contact Vanda to book

tickets on 07766 592108. It would also be helpful if you could tell us if anyone in your party is vegetarian. Soft drinks will be provided but feel free to bring your own alcoholic drinks.



CROOK On the first Tuesday morning in the month we are re-starting our informal gathering for coffee and chat to be held in the church. The first one will be on 3rd October any time between 10 and 12. This was well supported before the pandemic and we hope friends will be encouraged to join us again. Everyone is most welcome - you don't have to be a church member.



This year our Harvest Festival Service will be on Sunday 8th October at 11.00am. This will be followed by a "Jacobs Join" lunch in the Memorial Hall and we hope as many as possible will join us there from about 12.30. We will have a light-hearted speaker to entertain you afterwards.

CROOK ART GROUP members are, once again, holding their annual ART EXHIBITION on Saturday and Sunday 14th and 15th October from 11 am to 4pm on both days. As well as an exhibition of original work by members of the art group, they will also be serving refreshments and homemade cake.

Crook and Winster Parish Council:

The next meeting of the Council is on Tuesday 10th October at 7.30pm at Winster Village Hall - all are welcome.

Kevin M Price. Parish Clerk. kevtherev7@hotmail.com

CROSTHWAITE

Crosthwaite & Lyth Charities

Fuel & Food poverty this winter.

The trustees are conscious that there may be many in our parish who will struggle with fuel and food costs again this winter, but who may be too shy or embarrassed to admit this. As the Crosthwaite & Lyth Charities have some small grants to offer, we wondered that if anyone knows of someone who might benefit from such a grant (but who may themselves be too shy to admit this), that such people be proposed to the Trustees as potential recipients - they could be proposed by an anonymous neighbour or friend. They must be resident in the parish of Crosthwaite & Lyth to qualify. Please make any proposals of potential recipients in writing to The Vicarage, Crosthwaite, LA8 8HX by the end of November at the latest, in time for the trustees' scheduled meeting on 4th December, but remember that as a proposer you may remain anonymous.

We also welcome applications for small educational grants from young people living in the parish of Crosthwaite & Lyth and who are going on to further education or apprenticeships. Please apply in writing to Rev. Michael Woodcock, The Vicarage, Crosthwaite, Kendal LA8 8HX by the end of November.



The Landowners of Crosthwaite and Lyth Charity 1073467

Help needed for the benefit of the Parish!

The Landowners own and manage 247Ha of land on Whitbarrow (White Scar, Township Plantation, Township Allotment, Fellside Plantation and The High Allotment) for the benefit of the residents of the Parish. Income from rents and Countryside Stewardship grants awarded to manage the land in a manner appropriate to its designation as a Site of Special Scientific Interest goes some way towards this.

Currently management of our land for use by locals and visitors on foot, and for conservation as specified in our Countryside Stewardship grants, is carried out mainly by our tenants, firewood cutters and Butterfly Conservation volunteers. The purchase of The High Allotment has given further opportunities for more formal access to Whitbarrow at the northern end and to enhance its conservation value. A Countryside Stewardship grant has been obtained to help us do the work considered necessary through the employment of contractors.

Some of the management activities on our sites are, though, suitable for volunteers. With your help we could save money from the grant, making more funds available to continue our support of other activities in the Parish. Recently we have made grants from invested funds to the Primary School, Tennis Club and Recreation Field. The Argles Memorial Hall and Church have also benefitted from grants in the past.

Volunteer activities are varied and include wildlife surveys, basic checks on the sites for fallen trees, wall gaps etc and practical conservation work such as tree planting, coppicing, bracken bashing, cowslip growing and path clearance. The Landowners would like to gather contact details, ideally email addresses, from anyone who is interested in helping us manage our sites in any way. Full training will be provided. There would be no obligation to help but information about boon days and other opportunities will be circulated to those who have expressed an interest. Volunteers helping with practical work can work at their own pace and do as much or as little as they wish. Every bit helps. Where firewood is created as part of a task then it can often be made available to those who helped to create it.

If you think that you may be able to help us to help our Parish then please contact Martin Casson, Chairman of the Landowners at landowners@crosthwaiteandlyth.co.uk or telephone 07836 297808.

St. Mary's Church Crosthwaite Harvest Flowers

We will decorate the church for Harvest on Saturday 30th September at 1.30pm. Your help and any contributions of flowers or pot plants would be very much appreciated. Thank you, Vonnie Sharp. Tel. 68028.

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.

UNDERBARROW WITH HELSINGTON

UNDERBARROW INSTITUTE - DATES FOR YOUR DIARY

**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 'SENIOR CITIZENS' CHRISTMAS SOCIAL is to be held on Sunday, January 14th, 2024 - 1 to 4 pm.



Mrs Rosie Harris from Underbarrow held a Tea and Cakes Afternoon in August to raise money for Breast Cancer Now Charity. Thanks to all who attended and helped make the event a success. We raised £465.10. Gratefully received and shared by this charity and a local support group. Thankyou to all our helpers who baked too!

Underbarrow & Bradleyfield Parish Council:

Daffodil Planting Day - Saturday 14th October

Come and help plant more daffodil bulbs - meet at the Institute at 9.30am, bring gardening tools if you have them.

We should have hi-vis jackets available, but bring your own if you have one.

It is hoped there will be cups of tea available!

The next meeting of the Parish Council is on Thursday 12th October at 7pm at the Institute - all are welcome.

Kevin M Price. Parish Clerk. 01539-821596

parishclerkunderbarrow@gmail.com

WITHERSLACK

Witherslack Meathop & Ulpha Parish Council.

The next meeting is on Monday 9th October at 7pm at Ulpha Farm.

All are welcome.

Kevin M Price. Parish Clerk.

01539-821596 parishclerkwitherslack@gmail.com



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

EDITORS' PAGE

WELCOME!

Welcome to Hannah Gross who has joined our editing team. Hannah will be editing the November edition of this magazine and will be playing a full part in our editing rota from now on.

We are still looking for another editor to join the team to provide continuity and security of succession into the future. If anyone is interested, or knows anyone who might be, please either email tvn@crosthwaiteandlyth.co.uk or contact any of the editors.

Magazine Editor next month: Hannah Gross (07933 952756)

Magazine postbox c/o Crosthwaite Vicarage. e-mail:

tvn@crosthwaiteandlyth.co.uk

Advertising Manager and Magazine postal service:

Lorraine Brierley 4 Whitbarrow Grove, Levens. LA8 8LT. (015395)
60702 brierleyl@yahoo.co.uk

MAGAZINE DEADLINES

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

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

ALL DAY BREAKFAST

At the

Witherslack Parish Hall

Sunday 15th October



Served 10 til 2

Only £8.50 for adults,

£5 children

Veggie options too!

CROOK

Crook Art Group Exhibition

Free entry

Saturday 14 and Sunday 15 October
2023

11 am to 4 pm
The Memorial Hall
Crook Road LA8 8LG

Meet Artists at Work

Great Raffle

Enjoy Home Made Refreshments

Everyone welcome



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**

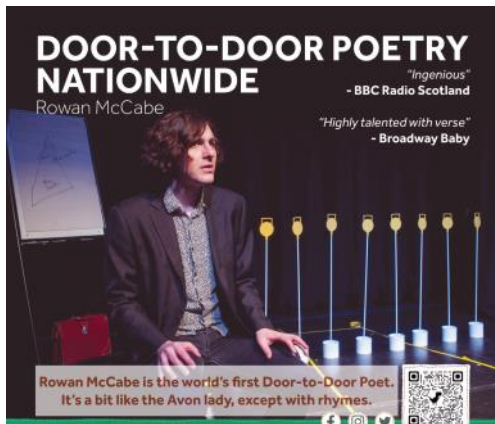


DOOR-TO-DOOR POETRY NATIONWIDE


"Ingenious"
- BBC Radio Scotland

Rowan McCabe

"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.



f i s t t

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.



f i s t t

Helsington & Brigsteer Village Hall

LA8 8AL

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

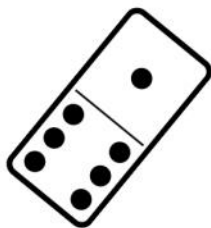
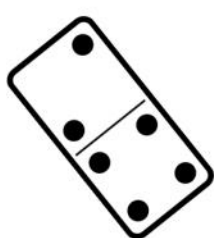
Tickets £12 | 07771 737629

www.highlightsnorth.co.uk



YOU'RE INVITED TO...

Domino Drive
at Underbarrow Institute



FRIDAY 13TH OCTOBER
7:00 PM

£5 adult • £2.50 children



Pizza and soft drinks included

Prizes for adults and children

Bar

BRIGSTEER Sue welcomed 20 members and one visitor, Susan Fryer, to our September meeting and were joined by a full house at 8pm to hear our speaker, Ian Gregg, tell us all about the history of Greggs Bakery from when his father delivered bread to the mining villages north of Newcastle on his bike to now being a well known national brand in our high streets and beyond, whilst we all enjoyed a taste of their sausage and vegan rolls! He ended by telling us about the Greggs Foundation which funds 850 breakfast clubs as well as providing help for those in need.

Prior to this, names were taken for the next walk to Fairy Steps and Beetham, led by Eve, our Christmas lunch at Kendal College and the Lyth Valley Group Meeting on Monday 30th October at Crosthwaite, when the speaker is Nick Cox, who has worked in both the Arctic and Antarctic. Pauline and Ann Sharpe have kindly agreed to organise our theatre and cinema trips, and Beryl will organise a day to plant bulbs around our newly refurbished WI bench, now that the bulbs have arrived. Names were also taken for the Federation Quiz on Monday 4th November which we are hosting at 2p.m. Next month we have another open meeting, when Ruth Dalton and Andrew Walter will be telling us all about Farming and Wildlife at Whinpot Farm, Crook. This meeting will be open to all from 8p.m. on Wednesday 11th October. Admission £3 including refreshments. New members and visitors always welcome. Contact Sue Griffiths or Liz Threadgold on 07718 904082 / 07894 710014

CARTMEL FELL Sue presided over the September meeting where 13 members were present. Molly reported on the Annual Outing, this year to RHS Bridgewater. 17 members and friends had a thoroughly enjoyable day, Julie Balshaw again kindly driving the school mini bus. An 8.30a.m start made for easy parking, plenty of time around the garden and a relatively traffic free journey home.

The speaker was Theresa Wooll, her story was interesting and amusing, life in the fast lane 40 years ago, bore little resemblance to today's air travel.

Names were taken for a trip to 1818 Auction House as a follow up to Bill Nelson's talk in March. The meeting on 4th October will be a talk by Jan Berry on Edible Christmas Goodies as Gifts, the competition is for A Jar of Edible Produce.

As always guests will be most welcome.

CROOK WI enjoyed a talk by Michael Crick entitled "Why we need the brightest and best in politics". Michael is a well known broadcaster, journalist and author who many of us have watched on television news programmes. We are all agreed that the world is in a worrying state on very many fronts. Michael feels we deserve to have bright and clever people who would gain public respect, who should be encouraged to enter politics. Many directors and senior people in top management roles in business and in many other important jobs are discouraged by the complicated and unnecessary process by which prospective MPs are selected. We need long term strategies rather than short-term fixes. Michael sparked interesting discussion and some quite controversial views, leaving us with plenty to think about. It proved to be an excellent evening.

Evensong

October 2023

Choral Evensong is one of the glories of the English musical tradition, which many people enjoy, whether or not they are regular church-goers. These days it is the cathedrals, along with some major churches, which are the guardians of this tradition. But as recently as the early 1960s, Sung Evensong on Sundays, together with its morning counterpart of Mattins, were services that figured more prominently than the Eucharist; they were the congregational services within the Church of England. In parish churches the Eucharist was often said quite early on Sunday morning, with maybe a mid-morning Sung Eucharist once a month. Now, by contrast, the Eucharist is commonly the main Sunday service and Evensong has all but disappeared — though not in cathedrals.

The prominence given to the Eucharist and the near-loss of Evensong within a parish setting was a development beginning in the 1960s, when modernised wording for services also began to be introduced. The speed and extent of the change was variable. But it was nevertheless a marked trend, and now it is fairly rare for the wording of the Book of Common Prayer to be used. Yet, despite the changes we have become used to, Evensong is resistant: in cathedrals, whether Evensong is said or sung we still use the language of Thomas Cranmer, Henry VIII's Archbishop of Canterbury. The musical settings that we enjoy work well with Cranmer's language, giving the service a rich and peaceful solemnity which is widely appreciated.

The term 'evensong' goes back to Anglo-Saxon times, when it was used as the vernacular name for the service of Vespers, one of the Hours or services within the monastic daily round of worship. The name 'Vespers' comes from the Latin for 'evening': liturgical books usually headed the service with the phrase 'ad vesperum', which means 'at evening', so it's easy to see why the Anglo-Saxons came up with the name *æfensang*, 'evensong'. Cranmer, when he was writing the new liturgy to characterise and define the Church of England, used Evensong as the name for the service that he created by amalgamating and building upon the pre-Reformation services of Vespers and Compline (the very last service of the monastic day). So his Evensong is highly traditional in its form. It was called Evensong in the 1549 BCP, was renamed as Evening Prayer in the 1552 edition, and was restored as Evensong in 1662.

We can see from this that the history of Evensong doesn't simply tell us about changing practices in the twentieth century; tracking it through the various versions of the BCP also tells us about changes at the time of the Reformation and its aftermath. In the BCP of 1549, largely prepared under Henry VIII although issued in the reign of Edward VI, Evensong was not thought of as a congregational service, but rather as one of the services of devotion for the clergy, reflecting something of its ultimately monastic origins. The BCP of 1552, a product of Edward VI's more rigorous Protestantism, changed that: the congregation was expected to attend on Sundays and to take part; there was to be no music — hence the renaming of the service as Evening Prayer; and, alongside this, vestments were simplified, wooden tables replaced stone ones, and church interiors were stripped and whitewashed with greater vigour than before. It was the Restoration of the Monarchy, the resulting 1662 BCP, and consequent further change to liturgical practice that put Evensong in the prominent position it held in parish life until the mid-twentieth century.

Joyce Hill



Worried about your energy bills?

Citizens Advice says it's helping record numbers of people with energy debts before winter has even begun - and the size of the debts people face is rising. New research from the national charity shows almost eight million people had to borrow money to pay their energy bills in the first half of 2023, a number it forecasts will rise over the coming months. 1 in 4 people say their energy bill is the essential cost they're most worried about. Disabled people, single parents and low-income families will be hardest hit this winter.

Despite the fall in the energy price cap, the average household will probably pay slightly more in the coming winter than they did between January and March 2023. Starting the winter in debt means that people have to pay back arrears on top of the costs of increasing energy use in the colder months.

Disabled people and families with young children, particularly single parents, are more likely to have very high levels of energy debt, and high monthly shortfalls too. This can lead to stress and anxiety for people who already suffer higher levels of anxiety compared to the general population, but they are also more likely to be eligible for assistance with costs.

If you are worried about energy bills, advice and help is available on the Citizens Advice website: <https://www.citizensadvice.org.uk>. There is information on saving energy where possible to reduce costs. In addition, there are details of grants or benefits to help with energy bills, and how to check your eligibility. Contact your energy provider as well, as many can offer help to people who are struggling to pay bills, and may let you reschedule your payments. Borrowing money at high rates from doorstep lenders is not the solution, as it just increases your debt burden. If you are already worried about your debts, contact South Lakes Citizens Advice for help.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. South Lakes Citizens Advice, your local charity, is here for you. How to access:

- **Call 015394 46464 - this is being staffed from 9:30 – 2pm**
- **Adviceline: 0808 2787 984**
- **email advice via our submission page on our website www.southlakescab.org.uk**
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Reader: Dorothy Grace dorothygrace01@btinternet.com 015395 68569

St. Anthony's, Cartmel Fell

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

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Mrs Pat Howarth 07765 010252
Mrs Geraldine Wilson 015395 68836
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Safeguarding Officer for all above:

Mrs. Jane Eccles 07779 953763 015395 58138

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Curate: Rev'd. Vic Sekasi

vsekasi@gmail.com 07786 061972

Readers: Tony and Hilary Fitch

fitchesuk@aol.com : 015395 68577

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Janet Sullivan

crookadmin@stkmail.org.uk : 01539 730683

St Catherine's Churchwardens:

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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
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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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The Art Club	Fridays 9.30am - 12.30pm

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