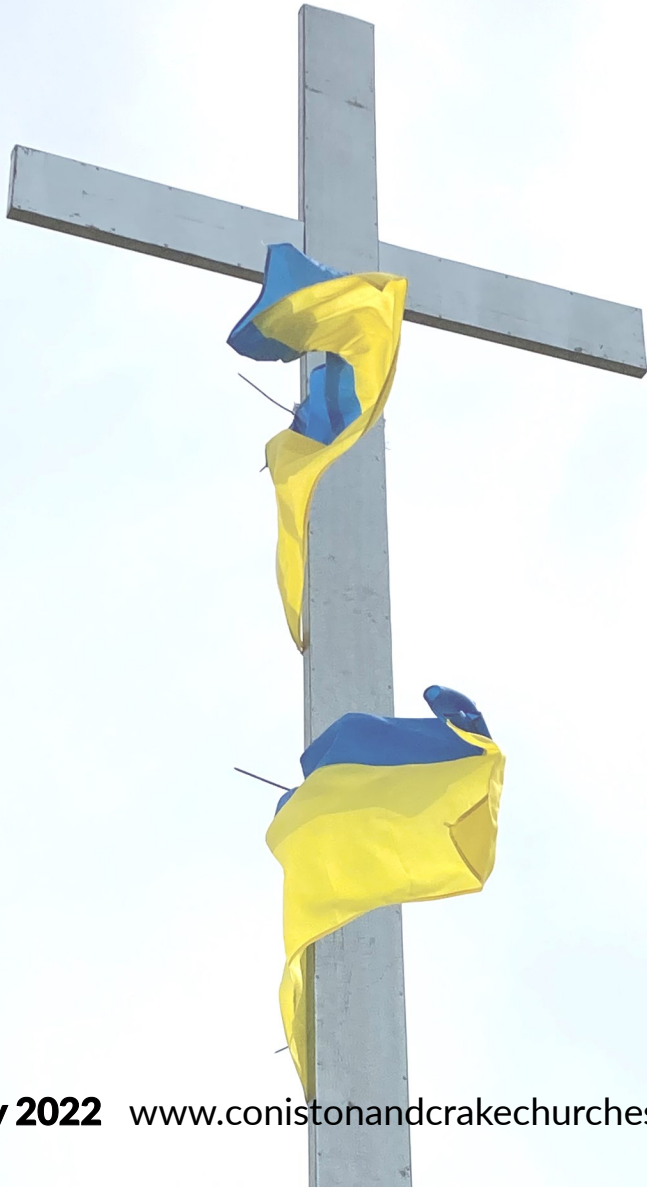


Coniston and Crake Valley News



May 2022 www.conistonandcrakechurches.co.uk

Coniston
& Crake
Churches

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

Juliet Caldwell	safeguarding@conistonandcrakechurches.co.uk	07884 232281
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ADMINISTRATOR & MAGAZINE EDITOR

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ADMINISTRATOR

Marion Swift	admin2@conistonandcrakechurches.co.uk	01539 521337
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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**.

Pastoral Letter from Revd. Brian Streeter

DEATH

The four horsemen of the apocalypse are a well-known part of our culture, at least in the western world. The origin of the four horsemen is often thought to be from the last book in the Bible, the Book of Revelation, whereas they are in fact foreseen in the Book of Ezekiel in the Old Testament. In Ezekiel 14.21, the prophet Ezekiel says, *"For thus says the Lord GOD: How much more when I send upon Jerusalem my four deadly acts of judgement, sword, famine, wild animals, and pestilence, to cut off humans and animals from it!"*. From this imagery were born the four horsemen of war, famine, disease and finally, death.

I do not need to say that recently our nation and the world have been subjected to pestilence and disease. Some people have lost their lives to COVID, others have lost loved ones, while all have had their social and working lives impacted in some way. As human beings we are not responsible for disease, though increased global travel and human encroachment on natural habitats has increased the risks of a pandemic. The same cannot be said for war. As human beings we are fully responsible for war and its consequences. And again, I do not need to say that recently our nation and the world have been shocked by the savagery and cruelty of the war in Ukraine. Now, in the western world it is unlikely that we would be faced with the spectre of famine. However, as Ukraine is the "breadbasket of the world" and Russia is also a major exporter of grain, then food shortages or even famine may yet inflict some of the nations of the world.

In the Book of Revelation, we hear from the disciple and apostle John's vision of the fourth horseman, *"When the Lamb opened the fourth seal, I heard the voice of the fourth living creature call out, 'Come!' I looked and there was a pale green horse! Its rider's name was Death, and Hades followed with him"*. If disease does not get you, if war does not get you, if famine does not get you, then death surely will be the picture presented. We all know that death will come to us one day.

But the season of Easter that we are in, from Easter Sunday to Pentecost (Whitsun), is a reminder that Jesus conquered death on the Cross and now walks a risen, eternal life as all believers will also do one day – death, resurrection, eternal life. Therefore, as the apostle Paul says in the first letter to the Corinthians, *"Where, O death, is your victory? Where, O death, is your sting?"*. We need not to be afraid of the horsemen – especially death!

Blessings in Christ,

A handwritten signature in dark ink, appearing to read 'Brian', with a stylized flourish at the end.

Church Services for May 2022

1st	3rd Sunday of Easter		
St. Luke Torver	9.00am	Bikers' Breakfast	Christian Motorcyclists' Association
St. Luke Lowick	9.30am	Holy Communion(BCP)	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter
8th	4th Sunday of Easter		
St. Andrew Coniston	11.00am	Holy Communion	Rev David Bickersteth
Abbot Park Farm, Bandrake Head	11.00am	Lambing Service	Rev Brian Streeter
15th	5th Sunday of Easter		
St. Luke Torver	9.00am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Morning Worship	Vivienne Plummer
22nd	6th Sunday of Easter		
St. Luke Lowick	9.30am	Methodist Service	Rev Graham Ransom
Holy Trinity Colton	10.00am	Morning Worship	Pam Priestley
St Andrew Coniston	11.00am	Holy Communion	Rev Brian Streeter
St Luke Torver	7.00pm	Torver Junction	Rev Brian Streeter
29th	7th Sunday of Easter		
St Andrew Coniston	11.00am	Morning Worship	Pamela Hull
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter

From the Editor

Welcome to the May edition of the News. We've got a round-up on pages 11 - 13 of your Jubilee celebrations for early June; if I haven't included your event please get in touch so I can make sure it's in next month.

Please do send me your Jubilee themed photos for June's cover image.

The deadline for next month's edition is May 15th.

Juliet Caldwell, Editor

editor@conistonandcrakechurches.co.uk
07884 232281





Easter, Ascension, Pentecost, and Jubilee

Easter Sunday this year is very late, and for this reason the whole of the month of May is in the Easter season. Like Christmas, Easter is not one day – Easter Sunday – but a whole season, in this case seven weeks. The Easter season runs from Easter Sunday when Christians believe Jesus was resurrected from the dead, until Pentecost (also called Whitsun or Whit Sunday) when Christians believe the Holy Spirit descended in power on the first believers. In between, Christians celebrate Ascension Day when they believe the risen Jesus ascended back to heaven. Ascension Day and Pentecost are 40 and 50 days from Easter Sunday respectively – this is very important.

In the Bible the Jewish people, after escaping slavery in Egypt, spent 40 years wandering in the desert before entering the Promised Land, to form the nation of Israel. Jesus spent 40 days in the desert before beginning his earthly ministry – both were periods of preparation represented by the number 40. The 40 days to Ascension Day were the preparation before the end of Jesus' earthly ministry.

In the Bible the Jewish people were commanded in the Law of Moses to allow land to remain fallow every 7 years (a sabbath or rest for the land) and after 7 cycles of 7 years, in the 50th year, that all land should return to original ownership and every slave freed. This was called the Jubilee year – the period of freedom represented by the number 50. The 50 days to Pentecost (the Ancient Greek word for 50) was the freeing of believers from the slavery of sin and the pouring out of God's Holy Spirit on those believers, as it is with Christians today. As Jubilee represented the ending of slavery and the return to rightful ownership, so believers are freed from sin and return to rightful relationship with their Creator.

Also, it is probably not a coincidence but God's providence, that as our Queen nears the end of her faithful ministry, that Pentecost – the Jubilee Sunday – should be the Sunday during the celebration of her Majesty's Platinum Jubilee.

Revd. Brian Streeter

From the Registers

Funerals

7 th April	Eileen Mary Milligan at St Andrew's, Coniston	Funeral
14 th April	Margaret Jean Wilkinson at Thorncliffe Crematorium	Funeral
19 th April	Mary Elizabeth Barnes at St Mary's, Penny Bridge	Funeral
19 th April	Jennifer Athersmith at Thorncliffe Crematorium	Funeral

Baptisms

8 th May	Poppy Edmondson	at St Luke's, Lowick
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AROUND THE PARISHES

Coniston and Torver

Rainfall, Garden House, Coniston, March 2022

Total - 89.1mm (3.5ins)

Wet days - 14

More than 1mm on 11 days

Wettest day - 11th - 28.2mm (1.1 ins)

Frost on the 4th, 5th, 6th, 18th, 19th & 20th

Snow showers on the 30th & 31st.

Sunshine greets runners for 40th Annual Coniston 14 Race

Over 800 runners completed the annual road race around Coniston Water on Saturday 26th March. It was a tough race in the sunshine with the temperature rising to 17°C. Spectators enjoyed the lively music provided by BLAST Furness and the chance to picnic on the grass at John Ruskin School.

Grant Johnson from Ulverston Tri Club was the winner, well ahead of the field, with a time of 1 hour 15 minutes. Kay Neesam of New Marske Harriers AC was the first woman to finish in 1 hour 34 minutes.

The money raised from the race will be donated to the many local clubs and good causes. A presentation evening will be held at Coniston Sports and Social Centre on Wednesday 6th July.

The next Coniston 14 race will be held on **Saturday 25th March 2023**.

Coniston Medical Practice PPG (Patient Participation Group), Update April 2022

Hi all,

Doctors Clive and Katharina have successfully completed the Coniston 14 on the 26th of March. This was in memory of Dr Simon Fisher, Katharina's husband and colleague, and Clive's friend. Simon had been a GP at the practice since 2007, and sadly passed away in December 2021.

Clive and Katharina have raised nearly £3,000 for PKD (polycystic kidney disease) Charity, which is a charity Simon had supported as he did suffer from this illness.

A huge thank you to everybody for donating to PKD Charity! We are completely overwhelmed by all your kindness and generosity. It will help to support sufferers and their families and make valuable research possible.

Surgery update: During April Dr Buckmaster will continue to work at the surgery alongside Dr Frey. In May we welcome Dr Abbas whom some of you have already met. He is a very experienced GP and a good friend of Katharina's.

Coniston PPG and Dr Frey

Coniston Bowling Club

Once again Coniston Bowling Club has entered 'A' and 'B' Teams in the Rothay Bowling League. Matches commenced on 11th April with both teams having encouraging wins.

The Club would welcome new members whatever their level of bowling experience. Anyone interested in bowling can contact John Darragh (Treasurer) on **07854274086**

Christian Aid Week 2022



Over the last couple of months we have had a lot to think about in terms of the awful effects of war in Europe; such destruction, people fleeing their homes in terror and the help they all need. It is sobering to think that it was conditions just like these, nearly 70 years ago, that gave birth to what was to become Christian Aid.

So little seems to have changed in so many ways and over all those decades, Christian Aid has been seeking to help those most in need, be it from wars, natural disasters or poverty caused and continued as a result of injustice.

In the current situation, Christian Aid is active through Acts by Churches Together. And over all that time, the giving of the much-needed help has only been possible by the generous giving of so many people. The present needs are still so much the same and we trust that the generosity will continue.

We shall be delivering envelopes for Christian Aid Week, which begins on Sunday 15th May, but will ask you to take your gift to an address nearby as we did last year; the envelope will give you the details.

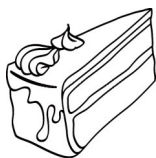
Please do give as generously as you can and DO REMEMBER to sign the Gift Aid declaration if you are able.

Many thanks for all your help for this very special cause.

Dare Holland

CAW Organiser for Coniston

Cleaning and Cake!



Come and join us spring cleaning the church, and be rewarded with tea and cake.

When: **Tuesday 3rd May at 2pm.**

Where: St. Andrew's Church, Coniston.

Who: You! Everyone welcome, bring your own duster and polish. Cake will be provided.

Contact tracydearnley@btinternet.com **07752 462614** for more info.

Coffee Plus

Christian Together in Coniston will be holding a Coffee Morning and Soup Lunch on **Wednesday 4th May** at the **Institute Reading Room, from 10.30 to 12.30**

This will be the last one before taking a break for the summer.

Do come along and meet up with your friends for a chat, while enjoying a coffee or tea, or some warming soup for lunch.

Everyone welcome

Jubilee Tea - home delivery

Coniston WI will be making an Afternoon Tea box to be delivered to people who will find it difficult to join in with the Jubilee celebrations. If you would like a box or know someone who will enjoy a tea on Sunday June 5th, please telephone Judith on **015394 41245** before May 30th.

Lowick and Blawith

Blawith and Subberthwaite Resilience Group Meeting

Reminder Reminder Reminder

Let's be better prepared!!

Place: Farmers Arms, Lowick

Date: Wednesday 4th May

Time: 7pm.

Please let me know if you can make it. More the merrier, all welcome.

Mary **07788 610911** or *maryg0901@aol.com*

Road Safety Working Group

Blawith and Subberthwaite Parish Council and Lowick Parish Council are forming a group of local residents and council members to discuss many issues relating to the A5084 from Lowick Bridge to Torver Bridge.

There are many accidents, near misses, and erratic speeding situations. Sections of the footpaths have been allowed to deteriorate to the point they are unusable for much of their length thus creating potentially dangerous situations for walkers and residents who are forced to walk in the road.

Your experiences, suggestions and support will be invaluable in supporting the parish councils in their negotiations. Please come along to the meeting, or if you are not able to attend please email your concerns to the parish clerk: Christine Adams – *blawithandsubberthwaitepc@outlook.com*

Meeting date is **Sunday May 29th at 7.30pm** at Water Yeat Village Hall.

St. Luke, Lowick

Unfortunately, we have lost some of our congregation. Not because we have been careless, but age, deafness and Covid are to blame.

We have a 9:30am Service on the first Sunday in the month and a Methodist Service on the fourth Sunday at 9:30am, if you enjoy singing this is the one for you – lots of Hymns. We also have Claire who plays the organ for us.

We would be delighted to see more new faces / old will be fine too!

The Church Wardens.

WATER YEAT VILLAGE HALL

is delighted to present



Reg Meuross

touring with songs of history, protest, love, loss, and legend. The breadth and depth of his material is unparalleled in contemporary folk. Reg has the gift of being able to touch people through songs and performance, painting pictures that remain with the listener long after the song has been sung. Accompanying himself on guitar, harmonica, banjo and dulcimer, captivating audiences with his beautiful tenor voice, witnessing a Reg Meuross performance is to experience a journey into the heart, soul and songs of one of England's finest writers.

Friday 27th May at 8pm £12

or in advance from www.wegotickets.com/wateryeatvillagehall

Cabaret-style seating. Bring your own drinks and nibbles

www.regmeuross.com
charity no: 22293

e-voice.org.uk/wyvh
card payment accepted

Egton cum Newland

Church Coffee Morning - thanks

Our coffee morning on Saturday, April 2nd went very well, with us raising £518. It was a lovely morning.

I would like to thank all those who manned the stalls, worked in the kitchen, on the door and with the raffle, set out tables and chairs, and all those who supported us with donations and their presence at the event.

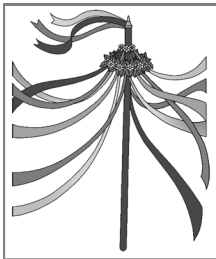
It was a very successful friendly gathering .Thank-you everyone.

Jean Lancaster

ENMO Parish Council

The Egton with Newland Annual Parish Meeting will be held in Greenodd Village Hall at **7pm on 2nd May 2022**. If you have any issues you want to raise with your Parish Councillors please come along and air your views. The Annual Meeting of the Parish Council of Egton with Newland, Mansriggs and Osmotherley will follow on after the Parish Meeting.

For more details please go to www.enmoparishcouncil.org.uk.



MAY DAY History and traditions

Floralia and Beltane

The Romans celebrated Floralia, the festival of Flora the goddess of flowers and spring, on the first of May. Celtic races in Scotland, Ireland and the north of England celebrated Beltane - half way between spring and summer. Old customs included decorating homes with May flowers and celebrating new life and fertility with bonfires.

Later customs include dancing around the maypole, forming complex patterns by interweaving the ribbons attached at the top, and Morris dancing. Morris dancing dates back at least 600 years but its origins are not entirely clear.

May Day

In 1889 May 1st was chosen as International Workers' Day by socialists, communists and labour activists to commemorate the struggle for an eight hour working day. During the Cold War, May Day became the occasion for large military parades in the Eastern Bloc countries when party leaders addressed the crowds in a show of strength.

Mayday distress signal

Mayday was adopted as an emergency signal in 1927 because the previously used SOS, usually transmitted in Morse Code, was not clear when transmitting by radio - as became apparent when aircraft were being used in WW1. Mayday derives from the French "venez m'aider" - literally "come and help me".



PLATINUM JUBILEE CELEBRATIONS IN THE FOUR PARISHES

Bouth

Thursday 2nd June: Bouth W.I. are arranging a Jubilee Tea on the Village Green (Village Hall if wet).

Blawith and Subberthwaite

Saturday 4th June: There will be a Jacob's Join in the afternoon. Please continue to let Sue 01229 885238, Mary 01229 885082 or Marguerite 01229 885498 know if you can come and what you would like to contribute to the party.

Greenodd and Penny Bridge

Thursday 2nd June: Egton WI are arranging a Royal Tea Party at 2pm, for tickets call Gill on 07519 144799.

Saturday 4th June: There will be a celebration at Penny Bridge School at 2pm, more details to follow soon.

Torver

Thursday 2nd June: supper in the Schoolroom at 7.30pm, followed by a bugler at 9.40pm and the lighting of a beacon on the fell above Brocklebank Ground at 9.45pm.

This is one of a national chain of beacons:

see <https://www.queensjubileebeacons.com/>



Saturday 4th June: The Wilsons' Arms are hosting a street party on the Village Green.

Lowick

Sunday 5th June: 9.30am at St. Luke's, Lowick - there will be a service to celebrate the Queen's Platinum Jubilee, with refreshments afterwards in the Community Hall.



Coniston's Commemoration of the Queen's Platinum Jubilee



Over the extended bank holiday weekend of Thursday 2nd June to Sunday 5th June there will be a range of events and activities that it is hoped residents and visitors will be able to enjoy.

Decoration

The Parish Council will be erecting bunting along the parts of the main roads in the village centre, however, all residents and businesses in the Parish are invited to decorate their windows, gardens and properties to mark the occasion – this might be red, white and blue, or it could be based on the Platinum Jubilee logo ... the be as creative as you feel.

This is intended to be a fun activity, but organisers will ensure that all displays are seen before the event and winners will be awarded for creativity and enthusiasm.

Flower Planting

If you are planting a bed of flowers, could you consider a red, white and blue theme?

Are you organising a street party?

If you have any other events to celebrate the Platinum Jubilee that you want to publicise please make contact via Facebook, email or phone.

Photographs

Do you have any photographs of Coniston's celebrations during the Coronation in 1952, or possibly the Silver Jubilee in 1977, or Golden Jubilee in 2002? If so, might we borrow them to use in a display? Please contact the parish clerk on parish@coniston.info or 01539 441 442



Jacob King/PA Wire/PA Images

Coniston Jubilee Celebrations

Timetable of Events

Before the Bank Holiday week-end	Opening Ceremony: Planting of a commemorative tree at John Ruskin School. Distribution of commemorative gifts to schoolchildren.
Thursday, 2 nd June	Beacon Lighting. The Mountain Rescue and Girl Guides are working together to light the beacon on Maundry Bank.
Friday, 3 rd June	Coniston Cricket Club: Cricket All-Stars, Fancy Dress, Softball and children's entertainment
Saturday, 4 th June	Parish Picnic at Coniston Sports and Social Club Between 12:30pm and 4pm there will be an afternoon for the young and young at heart with a Jacob's Join, children's entertainers, storyteller, traditional games and races, craft activities and much much more. From 5pm there will be an event for the whole family at Coniston Sports and Social Centre, with live music and barbeque.
Sunday, 5 th June	Church Service at St Andrew's at 11am to commemorate the Queen's life of dedication and faith. Afternoon tea and live music organised by Coniston's Women's Institute at the Coniston Institute. Tickets are £5.00 and can be obtained from Judith Myers, telephone 07896 618474. Distribution of afternoon tea hampers for those who are housebound and unable to attend the celebrations. If this describes your situation please contact Judith Myers. Signature Dish Competition. Closing Ceremony: Planting of a commemorative tree at the Coniston Institute.

Reports



Mothers' Union

The Mothers' Union meeting for March took the form of an outing to St John the Baptist church Flookburgh where they joined members from other branches for a Barrow and Furness Deanery Celebration for Lady Day/ Festival of Annunciation.

The service was based on the Mothers' Union service for Lady Day with this year's theme, 'Transformation Now'. It was led by the Rev'd Jane Maycock with members reading the lessons and prayers. During her talk we were asked to look at two pictures of Mary having our attention drawn to her eyes and the directions they are looking and people looking at her. Two Flookburgh members and a diocesan member were enrolled during the service by trustee and Deanery Leader Kay Shepherd. The service ended with Communion, this was followed by a welcome cup of tea.

To celebrate Her Majesty the Queen's Jubilee a small display is now in place in St Andrew's Coniston. Her Majesty the Queen has been the president of the Mothers' Union for 70 years. It has 4 million members and is an International Christian Charity in 84 countries who can serve Christ in their own communities. This is done through prayer, financial support and actively working at grassroots level with training programmes to meet the local needs, working with people of all faiths or none.

Members are not all mothers or even women, they are single, married parents, grandparents, young adults and is open to anyone who has been baptised in the name of the Holy Trinity and who promises to uphold the aims and objectives of Carlisle Diocese Mothers' Union which is affiliated to the Worldwide Mothers' Union. There are about 1,000 members in seven deaneries covering the whole diocese in more than 40 branches.

For more information and confirmation of details for meetings please contact Kay Shepherd on **015394 41559**, as dates and venues sometimes vary from the planned programme.

Egton W.I.

Our last speaker was a no show which was disappointing but these things happen. Confusion all round! However we still had an enjoyable evening with more of a chance to socialise and came up with some last minute word games which kept everyone occupied. Let's hope we have more luck next month when we are to be entertained by an artist and illustrator.



We are also about to host our group meeting and are looking forward to hearing from Maria Benjamin and learning all about the diversification they are using on their farm at Lower Nibthwaite. In the meantime our plans are going ahead for our Jubilee Tea Party on 2nd June. Tickets are starting to sell so don't miss out, you can contact Gill on **07519 144799** for further information.

In August we have planned an outing north to visit The Devil's Porridge amongst other stops en route. We also have a croquet evening in the pipeline, so as you can see it's all go. If you would like to visit or join our WI then please do so and for more information contact Gill as above.

Bouth W.I.

Advance notice: Bouth W.I are having the Queen's Jubilee party on **Thursday 2nd June**, hopefully on the village green weather permitting, otherwise will be moved to the village hall.

Coniston W.I.

Our next meeting - **Tuesday 17th May**, Yoga and Mindfulness with Debbie Friend, at 7.30pm in Coniston Institute Reading Room.

Brantwood News and Views



Our 2022 programme of exhibitions continues with *The Skies are for All: Ruskin and Climate Change* which runs until 26th June in the Blue Gallery. A lifetime of observing the skies led John Ruskin to conclude that human activities were damaging the environment. This exhibition explores how Ruskin's analysis paralleled the evolution of climate science and shaped his contribution to defining the Anthropocene: the world we have made. Rachel Gibson's exhibition 'A Little Wilderness', delicate paintings and drawings inspired by the natural world, continues until 12th June.

We are planning a variety of events throughout the year to celebrate our estate and gardens. These will include 'performative workings' so visitors can watch Heritage Craft Skills first hand such as stone walling and bark peeling. During May there will be a Bluebell Trail walk and pond dipping with South Cumbria Rivers Trust.

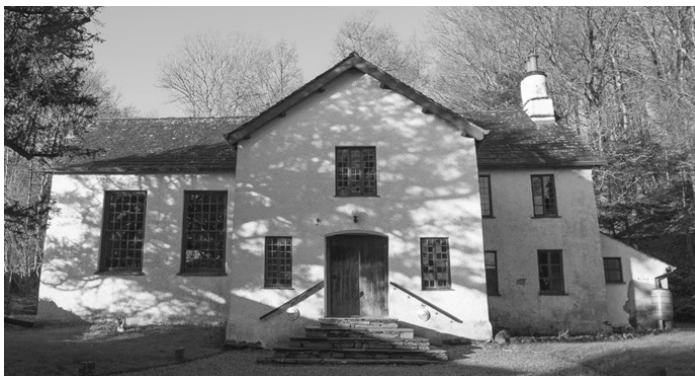
From the 7th to the 15th of May, Brantwood is taking part in Geo-Week 2022. As one of the hosts, Brantwood has been collaborating with different museums in Cumbria to promote Geo-Week, which aims to educate people on our geologic landscape, discussing how it was formed, what has been found and what can still be found in the rocks and mountains around us. During Geo-Week, Brantwood will be hosting two on-site events, as well as releasing a series of short videos and images onto our social media pages and website. We will also be running a Family Activity Day on Sunday 8th May. This will include activities such as drawing and colouring a favourite stone or fossil; creating, building and photographing your own Inuit sculpture or Inukshuk; an Andy Goldsworthy style pebble trail on the shore; the sketching trail highlighting the stone walls, bridges and mountain views, the Treasury Activity Sheet, storytelling with rock and stone themes. Included with admission.

The Terrace Café have now launched a Brantwood Brunch menu, which includes teacakes, bacon buns, haggis butter toast amongst other delicious morning delights. Available between 10.00-11.30am. New lunchtime menu also now available (12.00-3.00pm).

For full details of all our exhibitions and events, please visit our website www.brantwood.org.uk. (Tel: **015394 41396**).

ROOKHOW OPEN DAYS

1st & 3rd Friday of every month **10am-4pm**



Historic Grade II* 1725 Quaker Meeting House in the heart of the Rusland Valley
Simple architecture, sensitively restored.

Come & find out the history of early Quakers in the area and what Rookhow is
involved with today. rookhow.org.uk LA12 8LA

Oxen Park Cinema Club

Our season has now finished and we are starting to watch and choose films for our new season starting in September. Keep an eye out on the website which will be updated sometime in August. www.oxenparkcinemaclub.org.uk

Orienteering – a South Lakeland sport

If you enjoy the fells, looking at maps and even some running such as Park Runs then why not have a go at Orienteering. With the lighter evenings there are events nearly every Wednesday and some weekends. All events in the South Lakes have courses for newcomers and families (Yellow and Orange are good to start on) with people around to help you get started. To find out more check out Lakeland Orienteering Club's website – Lakeland-orienteeing.org.uk. Also 'Warrior Orienteers' are based round Ambleside and have monthly events www.waroc.org.uk. In the north Lakes 'WCOC' have an event every Thursday evening throughout the year – including in the dark.

It is a great sport suitable for all family members because you can go whatever speed you want and choose a course which is very easy navigation or one which is more challenging. Email Carol if you want to know more. clrmcneill@gmail.com

Ghyll Singers Ladies' Taster Evening

A reminder that the Ghyll Singers in Ulverston are having a Taster session on **Tuesday 3rd May**, at 7.15pm at the Emmanuel Centre.

All are welcome; contact Kathy on **07748 928587** for information.



St. Mary's Living Well Creative Therapy

*Are you, or is someone you know, living
with a progressive health condition?*

*Come along to our
**Creative Therapy
Drop-In Session***

at

**The Coniston Institute
(Reading Room)**

15 Yewdale Rd., Coniston LA21 8DU

on

**Wednesday, 8th June, 2022
1:30pm until 3:30pm**

*Creative Therapy enables individuals to
take a sense of control & boosts self-esteem.*

*We use a wide range of art forms,
building on new skills which can be shared
with family & friends, thus encouraging
reconnection & helping
make everlasting memories*

If you would like further information, please call

The Living Well team on 01229 444407

Email: LivingWellTeam@stmaryshospice.org.uk



St Mary's Hospice Reg. Charity No.517738

The Farmers Fair, Farmers' Arms, Lowick, Friday June 3rd, 10am - 6pm

Celebrate the long weekend with us at The Farmer's Arms. There'll be a plethora of local makers and producers selling food and drink, fresh produce, crafts, bric-a-brac and everything in between. There will even be drop-in making sessions in our workshops to help you make your own – for both adults and children. Entry to the Fair is free!

If you'd like to book a stall to sell your produce, contact emma@grizedale.org



BHS 2026 Project - Historical Research Volunteers needed

On the 1st January 2026, historic routes in England that are not properly recorded will be lost to the public for ever.

The British Horse Society is looking for people to volunteer to help identify and register routes before it is too late.

You don't need to be an equestrian to help; people who are good at map reading, interested in local history or computer literate would all be able to help with this work.

The work could entail:

- Identifying routes and carrying out research from home.
- Visiting the county records office and other archives to collect evidence.
- Walking or riding routes you are investigating.
- Completing and submitting registration forms.

There is an extensive range of training and support available via this project which has been part funded by Sport England through the British Equestrian Federation.

If you would like to know more, please visit the website:

<https://www.bhs.org.uk/get-involved/volunteer>



The Freshwater Biological Association (FBA) and Lancaster University are looking for volunteers to take part in their 'Love Your Lake: Big Windermere Survey', taking place in Summer 2022. The FBA has produced an Information Note 'The State of Windermere' see: www.fba.org.uk. Volunteers who would like to take part in the survey are asked to contact the FBA via email to express their interest, using: windermere@fba.org.uk

Green Sparks report on home energy efficiency improvements

Funding for home improvements designed to improve energy efficiency and reduce carbon emissions - Grants of up to £25,000 will be available to eligible homeowners and landlords. See:

<https://www.carlisle.gov.uk/Residents/Housing-and-Homeless/Sustainable-Warmth-Cumbria-Grants>

The scheme for Cumbria is being run by Homelife Carlisle. People who are interested need to submit an expression of interest as soon as possible. Forms can be downloaded from the link above or by emailing **homelife@carlisle.gov.uk**

To be eligible you will need to:

- Live in Cumbria and be an owner occupier or privately rent
- Have a combined household income of less than £30,000 per year (if you have 3 or more household members the income may be up to £38,000 depending on your local authority's ECO flex policy) OR be in receipt of a means-tested benefit.
- Have an Energy Performance Certificate (EPC) rating of D, E, F or G. If you do not have an EPC then we can arrange this as part of the grant application.

Energy measures that are eligible under the scheme include:

- External Wall Insulation (EWI).
- Internal wall and room in roof insulation.
- Solar PV.
- Loft, under-floor and Cavity Wall Insulation.
- Air Source Heat Pumps.
- Smart heating controls.
- Single to Double glazing.
- Park Home insulation.
- Air and Ground Source Heat Pumps

You can find your home's Energy Performance Certificate here:

<https://www.gov.uk/find-energy-certificate>

<https://energysavingtrust.org.uk/energy-at-home/> has a wealth of information for people looking for both 'quick fix' and larger scale energy saving measures.

Cold to Cosy Homes Cumbria can help homeowners and tenants make a real difference to energy efficiency. Help available includes

- Energy-efficient equipment such as FREE LED light bulbs, sent to you in the post
- Professionally installed draught proofing
- Help with your energy bills and advice on switching energy tariff
- Referral to support agencies or for other grants

See **<https://cafs.org.uk/cold-to-cosy-homes-cumbria/>** or call **01768 216500**.



CaFS Cumbria Action for Sustainability

Cumbria Action for Sustainability (CaFS) has a number of upcoming events including:

- Open Climate and Carbon Literacy Training Course
- Climate Economics event

For a full list of events see <https://cafs.org.uk/events/>



Feeding the Future – an exciting new study that YOU can be part of!

Researchers at the University of Oxford are looking for as many volunteers as possible to complete an online survey to improve future research on the health impacts of different diets.

How can we know which foods are good for us, and which ones aren't? To investigate this, researchers use large-scale observational studies which track people over time to see if certain diets appear to be linked to a higher risk of developing disease. But because UK diets have changed so much over recent years – for instance, with the rise of new plant-based milk and meat alternatives - we have very limited information about what modern diets actually contain. This makes it very difficult to understand *why* certain diets may be associated with different disease risks.

Dr Keren Papier, a nutritional epidemiologist at the University of Oxford, explained: "Studies have shown, for instance, that plant-based diets are associated with a lower risk of heart disease. But these diets can be interpreted very differently in real life; some vegetarians and vegans may eat many nutritious foods such as wholegrains, fruits, vegetables, and pulses, whilst others may solely eat white pasta, tomato sauce, white bread with margarine, and crisps."

To address this, Dr Papier and her colleagues have launched a new study called Feeding the Future (FEED), which aims to generate an up-to date picture of what UK adults following different diets are actually eating. The researchers are looking for as many UK residents as possible to complete a short, one-off survey about the foods they eat, and why. They hope the results will increase our understanding of how disease risks may vary for different diets, and inform future research and dietary recommendations.

The survey is open to all UK adults over 18 years old and can be found here:

<https://oxford.onlinesurveys.ac.uk/feeding-the-future-study-feed>

You can find out more about the Feeding the Future study here:

<https://www.ceu.ox.ac.uk/research/feeding-the-future-study-feed>

I am a single parent, with two young children. I am already struggling to stay on top of my household bills, my weekly food shop is getting much more expensive and now my energy bill is going up too. I don't know how I'm going to afford all these price rises. What can I do?

First of all, you are not alone in this and there's support to help you. It's always worth checking if there are benefits you don't know about that you're eligible for, including support with your energy costs and living costs. On the Citizens Advice website there's a benefits calculator, advice on how to reduce living costs and information on other ways to increase your income.

There's also emergency support that you may have access to, such as food bank vouchers or fuel vouchers. You could contact your local council to see if they could also offer support.

If you're struggling to stay on top of bills, it's really important to understand what money you have coming in and going out each month. Citizens Advice has a budgeting tool on its website that can help with this.

And if you're already behind on bills, prioritise paying your rent or mortgage, plus energy bills and Council Tax first. Not paying these bills has the most serious consequences. You should speak to the person or company you owe money to, to see if they can help you repay your bills sustainably.

We know that times are incredibly tough but please remember, you don't have to face this alone. Contact South Lakes Citizens Advice on **015394 46464** to help you find a way forward.

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 is still delivering a service - Telephone and Digital Advice

How to access:

- ***Call 015394 46464 - this is being staffed from 9:30 - 12 noon (this line will open more in due course)***
- ***Adviceline: 03444 111 444***

email advice via our submission page on our website
www.southlakescab.org.uk

- ***Help to Claim (Universal Support): 0800 144 8 444***

A THOUGHT FOR THE MONTH by Rev. David Gregg

MAY 29TH : THE SUNDAY AFTER ASCENSION DAY

After taking the funeral of a 93 year-old lady at Cuddington, her daughter wrote me a thank you letter in which she said that, knowing how fond I was of a good story, she thought she should pass on one of her mother's. When her mother, who eventually became head-teacher of the Church school in the village, had first started there, in the 1920's, she was required to lead the children of her new class in the daily reciting of the Apostles' Creed. She detected that one clause was not being recited correctly, though she couldn't quite make out what they *were* saying. So she made them repeat it very slowly. She found that instead of, "I believe in the Holy Ghost, the Holy Catholic Church, etc." they were saying "I believe in the Holy Ghost – the *only cat in the church!*"

Between Ascension Day and Pentecost, the Disciples were awaiting the coming of the Holy Spirit. It is both a *corporate* and an *individual* matter. The key word used in the New Testament is the KOINONIA (= the Fellowship) of the Holy Spirit. i.e. that which is held in common.

There was a time, when at a School Assembly, I came to the theme of the coming of the Holy Spirit at Pentecost. The story of Elijah's mantle falling on Elisha, so that *he* was enabled to emulate his master, has always seemed a good illustration of this, so, I thought up a little rôle play. First of all, I asked the Headteacher if she would lend me her cardigan. I gave it to one of the older girls and invited her to act like Mrs. Dewhurst. She put it on, wagged her finger at her classmates and said, "I *beg* your pardon!" – in exact imitation of the warning admonition for misbehaviour so familiar to them all. Then I did a very daft thing! I took off my dog collar and put it on one of the boys. "Make like the Vicar," I invited. He immediately stood with his hands on his hips and simply bellowed, "HO-HO-HO-HO-HO."!! (My great-grandchildren call me "Ho-Ho-Grandpa" or "Hoppa" for short!) Wearing Elijah's mantle, Elisha was able to emulate or even excel his master.

On an *individual* level, each one of us is expected to exhibit *all* of those attributes of the Lord Jesus that are listed as the **FRUIT** OF THE Spirit – Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Self-control (Galatians ch. 5: 22, 23) But on a *corporate* level, we are given the parable of the *Body*, with the constituent parts making up the whole, and the theme of the GIFTS of the Spirit – Apostleship, Prophecy, Teaching, Healing, Evangelism, Administration, Speaking and Interpreting Tongues etc. (1 Corinthians ch. 12:27-31) distributed to one and another for the *common* good and effectiveness of the whole.

The Lord Jesus Christ was conspicuous in His concern for his friends, and often bid them, "Do not be afraid." His God-given task, and His very *name*, is all about 'He Who SAVES' from fear, worry, ills of mind, body and spirit, evil, destruction and eternal death. His most precious legacy is to give His *Spirit* to His friends, so that we may courageously and fearlessly follow Him and imitate Him. "I will pray the Father, and He will give you *another* Comforter, to be with you forever, even the Spirit of Truth for He dwells with you and will be in you." (John 14:15-17).

I heard a very good illustration once, of the significance of 'another'. Two lorry-drivers went into a transport café and both ordered a meat pie. The first one found that his had gone bad and took it back. "Give me *another*," he demanded.

The second one found his to be absolutely scrumptious, and *he* went back and said, "Give me *another*!" as well.

The same word in English, but, in Greek, there are two – 'heteros' (as in *heterosexual*) which means "another completely different," and 'allos' (the word that Jesus used of the Comforter) meaning "another exactly the same"!!

May we all know the wonder and the joy of having the Spirit of Jesus in our hearts and lives, in fulfilment of His parting promise, "I will be with you to the end of the age."

Parish Prayer Diary - May 2022

1st May: Sunday, the first day of the week

Pray our risen Lord, who filled His first disciples with boldness and fresh hope, may strengthen us to proclaim His risen life and fill us with that peace that passes all earthly understanding.

2nd: Pray for those working this Bank Holiday Monday.

3rd: Pray journalists and broadcasters will report factually and responsibly.

4th: Pray for the Coniston & Crake Valley Benefice Staff Team.

5th: Pray for the Councillor elections today to the new Shadow Authority for Westmorland & Furness Council.

6th: Pray for St Mary's Hospice providing care for patients living with life-shortening illness or long term conditions and their families.

7th: Pray for Alexandru and Robert, children at St Margaret's Hospice in Bucharest who are sponsored by the Crake Valley community.

8th May: Sunday, the first day of the week

Rejoice that Jesus our Saviour is the resurrection and the life and through our faith and trust in Him we are safe in His care, today, tomorrow, for always.

9th: Pray for people in Libya who, even with the threat of imminent danger, are bravely seeking God. Give thanks for their inspiring example, and pray for their protection and encouragement.

10th: Pray for head teachers, teaching and support staff caring for the emotional wellbeing of the children in their schools.

11th: Pray for those exploring becoming foster carers and for children in need of a loving, safe and stable home.

12th: Pray for Scripture Union who through mission and the printed word invite children and young people to explore that difference Jesus can make to the challenges and adventures of life.

13th: Pray for those who mourn.

14th: Pray for the strengthening of partnerships working together for peace and security in Somalia.

15th May: Sunday, the first day of the week

May our Eternal God, whose Son Jesus Christ is the way, the truth, and the life, help us walk in his way, rejoice in his truth, and share his risen life.

16th: Pray for a generous response to Christian Aid Week that will enable the charity to bring hope to those facing crisis around the world, from Ukraine to Zimbabwe.

17th: Pray for the Bluebell Foundation, a local charity providing free support and information to local bereaved and grieving families.

18th: Pray for those who have developed dementia, and their carers.

19th: Pray for relief agencies providing aid to refugees in war-torn areas.

20th: Pray for the Farming Community Network, supporting farmers and families within the farming community through difficult times.

21st: Pray for Manna House in Kendal, a charity supporting homeless people and working to prevent homelessness in South Lakeland.

22nd May: Sunday, the first day of the week

Give thanks that God our Redeemer has delivered us from the power of darkness and brought us into the kingdom of his Son who is the spring of Life and source of all goodness.

23rd: Pray for those taking a stand against injustice and oppression.

24th: Pray for those living in strained atmospheres, especially children.

25th: Pray for those serving in our Armed Forces at home and abroad.

26th: This Ascension Day, joyfully ponder the wondrous mystery of faith: Christ has died, Christ is risen, Christ will come again. Hallelujah!

27th: Pray for those working in the funeral sector.

28th: Pray for those suffering from loneliness.

29th May: Sunday, the first day of the week

May our risen, ascended Lord, fill his Church on earth with power and compassion, that all who are estranged by sin may find forgiveness and know his peace, to the glory of God the Father.

30th: Pray for those struggling with weakness and heavy burdens.

31st: Pray for Archbishop Justin Welby as he seeks to faithfully serve Christ in the Church, in parliament and in public life.

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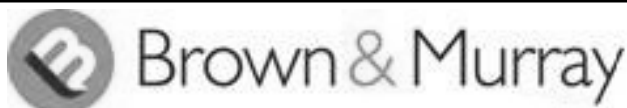
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What's On Guide - May

2 nd	Egton with Newland Annual Parish Meeting, 7pm	Greenodd Village Hall
3 rd	Spring Clean the Church - tea & cakes provided, 2pm	St Andrew's, Coniston
3 rd	Ghyll Singers Taster Session, 7.15pm	Emmanuel Centre, Ulverston
4 th	Coffee Plus, 10.30am - 12.30pm, Christians Together in Coniston	Coniston Institute
4 th	Water Yeat & Blawith Resilience Group, 7pm	Farmers Arms, Lowick
8 th	Lambing Service, 11am	Abbot Park Farm, Bandrake Head
17 th	Coniston WI - Yoga & Mindfulness, 7.30pm	Coniston Institute
18 th	Mothers' Union Sharing Day	Shap
27 th	Concert - Reg Meuross, 8pm	Water Yeat Village Hall
29 th	Lowick, Blawith & Subberthwaite Road Safety meeting, 7.30pm	Water Yeat Village Hall

What's On Guide - regular events

2 nd & 4 th Fri	Gifts & Talents: Art Group 10.30am - 12.30	Tottlebank Baptist Church
1 st Wednesday	Coffee Plus, 10.30am - 12.30	Coniston Institute
Tuesday	Volunteer Day 10am - 4pm and Community Lunch, 1pm prompt	Farmers' Arms, Lowick
Thursday	Volunteer Day 9.30 - 3.30pm	Brantwood Gardens
Saturday	Pottery Drop-in day, 10am - 4pm	Farmers' Arms, Lowick
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
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

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