

**St. Mary's Parish Church
Allithwaite**

within
The Cartmel Peninsula Team Ministry



MARCH 2017

FREE ISSUE

Editor's Ramblings ...



Easter, also called Pascha or Resurrection Sunday, is a festival and holiday celebrating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial after his crucifixion by Romans at Calvary c. 30 AD. It is the culmination of the Passion of Jesus, preceded by Lent, a forty-day period of fasting, prayer, and penance.

In Western Christianity, using the Gregorian calendar, Easter always falls on a Sunday between 22 March and 25 April inclusive, within about seven days after the astronomical full moon. The following day, Easter Monday, is a legal holiday in many countries with predominantly Christian traditions.



Eastern Christianity bases its calculations on the Julian Calendar. Because of the 13-day difference between the calendars between 1900 and 2099, 21 March corresponds, during the 21st century, to 3 April in the Gregorian Calendar. Easter therefore varies between 4 April and 8 May on the Gregorian calendar (the Julian calendar is no longer used as the civil calendar of the countries where Eastern Christian traditions predominate).

Also, because the Julian "full moon" is always several days after the astronomical full moon, the eastern Easter is often later, relative to the visible moon's phases, than western Easter.

Among the Oriental Orthodox some churches have changed from the Julian to the Gregorian calendar and the date for Easter as for other fixed and moveable feasts is the same as in the Western church.



Mike (Ed)



FROM THE VICARAGE

He is risen, He is risen indeed, Alleluia!

What wonderful words! These words will be said on Easter morning in Churches across the world. But what difference can this truth make to our lives approximately 2000 years on from that first Easter when Jesus rose from the dead, bursting forth from the tomb where he had been laid to rest?

John's gospel tells us that Jesus was first mistaken for the gardener by Mary, who through her grief and with a tear stained face met the risen Christ early in the morning. Not surprisingly Mary took a while to recognise Jesus. She had watched him die a horrible death as He was crucified on the cross. We are told Jesus gently whispers Mary's name. "Is it really you Jesus?" "Yes Mary, it is me."

This Easter I wonder if you are able to recognise Jesus?

Jesus who is alive, risen from the dead.

Jesus who is real.

Jesus who is not just a historical figure.

Jesus who can, and does, transform our lives today as He transformed Mary's and all those who encountered Him and became His followers.

I hope you have a wonderful Easter and enjoy all the signs of new life around us. I hope too that you will experience more of the risen Christ - He really is worth getting to know.

He is risen, He is risen indeed, Alleluia!

Rev Rachel

HOW MANY WORDS DOES IT TAKE?

Pythagorean Theorem:	24 words
Lord's Prayer:	66 words
Archimedes' Principle:	67 words
Ten Commandments:	179 words
Gettysburg address:	286 words
US Declaration of Independence:	1,300 words
US Constitution with all 27 Amendments:	7,818 words
EU regulations on the sale of cabbage:	26,911 words

Puts things into proper perspective, doesn't it?



Donald Trump's Bible

If, like me, you want to see the Bible exerting more influence on public discourse and the political imagination of leaders, you might think that last week's presidential inauguration was reason to celebrate. It really wasn't.

In common with tradition, the Bible was given centre stage as Donald Trump became the 45th president of the United States.

President Trump was sworn in using not one, but two Bibles. One had been given to him by his mother in 1955. The other was the Bible that Abraham Lincoln had used at his first inauguration in 1861.

Not only was the Bible physically present, it was also alluded to and explicitly referenced in Trump's address.

After introductory remarks where the new president expressed gratitude to President Obama and First Lady Michelle Obama for their "gracious aid" throughout the transition, Mr Trump went on to talk about the importance of giving power back to the people and putting America first

"From this day forward, a new vision will govern our land," he announced. "From this moment on, it's going to be America first ... America will start winning, winning like never before ... We will follow two simple rules: buy American and hire American."

It was at this point in his remarks that President Trump quoted Psalm 133. "The Bible tells us: 'How good and pleasant it is when God's people live together in unity.' ... When America is united, America is totally unstoppable."

I have probably seen a dozen inaugural addresses, but never one like this. Of course, some of what took place was in keeping with tradition. While there is no requirement that any book be used to administer the oath, the use of the Bible is customary. Similarly, President Trump is not the first president to turn to the Bible for inspiration or to quote from it to support his vision for America. In his inaugural address in 1993, President Clinton quoted Galatians 6:9: "And let us not be weary in well-doing, for in due season, we shall reap, if we faint not."

We should avoid being too quick to criticise President Trump for taking a passage out of context – we've all done it, even Jesus – or even be overly critical at the way he conflated the United States of America with Old Testament Israel. I've lost count of the number of occasions 2 Chronicles 7:14 ("If my people humble themselves and pray...") has been cited as applying to a context, without any consideration of the historical and theological situation of the passage, by people who really should know better.

What was significant, and troubling, was the ends to which President Trump deployed scripture.

The Old Testament people of God were to be a light to the gentiles (i.e. non-Israelites) and a blessing to all nations. The idea was that by looking at Israel, the surrounding nations would see a vision of what God is like and what it is to truly flourish as human beings. In loving God and neighbour, the glory of God was to be seen. The tragedy of Israel's history was that the nation and its leaders lost sight of this God-given vocation to be a universal blessing and reverted to nationalism and self-interest instead.

Donald Trump is not alone among world leaders in talking about putting the national interest first. That language was used by both sides in last year's EU referendum debate. It is entirely appropriate that political leaders seek the wellbeing of the territories they govern. What is unacceptable is using the Bible to promote an inward looking and nationalistic vision of human flourishing that is so alien to the one the Bible itself promotes.

Paul Woolley

As we leave behind the summer
and autumn takes a hold,
as leaves turn myriad shades of red
And weather turns wet and cold
As chill wind blows its frosty breath
Across the land, north, east and west
Fear not my friend,
for we are blest.

When earth has had her well earned rest
And winter's course is run,
Trees and flowers of all hues
Burst forth in springtime sun,
With weather warm and daytime long
The birds will cheer us with their song.
Till once again the summer ends and autumn takes a hold.

Paul Underhill

THINK BEFORE YOU SPEAK - a good habit to nurture regarding our conversations is to consider what we are about to say and ask the following questions:

Is it **T**ruthful?
Is it **H**elpful?
Is it **I**nspiring?
Is it **N**ecessary?
Is it **K**ind

Anon

IT IS LOVELY WHEN OUR BAD EXPERIENCES BRING BENEFIT TO OTHERS



In 2005 I had an operation to deal with a benign tumour which was growing outside my brain, within the skull cavity, By the time it was dealt with it was the size of a tangerine. I was warned that because of its proximity to the central canal of the brain only 95% could be removed. I was also warned that I could be left paralyzed.

It was not on that occasion. I did though, have a severe reaction to the anaesthetic. It was back on the ward with husband and children round the bed that the pain became very severe. Joy, a lovely nurse of Ghanaian extraction, saw my plight and rushed to check my notes. At that time the medical staff at The Walton Centre scribbled prescriptions in lower case. Joy mistook what was written, a syringe was filled and I enjoyed blissful pain relief, so blissful that I just drifted away into sleep. My family described what happened next. A routine check of the monitors revealed that I was drifting into death!

All hell broke loose, the bed was surrounded by medics and the antidote was administered. It was explained to Andrew that a mistake had happened, an apology was made. What of Joy? Well she was distraught!!!

That night she rang her husband back in Africa and urged him and others to pray for my survival. She came to my bedside in fear and trepidation, but there I was alive and sitting up in bed! Joy lived up to her name and there was a one woman exuberant prayer and praise meeting at my bedside!!!

I always wondered what had happened to her, had she been dismissed? The regrowth of the tumour and its subsequent resection in 2013 enabled me to find out.

I learnt she now worked in the recovery suite of the operating theatres.

A message was passed on that I would like to see her.

Joy was mystified about my identity, but after I had jogged her memory she narrated the outcome: -

Subsequently there is an inquiry into the incident. It was deemed avoidable human error. To avoid the mistake being repeated a new protocol was issued, 'that to avoid confusion in future ALL DRUG NAMES WERE TO BE SPELLED OUT IN CAPITAL LETTERS'.

My negative experience could and would be a positive benefit to others!!!

I was humbled.

Jean Platt

A POEM TO WHICH I CAN RELATE

I remember milk from the bottle,
With the yummy cream on the top,
Dinner came hot from the oven,
Not from a freezer; or shop.

The kids were a lot more contented,
They didn't need money for kicks,
Just a game with their friends in the road,
And sometimes the Saturday flicks.

I remember the shop on the corner,
Where biscuits for pennies were sold
Do you think I'm a bit too nostalgic?
Or is it....I'm just getting old?

Bathing was done in a wash tub,
With plenty of rich, foamy suds.
But the ironing seemed never ending
As Mum pressed everyone's 'duds'.

I remember the slap on my backside,
And the taste of soap if I swore
Anorexia and diets weren't heard of
And we hadn't much choice what we wore.

Do you think that bruised our ego?
Or our initiative was destroyed?
We ate what was put on the table
And I think life was better enjoyed.

CHURCH NOTICES

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands.

THE LONG SILENCE

At the end of time, billions of people were scattered on a great plain before God's throne.

Many shrank back from the brilliant light before them.

But some groups near the front talked heatedly not with cringing shame, but with belligerence.

'Can God judge us? How can he know about suffering?' Snapped a pert young brunette.

She ripped open a sleeve to reveal a tattooed number from a Nazi concentration camp. 'We endured terror... beatings... torture ...death!'

In another group a negro boy lowered his collar. 'What about this?' he demanded, showing an ugly rope burn. 'Lynched for no other crime than being black!'

In another crowd, a pregnant schoolgirl with sullen eyes, 'Why should I suffer?' she muttered. 'It wasn't my fault'

Far across the plain were hundreds of such groups. Each had complaints against God for the evil and suffering He permitted in His world.

How lucky He was to live in heaven where all was sweetness and light, where there was no weeping or fear, no hunger or hatred.

What did God know of all that men had been forced to endure in this world? For God leads a pretty sheltered life, they said.

So each of these groups sent forth their leader, chosen because he had suffered most.

A Jew, a Negro, a person from Hiroshima, a horribly deformed arthritic, a Thalidomide child.

In the centre of the plain they consulted each other. At last they were ready to present their case

It was rather clever.

Before God could be qualified to be their judge, He must endure what they had endured.

Their decision was that God should be sentenced to live on earth as a man.

Let Him be born a Jew. Let the legitimacy of His birth be doubted. Give Him work so different that even His own family will think Him out of His mind when He tried to do it. Let Him be betrayed by His closest friends. Let Him face false charges, be tried by a prejudiced jury, and convicted by a cowardly judge.

Let Him be tortured. At least let Him see what it is like to be terribly alone. Then let Him die. Let Him die so that there can be no doubt that He died. Let there be a great crowd of witnesses to verify it.

As each leader announced his portion of the sentence, loud murmurs of approval went up from the assembled people.

When the last has finished pronouncing sentence, there was a long silence.

No one uttered another word. No one moved. For suddenly all knew God had already served His sentence.

Keith Buckler

RECIPE FOR LOWNESS OF SPIRIT

Take one ounce of the seeds of resolution, properly mixed with the oil of Good Conscience;

Infuse into it a large spoonful of the Salts of Patience;

Dilute very carefully a composing plant called ‘others’ woes’, which you will find in the garden of life, growing under the broad leaves of Disguise. Add a small quantity, it will much assist the salts of Patience in their operation.

Gather a handful of Blooms of Hope. Then sweeten them properly with a syrup made of the Balm of Providence and if you can get any of the Seeds of True Friendship you will have the most valuable medicine that can be administered.

But you must be careful that you get the Seed of True Friendship, as there is a seed that much resembles it called Self Interest which will spoil the whole composition.

Make the ingredients into Pills, which may be called the Pills of Comfort. Take one night and morning, and in a short time the cure will be complete.

Birmingham Mercury
19th March 1887.



Allithwaite and Cartmel WI Annual Spring Fair, Saturday 22nd April at Allithwaite Community Centre. Entry £2.50 includes cream tea. Doors open at 2.00pm.

ALLITHWAITE PRIMARY SCHOOL

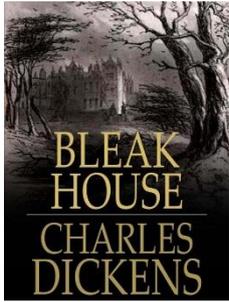
This term our school value is Courage. We have been exploring having the courage to speak out, to persevere and to have faith that we can reach all of our goals. In church, Rev Rach links all her worships to our value and recently we have heard about the courage of Moses and of Gideon.

For Lent, we have been thinking about good deeds that we could do to bring a bit of happiness into someone's life. The children have had some wonderful ideas from giving a family member a kiss to buying them a world cruise ticket! We are going to display the children's thoughts in church for the community to enjoy.

Curriculum wise, each class are enjoying learning about a new topic. The Nursery and Reception classroom has transformed into a rainforest, with snakes dangling everywhere. The children even had a visit from a real snake and everyone was brave enough to have a stroke. Great courage! The Year 1 and 2 class have some eggs incubating and are very excited to watch them hatch as part of their Animals topic. Years 3 and 4 are learning about Ancient Greece and this term will be writing a Greek myth, making puppets and performing their very own shadow theatre. Year 5 and 6 are learning about World War and exploring the amazing courage shown by different people during the wars. They have had some inspiring speakers and have written some moving evacuee letters. Currently they are putting their last final touches to their whole class dance which they will be performing on stage at Ulverston High School, more superb courage.

Towards the end of term we are very busy with Easter services and activities. We will be having a music concert in Church as well as a courage themed worship written and performed by the Year 6 children. We are also looking forward to working with a local artist to make a fabric based display of our school values, made by each child.

BOOK REVIEW – STEVE BELL
BLEAK HOUSE BY CHARLES DICKENS



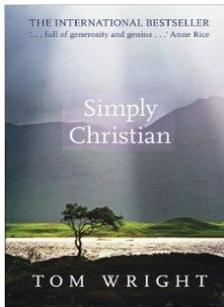
Fancy reading a page turning murder mystery full of intrigue and a vast array of unforgettable characters? No, it's not the Bible, though I guess it could be. It's one of Charles Dickens' very best novels, Bleak House.

I have just finished it with a tear in my eye, not just because the characters I have grown to love (and some I haven't!) and will now miss, but also because of the sheer beauty of the book and the resonant themes that leave me in wonder.

Esther, Lady Dedlock,, Mr Jarndyce, Jo, Mr Guppy, Inspector Bucket, The Trooper, Mrs Jellyby , Harold Skimpole, Mr Tulkinghorna list of unforgettable characters each so believable and yet so different.

Although Bleak House is not an overtly Christian book themes of redemption, family, romantic love, the love of money and of forgiveness run deep through it. I would recommend it as a great read. I skipped through some of the longer descriptions in order to keep the story moving but those of you of a more scholarly nature might want to enjoy each and every word.

This is a book I will remember for a long time; I'm already wondering which Dickens novel to read next.



SIMPLY CHRISTIAN BY TOM WRIGHT

I picked this up in the Oxfam shop in Lancaster, a good source of Christian books. I found it to be an engaging book, an account of the heart of the Christian faith for thoughtful people, a modern version of C. S. Lewis' Mere Christianity.

Tom Wright who was the Bishop of Durham, sets out the central points of the Christian faith in a way that will be accessible to those wanting to find out about the Christian faith and for those who want to read about it in a new and refreshing way.

The first part of the book looks at four 'echoes of a voice', features of life which he suggests point beyond themselves: the quest for justice, the hunger for spirituality, the desire for relationships, and the recognition of beauty. He suggests why Christians see these echoes as pointing to a greater reality than this universe alone.

The next chapters outline the central features of the Christian faith, to 'stare at the sun' by considering who God is and how God has made himself known and knowable. He considers what Christians mean by 'God', the story of Israel, the ministry, death and resurrection of Jesus, and the Holy Spirit. Wright groups the way people see the universe in relation to God into 3 ideas: the idea that everything is God (pantheism or panentheism); the idea that God is not involved with the universe beyond having set it going (deism); and the idea that the spheres of this universe and of God interlock and overlap (what Christians believe). Most modern westerners go for one of the first two options and thus misunderstand the nature of Christian claims.

The third part of the book looks at the Christian life of worship, prayer, the Bible, what it means to become a Christian and to belong to the church, and hope for the future expressed in present living. Each of these chapters is insightful and comes at ideas familiar to established Christians from fresh angles.

Throughout the book Wright expresses deep and complex ideas with great clarity. Simply Christian is easy to read and will help to clarify your beliefs in a fresh and jargon-free way.

Steve Bell



NEWSLETTER FEBRUARY 2017

As we look forward to the arrival of springtime, we begin this newsletter by reflecting both on the development of work with young people through the autumn and also on the opportunities for new growth in 2017.

This work is being led by Libby Cuthbertson, our new youth worker, and Chris Mason (Network Youth Church Officer).

Chris and Libby have maintained work at Cartmel Priory School, leading worship and a lunchtime Christian club as well as visiting our local primary school. This term Libby will be leading a new lunchtime club at Flookburgh Primary and an after-school club at Cartmel.

Out of School, the Friday evening group has grown in number and, this spring, the group will build on their experience of Youth Alpha to look at some new material. Alongside this group, a small cell group of teenage girls has been meeting. Chris and Libby are also becoming involved with 'Flook4Youth', the youth group in Flookburgh. In addition, Libby has supported activities for young people that have been initiated by our churches and, in particular, she has helped out with 'Rock Solid' in Allithwaite.

Chris and Libby have a number of events planned for 2017:

- | | |
|------------------------|---|
| Prayer Space: | Summer term event at Cartmel Priory School. |
| Transition Day: | Annual event for Year6 pupils to support their move to secondary school. |
| Ignite Fridays: | Every Friday (term times) at the Methodist Hall. |
| Residential: | A great way to a make new friends and deepen relationships both with God and each other. To be held in July in the Ullswater area and open to all Y6-11 Students. |

We give thanks for the way in which this new growth has been blessed and we pray that this continues as we move into 2017.

Chris and Libby

A LETTER FROM LIBBY

Dear Friends,

We have had a very enjoyable first term of the school year and I have felt very welcomed by everyone, so thank you.



We have lots of exciting things planned for the coming terms and are busy planning and delivering these. It is good to have some clubs set up within the primary schools and encouraging to see them being very well received. Flookburgh in particular has been very successful with 26 children coming to the first meeting.

It has been great getting involved with Flookburgh, a well-established youth club run at Flookburgh village hall. The group attracts around 25 young people to each session from around the area and is well loved by them as there is little for them to do in their local area. Unfortunately, due to government cuts, this group is in danger of closing as there will be a lack of helpers and skilled leadership for the sessions. Therefore, Chris and I have started to get involved but we would love more support so if you feel you could get involved with this fantastic community group then please get in touch with us or with the great committee at Flook4yough who are currently trying to keep the group afloat.

Chris and I have a number of other events planned for the rest of the year, some of which are listed above. As always, the summer will be very busy and we are also considering other new ways to support young people in the area. Our Friday youth group 'Ignite Fridays' has grown over the past term. It is a very fun and welcoming group so if you have a young person who is between year 6 and year 11 then we would love them to come along. We meet at Grange Methodist Hall from 7.15 – 9.00pm on a Friday evening. The aim of the evening is for the young people to have space to meet together, have fun, talk about God and develop friendships with each other. Along with Friday evenings we also organise social events, go to Christian youth events around the area.

Chris and I would like to thank you for your continued support and prayers. We are looking forward to an exciting rest of the year.

Libby

Thanks to St Mary's, Allithwaite

The Youth Trust would like to thank the PCC and Team Vicar at Allithwaite for making available one of the vestries at St Mary's Church to be used as an office and work place for Chris and Libby. This is much appreciated and enhances the capacity for developing youth ministry in our area.

SUSTAINING THE WORK OF THE YOUTH TRUST

Trustees appreciate the many calls for giving that we all encounter but we also understand how many people appreciate the need to reach out to young people in our community. Please consider if you can help. You can arrange regular payment by setting up a standing order using our bank details below and also by completing your details on the form below and sending it to our Treasurer, Charles Rowsell.

Name of Account: CHURCHES TOGETHER YOUTH TRUST
Sort Code: 30-14-40
Account No: 00753421

GRANGE AND DISTRICT CHURCHES TOGETHER YOUTH TRUST

Name: _____ Tel No: _____
Address: _____

I would like to make: a monthly donation of £ _____
A one-off gift of £ _____

I am a UK taxpayer and understand that if I pay less Income Tax and / or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

Signed: _____

Please return this to:
Charles Rowsell, Holme Cottage, Priest Lane, Cartmel, LA11 6PT

Disciple Quiz

1. Who was also known as Cephas?
2. Who were known as 'The Sons of Thunder'?
3. Who was Bartholomew also known as?
4. Who was Didymous?
5. Who was Levi?
6. Who was Thaddeus?
7. Who was known as 'The Zealot'?
8. Who were the elder and the younger (or the less)?
9. Who were the Boanerges?
10. Who was Peter's brother?

ANSWERS ON PAGE 20.

VOLUNTARY SOCIAL CAR SCHEME

There are 50 schemes set up across Cumbria to provide transport for all members of the community of any age (under 16s must be accompanied by an adult). There are volunteers who provide a door to door service across the county. The service can be used for a wide variety of purposes including; making connections with public transport, doing the weekly shop, medical appointments, or just for visiting friends all for a reasonable cost. Voluntary Social Car Scheme is intended for those people who have no other means of transport. Volunteers are available to collect you from your home and take you to your chosen destination which can be anywhere in Cumbria and Lancaster Hospital.

IF YOU NEED TO TAKE ADVANTAGE OF THIS SERVICE?

Please call Kirsten Ross, the Grange-over-Sands Controller, on 015395 32232.

DO YOU WANT TO VOLUNTEER?

Running the scheme is reliant upon volunteer drivers, and we're always looking for more people to join the team.

Drivers - provide transport for people using your own car, and you will be paid fuel expenses at 45p per mile. You will also collect the cash fare and give a receipt to the passenger. Cumbria County Council provides insurance against loss of no claims bonus and excess payments.

If you have some spare time and would like to help volunteer driving locally, please contact Kirsten Ross as above.

LETTER FROM A TRAINEE READER – Episode 3

Hello again and a rather belated happy new year! New Year and all things made new, for us, by the recent arrival of a tiny girl called Harriet, our eighth grandchild and the last we are firmly assured! At the same time I am penning my third assignment on the topic of baptism. So, while I ponder the vexed questions surrounding the issue of infant versus adult baptism (when is the best time to baptise?) my daughters ponder the vexed questions of when to potty train, when to wean, when and where to put their foot/feet down.

When I tell Alice, fresh from battling two little boys who would rather smear food than eat it, “Jesus said suffer the little children” she replies with a grimace “yes, I do”. Ah, the yawning gap between the ideal and the real. It’s hard work keeping faith alive but someone has to do it! And so I continue on my journey, currently placed at Ulverston Parish Church and feeling very privileged to be there. And I dare to dream the big dreams and pray for our eight little ones, that they will be touched by the grace of God; all covered in beans, butter and squashed toast if necessary.

God be with you all - whatever state you’re in,

Heather.

WHAT IS A CHURCHWARDEN?

Churchwardens are elected annually under the provisions of the Churchwardens Measure 2001 by the Annual Meeting of Parishioners (at the APCM). The term of office is held for one year.

At St Mary's we have 2 licensed Church Wardens (CWs), Ian Davey and Amanda Fogg and at the moment we have 3 deputies who are unlicensed - Pat Rowsell, Michael Jackson and John Arthurs.

The CWs are the Bishop's officers, and are admitted to office each year by the Archdeacon, on behalf of the Bishop. Their first responsibility is to the Bishop, usually via the Archdeacon. They, along with the vicar – Rachel, are generally responsible for the day-to-day functioning of the parish.

Churchwardens are vital to the health and wellbeing of our church communities. It is an important and, at times, a demanding role, as evidenced by the ongoing church heating problems and trying to get the boiler fixed!

Their duties include maintaining order and decency in the church and churchyard, especially during the time of divine service, and in the absence of the vicar should manage the church service (see point 7 below). Something I didn't know about when I was elected.

Churchwardens should:

- care for and support the parish priest
- try to ensure that the incumbent is relieved of superfluous administrative, and other tasks
- provide feedback, as a 'critical friend', for the parish priest
- care for the congregation and encourage people in their Christian faith
- help to resolve disputes or disagreements amongst the congregation or with the parish priest, or with the local community
- When any concerns arise, they should consult the Area Dean and/or Archdeacon.

1. Meetings / Trusteeships

CWs are *ex officio* members of the PCC (the trustees of the parish), and the PCC Standing Committee. Churchwardens become members of the PCC from the moment they are elected, although they might not be admitted to office by the Archdeacon until several weeks later.

2. Administration

With the incumbent and PCC, they should use their best endeavours to ensure that:

- there is adequate provision for and oversight of the administration of the parish, including financial administration
- there are proper procedures in place for recruiting, and managing lay staff and volunteers
- the PCC adopts a Safeguarding policy, and has an action plan for ensuring that the policy is implemented
- the PCC has a health and safety policy and ensures that it is implemented
- there are adequate preparations for the Archdeacon's triennial parochial visitation.

3. Finance

In the absence of a PCC Treasurer, the churchwardens must fulfil the role of Treasurer together.

4. Mission

Churchwardens should use their best endeavours to ensure that:

- the PCC has a Mission Action Plan, and pays attention to implementing it
- there is an appropriately encouraging welcome to people attending church
- the church is available to be open to the public as much as possible.

5. Pastoral Care

Churchwardens should use their best endeavours to ensure that the pastoral work of the Church is being undertaken in the parish and amongst the congregation.

6. Buildings and Contents and Property

Churchwardens are responsible for ensuring that the PCC cares for and maintains the church and its contents and other buildings in the parish, together with the churchyard and grounds.

7. Liturgy and Worship

In the absence of the parish priest they are responsible, with the Area Dean, for ensuring that there is someone to conduct services. If there is no one available they should conduct any service (!), as far as possible themselves. They must check that all visiting clergy hold the Bishop's licence or Permission to Officiate.

They should ensure that the service register and other registers are properly filled in.

They are responsible for ensuring that people are properly welcomed to the church and to services, and that sides people are appointed.

Something that is always missing line from job descriptions, right at the end of it, but which is taken for granted – 'is responsible for anything and everything else that may be relevant and nobody else has volunteered to do'!

I hope this explains what we do and what we are responsible for in the life of the church. There are large volume books written detailing the duties with useful hints and advice. This is probably far too long, but may be a useful aid for the insomniacs amongst us!

**Amanda Fogg
Ian Davey**

ST MARY'S WALKING GROUP

Dylan's Tail

This is me, the handsome blonde at the front. John, our leader, said that we are at the top of the Howgills,



Every fortnight or so I do go bonkers and have what Mum calls a 'Marley moment' (charging round the house, quivering with excitement, sometimes with a bit of 'singing'). It is when Dad starts organising his walking gear in the evening. I know that it will soon be time for me to round up the guys and head off to the hills for some male bonding. There can be anything from five to ten of us and others will always be welcome.

I do try to be calm in the car when we go, sometimes they want to stop off on the way and hang out in a cafe but I need to get going! I chivvy them along and we set off. We go to lots of different places, my favourites usually involve water where I can cool off after running around. None of them come in with me, I can't think why, it's so refreshing! It gets your fur all nice and clean, which Mum and Dad like.

They like to stop to have their lunch, I like to have a nice little lean on their legs which works really well for me especially if I am sopping wet and/or muddy. My chin gets a bit damp with slobber too, so I can rest it on someone's knee. They don't seem to mind! I like to pinch their gloves to remind them to hurry up. After lunch there will be more running around, herding the old guys along, barking, "Keep up, come on keep up with me." I like to go fast so the wind goes through my fur. Some of the old guys don't have much hair so I don't suppose it matters for them. Sometimes they like to stop off for another drink on the way home. It's good if I can go in with them and have a snooze on the floor, some of them look as though they would like to join me!

I love my days with these guys, when I couldn't go with them once I cried and was very sad. Sometimes I see them out and about and greet them very enthusiastically with lots of tail wagging and glove pinching. I dream about our adventures together recently we have been up Wansfell, done a bit of the Dales Way near Kendal, been over Bigland to Haverthwaite, explored the Duddon valley area John, where are we going next time?



Dylan Hull (aged 6)

Do you remember the milk man? Here is a sample of notes left in milk bottles...

Milkman, please close the gate behind you because the birds keep pecking the tops off the milk.

Please leave no milk today. When I say today, I mean tomorrow, for I wrote this note yesterday.

No milk. Please do not leave milk at No. 14 either as he is dead until further notice.

Well-known Easter hymns, but they have had their words jumbled up, how many do you know?

1. lla oyrlg audl and orouhn
2. lla nveach arlsdcee
3. nda acn ti eb
4. eb lstli nda nkwo hatt i ma ogd
5. eb tllsi fro teh erscnepe fo eht rdol
6. earebht no em tabahr fo gdo
7. hrsict het rlod si eisnr ydaot
8. ofmr anehev ouy ocme
9. eh si rdol
10. i ecandd ni eht grnnimo
11. i oknw taht ym rdemree eilsv
12. amke wya, amek awy
13. onrmnig ahs eonkrb
14. deri no, ider no ni mateysj
15. Kroc fo gsae

ANSWERS ON PAGE 20

ENCOURAGE WILDLIFE INTO YOUR GARDEN

As spring gradually arrives we can look forward to seeing our gardens fill with life - encourage creatures to come and thrive with these simple tips. Not only will the increased biodiversity support your garden, but you'll have more to see and look out for - and the environment will thank you too.

Grow the right flowers, trees and shrubs

Flowers provide pollen and nectar for bees, butterflies and other insects that perform the vital task of fertilisation - seed and fruit production would drop dramatically without them. Avoid too many highly-bred cultivars with big and blowsy or double flowers, most of which contain little or no pollen or nectar.

Choose plants that provide pollen and nectar for as long a season as possible, from spring (Crocus and Mahonia for example) through to autumn (Michaelmas daisy, Sedum spectabile and ivy, which is particularly late to bloom and may provide food into early winter).

Grow a range of trees, shrubs and climbers, or a mixed hedge to provide food and shelter. Larger plants, particularly trees, support more wildlife. As well as providing food in the form of flowers, fruits and seeds, they provide cover and nesting sites for garden animals from insects to larger species such as birds.

Small trees and shrubs that are good for blossom and berries support a range of specialist native wildlife.

Have a pond

If you don't have space, a container of water will do. Ideally, do not introduce fish to a pond as they will eat anything that moves, and allow water plants to colonise naturally. Make sure ponds have at least one sloping side to allow creatures an easy way out.

Leave piles of wood and debris tucked away in hidden corners

Decaying wood provides a habitat to a range of specialist wildlife that is growing increasingly uncommon in the countryside, such as stag and bark beetles and their grubs, and many species of fungi. It also provides cover and hibernation sites. Any unstained or unpainted wood is suitable, but big natural logs are best, ideally partly buried. Equally piles of leaves and twiggy debris provide both food and habitat for many species. If you leave perennials uncut over winter, their hollow stems can shelter hibernating insects. Piles of stones also make good habitat.

Compost

Composting your garden speeds up the natural recycling of nutrients by harnessing native decomposer organisms (saprophytes), especially fungi and soil bacteria. It also helps shelter and encourage many creatures.

Provide food and water for birds all year

Garden birds are easy to attract with supplemental feeding. Ideally, offer a mix of food including peanuts, sunflower hearts, seeds, kitchen scraps and fat balls, or proprietary seed mixtures, to supplement natural food. Ensure feeding tables are not accessible to cats.

Allow a patch of grass to grow longer

If you don't have room for, or don't want, a full-scale wildflower meadow, simply allowing patches of lawn to grow longer will provide shelter for small mammals such as wood mice, voles and shrews, and food for some butterfly caterpillars - not all of these eat cabbages or nettles, contrary to popular belief.

Cut out the pesticides

Synthetic pesticides are not only toxic to more than the target organisms; they are extremely energy intensive to produce, so employ them as a last resort wherever possible.

Scatter wildflower seeds to create a meadowland

Meadows are simply mixtures of grasses and wildflowers. We have lost 96 per cent of our diverse, species-rich meadows since the 1950s, so recreating them in the garden can help redress the balance.

Avril

DAYS FOR GIRLS INTERNATIONAL

Days for Girls International aim to empower girls and woman worldwide with dignity, health and safety through quality sustainable menstrual management. Not having sanitary supplies means missing days of school for a lot of girls, adding up to 2 months every year of missed education and opportunity. Girls worldwide suffer indignities, infection, even exploitation trying to stay in school. Many just give up.

DAYS FOR GIRLS KITS CHANGES LIVES

Inspired at the 'Children of Hope' curry evening at church in January, a group of us have got together and are learning how to sew the Days for Girls washable hygiene kits. Each kit is made to last 3 years and will give a girl 8 months of education in that time.

How you can help:

- Donating any fabric you no longer need:
- A drawstring bag is made to contain each kit; hardwearing cotton/furnishing fabric is used. This can be made from old but not worn curtains or duvet covers. Brightly coloured fabrics are used to prevent discolouration from the dust. Florals and geometrics are best.
- Soft brightly coloured cotton.
- Ribbon: each bag requires 2m of 5/8 ribbon
- Flannels, medium range, not too thin or too bulky.

If you enjoy sewing and would like to help, you will be very welcome! Please ring me if you can help with any of the above or would like to join us and I can give you an update and further details.

Carole Hull
015395 33770

CRMI-CHILDREN OF HOPE UGANDA 2017 MEDICAL MISSION UPDATE

“To break the cycle of poverty by empowering children through education, healthcare and vocational training”

A HUGE thank you to all who supported our latest annual medical mission with prayer and fellowship, fundraising, donations and child sponsorship.

The effort that has gone into fundraising through a very enjoyable Curry evening and a heroic sponsored bike ride by the Bell family has been amazing and humbling.

The donation from St Marys Allithwaite Mission fund after further consultation is likely to be spent on the foundation of a community “hall” to be used by all the Bombo community as a clean and safe space for various groups such as mother/grandmother and baby group meetings, to run clinics in and public health initiatives. Our St Marys community reaching out with a long lasting gift.

It is so appreciated and very gratefully received by our brothers and sisters in the CRMI Ugandan community.

After a year of praying and planning a team of 18 flew out in January led by our UK Director Juliet Burd. For some of us it was our 3rd/4th medical mission for others their first time and we all bring different and diverse skills. TEAM definitely stands for Together Each Achieves More in this instance and the joy of serving with each other is enriching.

I know a lot of you have followed Nurse Sarah Clarke's wonderful blog and will therefore be aware of the many ways our team used their gifts to serve our Ugandan brothers and sisters.
<https://sarahclarkeuganda.wordpress.com/>

We will be giving a feedback at Church and in various locations around South Lakes in the next few months and dates of these will be announced in Church soon. In the meantime, contact details below for anyone who would like further information.

THANK YOU

Kathy Haughton volunteer Nurse for CRMI

Facebook: CRMI-Children of Hope

Kathy email: froganddaisy.co.uk

PS: I am running the Manchester half marathon May 28th to raise money for various CRMI Uganda projects with my hubby Mark who signed me up, we have a just giving page.
www.justgiving.com/fundraising/Mark-kathy-haughton.

Answers to the quiz:

1. Peter
2. James and John
3. Nathanael
4. Thomas
5. Matthew
6. Jude
7. Simon
8. John (the elder) and James (the younger, the less)
9. James and John
10. Andrew

Answers to the Easter Hymns:

1. All Glory Laud and Honour
2. All Heaven Declares
3. And can it be
4. Be still and know that I am God
5. Be still for the presence of the lord
6. Breathe on me breath of God
7. Christ the lord is risen today
8. From Heaven you came
9. He is lord
10. I danced in the morning
11. I know that my redeemer lives
12. Make way, make way
13. Morning has broken
14. Ride on, ride on in majesty
15. Rock of ages



***Copy for Next issue by the end of May
please for the next issue.***