

# TWO VALLEYS PARISH NEWS



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

**March 2024**

**70p**



*f* *f*

**Fellas Singers Are Excited  
To Invite You To...  
Witherslack Spring Sing!**



**Join us on Sunday March 17th  
For A New Selection Of Songs,  
Plus Our Favourite Classics**

**Venue - St Paul's Church,  
Witherslack**

**Tickets £7.50 On The Door  
- Children Free -  
Singing Starts 2.30pm**



**Find out more about the Fellas  
[www.kendalfellas.co.uk](http://www.kendalfellas.co.uk)**

## Church Services for MARCH 2024

### Sunday 3<sup>rd</sup> March

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

### The 3<sup>rd</sup> Sunday of Lent

Morning Worship (CW) Mrs. Dorothy Grace  
 Holy Communion (BCP) Rev. Bob Dew  
 Holy Communion (BCP) Rev. Woodcock & Mrs. Grace  
 Morning Worship (CW) tbc

### Thursday 7<sup>th</sup> March

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

### Sunday 10<sup>th</sup> March The 4<sup>th</sup> Sunday of Lent – Mothering Sunday

9.30am Cartmel Fell Holy Communion (BCP) Rev. Michael Woodcock  
 9.30am Underbarrow Holy Communion (CW) Rev. Rev. Simon Howard  
 11.00am Crook Morning Worship (CW) tbc  
 11.00am Crosthwaite Mothering Sunday Service Rev. Michael Woodcock

### Sunday 17<sup>th</sup> March

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

### The 5<sup>th</sup> Sunday of Lent

Holy Communion (CW) Rev. Michael Woodcock  
 Morning Worship (CW) Rev. Ron Rutter  
 Morning Worship (CW) Rev. Michael Woodcock  
 Holy Communion (CW) tbc

### Sunday 24<sup>th</sup> March

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

### Palm Sunday

Holy Communion (BCP) Rev. Michael Woodcock  
 Holy Communion (CW) Rev. Bob Dew  
 Morning Worship (CW) tbc  
 Holy Communion (CW) Rev. Michael Woodcock

Maundy Thursday 28<sup>th</sup>

Good Friday 29<sup>th</sup>

Holy Saturday 30<sup>th</sup>

7.30pm Holy Communion at St. Mary's Crosthwaite

10.00am Meditation at Holy Trinity Winster

2.00pm "At the Foot of Cross" at St. John's Helsington

8.00pm Easter Vigil at St. Anthony's Cartmel Fell

### Sunday 31<sup>st</sup> March

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

### EASTER DAY

Easter Communion (BCP) Rev. Michael Woodcock  
 Easter Communion (CW) Rev. Simon Howard  
 Easter Communion (CW) Rev. Prof. Ian James  
 Easter Communion (BCP) Rev. Bob Dew  
 Easter Communion (CW) tbc  
 Easter Communion (CW) Rev. Michael Woodcock

**Cover picture: Paschal Candle, St. Anthony's, Cartmel Fell - Hannah Gross  
 Church miniature pictures from watercolours by John Wilcock**

## *A LETTER FROM SIMON HOWARD*

Through this first month of spring, as the countryside begins to come alive with bird song and floral beauty, we journey towards the great paradox of 'Holy' week. The retelling of the story of the trial, torture and execution of God. This year we engage with this drama during a time of growing uncertainty, threat and fear. We can feel the deep desire for someone to come and 'fix it' tugging at our hearts. We can see that same dynamic expressed in the rise of populist politicians across the globe. What does the recollection of Jesus' death on a cross have to offer us in this place? As I pondered these things, I recognised myself as I read the following reflection.



### ***"You are not the God I wanted!"***

*"You are not the God I wanted!" I heard myself cry out as they banged the nails into Jesus' wrists. "I wanted a God who would protect me. Who would be strong!" I shouted as the cross was raised up. "I wanted a God who would make me feel safe!" As I returned from this journey of imagination, I was immediately ashamed of my words, shocked at the depth of my anger, disappointment, and fear. As I sank onto the sitting room sofa the stories from the life of the one I had railed against raced through my mind. From that panorama of events, I could see that if this man was the Son of God, then he is a God who suffers, who is rejected, humiliated. He is a God who finds his home with the poor and socially insignificant; who in the end is physically 'deconstructed' and yet - - - and yet - - -.*

*"My God, my God why have you forsaken me?" We cry out in the midst of the storms of life; in the face of the violence, aggression, selfishness, destruction and pain we watch and read about each day. In response it feels like there is a deafening silence. But then, comes a tap on the shoulder. I turn. Stood there is a small, thin man, with blood and dirt across his body. "I am here. I am there. Come follow me".*

The challenge of Good Friday is the challenge of the vulnerability of love. There are many strands of understanding woven into Christ's crucifixion. One of those is that here we see God willingly entering our suffering and fear; being overwhelmed by it as we are, yet still loving. There are many strands of understanding woven into Christ's resurrection, but central to them all is that it demonstrates the ultimate victory of love. In the face of the world as it is and our desire to be safe, there are many ways of responding to the events of Holy Week and Easter. One of those is to recognise ourselves as being loved by God just as we are. And then, from that place of ultimate security, choosing, each day, to act out of love not fear. May we discover more of who we are and who God might be this Holy Week and Easter.

Yours faithfully

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

*Simon*

# CALLING ALL VILLAGES

## HOLY WEEK AND EASTER

This year we would again like to encourage you to come to some special services each day from Maundy Thursday to Easter Day. Over these four days we experience the unfolding of the last days of Jesus on earth and enter into the mystery and wonder of his death and resurrection. Each Service is distinctive and focuses on a different part of the Story. Please do come along on each of these days to get the most out of Easter this year:

- Maundy Thursday** 28<sup>th</sup> March 7.30pm Maundy Thursday Communion at St. Mary's Crosthwaite
- Good Friday** 29<sup>th</sup> March 10.00am Meditation at Holy Trinity Winster  
2.00pm Meditation at St. John's Helsington
- Holy Saturday** 30<sup>th</sup> March 8.00pm Easter Vigil\* (see note below) at St. Anthony's Cartmel Fell
- Easter Day** 31<sup>st</sup> March Service in all our Churches – see page 3 of the Magazine.

## EASTER VIGIL – 8.00pm ON HOLY SATURDAY NIGHT

Do consider coming along to our Easter Vigil to be held at **8.00pm on Holy Saturday (the day before Easter) 30<sup>th</sup> March in St. Anthony's, Cartmel Fell.** This is a wonderfully atmospheric service as we sit in darkness, lit only by candlelight, and listen to some of the most well-known stories from the Old Testament telling the story of Salvation - Gradually the sense of Easter and resurrection approaching grows stronger and the service climaxes with the lighting of the Easter Fire, outside the church, from which the Easter Candle is lit and processed back into the church where we proclaim the Resurrection. This special service is hosted at Cartmel Fell church but is designed for residents of all our villages to attend ... Why not come along and make Easter that bit more special this year ....?

## NOTICE

The Parish Councils of Cartmel Fell, Crook and Winster, and Witherslack, Meathop & Ulpha are due for an Election this year (it is a four-year cycle) and the date is **Thursday 2<sup>nd</sup> May**, if any seats are contested. At present, all three Councils have their full complement of Councillors, unless anyone decides not to stand again.

Westmorland & Furness Council will send out the relevant dates and instructions, sometime during March and anyone interested in becoming a Parish Councillor can contact me for details. If there are more nominations than seats, then there will be an Election! The Parish Councils hold between 4 and 6 meetings each year, usually in the evenings. To qualify, you need to be 18 years old or older, resident in the parish **or** within three miles of the boundary, **or** have your work place in the parish, **or** own property in the parish...

**Kevin M Price. Parish Clerk.**

# Saving Our Night Skies

Join Project Officer Jack Ellerby for a talk about the value of Dark Skies and the growing issues from the impacts of light pollution on wildlife, environment and people, good and bad lighting, what the project is doing and find out how we can all help to tackle light pollution.

**Monday 18 March, 7pm,  
in Crosthwaite Village Hall**



The event is **FREE** so please do share with anyone who might be interested.





**CLEAN UPDATE**  
**CROSTHWAITE & LYTH**  
**ECO ACTION NETWORK**

**SOLAR MADE EASY**

CLEAN is supporting CAFS ( Cumbria Action for Sustainability) in its various environmental and 'green 'projects and wants to alert local folk in the Two Valleys of a meeting:

**What: Solar Made Easy in Grange and the Cartmel Peninsula**

**When: March 19<sup>th</sup>, 7pm**

**Where: Victoria Hall, Grange - over -Sands**

CAFS is working with community representatives in Grange Over Sands & Cartmel Peninsula to bring the **Solar Made Easy** project to the local area. Together, they can help you decide whether solar panels are right for your home (or business). If so, they will help you to get quotes from local vetted installers.

Come along to this community event to meet CAFS and the installers. They'll answer all your solar panel questions, and if you would like support to get panels, register your interest and they'll take it from there.

**Pill Blister Packs: Don't bin them...Recycle them!**

Crosthwaite Church has recently added used pill blister packs to its recycling collection. Many of us - and our pets - take tablets and throw away the packaging. Now CLEAN is collecting these and recycling them...in addition to crisp bags, plastic bread bags, batteries, pens, used stamps and ink cartridges. You'll be helping to support our local school which gets money for some of these recycled items.

So don't throw these in the bin , instead pop into Crosthwaite Church anytime you're passing - it's always open during the day, 7 days a week, and drop them into the recycling bin.

# DATES FOR YOUR DIARY

## Events at the Crosthwaite Exchange



### EXCHANGE DATES FOR YOUR DIARY

For Events Bookable in advance contact Geraldine at

[grangee1@hotmail.co.uk](mailto:grangee1@hotmail.co.uk)

Mobile 07766646504/Tel. 015395 68836

After 18 years of running the Exchange, the Committee has decided to change the programme of Exchanges. There will no longer be a regular lunch on the first Wednesday of the month, but a number of special lunches and afternoon tea events throughout the year. There will still be an Exchange on the First and Third Wednesday of the month, where we will serve the usual tea, coffee and cake from 2-4pm. These will now be known as T@2.

A list of all the events for the coming year can be found below: -

#### **T@2 - Tea/Coffee and Cake – 2-4 p.m.**

21<sup>st</sup> February

6<sup>th</sup> & 20<sup>th</sup> March

17<sup>th</sup> April

15<sup>th</sup> May

5<sup>th</sup> & 19<sup>th</sup> June

17<sup>th</sup> July

7<sup>th</sup> & 21 August

4<sup>th</sup> & 18<sup>th</sup> September

16<sup>th</sup> October

6<sup>th</sup> & 20<sup>th</sup> November

18<sup>th</sup> December

#### **Lunches – 1-3 p.m. Bookable in Advance**

3<sup>rd</sup> April Spring Lunch

2<sup>nd</sup> October Macmillan Harvest Lunch

4<sup>th</sup> December Christmas Lunch

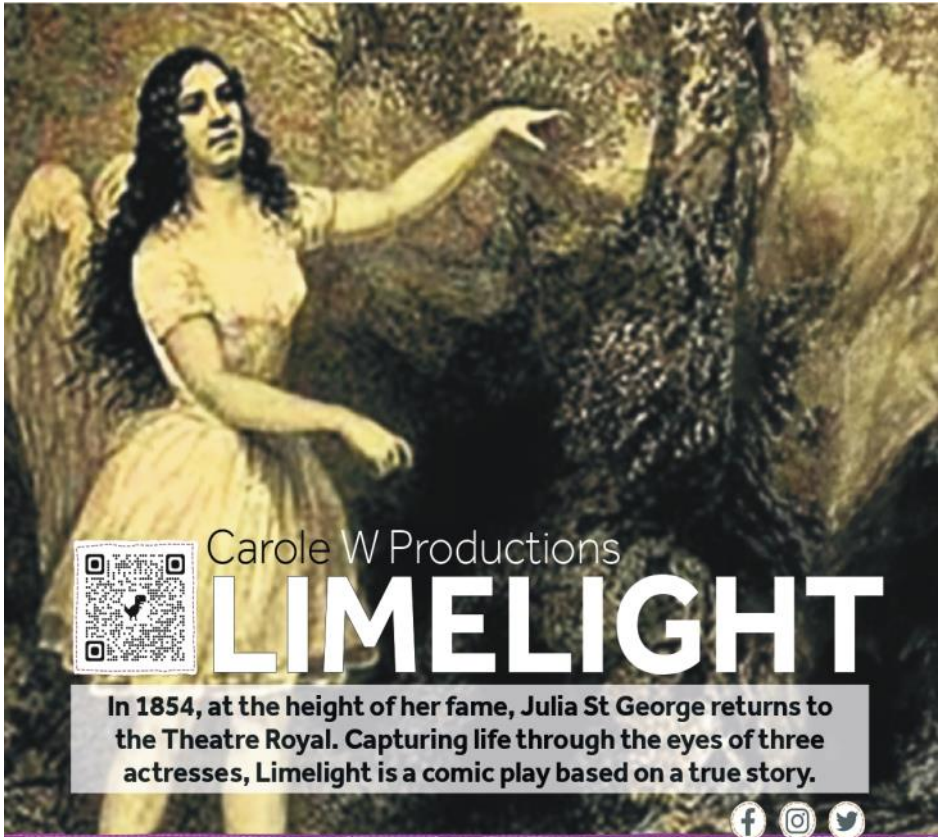
#### **Afternoon Tea – 2-4 p.m.**

#### **Full Afternoon Tea Bookable in Advance**

1<sup>st</sup> May Day Afternoon Tea

3<sup>rd</sup> July Afternoon Tea in aid of Dementia Charities





Carole W Productions

# LIMELIGHT

In 1854, at the height of her fame, Julia St George returns to the Theatre Royal. Capturing life through the eyes of three actresses, *Limelight* is a comic played based on a true story.



## Helsington & Brigsteer Village Hall

LA8 8AL

Sun 21 April 7:30pm

BYO drinks

Tickets £12 | 07771 737629

book online: [www.highlightsnorth.co.uk](http://www.highlightsnorth.co.uk)



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Brigsteer WI invites you to a

# Vintage Afternoon Tea Party

& Brigsteer Archive Exhibition

Come and take a look at our display of photos and documents from Bygone years in Brigsteer while enjoying afternoon tea

**Sat 16th March 2-4.30pm. Brigsteer Village Hall**

Entry by donation in aid of Brigsteer Village Hall



For more details please call either  
Sue on 07718 904082 or Liz on 07894 710014

# NOTICES FOR INDIVIDUAL PARISHES

## BRIGSTEER



### The Thief's Tale

Let the wool pulling, boat rocking and luck pushing commence! Come and shake a fist at the injustice of things...

The thief, Conall Cروي, was once a hero of the people, but he has left behind his thieving ways for a life of domestic obscurity...until three hapless young lads come to his door and he reluctantly agrees to One Last Job, with predictably disastrous results! Part epic adventure, part anxiety dream, this thrilling Celtic tale is brimming with monsters, madness and gruesome humour. If you like your stories dark and twisty, THE THIEF'S TALE is for you! DANIEL MORDEN is one of the UK's favourite storytellers. He has travelled the world performing traditional stories, from the Arctic to the Pacific to the Caribbean. He is the author of many award-winning anthologies of traditional stories, and is well known as the storyteller with THE DEVIL'S VIOLIN. In 2017 he was awarded the Hay Festival Medal.

Visit: [www.danielmorden.org](http://www.danielmorden.org)

**Stealing Thunder Story Nights** is a monthly evening of performance storytelling for grown-ups featuring some of the UK's most renowned storytellers.

**Date:** Saturday 9th March, 7.30pm (Bar from 7pm)

**Venue:** Brigsteer Village Hall

**Tickets:** £10 card or cash on the door - Bar, snacks, cakes, hot drinks and a warm welcome. Suitable for 12+.

**Contact:** [emily@emilyhennessey.co.uk](mailto:emily@emilyhennessey.co.uk) 07890112574

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

## **DAMSON DAY**

Come and join us to celebrate the arrival of Spring in Westmorland and the glorious damson blossom. A fun filled family day out packed with local crafts, local produce, entertainments, and refreshments.

**Damson Day Saturday 13 April - Westmorland Showground, Crooklands LA7 7NH.** For more information on Damson Day competitions please contact: [info@lythdamsons.org.uk](mailto:info@lythdamsons.org.uk)

## **CROOK**

The Soup and Sandwich lunch on the third Thursday in the month, held in the Memorial Hall, is well supported. The "Souper Ladies" provide a choice of delicious home-made soups and it is an occasion to keep warm and meet up with friends.

The first Tuesday in the month is when there is an invitation for anyone to drop into Crook Church between 10 and 12 noon for a relaxing coffee and chat. In February everyone enjoyed the chance for a catch up, as the previous two gatherings had been cancelled due to the snow.



## **NOTICE**

The next meeting of Crook and Winster Parish Council will be held at Winster Village Hall on Thursday 21<sup>st</sup> March at 7.30pm.

All are welcome to attend.

**Kevin M Price. Parish Clerk.**

**Magazine Editor next month:** Jolyon Dodgson (01539 552222)

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.

07826 800469 [brierleyl@yahoo.co.uk](mailto:brierleyl@yahoo.co.uk)

### **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.

## **WITHERSLACK**

*Café Church*

*Sunday 24th March*

*10am in Witherslack Parish Hall*



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

### **DONATION**

Anne Walshaw has kindly donated the £100 raised from the sale of Tony's Kayak, which he made to Witherslack Church **Tony's Tower Fund**.

Many thanks for this Anne.

### **NOTICE**

The next meeting of Witherslack Meathop & Ulpha Parish Council will be held at Ulpha Farm, on Thursday 28<sup>th</sup> March at 7pm.

All are welcome to attend.

**Kevin M Price. Parish Clerk.**



Citizens Advice is finding that people are losing time and money trying to deal with consumer problems. Here are some tips:

**1. Delivery problems** - It's the seller's responsibility to make sure the item is delivered to the address given. Contact them directly. If they claim they've delivered it or don't know where it is, you can ask for a redelivery, or possibly a refund.

**2. Defective goods** – you have legal rights to a refund, repair or replacement if the item you bought is broken or damaged, unusable, or not what was advertised.

**3. What if I change my mind?** - If you buy in store, you don't have a legal right to return goods if you've simply changed your mind. If you buy online you usually get a cooling off period, but there are some exemptions – check first.

**4. Pay safe** - Pay by card so you have another form of protection. Be cautious if you're asked to pay in an unusual way, such as in iTunes vouchers, as this could be the sign of a scam.

**5. Making a return** - Get proof of your return - a receipt from a shop or proof of postage, and tracking where possible. Check the service you use covers the value of the goods.

***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](http://www.southlakescab.org.uk)**
- **Help to Claim (Universal Support): 0800 144 8 444**

## The Historical Context of the Crucifixion    March 2024

Our worship and reflection on Good Friday focus on Jesus' suffering on the cross: the crucifixion as the supreme sacrifice and means of redemption. But the gospels also tell us in detail about his capture, his appearance before the Jewish Sanhedrin, and the appeal to Roman authority for the death penalty. It's a familiar story. But if we set these events in the larger context of the history of the region, the narrative sharpens as a revealing account of occupation politics. Occupied Judaea was a subsidiary part of the Roman province of Syria. It was administered by Pontius Pilate, a man of middle rank, holding authority under the Governor of Syria, who controlled the area's legions. Pilate's role, as procurator, an administrative functionary, was to keep order and collect taxes. Romans, chiefly interested in reaping the economic benefits of occupation and maintaining imperial order, often tolerated local customs. So, in Judaea they allowed the Jews to practise their religion and to keep their own religious court. But the Romans reserved for themselves the right of capital punishment and, just as they did elsewhere, they made use of carefully chosen collaborators. That was how the kingly family of the Herods came to power: they were outsiders from Idumea, who were put on the throne by the Romans. The same applied to the Jewish High Priests: they were also Roman appointees.

With this context in mind, we can see more clearly how things played out. The Sanhedrin, the Jewish religious court headed by the High Priest, had religious objections to Jesus' teaching and especially his claim to be the Messiah. But in order to have him killed, they had to get the Romans on board. So, recognising that an argument about Messiahship would have been dismissed as an entirely Jewish matter, the case they presented to Pilate was that Jesus claimed to be King of the Jews. As collaborators, who needed Pilate on their side as much as he needed them on his, they would have shared an awareness that a claim to kingship was a potential threat to the structures of occupation that the Romans had put in place through their appointees, and also a possible rallying point for rebellion. Pilate was not convinced of Jesus' guilt, and would anyway have seen him as a highly improbable candidate for crucifixion since this was a means of death normally reserved for common criminals and slaves. However, it was also sometimes used for traitors, so when Pilate gave in, he covered his own back by insisting that a board describing Jesus as King of the Jews be fixed to the cross: a crucifixion by someone of his middling rank had to be justifiable to his superiors, so it was expedient to make sure that Jesus was presented as a traitor in Roman terms.

Cont'd



We should also remember that this was a volatile situation. Pilate, normally based at the then Roman headquarters in Caesarea, was only in Jerusalem to see that things did not get out of hand during the Passover, when feelings ran high and the Romans feared riots. Yet, as a mere procurator, he had no significant body of soldiers under his command. Exposed as he was, and faced with a crowd demanding crucifixion, fear must have been a considerable factor. Events were driven by self-interest and political manoeuvring, with justice and morality undermined by the corrupting demands of occupation and collaboration. Such are the human failings at the heart of the crucifixion narrative.

Joyce Hill

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**Carer Support**  
SOUTH LAKES

**Carer Support South Lakes identifies the needs of unpaid Carers of any age and provides quality services, support and advocacy to promote health and wellbeing.**

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**By giving only a couple of hours of your time each month you really would be making a meaningful difference in your community.**

If you think you could help us by becoming a:

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- Home Help Gardener**
- Here to Hear Telephone Caller**
- Fundraiser**

we'd really love to hear from you

Please call **01539 815970** or email **volunteerservices@carersupportsouthlakes.org.uk**

**[www.carersupportsouthlakes.org.uk](http://www.carersupportsouthlakes.org.uk)**

### **BRIGSTEER**

On Valentine's evening 17 members met in the village hall. Beryl led the meeting, we wished Muriel, Dorothy and Pauline a Happy February Birthday. We're busy preparing for our Vintage Afternoon Tea in the Village Hall on 16<sup>th</sup> March. Sarah and Marion have made a start on the Peter Rabbit Patchwork Quilt Project and Marion showed us her first square, which is proving more complicated than first thought so will take us some time to complete. Members brought donations for King's Food Bank which Marion will take in. Names were also taken for a trip to the cinema, as well as the Group Meeting on 21<sup>st</sup> March. We welcomed Sinead McCann from Growing Well - Sizergh Farm who gave us an excellent talk on their work helping people with mental health issues. Sinead was keen to encourage more people to get involved in this important local charity. Next month we have an Open Meeting when local resident Andy Clifford will be telling us all about Fixing the Lake District Fells. This is on Wednesday 13<sup>th</sup> March at 7.30 and open to all from 8pm. New members and visitors are very welcome. Call Sue or Liz on 07718 904082 / 07894 710014

### **CARTMEL FELL**

Following the cancellation of the Christmas dinner due to the snow at the beginning of December, the rearranged date of 17th January, proved to be the same! On the morning of 17<sup>th</sup>, 4 members and one husband managed to travel to J36 to meet Bill Nelson at 1818 Auction House, this was a follow up of a talk given by Bill in Spring. Following an interesting and informative tour, lunch was enjoyed at Cafe Ambio.

Eventually, 26 members and friends enjoyed a very good dinner at the Brown Horse, Winstar on 31st January. Julie Balshaw was presented with the president's prize, having entered the most competitions during the year.

A good raffle, 2 table quizzes and secret Santa made for a memorable evening. For our monthly meeting we were warmly welcomed by Lesley to Goswick Hall. 18 members were present. The speaker was Simon Eyres our Community Beat Officer. He explained his role, the changing patterns of crime and the matters at the forefront of today's culture causing problems. He answered many questions before judging the competition for 4 biscuits, placing Sue, Jane E and Ruth. Molly won the raffle. Next month we will meet in the hall on 6th March, where Harry Hawkins will speak on Monasteries of Cumbria. As always prospective new members and visitors will be most welcome.

### **CROOK**

The February meeting of Crook WI was an "open meeting". The speaker was Matt Staniek who is the driving force behind the Save Windermere Campaign and we were very pleased to welcome a good number of visitors. Matt is a good speaker and provided much information and lots of examples of data and statistics about the worrying state of the water quality in the lake and the level of pollution. People felt they were given much to think about. There is a lot of information on the website: [www.savewindermere.com](http://www.savewindermere.com) for anyone who might be interested. Matt was enthusiastically thanked by Penny Bell. There followed the business meeting and members were encouraged to vote for the resolution they would like to be chosen to go forward for debate at the Annual Meeting of the National Federation of the WI at the Albert Hall in London in June.

## CROSTHWAITE & LYTH



Crosthwaite and Lyth W.I. would like to invite you to our open meeting

Date: Wednesday 20<sup>th</sup> March

Time: 8pm

Speaker: **Dr Simon Le Frenais** Telling us about **Robert Fitzroy: The Beagle's Tragic Captain**



Cost: £4.00, Includes light refreshments

Men are welcome too! (We're hoping for better weather this time!)

## UNDERBARROW

At the February meeting of Underbarrow W.I., our speaker was Ms Angela White, the "Running Granny", who talked to us about Ageing Well.

The next meeting, to be held on Wednesday 13<sup>th</sup> March at 3.00pm at the Institute, will be an Open Meeting, meaning everyone is welcome, as this is a subject of great local interest and relevance. Suzanne Bleakley from the Morecambe Bay Trust will be talking to us about "Conserving Curlews, a tale of dedication and hope". Everyone is welcome at this meeting, men and women, WI members or not. The cost is only £3 including a brew.

## Come to the Underbarrow W.I.

### Kitty Brown Ladies Fashion Show

WEDNESDAY APRIL 10<sup>TH</sup> 7.30pm

At Underbarrow Institute LA8 8HQ.

Everyone is welcome, W.I. Members and Non-Members.

£3 entry includes refreshments.

Queries to Maggie 07887881011

# 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

**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)

### 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

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

### Advertise in the Two Valleys Parish News

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

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## The Witherslack 2024 Calendar



### In aid of the Witherslack Community Shop

This year, as requested, we have composed the Witherslack 2024 Calendar with Witherslack views. It is illustrated with 12 amazing photos of local views and sites, and is suitable for sending to your friends and relations. The Calendar is only available from the Witherslack Community Shop and is very reasonably priced at only £8 each. As with last year's calendar we expect the demand to be high so don't delay, order your calendars at the shop today.





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