

# **TWO VALLEYS PARISH NEWS**



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

**January 2024**

**70p**

Crosthwaite Panto Players present:

# ADVENTURES IN NURSERY RHYME LAND

On Friday 26<sup>th</sup> & Saturday 27<sup>th</sup> January 2024

7pm start

Crosthwaite Memorial Hall LA8 8HT

Tickets £10 adults, £5 children (under 12)

*All proceeds to the Village Hall funds*

Available from

Helen – 07979840889 or email

[helenatcowmire@talk21.com](mailto:helenatcowmire@talk21.com)



See our Facebook page Crosthwaite Panto Players

## Church Services for JANUARY 2024

### Thursday 4<sup>th</sup> January

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

### Sunday 7<sup>th</sup> January The Epiphany

9.30am Witherslack Morning Worship (CW) Rev. Michael Woodcock  
10.30am Underbarrow Holy Communion (CW) Rev. Simon Howard  
11.00am Winster Holy Communion (BCP) Rev. Michael Woodcock  
11.00am Crook Morning Worship (CW) tbc  
4.00pm Cartmel Fell Evensong (BCP) Rev. Michael Woodcock

### Sunday 14<sup>th</sup> January The 2<sup>nd</sup> Sunday of Epiphany

9.30am Cartmel Fell Holy Communion (BCP) Rev. Michael Woodcock  
10.30am Underbarrow Holy Communion (CW) Rev. Bob Dew  
11.00am Crosthwaite Holy Communion (CW) Rev. Michael Woodcock  
11.00am Crook Morning Worship (CW) tbc

### Sunday 21<sup>st</sup> January The 3<sup>rd</sup> Sunday of Epiphany

9.30am Witherslack Holy Communion (CW) Rev. Michael Woodcock  
10.30am Underbarrow Holy Communion (CW) Rev. Ron Rutter  
11.00am Winster Holy Communion (BCP) Rev. Michael Woodcock  
11.00am Crook Holy Communion (CW) tbc

### Sunday 28<sup>th</sup> January The 4<sup>th</sup> Sunday of Epiphany

9.30am Cartmel Fell Holy Communion (BCP) Rev. Michael Woodcock  
10.00am Witherslack Café Church in the Parish Hall  
10.30am Underbarrow Morning Worship (CW) Rev. Simon Howard  
11.00am Crosthwaite Holy Communion (CW) Rev. Michael Woodcock  
11.00am Crook Morning Worship (CW) tbc

### Wednesday 31<sup>st</sup> January

7.30pm Crosthwaite Refresh

### Sunday 4<sup>th</sup> February The 2<sup>nd</sup> Sunday before Lent

9.30am Witherslack Morning Worship (CW) Rev. Michael Woodcock  
10.30am Underbarrow Holy Communion (CW) tbc  
11.00am Winster Holy Communion (BCP) Rev. Michael Woodcock  
11.00am Crook Morning Worship (CW) tbc  
4.00pm Crosthwaite Evensong (BCP) Rev. Michael Woodcock

Cover picture: From the Crook Road by Graham Aldridge  
Church miniature pictures from watercolours by John Wilcock

## *A LETTER FROM BRIAN LOCK*

'A very Happy New Year to you all'.

Well that is the customary greeting for this time of year. What sort of a 'New Year' person are you? Maybe you are a positive Lord Alfred Tennyson type, keen to 'Ring out the old, ring in the new' envisaging opportunities, some known, others opportunistic and all to be embraced enthusiastically. Or are you uncertain about what disquiet and apprehension the 'new' may bring?



Similarly, there will be a range of reactions to the passing of the old year. The time since the last 'new year'. It may have been one to savour, to remember with fondness, even pride, significant family events enjoyed, or challenging long projects brought to a satisfactory conclusion. Some may be wishing they could rub out, obliterate any lingering memories of events in the past 365 days.

Time is a continuum the German writer Thomas Mann tells us in 'The Magic Mountain' (1924), which is technically correct. The clock keeps ticking, and only in a forward direction. This can feel relentless, potentially stressful, and out of our control. Fortunately, Mann goes on to write that it is '... only we mortals who ring the bells and fire off the pistols,' to announce a significant division, like a 'New Year's day'. We have a choice to insert time for reflection, we cannot stop time, but can devote a portion of it to reflect forwards and backwards about those things which we may want to pursue, or things that we wish we could have done differently.

I expect that many of you will press the 'reflect' button on New Year's Eve. Possibly just quietly by yourself, or with gathered family members and friends. I would suggest that reflection is a good habit to acquire beyond 'Old Years night' as it then enables us to plot an alternative course ahead.

For Christians these times of reflection are important. In every church service, usually near the start, there is a time to reflect on times when we have let God down. Followed by a reminder of God's forgiveness from mistakes made so that they can be left behind and forward movement restarted. The service ends with a commission to go out from the church building to live actively in the communities that we are a part of, strengthened by the prayers, teaching and fellowship of the service.

In our wider community, not least because 2024 is an election year, we need to find ways to reflect and methods to move forward. To build on existing strengths and devise ways to overcome the weaknesses and failings in 'the system' to a betterment of the common good.

I have no easy solutions to offer, but as a Christian approaching 2024 I will be noting the advice given by King George VI in his Christmas address of 1939 when

he quoted part of a poem by Minnie Louise Haskins called 'God Knows'.

**And I said to the man who stood at the gate of the year:  
"Give me a light that I may tread safely into the unknown".**

**And he replied:**

**"Go out into the darkness and put your hand into the Hand of  
God.**

**That shall be to you better than light and safer than a known  
way".**

And I look forward to sharing the journey through 2024 with all in the Two Valleys Community.

*Brian Lock*

(Two Valleys Mission Community)

## FROM THE REGISTERS



**Funerals** With Sympathy, we remember those who have passed away:  
11<sup>th</sup> December Claire Winnick (80) Funeral & Burial at St. Anthony's  
Cartmel Fell

## CALLING ALL VILLAGES

**Sunday 31<sup>st</sup> December 10.30am at St. Mary's Crosthwaite**

One united Church service for all the villages on this day. Come along for a simple service of Carols and readings, a chance to sing out together on this seventh day of Christmas.

### Advertise in the Two Valleys Parish News

We have a circulation of 640 every month, reaching homes in Brigsteer, Cartmel Fell, Crosthwaite, Crook, Underbarrow, Winstar and Witherslack. With adverts starting from as little as £21.50 for 12 months, why not advertise your business to your local community.

**Contact Lorraine Brierley on 07826 800469  
or [brierleyl@yahoo.co.uk](mailto:brierleyl@yahoo.co.uk)**



## **Cold to Cosy Homes - latest initiative**

This project, which CLEAN has been promoting, to help people make their homes more energy efficient, has got additional, time limited funding.

**Cold to Cosy Homes** may be able offer households in Westmorland & Furness additional services to their existing home visit service. This depends on household circumstances and includes:

- Professional draught proofing installations
- Replacing older, inefficient white goods like fridges, freezers, tumble dryers with more efficient models and providing other items such as dehumidifiers, heated throws and air fryers
- Fuel vouchers if in fuel debt

The funding for this project will run from January until the end of March 2024 only but could run out before that time if demand is high.

If you feel you might qualify or you are aware of a friend or neighbour who might, please get in touch with one of the local **Cold to Cosy Energy Champions** (details below) who can refer you. There are no guarantees and success will depend on each individual circumstance when a referral is made and an assessment is completed.

Roger Smith: 07855 347295  
Henk Muller: 07855 268922  
Charlotte Robinson: 07787 024641  
Pat Howarth: 07765 010252



## **Energy Saving Homes - Open Days**

Your chance to see energy saving technology in action. Talk to home owners with first-hand experience to help you understand how it works, what it costs and the potential savings to be made.

### **Open Day Dates**

**5th & 19th January:** Ann & Roger Smith in Crosthwaite

Biofuel (wood pellet) Boiler  
PV Solar Panels  
Storage Battery  
Electric Vehicle.

Book your appointment by emailing [roger.smith100@btinternet.com](mailto:roger.smith100@btinternet.com)

**20th January:** Chris & Ian Tomlinson in Crosthwaite

Ground Source Heat Pump  
PV Solar Panels

Book your appointment by emailing [woodyeat@gmail.com](mailto:woodyeat@gmail.com)



## **Septic tanks of all kinds Everything you didn't know.... and you need to**

A talk on the installation and ongoing maintenance of septic tanks, soakaways, and package sewage treatment plants.

The talk includes information on the rules and regulations you need to know about whether your treatment system is compliant, particularly useful if you are trying to sell your house.

**When:** Monday 29th January 2024, 7-9 pm

**Where:** Crosthwaite Village Hall

**Speaker:** Paul Usher from Hutchinson's  
Environmental Solutions

**Open to:** Anyone who has a septic tank or is planning to install or change one

See Clean Website [www.crosthwaiteandlyth.co.uk/clean.php](http://www.crosthwaiteandlyth.co.uk/clean.php) for links to other useful information

## **LANDOWNERS OF CROSTHWAITE AND LYTH**

Registered Charity 1073467

Notice is given that the Annual General Meeting  
of the

Landowners of Crosthwaite and Lyth

will be held in

The Hall at Crosthwaite School

on

Tuesday 6<sup>th</sup> February

at 7.00pm.

The existing Trustees are seeking re-election and Minutes of the previous AGM, together with draft accounts, will be available on the website

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

from 25<sup>th</sup> January.

Agent to the Charity: Mr Julian Lambton, Carter Jonas, 52 Kirkland, Kendal.

Tel: 01539 722592.

Anyone wishing to join our list of volunteers for 'boon day' conservation works on our Whitbarrow land please email [landowners@crosthwaiteandlyth.co.uk](mailto:landowners@crosthwaiteandlyth.co.uk)

# NOTICES FOR INDIVIDUAL PARISHES

## BRIGSTEER



**“Dance of the Stickfighting Warriors”** *A little story about the big stories in life.*

“The Waters take you away, the waters bring you home.”

A powerful, emotional journey charting the path from exile to return, celebrating a true triumph of spirit over tyranny. And it all starts in the 1930s with a name, in a police station, in Cumbria.

Born in Cardiff if a Welsh mother and a Nigerian father, Phil Okwedy is a storyteller and myth-maker who draws deeply on his dual heritage and multiple cultures. His first book ‘Wil and the Welsh Black Cattle’ draws together Welsh folktales and the mythology of ancient cattle drovers.

**Saturday 13th January, 7.30pm (Bar from 7pm)**

**Brigsteer Village Hall**

£10 card or cash on the door

Bar, snacks, cakes, hot drinks and a warm welcome. Suitable for 16+.

**Contact:** [emily@emilyhennessy.co.uk](mailto:emily@emilyhennessy.co.uk) /

07890112574 / [www.stealingthunder.co.uk](http://www.stealingthunder.co.uk)



## CARTMEL FELL

The Cartmel Fell and District Local History Society meet in the Parish Rooms on Cartmel Fell (LA11 6NH).

Our AGM will take place on Monday 8<sup>th</sup> January 2024 and will be followed by members’ presentations:- Jennifer Forsyth – **The First Railways Murder**; Beryl Offley - **‘What the papers say’ - 19th century goings-on in Cartmel Fell.** ; Ian Smith - **The Lady in the Lake.**



## CROOK

Snow on the first weekend in December created lots of problems. The Christmas Coffee Evening was cancelled, the church service for the first Sunday in Advent was cancelled and the monthly WI meeting had to be cancelled. A number of properties were without electricity and travelling on the roads was very hazardous.





The annual **Quiz Evening and Hotpot Supper** will be in Crook Memorial Hall on Saturday 6<sup>th</sup> January. Please contact Kath Jackson on 01539821415 for further information

**Crook and Winster Parish Council** meets at Winster Village Hall on Thursday 11<sup>th</sup> January at 7.30pm

## CROSTHWAITE

### EXCHANGE DATES FOR 2024

THERE IS NO LUNCH IN JANUARY. THERE WILL BE TEA AND CAKES ON JANUARY 17<sup>th</sup> 2-4pm.

THERE WILL BE A SPECIAL EXCHANGE 18<sup>th</sup> BIRTHDAY PARTY LUNCH ON

**WEDNESDAY 7<sup>th</sup> FEBRUARY**, 12-30 for 1pm. TICKETS NOT NECESSARY, BUT BOOKING IS ESSENTIAL BY THURSDAY 1<sup>st</sup> FEBRUARY. PLEASE CONTACT GERALDINE, 015395 68836, MOB. 07766646504.

We look forward to welcoming you for this special occasion.

Apologies for not publishing how much we raised at the Macmillan tea last September, but the Exchange has not long been notified. WELL DONE EVERYONE, £280 was raised. THANK YOU ALL FOR YOUR GENEROSITY.

A HAPPY AND HEALTHY NEW YEAR. THANK YOU FOR ALL YOUR SUPPORT.



## UNDERBARROW

Underbarrow Institute Committee invites you to...

### **The Underbarrow "Senior Citizens" Christmas Social**

**Sunday 14th January 2024**

**1-4 pm**

Hot lunch with home-made desserts

Talk by 'Bay Search & Rescue'

RSVP to Valerie O'Loughlin on 015395 68655 or Stephen Carruthers on 015395 68717 by Wednesday 10th January

**Argles Memorial Hall, Crosthwaite**



The 100 Club is a great way of supporting the Argles Memorial Hall, ensuring that the Hall is looked after and maintained for everyone in our community to use for many years to come. Your support is essential in making this happen.

Subscription for this will be £12 per year, with a draw made for £25 every month. All proceeds from the 100 Club go towards the general upkeep of our lovely Hall. Payment can be made straight into the Argles Memorial Hall bank account by electronic transfer, or by cheque and posted to our Treasurer, or left in our letterbox outside the main doors.

Renewal emails have been sent out to all existing members; if you have already paid, thank you, if not please consider doing so as soon as possible. We do have a few numbers left for this year, so if you would like to join, please fill in your details and send to the contact details given.

I/we would like to join the Argles Memorial Hall 100 Club. I/we would like ..... number(s) at £12 each. I/we enclose payment of £.....

Name: .....

Tel No: .....

Email Address: .....

Please make **cheques payable to Argles Memorial Hall**, and send to:  
Mrs Jenny Waldron, Brow Cottage, Tarnside, Crosthwaite LA8 8BU.

If paying by **electronic transfer**, our Account Name is:  
**Argles Memorial Hall, Account Number 31440969 Sort Code 40-26-02.**  
Please enter your full name as reference and either return this slip to Jenny at the address above or email [100club@crosthwaiteandlyth.co.uk](mailto:100club@crosthwaiteandlyth.co.uk) to confirm your payment.

## WINSTER

Crook and Winster Parish Council meets at Winster Village Hall on Thursday 11<sup>th</sup> January at 7.30pm

## WITHERSLACK

Witherslack Meathop & Ulpha Parish Council meets at Ulpha Farm on Thursday 18<sup>th</sup> January at 7pm.



# *Witherslack Café Church*



*at 10am in  
Witherslack  
Parish Hall  
On Sundays:*



*28th Jan*

*24th March*

*26th May*

*28th July*

*22nd Sept*

*24th Nov*

*Everyone is welcome, whether  
you usually come to church or  
not. Refreshments, discussion...  
just come and see.*

# The Baptism of Christ: An Epiphany Narrative

January 2024

The season of Epiphany begins on 6 January. On this day we commemorate the visitation of the Three Wise Men to the Christ-child. The visit of the Magi is a 'manifestation': it is the first instance of how God is made known to and is recognised by those of a different race from the humble Jewish shepherds, whose 'manifestation' we commemorate on Christmas Day itself. Epiphany, which comes from a Greek word, means 'manifestation'. The marking of the beginning of Epiphany by such a radical story as that of the Magi – different race, different religion, different level of learning and social status from Mary, Joseph and the shepherds – foreshadows the universal spread of Christianity. How this began to happen in practice is told in the Acts of the Apostles, the book that follows the gospels in our bibles.

Epiphany continues for several weeks, right up to the beginning of Lent, which itself starts six weeks before Easter. During that time, readings traditionally focus on other 'manifestations' which reveal the special nature of Jesus. A couple of years ago I wrote about one of these: the episode where Jesus, at the age of twelve, went up to Jerusalem with his parents and amazed the leaders of the Temple by debating with them about the teachings of Jewish Scripture (our Old Testament) with a wisdom way beyond his years. Another is the baptism of Jesus by John the Baptist in the river Jordan.

Jesus' baptism is told in a very similar way in Matthew chapter 3, Mark chapter 1 and Luke chapter 3. These three gospels, which are interrelated, are commonly referred to as the synoptic gospels because they present a similar summary of Jesus' life and teaching. The fourth gospel, written quite a bit later, in other circumstances and with different purpose, also presents Jesus' baptism, in John 1 vv. 29-34, but not in quite the same way. Even so, common to them all is the description of the Holy Spirit descending upon Jesus in the form of a dove, and a clear assertion that this person, in one sense a man like all others, is also the Son of God. In John's gospel this is confidently asserted by John the Baptist, but in the synoptic accounts the narrative gives us God's own words: 'This is my beloved Son, in whom I am well pleased'. These familiar words are from Matthew. There is very slight variation in Mark and Luke, but no difference at all in what is being asserted.

In its own terms, as an incident in Jesus' life, this is an account of a public 'manifestation', an epiphany narrative. But, taking a longer view, the baptism was also seen as an early 'manifestation' of the doctrine of the Trinity. This complex theology of the unified identity of God the Father, God the Son and God the Holy Spirit, took some centuries to work out. But the baptism narrative was a constant reference point and, in Christian art, was a scene that could allude to this quite difficult and abstract idea in graphic form since the Father, whose vocal presence is recorded in the gospels, was represented by a hand showing beneath the cloud; the Son (Jesus) is of course central to the image; and Holy Spirit is present in the form of the dove.

Joyce Hill

**I am a single parent with two kids and I'm really worried about how I'll afford to pay my energy bills now winter is here. The thought of getting into debt keeps me awake at night but the idea of my children being cold and possibly unwell as a result is just unbearable. What can I do?**

Here are some simple tips to help save money:

- Check your thermostat: A room temperature between 18°C and 21°C is ideal for most people. Turning your thermostat down by one degree could save you around £115 a year. If a medical condition means you need a warmer home, ask your GP what room temperature you should aim for.
- Keep the heat in: Check your home for any gaps in the doors, windows and floors. Blocking any holes could save you around £30 a year. It is important to allow for some ventilation as without it mould and damp can form.
- Turn off anything you're not using: Turning your appliances, like TVs and washing machines, off instead of leaving them on standby could save around £60 a year. Turning off lights— even if it's just for a few seconds - could save around £25 a year.
- Use LED lightbulbs, which cost less to run.
- Watch your water usage: Cutting your shower time by just one minute can make a difference. If everyone in a four-person household with a water meter did this, they could save around £75 a year.

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

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

- Call [015394 46464](tel:01539446464) - 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](http://www.southlakescab.org.uk)
- **Help to Claim (Universal Support): 0800 144 8 444**

### **Additional Magazine Editors**

We still need to add more editors to the Two Valleys News editorial team. You would need a computer and it helps a little if you are familiar with Microsoft Word or Publisher, but, even if you aren't, the team members will help you get started. We are a cheerful supportive bunch and we find that we are generally only 'on duty' a few times a year. Please don't assume that someone else is going to volunteer.

Contact [tvn@crosthwaiteandlyth.co.uk](mailto:tvn@crosthwaiteandlyth.co.uk) or telephone one of the editors if you would like to find out more.

### **BRIGSTEER**

President Sue welcomed 24 members to our Christmas Social in the Village Hall, when we enjoyed a Jacob's Join with fizz, a Christmas Quiz (with attempts to sing the answers) and dancing. Nicky and Eve gave out the programme for 2024 and Sue announced that we'd be following up on Marion's suggestion to start food bank collections at our meetings from January. Our Carol singing around the village with the Brigsteer Band earlier in the week was a great success, raising over £400 for the North West Air ambulance. Members also donated lots of Christmas parcels for the women's refuge in Kendal. Our next meeting is on Wednesday 10th January when we have Rob David telling us all about Muncaster Castle's wartime secret: Protecting the Tate Gallery collection during WW2. This meeting is open to all from 8pm. New members and visitors always welcome. Call Sue or Liz on 07718 904082 / 07894 710014 for more details.

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### **CROOK**

The Lyth Valley Group of WIs held their autumn meeting at Crosthwaite. Our speaker was Nick Cox who provided a fascinating and interesting talk about his working life in both the Antarctic and the Arctic. It proved to be a very warm and friendly evening and the chance to meet with friends from other WIs

Following the AGM of Crook WI there are some new committee members, and the new President will be Christine Smith following the sad death of our previous president Dr. Mary James.

The meeting in December was moved forward a week due to the snow. The original plans were changed but members enjoyed the opportunity for a social afternoon.

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### **CROSTHWAITE & LYTH**

Crosthwaite and Lyth W.I. began their AGM with a resounding rendering of Jerusalem followed by the annual presentations by the secretary, treasurer and our retiring President, Christine Gibson, who has done such sterling work in keeping us all together throughout the COVID years, and introduced the very popular monthly outings. She was thanked by all present for having been such a tremendous guiding light for the last three years. Jean Sherratt was elected by the committee to take over as President, and programme secretary Barbie Handley outlined what promises to be a very excellent and interesting programme of speakers for the next year, so come and join us on the third Wednesday of every month at 7pm in Crosthwaite Village Hall. The meeting concluded with a fiendish quiz and then wine and cheese served by Geraldine, Caroline and Lorraine.

## WITHERSLACK

In November we had our Annual Meeting when Vice President Mrs Linda Park gave a summary of all our activities including our summer outing to Grange. The committee were re-elected and Linda was elected as President for the next year. We were given a taste of the programme for next year it all looks very exciting. December saw 24 members enjoy our Christmas Social evening with the wonderful food provided by Alison Thompson followed by a Christmas quiz. Linda thanked Caroline, who has been our president for the last 7 years, with a gift.

**Editorial note:** If any of our readers have any picturesque, colourful, seasonal photographs of the Two Valleys & surrounding area, that you think would be suitable for use on the front cover of the magazine, please send them to: [tvn@crosthwaiteandlyth.co.uk](mailto:tvn@crosthwaiteandlyth.co.uk)

Please state approximately where & what time of year the photo was taken and who took the photograph. Thanks in advance - Two Valleys News Editorial Team.

## MAGAZINE SUBSCRIPTION 2024

If you receive a monthly Two Valleys Parish News then your subscription for 2024 is now due.

The price will be **£7.00** for 12 issues and you are asked to please pay your **Parish distributor** promptly. We are not offering bank transfer this year as it is so difficult to track who has paid and who hasn't. If you want to pay by cheque you can send your cheque made payable to Crosthwaite PCC to Lorraine Brierley at the address below.

If you receive your TVPN by POST then the cost for the next year is £17. This is an increase of £2.50 over last year and reflects the increase in the cost of envelopes, labels and stamps. Please make cheques payable to Crosthwaite PCC and send to:

**Lorraine Brierley, 4 Whitbarrow Grove, Levens, Kendal, LA8 8LT.**

Tel: 07826 800469

Email: [brierleyl@yahoo.co.uk](mailto:brierleyl@yahoo.co.uk)

If you are on the Helsington postal list please make cheques payable to:

**Underbarrow with Helsington PCC**

And send to : Marilyn Taylor, 5 Crow Wood, Brigsteer, Kendal, LA8 8AW.

# 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](mailto:mich@elwoodcock.com)      015395 68276

**Reader: Dorothy Grace**      [dorothygrace01@btinternet.com](mailto: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

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## **Underbarrow with Helsington**

**Associate Priest: Rev'd. Simon Howard**

[revdsimonhoward92@outlook.com](mailto:revdsimonhoward92@outlook.com) : 07719 889577

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

**Janet Sullivan**      [assjadmin@stkmail.org.uk](mailto:assjadmin@stkmail.org.uk) : 01539 730683

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## **Safeguarding Officer for all above:**

Mrs. Jane Eccles 07779 953763 015395 58138

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## **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](mailto:george@stkmail.org.uk) : 015395 83058

**Curate: Rev'd. Vic Sekasi**      [vsekasi@gmail.com](mailto:vsekasi@gmail.com)      07786 061972

**Readers: Tony and Hilary Fitch**      [fitchesuk@aol.com](mailto:fitchesuk@aol.com) : 015395 68577

**Church Administrator:**

**Janet Sullivan**      [crookadmin@stkmail.org.uk](mailto:crookadmin@stkmail.org.uk) : 01539 730683

**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](mailto:lilatkinson8@gmail.com)



# REGULAR EVENTS

## HELSEINGTON & BRIGSTEER

For bookings contact Ann Bryan 015395 68067. Email [villagehall.brigsteer@gmail.com](mailto:villagehall.brigsteer@gmail.com)

### Monday

Short Mat Bowling 19.30 - 21.30  
9<sup>th</sup> & 23<sup>rd</sup> October, 13 & 27<sup>th</sup> November 11<sup>th</sup> December

### Tuesday

Circle Dancing with Miggy 10.00 - 11.45  
Tea Shop Tea and chat Last Tues of the month 15.00 - 16.30  
Table Tennis 19.00 - 21.00

### Wednesday

Yoga with Tara 09.30 - 11.00  
W.I Second Weds of the month 19.30 - 21.30

### Thursday

Dru Yoga with Johan 09.30 - 11.00  
Tai Chi with David Intermediate 14.00 - 15.45  
Ballroom and Latin Dancing 18.30 - 21.30

### Saturday 9<sup>th</sup> & 16<sup>th</sup> December

Pilates with Emma 08.30 - 09.30  
09.45 - 10.45

## CARTMEL FELL

For bookings contact Julie Balshaw Tel. 015395 68506 Email: [balsh@hotmail.com](mailto: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

### MAGAZINE DEADLINES

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

## CROSTHWAITE MEMORIAL HALL

Please check bookings online at :

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

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

Playgroup	Tuesdays & Thursdays 9:30-11:30am (school term time)
Indoor Bowling Exchange	Tuesday and Thursday 7.30-10.00pm (9 <sup>th</sup> Jan-28 <sup>th</sup> March 2024) <b>Lunches</b> 1st Wednesday of month 1pm-3pm <b>Teas</b> 3rd Wednesday of month 2:00-4:00pm
Yoga	Wednesdays 7.00-8.30pm
WI	Every third Wednesday of the month 7.30 to 9.30 pm Social Afternoon every first Thursday of the month 2 to 4 pm
Art Club	Mondays 1.30-4pm (January-March then October-December)

## UNDERBARROW INSTITUTE

For bookings contact Valerie O'Loughlin: Tel. 015395 68655

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

## WINSTER

For bookings contact Jane Crowe: Tel. 015394 44098

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

## WITHERSLACK

For bookings contact Janet Crowe 07919 988566

[janet.crowe@outlook.com](mailto: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	Please check the Witherslack Hub Facebook page for info
Women's Institute	Every 2 <sup>nd</sup> Tuesday of the month at 7.30pm

**Magazine Editor next month:** Hannah Gross (07933 952756)

Magazine postbox c/o Crosthwaite Vicarage.

e-mail: [tvn@crosthwaiteandlyth.co.uk](mailto:tvn@crosthwaiteandlyth.co.uk)

**Advertising Manager and Magazine postal service:**

Lorraine Brierley 4 Whitbarrow Grove, Levens. LA8 8LT.

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