

Coniston and Crake Valley News



Coniston
& Crake
Churches

December 2022 www.conistonandcrakechurches.co.uk

The Coniston and Crake Valley Benefice

"To Grow, Witness and Love Like Jesus"

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

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

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

Churches in Coniston and the Crake Valley

St Andrew's Church, Coniston LA21 8EN

St Luke's Church, Torver LA21 8AZ

St Luke's Church, Lowick LA12 8EE

Holy Trinity Church, Colton LA12 8HF

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

Tottlebank Baptist Church, Colton LA12 8HY

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

Coniston Methodist Church, Coniston LA21 8ER

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

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

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

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Pastoral Letter from Revd Harry Welch

Dear friends,

Are you comfortable with periods of silence? In our world today it can be difficult to find space to enjoy silence. Silence is hated by radio and TV broadcasters, referring to such moments as 'dead air'.

Two thousand years ago people had not heard from God for centuries. After the silence, not only did God speak, He also acted by sending His Son Jesus Christ into the world. Jesus came with the promise to save people from their sins, which He fulfilled on Easter Sunday as He revealed death could not hold Him. This is the message of Christmas intertwined between the cards and presents, the turkey and the tinsel, the adverts and the songs. The Christian works hard to maintain their spiritual perspective of the season. But the effort is worthwhile.

Carve out time to be silent this Christmas, to let God speak to you and you in turn speak to God. It will not be easy, but then again obtaining anything worthwhile never is. God's faithfulness towards His people never wanes. He longs to hear our prayers, our hopes and fears, our joys and sorrows. There's nothing technical about praying, it is simply being still and being open expecting God to speak to you and you to Him. His call is simple, "Be still and know that I am God" Our response: "Speak Lord for your servant is listening".

Have a Peaceful Christmas.

In Him, Harry.

Christmas Services

Carol Services—are listed on page 18, so do come and join in the singing, hear the Christmas story, and enjoy the mulled wine and mince pies.

Christingle Services—there will be a Christingle at Penny Bridge on Friday 23rd December, 3.00pm and at Coniston on Saturday 24th December, 4.00pm, a traditional Christingle with oranges and all.

Children's Service—there will be a Children's Service at Lowick on Saturday 24th December, 3.00pm, a family fun service.

Midnight Services—there will be Midnight Services at Lowick and Coniston at 11.00pm, a chance to welcome in Christmas Day.

Christmas Day Services—there will be a Christmas Day Service at Colton, 10.30am, and at Coniston, 10.00am, a good way to celebrate Christmas.

Church Services for December 2022

4th			
		Second Sunday of Advent	
St. Luke Torver	9.30am	Winter Breakfast	Rev Brian Streeter
St. Luke Lowick	9.30am	Holy Communion(BCP)	Rev David Bickersteth
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter
Friday 9th			
St. Luke Lowick	6.00pm	Carols & Candlelight	Rev Brian Streeter
Saturday 10th			
St. Luke Torver	5.00pm	Carol Service	Rev Brian Streeter
11th			
		Third Sunday of Advent	
Holy Trinity Colton	10.00am	Morning Worship	Pam Priestley
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Harry Welch
St Andrew Coniston	11.00am	Holy Communion (BCP)	Rev Brian Streeter
18th			
		Fourth Sunday of Advent	
St. Luke Torver	9.00am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Carol Service	Rev Brian Streeter
Holy Trinity Colton	3.00pm	Carol Service	Rev Joanna Henson
St. Andrew Coniston	6.00pm	Carol Service	Rev Brian Streeter
Friday 23rd			
St. Mary Penny Bridge	3.00pm	Christingle	Rev Brian Streeter
St. Luke Lowick	6.00pm	Lowick Young Farmers' Carol Service	
Saturday 24th			
		Christmas Eve	
St. Luke Lowick	3.00pm	Children's Service	Pam Priestley
St. Andrew Coniston	4.00pm	Christingle	Rev Brian Streeter
St. Andrew Coniston	11.00pm	Holy Communion	Rev Brian Streeter
St. Luke Lowick	11.00pm	Holy Communion	Rev David Bickersteth
25th			
		Christmas Day	
St Andrew Coniston	10.00am	Holy Communion	Rev Brian Streeter
Holy Trinity Colton	10.30am	Holy Communion	Rev David Bickersteth
1st January			
		Second Sunday of Christmas	
St. Luke Torver	9.30am	Winter Breakfast	Linda Inman
St. Luke Lowick	9.30am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter

From the Registers

Wedding

1st December Lisa Eunice Jopson St Andrew's, Coniston
and Eion Richard Sean Patrick McPoland

Funeral

9th November Desmond Dalton Holy Trinity, Colton



Cover Photos

We had a fantastic response this month to my request for snowy or Christmas themed photos! This month's cover image was taken on Lowick Common by Julie Amos. To see all the photos that have been submitted over the last couple of years please head over to the galleries at

www.conistonandcrakechurches.co.uk/gallery

and do please keep sending in your portrait format images of life and work in the parishes.

From the Editor

Welcome to December's News. As 2022 draws to a close, I'd like to thank everyone involved in the Magazine this year - that is the contributors of reports, articles and events information, the advertisers and donors who help us finance the printing and of course the small army of volunteer distributors who make sure that we get the Magazine out to as many readers as possible. Have a wonderful Christmas!

Please can you send items for January's magazine by **December 14th** due to the holidays.

Juliet Caldwell, Editor

editor@conistonandcrakechurches.co.uk
07884 232281



Around the Parishes

Coniston and Torver

Rainfall, Garden House, Coniston, October 2022

Total - 348.7mm (13.7ins)

Wet days - 29

More than 1mm on 26 days

Wettest day - 4th - 57.0mm (2.2ins)

Thunder on the 14th, 15th and 19th

Hail on the 15th

Coniston Community Fridge and Pantry

Coniston Parish Council and Christians Together in Coniston have established a Community Fridge and Pantry to be set up at the back of St Andrew's Church.

This is not just for those of us who are finding it difficult making ends meet, but you would be doing us a favour as most of this food has been donated by shops for whom it has become surplus. The food is being stored in a clean and safe environment, it is not staffed and you are invited to pop in and take what you need. The Pantry has been given a great start by the children and families at Coniston Primary School who have collected canned goods and similar items in order to get things going. If you have something surplus you might want to drop that off for someone else to use.

Further details will be provided in later editions of the magazine, in the notice boards, on the Parish Council website **www.coniston.info** or Facebook.

Coniston CE Primary School

H S A Christmas Bingo - We're pleased to say that the bingo will be returning this year on Friday 2nd December in the school hall.

Christmas Performances – KS1 Christmas performance will take place on Tuesday 6th December at 10.30am. KS2 Christmas performance will take place on Thursday 8th December at 1.30pm and 6pm.

Methodist Church Coffee Morning – The children in Reception to Year 6 will be heading over to the Methodist Church Coffee Morning on Monday 12th December at 11am where they will sing carols and enjoy some goodies!



John Ruskin School - Exam Invigilators needed

John Ruskin School at Coniston are looking for Invigilators, Readers & Scribes to assist with mock exams in November and March and GCSE exams in May and June. Please contact the Exams Officer on **015394 41306** or **admin@jrs.org.uk** for a chat about the roles, or download an application form from **www.jrs.org.uk**. Hourly rate £9.90, full induction & training given. Good literacy & numeracy required, plus DBS check.



By taking on these roles, you can help us to support our students during their exams; we look forward to welcoming you to our team.

Steph Bennett, John Ruskin School

Coniston Local History Group

It is with great reluctance that I must announce the closure of our Group. Age, health and personal circumstances are beginning to make the job too onerous.

I would like to thank all those who have assisted me so willingly over the years. You have made it all worthwhile.

Of course, should anyone wish to take over the reins, I will gladly hand over all the relevant paperwork.

With kind regards to all those who have given their support,

Philip Scott.

ROD DEMICK



CONISTON INSTITUTE

Saturday 10th December

doors - 7:00pm

tickets £10 online at conistoninstitute.uk

box office 07789591619 Cabaret style

Bring your own drinks, raffle.

Coniston Village Community Lunch Christmas Special

Monday 19th December at the **earlier time of 12.00**, in the Institute Reading Room
Dig out your festive hats and come and enjoy some yummy
Christmas Fare in the good company of friends.

Everyone welcome

Lunch is free, however donations towards the cost will be gratefully received.
Please confirm your attendance by Friday 16th Dec - phone Helen on **015394 41277**,
or email **e.glaister013@btinternet.com**

Also get in touch if you have any dietary requirements or need assistance with travel.
If you would like to make/donate some Christmas goodies for our Table of Treats
then please give me a ring. Any surplus food will be distributed around the
community so please let us know of anyone you know who may appreciate a little
something.

Lunch and Dominoes

There will be a special Christmas theme to our next meeting on

Wednesday 7th December at 12.30pm in the Institute Reading Room

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

Booking is needed even if you are a regular, as numbers may have to be limited.
Contact Jean on **41617** for more details and bookings, no later than Monday 5th
December.

Just a reminder that the January lunch will be on **11th January** due to the New Year
holiday.



We would like to invite you all to our

‘Just For Ewe’ Christmas Shopping Event

on Wednesday 7th December 2022 12 noon – 6:30pm.

10% discount on every sale plus lots of special offers.

We offer a large selection of toys, cards, books and gifts including:

Wrendale, Alex Clark, Lua, Envy, DCUK, Harris Tweed, Foxfield Leather, Dartington,
Bree Merryn and Blade & Rose.

Just For Ewe, Coniston LA21 8ED. **015394 41206** (Opposite St. Andrews Church)

COFFEE and MINCE PIES amid SOUNDS OF JOY

Coniston Methodist Church will hold our annual Christmas Coffee morning on
Monday 12th December, starting at 10.00am. As well as delicious mince pies we
shall have a return visit from the children of Coniston Primary School to entertain us
with beautiful songs, having a distinct Christmas flavour.

Do come and join us for this very special village event.

It's time to start training for the Coniston 14 Race.

The 41st Annual Coniston 14 Road Race will be held on **Saturday 25th March 2023**. There are already over 400 runners booked onto this community-organised race.



The run starts at John Ruskin School in Coniston and makes a 14-mile circuit of Coniston Water with stunning views over the lake to the Coniston fells. There will be the usual short road closure between Coniston and Torver for the start of the race and along Lake Road, Coniston for the finish.

Many runners return each year for the race and running clubs from as far as Norfolk and the West Midlands take part. For the first time there will be several pacers from a local running club to help runners meet their target times.

Each year the Coniston 14 Committee raises some £20,000 from the race and this is donated to about 30 local charities and clubs in the community.

You can book your place for the race through the website: **www.coniston14.co.uk**



BURNS NIGHT CEILIDH at 7.30pm

Saturday 21st January 2023

at the Coniston Institute

£22 per ticket

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



Torver at Christmas

Decorating the Church and Schoolroom will take place on **Saturday 10th at 3pm**. All help gratefully received.

Torver Community Carol Service on **Saturday 10th December** at 5pm will be followed by the Christmas Social in the Schoolroom with refreshments (BYO drinks), fun and a Double 100 Club Christmas draw! We have some numbers available if you would like to give them as gifts for Christmas!

Everyone welcome to both events, (you don't need to be in the 100 Club.)



WATER YEAT VILLAGE HALL



The Elderly Brothers

The toe-tapping, smile-inducing Elderly Brothers return to purvey their unique blend of gentle mayhem & soulful B&B.

Saturday 10TH December at 7.30pm

£10 at the door or in advance from

www.wegottickets.com/wateryeatvillagehall

**LOCALLY COOKED PIE & PEAS/VEG OPTION AT THE
INTERVAL + £6.50 by advance order**

- from 01229 885662 jcfogh@hotmail.com by Saturday 3rd Dec

Bring your own drinks and nibbles

www.e-voice.org.uk/wyvvh

Colton

Thanks

Following the heavy rains in early November, Tony and Helen Atkinson cleared all the drains on the road up to Colton Church and also the floodwater which was accumulating at the bridge below Springfield. A big thank-you from the community.

Susan King

Carols at Bouth

On Christmas Eve at 6pm there will be "Carols on the Green" at Bouth. All welcome.

Colton Parish Council

At our November meeting, Paul Harris, Cumbria Police PCSO, advised us that free security marking kits are currently available for farmers to help protect farming equipment such as quad bikes. Please contact Paul if you are interested in picking up a kit. His email address is **paul.harris@cumbria.police.uk**

The Colton Parish Greening project funded by Highways Department of Cumbria County Council has been successfully completed by The Rusland Horizons Trust and local volunteers. All four identified sites have now been planted up. Hopefully, we can all look forward to some colour and buzzing bees next year with this initiative to support pollinators and improve biodiversity.

Our wonderful lengthsman, Archie Workman, is getting busy now the Autumn rain and winds have arrived. He has been working hard with Cumbria County Council to fix major pothole problems in the parish as well as keeping our vital road drains clear of leaves and debris.

This is a good time to check if your local grit bins or salt heaps need replenishing before the worst of the cold weather arrives. If they do need restocking you can request this via the Cumbria County Council website or the **Highways Hotline** which is **0300 303 2992**.

Our community fund remains open for applications. We are particularly interested in funding projects that improve community resilience as this subject will be a core focus of our community plan update work. Please get in touch if you want to discuss a potential project or if there are specific areas that you feel should be a the heart of your community plan. Look out for a variety of local consultation initiatives soon.

The first parish council meeting of 2023 will be on the 16th January at Finsthwaite and Lakeside Village Hall. As always we would love to welcome some parishioners and hear their views.

Egton cum Newland

ENMO Parish Council

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

Members of the public are welcome to attend.

The draft agenda includes:

Tree planting at Sheriff Well Wood

Suggestions for the King's Coronation in May 2023

Proposed resilience plan in conjunction with Ulverston Resilience Group

Possible footpath from Greenodd to Spark Bridge



Jack James

is making a welcome return to Greenodd with his

Christmas show on 3rd December

Doors open at 7.30pm for 8pm start.

Tickets £8 (advance) or £10 (on the door) - Tel 01229 861638

Bar, Bus X6 from/to Ulverston

Penny Bridge Church Coffee Morning

Saturday December 3rd, 10am to 12 noon at Greenodd Village Hall.

Various stalls including cakes, raffle, tombola, bric-a-brac, kindling, bird boxes, jigsaws, new and nearly new, lots of interesting items.

Admission £2. Do join us for coffee/ cake and biscuit, and enjoy good warm company among friends. You will be most welcome.



Rusland Valley Horticultural Society Ltd

POTATO DAY

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

Sale of 120+ varieties of seed potatoes,
fruit bushes & trees, seeds, onions,
flower bulbs and tubers and more!
(supplied by Brighter Blooms Nursery, Preston)

See Brighter Blooms website for produce available.

You can also pre order to collect on the day.

www.growvegandfruit.co.uk

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



Reports



Coniston Mothers' Union

Members held their last meeting on October 27th. They began with a short time of worship which included the reading of Psalm 46 and prayers for the late Queen Elizabeth II who was patron of the Mother's Union for many years. Prayers were also said for Remembrance Day and Peace in Ukraine and 16 days of Activism which takes place at the end of November.

Their speaker was Chris Clark, the new Youth Officer for the Coniston area. He began with his faith history and past jobs, concluding with his plans for working with the youth in the local schools. He finished with a video example of one of his school assemblies. Much discussion followed over tea and cakes!

Fellowship over Christmas lunch will be enjoyed on November 24th and the year will end with the Deanery Carol service on December 5th at St Mary's, Dalton.

Kay

Brantwood News and Views

We are now in winter opening hours with the house, exhibitions and gardens open Wednesday – Sunday 10.30am-4.00pm. (Closed 25th & 26th December but open Tuesday 27th).



The Terrace Café will be open every day 10.30am-4.00pm. Keep an eye on our website and social media for Christmas fare and special tasty events.

Following his sell out concert with Jess Dandy last month, **Martin Roscoe** returns on **Saturday 10th December** for a second performance in the Drawing Room. Concert begins at 7.00pm. Tickets £19(includes a glass of wine in the interval).

Our 2022 programme of exhibitions continues in the Blue Gallery with 'Behind the Eyes: The Science of Sight'. From the telescope to early forms of photography, Ruskin exploited developments in optical technologies to push the boundaries of recording the world with extreme visual clarity. This exhibition explores observation and evidence in Ruskin's works, alongside his scientific contemporaries. In the Severn Studio 'Another look: revisiting Lake District Landscapes': an exhibition of paintings & photographs by David Fulford, Andy Mortimer & Chris Tribble continues until 2nd January 2023.

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**

Friends of the X112 Bus

We have a coffee morning at St Mary's Church Hall, Ulverston on **15th December**. Our next lunch at Rampside Village Hall is on **December 1st**.

Further details from **Sue** on **01229 869637** or email jenkinsonsuer@hotmail.co.uk

Millom Christmas Tree Festival

Open 9th December until 5th January; Wednesday to Sunday 11-5pm.

Theme..."It's Christmas": what it means to organisations, shops, schools, clubs and businesses in the area. Free refreshments and Christmas music playing. Do put it in your diary. Closed 24th, 25th, 26th, and New Year's Day.

Oxen Park Cinema Club

Take a look at our website for all the films coming up, trailers, reviews and booking a seat. www.oxenparkcinemaclub.org.uk

Oxen Park Cinema Club

Tuesday 6th December 7.30pm - WILD MEN: a typical wacky Scandinavian film with their sort of humour.

Saturday 17th December 7.30pm - DUNE - visually stunning big screen adaption of Frank Herbert's bestseller. Book early as this will fill up quickly.

Tuesday 27th December - 4pm - EMILY THE LITTLE MATCH GIRL- Our Christmas Family Show. £3 adult members £4 non members £2 children. A retelling of the classic Hans Anderson fairy tale.

Tuesday 3rd January 7.30pm - OPERATION MINCEMEAT - A great British film with Colin Firth. Hoping to change the course of World War II two intelligence officers plot to break Hitler's deadly grip on Europe.

You can bring a drink over from The Manor or enjoy a meal beforehand - book for 5.30 - 6pm to enjoy the meal and the film.

Winter presentations at The Carthouse Cinema 7.30pm. £3 on the door.

Book your seat with Carol: crlmcneill@gmail.com

Friday 2nd December - John Postlethwaite (Poss) - Farming at 'New Close' in the 21st Century.

Friday 3rd February - Clare Dyson's new film - Thriving, A Journey into Regenerative Farming.

Carol

Egton WI.

Having been away last month(hence no magazine entry) I missed our meeting in October which was line dancing! Apparently it went off with a bang (yes sadly one enthusiastic member hit the floor), but otherwise enjoyed by most I think. No serious damage done thankfully.

We had a stall at the craft fair in Ulverston last month and did very well with our food sales, less well with the craft sales but still worth the effort. It was a good opportunity to meet up with other WI's too.

Some of our ladies have been busy making poppies from bottle ends and they now adorn the fence of our WI garden spelling out the words "Lest we forget". We have also hung our knitted wreath made the previous year.

Eight of us went to a literary lunch at The Belsfield Hotel last month. It was a repeat visit from authoress Jean Harrod and we all had a fabulous time, lovely to be waited on in such style.

We were one of the hosts for the WI County Quiz last month and we had 112 in our village hall which was great. We catered using our picnic box idea which worked well as it was easier to distribute quickly. Our AGM followed the next night so it's been a busy time for us all. By the time you receive this our plans for our Christmas dinner will be well underway so I will report back on that in the new year! Which reminds me to wish you all a very merry Christmas and a happy and healthy new year from all at Egton WI. Do come and try us out next year, new members always welcome.

Gill

theWI
INSPIRING WOMEN

Green Sparks - Key Messages from the Green Energy Options Discussion Evening

First thing to consider is insulation – choose insulation that is suitable for the construction methods and materials of your property. Older properties may need to 'breathe', to avoid condensation, damp and mould.

Keep it simple – add-ons and gizmos can add to both installation and running costs, especially if they are either easily damaged or tricky to maintain.

There's no single option that will work for every property. Seek advice specific to your property. For example, Cafs (Cumbria Action for Sustainability) carry out retrofit assessments, helping you identify appropriate options for your property. See <https://cafs.org.uk/for-your-home/home-audits-for-energy-efficiency/>

You don't necessarily need a 'whole house' solution - Depending on the construction of your property it might be worth considering scaled down versions for one or two rooms.

Space – have you got room for an appropriate tank, the necessary controls, and any other equipment? Are there restrictions on where these can be located?

Contingency - Consider how you will manage if there is an extended power cut or if your technology is out of action for some reason.

Plan ahead for maintenance - Check servicing requirements.

Planning - Most green technologies are considered 'permitted development' but you should check with the planning authority.

Funding – contact Green Sparks greensparks.sparkbridge@gmail.com for advice and suggestions of websites to visit.



Green Sparks Seasonal Sustainability Gathering

Saturday 3rd December

Join us between **1 and 3pm** at **Spark Bridge Village Hall** to share ideas about sustainability, meet people engaged in local projects and enjoy some homemade tea and cake!

We'll also have one of our community swap shops, so you can swap your home grown and/or homemade produce, plants and cuttings, garden tools, craft materials and non-fiction books without any money changing hands! (Sorry no toys, clothes or plastic items please).

For more information or how you can help please email us at this address [**greensparks.sparkbridge@gmail.com**](mailto:greensparks.sparkbridge@gmail.com)

We look forward to seeing you there.

Abigail, Lynda and Marion

The 2023 Boundary Review



The Boundary Commission for England (BCE) is redrawing constituency boundaries in order to rebalance the number of electors represented by each MP, and a final consultation on proposed new constituencies is now open. A new revised map of constituency proposals, which takes into account feedback sent in by the public on the initial proposals, has been published on the consultation website **bcereviews.org.uk**. Send in your views before the closing date of **5th December** to have your say on new parliamentary constituency boundaries.

Rookhow

Rookhow Open Days are on the 1st & 3rd Friday of each month from 10am-4pm. All are welcome. Pop in for a cuppa and a cake and have a look around. We're looking for more local people to be volunteer guides so please get in touch if you're interested.



Quaker Meetings at Rookhow on the 1st Wednesday of every month 7.30-8pm and every 1st and 3rd Friday 12.30-1pm. All welcome, even if you haven't been before.

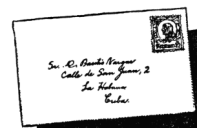
Bunkbarn : Spacious group accommodation for 16 people, with a heated yurt in the woods. Space this Christmas if you have extended family coming, and weeklong bookings next Summer too (Friday-Friday).

See the website: <https://rookhow.org.uk/>

Meeting space : The fully accessible downstairs of the historic Quaker Meeting House is now ready to be rented out for meetings and groups. 2 meeting rooms, small community kitchen, accessible toilet, all with original stone floors with underfloor heating powered by 2 new air source heat pumps. Get in touch with Sue if you're interested in a mid-week daytime booking (Monday-Thursday). You'll have access to the woods too so it would work well for a quiet day or alternative staff away day.

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

Last UK Posting Dates for Christmas



2nd Class delivery including signed-for:
First class and Royal Mail Tracked 48 mail:
Royal Mail Tracked 24:
Special Delivery Guaranteed:

Monday 19th December
Wednesday 21st December
Thursday 22nd December
Friday 23rd December



Updates from Grizedale Arts and The Farmer's Arms

Open for food and drink, Thursday to Saturday

Cafe, 10am-5pm | Stable Bar, 12noon-10pm

Festive Opening Hours:

Christmas Eve: 10am–10pm | **Christmas Day:** 12noon–3pm, Bar only

Boxing Day: closed.

Tues 27th–Fri 30th Dec: 10am–10pm

New Year's Eve: 10am–6pm+NYE party | **New Years Day:** closed.

As the festive season draws near, we've got lots planned at The Farmer's Arms to keep you busy with parties, craft workshops and more.

1st -18th December: Host your **Christmas Party** at the Farmers Arms - get in touch to discuss what we can offer.

On **Saturday 3rd December** we'll host our **Festive Wreath Workshops** with gardener and craft tutor Sally Whittaker Benson who will teach you how to build your own natural, fully biodegradable wreath from start to finish. Tickets are £40 and include all materials and refreshments and can be booked direct through our website.

Wednesday 7th December: Adam Sutherland, Grizedale Arts Director Talks: **How Did We Get Here?** (Part 4) 6:30pm – 7:30pm (Free with tickets)

Saturday 10th December: **Drop in Making Days** with Tom Philipson and Francis Lloyd-Jones, 10am – 4pm (Drop-in, consultation price varies on complexity)

For the **New Year**, why not bid farewell to 2022 in style and celebrate with us in the historic Stable Bar. There'll be plenty of fizz and blinis on arrival, a delicious set 3-course dinner cooked with ingredients sourced from our neighbouring farms and gardens, and ample entertainment until Big Ben chimes midnight – including party games, great music and a pub quiz. Tickets are £68.00 per person and can be booked direct through our website or by calling the line below.

As always, we continue to run our **Wednesday Community Lunch** and weekly volunteer days. Join us from 10am – 4pm to learn new skills with our staff while lunch is open to anyone in the community for just £5.00 per person. We serve at 1pm sharp so don't be late!

To get involved, visit our websites - www.lakedistrictfarmersarms.com | www.grizedale.org – or contact Emma Sumner (emma@grizedale.org | **01229 481160**) who is always happy to hear from you.

Additionally, as per last year we will be closing for the first three weeks of January 2023, reopening on the 25th of January.

Carol Services

Friday 9th: St. Luke's, Lowick, Carols and Candlelight at 6pm
followed by mulled wine and mince pies, all welcome

Saturday 10th: St. Luke's, Torver: Carol Service at 5pm
followed by the Christmas Social - refreshments and
100 Club Draw - all welcome

Sunday 18th: St. Mary's, Penny Bridge: Carol Service at 11am
followed by coffee and mince pies, all welcome

Sunday 18th: Holy Trinity, Colton: Carol Service at 3pm
followed by mulled wine and mince pies, all welcome

Sunday 18th: Tottlebank Baptist Church:
Candlelight Carol Service at 5pm
followed by mulled wine and mince pies, all welcome

Sunday 18th: St. Andrew's, Coniston: Village Carol Service at 6pm
followed by mulled wine and mince pies, all welcome

**Friday 23rd: Lowick YFC invites you to their Carol Service
at St. Luke's, Lowick at 6pm**
followed by festive food and refreshments in the
Community Hall, all welcome



Saturday 24th: Bouth Village Green - Carols on the Green at 6pm



A THOUGHT FOR THE MONTH by Rev. David Gregg

DECEMBER 17th : O SAPIENTIA (= O (HOLY) WISDOM)

A rabbit once went to the Wise Old Owl for advice. He said, "I've found a lovely spot for an afternoon nap, but a fox keeps chasing me away. What can I do?" "Change into a lion," said the Owl. "*How* do I do *that*?" asked the rabbit. "Don't bother me with the details," said the Owl. "I'm only a *consultant*!"

So much for the "Wise Old Owl!" But *Wisdom* is a great preoccupation of the Hebrew Scriptures. Whole books like Proverbs, Ecclesiastes and Job are designated as 'Wisdom Literature', and people like Joseph, Solomon and Daniel are particularly noted for it. The emphasis is on the mastery of truth and knowledge and understanding by appropriate *practical application* in action and behaviour (the opposite, of course, is folly and foolishness).

One of my favourite parables about the relationship between knowledge and understanding and wisdom is of three men who were captured in Paris during the French Revolution, helping aristocrats to escape, and they were sentenced to the guillotine. The particular contraption required that they had to lie facing upwards towards the blade. The first man was put in place, and the executioner pulled the lever. Down came the blade, but it quivered to a jarring halt about six inches above the victim's neck. "Ah, *sacre bleu*! It is a miracle," says the Frenchman. "We must let you go." So the first man was released, and the second man was put in his place. Again the blade was raised and released, and the same thing happened again. "Eet eez another miracle," says the headsman. "We must let you go also." Then the blade is raised again, and the third man is put in place. But before the lever can be pulled, the man points up into the groove just above him, and says, "Hang on a minute. I can see yer trouble. There's a little screw 'as come loose, and it's stickin' out!"

So, the first man didn't *know* it would happen; the second man knew what had happened but didn't *understand* why, and the third man didn't have the *wisdom* to shut up about it, even though he both *knew* and *understood*.

Seven days before Christmas Eve, on December 17th, the Church celebrates an ancient feast called O SAPIENTIA (Latin for "O (Holy) Wisdom") in which the Lord Jesus Christ is designated, in the spirit of Paul's 1st letter to the Corinthians (ch. 1:24), as the Wisdom of God. As the two great chapters on Wisdom in Proverbs 8 & 9 emphasize, Wisdom is the PRACTICAL OUTWORKING AND APPLICATION of knowledge and understanding. In and through the Lord Jesus Christ, Almighty God has given the practical outworking of His Wisdom in Creation, in Providence, in Salvation and in Immortality, not through some theoretical or philosophical or spiritual means, but through the Incarnation of His only begotten Son, through the frailty and vulnerability of the created order and supremely, through the "foolishness" of the Cross. The Apostle's assertion is that "God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength", and we need to read the whole passage (1 Corinthians ch. 1 v. 18 to ch. 2 v. 16) to appreciate fully the enormous mystery and significance of the new-born babe in His lowly manger, soon to be visited by the Wise Men from the East, and worshipped as King.

Parish Prayer Diary December 2022

- 1st:** Pray for the growing number of individuals and families that are in serious debt and experiencing the fear, suffering and insecurity this causes.
- 2nd:** Pray for staff and children at the new hospice near Bucharest for children with complex needs *Casa Maria*, especially Robert, sponsored by the Crake Valley community through the Children in Distress collections.
- 3rd:** Pray for the work of *The Samaritans*, its volunteers and callers.
- 4th:** **Sunday, the first day of the week:** By the Spirit's grace, may our hearts and minds be purified to run the race set before us, so that when Jesus comes as Judge and Saviour, we are ready to receive him: our Lord and our God.
- 5th:** Pray for missionaries, far from home, learning new language and culture to translate the Bible into local dialect.
- 6th:** Pray for Food Banks and Pantries.
- 7th:** Pray for today's Benefice Staff team meeting.
- 8th:** Pray the *UN-Water Summit on Groundwater* taking place at UNESCO HQ, Paris, will define actions to protect this vital, but often unseen, natural resource.
- 9th:** Pray for agencies working to promote animal welfare at home and abroad.
- 10th:** Pray for Bishop James' *Teaching Day* session at St Thomas' Kendal today.
- 11th:** **Sunday, the first day of the week:** In this time of Advent preparation, pray that God grants us grace to do justly, to love mercy and to walk humbly in the light and presence of Jesus.
- 12th:** Pray for the UN Biodiversity Conference (COP15) in Montreal, Canada that world governments do agree goals for nature over the next decade.
- 13th:** Pray for the charity *Samaritan's Purse*, especially the transportation and distribution of their recent *Operation Christmas Child* shoebox appeal.
- 14th:** Pray for freedom and justice for people living under oppressive and unjust regimes.
- 15th:** Pray for Royal National Lifeboat Institute, giving thanks for the volunteer lifeboat crews who often risk their own lives to save people in danger.
- 16th:** Pray for teaching staff and pupils as schools close for the Christmas break.
- 17th:** Pray for Archbishop Justin Welby.
- 18th:** **Sunday, the first day of the week:** Pray for carol services across the nation: that familiar words will refresh and inspire as they proclaim the awesome wonder of The Word made flesh.
- 19th:** Pray for students as they return home, and for their families.
- 20th:** Pray for those who having explored the Christian faith, and coming to the point of personal commitment, have received Jesus as Saviour and Lord.
- 21st:** Pray for all who work within the NHS.
- 22nd:** Pray for Furness Deanery as plans are made for future ministry.
- 23rd:** Pray for those serving in the Armed Forces away from family this Christmas.
- 24th:** In the busyness of final preparations, may we, and all who seek a better way, take time to reflect on God's greatest Gift: Jesus, our living hope.
- 25th:** **Christmas Day:** Celebrate The Saviour's birth: Jesus to You be glory given! Word of the Father, in flesh appears – O come, let us adore Him, Christ the Lord!

26th: Give thanks for the Kingdom fellowship to which, by Grace, we now belong, and pray for opportunity to share its joy and peace with any who do not yet know the Lord Jesus.

27th: Pray for new parents as they adjust to life with their first born.

28th: Pray for the bereaved experiencing deep sadness and depression because of their loss of someone they love.

29th: Pray for refugees fleeing from war and famine and for all who work to help and support destitute people

30th: Pray for UN Secretary-General António Guterres and his team as they attempt to bring resolution to global issues and problems.

31st: As 2022 draws to a close, reflect on the Lord's past provision and, assured of His faithfulness for today and tomorrow, offer Him your present concerns.



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advising on how to reduce living costs and providing information on other ways to increase your income.

Readings for December 2022

4th	Romans 15.4 - 13	Matthew 3.1 - 12
9th, 10th & 23rd	Isaiah 9.2, 6-7, Luke 1.26-35, 38, Luke 2.1-7, Luke 2.8-16, Matthew 2.1-11, John 1.1-14	
11th	James 5.7 - 10	Matthew 11.2 - 11
	Isaiah 9.2, 6-7, Luke 1.26-35, 38, Luke 2.1-7, Luke 2.8-16, Matthew 2.1-11, John 1.1-14	
18th	Romans 1.1 - 7	Matthew 1.18 - 25
24th	Isaiah 9.2 - 7	Luke 2.1 - 20
27th	Isaiah 52.7 - 10	John 1.1 - 14



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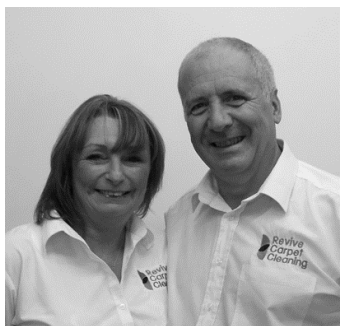
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Prayer Hour

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Next Prayer Hour will be **Wednesday 7th December, 10am-11am**

What's On Guide - regular events

Mondays	Knitting and Stitching, 7pm	Greenodd Village Hall
Mondays	Short Mat Indoor Bowling, 7 - 9pm, no experience needed	Greenodd Village Hall
2 nd & 4 th Friday	Gifts & Talents: Art Group 10.30am - 12.30	Tottlebank Baptist Church
Tuesday	Coffee and Chat, 9.45 - 10.45am	Greenodd Village Hall
Wednesday	Volunteer Day 10am - 4pm and Community Lunch, 1pm prompt	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	Lunch and Dominoes, 12.30pm	Coniston Institute
Wednesday	Alpha Course, 7 - 9pm	Tottlebank Church
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
Friday	Indoor Bowling, 2 - 4pm	Coniston Institute

To see all the wonderful Carol Services our local churches have planned this month, please turn to page 18

What's On Guide - December

1 st	Friends of X112 Lunch, see page 13	Rampside Village Hall
2 nd	Winter Presentation, John Postlethwaite 7.30pm	Carthouse Cinema, Oxen Park
2 nd	HSA Christmas Bingo	Coniston Primary School
3 rd	Church Coffee Morning, 10am - 12 noon	Greenodd Village Hall
3 rd	Christmas Wreath Making Workshop, see page 17.	Farmers Arms
3 rd	Green Sparks Sustainability Gathering, 1 - 3pm, see page 14.	Spark Bridge Village Hall
3 rd	Concert - Jack James 7.30 for 8pm, see page 12	Greenodd Village Hall
5 th	Mothers' Union Deanery Carol Service	St. Mary's, Dalton
6 th	KS1 Christmas Performance, 10.30am	Coniston Primary School
6 th	Film: Wild Men, 7.30pm	Oxen Park Cinema Club
7 th	Talk: Adam Sutherland 6.30pm	Farmers Arms, Lowick
8 th	KS2 Christmas Performances, see page 6	Coniston Primary School
10 th	Drop in Making Day, 10am - 4pm	Farmers Arms, Lowick
10 th	Concert: Rod Demick, 7pm	Coniston Institute
10 th	Concert: The Elderly Brothers, 7.30pm	Water Yeat Village Hall
10 th	Concert: Martin Roscoe, 7pm	Brantwood
12 th	Coffee Morning and carols, 10am	Coniston Methodist Church
15 th	Coffee Morning: Friends of X112, see page 13	St Mary's Church Hall, Ulverston
17 th	Film: Dune, 7.30pm	Oxen Park Cinema Club
19 th	Coniston Community Lunch, 12 noon	Coniston Institute
27 th	Film: Emily the Little Match Girl, 4pm	Oxen Park Cinema Club

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