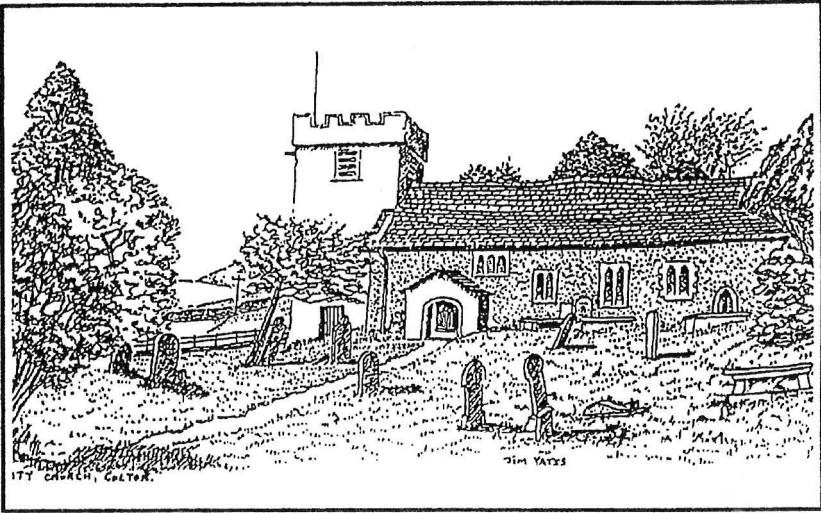




# PARISH NEWS

Holy Trinity Church

# COLTON

# **HOLY TRINITY CHURCH COLTON**

The Church is part of a United Benefice comprising Holy Trinity, Colton,  
St. Luke's, Lowick and St. Mary's the Virgin, Penny Bridge

**The Rev'd. Brian T Streeter, Vicar**

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**Note: Friday is the Rest Day for our Vicar & Anne.**

## PASTORAL LETTER

Sunny Brae  
Greenodd  
ULVERSTON  
LA12 7RG

August 2017

*Dear Friends*

Prince Harry has proved to be a champion of compassion for mental health issues, being very honest about the problems he has endured following his mother's tragic death. Just under a year ago I became a sufferer of deep depression and anxiety. It came upon me suddenly and without obvious cause, although I have always been an anxious person. Happily I'm now in recovery, but the darkness I experienced through depression and treatment was very painful. I had no desire for company and everything was a struggle, but I carried on and became very involved in ministry, particularly in Dalton during their interregnum.

Depression is a common illness and tragically for some quite literally a terminal illness, as I discovered as young curate when I tried to help a brilliant man with a loving family, who one day woke up in the darkness of depression for no apparent reason. He had a brilliant career, a wonderful wife and beautiful children. I took him up and down the country to see Christian counsellors and one particularly famous psychiatrist. All to avail, for one day he ended his suffering at a terrible cost to his family.

I now to some degree realise the pain he was enduring. Much mental illness has no obvious cause, its endogenous, triggered by imbalance in what could be termed brain chemistry. This is often a penalty of years of coping with stress. It's as much an illness as the malfunction of the body in other physical illnesses and for example, just as a diabetic needs insulin support, so many mental illnesses require medical intervention.

There is though, especially for a Christian, a sense of failure at coping. We should know better and Prince Harry has helped to break the silence on mental illness. Post-traumatic stress for example, is now a very recognised condition and benefits much from counselling and medication.

When I was at my darkest times, I found prayer, bible study and reading to be the most helpful support. Rather than feel the absence of the Lord, I felt

very close to Him and I think I'm a better person because of my illness. I read the lives of many a 'saint' and realised how many of them really experienced dark times. The Apostle Paul wrote:

*We think you ought to know, dear brothers and sisters, about the trouble we went through in the province of Asia. We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it, In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead. (2 Corinthians 1:8-9)*

Whatever our problems, we need to rely not on ourselves but upon God – He can and will raise all who call upon Him. But if you are in a hole, don't dig deeper, look up to the One who can pull you out. If you have never been in such a place then don't condemn or misjudge those who are in a dark place, but point them to Jesus, who is the Light.

If any need prayer and support, please get in touch, the Ministry Team is here to listen and help. And don't forget, God is only a prayer away.

*God Bless*

*David Bakersteth.*



### **RESEARCH STUDY ON CHURCH RESPONSES TO DOMESTIC ABUSE IN CUMBRIA - HELP NEEDED!**

Researchers at Coventry and Leicester universities are working with Christian charities Restored and Churches Together in Cumbria to carry out the first major UK study of Church responses to domestic abuse. The study will collect vital data that will inform the training provided to churches. We invite everyone – whatever your gender or experience of this issue - to take part in the research. The research has received ethical approval. Participants' confidentiality and anonymity will be assured: the church won't be named and we don't require your name or contact details.

#### **To complete the survey online:**

visit <https://coventry.onlinesurveys.ac.uk/domesticabuse> or pick up a paper copy and freepost envelope. All help is greatly appreciated. *Brian.*



*“The nature of God is a circle of which the centre is everywhere and the circumference is nowhere”*

## BIBLE AND COFFEE” – SUMMER SESSIONS 2017

### “CHRISTIAN RELATIONSHIPS WITH PEOPLE OF OTHER FAITHS”

#### Final Session

Wed. 9<sup>th</sup> August – at “Weatherlam”, Penny Bridge

#### “NO OTHER NAME” – The Uniqueness of Christianity

The session will be from 10.00 a.m. to 11.30 a.m. and everyone is very welcome.



### ~~COTTON~~ CHRONICLES

The last PCC was a lively but civilised affair covering all aspects of church matters. The main subject was the proposed changes in liturgy which we have been experiencing in the last few months when opinions were strongly expressed. The ‘Ministry Team’ will be discussing the subject and we have no doubt that commonsense and compromise will prevail.

**Church Fête:** The Fête this year was brought forward a week and, was perhaps, the reason that fewer attended. Fortunately they were generous, and at the last count we have £1,400 and more to come with indications that we will exceed last year’s total for much needed church funds.

It was a glorious occasion with weather to match and as Treasurer Nigel Priestley correctly pointed out the day was not just about money but more about companionship friendship and fellowship; meeting those who you may not have seen for some time and, no doubt, enlivening the occasion with a little gossip.

But let us remember it all could not have happened without the tremendous hard work of the ‘mighty’ few, for those who gave and for those who spent. **Thank you!**



### PARISH NEWS

It has been a sad month with three deaths to report; Nina Atkinson who with husband William farmed in the parish for many years and her son Tony farms at Ridding Side: Pad Dalton, cousin of Desmond who was the last baby to be born in the Commercial Hotel, now Bouth Village Green and Dave Walker father of Allyson Gruber known with affection by his

friends as 'Dodgy Dad'. We send our heartfelt prayers and condolences to all their families.

**Oxen Park Cinema Club:** The new film programme is finalised and will be available from our stand at the Rusland Show. Our **September** films are **Tuesday 5<sup>th</sup>** – *'Hell or High Water'*; **Saturday 16<sup>th</sup>** a **Saturday Supper Special** at the newly refurbished Manor (wow!), a supper followed by *'The Eagle Huntress'*. **Tuesday 4<sup>th</sup>**

**October** will be *'Irreplaceable'* – a French film about a country doctor. Last season we were fully booked on several occasions so please book ahead if you want to be sure of joining us. *Opc.*

**Cleaner Required:** Finsthwaite and Lakeside Village Hall are looking for someone to help clean the hall each month. Approximately 8 hours a month – split over 2 or 3 sessions. The actual dates/hours to fit around you and our lettings calendar. We are willing to pay £12 an hour. Please contact [finsthwaitevillagehall@gmail.com](mailto:finsthwaitevillagehall@gmail.com) or call Sharon **T:** 01539531410 if you would like to know more.

**The Rusland Horizons** 'Skills and Swills' course programme for 2017/18 will be open to residents of the Rusland Horizons scheme area for priority booking between 19 August and 30 August. Information will be on the website. Please contact the office **T:** 015395 31932 if you are interested but do not have access to the internet. *Sharon.*

### **This & That:**

\* Your editor was privileged to attend the Croftlands Junior School dress rehearsal of their production of 'Cinderella and Rockerfella', which was a delight. Those of you who know Head Teacher Cathy Styles will not be surprised to learn that a section of the scenery was *'A Shoe Cellar'*.

\* We do not know about the rest of the Parish but there has been a recent publication which is essential reading for the male population of Bouth – *"How to live with an Alpha female."*

\* We are delighted to announce two graduations: the first to young Josh Cooper, who lived in Bouth for many years and despite personal adversities graduated with a First Class Hons. Degree in 'English Language'. Not to be

outdone by youth Marion (Brown) Hamer, a mature student, graduated with Masters Degree with Merit in 'Creative Writing'.

\* There are no cycling incidents to report this month perhaps because there are no MAMILs (Middle-Aged Men in Lycra) in the parish. Or are there?  
*Donald.*



## BOUTH WOMENS INSTITUTE

Our July meeting was another pleasant and informative experience listening to Robert Wheatley, showing some of his prized antique possessions, ranging from silver teapot to miniature picture of small girl; his knowledge of history from 1837 Queen Victoria & Albert who died in 1861. The Queen mourned Albert for many years after. Also the introduction of Moorcroft pottery in 1940 by McIntyre and many more gems of information.

The next meet will take place on **Wednesday 13 September** as August is Holiday month, but we are having a community 'Jacobs Join' on **Saturday 26 August 4:00pm till late, Bouth Village Green;** bring own refreshments and chair.  
*Jenny Smith.*



## COLTON PARISH COUNCIL NEWS

**Councillor Vacancies:** For several reasons over the past few months we have ended up with 4 councillors resigning from their post. We are well on the way to recruiting new councillors but still have at least one vacancy. There is a particular lack of representation from the east of the parish which covers the areas around Finsthwaite and Lakeside. If you live in or near these areas and have considered becoming a parish councillor then do please get in touch with the Clerk ([coltonpc@btinternet.com](mailto:coltonpc@btinternet.com)) who can explain more about this voluntary role.

**Lengthsman:** Archie reports that Cumbria County Council have carried out a marvellous modification of the culvert which runs under the road at Benthaws on the way up to Tottlebank. This will not only help the current situation, but should it become blocked in the future it will be much easier to clear. Strimming has been happening at various places around the parish and Archie also has on his list to unblock drains in Bouth. Thanks Archie.

**Highways Hotline** It is worth mentioning that the Highways Hotline seems to be working to good effect. This is now our council's way of reporting defects in roads, paths, trees, etc to Cumbria County Council. We have also started to use it with success in the reporting of invasive weeds. Please do use the system yourselves to report any issues as it is a much swifter process [http://www.cumbria.gov.uk/Landing\\_page/roadsandtravel.asp](http://www.cumbria.gov.uk/Landing_page/roadsandtravel.asp) or call 0300 303 2992

**Small grant fund for community organisations:** Get thinking, is there something you're involved with in the community that could benefit from a small amount of money? As in previous years the council has allocated part of its budget to support community organisations within the parish. This could be to help fund a variety of projects such as replacing kitchen items in a village hall, providing seating for your community space or helping towards essential maintenance work. There is a simple form to fill in as part of the grant application (please e-mail the Clerk for one) The council will be looking to have applications in by the end of September and allocating funds in Mid-October.

**Rural Crime initiative:** Rural crime is very much on the agenda of police forces across the North. A Rural Services Newsletter recently reported on police, partner organisations and volunteers working together throughout the region to "Clamp down on crime in the countryside". Please do remember if you see anything suspicious this can be reported via 101. If you see a crime taking place then this should be reported via 999.

**Our next parish meeting is Monday 11 September in Finsthwaite Village Hall, 7:00pm.**

*Karen Birch (clerk), T: 01229 860 115, E: [coltonpc@btinternet.com](mailto:coltonpc@btinternet.com), W: [www.coltonparishcouncil.org.uk](http://www.coltonparishcouncil.org.uk)*



### **LEVEN VALLEY PRIMARY SCHOOL NEWS**

As usual this has been a busy term for Leven Valley and a very special one as it is Mrs Brooks' retirement term and she has been at the school for forty years and will be missed greatly.

The themes for this term are "Out and About" in Class 1 with Science covering "Living Things". Classes 2 and 3 will be looking at things like global warming, climate change and looking after our planet. Many of our activities are linked to these themes.



In addition we took part in the Cartmel School Athletics where Leven Valley came 2<sup>nd</sup> overall with some excellent individual performances. Well done everybody! The children completed their open water swimming sessions and completed sessions on learning to sail at Water Park. Members of the Gardening Club were proud to show off what they had grown.

There was a very special day out to Ravenglass with a trip on 'La'al Ratty' to mark Mrs Brooks' retirement. The weather was wonderful and everyone had a memorable day. We would like to thank Mrs Brooks for all her hard work and wish her a long and happy retirement.

*Sue. S.*



## **HAVERTHWAITE SURGERY**

### **Patient's Participation Group**

We were all very sorry to hear that Dr Willacy has left general practice to take up another position. She will be sadly missed and we would like to thank her for all her work for us and wish her much success in her new post.

Dr Sarah Davis will be coming in place of Dr Willacy and will be starting on October 3<sup>rd</sup>. The surgery is trying to fill this gap with locum GPs but this may not always be possible.

This does mean that for the next few months we will be down to two doctors and during holidays and time off we may only have one doctor available. Sadly this could result in fewer surgeries at Greenodd.

Appointments will be offered at Haverthwaite but it is realised that this could cause difficulties for those who do not drive. One option for these people is to use the Voluntary Social Car Scheme. The contact number is 01229 885498 and they will always do their best to find a driver for you.

If there is no way of patients getting to Haverthwaite then our GPs will do a home visit but obviously this is time consuming and is a last resort.

A new idea from the Cumbria Health on Call team (CHOCS) is to offer GP appointments on Saturday morning between 9:00am and 1:00pm. This is for those who cannot attend in normal hours due to work or other commitments. These will be at either Furness General or Westmorland General and are booked through the surgery in the normal manner. The doctor will not be your own GP but will have access to notes electronically.

The Participation group continues to look for members of all ages to join us but in particular younger people who can speak for young families.

*Elspeth Cooper.*



## Rusland Horizons Summer Events

**Dry Stone Walling Skills:** 29/30 July – Hog Holes: 26/27 August – Hecks: 23/24 September – Stiles.

### **‘Land to Hand’ Children’s Summer Workshops for the Rusland Show.**

Create your entry for the Show.

**Felt making** (Class 153, 6yrs & under) Tuesday 1 August, Rusland Reading Rooms 1:00/4:00pm.

**Native Wild Animal, Fancy Dress:** (Class 167, 12 yrs. & under) Friday 4 August, 2:00/6:00pm. Finsthwaite Village Hall.

**Making a Greenwood Seat:** (Class 177, 12-16yrs.) Thursday 10 August. 9:00am/5:00pm. Hay Bridge Nature Reserve.

**Making a Greenwood Toy:** (Class 160, 8yrs. & under) Friday 11 August, Time? Hay Bridge Nature Reserve.

### **All events free but booking essential**

**Scything Courses:** Hay Bridge Nature Reserve, Sunday 20 August & Friday 1 September. 10:00am/5:00pm. To Book **E:**Christa@cumbriawildlifetrust.org.uk

For other events – [www.ruslandhorizons.org/whats-on](http://www.ruslandhorizons.org/whats-on). **T:**015395 31932



## **CITIZENS ADVICE BUREAU**

**Parcel Delivery Problems:** Citizens Advice research has found that two in three online shoppers have had parcels delivered late, damaged, left in non-secure places like rubbish bins, or 'failed' -where they wait in, only to receive a note saying they were out. Most people don't complain, or find that the sender says it's not their fault.

The retailer is responsible for getting orders delivered to you, not the parcel company. Contact the sender if an item hasn't arrived by the date agreed or within 30 days. You can cancel the order and get a refund for the goods and basic (not premium) delivery costs.

**If a parcel is damaged,** contact the retailer and they should either offer to send you a new item or refund you.

**If someone was waiting at home for the parcel, but a note said it couldn't be delivered,** you can cancel the order and get a refund if it's been less than 14 days since you bought it – or just arrange another delivery time. Although legally you're not entitled to compensation, it's worth complaining to the delivery firm and retailer.

If you get a note saying your parcel has been left in a certain location but it isn't there, the retailer should replace it or give you your money back. If you receive the item but aren't happy with where it was left, complain to both the retailer and delivery firm, though there is no legal right to compensation.



### Diary Dates

- 1 August Children's Summer Workshop, Rusland Reading Rooms. 1:00/4:00pm.
- 4 August Children's Summer Workshop, Finsthwaite Village Hall. 2:00/6:00pm.
- 6 August ***'The Transfiguration of our Lord', Holy Communion, 9:30am.***
- 10 August Children's Summer Workshop, Hay Bridge, 9:00am/5:00pm.
- 11 August Children's Summer Workshop, Hay Bridge, Time?
- 13 August **Benefice Holy Communion, St. Luke's, Lowick, 10:30am.**
- 15 August ***'The Blessed Virgin Mary'***
- 20 August **Morning Worship.9:30am.**
- 21 August Scything Course, Hay Bridge. 10:00am/5:00pm. Also 1 September.
- 24 August ***'Bartholomew, Apostle'***
- 26 August Dry Stone Walling Course, Hog Holes, Also the 27<sup>th</sup>.
- 27 August **Holy Communion, 9:30am.**



- 11 September Colton Parish Council Meeting, Finsthwaite Village Hall, 7:00pm.



### The Greenodd and Haverthwaite Medical Aid Fund.

Over the twelve months that the fund has been in operation £2454.95 has been raised and £1824.56 has been spent on equipment for the surgeries. We have purchased a CoaguChek kit for doing blood tests on those people on anticoagulants, two Ear Nose and Throat Diagnostic kits' and an Electric bed for the nurse's room which changes position depending on the position the patient needs to be in.

This leaves £676.50 towards future needs: Carol, representing the surgery expressed their thanks and appreciation for the equipment supplied. Our thanks to all those who supported our events.

# Colton Church Readers & Prayer Leaders

## Month August 2017

| Date                         | Readers                                                                  | Lessons                | Prayer Leaders |
|------------------------------|--------------------------------------------------------------------------|------------------------|----------------|
| <b>6 August</b>              | <b>The Transfiguration of Our Lord – Eighth Sunday after Trinity</b>     |                        |                |
| <b>Holy Communion</b>        | 1. Margaret Sanders                                                      | *Revelation 20:11-15   | Susan King     |
| <b>9:30am</b> <i>Joanna</i>  | 2. John Tarr                                                             | *Matthew 25:31-46      |                |
| <b>13 August</b>             | <b>Ninth Sunday after Trinity – Benefice Service, St. Luke's, Lowick</b> |                        |                |
| <b>Holy Communion</b>        | 1.                                                                       | *Corinthians 12: 1-11  |                |
| <b>10:30am</b> <i>Vicar</i>  | 2.                                                                       | *John 3: 1- 8          |                |
| <b>20 August</b>             | <b>Tenth Sunday after Timnity</b>                                        |                        |                |
| <b>Morning Worship</b>       | 1. Janet Pickles                                                         | *Thessalonians 4:13-18 | Rachel Tarr    |
| <b>9:30am</b> <i>Pam</i>     | 2. Sue Lydon                                                             | * John 17:20-25        |                |
| <b>27 August</b>             | <b>Eleventh Sunday after Trinity</b>                                     |                        |                |
| <b>Holy Communion</b>        | 1. Roderick Smith                                                        | *Matthew 16:13-20      | Pam Priestley  |
| <b>9:30am</b> <i>David B</i> |                                                                          |                        |                |

### Note \* Readings not in the Lectionary



#### SIDESPERSONS ROTA

6 August Mrs. Susan King  
 13 August Benefice Service, Lowick  
 20 August Mrs. Susan Smith  
 27 August Mr. Roderick Smith

#### FLOWER ROTA

6 & 13 August The Revd. Joanna Henson  
 20 & 27 August The Walker Family



### Dress Code.

“Smart clothes are a bit like nuclear weapons – better to have them and not need them, than to need them and not have them.

*Felix Francis*



*Daw/pmag206.aug17.*