



St. Mary's Parish Church
Allithwaite
within
The Cartmel Peninsula Team Ministry



SUMMER EDITION 2018

EDITOR'S RAMBLINGS



SONGS ON THE SUMMITS

On the centenary of the Great War, the National Trust is set to revive the "world's greatest war memorial".

Every year hundreds of people brave the November weather to climb to the summit of Great Gable on Remembrance Sunday.

However, few people know that Great Gable was one of 12 Lakeland summits given to the National Trust in the years after peace was declared, becoming Britain's most spectacular and unique memorial to those lost in World War One.

Shortly after Peace Day 1919, Lord Leconfield, an honorary member of the Fell and Rock Climbing Club, donated Scafell Pike 'in perpetual memory of the men of the Lake District who fell for God and King, for freedom, peace and right in the Great War'.

The gift of the 12 peaks to the Trust by the Fell and Rock Climbing Club was made later, in 1923. The fells are Lingmell, Broad Crag, Great End, Seathwaite Fell, Allen Crag, Glaramara, Kirk Fell, Great Gable, Green Gable, Base Brown, Brandreth and Grey Knotts.

This "Great Gift" was one of the largest ever donations to the Trust ensuring that each year hundreds of thousands of Britons can freely walk the mountains. Now, 100 years on, the charity is expressing its gratitude with a series of commemorations. As well as work to repair paths on Scafell Pike and Great Gable, these include the rebuilding of a summit cairn on Scafell Pike and an exhibition of war poetry at Wordsworth House in Cockermouth.

In addition, a unique 'leave no trace' art project, supported by Arts Council England and the Arts and Humanities Research Council, will bring together musicians and choirs for a 'song cycle' across the 12 peaks. The project, named 'The fellowship of hill, and wind, and sunshine', will see the National Trust working with leading local professional musicians and amateur singers from community choirs in Cumbria, to create a series of mountain-top performances in May, June and July.

On Saturday 13th October, a special 'singing picnic' is set to be held at Peace How, a tiny hill at the south end of Derwent Water, given to the National Trust in 1917 so that servicemen from the trenches could experience peace and tranquillity. This accessible, but poignant location, means that anyone who was unable to make it up the hills, can still take part in the project.

It should be deeply moving, there's an extraordinary powerful feeling that happens when people sing together and to sing together in the outdoors in a place that has such resonate meaning will be quite extraordinary.

For further information visit www.nationaltrust.org.uk.

Mike (Ed)

THIS IS A 'NOT FROM THE VICARAGE' LETTER!

As you may have heard, the Vicar of Allithwaite, Rev Rachel Stavert, is off work for a while for personal reasons. So the Bishop has asked me to step in temporarily to help support the work of the church in this community. My name is Amiel, and I look forward to meeting many of you. I've recently retired and moved to Grange (like half the world, it seems!), though I have been working in Cumbria for the past 15 years as a Church of England priest, and my family live here.

I love this time of year, with everything green and growing. But there's one really discouraging thing that happens around now – the adverts that pop up shouting: **“Shape up for Summer!!”**, shaming us with improbable ‘before’ and ‘after’ pictures.

In Britain we do get so concerned about our physical shape..... our waistlines, our biceps....

But what about our spiritual shape? It's equally important. Every person is a spiritual being as well as a physical one (even the people who think they “aren't religious”).



So what shape do you think you are in Spiritually?

Perhaps this would be a good time of year to do a spiritual health check, and ask “Is my spiritual life alive, fresh and growing, or maybe a bit dried-up or flabby?”

Want to have a go at a spiritual health check? Here are a couple of questions to ask yourself:

- “Do I believe that God is real and loves me personally?”
- “Do I believe that I am chosen and special?”

The Christian message is that you are unique, designer-made. In fact, made by The Designer. And God loves you as you are.

As the preacher at Prince Harry and Megan's wedding said, “You were made by the power of love....and there is power in love to lift up and to liberate”. In Jesus, God shows us the depth of his love reaching out to us, ready to lift us up, to set us free from whatever binds us.

But God will never impose himself on us – his greatest and most costly gift to us is the freedom to choose whether we respond to him or not.

You may like to echo in your own words the ancient 13th century prayer of Richard of Chichester: “Thanks be to thee, my Lord Jesus Christ, for all the benefits Thou hast given me, for all the pains and insults thou hast borne for me. O most merciful redeemer, friend and brother, may I know thee more clearly, love thee more dearly and follow thee more nearly, day by day”.

Revd Canon Amiel Osmaston

POEM TO REMEMBER

Ever since Homer composed the first verses of the Iliad, the epic tale of the fall of Troy, poetry has shown a unique capacity to capture the essence of war.

Of course, paintings and monuments have helped to convey guts and glory, and reporters and photographers have brought home the realities of war. But there is nothing like a poem to reach in to our souls and move us.

It was, after all, a single poem which created the most powerful, enduring symbol of war remembrance of all time: *'In Flanders fields the poppies blow / Between the crosses, row on row / That mark our place, and in the sky / The larks still bravely singing, fly / Scarce heard among the guns below'* wrote Jon McCrae, the Canadian army doctor who died of pneumonia after fighting in Ypres 100 years ago. His words have lost none of their power a century later. The millions of poppies sold year on year are testament to that.

Laurence Binyon's *'They shall not grow old, as we are left grow old / Age shall not weary them, nor the year's condemn / At the going down of the sun, and in the morning / We will remember them'* is regularly used at war memorial services, and all school children learn something of the works of Wilfred Owen or Siegfried Sassoon or Rupert Brooke.

'If I should die' wrote Brooke, *'think only of me / That there's some corner of a foreign field / That is forever England'*. The war poets are as much a part of the narrative of the Great War as the trenches, gas and no man's land.

Now a consortium of charities, including Help For Heroes and ABF The Soldier's Charity, have launched a competition to find a McCrae or Owen of our times. The purpose is to honour this year's 100th anniversary of the end of the First World War but also to mark a vital moment for today's Armed Forces.

This year sees the opening of the new Defence and National Rehabilitation Centre (DNCR), a world class clinical centre for wounded servicemen and servicewomen. It will replace the current national rehabilitation centre at Headley Court in Surrey, which does a fine job mending our broken heroes.

Headley Court's commanding officer, Group Captain Teresa Griffiths, OBE wrote a poem whilst military matron in charge of the MoD wing of Queen Elizabeth Hospital Birmingham, she called it 'Our Promise' and describes how staff would try everything: *'Until you wake, we will watch over you / We will pray for you and some of us will touch wood / We will shield you from prying eyes / And protect you from the demons in your nightmares / This is our promise'*. It concludes: *'And should the day every arrive that your body decides you can no longer bear your pain / We will let you go / As you slip away, we will hold your hand and wipe away your family's tears / You will be missed forever but when you leave ... We will salute you / And should the world ever try and forget you, we will be your voice and honour your memory / This is our promise'*.

The shortlist will be announced in May, however, the public will have the chance to read the poems and vote for their winner by text or online at www.poemtoremember.co.uk. The winner will be asked to the royal opening of the DNCR to see their work engraved on a plaque and recited by the Duke of Cambridge.

Mike (Ed)



Note: The above poems have been abridged.

TO BEE OR NOT TO BEE

This summer, spare a thought for the bees who visit your garden. What will they find there to eat? Albert Einstein once said that mankind cannot live without bees, such is their importance in the survival of the global ecosystem.



For bees do far more than make honey – they pollinate more than 90 crops that we rely on for food, including apples, pears, blueberries, tomatoes and strawberries.

In recent years, the bee population has plummeted. Attacks by varroa mite, the overuse of pesticide and herbicides, combined with intensive farming, is thought to have killed millions.

A CAT DIES

A cat dies and goes to Heaven. God meets him at the gate and says, 'you have been a good cat all of these years. Anything you desire is yours, all you have to do is ask.' The cat says, 'Well, I lived all my life with a poor family on a farm and had to sleep on hardwood floors.' God says, 'Say no more.' And instantly, a fluffy pillow appears.

A few days later, 6 mice are killed in a tragic accident and they go to Heaven. God meets them at the gate with the same offer that He made the cat. The mice said, 'All our lives we've had to run. Cats, dogs and even women with brooms have chased us. If we could only have a pair of roller skates, we wouldn't have to run anymore.' God says, 'Say no more.' And instantly, each mouse is fitted with a beautiful pair of tiny roller skates.

About a week later, God decides to check and see how the cat is doing. The cat is sound asleep on his new pillow. God gently wakes him and asks, 'How are you doing? Are you happy here?' The cat yawns and stretches and says, 'Oh, I've never been happier in my life. And those Meals on Wheels you've been sending over are the best!'

CAMPANOLOGY - The unknown Art despised by the ignorant

How oft mankind exert their utmost powers
To find amusement for their leisure hours
While some in bowls or cricket will unite
And in such healthful exercise delight

Others on chess or music fix their mind
Requiring practice of no trifling kind
Those who are gifted with a tuneful voice
In singing glees and such like strains rejoice

While some too far less noble arts descend
Their time thus wasted oft in ruin end
Then why should ringing be set down as nought
By some who never gave the science thought

In it our energies are all required
Mental and physical and zeal untired
Its exercise amusement doth impart
To those who are proficient in the art

Its compositions intricate are found
While in its changes harmony abound
Then let those critics who our choice condemn
Leave us to follow it We grant the same to them.

Stephen Nobbs c.1854
Loddon, Norfolk

WW1: THEY WENT WITH SONGS TO THE BATTLE

'We don't want to lose you, but we think you ought to go', sang music hall star Vesta Tilley in the Summer of 1914, when theatre stages became recruiting centres as young men, urged on by their girl-friends and wives, made their way forward to offer themselves for military service.



This was, of course, in those first heady months of the war, the 'over by Christmas' time, when not to volunteer was to risk being given a white feather of cowardice in the street. Rapidly a huge volunteer army was assembled, and soon made its way to the western front.

The songs of the music-hall went with them - indeed, this was an army that sang and whistled its way into those muddy trenches and kept on singing, even when it turned out that the war was going to be long, bitter and brutal. 'Pack up your troubles in your old kitbag', they sang, 'and smile, smile, smile'. All that was needed was a 'lucifer to light your fag'. After all, 'What's the use of worrying - it never was worthwhile'. Soon that song was joined by others - I learnt many of them from my father: 'Mademoiselle from Armentieres, parlez-vous?' 'It's a long way to Tipperary' and so on.

The songs of the music hall became the songs of the battle-field. Soldiers on leave or in 'Blighty' for medical treatment sat in the cheap seats and sang their heads off, while a singer on stage, often wearing patriotic uniform, marched up and down orchestrating the performance. ('Blighty' incidentally was the soldiers' slang for Britain or home - it's from an Urdu word brought back from India by a previous generation of soldiers, and actually means 'European'.)

When, in his most famous poem *For the Fallen*, Laurence Binyon wrote that 'they went with songs to the battle' he was stating the truth. 'Pack up your Troubles' was the defining song of the trenches, though in the harsh light of reality its message seems a bit like whistling in the dark.

As the war went on and year followed year, so the songs tended to change their mood. In 1918 it was Ivor Novello's first great hit, 'Keep the home fires burning . . . till the boys come home' that stirred the audiences' hearts. The same shift occurred in the Second World War, from the confident 'We're going to hang out our washing on the Siegfried Line' in 1939 to Vera Lynn's plangent voice assuring war-weary troops in 1944 that 'We'll meet again, don't know where, don't know when'.

Popular songs, in other words, captured very accurately the mood and heart of the nation. As they always have been, their trade secrets were smiles and tears.

David Winter

EASYFUNDING

Don't forget when ordering good or booking rail tickets or holidays on line to use **EASYFUNDRAISING**.

Amazon, Marks and Spencer, Travelodge, Argos, Next, there are so many High Street stores that will give us a donation. If you are interested in helping the church in this way just click on **EASYFUNDRAISING** and name **St Mary's, Allithwaite** as your chosen charity.

MY HANDS ...

My hands were full of many precious things,
Which I did precious hold
As any treasure of a kings
Silver or gems or gold.

The Master came and touched my hands,
And scars were in His own,
'I must have empty hands.' said He
'Wherewith to work My works through thee.'

My hands were stained by marks of toil,
Defiled with dust of earth,
And I my work did often soil,
And render little worth.

The Master came and touched my hands
And crimson were His own.
And when amazed on mine I gazed,
Lo every stain had gone.

'I must have cleansed hands,' said He
'Wherewith to work My works through thee.'
My hands were growing feverish
And cumbered with much care;

Trembling with haste and eagerness
Not folded oft in prayer.
The Master came and touched my hands.
With healing in His own,

And calm and still to do His will
They grew, the fever gone.
'I must have quiet hands' said He,
'Wherewith to work My works through thee.'

My hands were strong with fancied strength,
But not in power divine.
And bold to take up tasks at length
That were not His but mine.

The Master came and touched my hands
And mighty were His own.
And mine since then have powerless been
Save His were laid thereon.

‘And it is only thus’ said He,
‘That I can work My works through thee.’

Keith Buckler

DO YOU THINK ENGLISH IS EASY?

The bandage was **wound** around the **wound**.

The farm was used to **produce produce**.

The dump was so full that it had to **refuse** more **refuse**.

He could **lead** if he got the **lead** out.

Since there is no time like the **present**, he thought it was time to **present** the **present**.

A **bass** was painted on the **bass** drum.

When shot at, the **dove dove** into the bushes.

The insurance was **invalid** for the **invalid**.

There was a **row** among the oarsmen about how to **row**.

The buck **does** funny things when the **does** are present.

CHASED BY COWS – A WORD OF WARNING TO WALKERS!

If you are out in the countryside this summer and end up in an unknown field, here is what to do: STOP, LOOK and LISTEN. Keep to paths and be prepared for cattle to react (aggressively?) if you have a dog with you. Move quickly, quietly and calmly.

DON'T hang on to your dog if you are threatened – dogs can run much faster and reach safely quicker if you let them go. DON'T panic or run. If cattle follow you, just walk on quietly.

BE AWARE ON HOW TO SPOT A SCAM

Scams are schemes to con you out of your money. They can arrive by post, phone call, text message or email or a scammer may turn up at your home. It's very distressing to be caught out by a scam. But it's important to report it to try and stop the scammer striking again.

Scams can affect many different types of people. It's often thought that older people are the most likely to fall for scams, but if you're aged between 35 and 45, you can be caught out by too-good-to-be-true offers and get-rich-quick schemes, especially if you've suffered a difficult situation such as a job loss.

If you think you've been a victim of a scam, you can report this to Action Fraud at: www.actionfraud.police.uk or via telephone: 0300 123 2040 or by Textphone: 0300 123 2050 or the PCSO:

PCSO CONTACT

Howard Firth: howard.firth@cumbria.police.uk Tel. 101 ext. 45186. Grange, Allithwaite and Flookburgh

Debbie Ross: debbie.ross@cumbria.police.uk Tel. 101 ext. 45334. Bowness and Cartmel.

CHILDRENS PLAY AREAS AND GREEN SPACES

The Parish Council has received a number of concerns with regard to dogs tied up or wandering in the King George V Playground and the Allithwaite Orchard and Meadow area. The council took the decision to continue the "No Dogs Policy" into the orchard and meadow including the permissive footpath (which is not a bridleway) to have a continuous playground for the children of the parish free of any dog related mess.

DOG FOULING – ONCE AGAIN A MAJOR PROBLEM

Dog mess is an eyesore and a health hazard. If you are a dog owner, you have a legal duty to clean up every time your dog messes in a public place.

Dog Fouling is one of the top anti social problems nationwide but recently it has become a problem in Allithwaite, especially down Back Orchard Road to Holme Lane leading down to the Pheasant Inn. The dog owners know who they are, so please, respect our environment and clear up after your dog. It is an unpleasant and anti-social behaviour.

People exercising their dogs in the church grounds should have their dogs on a lead, when dogs are allowed off the leash they poo on the grass verge, if not picked up (normally the case!) they leave it there for people walk in, please pick it up. Another problem with it not being picked up is when strimming the grass, it is not a pleasant experience as it sprays everywhere plus is a health hazard as well as being extremely smelly...

Dog mess is unsightly, it can spread disease, and in some cases, cause blindness in children.

If you do not ensure dog mess is picked up and properly disposed of a £80 Fixed Penalty Notice or a Court fine (up to £1,000) may be payable. Registered blind people are not required to clean up after their guide dogs.

If you find dog poo in an area that could cause a health issue, please **report it** to SLDC, details: Hotline: (01539) 733333 or e-mail: customer.services@southlakeland.gov.uk.

CHURCH WEEKEND – LANCASTER HOUSE HOTEL

Next year's church weekend away will be at the Lancaster House Hotel from Friday 11th to Sunday 13th January 2019.

The hotel is situated just 2 miles from the centre of historic Lancaster and near the university, the Lancaster House Hotel offers an award-winning restaurant and a leisure club. It is 5 minutes' drive from Junction 33 of the M6 motorway, close to Lancaster Train Station.

The hotel includes a 50-foot swimming pool, a steam room, sauna, jacuzzi and an outdoor hot tub.

Further details coming soon.

PRAYER SPACE

We will be running Prayer Space in Cartmel Priory School and the Year 6 Transition Day again this year. We are always looking to recruit volunteers for prayer space so, if you have an hour or two free in the day to come along and help that would be great. We have not secured the date for this yet, but it will be sometime in June.

MISSION ADVENTURERS

We have an exciting opportunity for our secondary age young people to be part of a mission trip to Easter Europe. This will be happening in the Easter holidays of 2019 and they will be spending the next year fund raising for the trip. It would be great if you could support the young people in prayer, in coming to their events and financially if you feel able.

MESSY CHURCH



Messy Church draws people of all ages together and invites them to experience a fun-filled Christian community outside of regular Sunday Worship.

Just as Jesus met people where they were and got his hands messy at various times of the week, we aim to provide worship and a chance to encounter God for those who would not come to a regular Sunday service.

Messy church is a wonderful way of using creativity and food to help people come close to God and each other. Last year the themes were Love (February), Seaside (June) and Halloween/Light (October). We regularly have about 40 primary school children and their carers all enjoying a happy couple of hours together.

We have a large number of helpers to enable this to happen, without whom all of this would not be possible. Check website, noticeboard and weekly sheet for the next Messy Church, all are welcome.

ROCK SOLID



Each Friday during term (5.30-7.00pm) a small group of children from Years 3-8 (7-13 year old) run through the door and immediately run around the church like a whirlwind. They are excited to be in their special club.

We aim to provide fun and laughter, through games, craft, songs, whilst learning about the Christian faith.

It gives the children a sense of belonging, meeting with a group of like-minded Christians of their own age. This year our topics have been 'Who is Jesus', 'Jesus's Journey' and 'God Provides'. Special events have included swimming, Hampsfell picnic, Christmas party and Arnside fish and chips supper with a treasure hunt and games.

Thank you to the dedicated band of helpers who enjoy spending Friday night where the action is! Check website, noticeboard and weekly sheet for the next Rock Solid event, all are welcome.

CHURCH WARDENS REPORT



The church wardens would like to thank everyone for all their help, which has enabled the church to continue to function effectively over the past 12 months.

Our role is to assist the parishioners, the minister and the PCC to discharge the functions and duties laid on them by the Church of England and by the law of the land. These functions and duties divide into two – one is clearly Christian in content and intent, the other is more directed to administration and housekeeping which includes such things as overseeing the regular inspections, upkeep of the various inventories, health and safety, ensuring we have any required/appropriate certification and making sure there are clergy ready to lead each service to name but a few.

Work carried out during the year 2017 includes the following:

- Churchwardens' routine visual inspection of the church and grounds.
- Maintenance of the church log book and inventory.
- Maintenance of the church lighting.
- Inspection, maintenance and repairs as required for the fabric of the church.
- Annual resistivity test of the lightning conductor and recommended remedial works.
- Testing the sound system.
- Annual maintenance of the boiler and heating system.
- Maintenance of the organ.
- The Institute was sold.
- New gravedigger's hut completed for storage of gardening equipment.
- Old gravedigger's hut area has been cleared after the concrete base was removed and site landscaped.
- The Vicars vestry wardrobes were extended/deepened and shelves added to help storage.
- Ensuring that the graveyards have been maintained including graves which have required to be levelled and topped off.
- St Mary's Responsibilities and Job List Folder has been maintained and updated.

Archdeacon Vernon's visitation took place on the 20th May with the Rural Dean, Rev David Wilmot and were met by Ian Davey. There were no significant concerns or finding to report.

As at March 2018 we have planned ongoing work including:

- Regular maintenance checks will be carried out on the heating and electrical systems and on fire safety equipment.
- PAT electrical testing was performed in March 2018 and is done yearly.
- The Church magazine is published every three months – and we are looking for contributions to enable it to continue to flourish. Our thanks to Mike Lamb for editing and producing this fine document.

- South facing tiles on the roof are in a very poor condition, north facing are in an adequate condition.
- Sub-committee has been formed to manage and monitor the progress of roof replacement with a remit to include roof insulation, which is currently non-existent and is a significant cause of ‘inadequate’ church heating.
- Trials are ongoing with guttering plastic brushes in the gutters to help prevent accumulation of leaves, this is an ongoing health a safety issue – it is a bit dangerous for us 60+ year olds clambering up ladders!
- A contractor is now employed to trim the hedges in the old graveyard and the hedge bordering the car park. Hedge maintenance has also been a major health and safety issue.
- The new building on Green Lane will be monitored by Ian Davey and Alan Jones reporting to the PCC as appropriate.
- In September 2017 Peter Hogan drafted a Graveyard Policy which was approved by the PCC for the maintenance of the graveyards, this should enable the graveyards to kept in a clean and tidy condition.
- St Mary’s is now registered with the War Graves Commission and currently there is one grave registered with them.

Many people put in a lot of time and effort into making St Mary’s such a beautiful and welcoming place. That the church remains an “oasis of calm serenity”, is down to so many members of the congregation and we all owe them a huge debt of thanks, in particular:

- the Sacristy team;
- the church cleaning team, including those who care for all the church linen, brass cleaners, volunteer kitchen staff to provide refreshments after services and functions;
- the flower arranging team;
- the gardening team and other volunteers who continue to work on the appearance of the church grounds, which have improved with the addition of new bulbs and plants most of which have been kindly donated by church members. The gardening group continues to meet on the first Tuesday of each month;
- and of course, all of those people too numerous to mention, who freely give of their time and talents to make St Mary’s the place it is today.

It is a privilege for us all to worship here and to be able to make a contribution to maintaining this building as a place of worship for us all as well as future generations.

Ian Davey
Peter Hogan
Church Wardens

GET SAFE ON LINE



Funded by the Cumbria Police Crime Commissioner to reduce cyber-crime in Cumbria and delivered by Gat Safe Online - the UK's leading source of unbiased information on online safety.

The training will provide you with the simple information to help keep yourself and your communities safe. Everyone who attends will gain their Cyber Proficiency Certification. Places are limited, email Elizabeth.Elder@cumbria.police.uk for more information.

YOUNG PEOPLE'S INTERNET AND SOCIAL MEDIA SURVEY

Cumbria Partnership NHS Foundation Trust's Child and Adolescent Mental Health Service (CAMHS) is running an Internet and social media survey for 11-18 year olds in Cumbria.



The survey is being run by Cumbria Partnership NHS Foundation Trust for 11-18 year olds in Cumbria.

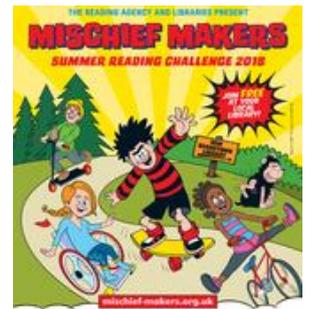
We know that a lot of young people like to find support online. By answering a few questions you can help us to work out what we could offer that would better support young people. This survey will take 2 mins of your time and you will be entered into a free prize draw for a chance to win Amazon Vouchers! We have 1x£50 voucher, 2x£20 vouchers and 1x£10 voucher up for grabs!

You will be contacted via e-mail if you have been successful. Your answers will remain anonymous and be kept confidential. Cumbria CAMHS is an NHS service which provides mental health support for children and young people.

Please take 2 mins to answer a few questions to help them better support you. [Complete survey now.](#) (Ctrl and Click to follow link).

VOLUNTEERS NEEDED FOR SUMMER READING CHALLENGE

Every year volunteers aged 14 to 24 help Cumbria's libraries make the Summer Reading Challenge a success across the county. In 2017, over 1,000 children in Cumbria engaged in reading over the long school holidays as part of the challenge. Cumbria County Council is now seeking young people to help run the challenge this year.



Volunteers may be asked to help run the challenge for the whole holiday, or just a few weeks, depending on how much time they have available. They'll be asked to talk to children about the books they have read and help with a variety of summer activities. [Take part.](#) (Ctrl and Click to follow link).

COMMITTED TO KEEPING VULNERABLE ADULTS SAFE, NEW SAFEGUARDING HEAD



The new independent chair of Cumbria's Adult Safeguarding Board has set out her plans for keeping Cumbria's vulnerable adults safe, as the board's revamped website (www.cumbriasab.org.uk) is launched this week.

Appointed last September, Jeannette McDiarmid has spent the last few months reviewing the work of the board and establishing its programme of work for the next 12 months. Now the board is taking its message to the public in a bid to raise awareness of adult safeguarding. [Read more.](#) (Ctrl and Click to follow link).

DISCOUNTED FOOD WASTE DIGESTERS AVAILABLE NOW!



Do you regularly have leftover food? Don't throw it away! Cumbria County Council is **offering a huge 80% discount** on two types of food digester, available via the Recycle for Cumbria website.

The council has been working hard to reduce food waste by making food waste digesters available in the county at heavily discounted rates since 2014. Since then, 5,114 units have been distributed.

All households that have a food waste digester have the means to dispose organic waste produced at home and reduce the amount of waste being sent to waste treatment plants. Contact: www.cumbria.gov.uk for further information.

TEST YOUR SMOKE ALARMS EVERY MONTH IN 2018

With 2018 underway, Cumbria Fire and Rescue Service (CFRS) is urging people to make testing their smoke alarms at least once a month a New Year's resolution.

Many people see the New Year as an opportunity for a fresh start, and safety should be at top of the list. So this year, CFRS is encouraging everyone to make sure they have enough smoke alarms in their home and that they work. It only takes a few seconds and can save lives.

Smoke alarms can give someone the few extra seconds they need to escape in a fire. While the majority of homes across the country now have an alarm fitted, most people are not aware that the average alarm has a lifespan of only 10 years and then it needs to be replaced.

To keep your alarms in working order:

- Make sure there is at least one smoke alarm on every level of your home
- Test your smoke alarms by pushing the button every month
- Check that your smoke alarms are less than 10 years old
- Fit smoke alarms on landings and hallways and near bedrooms. Also consider in rooms which have electrical appliances – e.g. a heater or charger
- Take a moment to check on your loved ones or elderly neighbours who may need help to ensure they're fully protected

BROADBAND BOOST

Full fibre broadband connections offer the fastest and most reliable speeds available, and the government is committed to a vision of a full fibre Britain. As part of this commitment in March 2018 they announced a £67m **Gigabit Broadband Voucher Scheme**.

Gigabit vouchers can be used by small businesses and the local communities surrounding them to contribute to the installation cost of a gigabit capable connection. Businesses can claim up to £3,000 against the cost of connection either individually or as part of a group project. Residents can benefit from the scheme as part of a group project which also includes businesses and can claim for a voucher of up to a value of £500. For further information: <https://gigabitvoucher.culture.gov.uk/>

LETTER FROM A TRAINEE READER - Episode 8

As my Reader training draws to an end (this will be my final letter) I want to say thank you to all the people who have walked beside me on the road; the friends who have provided me with essential equipment, resources and opportunities, the ones who have lent me their books and/or their ears (!) the ones who have made generous allowance for my initial fumbling. Particularly, I wish to thank those who, realising the nature of the undertaking, have given me their unqualified encouragement to keep going and to grow in confidence. It has been quite a journey.

I have to be honest and admit that I was a little afraid, at the outset, that the further I delved into the mysteries of the faith, the more I discovered of its idiosyncrasies (there are a few!!) the less likely I would be to want to proceed. However, I have to say that the opposite has been the case. As often happens, the further I go and the more layers I unpeel, the more I realise there is still to discover and know. So, grace to you all and peace ... and if you were puzzled by the omission in my March letter, the lines from Yeats' A Prayer for My Daughter should have read:

“In courtesy I'd have her chiefly learned;
Hearts are not had but hearts are earned
By those that are not entirely beautiful ...”

Very best wishes for the Summer (when it arrives).

Heather.

CONISTON TO BARROW WALK – C2B



On Saturday 12th May I took part in the annual Keswick to Barrow charity walk which normally attracts I am told between four and five thousand people either walking or running to raise money for local charities in the Furness area.

I was privileged to be part of a small team walking from Coniston to Barrow (21 miles) we were four adults and three children one of those Nicola Connie and Joe's mum, dad Ian ran the Keswick to Barrow (40) miles with two others and money raised will support the local charity “Butterfly Hugs” who support young families affected by life limiting and terminal illness in the South Lakes and Furness area.

This charity was set up as a legacy to Connie and Joe Elson two young children with a rare genetic disease M L D. For Connie the disease progression was swift and she is completely dependent for every aspect of her care, Joe her young brother was pre - symptomatic when he was diagnosed and was offered a bone marrow transplant alongside chemotherapy as part of a clinical trial in Italy having to spend six weeks in isolation in a foreign hospital, hard to think what this young boy has had to face,

Joe is now 7 years old was one of the young children who walked the (21 miles) and was still smiling at the end, two other stars of the day were Tom age 10 and Hannah his big sister who completed Saturday's walk for the second year running, all of them real troopers to raise money for this special charity.

I would like to thank everyone who sponsored me, I have raised £345 and there will be gift aid to add to this, many thanks for your generosity it was certainly the catalyst for me to finish.

It would be wonderful to have a bigger team next year so if think might be interested please speak to Nicola or myself.



We can also offer support by attending The Joe and Connie Calling Cartmel Rocks, on 9th June 1pm till 11pm in various venues in Cartmel, adult tickets £10, and children free admission.

Isabel Davey



Allithwaite and Cartmel WI's monthly meeting presented and unanimously accepted the proposed resolutions.

Joan Bentley then demonstrated how a variety of floral arrangements can be achieved using just two or three bunches of supermarket flowers and garden greenery. This proved to be very popular with some lucky members taking home the finished display following a raffle.

The club's next meeting is on Tuesday 5th June at 2pm when Julie Clarke will speak about the Kinamba Project.

New members are welcome. Contact Wendy Graham on 015395-32702 or Carol Lamb on 32876.



This term our Christian Value is 'Wisdom'. The Snowy Owls Class (our early years) have some very special new members to their class. Flower and Elena, our new Guinea Pigs, have come to live with us! We are learning about all the things that we have to do to care for these cute creatures and to make them happy and safe.

We have been practising our handling and grooming skills on some soft toys for now and will soon be ready to handle the real thing!

The Barn Owls class have enjoyed two action packed days at Tower Wood outdoor education centre on the shore of Windermere. We all tried something we had never done before (even the adults) and revelled in the comradery of working together as a team in the great outdoors. We had to be wise in order to keep ourselves and one another safe, during a range of activities from pole climbing to kayaking, canoeing and even jumping in the Lake!

Our Key Stage Two children (the Barn Owls and Eagle Owls) enjoyed a visit to Preston Guild Hall Theatre to watch 'Gangsta Granny', based on the novel by much-loved children's author David Walliams. For many of the children, this was their first experience of live theatre. We were certainly not disappointed, it was a fantastic performance and absolutely hilarious. We hope it will inspire our actors in our forthcoming Victoria Hall summer production.

A very well done this month to our Year Two children who have completed their statutory assessments so confidently. And an exceptional well done to our Year Six children who demonstrated perseverance, courage, friendship and wisdom during their competition of the KS2 SATs. They were incredible and we are very proud of them.

ST MARY'S MEN'S WALKING GROUP

Where have we been in the last couple of months? We've visited a variety of areas and walked over a variety of terrains, sometimes trying to keep our feet dry after a wet winter.

However we have been blessed by good weather (It's only rained after we emerged from the pub at the end), and some great views, particularly on our most recent walk when we tackled the tourist route up Skiddaw in the middle of the warm sunny spell.

We've also visited the limestone area of Hutton Roof, and walked up from Ambleside via Low Sweden Bridge to Low Pike and then back via High Sweden Bridge. In a different area, uphill from Torver, along the Walna Scar road to Coniston and back along the Lake.

Perhaps an unexpected highlight was the walk south from Ulpha (the Duddon valley one), where we saw the most extensive display of daffodils in the woods.

It's an easy walk on good terrain, so can thoroughly recommend it for next year's daffodil season. On the same walk we visited Frith Hall, a ruined country house.



Being in the middle of nowhere it attracted all sorts of dodgy goings-on, and also apparently acted as a sort of Northern England Gretna Green for eloping couples.

John Arthurs

PS: The photo is from the top of Skiddaw!

THINGS THAT YOU LEARN WHEN YOU GROW UP

If you are too open minded, your brains will fall out

Don't worry about what people think, they don't do it very often.

Going to church makes you a Christian no more than standing in a garage makes you a car.

It's not the jeans that make peoples bums look fat.

Artificial intelligence is no match for natural stupidity.

My idea of housework is to sweep the room with a quick glance.

Not a single shred of evidence supports the notion that life is serious.

Sunday Services

There are services every Sunday at: 8.00am and 10.45am.

The **First Sunday** of the month is a Service of the Word.

The **Second** and **Fourth Sundays** in the month are Holy Communion.

The **Third Sunday** of the month is an All-Age Service.

The occasional **Fifth Sunday** could be anything!

Our **Sunday School** meets during the morning service on most Sundays apart from All-Age Services.

Saturday morning prayers. Meet at St Mary's Church every Saturday morning at 9am for an informal time of prayer. All are welcome .

Service sheets—large print copies are available on the Welcome Desk, we also have a hearing loop system.

The Bulletin Board

Heather Smith. The date for the licensing of Heather as a Reader will take place at Carlisle Cathedral on Saturday 6th October 6th at 2.00pm.

Friday June 8th 6 - 8pm Church and Community BBQ, Bouncy Castle and Bar

Sunday July 15th 10am Outdoor all age Service and Picnic

Saturday September 15th Church Walk and Picnic (watch out for details)

Sunday October 7th 10.45 Harvest Festival and Bring and Share lunch

ST MARY'S CHURCH, ALLITHWAITE

You are invited to join us for a

FAMILY FUN NIGHT AND BBQ
FRIDAY, 8TH JUNE
6.00-8.00 PM



Food - fun and games

Bouncy castle

All welcome



St Mary's Church, Allithwaite AWAY WEEKEND

11th-13th January 2019
 at the Lancaster House Hotel
 University Campus, Lancaster
 Adults £150 – accompanied children (16 or
 under) free



For further details, brochure and booking form ring Janet (30359) or Pat (38871)



**Copy for Next issue by the
15th of August please.**

**THE CARTMEL PENINSULA TEAM MINISTRY
PARISH OF SAINT MARY'S, ALLITHWAITE**

TEAM VICAR	The Reverend Rachel Stavert Rachel is currently off work, please contact the Church Warden Ian Davey on 35950, or Rev Amiel Osmaston on 35476.	
TEAM RECTOR	Vacant	
TEAM VICAR	Vacant	
ASST PRIEST	The Reverend George Wilson	(59215)
TEAM CURATE	The Reverend Andrew Norman	(39355)
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PCC SECRETARY	John Arthurs	(35406)
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Items for the next issue of the magazine can be submitted any time, but before the 15th August please, and send to:

Mike Lamb, 6 Hazelgarth, Allithwaite, LA11 7RS
Home Tel: 015395 32876
Mobile Tel: 077757 36970

You can also place you articles in the letter rack in the vestry, post them or e-mail mikelamb34th@yahoo.com.

Please sign your article and include your telephone number in case of queries.

Thank you,

Mike (Ed)