

TWO VALLEYS PARISH NEWS



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

December 2025

80p



St Anthony's, Cartmel Fell

Saturday 20th December at 5pm

Adrian Self will be playing the organ and, as many of you know,

St Anthony's looks spectacular in the candlelight.

The Carol Service will be followed by mulled wine and mince pies.

A wonderful start to the festive season!

All welcome.

Cover photo: Unsplash.com
Church miniature pictures from watercolours by John Wilcock

Church Services for DECEMBER

Thursday 4th December

9.00am Crosthwaite School Christingle in St Mary's – all welcome

Sunday 7th December

2nd Sunday of Advent

9.30am	Witherslack	Morning Worship (CW)	Dorothy Grace
9.30am	Underbarrow	Holy Communion (CW)	Rev. Ian James
11.00am	Winster	Holy Communion (BCP)	Rev. George Briggs
11.00am	Crook	Morning Worship (CW)	Nick Gray

Sunday 14th December

3rd Sunday of Advent

9.30am	Cartmel Fell	Holy Communion (BCP)	Ven. Vernon Ross
9.30am	Underbarrow	Holy Communion (BCP)	Rev. Simon Howard
11.00am	Crosthwaite	Holy Communion (CW)	Ven. Vernon Ross
11.00am	Crook	Holy Communion (CW)	Rev. David Parsons
3.00pm	Witherslack	Christingle Service	Witherslack Lay Team

Saturday 20th December

5.00pm Cartmel Fell Carol Service Nicola Whitehead

Sunday 21st December

4th Sunday of Advent

11.00am	Winster	Christmas Carol Service	Rev. Beverley & Brian Lock
2.00pm	Crook	Christmas Carol Service	Rev. George Briggs
3.00pm	Witherslack	Christmas Carol Service	Rev. Rob McLellan
4.00pm	Helsington	Christmas Carol Service	Nicola Whitehead
5.00pm	Crosthwaite	Christmas Carol Service	Rev. Beverley and Brian Lock

Wednesday 24th December Christmas Eve

4.00pm Underbarrow Christmas Carol Service Rev. Bob Dew
4.30pm Crosthwaite Crib & Carols Rev. Beverley Lock
9.00pm Cartmel Fell Midnight Communion Rev. Beverley and Brian Lock

Thursday 25th December Christmas Day

9.30am Underbarrow Christmas Communion Rev. Bob Dew
10.00am Crook Christmas Celebration Nick Gray & Tony Fitch

Sunday 28th December

1st Sunday of Christmas

10.00am Witherslack Two Valleys Carols Ben McLeod

A LETTER FROM GEORGE BRIGGS

Some years ago my cousin's twins came home and announced they had a part in their school Nativity. What part is it? Alligators, they said. Oh, she replied. The next day they returned with a correction: not Alligators, Navigators, they said. Right, she replied – thinking the costume would, at least, be easier. The next day they returned from school with the script marked Narrators. Suddenly things became clearer! Have you ever taken part in a Nativity Play? Who were you? The narrator? An Angel, or the Angel? Mary or Joseph, the innkeeper – or the innkeeper's wife, shepherds, animal extras, wise men, stars...?



What are your expectations this Christmas? There's a big cast of characters in the nativity – all had a very different experience of the first Christmas. Mary and Joseph at least knew some of what was coming but it was a complicated and exhausting journey to get there, quite possibly made more difficult by family tensions it may have been good to leave behind. What about the Innkeeper, busy as never before with the census, but a hectic time too, and embarrassing and awkward having nowhere better than the stable for the young mother to have her baby. What about the angels, they seemed to have a great night - singing, shouting, they simply couldn't contain their joy! The shepherds really weren't expecting anything out of the ordinary, and got the fright of their lives, and then the night of their lives when the angel told them: God's doing something amazing – see for yourselves, and they did... As for the donkey and the animals – a bit of unusual activity, a few visitors, and an unidentified sleeping object in the feeding trough, but essentially it was a pretty good night. Then there are a few other cast members: Herod, his advisors, the Magi... I wonder whether our Christmas will be anything like any of theirs.

In the Nativity there seem to be two groups, with very different experiences. Firstly, those who got wind of the story but didn't get too closely involved because Christmas didn't seem to be good news: Herod was really quite afraid of the implications of a new king, and his advisors knew all about God but thought Christmas a very doubtful event and were above going to look for themselves. Christmas definitely wasn't joyful for these few.

Then we look at those who got caught up close in the story, some more deliberately than others, and each got to see something quite extraordinary and unusual and each came away knowing that God was up to something truly beautiful: that he had

chosen to make his home with us, to lead us into a brand new life – with forgiveness, hope and joy.

My prayer for you and for me this Christmas is that we'll find ourselves among those in the second group: for whom that first Christmas might have been wild, surprising, challenging, but ultimately it was an astonishing discovery of just how far God will go to reach us, and to draw us to his love!

With every blessing for Christmas – and a warm invitation to all the Christmas celebrations in the Two Valleys,

Rev George Briggs

‘Pilgrim’

A 6-session course

exploring Christian faith and spirituality.

Introductory gathering Sunday January 25th, 4pm.

For more information see the January magazine
or contact Revd Simon Howard.

Email revdsimonhoward92@outlook.com

Text 07719889577

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 or phone one of the editors to find out more.

CALLING ALL PARISHES

CONFIRMATION

'This is what I believe'.

Confirmation is a service in church where the Bishop comes to hear people of all ages confirm for themselves the promises that were made at their baptism or if they have not been baptised to baptise them too.

These promises can be summarized as believing and trusting in God. He then lays hands on their heads and asks God to

'Confirm O Lord your servant....with your Holy Spirit.'

It is a very special opportunity to be able, in public, to say

'This (the Christian faith) is what I believe.'

It is usual for those who want to make this commitment to meet with a minister for a few sessions before this event to clarify one's thoughts and ask any questions.

We are delighted to welcome the Bishop of Carlisle to our service of Confirmation on **Palm Sunday (29th March) 2026** at Crosthwaite Church.

If this is something that you would like to consider and for more details please contact: beverley.lock@carlislediocese.org.uk

THE LANDOWNERS OF CROSTHWAITE AND LYTH SAVE THE DATE

The Annual General Meeting of the Charity will be held on
Tuesday 3rd February 2026 at 7.00pm.

Due to a retirement we will be seeking one Trustee to join the Charity. To register an interest please apply to Mr. Julian Lambton (Agent) at GSC Grays by email, jel@gscgrays.co.uk with a summary of experience and skills you could offer before Friday 16th January.

There will be a presentation at the meeting, with opportunity to comment, on proposals for the land next to the Recreation Field, purchased this year for the village by The Landowners.

Further details of the AGM, including venue, will be in next month's TVPN.
Martin Casson. Chair of the Trustees.

TWO VALLEYS PARISH NEWS SUBSCRIPTION 2026

We wish all our subscribers a very Merry Christmas and a happy New Year.

The Two Valleys Parish News subscription for 2026 will be **£10** for 12 issues.

The reason for the cost increase is the fact that the printing costs for the magazine increased during 2025 but this was absorbed by St. Mary's church. The printing costs for 2026 will increase by a similar amount and therefore it is necessary to pass some of these extra costs on to you, our readers.

We very much hope that you still believe the magazine offers excellent value for money, at less than 90p an issue.

Please pay your **Parish Distributor** promptly in January.

If you want to pay by cheque made payable to **Crosthwaite PCC**
please sent it to Lorraine Brierley at the address below.

If you receive your TVPN by POST then the cost for the next year is **£21**.

Please send cheques to:

Lorraine Brierley, 4 Whitbarrow Grove, Levens, Kendal, LA8 8LT.
Tel: 07826 800469

BRIGSTEER & HELSINGTON MAGAZINES

We are very grateful to Marilyn Taylor for so efficiently organizing in past years the distribution of the Two Valleys Parish News in Brigsteer & Helsington; she has now passed that task to me, Mike Fleetwood.

Please contact me if you no longer wish to receive the magazine in 2026 or have any queries.

Otherwise please pay the new **annual subscription of £10** by cheque or cash given to me or one of our delivery team.

If your magazine is posted to you, please send me your payment of £21 by cheque made payable to PCC of Underbarrow with Helsington.

You may find it easier to pay by bank transfer to the following account:
PCC of Underbarrow with Helsington
Sort Code: 20-45-28 a/c No.60897809

quoting your surname as your reference and telling me that you've paid that way.

My contact details are:

Lyth View, Brigsteer, Kendal LA8 8AL

mikejohnfleetwood@gmail.com

Tel. 015395 68148

Kendal South Choir
Conducted by Geoffrey Field

A Season to Sing

Saturday 6th December at 7.30pm
Stricklandgate Methodist Church, Kendal

Andy Plowman (organ)
AnnaKate Pearson (harp)



A Season to Sing by Joanna Forbes L'Estrange
A setting of Vivaldi's *The Four Seasons* co-commissioned by Kendal South Choir

A Ceremony of Carols by Benjamin Britten

Ring Out, Wild Bells by Percy Fletcher

and traditional Christmas Carols for audience participation

Tickets £15 (under 18s free) via TicketSource,
choir members, or kendalsouthchoir.weebly.com



making
music

**ticket
source**

STAVELEY CHORAL SOCIETY CHRISTMAS CONCERT “THAT NIGHT”

Staveley Choral Society's Christmas Concert will be held in Staveley Village Hall, on Monday, 15th December, starting at 7.30 p.m.

The format of the concert is a collection of poems by Robert Dew, programmed together with a selection of gorgeous music and traditional Christmas Carols.

As usual, we are joined by children from Staveley Primary School.

Expect surprises and delight, warmth and a welcome, plus a raffle.

Tickets, including refreshments: Adults £10, Children £5

Available in December from Staveley Pharmacy, SCS Members, or on the door

Enquiries: staveleychoralsociety@gmail.com

HOW TO TRAIN YOUR DRAGON (NEW FOR 2025) cert PG SUNDAY 28TH DECEMBER 5.30 P.M.



CROSTHWAITHE CINEMA
A DIFFERENT KIND OF NEIGHBOURHOOD CINEMA

**TICKETS:
£6 ON THE DOOR**

£5 IN ADVANCE*

*Account No:

31440969

Sort Code: 40-26-02

Account name:

Argles Memorial Hall
Crostwthwaite
(use surname+ Dragon)



**ON SALE
POPCORN * SNACKS * ICE CREAMS**
Crostwthwaite Memorial Hall
Doors Open at 5 pm

FILM NIGHT

A collaboration between
Cartmel Fell Volunteers & PEAT

Thursday 04 dec

Doors open 6:30 pm
Screening 7:00 pm

WILDING

Wilding tells the story of a young couple that bets on nature for the future of their failing, four-hundred-year-old estate.

**Cartmel Fell Parish Hall
LA11 6NH**

Book online

www.cartmelfellvolunteers.com/events

Adults - £5 / Children - £2.50

Tickets sold on the door, subject to availability



Peninsula
Environmental
Action
Together

**CINEMA
FOR ALL**



NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

ST ANTHONY'S CAROL SERVICE

Saturday 20th December at 5pm (See page 2)

Join us for our candlelit Carol Service followed by mulled wine & mince pies. All welcome.

We will be decorating the church at 10am on Saturday 20th December.



CARTMEL FELL VOLUNTEERS

PHOTO EXHIBITION

Thank you to everyone that visited our Exhibition of recent photographs at Cartmel Fell Parish Hall and to everyone that contributed to its success. Over 120 people visited that weekend, each voting for their favourite print out of 116, and leaving some lovely comments in our visitors book.

The "people's choice" vote winner was Laura Martin, with a festive photo of St Anthony's at Christmas. Our 2026 Calendar cover photo winner selected by our guest judge, Eric Pye, was Helen Caldwell, with "September Sunrise" taken on Ludderburn Hill.

See all the winning entries at www.cartmelfellvolunteers.com/calendar

CARTMEL FELL AND DISTRICT LOCAL HISTORY SOCIETY

We end the 2025 Programme with a talk by Keith Sutton on "**Cumbrian Newspapers**" on **Monday December 8th at 2pm**. Keith Sutton has been Editor of Carlisle News and Star, Editorial Director of Cumbrian Newspapers Group and President of the Society of Editors.

2026 will start on January 12th with our AGM, followed by Members talks

FILM NIGHT

"WILDING" at Cartmel Fell Parish Hall on Thursday 4th December, doors 6.30pm and a cash bar. Trailer: <https://youtu.be/u1nBnpSz9U>. See page 10 for more details.

The Thirlmere Aqueduct - An illustrated talk

95.9 miles of tunnels, pipes and water courses, taking 50 million gallons of water daily between Thirlmere and Manchester.



John Butcher was the United Utilities engineer and manager of the aqueduct for 30 years. His talk takes you on a fascinating journey from Thirlmere to Manchester, from conception to completion and current usage.

Brigsteer Village Hall Friday December 12th 2025 7-30pm

Tickets £10 per person to include interval tea or coffee

CASH ONLY AT THE DOOR

Please reserve your seats by email - FtFtalk@gmail.com

(This is a very popular talk, reserve ahead to avoid disappointment)

John is kindly supporting Fix the Fells with no fees for his talk.

Fix the Fells - caring for the upland footpaths, dealing with footfall erosion, and maintaining the Lake District National Park.

Talk organised by Andy Clifford - Fix the Fells Volunteer



EXCHANGE
CHRISTMAS LUNCH
10TH DECEMBER
12.30 p.m., for 1 p.m.

A 2 course lunch followed by
Coffee and Chocolates
Complimentary glass of mulled wine
on arrival

Tickets on sale at the Exchange
£20 per person
PLACES LIMITED
Join us for a festive afternoon
All Welcome
BOOKING ESSENTIAL

Please book by 4th December
Contact Geraldine
07766 646504



CROOK

CHRISTMAS COFFEE EVENING 6 DECEMBER

There will be a Christmas Coffee Evening in Crook Memorial Hall at 7p.m. on Saturday 6th December. Everyone is very welcome and there will be the usual games and raffle.



HARVEST THANKSGIVING SERVICE

There was a good congregation at St Catherine's for our Harvest Thanksgiving Service. The church had been decorated beautifully by the ladies, organized by Audrey Rowlinson. After the service there was a bring and share lunch in the Memorial Hall. Following lunch we enjoyed hearing reminiscences by Tony Fitch from the time he was practising as a country solicitor.

REMEMBRANCE SUNDAY SERVICE

Remembrance Sunday is always very poignant. When the centenary of the ending of WWI was remembered, folders were produced with a history of each of the men from Crook who had died during both world wars. They are remembered by name each year.

CROOK CHRISTMAS SERVICES

The Carol Service will be at 2pm on Sunday 21st December and there will be no morning service that day. There will be a short service at 10.00am on Christmas morning and no service at all on Sunday 28th December.

CROOK WI

Recently the Lyth Valley Group of WIs had an excellent meeting held at Crook Memorial Hall. We enjoyed a flower demonstration given by Joan Bentley who not only produced some beautiful creations but also shared some amusing stories. Joan kindly donated her creations for the raffle.

CROSTHWAITE

ST. MARY'S CHRISTMAS FLOWERS

We will be decorating the church for Christmas on Saturday 20th December at 1pm. If you would like to help, please do come along and join us.



UNDERBARROW



MARROW DAY

A HUGE Thank you!

On Marrow Day 2025 you helped raise an incredible £4051. Because of your generosity we are able to donate £4000 to Cancer Care Lancashire and South Lakeland. <https://cancercare.org.uk/>. This money will go towards supporting local people coping with cancer or grief of a loved one.

We are constantly amazed by and appreciate the support we receive each year from sponsors and local businesses. We couldn't achieve this fundraising total without your help!

Thank you to everyone involved, - the time, effort and behind the scenes work that goes into organising such successful events is greatly appreciated. Thanks to you all—from our amazing hard-working committee, our fantastic local community, stall holders, to the Young Farmers & the public for coming along and joining in. We hope everyone enjoyed the day as much as we did! We were very thankful that the rain stopped enough for the event to go ahead!

BIG BREAKFAST!

Following hot on the heels of the success of Marrow Day we held a Big Breakfast joint fundraising event with The Underbarrow Institute on Sunday October 26th. The Big Breakfast, together with a raffle on the day raised nearly £1200!

Nearly 100 Big Breakfasts were made and consumed on the morning! Lots of comments were received on the delicious quality and quantity of the food. A huge thank you to the Black Labrador Team and the committee members from both Underbarrow Marrow Day and Underbarrow Institute for their hard work.

The funds raised allowed us to make a donation of £1000 to Flynn's Barn which provide specialist support for the young cancer community.

<https://www.flynnesbarn.org/>

Thanks again to all involved for your support. We are blown away by it!

MAGAZINE DEADLINE

Items for entry to the Editor by 12th of previous month by e-mail please:

tvn@crosthwaiteandlyth.co.uk

Magazine Editor next month: Colin Edwards (07776 305668)



ALL WELCOME AT THE NEW MONTHLY

Coffee Mornings

at Underbarrow Village Institute

SATURDAY

6

DECEMBER

10 AM - 12 NOON

AND EVERY FIRST SATURDAY OF THE MONTH

Proceeds to Institute funds

Any questions/suggestions - contact Jenny on 07957211325

Made with PosterMyWall.com



The Underbarrow "Senior Citizens" Christmas Social Sunday 11th January 2026 1-4 pm



**Hot lunch with home-made desserts
Talk by Growing Well - horticultural mental health charity**

Do you live in Underbarrow and are you or a member of your household 65 or over? You're invited to celebrate the new year with a meal, drink & catch up with other members of the community, and a chance to hear the positive story of 'Growing Well' who have been successfully providing mental health support through fruit and vegetable growing at Low Sizergh for over 20 years, and have now opened two more sites to enable them to offer their much needed support to anyone in Cumbria.

The event is funded by the institute and the parish council but donations to the institute or to Growing Well are welcome and please bring cash if you would like a drink from the bar.

**RSVP please to Valerie O'Loughlin on 015395 68655 / 07502548070
or Stephen Carruthers on 015395 68717
by Wednesday 7th January**

WITHERSLACK



RED ROSES OF CHRISTMAS REMEMBRANCE IN ST. PAUL'S

This year we are offering anyone in the Two Valleys the opportunity to sponsor a red rose in remembrance of a loved one (a minimum donation of £3.00 per rose). These red roses will be displayed in the church over Christmas 2025. The name of your loved one (with your name) will also be displayed in the church porch for this period. It is a beautiful way of remembering friends and family who are no longer with us. We usually have at least 100 red roses!

The roses must be ordered on the 6th December so that they are in place for the carol service. There will be a sponsor form in the shop this week. Please pay by cash or get in touch with lizcroy@yahoo.co.uk.

CHRISTINGLE SERVICE

Sunday 14th December at 3 pm in St Paul's Church.

Open to all. Parents, Grandparents, friends please bring your children to St Paul's Church to help make your own Christingle.

CHRISTMAS CAROL SERVICE

Sunday 21st December at 3.00pm in St Paul's Church.

Everyone come and enjoy singing lots of carols. Also have coffee/mulled wine and mince pies.



REPORTS & NEWS

BRIGSTEER WI

We had our AGM this month when, amongst the usual business items, Liz showed us a selection of photos from our activities this year. It was a lovely reminder of the fun we had enjoyed. Our speaker was Luke Steer, arboriculturalist, who talked on 'the Langdale Tree Story'. We discovered how we could learn about the history of the valley by looking at the trees and their distribution. This month Brigsteer WI sent a team to the WI quiz at Witherslack village Hall. The quiz was very wide-ranging and we were pleased to hear our team was joint 3rd in that group, possibly an unexpected result! Next month we look forward to Carol singing round the village and our Christmas party in the village hall, with a Jacob's Join, Secret Santa, and festive collection for the food bank.

CARTMEL FELL WI

17 members enjoyed a tasty and varied Jacob's Join supper following the Annual Meeting. The office holders were happy to continue in their positions. Laura reported a healthy state regarding our finances and Lesley reminded us of all we had enjoyed during the year. Julie thanked all members for their hard work and support and judged the competition placing Julie B and Molly. The next meeting will be the Christmas dinner at The Brown Horse, when friends will be warmly welcomed.

CROOK WI

Crook WI had a most interesting meeting in November when our speaker was Libby Banfield, the daughter of one of our members. Libby founded a company called "Soar with Us". Unfortunately, her co-director Silpa was unable to be with us due to train cancellations. They run courses, team building events and also workshops in women's refuges. Their emphasis is on teaching personal safety and self defence. Girls can be helped to feel confident, positive, and empowered and in charge of their lives. She showed us several excellent practical ways of protecting ourselves, especially when feeling instinctively unsafe. There were plenty of simple suggestions too, and we should remember that personal safety is about awareness, attitude and action.

CROSTHWAITE & LYTH WI

Crosthwaite WI enjoyed an interesting talk from Simon Cane at their October meeting on the flora of South Africa. Simon had been a walk leader for many years taking hikers around South Africa. He got to know the country and its habitats very well. He described the different areas, and which plants thrived where. Lovely photographs, using the new full screen projector installed in the Hall, brought each flower to life. So many plants originating there found their way to Britain, as plant hunting became fashionable, and have since become stalwarts in our gardens here in Crosthwaite. Simon was thanked by Geraldine Wilson. Our next meetings are the November AGM with cheese and wine, and our Christmas party on Dec 17th. Do join us in 2026 when we have a lively programme. Meet new friends, have fun, and keep learning!

WITHERSLACK WI

Witherslack WI held their 101st AGM in November. With all the committee members standing again, we decided that we would all remain in our current positions. Members were thanked for their help in hosting the WI quiz in November making sandwiches and traybakes and serving teas.

Steve Ratcliffe gave us a talk and slides showing his trip to China. It was very interesting to hear about the National Parks where people were not allowed to walk so that the animals and fauna could develop undisturbed. He particularly enjoyed going to the very successful Panda Breeding Centre.

We are looking forward to our Christmas meal in December and also our talk in January about The Story of Bibbys with whom many of our members have enjoyed coach holidays. We would like to invite anyone who wishes to hear this talk to Witherslack Parish Hall on 13th January.

THE FEAST OF STEPHEN

The title of this month's article, as I'm sure everyone will recognise, is from the opening of a popular Christmas carol: *Good King Wenceslas looked out on the Feast of Stephen*. Wenceslas was Prince and Duke of Bohemia from 931 to probably 935, when he was assassinated by his younger brother. Almost immediately he was held up as a heroic ruler of great virtue, whose death was regarded as a martyrdom. The story familiar to us captures his determination, piety, kindness and generosity. It has its origins in the words of the chronicler Cosmas of Prague who, in c. 1119, wrote, 'no one doubts that, rising every night from this noble bed, with bare feet and only one chamberlain, he went around to God's churches and gave alms generously to widows, orphans, those in prison and afflicted by every difficulty, so much so that he was considered, not a prince, but the father of all the wretched'. The words of the carol were published by an American, John Mason Neale, in 1853. It's wholly imaginative, but its vivid details capture the essence of Wenceslas's virtue as a ruler, for which he is venerated in the Czech Republic.

Mason's poem presents a scene that takes place in the depths of winter, 'on the feast of Stephen', celebrated on 26 December. Stephen is the church's protomartyr, or first martyr (Greek πρώτος, *protós*, 'first'). Our only information about him is in the Acts of the Apostles, chapters 6-8. There we learn that Hellenistic (Greek-speaking) Jews who were following the new teachings of Christ began to grumble that the widows of their community were doing less well from the daily distribution of food than those of the Hebraic Jews. So the twelve Apostles proposed that the growing number of those who were busy with this distribution should appoint seven men 'full of the Holy Ghost and wisdom' who could be relied upon to oversee fair distribution. Stephen was one of these: his Greek name suggests that he was himself a member of the Hellenistic community. The seven were then blessed by the Apostles in an act that later came to be understood as ordaining them as deacons, and so they began their work. Stephen is singled out as being a miracle-worker, full of faith and inspired by the Holy Spirit. But there were members of certain synagogues who challenged Stephen's new Christian teaching. When it proved impossible to defeat him in debate, they orchestrated more hostility against him, made use of false testimony, and had him seized and brought before the Sanhedrin on a charge of blasphemy against Moses. Most of Acts chapter 7 is taken up with Stephen's defence, strongly supporting the ministry of Jesus as a fulfilment of Jewish history and teaching, not a destruction of it. He concludes with a rousing condemnation of the Jews for resisting the Holy Spirit in a manner he describes as 'stiff-necked'. This angered the crowd even more, and so they took him outside the city and stoned him to death, with Stephen committing himself to God as he died, and begging God to forgive them for what they were doing. A young man, by the name of Saul, stood and watched, looking after the cloaks of those doing the stoning. At the time, he was a vigorous persecutor of those who followed the new faith. But he later underwent a dramatic conversion and, as Paul, became one of the great leaders of the early church.

Joyce Hill



I'm stressed about being able to afford food for my family as the colder months set in. We will be spending more on heating, and we're barely making it through as it is. Can I use a food bank if I need to?

You're not alone - Citizens Advice helps lots of people in this position. Food banks are community organisations and you'll usually need a referral before you can use one.

Contact South Lakes Citizens Advice and ask them to refer you. They'll make an appointment for you to discuss your situation with an adviser, who will check you're eligible. If you are, they will make the relevant referral. They can also check if you are eligible for any benefits, assist with budgeting, and tell you about other local help you could get. You can also ask for a referral from another organisation, for example your GP or social worker.

When you visit the food bank, let them know if you have any allergies or dietary requirements. You'll get a food parcel and it will usually contain enough food for three days, and you might also get essential toiletries.

If you live in a rural area or are sick or disabled, the food bank might be able to deliver your parcel - contact them to ask. If the food bank is run by a religious group, they'll still help you if you don't belong to that group.

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. How to access:

- **Call [015394 46464](tel:01539446464) (9.30am – 2pm, Monday – Friday)**
- **Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 1pm, Tuesday and Thursday)**
- **Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday)**
- **email advice via the submission page on our website www.southlakescab.org.uk**

South Lakes Citizens Advice is a local charity based in the heart of South Lakeland. Can you help us by giving six hours a week to train to be a volunteer and help local people, or by joining our Trustee Board, or by donating to support our vital service? If so, please contact Karen – manager@southlakesca.org.uk

Advertising Manager and Magazine postal service:

Lorraine Brierley, 4 Whitbarrow Grove, Levens. LA8 8LT.
07826 800469 brierley@yahoo.co.uk

Two Valleys Churches

"Enriching lives Embracing God"

Cartmel Fell, Crosthwaite, Winster and Witherslack

Vicar: **Vacant**

Reader: **Dorothy Grace** dorothygrace01@btinternet.com **015395 68569**

St. Anthony's, Cartmel Fell

Churchwarden: **Mrs. Vanda Lambton** **015395 31311**

St. Mary's, Crosthwaite

Churchwardens: **Mr. Steven Brierley** **07470 169890**
Mrs. Geraldine Wilson **07766646504/ 015395 68836**
Mrs. Pat Howarth **07765 010252**

Holy Trinity, Winster

Churchwarden: **Mrs. Cath Casson** **015394 44958**

St. Paul's, Witherslack

Churchwarden: **Mr. Richard Coates** **015395 52469**

Underbarrow with Helsington

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

revdsimonhoward92@outlook.com : **07719 889577**

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

Beth Booker assjadmin@stkmail.org.uk : **01539 730683**

Safeguarding Officer for all the above:

Mrs. Jane Eccles **07779 953763**

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

Vicar: **Rev'd. George Briggs,** george@stkmail.org.uk **015395 83058**

St. Thomas Vicarage, South View Lane, Windermere Rd, Kendal.

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

Church Administrator:

Beth Booker assjadmin@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

REGULAR EVENTS HELSINGTON & BRIGSTEER

For bookings contact Ann Bryan 07729101252

Email: villagehall.brigsteer@gmail.com

Monday

Strength circuits	8:15-9:00
Pilates	9:10-10:00

Tuesday

Circle Dance	10:00-11:45
Tea Shop (last Tuesday in the month)	15:00-16:30
Table Tennis	19:00-21:00

Wednesday

Yoga with Tara	9:30-11:00
WI (second Wednesday in the month)	7:30-21:30

Thursday

Dru Yoga	9:30-11:00
Tai Chi	14:00-15:45
Ballroom and Latin dancing	8:30-21:30

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 Sept-May at 2.30pm or 7.30pm. Please check time - gandjviney@live.co.uk

CROOK MEMORIAL HALL

For bookings contact Mrs Kath Jackson 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

CROSTHWAITE MEMORIAL HALL

Please check bookings online at :

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

For Bookings contact Angela Dobson Tel: 07766 881183 or
email: eventsdairy@crosthwiteandlyth.co.uk

Playgroup	Tuesdays & Thursdays 9:30-11:30am (school term time)
Indoor Bowling	Tue & Thur 7.30-10p.m. Oct 7th-Dec 16th/Jan 6th-Mar 24th
Exchange	Tea@2 1st and 3rd Wednesdays of month 2p.m. to 4p.m
	Celebration Lunch 1p.m. to 3p.m. 10th December
Yoga	Wednesdays 7.00-8.30pm (3rd Wednesday from 5 p.m.)
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 7.00pm (September to end of April)
WI	Every 2 nd Wednesday of the month - 2pm, October to March inclusive, 7.30pm, April to September inclusive.
Coffee Morning	Every 1st Saturday of the month 10am - 12noon

WINSTER

For bookings contact Jane Crowe: Tel. 015394 44098

WITHERSLACK

For bookings contact Janet Crowe 07919 988566
janet.crowe@outlook.com

Indoor Bowling	Wednesdays 7.30pm - 10pm (from September to end of April). New members welcome - all equipment is provided.
Parent & Toddler Group	Please check the Witherslack Hub Facebook page for info
Women's Institute	Every 2 nd Tuesday of the month at 7.30pm

Advertise in the Two Valleys Parish News

We have a circulation of 600 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?

**Contact Lorraine Brierley on 07826 800469
or brierleyl@yahoo.co.uk**

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