

Coniston and Crake Valley News



Coniston
& Crake
Churches

January 2023 www.conistonandcrakechurches.co.uk

The Coniston and Crake Valley Benefice

"To Grow, Witness and Love Like Jesus"

Serving the parishes of Colton, Coniston and Torver, Egton cum Newland and Lowick with Blawith

Revd Brian Streeter	vicar@conistonandcrakechurches.co.uk	01229 861668
The Vicarage, Penny Bridge, LA12 7RQ	<i>Brian works for Filling Station on Thursday</i> <i>Brian's rest day is Friday</i>	07505 048736

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To contact any of the Churchwardens, pastoral team, retired clergy or lay ministers please call or email the Administrator, Juliet.

Churches in Coniston and the Crake Valley

St Andrew's Church, Coniston LA21 8EN

St Luke's Church, Torver LA21 8AZ

St Luke's Church, Lowick LA12 8EE

Holy Trinity Church, Colton LA12 8HF

Church of St Mary the Virgin, Penny Bridge LA12 7RQ

Tottlebank Baptist Church, Colton LA12 8HY

Welcomes you to our Sunday services from 10.30 to 11.30am followed by refreshments, and midweek prayer meetings on Wednesdays at 7.30pm. The church building is usually open daily 10am – 4pm for visitors and for private prayer. Our moderator is Rev. Andrew Dodd. For further information contact Chris and Margaret Hamps, hampsc@outlook.com

Coniston Methodist Church, Coniston LA21 8ER

The Sunday morning service is at 11.00am and a warm welcome awaits you. For further information contact Joyce Holland on **015394 41594**.

St Francis of Assisi Church of the Sacred Heart, Coniston LA21 8AW

Mass is held on Thursdays at 10.00am and Saturdays at 5.00pm. For further information contact Father Matthew Jacob on **01229 779673**.

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Cover photo: Grizedale Lumberjills. See item on page 13 - your help wanted

Pastoral Letter from Pam Priestley

Dear All,

After the flurry and festivities of Christmas, January always seems to me to be a quiet and icy month. I remember as a child, in the day before home freezers, we were able to keep a block of ice cream frozen outside in the garden, ready for my January birthday party because there was always snow on the ground! Not so often now in the days of global warming.

January, of course, is also the month for taking out gym memberships, keeping fit being the most popular new year resolution of them all! After over-eating on Christmas fare, resulting in weight gain and feelings of lethargy, going for work-outs in the gym can seem like the answer. The answer, that is, until February 1st, when the realisation comes that it has been a dreadful mistake and involves too much effort and that a walk once in a while might be much better!

For Christians, the important festival in January, is that of Epiphany, when we remember the visit of the wise men to Jesus. Theirs had been a long journey but they had eventually found the Christ-child and 'bowed down and worshipped him'. They could then have retraced their steps to Jerusalem and King Herod before returning to their home in the East but it was their 'resolution' to go in a new direction, 'another route'. Encountering the Christ-child had changed everything. In this new year of 2023 we can quickly slide back into old habits and patterns or we can take a fresh look at where we are in life and what it might mean to encounter Jesus ourselves. We can either be onlookers of the story or participants. The choice is yours!

Love, Pam

Week for Christian Unity

The Week for Christian Unity is held annually between 18th and 25th January. The Sunday that falls within that week is often used as an opportunity for churches to get together for a Sunday Celebration for Unity – Christians Together in Coniston will be doing this at Coniston Methodist Church on Sunday 22nd January.

Some people may think that it is odd that churches need a special celebration to promote unity – shouldn't the churches ALWAYS be united? Well, they are, and they aren't!

All churches belong to the catholic church, the one church, which we say in the statement of beliefs, "I believe in the one, catholic... church". This is catholic as in universal and is different from the Roman Catholic which is only one part of the overall catholic church.

But all churches are also organisations with structures ways of operating, and different leadership. The fundamentals are the same, the expressions of these fundamentals are different, hence the different churches or church families.

And like all families, it is good every now and again to get together to celebrate our shared heritage and values, as well as our differences.

Church Services for January 2023

1st	Second Sunday of Christmas		
St. Luke Torver	9.30am	Winter Breakfast	Linda Inman
St. Luke Lowick	9.30am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter
8th	Epiphany		
Holy Trinity Colton	10.00am	Holy Communion	Rev David Bickersteth
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Harry Welch
St Andrew Coniston	11.00am	Morning Worship	Rev Brian Streeter
15th	Second Sunday of Epiphany		
St. Luke Torver	9.00am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Morning Worship	Rev Brian Streeter
22nd	Third Sunday of Epiphany		
St. Luke Lowick	9.30am	Methodist Service	Rev Grace Cauldwell
Holy Trinity Colton	10.00am	Holy Communion	Rev Joanna Henson
Methodist Church	11.00am	Christians Together in Coniston	
St. Luke Torver	7.00pm	Torver Junction	Rev Brian Streeter
29th	Presentation of Christ in the Temple		
Holy Trinity Colton	10.00am	Candlemas	Pam Priestley
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter
St. Andrew Coniston	11.00am	Morning Worship	Pamela Hull

From the Registers

Funeral:

2nd December David Farrer St Mary's, Penny Bridge

From the Editor

We distribute around 1200 copies of the Magazine each month at no charge and are reliant on advertisers, donors and grants to pay the ever increasing costs of printing. A few of our advertisers have retired or given up in 2022 and so we would love to have some more adverts from local businesses to fill those gaps. The cost starts from around £56 for the year for a typical small ad and your support is very much appreciated. If you are interested in advertising please contact me.

Please can you send items for February's magazine by **January 15th**.

Juliet Caldwell, Editor

editor@conistonandcrakechurches.co.uk

07884 232281



Excerpts from the Furness Year Book 1908

Annals of Our Times

Local, National and General Events - January 1907

- 1st - Thanks largely to King Edward, we can say at the opening of the New Year the Empire is at peace with all the world, and the nations with each other.
- 7th - Death of Mr J Barrow-Storey "the Grand Old Man of Greenodd" aged 88.
- 9th - Ulverston Ladies Invitation Ball - death of the Queen of Hanover
- 10th - Ten thousand persons visited the Ruskin Museum, Coniston in 1905
- 16th - Northern Temperance League Conference at Barrow
- 18th - Hunt Ball at Ulverston - Ulverston Cooperative employees' Social - Reduction of the Bank rate from 6 to 5 per cent
- 20th - Cartmel Priory poor boxes robbed
- 21st - Strike in London Music Halls
- 22nd - the year's output of Merchant Shipping a record, 886 vessels of 1,828,323 tons
- 26th - keen frost, skating, snow in evening, roads and tarns covered - at the Labour Conference Mr Keir Hardie's motion for Women's Suffrage was defeated and he threatened to resign his leadership of the Labour Party
- 29th - a blizzard of wind, snow, hail, lightning and thunder

Around the Parishes

Coniston and Torver

Torver Schoolroom Committee – Volunteers wanted



The Torver Schoolroom is situated next to St. Luke's, Torver and within the village centre, and is available for one-off or regular bookings for residents and non-residents.

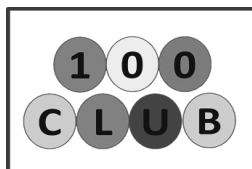
The Torver Schoolroom Committee are responsible for the development and maintenance of the Torver Schoolroom and are looking for volunteers to come on to the committee

and to support this work. The committee meets once a quarter.

Is this a role that would be of interest to you? If so, then please do contact **Revd. Brian Streeter** on **07505 048736** or at **vicar@conistonandcrakechurches.co.uk**

Torver Schoolroom 100 Club Christmas Jacob's Join

The Community Christmas Jacob's Join and 100 Club evening followed the Christmas Carol Service in St. Luke's on the 10th of December - a snowy evening! Music nights elsewhere, football and icy roads meant there was plenty of food and enough to take home too! The Carol Service was a lovely start to the Christmas season, candles, decorations, and Clare playing the organ...a traditional and peaceful beginning with a very interesting talk from Brian about wise men and kings!!!!



The 100 Club double draw for September and Christmas was drawn by our youngest member, Max Hadwin. Max, along with his sister Mia, are regular supporters, both helping with the raffle and generally getting involved in everything. They are a fabulous team and make us all smile...oh to be young again!

A generous 'Jacob's Join' was enjoyed by everyone and lots of raffle prizes shared out. The winners of the 100 Club September and Christmas draws are as follows:

September Draw

£100 – Sue Ransom. £30 x 2 – Francis (Hall) & Paul, Molly Higgins. £20 x 2 – Kath Wood, Derek Adams. £15 x 2 – Sarah Stergiakis, Gill Walker. £10 x 3 – Max Hadwin, Hazel Wilson, Kath Walton.

Christmas Draw

£100 – Jonathan Myers. £50 – Norman Cooper. £30 – Ailsa Johnson. £20 x 2 – Derek Adams, Paul Wilson. £15 x 3 – Stuart Birkett, Adam McClusky, Derek Adams. £10 x 4 – Dorothy Appleyard, Pat Barr, Harry A. Harrison, Val Towndrow.

Thanks again to everyone who helped, came along, ate, enjoyed and sang...."When the snow lay round about, deep and crisp and even"... on just such an evening! Very special.

Happy New Year everyone.

The Schoolroom Committee

Rainfall, Garden House, Coniston, November 2022

Total 375.8mm (14.8ins)

Wet days 26

More than 1mm on 26 days

Wettest day 6th - 46.0mm (1.8ins)

Frost on the 3rd, 28th & 29th

Coniston Community Lunches for the New Year 2023

We will be holding lunches on the following dates:

Monday 16th January; 20th February; and 20th March
at 12.30pm in the Institute Reading Room.



All ages are welcome to join us, so why not come along and enjoy a warm and hearty 2 course meal in the company of friends.

As usual the lunch is free however any donations towards the costs will be gratefully received.

As space is limited please confirm your attendance by the Friday before the lunch and let us know if you have any dietary requirements or transport needs.

Also if you can offer any help on the day or donate something for the meal please get in touch:

contact **Helen** on **015394 41277** or email **e.glaister013@btinternet.com**

I would just like to say a big thank you to everyone involved in the lunches we've held so far. It has been lovely to see so many people attending and enjoying themselves.

The generosity of this village is amazing - so many people and shops have helped and donated - far too many to mention but you know who you are and THANK YOU.

Thanks also to Coniston Primary School year 6 pupils who did a great job providing service with a smile at our November lunch.

Wishing you all a very Happy New Year.

Helen

Lunch and Dominoes



in the Institute Reading Room, 11th January, 12.30pm

Come and join us for soup/roll and tea/coffee, followed by dominoes, all for £5.00.

Contact Jean on **41617** for more details and bookings.

BURNS NIGHT CEILIDH at 7.30 pm

SATURDAY 21st JANUARY 2023

at the Coniston Institute

£22 per ticket

We will be entertained by the Cornerstone Band, who will be playing ceilidh music and talking us through some traditional ceilidh dances. If you don't want to dance, it's worth coming to listen to the live band and enjoy the company.

We'll serve traditional Scottish fare including haggis (traditional or vegetarian) with neaps and tatties plus a wee dram to wash it down.

You can come in a kilt if you like, but it is not compulsory. However please try to wear something tartan – it could be just a tie or a scarf.

Because we need to know how many of you will be attending please book your place as soon as possible from Derek Adams by email **no1@dsadams.co.uk** or phone **07973 179805** or phone Anne Hall on **07771 988518**. Your place will be confirmed on receipt of payment. **We have 45 places so book early to avoid disappointment!**

This event will be organised by Coniston and District International Twinning Association.



It's back!



John Ruskin School Prize Bingo

is on

Saturday 28th January at 7pm

**Cash house prize donated by the PTA, plus lots of
special prizes**

Bring your own drinks and snacks, Tea & coffee provided

Lowick & Blawith

Lowick, Blawith and Oxen Park Voluntary Car Scheme



The Social Car Scheme provides transport to those who cannot make the journey by private or public transport. We aim to fulfil all requests.

Just give me a call for more information on **01229 885498**.

Marguerite Calvert

Calling all photographers

Don't forget to send me your portrait format images of life and work in our beautiful area - they may end up as our next cover photo and will definitely be uploaded to our gallery at **www.conistonandcrakechurches.co.uk/gallery**

Please email to **editor@conistonandcrakechurches.co.uk**

Lowick Parish Council held a meeting on Thursday 17th November.

It was lovely to welcome some members from the 'Friends of Penny Bridge School' committee. The Friends are a group of parents attempting to raise much needed funds for the school as well as hosting fun events for the children with an aim to bring the community together. Currently funds raised will go towards things such as ICT equipment and renovating the yard and park. The Friends are eventually hoping to achieve charitable status, opening up many more funding opportunities. In the meantime Lowick PC, the County Councillor & District Councillor were able to offer advice on possible funding bodies they could seek help from now.

Correspondence has been received to say that Highways are looking into what can be done to address the danger on the junction by the Red Lion at Lowick Bridge, possibly looking at new signage and road markings to highlight the danger. We will keep you posted on how this progresses.

All other aspects of the meeting can be read in the minutes which are posted on our website **www.lowick.org.uk**.

With the weather changing so dramatically attention was once again drawn to forming some sort of a resilience plan for the parish. Going forward we are going to discuss at the next meeting, along with the Lowick Community Hall committee, whether we could use the Hall as a hub if there were to be any power outage or communication failure and what we would have to do to make this viable. If anyone would like to help to form some sort of plan then please feel free to attend the next meeting.

Don't forget you can also sign up to our database for anyone wishing to receive emails advising of any updates we may publish on our website. Update content may be subjects such as highways, energy rebates or local schemes.

If you would like to be informed of any updates we have for our parish, please email our clerk, Christine, on **lowickpc@outlook.com** with your name and email address.

Follow us on Facebook (we are trying to get better at this).

Next Parish Council meeting will be held at Lowick Community Hall, **Thursday 19th January 2023, 7:30pm**. All are welcome to attend.

Jo Edmondson, Chairman, Lowick Parish Council

Colton

Colton Parish Council

Working on a new Community Plan

Colton Parish Council is looking for volunteers to help us draw up a new Community Plan for the parish. If you are interested, we'd love to hear from you.

The Community Plan sets out the priorities of people living or working in the Parish and is the foundation of our decision-making. Over the coming year we want to consult with as many people as possible to make sure we have a really good understanding of what matters to our local communities. We are bringing together a steering group to help design the process and keep us on track. It's an exciting project that has the potential to enrich local life for the years to come.

To get involved or to find out more email us: **clerk@coltonparishcouncil.org.uk**

Community Grant Scheme

Colton Parish Council's community grant scheme offers small grants to local groups based in the parish or working with people who live in the parish. Applications can be made throughout the year and will be considered by the Council at their monthly meetings.

In the past we've supported village halls to buy items such as tables and a new vacuum cleaner, and most recently we've provided funds for the Finsthwaite Resilience Group to purchase equipment that will help support their community in case of extreme weather and power cuts.

Are you part of such an organisation who could make good use of additional funds? Get in touch! For information about how to apply, please contact the Clerk clerk@coltonparishcouncil.org.uk or see www.coltonparishcouncil.org.uk

Come along to our next meeting

Our next meeting is on **Monday 16th January 2023** at 7pm at Finsthwaite and Lakeside Village Hall. **All welcome!**

Egton cum Newland

ENMO Parish Council

The next meeting for Egton with Newland, Mansriggs & Osmotherley Parish Council will be on **Tuesday 10th January 2023** at 7pm at Greenodd Village Hall.

Members of the public are welcome to attend.

The draft agenda includes:

Tree planting at Sheriff Well Wood

Suggestions for the King's Coronation in May 2023

Proposed resilience plan in conjunction with Ulverston Resilience Group

Possible footpath from Greenodd to Spark Bridge

Church Coffee Morning

A fantastic coffee morning took place on 4th December in Greenodd Village Hall. A warm friendly atmosphere greeted everyone to enjoy coffee and cake / biscuits, and of course to spend some money on the various stalls.

A big thank you must be given to all those who donated items for sale, gave generous donations, and to those who worked behind the stalls. A lovely morning culminated in an amount of money we have not raised before at a coffee morning: £792 was the final figure, thanks go to everyone who helped to make it such a success.

Jean Lancaster



@ Greenodd Village Hall

Saturday

4

 February

2

0

2

3

Doors open

19

 eyes down

19

30

1/2 book

5

Full book

8

Raffle

1

Tea/Coffee

1



In aid of...

LOWICK SHOW



Save the date for Lowick Show-Saturday 2nd September 2023

www.lowickshow.co.uk

Rusland Valley Horticultural Society Ltd

POTATO DAY

Sunday 22nd January 2023 at
Greenodd Village Hall
10am – 2pm

Admission £1 (children free)

Home made soup & cakes

Sale of 120+ varieties of seed potatoes,
fruit bushes & trees, seeds, onions,
flower bulbs and tubers and more!

(supplied by Brighter Blooms Nursery, Preston)

See Brighter Blooms website for produce available.

You can also pre order to collect on the day.

www.growvegandfruit.co.uk

more info at **www.ruslandshow.org**



Reports

Grizedale Lumberjills - our cover photo this month

Help us tell the story of the Grizedale Lumberjills.

In 1942, a separate branch of the Women's Land Army, the Timber Corps, was set up to address the shortage of British timber for the war effort. The women of the Timber Corps, known as the 'Lumberjills', harvested and processed timber and many other forestry jobs. Sadly, the work of the Women's Timber Corps is little known today.

Our project will celebrate the women who worked in Grizedale and tell their story.

Can you help us? Do you have relatives who worked here, or know of people who did? If you have any information we would love to hear from you.

Contact **Hazel: hazel.stone@forestryengland.uk**



Forestry England

1st Leven Valley (St Anne's) Scout Group

The Cub Scouts are Boys and Girls age 8 - 10 ½. This active pack meets from 18.15 to 19.30 on Wednesdays during termtime at the Leven Valley and District Sports and Community Hall in Haverthwaite.



However, the Beavers (age 6 - 8) are not meeting as we need a leader to re-open the Colony. We have a waiting list. Support and training will be provided. Can you help?

For more information please contact Group Scout Leader **Marguerite Calvert** on **01229 885498**.



Coniston Mothers' Union

Mothers' Union members enjoyed their Christmas outing to St Mary's Hospice Orangery. A variety of dishes were devoured plus much conversation. All spent money at the shops, Christmas socks being the most popular.

Our second outing was to the Deanery Advent Carol service at St Mary's Dalton. Watching and Waiting was the theme, taking the form of Bible readings, explanations, hymns and carols. Three members and the MU Diocesan Chaplain, Rev^d Lucie Lunn, (Urswick) were the leaders while the 42 decorated Christmas trees provided a magical background. During tea and mince pies members were able to catch up with friends from other branches in the Deanery.

Their third and final outing was again to Dalton for their MU Christmas Celebration. The event began with a short form of worship followed by games, afternoon tea and another walk round the church to look at the magnificent decorated trees for those who were not able to attend on the Monday, a spectacular end to a busy year.

Members meet on the last Thursday of each month, if interested please contact **Kay 015394 41559**.

Brantwood News and Views

Brantwood will be closed to the public throughout January and February 2023.

From 3rd January, Brantwood will be undertaking major building works to replace water pipes, drainage and plumbing systems. A daunting task but with staff on site also giving the house and gardens a winter makeover, when we reopen in early March we hope you will come and visit and see all the lovely changes we have been able to make.

Please visit our website for updates at **www.brantwood.org.uk**. Or call us on **015394 41395**.

Bouth WI

W.I. had their Christmas party on Thursday 15th December at the White Hart for the first time, because the Village Hall is still under renovations and will be probably till March next year so numbers were restricted down to about 30.



Egton WI

All the "girls" at Egton wish you all a happy and healthy New Year.

Our WI year was rounded off on the 13th December with a bang. Despite the appalling weather conditions everyone who had intended coming made it (brave ladies), and we whizzed through the WI business in record time in order that we could get down to the serious business of enjoying ourselves. This year our committee took on the mantle of providing the supper (just as well as otherwise I would have never relaxed wondering if any planned outside caterers would turn up), and what a spread they put on. Yummy x two! Lovely spread of local cold meats, huge variety of delicious salads and homemade hot potato dauphinois AND then there were the puds! The evening entertainment was indescribable (committee again), let's just say that that we had some wonderful props to accompany our voices and I was going to say distract from us - if but that wouldn't be true! Lots of fun and laughter.

Thinking ahead to 2023 then we have a new programme in place. We begin with Chris Bibby from Bibby's Coach Tours coming to talk to us on Tuesday 10th January which we are looking forward to - 7.30 pm start in Greenodd Village Hall if you would like to join us, new faces are always made welcome. Watch this space for further speakers throughout the year.

One save the date for you ALL. We aim to host a Coronation tea party on Monday 8th May to celebrate our new King on the throne. This is following our successful Platinum Jubilee tea party which we hosted last summer. More details nearer the time but it's never too early to reserve a ticket or two as we had to turn people away last time. Tel. or message **07519 144799**.

Once again I conclude with season's greetings from us all.

Gill

Oxen Park Cinema Club

Oxen Park Cinema Club

Tuesday 3rd January - *Operation Mincemeat* 7.30 - Colin Firth in a good British thriller. Watch out for an extra show on Sunday 8th if the first one becomes full up.

Saturday 21st January - *Drive My Car* - a haunting road movie

SUPPER SPECIAL - Tuesday 7th February (NOT 2nd as advertised in programme) - *Phantom of the Open* - an extraordinary story of an ordinary man (from Barrow!!). 6pm for 6.30 in The Manor for supper before the film. Book now - this will be popular.

All bookings via the website - oxenparkcinemaclub.org.uk

Friday Presentations (for charity) at The Carthouse Cinema, Oxen Park

3rd February 7.30pm £3 on the door - Clare Dyson - *Thriving - A Journey into Regenerative Farming*. Clare comes to introduce her new and well reviewed film. Booking essential - with Carol - crlmcneill@gmail.com

Carol

Crake Valley River Volunteers.

As you may be aware we have had a major Heritage Lottery funded project running in the valley between 2015 and 2019. The Conserving Coniston and Crake Partnership was under the overall management of South Cumbria Rivers Trust.



Now that the fully funded project has finished we need to transition to an ongoing voluntary basis to keep the aims and activities of the project alive, that is to monitor and protect the Crake Valley fresh water habitats. During the project the Partnership motivated many volunteers who worked with the project's full-time staff to help with preserving our environment and improving the wildlife habitat.

Some of these volunteers are continuing this work, however more volunteers and interested parties are needed and are always welcome to get involved. If you would like to meet the team and learn how you could make a difference to our environment, please join us at our open house event at **Water Yeat Village Hall** on **3rd March** between 6pm and 8pm.

For more information contact Jayne at **admin@scrt.co.uk**

Jayne, Ian, Michael and Jens

Rookhow

History

Rookhow is beginning to dig into its history with our 300 year old anniversary in 2025. Some of our volunteers have begun looking through documents at Barrow archives. A piece from 1846 said, "What a feeling of solitude and awe came over us at the Meeting House of Rookhow, placed in the bosom of dense forests and far removed from the haunts of men!" There are lots of fascinating documents to go through, some in old handwriting. If anyone locally would be interested in joining this small group, especially to look at Rookhow's place in the Rusland valley, please let us know.



Curious about Quakers

We'll be running a residential retreat 3rd - 5th February at Rookhow to explore Quakerism. Open to all, especially people new to Quakerism. The weekend will be made up of reflections, quiet time, sharing, discussions and some input from local Quakers. See the Rookhow website for more details: <https://rookhow.org.uk/meet-with-us>

Open Days

Open Days on the 1st and 3rd Fridays of each month. Tea, coffee and homemade cakes. Our volunteer guides will be happy to show you around and you can wander into the woods too.

Quaker Meetings at Rookhow Meeting House

On the first Wednesday of every month 7.30 - 8pm and 1st and 3rd Fridays 12.30 - 1pm. All welcome.

For more information contact: **Sue Nicholls, Development Manager**
Email: contactrookhow@gmail.com Tel **07377 971783**.

Storms, Strikes and Wars “love thy neighbour as thyself”

Possible Preparations

All of us may have to deal with isolation from normal services such as electricity or deliveries of fuel and food into our villages for shorter or longer periods. *Preparing for the worst while hoping for the best* is not only in our own interests but that of our neighbours and a useful contribution to the whole community. If our household is well prepared then the calls upon community services will be fewer and they can be directed to the greatest need.

Remember that your children may enjoy the adventure. Be ready to try to do the same. Let the children feel that they are contributing. Think about the following:

- Your neighbours. Which of them are vulnerable? To whom could you turn?
- Activities and games which can be played in the dark. Some hymns or songs.
- Comfortable words. Many will want to turn to the Bible or Prayer Book.
- Candles and/or a wind up torch -- which you can find in the dark.
- A wind-up or battery radio pretuned to the BBC emergency channels.
- A warm room. A good supply of solid fuel and kindling (gas central heating may not work without electricity).
- Warm underclothing (such as long johns). Layers. Outdoor clothing for inside.
- Camping gas cooker, a spare canister of gas and/or a Kelly Kettle - safe use
- Powdered milk, sugar and tea. Good for shock. Tinned food.
- Mobile charged to 50%. What about a photovoltaic charger for your phone?
- Is your land line phone analogue? Could it operate if other systems are down?
- A first aid kit and "a grab bag" (and advance decision on contents).
- Know where your village crisis management centre would be.
- Free visits to Galactic Park in the absence of light pollution.
- The best is often the enemy of the good. Be amused rather than angered by the absurdities and asperities of life. Difficulties don't make us saints.

Coniston Parish Councillor **Robert McCracken**

A THOUGHT FOR THE MONTH by Rev. David Gregg
JANUARY 25TH : THE CONVERSION OF PAUL

In her book “Danger, Saints at Work!”, Jean Rees has a chapter on ‘How *not* to give a testimony’. In it she gives the following example:

“I stand before you tonight as a trophy of grace, a brand plucked, as it were, from the burning. When I think of where I might have been tonight, I tremble. When I look back at my life of sin, I realize that there is no depth to which I have not sunk. I have tried the ‘broken cisterns’, I have enjoyed ‘the pleasures of sin for a season.’ It would not be profitable for me to go into any detail of the depths to which I sank before I was converted AT THE AGE OF TEN.”

Your ‘testimony’ means your witness (like a testimony in court) about what God has done for you, and how you came to be a disciple of Jesus Christ – how the LORD has had mercy on you, and has given you His grace to repent, and to put your whole trust in what He has done for you, in and through His beloved Son.

In the New Testament, Saul of Tarsus testifies that *he* had a very dramatic “conversion” on the road to Damascus (see Acts ch. 22 vv 1-16). Well, I haven’t anything quite as dramatic as *that* to report. I was brought up in a Christian home, with believing parents (and grandmother) who, by their example and teaching and imposition of discipline ensured that I learned from a very early age of the love of God in sending His Son, Jesus, to be the Saviour of the World. We went to Church, and to Sunday School, had bible stories read to us and were taught to pray every morning and every evening. My parents *also* taught me what to eat, what to wear, where to go to school, where to enjoy holidays, how to choose my friends wisely, and what forms of exercise and relaxation and amusement were good for me, and what were *not*! But, on a May afternoon, when I was fifteen, our bible class leader, Ernie Stares, gave us a very direct and challenging talk. He explained the Gospel (as in paragraph two, above) and said that, there and then, we must do something about it. We could either pass by, ignoring and rejecting God’s call, or we could yield to Him, repent of our sins and receive Jesus Christ into our lives. With two others, I surrendered to Him.

From that day onwards my life was completely changed. Just as I eventually came to take *personal* responsibility for my food, clothing, education, holidays, friends, leisure etc., so (I believe) on that day I took over *personal* responsibility for my *spiritual* well-being. I became a personal disciple of Jesus Christ.

Others may come to personal discipleship very differently. Sir Norman Anderson gave a very different testimony, in his autobiography “An Adopted Son”. He said that he was sometimes a bit embarrassed when zealous, evangelical friends said to him, “When were you converted?” He said that he had been brought up, in Egypt, by missionary parents, and could never remember a time when he didn’t know that he was safe for all eternity through God’s love for him in Jesus Christ. He said, “I always wished they would ask, instead, ‘When were you saved?’ I know the exact answer to *that*! I was saved at three o’clock in the afternoon on the first Good Friday.”

Let us pray that we ourselves may know (and testify to) this same marvellous truth.

Parish Prayer Diary January 2023

- 1st: Sunday, the first day of the week:** In Jesus, God revealed the fullness of his love. Dwelling in this amazing Love may we share his Life with everyone we meet.
- 2nd:** Pray God will guide us and strengthen us for Kingdom service in this new year.
- 3rd:** Pray for pupils and staff returning to schools this week.
- 4th:** Pray for Benefice Staff team.
- 5th:** Pray for medical staff in hospitals, general practice and community settings.
- 6th:** Pray for residents and staff at our local nursing and care homes.
- 7th:** Pray for families experiencing financial difficulties.
- 8th: Sunday, the first day of the week:** May our Lord God, whom the nations seek, draw us to discern the glory of his presence in his Son Jesus, the Word made flesh.
- 9th:** Pray for the new unitary Cumbrian council transitional arrangements.
- 10th:** Pray for people rebuilding their lives after devastating natural disasters.
- 11th:** Pray for The Bible Society translating Bibles worldwide so people can read God's Word for themselves in their own language.
- 12th:** Pray for migrants and the governments of countries who receive them.
- 13th:** Pray for those who keep our church buildings well maintained.
- 14th:** Pray for the housebound, dependent on others to meet their daily needs.
- 15th: Sunday, the first day of the week:** Giving thanks for our freedom to worship, remember many Christians without this privilege who faithfully meet when they can.
- 16th:** Pray for charity Refuge, working with those who experience domestic abuse.
- 17th:** Pray for young people feeling intense peer pressure through social media.
- 18th:** Pray for Open Doors *World Watch List* launch today, providing opportunity for MPs and the public to hear from persecuted Christians abroad who are serving Jesus through their churches and communities.
- 19th:** Pray for the inter-denominational Church across our nation working to bring Kingdom of God values into their local communities.
- 20th:** Pray for campaigners highlighting situations of injustice and exploitation.
- 21st:** Pray for St Mary's Hospice in Ulverston.
- 22nd: Sunday, the first day of the week:** May God shine his light in our hearts and help us to so live out our days as to be signs of his Grace in the world.
- 23rd:** Pray families in need turn to local food banks to help them over a difficult time.
- 24th:** Pray for those suffering mental health distress.
- 25th:** Pray for Christian Aid as it works to end poverty and injustice.
- 26th:** Pray for Alpha course participants exploring life and the Christian faith.
- 27th:** Pray for people who challenge prejudice today.
- 28th:** Pray for the Leprosy Mission enabling people to attain healing and dignity.
- 29th: Sunday, the first day of the week:** May Jesus so work in us that we shall be presented pure and holy to God when called to our eternal home.
- 30th:** Pray for youth workers as they share the Good News of Jesus.
- 31st:** Pray for our local Young Farmers Club meetings.

Cumbria Young Farmers



It was great to see County Vice Chair, William Longmire of Lowick YFC achieve great personal success, collecting the Young Farmer of the Year Award at the Farm Business Awards at the Castle Green Hotel in September. Will achieved further notoriety alongside County Chair, Robbie Tuer when they undertook a 250 mile sponsored bike ride over 3 days to raise funds for The Teenage Cancer Trust. Visiting all 25 young farmer clubs in the county, the intrepid duo were undaunted by the task and took it all in their stride raising over £7,000 for a charity very close to all young farmer hearts.

As the clocks went back, November and the Cumbria YFC County AGM heralded the election of the new County Officers. The AGM saw young farmers the length and breadth of the county come together to celebrate the successes of the previous year and to “set out their stall” for the year ahead. It was a great night of fine speeches, much laughter and the coming together of friends old and new. The new Cumbria YFC county officials were elected as follows:

President: Mr Alex Sibbald

Vice Chair: Miss Charlotte Wilson

Chairman: Mr William Longmire

County Treasurer: Mr Kevin Batty

Vice President: Mr John Garnett

As I draw this report to a close, all that remains to be said is a heartfelt thank you to all current young farmers for making Cumbria YFC the outstanding organisation that it is and also an equally big thank you to the club leaders, advisory members, judges and stewards who give their time so freely to ensure that the next crop of young farmers make the most of all the opportunities that come their way.

Joanne Mills Chief Officer, Cumbria YFC

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Readings for January 2022

1 st	Galatians 4.4 - 7	Luke 2.15 - 21
8 th	Ephesians 3.1 - 12	Matthew 2.1 - 12
15 th	1 Corinthians 1.1 - 9	John 1.29 - 42
22 nd	1 Corinthians 1.10 - 18	Matthew 4.12 - 23
29 th	Hebrews 2.14 - 18	Luke 2.22 - 40



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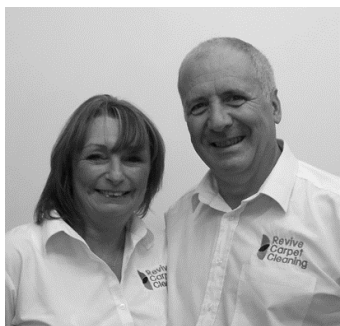


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Next Prayer Hour will be **Wednesday 4th January, 10am - 11am**

What's On Guide - regular events

Mondays	Knitting and Stitching, 7pm	Greenodd Village Hall
Mondays	Short Mat Indoor Bowling, 7 - 9pm, no experience needed	Greenodd Village Hall
2 nd & 4 th Friday	Tottle-Art: Art Group 10.30am - 12.30	Tottlebank Baptist
Tuesday	Coffee and Chat, 9.45 - 10.45am	Greenodd Village Hall
Thursday	"Young at Heart" exercise and lunch,	Coniston S&S Centre
Thursday	Volunteer Day 9.30 - 3.30pm	Brantwood Gardens
2 nd Tuesday	Egton WI, 7.30pm, new or prospective	Greenodd Village Hall
3 rd Tuesday	Coniston WI, 7.30pm, new or prospective members welcome	Coniston Institute
1 st Wednesday	Quaker Meetings, 7.30pm	Rookhow
1 st & 3 rd Friday	Quaker Meetings, 12.30pm	Rookhow
2 nd Wednesday	Bouth WI, 7.30pm, new or prospective members welcome	White Hart Inn (temporary)
1 st Wednesday	Prayer Hour - 10 - 11am	St Mary's, Penny Bridge
Friday	Indoor Bowling, 2 - 4pm	Coniston Institute

What's On Guide - January

3 rd	Film: Operation Mincemeat, 7.30pm	Oxen Park Cinema Club
10 th	Talk: Chris Bibby, Bibby's Coaches 7.30pm	Greenodd Village Hall: Egton WI
10 th	ENMO Parish Council, 7pm	Greenodd Village Hall
11 th	Lunch & Dominoes, 12.30pm	Coniston Institute
16 th	Community Lunch, 12.30pm	Coniston Institute
16 th	Colton Parish Council, 7pm	Finsthwaite & Lakeside VH
19 th	Lowick Parish Council, 7.30pm	Lowick Community Hall
21 st	Film: Drive My Car, 7.30pm	Oxen Park Cinema Club
21 st	Burns Night Ceilidh, 7.30pm see page 8	Coniston Institute
21 st	Concert: Angie Palmer & Richard Curran, 8pm, see overleaf	Water Yeat Village Hall
22 nd	Potato Day, 10am - 2pm, see page 13	Greenodd Village Hall
26 th	Cumbria Dissolution Quiz, 7pm, see overleaf	Water Yeat Village Hall
28 th	Prize Bingo, 7pm, see page 9	John Ruskin School

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The Rusland Horizons Trust 2023 calendar features twelve stunning images that beautifully capture the calendar's theme of ***All Creatures Great and Small***.



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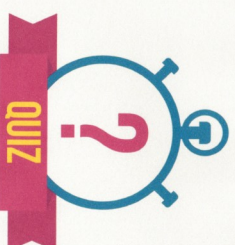
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