

From the Vicarage

"It's always darkest before the dawn", they say. It's an observation that comes from meteorology rather than theology, but it's a pretty wise metaphor for life. It's a phrase I'm clinging on to a lot at the moment. Despite the hope of the vaccine, there is a strong sense that life is likely to get harder before it gets better. These days might be the darkest days, but we hope that simply signals the coming dawn.

New Year is always a time of fresh starts and new hope. In the Church calendar, January is a succession of celebrations of new starts. It begins with the visit of the Wise Men on the 12th day of Christmas, who had an Epiphany in realising that their long journey had brought them to the start of a new era in human history, the coming of God's kingdom. It follows with the Baptism of Jesus, reminding us of God's perpetual grace, washing away the stains of the past and setting us free to start again with him. Next on the calendar is the conversion of St Paul, who underwent one of the most miraculous changes in history, from arch-persecutor of Christians and blood-thirsty murder to one of the most inspiring Christians of all time, showing that there's hope for us all. We then celebrate Jesus' first miracle (and my personal favourite), the turning of water into wine – the equivalent of over 1,000 70cl bottles. Water in the ancient world was dangerous and disease-ridden. Wine was not only disease-free, but also the ancient symbol of joy – something of direct relevance to us today. Lastly, the season reaches its climax with Candlemas, when we return to Jesus' infancy to celebrate the moment when he was presented in the Temple at 40 days old. Two faithful old people, Simeon and Anna, suddenly realised that he was the answer to their long years of faithful suffering, quiet prayer and patient hope. Again, joy and new beginnings burst forth from their sadness and their darkest hour dawned into a new day.

January is likely to be an uncertain time. As I write, I don't know what new restrictions might be on the horizon. I can't tell how dark it's going to get before the dawn. However, the Bible repeatedly reminds us that darkness is only a season and out of it springs new creation and new beginnings. So, by way of hope, I offer you another wise quote, this time from Peter Jackson, director of the film version of *Lord of the Rings*, a modern parable of the Christian life. At the darkest point of the story, when Frodo, worn out by his burden, wants to give up, faithful Sam Gamgee replies with something I think we all need to hear today: "I know. It's all wrong. By rights we shouldn't even be here. But we are. It's like in the great stories, Mr. Frodo. The ones that really mattered. Full of darkness and danger they were. And sometimes you didn't want to know the end, because how could the end be happy? How could the world go back to the way it was when so much bad had happened? But in the end, it's only a passing thing, this shadow. Even darkness must pass. A new day will come. And when the sun shines it will shine out the clearer. Those were the stories that stayed with you, that meant something, even if you were too small to understand why. But I think, Mr. Frodo, I do understand. I know now. Folk in those stories had lots of chances of turning back, only they didn't. They kept going, because they were holding on to something." As people of faith, we are holding onto something. We are part of a story that really matters. It's only a passing thing, this shadow. The future belongs to God. And when new day dawns, the sun will shine out all the clearer. Happy New Year.

Stewart

Important Notice about January Services

As you will understand, arrangements for our services will need to be very flexible this year. At the time of going to press, we are still awaiting full guidance on what we will be allowed.

The service plan published in this edition is provisional and subject to last minute changes. If you are not already signed up to our e-news, please do so as that is the best way to keep up to date with last minute arrangements.

Our website will also contain details.

There are also services, Bible studies, prayer sessions on Zoom and our **YouTube Channel: Search "Heart of Westmorland" on YouTube**

Several of our churches open for private prayer:

St. Wilfrid's Brougham— Every Sunday from 8am to 5:30pm (please check)

Ask locally for times and dates for Bolton, Crosby and Morland.

Please check the safeguarding regulations for each church as you enter and leave to ensure the safety of other users.

Cliburn Bingos are
cancelled
until further notice.



Welcome to 2021!

Both our amazing vans are raring to go for 2021 and we can't wait to serve you up some of our fabulous Fish & Chips

PLEASE SUPPORT US and other LOCAL Businesses in this very hard time!

Evening Rounds 16:30 – 19:00



Crown Inn Singers Currently suspended

New venue to be arranged ????

All welcome!

For more info please ring 01931 714922 or

email helenkeogh11@gmail.com



The North Westmorland News welcomes items from readers and news from all eight parishes. However, we must reserve the right to edit any contribution and inclusion is subject to space being available. The views expressed are those of the contributors. and are not necessarily those of the Editor, the Newsletter or the Church.



The North Westmorland News is available via email!

Please send your email address to: spclark1@btopenworld.com & receive the newsletter before its paper publication date.

| Day | Location | Frequency |
|-----------|-----------------------|-------------|
| Tuesday | Morland | Weekly |
| | Warcop | Weekly |
| Wednesday | Askham | Fortnightly |
| | Bolton (New for 2021) | Fortnightly |
| | Soulby | Fortnightly |
| | Bowes (New for 2021) | Fortnightly |
| Thursday | Tebay | Weekly |
| | Kirkby Thore | Weekly |
| Friday | Appleby | Weekly |
| | Clifton | Weekly |
| Saturday | Kirkby Stephens | Weekly |
| | Braithwaite | Weekly |

www.shappywheels.co.uk – 07483 - 455910

Please remember social distancing at all times for you, us and others and please stay safe





1. When one door closes and another door opens, you are probably in prison.
 2. To me, "drink responsibly" means don't spill it.
 3. Age 60 might be the new 40, but 9:00 pm is the new midnight.
 4. It's the start of a brand new day, and I'm off like a herd of turtles
 5. The older I get, the earlier it gets late.
 6. When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
 7. I remember being able to get up without making sound effects.
 8. I had my patience tested. I'm negative.
 9. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
 10. If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"
 11. When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.
 12. I finally got eight hours of sleep. It took me three days, but whatever.
 13. I run like the winded.
 14. I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
 15. When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
 16. When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?
 17. I don't mean to interrupt people. I just randomly remember things and get really excited.
 18. When I ask for directions, please don't use words like "east."
 19. Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
 20. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.
 21. My luck is like a bald guy who just won a comb.
- Which one is YOUR favorite?

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Morland Parish Council News

The Morland survey, field in the heart of the village

The Morland neighbourhood planning group and the Parish Council thank everyone who completed a survey form, the response has been excellent and we are really grateful to everyone who gathered copies in, encouraged and reminded folk to complete the forms and for taking the time to discuss and explain our plan.

The overwhelming response was to protect the field if we possibly can, therefore the neighbourhood plan will now include a section focussed on that aim.

If you would like to see the full breakdown of the survey, please see www.morlandparishcouncil.org

Where there were other issues raised in the survey, they too will be considered.

Thank you all, as the neighbourhood plan develops, we shall regularly update the website and report on the next stages the plan must go through for the assessment process.

L. Robson

Dates of the next meeting.

The Annual New Year Parish Meeting will be held on Monday January 11th 2021, at 7pm, followed by an Ordinary Meeting of the Parish Council, at 7.30pm, both via Zoom.

Please check the parish council website for details of the virtual meeting and how you can access it at www.morlandparishcouncil.org

In a bad winter, 300 people die in Cumbria because of the cold weather, a fatality rate higher than most other areas of the UK and the elderly are among the most vulnerable.

Cumbria Community Foundation's Winter Warmth Appeal raises funds to help older people across the county stay protected from the cold weather. The Winter Warmth Appeal, in partnership with Age UK across Cumbria, is now in its eleventh year and in that time, through the warm generosity of others, has raised over £1 million. More than a thousand older people who struggle to afford to heat their homes benefit each year. This year the charity hopes to raise £200,000 to help keep Cumbria's most vulnerable warm and well this winter.

The cost of fuel is rising and there are many old, rural homes in Cumbria which cost more to keep warm. It's becoming increasingly harder for people to afford to heat their homes, especially for those that no longer have a steady income. There is also a connection between cold homes and increased risk of respiratory illness, which means any waves of COVID-19 during colder months could have a catastrophic impact for people who already have health conditions when they cannot afford to sufficiently heat their homes. This is why the Winter Warmth Appeal has never been more important. Please consider donating the Winter Warmth Appeal and help those who are having to choose between heating and eating.

You can donate online: www.virginmoneygiving.com/fund/winter-warmth-2020 or send a cheque (made payable to: 'Cumbria Community Foundation' and write 'Winter Warmth' on the back) to: Cumbria Community Foundation, Dovenby Hall, Dovenby, Cockermouth, Cumbria, CA13 0PN. Or simply call 01900 825760 and we can take your donation over the telephone.

Many thanks for your time, help and support.

Rebecca Delin
Media and Content Officer
Cumbria Community Foundation
Registered Office: Dovenby Hall, Dovenby, Cockermouth, CA13 0PN

My working days are Monday, Tuesday and Thursday.

PLEASE NOTE – our office is currently closed in response to the COVID-19 crisis and I am working from home. I am able to access and respond to emails, but it may take longer than usual for you to hear back from me. Thank you for your patience.



Free Cycle Check & Basic Maintenance/ Repairs

Book yourself in by emailing for an appointment.
edward@adventuresportservices.com

Bring your bike down to The Studio at Morland.
Get your bike checked over & any minor repairs for FREE.
30 minute time limit on each bike.

This service is aimed at people that haven't had their bike out of the garage/ shed in a while and may need some maintenance to get it roadworthy again. Part of the Big Bike Revival scheme, the sessions will run on various Saturday afternoons from The Studio, Morland. We stock basic parts like brake blocks, brake & gear cables, outer cables and inner tubes.

Further information can be found at www.facebook.com/adventure.sport.services

If you have any other issues with bikes and would like to get in touch we also offer servicing and repairs. Basic service from £29.99

Tea, Coffee & Chat

Morland and Newby Village Hall
Every Thursday 9:45am—11:00 am
(Term time only)

All welcome

Come and join the chat.

Open to all ages.

Mums/Dads/Grandparents/carers/singles

Bring your babies and toddlers -

Come on your own -

Housebound? Ring for a lift.

01931 714238



Suspended



The plan to re-open in October will have to be postponed *again* in the light of the current regulations.



MORLAND UKULELE GROUP

Meet Tuesday evenings 19:00 - 21:00

at Morland Village Hall
(when available)

New members always welcome,
but please ring to check as we will occasionally meet at an alternative venue.

Contact Mark or Rachel
on 01931 714163

Suspended

COMMUNITY TREE PROJECT KEEP MORLAND GREEN!

Find out more
contact:

morlandtreescommunityproject@gmail.com
01931714556 (Dan Fitton)



We are looking into having a community project to survey the trees in Morland. We would like to know the age and condition of the trees in our parish to see what action could be taken to preserve our local environment. Many trees will be well over 50 years old, and diseases like ash dieback are threatening. We may need to plant new trees for the future.

YOU CAN HELP !

Get in touch:

- * If you have trees on your land / in your garden you would like to be surveyed
- * If you would like to help with the survey (May – July, training provided)
- * If you want to volunteer your time or help fundraise for tree planting next winter
- * if you have room and would like some native trees to plant next winter
- * ...There are many other ways you could help!

Morland Bowling Club

It is with regret that we notify members that bowling will not recommence in September as usual. Although the Village Hall is open, it is not permitted at present to meet in a group bringing together people from many separate households and it would be impossible to organise effective social distancing. **We will follow changes in the local Covid 19 Guidance and restart the club as soon as it is safe to do so.** We hope our members are safe and well and we look forward to meeting again in the future.

Joyce Berry



Weekly Classes

Mondays: 6:30-7:30pm: Yoga with Andrea (BOOK: hodge1021@gmail.com)

Tuesdays: 6:00-7:00pm: RLF Yoga (Hatha) (BOOK: 07739651956)

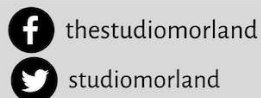
Wednesdays: 10-11:30am: Classical Rishi Culture Yoga (BOOK: 07762 101660)

Thursdays: 5:30-6:30pm / 7:30-8:30pm : 6:30-7:30pm:
Physio Pilates with Andy Speight Physio Pilates for Men with Andy

Fridays: 1-2pm / 2-3pm: Physio Pilates with Andy Speight (BOOK: 07596957027)

Saturdays: 10:00-12:00pm: RLF Yoga (Solar/Lunar) (BOOK: 07739651956)

Plus Art, Philosophy, Science Talks - every third Thursday of the month



thestudiomorland.co.uk
thestudiomorland@gmail.com
01931 714444

The Studio Morland
Morland, Penrith
CA10 3AZ



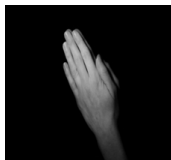
Please check by phone, that these events are still open



MORLAND MOTHERS' UNION

Morland Mothers' Union--Sadly there will be no meeting in January due to the ongoing situation with the pandemic.

We will keep in touch with members by email .



Please support our advertisers:
they cover a large part of the cost of printing this magazine.

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Advertiser's Guide

When submitting a paid advert for inclusion in the newsletter please note:

- 1/4 page ads should be max A7 portrait in size (preferably 6.8 cm w x 9.4 cm h)
- 1/2 page ads should be max A6 landscape in size (preferably 13.8 cm w x 9.4 cm h)
- Full page ads should be max A5 portrait in size (preferably 13.8 cm w x 19cm h)
- The newsletter does not print in colour.
- We do not accept adverts over 350kb so that the newsletter is small enough to email, therefore please compress any pictures to reduce their size.
- Preferred file formats: Graphic files (.jpeg, .gif, .png), Publisher docs, Word docs.

Advertising Rates

1/4 Page ad per annum £70 per 1/2 year £38 per month £9
1/2 Page ad per annum £130 per 1/2 year £70 per month £15
Full Page ad per annum £220 per 1/2 year £120 per month £26
If you are interested in placing an advert please contact
Meg Hancock meganc@btinternet.com) 01931 714 432

BE THE #heronextdoor

YOU COULD BE THE HERO NEXT DOOR!

Our volunteers are ordinary people who do extraordinary things. They find time to save the lives of their neighbours whilst going about their normal routines. They are everyday heroes and you could be too...

Volunteering is flexible, rewarding and works around you

- Give back to your local community
- No previous training or experience needed
- 18+
- Commit just a few hours a week
- Enhance your skills and job prospects

MAKE A DIFFERENCE

To join your local team of the heroes go to www.mnsw.nhs.uk/volunteer or call 0345 112 0 999

VOLUNTEER, BE A HERO. CHANGE LIVES.

Events at Shap

see our website for details
www.theoldcourthouse.org

EDEN ACTIVE FIT4ALL at Shap

Memorial Hall

Wednesdays 9.45 - 11.45am

£3 per session All Welcome

Gentle activities designed to help you become more active in your older years in a friendly, sociable setting.

Details from the Old Courthouse, Shap

Contact website for up to date information re Covid-19



NEWBY COURT

NEWBY

Visit Britain

Four Star

Self-Catering Cottages

1, 2 and 4 Bedrooms

www.newbycourt.co.uk

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newby.court@virgin.net

Sophie's Painting & Decorating

All aspects of interior & exterior decorating covered

****No job too big or small****

Competitive prices – please get in touch for a no obligation quote:

07707 803 703

sfancottbeynon@gmail.com



Message to all local event advertisers.

As printing costs for the North Westmorland News have inevitably risen with the additional areas of distribution, we are trying to minimise the effects by reserving the right to reduce the size of any local (free) submissions when space is limited. In case you wish to lessen the chance of a significant reduction of your copy, a 'landscape' ad is less likely to be significantly shrunk than a 'portrait' version.

Since finishing university and completing my degree in Education, I returned to Newby to start making and selling wax melts in my spare time! Wax Melts are a very fragrant replacement for candles. I have a choice of 20 fragrances to be found on my instagram @waxmeltjoy, My list of smells i grows each week. They are made with eco-friendly organic ingredients. I sell these bars individually at £2.75 a bar and also sell "starter kits" which include a wax melt burner and 3 wax melt bars of your choice costing £12.75. I include tea lights in all my orders. I have attached a photo for you to look at too.

Megan McWilliams



Dear Readers,
Does anyone have some free time and talents and feel called to take over either or both of the North Westmorland Newsletter jobs? We need a new compositor and an editor.

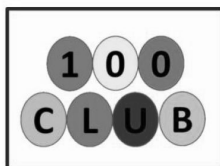
The compositor can be anyone who enjoys juggling publishing style software. The editor should ideally be a member of the church community in any of our churches.

In both cases, the present incumbents will pass on their normal practices and what the jobs entail, possibly supporting you through the first couple of issues if required.

Please ring, email or speak to me, Sheila Clark to enquire or offer your services.
01931 714238.

spclark1@btopenworld.com

Morland Area



WIN between £15 and £40 per month with better odds than the lottery?!!

Help to raise funds to maintain and continue to improve Morland Area Primary School.

Please fill out an application form in full and hand it in to Stacey Young, Julia Evans or drop it in the '100 Club' box in Morland School reception.

Membership Application Form

I wish to become a member of the **Morland Area '100 Club'**

Name: (Names if applying for more than one person)

Address: (in full for prize payment)

Post Code: Phone No.:

Email: How many numbers would you like to enter in the monthly draw

I agree to be bound by the rules of the club, and confirm I am over 16 years of age.

Signed: Print: Date:

I wish to pay via monthly yearly standing order (please circle which)

Full Terms & Conditions available at www.morlandarea.cumbria.sch.uk/topic/parents or can be emailed on request

Morland Area 100 Club

There are plenty of numbers still available. Contact Stacey or Julia or drop a completed form in the box in school reception if anyone would like to join.

100 Club winners for December are as follows;

- | | |
|------------------------------|--------|
| 1. No. 23 Caroline Armstrong | £96.00 |
| 2. No.16 Emma Williamson | £48.00 |
| 3. No..6 Emma Lockerbie | £36.00 |

Please keep donating to our local food banks in Appleby (Sands Methodist Church) and Penrith. (Salvation Army) Many families are still finding it hard to manage through this difficult time.



Take Positive Steps to Avoid Trips and Falls

People of all ages fall. However, the consequences of falling for older people can be serious. Falling due to aging is not inevitable, there are simple things we can do to minimize risk.

- **Get regular exercise** to improve strength, fitness and balance.
- **Have your eyes and hearing checked.** Vision and hearing play a vital role in balance and movement.
- **Ask your pharmacist or GP for an annual medication review.** Some medicines or illnesses, such as poorly controlled diabetes, can make you feel faint or dizzy.
- **Look after your feet.** Painful feet and ill-fitting shoes can affect your balance and increase the risk of falling.
- **Make sure you get enough calcium and vitamin D** to keep bones strong.
- **Check your homes for trip hazards.** Some risks are obvious, but often overlooked, such as clutter or poor lighting.

Making small adjustments in your daily life doesn't mean that you have to limit your activities. In fact, it can give you greater freedom and confidence.


If you do have a fall or feel at risk of one, tell your GP

For more information or if you would like a talk or display, please contact Sara Bradley on 01228 536673 or e-mail sara.bradley@ageukcarlisleandeden.org.uk







If you know the Relationship
between these Two Objects,
You are Old and at Risk.
Stay at Home.



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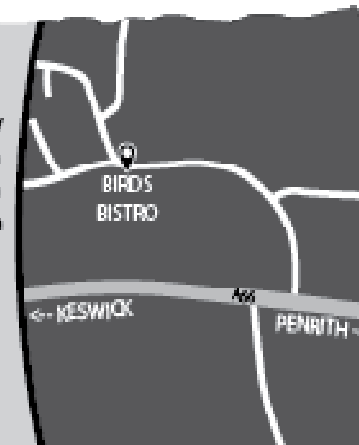
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All pre-school children are welcome to attend.

Check school website



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!!!!VOLUNTEERS URGENTLY NEEDED!!!!

Unfortunately Morland Area Community First Responders are desperately short of volunteers.

In remote communities like ours we can literally save lives by providing first aid to patients before the ambulance arrives.

In out of the way areas like ours it can sometimes take much longer for an ambulance to reach the patient and first responders get there first to provide potentially life saving help for the short time before the ambulance arrives.

You will receive excellent training from North West Ambulance Service and ongoing refresher training and excellent support from existing volunteers.

This is a very rewarding and interesting volunteering opportunity and you can volunteer for as many hours per month as is suitable for you.

If you are just starting out on your career or thinking about changing your career path this is an excellent addition to your CV.

Minimum age 18

Must hold a driving licence

If you are wondering whether this might be something that you could do then please don't hesitate to call **Dean on 07812 773407** or **Caroline on 01931 714971** for a chat, we can answer any questions you may have as we both have years of experience as CFR volunteers.

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(Please see website – www.millyardcafe.co.uk for any further dates which may be closed for holidays and for more information regarding menus etc.)

Mill Yard Café, The Square, Morland, Penrith CA10 3AZ
01931 714155 (info@millyardcafe.co.uk)

TIME OUT SUPPORT AND BEFRIENDING SERVICE

I worked for Social Services and the Mental Health Team for over 20 years supporting older people in the community who have various degrees of memory problems.

Please feel free to ring me and discuss your needs and charges involved.

Shirley Beck
01768 361835

Can you swim a width? Do you want to have fun and improve your swimming technique? We meet weekly at Appleby Swimming pool during term time. On a Thursday evening starting at 6.30 – 7.00; 7.00 – 7.45 and 7.45 – 8.45, depending on your ability.

Currently suspended

3 taster sessions are offered, and if you decide



to continue, the cost is £38 per term. Everyone is welcome including adults, who are welcome to attend the 7.45pm session to improve their stroke and stamina.

Volunteers to help on the pool side are welcomed and training is provided.

For more information come to Appleby Swimming pool on a Thursday evening or email us on, applebysclub@hotmail.co.uk telephone Liz Morgan 015396 23068

Affected by Cancer?

APPLEBY & DISTRICT CANCER SUPPORT GROUP



Invite you to

Come for Coffee

Open to all in Eden district

We Meet

- ~ Above Surgery in Appleby (opposite swimming baths)
- ~ Every 1st & 3rd Monday in month (except Bank Holidays)
- ~ 10 am - 12 noon

Chat in confidence with others going through tough times

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Further Info, Phone
~ Rosie on 017683 52263 or
~ Jackie on 01768352365

Currently suspended

Neat Feet by Mary-Anne

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Why not give me a call me for a treatment in your home?

Regarding COVID-19: I will come with my own mask, gloves, apron and foot protection. Also with a single use mask for clients own use during treatment, as we all need to remain safe.

I hope to be able to meet you soon.

Mary-Anne

Qualifications:

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CA16 6TY
Tel: 01768 398457
Mob: 07910 028955

TEMPLE SOWERBY CE PRIMARY SCHOOL

PRE-SCHOOL NEWS

Due to the success of the Pre-School facility (age 3 upwards), we are pleased to inform you that the provision is now available from 8am—5.30pm Mondays to Fridays.

We accept 15hr and 30hr government funding. Why not get in touch to see what we can offer?

TEMPLE SOWERBY TOTS

Every Thursday morning, we hold a parent and child session in school from 10am—11.30am. No charge, just come along with your children and join in the fun activities.

For further details, or to arrange to come and look around, please contact us on:

Temple Sowerby CE School
Temple Sowerby
Penrith
Cumbria, CA10 1RZ

Tel: 017683 61512
admin@temp-sow.cumbria.sch.uk
www.temp-sow.cumbria.sch.uk

Keep up to date with all our news and events by searching for Temple Sowerby Primary School on Facebook.

The Arts Society Appleby-in-Westmorland

Currently suspended

All lectures are at Appleby Market Hall and start at 11am, coffee is served from 10.15am. There is a small charge of £8.00 for non-members. Everyone welcome!

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Cattery enquiries: Julie Fisher : 01931715246



| | Askham with Lowther | Bolton Church | Bolton Chapel | Cliburn | Crosby Ravensworth Church | Crosby Ravensworth Chapel |
|-----------------------------------|--|---|--------------------------------------|------------------------------------|--|---|
| Jan. 3rd Epiphany | 11:00 Morning Worship (Askham) Lay Led | 9:15 Holy Communion JHB | 6:30 A Sterling Cov HC TBC | | | 1:30 O A TBC |
| Jan. 10h Baptism of Christ | 11:00 Holy Communion JHB | | 6:30 Cnxxn Service TBC | | 11:00 Holy Communion SJF | 1:30 A Sterling Cov HC TBC 6:30 Cnxxn Service TBC |
| Jan. 17th Epiphany II | 11:00 Morning Worship (Askham) SPC | 6:30 Taize-style Evening Prayer SRP | 6:30 O A TBC | 11:00 Holy Communion JHB | 6:30 Evening Prayer SJF/DGJ | 1:30 O A TBC |
| Jan. 24th Epiphany III | 11:00 Holy Communion JHB | | 6:30 J Betts TBC | | 11:00 Anniversary Celebration AS/Kevin Roberts | 1:30 S Radford |
| Jan 31st Epiphany IV | 11:00 Morning Worship (Askham) SPC | 9:15 Family Communion SJF | 6:30 O A TBC | | 11:00 Holy Communion JHB | 1:30 O A TBC |

ABBREVIATIONS: “SJF” Revd Stewart Fyfe, Rector; “SPC” Revd Sheila Clark, Curate; “SRP” Revd Sandy Pearl; Deacon “JHB” Rt. Revd James Bell; “KMcB” Revd Kenneth Boyd; (Church of Scotland) “DGJ” David Jones, Reader; “ “CEF” Carolyn Fyfe J Betts is Revd J Betts (Methodist)

Family Communion is in Contemporary form

Children are welcome at all our services;

Please contact Andrew Sterling or the Circuit office for confirmation of Chapel services. Online services are on our Heart of Westmorland You Tube channel Please check on our websites: www.northwestmorlandchurches.org.uk www.ksaandtcircuit.org.uk to find any services that may be added/ cancelled in any of our churches and chapels

PLEASE NOTE, All our services are provisional! Subscribe to David Jones email notices for last minute alterations/cancellations etc.

David@newbyendfarn.co.uk

| | Clifton and Brougham | Great Strickland | Morland | Thrimby | Kings Meaburn Chapel |
|------------------------------------|--|---|---|---|--|
| Jan. 3rd Epiphany | 11:00 Holy Communion (Clifton) SPC | | 11:00 Holy Communion SJF | 11:00 Morning prayer Lay Led | 10:30 W Ousby |
| Jan. 10th Baptism of Christ | | | 11:00 Holy Communion SPC | | 10:30 H Hutchinson 6:30 Cnrxn Service |
| Jan. 17th Epiphany II | | 11:00 Informal Service Lay Led | 11:00 Morning Worship SJF | 11:00 Morning prayer Lay Led | 10:30 S Thackray |
| Jan. 24th Epiphany III | | | 11:00 Holy Communion SJF | | 10:30 A Sterling Cov HC |
| Jan 31st Epiphany IV | | | 11:00 am Morning Worship DGJ | | 10:30 T Dent |

ABBREVIATIONS: "SJF" Revd Stewart Fyfe, Rector; "SPC" Revd Sheila Clark, Curate; "SRP" Revd Sandy Pearl;;Deacon "JHB" Rt. Revd James Bell;; "KMcB" Revd Kenneth Boyd;;(Church of Scotland) "DGJ" David Jones, Reader; " "CEF" Carolyn Fyfe J Betts is Revd J Betts (Methodist)
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Please check on our websites: www.northwestmorlandchurches.org.uk
www.ksaandtcircuit.org.uk to find any services that may be added/ cancelled in any of our churches and chapels

PLEASE NOTE, All our services are provisional! Subscribe to David Jones email notices for last minute alterations/cancellations etc.

David@newbyendfarn.co.uk

Heart of Westmorland



Bereavement Support Group

will be meeting at

The Hub Cafe in Appleby



on
**the first Monday
each month
2-4pm**



Currently suspended

This will be an informal group and anyone who has suffered the loss of someone close to them either recently or some time ago, is invited.

We will not be following a programme and will not offer counselling – simply the opportunity to talk about what is on your mind and share your feelings with others who may have felt the same. Grief affects everyone in different ways and a support group doesn't appeal to everyone, but if you feel the need to chat over a cup of tea and a biscuit, please come along.

**For more information please contact:
Kevin Robinson – 017683 51569
Rev'd Sandy Pearl – 01931 714563**



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9-11am Wednesdays (Term time only)
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First Session Free!!

Suggested contribution thereafter: £2 per child, £1 for siblings and under ones. Includes kids snack time and a hot drink for adults.

Second Wednesday of every month we play 10-12pm at Rheged soft play for just £1.50!!

Visit our Facebook page to see what we get up to @morlandplaygroup

Currently suspended

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During the current Covid 19 pandemic online classes are now currently available via my page (Andy Speight) on The Studio Morland website

The link is:

<https://www.thestudiomorland.co.uk/andyspeight-pilates>

Best wishes and keep safe



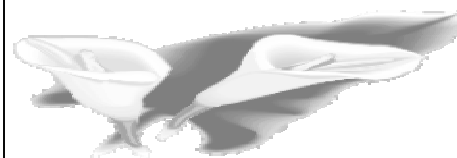
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No experience of being a school governor is required, training is provided, but we are particularly interested in people with a background in budget management or accountancy in particular. Being a Governor is very rewarding, and can also help you develop new skills and knowledge.

It is a voluntary role and Board members are expected to attend eight, two-hour committee meetings during the course of the year (currently held online), as well as spending some time in school each term (subject to COVID-19 restrictions). On average this would equate to a commitment of around 1 hour a week, although this tends to be more concentrated at certain periods of the school year. All Governors are DBS checked.

For an informal discussion contact:

Kieran Barr, Chair of Governors
chair@lowther.cumbria.sch.uk



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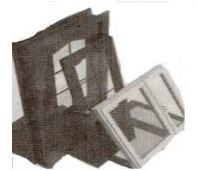
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(No) Dates For The Diary!

Thank you

Sheila Clark, Alison, Catriona, Jade and all our families would like to thank you for all your kind words, messages and cards following the death of our beloved Don, Daddy. Granddad and Great Granddad. There have been too many to thank you all personally.

Your condolences have helped to support us through a difficult period,

Local Parish & Community Websites

Askham & Helton —
www.askhamandhelton.co.uk
Bolton — www.boltonvillage.org.uk
Brougham — www.broughamparishcouncil.com
Cliburn — www.cliburnparish.org
Clifton — www.cliftonpc.org.uk
Crosby Ravensworth —
www.crosbyravensworthparish.org.uk
Great Strickland —
www.greatstricklandparishcouncil.co.uk
Morland — www.morlandparishcouncil.org

ASKHAM AND HELTON LADIES CLUB

Currently suspended

Askham and Helton Ladies Club was formed over 50 years ago, we meet in the village hall on the second Wednesday of every month, 7.30pm in Summer and 2pm in Winter when we have a speaker followed by light refreshments and a natter with friends. There is always a competition.

About twice a year we go on outside visits instead of being in the hall; in April every year we have our Spring Lunch. On the Fourth Wednesday we go somewhere local and have a lovely friendly get together.

You don't have to live in Askham or Helton to be a member, we have people from a variety of places in the area.

If you think you would like to come along to a meeting some time, you would be welcome as a visitor.

You can contact Marie Armstrong on 01768 866932

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Email: edencas@cumbria.gov.uk
Or check out our website: www.cumbria.gov.uk/learningandskills

The Strickland Arms

Great Strickland
Penrith, Cumbria
CA10 3DF

Tel. 01931 712238

Email: stricklandarmspenrith@hotmail.co.uk



Anton & Penny

Welcome you to The Strickland Arms

'The Warmest, Friendliest Pub in the Eden Valley'

**We believe The Strickland Arms is a
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Our Pub consists of a Bar, Dining Room, Wiggo's Barn,
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We serve food from 5pm until 9pm every day of the week

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WINTER OPENING HOURS

From Monday 28th October 2019 through March 2020 we will be opening the following hours:

| | | |
|-----------|---------------|-----------------------|
| Monday | CLOSED | |
| Tuesday | CLOSED | |
| Wednesday | 17:00 - 23:00 | Kitchen 17:00 - 20:00 |
| Thursday | 12:00 - 23:00 | Kitchen 12:00 - 20:00 |
| Friday | 12:00 - 24:00 | Kitchen 12:00 - 21:00 |
| Saturday | 12:00 - 24:00 | Kitchen 12:00 - 21:00 |
| Sunday | 12:00 - 22:30 | Kitchen 12:00 - 20:00 |



Bolton Nursery

We are open Monday to Friday, 8am to 6pm for babies and children aged 3 months - 11 years, offering flexible hours.

All 3 and 4 year olds are entitled to receive 15 hours of free early education per week. Families who meet the eligibility criteria will be entitled to 30 hours funded childcare from September 2017. The extended entitlement can be taken 30 hrs per week term time or 22.25 hours per week across 51 weeks of the year. Some 2-year-olds are also eligible for free funding.

We provide a **BREAKFAST/AFTERSCHOOL CLUB** during term time.

Our **HOLIDAY CLUB** will be open every week in the school holidays for primary school children within the Eden Valley. We provide holiday cover for SEN children up to 13 years old.

Our outside area is currently under renovation and when this is complete we will be having a fun filled open day for everyone – watch this space!!! For more information telephone **017683 62468**.



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The vagaries of English spelling and pronunciation!

Dearest creature in creation,
Study English pronunciation.
I will teach you in my verse
Sounds like corpse, corps, horse,
and worse.

I will keep you, Suzy, busy,
Make your head with heat grow diz-zy.

Tear in eye, your dress will tear.
So shall I! Oh hear my prayer.
Just compare heart, beard, and heard,

Dies and diet, lord and word,
Sword and sward, retain and Britain.

(Mind the latter, how it's written.)
Now I surely will not plague you
With such words as plaque and ague.

But be careful how you speak:
Say break and steak, but bleak and streak;

Cloven, oven, how and low,
Script, receipt, show, poem, and toe.

Hear me say, devoid of trickery,
Daughter, laughter, and Terpsichore,

Typhoid, measles, topsails, aisles,
Exiles, similes, and reviles;

Scholar, vicar, and cigar,
Solar, mica, war and far;
One, anemone, Balmoral,
Kitchen, lichen, laundry, laurel;
Gertrude, German, wind and mind,
Scene, Melpomene, mankind.

Billet does not rhyme with ballet,
Bouquet, wallet, mallet, chalet.
Blood and flood are not like food,

Nor is mould like should and would.
Viscous, viscount, load and broad,
Toward, to forward, to reward.
And your pronunciation's OK
When you correctly say croquet,
Rounded, wounded, grieve and sieve,
Friend and fiend, alive and live.
Ivy, privy, famous; clamour
And enamour rhyme with hammer.
River, rival, tomb, bomb, comb,
Doll and roll and some and home.
Stranger does not rhyme with anger,
Neither does devour with clangour.
Souls but foul, haunt but aunt,
Font, front, wont, want, grand, and grant,
Shoes, goes, does. Now first say finger,
And then singer, ginger, linger,
Real, zeal, mauve, gauze, gouge and gauge,
Marriage, foliage, mirage, and age.
Query does not rhyme with very,
Nor does fury sound like bury.
Dost, lost, post and doth, cloth, loth.
Job, nob, bosom, transom, oath.
Though the differences seem little,
We say actual but victual.
Refer does not rhyme with deafer.
Foeffer does, and zephyr, heifer.
Mint, pint, senate and sedate;
Dull, bull, and George ate late.
Scenic, Arabic, Pacific,
Science, conscience, scientific.

LOCAL DIRECTORY

| | | |
|---|--|---------------|
| RECTOR | Revd Stewart Fyfe | 01931 714 620 |
| CURATE | Revd Sheila Clark | 01931 714 238 |
| DEACON | Revd Sandy Pearl | 01931 714 564 |
| READER | David Jones | 01931 714 338 |
| BOLTON MEMORIAL HALL | | |
| Bookings | Deborah Brockbank | 07825458288 |
| Secretary | Christine Taylor | 017683 62082 |
| BOLTON PARISH COUNCIL | | |
| Chairman | Peter Griffiths | 017683 61944 |
| Clerk | Shelagh Leyland | 017683 62327 |
| CLIBURN VILLAGE HALL | | |
| Bookings | Margaret Burne | 01931 714218 |
| CLIFTON PARISH COUNCIL | | |
| Clerk | Rachel Kelly cliftonpc@outlook.com | 01768 863900 |
| CLIFTON VILLAGE HALL | | |
| Bookings | cliftonvillagehall1745@gmail.com | 01768 890940. |
| CROSBY RAVENSWORTH | | |
| Ward Councillor | Joan Raine (joan.raine@eden.gov.uk) | 01931 715351 |
| CROSBY RAVENSWORTH VILLAGE HALL | | |
| Bookings | Freda Smith | 01931 715381 |
| GREAT STRICKLAND PARISH COUNCIL | Usually meets last Monday in month | |
| Clerk/Village Hall Bookings | Ruth Tupling | 01931 712 571 |
| MAULDS MEABURN POST OFFICE | Tuesdays 9.30-11.30am in the village hall | |
| MAULDS MEABURN VILLAGE INSTITUTE | | |
| Bookings secretary | Vanda Betts | 01931 715 391 |
| MORLAND PARISH COUNCIL | | |
| Clerk | Lisa Beken clerk@morlandparishcouncil.org | |
| MORLAND COMMUNITY FIRST RESPONDERS | Caroline Sterling (cster52822@aol.com) | 01931 714 971 |
| MORLAND & NEWBY VILLAGE HALL | | |
| Secretary | Julia Evans (alexjulia@btinternet.com) | 01931 714 158 |
| Chair & Treasurer | Jane & Ian Barnes (ickb1960@gmail.com) | |
| MORLAND WARD COUNCILLOR | Michael Tonkin (mike.tonkin@eden.gov.uk) | 01931 714 094 |
| NEWBY PARISH MEETING | | |
| Clerk | Meg Hancock (meghnc@btinternet.com) | 01931 714 432 |
| KINGS MEABURN POST OFFICE | Tuesday 12.30pm-5.30pm, | 01931 714 256 |
| (at the White Horse Inn) | Wednesday 12 noon-5.30pm, | |
| | Friday 8.30am-1pm | |
| KINGS MEABURN VILLAGE HALL | | |
| Bookings | Alison Goldfinch (kenandali@ntlworld.com) | 07807454079 |
| BROWNIES | | |
| Guider | Jo Laverick (jolaverick63@gmail.com) | 01931 714216 |
| SLEAGILL PARISH MEETING | | |
| Clerk | Lucy Tonkin (sleagillparish@zoho.com) | 01931 714 094 |
| NORTH WESTMORLAND NEWS | | |
| Editor | Sheila Clark (spclark1@btopenworld.com) | 01931 714 238 |
| Advertising Manager | Meg Hancock (meghnc@btinternet.com) | 01931 714 432 |

The North Westmorland News welcomes items from readers and news from all eight parishes. However, we must reserve the right to edit any contribution and inclusion is subject to space being available. The views expressed are those of the contributors. and are not necessarily those of the Editor, the Newsletter or the Church.

As soon as one Newsletter goes to press, we start on the next, so please send material for the February 2021 issue as soon as you can:

7th January at the very latest.

Material by email, with phone call to confirm arrival, to: spclark1@btopenworld.com