

A photograph of two young birds, possibly Goldfinches, with bright yellow-green plumage and black heads. They are perched on a weathered log in a natural setting with moss and rocks. The bird on the left is looking upwards with its beak open, while the bird on the right is looking towards the camera.

Coniston and Crake Valley News

July 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

SAFEGUARDING OFFICER

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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 : bluetits at Brantwood: Jacob Lewis

Pastoral Letter from Joanna Henson

Dear Friends,

Much against my better judgement I have actually bought a second hand copy of Spare. Why? Because I want to see for myself what people are using to form such harsh opinions of Prince Harry.

All I can say is that he comes across as a very sad and angry young man. The title of the book says it all. He doesn't feel "special". He feels he has no designated role to play in the Firm, no sense of consequence – just a supporter and hanger on compared with his older brother. Like so many children he has compensated for this perceived slight by behaving badly to gain some attention. Any attention is better than none, hence the revelations that are so personal, and inappropriate venting of anger towards those who love him

How very sad that is.

I wonder how "special" you feel? Not very? For one reason or another so many of us imagine that we are not special, that we have no important role to play in the world.

How wrong can you be?

If you have a Bible in the house I would love you to read Psalm 139. There you will find out just how special you are to your Creator God, but just in case you haven't, here are some of the verses.

*You made all the delicate, inner parts of my body
and knit me together in my mother's womb.*

¹⁴ Thank you for making me so wonderfully complex!

Your workmanship is marvellous—how well I know it.

*¹⁵ You watched me as I was being formed in utter seclusion,
as I was woven together in the dark of the womb.*

¹⁶ You saw me before I was born.

Every day of my life was recorded in your book.

*Every moment was laid out
before a single day had passed.*

*¹⁷ How precious are your thoughts about me,^[b] O God.
They cannot be numbered!*

*¹⁸ I can't even count them;
they outnumber the grains of sand!*

God has known about you for ever! If you are like me, you think of all the awful things you've done – and yet God still loves us! We can't be more special than that!

Rejoice!

With love and prayers for you all

Joanna

Church Services for July 2023

2nd	Fourth Sunday after Trinity		
St. Luke Torver	9.00am	Bikers' Breakfast	Rev Ian Swift
St. Andrew Coniston	9.00am	Holy Communion	Rev Brian Streeter
St. Luke Lowick	9.30am	Holy Communion	Rev Joanna Henson
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter

9th	Fifth Sunday after Trinity		
Holy Trinity Colton	10.00am	Holy Communion & Baptism	Rev Brian Streeter
St. Andrew Coniston	11.00am	Morning Worship	Val Towndrow & Hazel Bowness
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Harry Welch

16th	Sixth Sunday after Trinity		
St. Luke Torver	9.00am	Morning Worship	Pamela Hull
St Andrew Coniston	9.00am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Healing Service	Rev Brian Streeter

23rd	Seventh Sunday after Trinity		
St. Luke Lowick	9.30am	Methodist Service	Rev Grace Cauldwell
Holy Trinity Colton	10.00am	Morning Worship	Pam Priestley
St. Andrew Coniston	11.00am	Holy Communion	Rev Harry Welch

30th	Eighth Sunday after Trinity		
Coniston Methodist Church	11.00am	Methodist Service	Christians Together in Coniston
Greenodd Village Hall	11.00am	Holy Communion	Rev Brian Streeter

From the Registers

Wedding:

July 22nd: Ashley Carla Hoyland and Mark John Cooper at St. Andrew's, Coniston

Baptism:

July 9th: Elijah and William Marczak at Holy Trinity, Colton

Funerals:

June 2nd: Alfred Norman Holland at St. Luke's, Lowick

June 16th: Eunice Rosemary Jopson at St. Andrew's, Coniston

Around the Parishes : Colton

Parish Open Meeting - Colton Parish Council

People from all across the Parish gathered at Rusland Reading Room on Saturday 20th May for the Parish Open Meeting. We were treated to presentations by Archie Workman, our amazing lengthsman and by Jonathan Brook, leader of Westmorland and Furness Council. We look forward to working with the new council and are heartened to hear they are looking at ways to give more on the ground powers to local communities.

A lively and thought-provoking discussion followed with topics including:

- Green energy and sustainability.
- Housing and the challenge to meet the needs of existing residents and to attract young people and those on low or middle incomes.
- The delicate balance of the economic benefits of tourism and the needs of the resident community.
- Resilient infrastructure to enable people to work locally in Colton parish at enable people of working age and with young families to live in the area.
- The opportunities that Project Gigabit will bring over the next few years in terms of fast and reliable broadband.
- The vital need to improve public transport, create safe pedestrian and cycle routes and fix the deteriorating conditions on our roads to ensure they are safe for all users.

We are in the process of feeding all the concerns and ideas raised into our consultation questionnaire that will be available within the next few weeks. We welcome feedback and ideas in any form. Email the clerk or nab your local councillor! Thanks to Carole Dickinson and family of Abbot Park Farm for the wonderful cake and traybake catering which was much enjoyed by everyone.

Thanks also to everyone who came along and all those who made event happen.

Community Plan Schools Morning

On the 24th of May we were delighted to host 51 children from Leven Valley and Penny Bridge schools at beautiful Rookhow. The weather was perfect allowing us to both enjoy the experience of spending time in the 298-year-old Quaker Meeting Room and get outside into the sunshine. During the morning the children created the lyrics for a song with local storyteller and musician Steve Wharton. The song and poems also using words from the day will be performed by Owen Evans at the Rusland Show on 19th August. Following a warm up of music we spent time talking about the origins and history of the Rusland Valley area including the meaning of local place names and some amazing facts about our special local wildlife. Finally, we held a short 'parliament' giving the children the chance to talk about what they want for the future of the area.

A huge thanks to both schools for taking part in the session and we are delighted to be having follow up visits this monthly to further develop a 'young people's manifesto' for our community plan.

Cabinet of Curiosities Project

On 12th of June the wonderful group from Mind in Furness who visit Hay Bridge Nature Reserve for wellbeing activities on a monthly basis began to build our cabinet to host those local curiosities at the Rusland Show. With some beautiful ash and a lot of hard work in high temperatures the frame is starting to come together. Thanks especially to Duncan Goulder for sourcing such amazing wood. Look out for more news on this project or get in touch to find out more via marion@bestpath.co.uk.

Egton cum Newland

Parish Council of Egton, with Newland, Mansriggs & Osmotherley

Next meeting is on Tuesday, 4th July at 7pm in Greenodd Village Hall.



Crake Valley Friendship Club have got some vacant seats on their trip to Keswick, with a sail on Derwent Water on Wednesday 19th July. Leaving Greenodd at 9am
For details phone Anne: 01229 861278

Penny Bridge CE Academy

The final term has brought many opportunities for all the children to participate in. Mr & Mrs Fitter and their son Felix (Year 5) treated the whole school to a morning of learning about moths. Each year group were able to see and learn about different species of moths including a camouflage one, which was held on a stick. Most importantly, they learned about how moths have adapted over time to suit their environments and their importance to our food chain and bio-diversity.



The Robins (4-5 year olds) have enjoyed learning about the seasons as well as how we change and grow-up. Due to the wonderful weather, they have been able to have some lessons outside. Additionally, they have welcomed the new reception children on transition days.

The Starlings & Sparrows (5-7 year olds) have been learning about seasons and plants in science. In geography, they have been developing their early mapping skills with year 1 creating a map of the school grounds and year 2, a map of the village. They have also enjoyed their outdoor yoga sessions.

The Kingfishers (7-9 year olds) went on residential to the YMCA at Lakeside straight after half-term. They had a lovely time canoeing, rafting, abseiling and team-building challenges as well as wonderful weather.

The Ospreys (9-11) visited Rookhow Quaker Meeting House in Rusland and spent the morning learning about and discovering ancient language and history through music and poetry based around local language, the environment and our locality. They were joined by their peers from Leven Valley School and worked in mixed teams to complete tasks. They also enjoyed an afternoon of music with the 'Travelling Tuba' held at the Coronation Hall.

The Ospreys would like to invite visitors to their end of year production of 'Going for Gold' on Tuesday 18th July in the afternoon. Please contact the school on **01229 861307** if you are interested.



Coniston and Torver

Rainfall, Garden House, Coniston, May 2023

Total - 37.6mm (1.5ins)

More than 1mm on 3 days

Wet days - 8

Wettest day - 8th - 24.8mm (1.0ins)

Not the driest May on record but in the top 15

Coniston Institute

The Coniston Institute has taken over the running of the Coniston Local History Group Talks so the next talk will be on **Monday 17th July** in The Reading Room - 2.30pm start and Sophia Martin will be giving a talk on "The History of Finsthwaite through some of its people"

No need to pre-book, £3.00 admission to cover costs.



CLAIRE DARCY
Summer Exhibition
"Our Natural World"

Open Daily
10:30am - 4:30pm
Admission fees apply.

The Ruskin Museum
Coniston, LA12 8DU
Tel: 015394 41164
www.ruskinmuseum.com



**24TH JUNE 2023 -
3RD SEPTEMBER 2023**

Save the date: Saturday August 26th

UKRAINE FUNDRAISER

At St Andrew's Church, Coniston

Save, make and donate : there will be

Cakes and bakes, plant stall, raffle, pre-loved and vintage
clothes and collectibles and more

For more information please call **Linda** on **015394 41777**

Coniston Sports and Social Centre

July Events

Saturday 1st July – Our annual membership Family Fun day starting at 3pm with BBQ, Live music from Fiona – Music in the Lakes, Fun and Games. (come and renew your membership to continue getting reduced rates!)

Wednesday 5th July – Monthly Quiz Night, open from 7pm, quiz starts at 8pm, £3pp

Saturday 22nd July – Live Music from band “Jump the Shark” 8pm

Sunday 30th July – Lakeland 50/100 “After Party” Live music from 3pm – All welcome

A huge thank you to all who supported the June monthly quiz night – it was a great night again. £60 has been donated to North West Air Ambulance – chosen by the winning team.

Please join us for our next one.

Opening: Friday from 4pm, Saturday from 12 noon and Sunday from 1pm.

If you'd like to book our facilities or have any other enquiries please do get in touch.
Tel: **015394 41812**, email: **Conistonsports@gmail.com**

For regular events see page 30



Coniston Celebrates the Coronation

One of the main features of Coniston's Coronation week-end was the celebration of volunteers and all of those who give their time and effort to make a difference in the community.

Those nominated for awards were provided with certificates and those winning received Community Star Awards.

The Coniston Womens' Institute won the group award. Katie Troughton won the adult volunteer award and Cecilia Kelly won the junior volunteer award. These certificates and awards were given out by Samantha Scott, High Sheriff of Cumbria.

The generous offer of an evening cruise of Coniston Water on Steam Yacht Gondola was gratefully accepted. Many of those who work so hard for the people of the parish were able to attend. I'm sure that all those involved would like to thank Julian Blatchley and his team of a memorable evening.



Torver June Social with 100 Club Draw

This quarter's community social featured classical music alongside amazing drone films of well-known local landmarks created by Rev. David Bickersteth. For an hour we sat in silence as the images were shown on the interior wall of the Schoolroom, soaking in the new perspective of familiar buildings and places. Harter Fell, Rampside and Walney along with the Coniston and Torver, Duddon Valley, Kirby Ireleth, Woodland and Broughton churches. There were abundant shots of crocuses and snowdrops as the drone flew over buildings and grounds, then pausing to scan the surrounding countryside and views. There can be no doubt that we live in the most beautiful of landscapes and an incredible county.

David shared some of the technicalities with us regarding the law and flying drones which certainly helped us recognise that this hobby is a skilled art form, not a casual pastime. He generously offered to film any of our homes and property, permission from the owner always being a requirement. Some of David's drone films are on You Tube if you would like to see them.

The 100 Club numbers were drawn and the winners are:

£100...Joseph Brackwell. £30x2 ...Norman Cooper, Rose Clough. £20x2...Nicola Kennelly, Jane Halton. £15x2...Dorothy Appleyard, Audrey Grizedale. £10x3...Dave Johnson, John Harrison, Sue Hext.

We were delighted and very grateful to receive a generous donation for the Schoolroom funds from one of our 100 Club members. A fabulous end to a very enjoyable evening.

The next community social will be a film, popcorn and pizza evening. So keep the date, Friday 15th September in your diaries. Everyone is welcome and you don't have to be a 100 club member to come along and enjoy yourself.

Have a wonderful summer everyone.

Val

Girlguiding Shoebox Appeal 2023

This is to invite everyone to continue to make up shoeboxes for November. Boxes of Hope are ceasing to deliver them, but this does not affect our distribution. If you would like to contribute in any way please let me know. We have thirty volunteers who meet each year to make and sort the shoeboxes along with the young Girlguiding members. The dates this year are 20th November 1pm, 21st and 22nd from 11am. People can come for as long as they want. Knitting and sewing is very welcome, and we always need wool. We also have a series of Afternoon Teas during the summer. All this takes place in Park House, in Hawkshead. **Judith Myers 015394 41245** or email **jandzmyers@gmail.com**

Lowick & Blawith

Lowick Parish Council

Lowick Parish Council met on the 16th May for their AGM. Councillor Edmondson was elected to remain as Chairman, and the Vice elected to remain as Councillor Sanderson.

The state of the impassable footpath between Lowick and Blawith was brought to the attention of the council, as the Lengthsman is not able to do work on main roads, the issue was reported to highways. They have responded as follows "We can confirm that our team has attended the location reported between Lowick Bridge and Blawith and have identified that further works are required. Our team will carry out clearance work on the overgrown vegetation in the areas that are the responsibility of Westmorland and Furness Council, however some areas have been identified as being privately owned." Anyone can report such issues, along with potholes and other road problems- <https://www.westmorlandandfurness.gov.uk/parking-streets-and-transport/streets-roads-and-pavements>

Our Lengthsman is however going to carry out much needed repairs to the rather soggy bus shelter at Lowick Bridge, so you should have a much dryer wait for your bus when the rain finally does return!

The council are in receipt of their final instalment of the Nigel Lord Bequest. The total received is £12,152. Going forward, the council are going to seek advice on how to fairly use this money within the Lowick Community, more will be discussed about this in future meetings.

Lowick PC will next meet on **20th July** in Lowick Community Hall at 7:30pm. As always, all are welcome to attend.

Full minutes of all our meetings, along with an abundance of other information can be found on our website **www.lowick.org.uk**

Friends of the X112 are pleased to announce the return of the

ASDA BUS

Every Monday, leaving Coniston at 8.45am, arriving at Asda via the Coast Road at 11.07am

Leaving Asda for the return trip at 1.55pm.

Reports

Women's Institutes



Coniston WI

Coniston WI are organising the village trip for the over 70's. This will be on **Friday July 7th** leaving the village at 10am to stop at Penrith for coffee and then onto Carlisle. A meal will be included. The Rawdon Smith Trust are kindly paying for the trip out. If you would like to book a place please contact **Gill Lake** or **Helen Glaister**.

We have enjoyed lots of events recently, visiting Lowther Castle to admire the ceramic daffodils they helped produce. Our walking group went up Black Crag, and also to Brantwood. We have a swimming group who swim in the lake regularly, and we are enjoying some crafting evenings. We are having a picnic Jacob's Join by the lake on **18th July** – 6.30pm at the Monk Coniston end, If you think you might like to join us do come along as a guest, the cost is £4; alternatively get in touch with **Judith** on **015394 41245** – we look forward to welcoming new members.

Judith

Egton WI

Our speaker this month was Faye Lacey from Eden Beauty Room, Ulverston. What an informative and interesting talk/demo she gave. It was a very warm night but she brought along some of her beauty products for us all to use and after using two cleansers on our faces with lovely cool bamboo flannels to clean them off we all painted ourselves black with a face mask made from products grown in Iceland! So old and wrinkly you may think we are but we felt refreshed, smooth skinned and beautiful. It must have been the heat. It was a fun evening and something very different for most of us.

Next month we look forward (I think!) to having a talk from a member of the police who is going to help make us aware of the scams that are going on, so that should be very interesting. By then the summer holidays will be looming so let's hope the good weather lasts for everybody especially on our croquet evening in August.

We will also be hosting one of the dances in our village hall that month too.

As time flies it is never too early to put a "save the date" in your diary so please note that our autumn fund raiser for St. Mary's Hospice will be on Saturday 18th November at Greenodd Village Hall. There will be coffee, stalls (just in time for Christmas) and a soup and sandwich lunch available. It would be great to try and top our royal tea party profit for the Hospice too.

New visitors or members are always welcome, so as usual for more info call **07519 144799**.

Gill

Members of Coniston Mothers' Union enjoyed an outing to Rookhow, the Quaker Meeting House in the Rusland valley. After a very warm welcome we learnt more about the site and work over tea, coffee and cakes.

Our tour of the site began with a visit to the old stables which have now become an independent hostel with bunk beds for 16, plus a large kitchen, dining, sitting area, open for all to hire. We then followed a gentle path in the mixed woods to a yurt and camp fire area where we sat in silence to take in the bird song, trees tall and others of different shapes with new fresh leaves, very peaceful and mind clearing.

In the main house we first entered the wardens' rooms, dining and kitchen area ending with the actual meeting room where we joined in a half hour worship with our guides and voluntary workers. It was wonderful to see the original features from 1725 in both the stables and house and the tasteful restoration. We all came away with much thought and determination to return.

Lunch at the Manor Arms completed the trip.

Tottlebank Coronation celebrations

Tottlebank Baptist Church planted a tree to celebrate the Coronation of King Charles III. The tree-planting ceremony was on Sunday 28th May 2023 and Rev Andrew Dodd, from Hawkshead, read a suitable blessing. This was followed by a shared lunch in the School Room and the Church's AGM. The tree planted was a Prunus (flowering cherry), which is one of King Charles's favourites.



ROOKHOW- VOLUNTEERS NEEDED!

We're on the look-out for more volunteers at Rookhow, especially more local people. If you like spending time outside, gardening, weeding, chopping wood or prefer indoor jobs such as DIY, helping sort the garage or polishing wood, please get in touch. We meet on

Fridays 10am - 4pm. Volunteers bring their own packed lunches and are provided with tea, coffee, homemade cakes and good company.

You don't have to be a Quaker to be a volunteer, though everyone is welcome to join us for the short lunchtime Quaker Meetings on the 1st and 3rd Friday of every month when we're also open to the public for Open Days. Others choose to carry on working! Contact **Sue Nicholls**, Rookhow Development Manager Tel **07377 971783**. Email: **contactrookhow@gmail.com**

Rookhow is a 300year old Grade II* listed Quaker Meeting House in the Rusland Valley and is a registered charity. Its 16 bed Bunkbarn provides simple affordable accommodation for groups and families. We put 5% of our bookings income into subsidising stays for vulnerable groups. Website: **rookhow.org.uk**

OUTDOOR THEATRE BY ILLYRIA THEATRE COMPANY IS

BACK! – Get ready for an enchanting summer filled with captivating performances against the backdrop of Brantwood's picturesque lakeside meadow. Illyria are back for a world of classic literature and timeless tales brought to life by this esteemed theatre troupe. Box office: <https://www.illyria.co.uk/shows>

Thursday 20th July 2023 - *Pride and Prejudice* by Jane Austen

Thursday 27th July 2023 - *Twelfth Night* by William Shakespeare

Wednesday 9th August 2023 - *Robin Hood* adapted by Oliver Gray

Performances start at 6.30pm. Adults: £17.00, Stu/child £8.50 (4-16 yrs, under 4 free). Held in Brantwood's lakeside meadow. Bring a picnic, low backed seating and insect repellent!

PLEASE NOTE: We do not recommend you turn up by car on the night to buy tickets for the performance. Our parking is very limited but tickets can be purchased on the gate if you travel to and from the performance via Coniston Launch who will be running a special service to and from the performance. £8.00 return. Leaving Coniston Boatlandings at 6pm (please arrive at 5.45pm) and returning after the performance. Go to **www.conistonlaunch.co.uk**, then click on book now then click on Brantwood Theatre. Alternatively **info@conferry.co.uk** phone number **017687 75327**.

Our Severn Studio exhibition '*Art Forms in Nature*' by Mark Butler continues until 30th July. On 1st January 2022, Mark started a creative challenge to make a new clay design every day for the first 100 days of the year. He based all the clay designs on the amazing drawings of Ernst Haeckel.

There is still a chance to catch '*Tracery – Venice and the Lakes Interlaced*' by Deirdre Kelly. This exhibition that emulates Ruskin's dedication to observation and his love of Venice and the Lakes. In the Blue Gallery until 11th July. This is followed by Ruskin's *Lamps: The Seven Lamps of Cumbria*. Composer Rebekah Okpoti and photographer Ian Clegg present a 7-part interactive music exhibition, based on Ruskin's *Seven Lamps of Architecture*. An artistic intervention into the life and work of John Ruskin, it takes a unique and multidisciplinary look at traditional but overlooked RGB Still Life Photography process and Contemporary Classical Organ Music reconnecting the *Seven Lamps of Ruskin's* work. On display from 14th July until 20th August.

In conjunction with '*The Seven Lamps of Cumbria*' St Andrew's Church in Coniston will be hosting a playful and informal drop-in concert on Saturday 15th July from 5.00pm. The church organ will be used to perform three specially written scores alongside images of the artwork from the exhibition projected around the church. All welcome to join this unique event and meet its creators. Free admission.

For full details of all our exhibitions and events, please visit our website **www.brantwood.org.uk**. Box office: **enquiries@brantwood.org.uk** or call **015394 41396**.



It's been a good end to another good year for Lowick YFC. Saturday 20th May was the Annual Southern District Field Day, held at J36 Auction Mart by Crook YFC. All of the "Pre Field Day" items such as metalwork, woodwork and crafts had already been judged, along with the Tug-of-War and Cross Country competitions taking place a fortnight earlier. The day itself was long, but warm, bright and sunny throughout. Lowick members competed in everything from the StockJudging of Dairy, Beef, Sheep, and mystery classes, skills such as sheep shearing, first aid, and wallpapering, a range of pre-made and on-the-day cookery classes, and fun competitions which went from egg throwing to karaoke. Across the board, everyone put their shoulders to the wheel, with some great results and collecting points (every class is out of 100pts).

For a small club we definitely like to make our mark so a huge thank you to all our members, advisory & parents, hard work pays off. We picked up the Field Day Trophies for: Best small club; Dairy stock judging; Overall stock judging; Live stock judging; Tractor handling; plus finishing on the podium in plenty more trophies as well.

The overall results were:

1st - Kent Estuary: 11,680 2nd - Grayrigg: 11,012

3rd - Crook: 10,993 4th - Lowick: 10,989

All the way down to 10th. Making it the one of the closest podium results ever. We had plenty of great results across all the competitions, making a lot of ground up on a lot bigger clubs. It's a great team effort all round from everyone who's competed and helped out. For a small club like ours to be battling up there with the best of them, just 24pts off second place, with scores over 11,000 is fantastic.

I'm very happy to chalk up 2022-23 as another great year for Lowick. We've continued to excel in the winter public speaking competitions. We've fundraised more this year than we have for the last decade with our Bingo night, Whist Drive, Domino Drive, and StockJudging evening, touching on nearly £5000 overall for local charities. We've kept our social side alive and well, traversing the District and County for all sorts of events from Drigg's Christmas Bingo to the County's Spring Dance in Penrith, and much more besides. We're seeing a strong group of juniors grow and develop into good Young Farmers, whether that be at speaking or stockjudging or getting involved in whatever is asked of them for Field Day, and I'm delighted to see the long-term future of our little club looking so strong. We now take our much-needed Summer break to come back stronger in September and do it all again.

Ben





The Farmers' Arms, Lowick - what's on in July

1st July // 10am - 4pm // £5 (under 16's go free) // **Farmer's Yarn Wool Festival**

13th July // 7.30pm // Free // **Celtic Fiddles** live in the Stable Bar

15th July // 10am - 4pm // £5-£40 (depending on level of tuition) // **Drop in Making Days** with Tom Philipson and Francis Lloyd-Jones

27th July // 7.30pm // Free // **Neil McHardy** live in the Stable Bar

Rusland Horizons events

Rusland Horizons Trust Moth Trapping Evening: Saturday 1st July, 10pm until late

On the evening of Saturday 1st July, we will be heading out into the dark for some moth spotting at the beautiful Hay Bridge Nature Reserve. 'Traditional' moth traps will be used, plus a few alternative methods to attract the moths to feed, wine ropes and sugar solutions, allowing us more opportunities to see a wider variety of moth species.

Moth Morning: Sunday 2nd July, 10am - 2pm

On Sunday 2nd July, we will be opening the moth traps from the previous evening to identify the moths, all of which will then be released, unharmed.

There will then be the opportunity to enjoy a leisurely, guided walk to learn about the moths and butterflies of the area.

Drystone walling: Sunday 9th July, 10am - 4pm

Learn the ancient art of drystone walling, working with expert waller, Jack Ellerby, at a site in the Rusland Valley (*venue to be confirmed*) he will share his expertise and tuition. You will help to rebuild a section of one of our iconic walls, gaining walling skills that you can then use elsewhere for your own wall repairs.

Further details and booking will be available on our website soon, but please get in touch if you would like to register your interest now, hello@ruslandhorizonstrust.org

Photograph Competition is back

The Rusland Horizons Photograph Competition is back again this year! We're looking for your fabulous photographs that reflect the theme 'Life in the Rusland Valley'.

We want to see what the Rusland Valley means to you. It could be a building, a space, people, wildlife, your favourite view, an activity...

Winning entries will be used in our 2024 Rusland Horizons Calendar and if your photograph is one of those chosen, you will receive a complimentary copy.

Photographs must be taken in the Rusland Valley area and we need to receive your entries by Thursday 31st August, 2023.

Full details and entry criteria can be found on our website www.ruslandhorizons.org/latest-news.aspx





RUSLAND SHOW

SATURDAY 19th AUGUST 2023

Field opens 11:30 First event 12:20

Whitestock Meadow, Rusland LA12 8LB

- Flowers, Vegetables, Home Produce, Handicraft and Children's Exhibit Competitions
- Fell Races, Track Races, Hound Trails – **Cash Prizes**
- Children's Competitions: Pet Show, Fancy Dress, Obstacle Course, Children's Races
- Craft Tent, Refreshments, Ice-Creams, Local skills and crafts demonstrations
- Free Circus skills workshops by Jesters
- Tug of War (£100 1st Prize donated by The Manor House)
- Music event after the Show!



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Citizens Advice Consumer Service received over 9,000 reports of scams between January to April 2023. The charity is urging more people to report scams to help protect others from falling victim. As scammers get ever more sophisticated it's more important than ever that we all work together to raise awareness, report scams and share our experiences to help protect ourselves from their tricks.

The most common scams faced by the public so far this year are malicious parcel delivery messages with scammers attempting to get hold of personal information or bank details. Several of the most frequently encountered forms of scams involve quite sophisticated impersonation of official organisations.

It is important to keep alert to signs of a scam. These include offers that seem too good to be true, like a holiday that's much cheaper than you'd expect, or pressure to send money quickly, or in an unusual way – like by an iTunes voucher or a transfer service. Other clues are if you are asked to give away personal information such as passwords, PINs or verification codes - a reputable organisation will never ask for these things. Always step back and double check. If there is any hint that the organisation or person you are dealing with isn't genuine, such as a suspicious email address, don't part with any money or information.

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

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A THOUGHT FOR THE MONTH by Rev. David Gregg
JULY 30TH: COMMEMORATION of WILLIAM WILBERFORCE

The rowing master was addressing the galley slaves. “The GOOD NEWS is that today you can have as much as you like to eat for lunch! The BAD NEWS is that, after lunch, the Captain wants to go water-skiing!!!”

Slavery has been a shameful factor of human life almost from the beginning. On July 30th we commemorate William Wilberforce, and are confronted again with its issues. There are two separate aspects – the kidnapping or otherwise acquiring of the victims and transporting and marketing them (known as the SLAVE TRADE) and the institution of Slavery itself.

The *scale* of the Slave Trade in the British Empire beggars belief. It is calculated that during the 18th century 2.5 million (out of a world-wide total of 6.13 million) were traded by Britain. From 1750 to 1776, 1868 ships sailed from Liverpool, 588 from Bristol and 260 from London. (Countless thousands of sick and injured and dying (unsuitable for the market) were simply dumped, to drown, in the Bermuda Triangle!!) Happily, under the influence of the Evangelical Revival (led by John Wesley) a National Committee was founded by Granville Sharp and Thomas Clarkson, soon joined by Wilberforce, to seek the *Abolition of the Slave Trade*, eventually achieved in 1807.

As to the *Institution* of Slavery itself, the Anti-Slavery Society (in which Wilberforce was heavily involved), formed in 1823, eventually led to the Abolition of Slavery throughout the British Empire in 1833 under Earl Grey’s government. (It took another 30 years and a Civil War to achieve the same in the USA!) The aftermath is still heavily with us today! (And we must also continue to pray and work against *modern* human trafficking and enslavement!)

When Harold Wilson visited the USSR in the 1960s, the Soviet Leader, Brezhnev, was boasting about the merits of Communism, and said that in 20 years’ time everyone in Russia would have free housing, free food and clothing and full everyday employment. Wilson observed, rather drily, that when that came about the Russians would be as well off as the *Roman* slaves!

To the Greeks, at least, in New Testament times, the great prize of life was “freedom”, and the lot of the *doulos* (= slave) with its bondage and compulsory service, was much despised. In addition, there was the concept that “Slave” implied the notion of Master/Lord (Kupios) and required total unquestioning obedience. In the New Testament writings the assertion of the believer, rendered in English as ‘Servant of God’/‘Servant of Christ’ is almost always a translation of *doulos*. The overwhelming number of those is ‘Slave of (the) Christ, and the Lord Jesus Himself is said to have taken ‘the form of a slave’ (Phil. 2:7) and to have washed his disciples feet, saying ‘I have set you an example. *Slaves* are not greater than their master’ (John 13 vv 15,16). We who are Christian disciples must own ourselves as ‘Slaves of Christ’, with its con-commitment of total obedience, knowing that He, Who is our Lord, will (like His Graeco-Roman counterpart) accept full responsibility for our protection and provision and entire well-being, (even though *this* relationship is superseded by our status as His brothers and sisters in the Heavenly family in which “there is neither bond nor free”, ‘whose service is perfect freedom.’)

Parish Prayer Diary – July 2023

1st: Pray for the six people ordained Deacon today at Carlisle Cathedral, and for their ministry in their assigned Mission Community across the Diocese.

2nd: **Sunday, the first day of the week:** May our loving God, who is the comforter and healer of the broken, teach us the ways of gentleness and peace, that through our prayers and witness the world may experience his Kingdom Life.

3rd: Pray for bereaved parents.

4th: Pray for children in their final days of primary school preparing to begin secondary school in the new academic year.

5th: Pray for today's Benefice Staff team meeting.

6th: Pray against the lawless situation in Libya and pray for Christians there who follow Jesus despite retribution from extremist groups.

7th: Pray for Lowick Young Farmers Club.

8th: Pray parents and God-parents will take seriously promises they make to nurture the Christian spiritual development of children they bring for baptism tomorrow.

9th: **Sunday, the first day of the week:** Pray our Heavenly Father will send upon his Church the riches of the Spirit that all who profess Jesus as Lord may serve in holiness and truth, to the glory of His name.

10th: Pray for the UK Government facing many economic and social challenges.

11th: Pray for churches in deprived areas reaching out in gospel compassion with initiatives of practical help and support.

12th: Pray for the ministry of Chris Clark, the Children, Youth & Community Worker at Coniston.

13th: Remember someone who was influential in your faith journey; give thanks for them and pray you in turn may be a positive influence to others.

14th: Pray for young people exploring technical and vocational training that will give them skills for life.

15th: Pray for Colton Church Fete today.

16th: **Sunday, the first day of the week:** Pray God may enable us to discern Him in all that we see and that refreshed and sustained by His presence and grace we may serve Him in all that we do.

17th: Pray for Bishop James and his wife, Alison, following yesterday's farewell service at Carlisle Cathedral.

18th: Pray for those who feel disillusioned may find purpose and fulfilment through the truth of Jesus.

19th: Pray for pupils, teaching and support staff as schools close this week for the summer holidays.

20th: Pray for Church Missionary Society (CMS), equipping Christians to share the love of Jesus in their communities and overseas.

21st: Pray the Scripture Union holiday clubs taking place this summer will be the start of the faith journey for many.

22nd: Pray for couples marrying in Christian churches today.

23rd: **Sunday, the first day of the week:** Although our faith is small as mustard seed, pray our gracious God will use it to His glory and the growing of His kingdom, within us and our communities.

24th: Pray anyone in our farming community struggling with difficult thoughts or feeling isolated will reach out either to someone they can trust or ring Samaritans who will always listen (116 123).

25th: Pray the National Schizophrenia awareness day will challenge the stigma and discrimination surrounding this misunderstood illness.

26th: Pray for all who work in the Social Care sector.

27th: Pray for local nurseries and childminders.

28th: Pray for charities enabling the world's poorest people have access to clean, safe water and sanitation.

29th: Pray for Mothers Union at home and abroad promoting favourable conditions in society for stable family life and helping families who have met with adversity.

30th: Sunday, the first day of the week: Ponder anew the graciousness of God giving up his Son out of love for the world, and in humble response, seek to share his love with all we come in contact with.

31st: Pray for all agencies working to stop the trafficking of people.

Prayer Hour

Monthly opportunity to meet in Penny Bridge church, to pray for items posted on the prayer board, for the churches in our Benefice, for our communities, and for the wider world. Next Prayer Hour will be **Wednesday 5th July, 10am - 11am**

Readings for July 2023

2nd	Romans 6.12 - 23	Matthew 10.40 - 42
9th	Romans 7.15 - 25a	Matthew 11.16 - 19, 25 - 30
16th	Romans 8.1 - 11	Matthew 13.1 - 9, 18 - 23
23rd	Romans 8.12 - 25	Matthew 13.24 - 30, 36 - 43
30th	Romans 8.26 - 39	Matthew 13.31 - 33, 44 - 52



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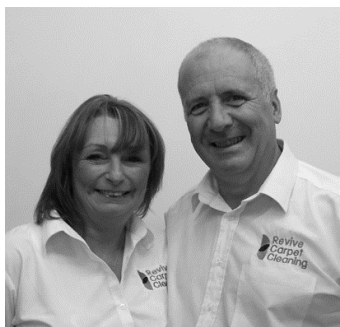
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What's On Guide - regular events

Monday	Knitting and Stitching, 7pm	Greenodd Village Hall
Monday	Short Mat Indoor Bowling, 7 - 9pm, no experience needed	Greenodd Village Hall
Monday	Youth Club, year 7 to age 18, 6 - 9pm	Coniston S & S Centre
2 nd & 4 th Friday	Tottle-Art: Art Group 10.30am - 12.30	Tottlebank Baptist Church
Tuesday	Coffee and Chat, 9.45 - 10.45am	Greenodd Village Hall
Wednesday	Parent and Toddler Group 9.30 - 11.30am	Coniston S & S Centre
Wednesday	Lowick Parent & Toddler Group 9.30 - 11.30am (term time only)	Lowick Community Hall
Wednesday	Community Lunch, 1pm sharp	Farmers Arms, Lowick
Thursday	"Young at Heart" exercise and lunch, 11am	Coniston S&S Centre
Thursday	Volunteer Day 9.30 - 3.30pm	Brantwood Gardens
2 nd Tuesday	Egton WI, 7.30pm, new or prospective members welcome	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	Bouth Village Hall
1 st Wednesday	Prayer Hour - 10 - 11am	St Mary's, Penny Bridge
Fridays	Indoor Bowling, 2 - 4pm	Coniston Institute

From the Editor

Please send in your items for inclusion in the August edition by July 15th.

Juliet Caldwell, Editor 07884 232281

editor@conistonandcrakechurches.co.uk



What's On Guide - July

30 th June	Community Drop in Surgery: 10am Herdwicks Café, 11.30am Undercrag Torver, 2pm Farmers Arms Lowick	Westmorland & Furness Councillor Suzanne Pender
1 st	Members' Family Fun Day, 3pm on	Coniston Sports & Social Centre
1 st	Farmer's Wool Festival 10am - 4pm	Farmers Arms, Lowick
1 st & 2 nd	Rusland Horizons Moth events see page 15	Rusland
4 th	ENMO Parish Council Meeting	Greenodd Village Hall
5 th	Quiz Night, 8pm, profits to charity	Coniston Sports & Social Centre
7 th	Coniston Over 70's trip to Penrith & Carlisle - see page 11	Coniston
9 th	Rusland Horizons walling event see page 15	Ruslan
13 th	Live Music - Celtic Fiddles 7.30pm	Farmers Arms, Lowick
15 th	Drop in Making Days 10am - 4pm	Farmers Arms, Lowick
15 th	Organ Concert, 5pm	St Andrew's, Coniston
17 th	Talk: The History of Finsthwaite, 2.30pm	Coniston Institute
18 th	School Production: Going for Gold - see page 6	Penny Bridge School
18 th	Coniston WI lakeshore picnic, see page 11	Head of the lake
19 th	Friendship Group outing to Keswick see page 6	
20 th	Brantwood Outdoor Theatre see page 13	Brantwood
20 th	Lowick Parish Council Meeting 7.30pm	Lowick Community Hall
22 nd	Live Music: "Jump the Shark" 8pm	Coniston Sports & Social Centre
27 th	Live Music - Neil McHardy 7.30pm	Farmers Arms, Lowick
27 th	Brantwood Outdoor Theatre see page 13	Brantwood
30 th	Lakeland 50/100 After Party from 3pm	Coniston Sports & Social Centre

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