From the Vicarage

November is often seen as a dismal month, reflected in the few poems written in its honour. The last vestiges of greenery disappear, the nights draw in, the sun retreats to another hemisphere and there is a long wait until it returns with its life-giving power. You could describe it as a month of loss. But the Church does something very unexpected in this season: it looks forward. The last season of the Church's year is a season that starts in the past, with remembrance, and propels us forward to the hope of the future God has prepared for us.

November begins with All Saints, remembering the saints of ages past, who faced the struggles we faced, but whose faith endured and enabled them to overcome. We then remember more recent events, our conflicts past and present, those who have died and those who still bear the scars. After Remembrance Sunday, however, our vision is drawn increasingly forward until November ends with the last great festival of the Church's year, Christ the King. It is a reminder of all that the Christian faith leads up to - the coming of God's perfect kingdom of justice and peace, the time when we will be ruled, not by the strongest armies, nor the most powerful economies, nor the most powerful orators, but by the meekest of kings, whose love inspired him to die for us, but who triumphed over death and offers a wonderful future, where the meek inherit the earth, where the mourning are given joy, where those who hunger for right to prevail will be satisfied and where those who were persecuted for their determination to do good will be honoured.

As Christians, we are invited to turn our losses into renewed hope, to look back in order to strive forward, to grieve in order to care more and act with greater resolution. When something hurts, rather than turn to self-pity or complain about our lot, we remember that even Christ our King suffered, but that it did not diminish him. We remember that we are in a struggle between good and evil and that we fight that fight by doing good, returning hurt with kindness, pain with love, betrayal with forgiveness, loss with a determination to give something back.

In Morland recently, we have seen a most inspiring example of that. My friend, Andy Airey, who lost his beautiful daughter Sophie to suicide in the most painful of circumstances, has turned his pain into positive action. With two other dads, he has formed "3 Dads Walking", walking the vast distances between their homes to raise money for the suicide charity, Papyrus, and to raise all-important awareness (see www.3dadswalking.uk). As a father myself, I recognise that Andy has had to face that which I most dread in life and I can hardly imagine what courage it must take to allow his grief to inspire him to make such an extraordinary impact, but he has taught me so much about how to face pain and loss. His gruelling walk is, in a sense, a metaphor for the whole fight against loss and pain: each day will hurt, but he will get up and walk on because he has a reason to do so.

This season, we are invited to remember that, though suffering is a universal human lot, we are called to ensure that its destructive power does not hold sway over us. We are invited to turn past loss into future determination to make a difference, to fight all the more determinedly for good and to hold on to the hope of the faith: that the past is where our pain and loss belong; the future belongs to God and it is one of healing, restoration, justice, life, kindness, peace, gentleness and love. With such a future to strive for, we have every reason to get up and walk on.

Stewart

Church News & Local Events

St. WilfridsBrougham

St Wilfrids is to be vested to the CCT (Church Conservation Trust and a consultation period has begun re the process.

Ninekrks

The summer Evensong Services went ahead at St Ninian's and all in good weather which made the walk down a very enjoyable experience. A place of great spiritual calm it is a haven for those needing a moment of peace or reflection and there has been a continuous stream of visitors during Covid lockdown. The Church is unlocked and it has been heartening to find several large donations lying on the chest waiting to be collected. An honest public!

NW Benefice House Group

The group is meeting on the first Tuesday of each month., The next meeting of the group is at 2p.m. on Tuesday the 2nd of November at Foxwold Barn, Newby End. All are welcome. For more details ring 01931714455.



Bolton Mothers' Union

Bolton Memorial Hall, 2pm on Monday 15 November.

Sam Shepherd will be singing to us. Everybody is welcome to join us for a delightful musical afternoon.'

Morland Mothers' Union

he November meeting will be on Thursday 25th November at 2pm in Morland Village Hall. After a short meeting, members will be invited to "Get Crafty for Christmas".

Please bring along any knitting, sewing or other craft projects you enjoy, especially any with a Christmas theme.

We will have some wool and easy patterns available for anyone who wants to have a go.

Or it's fine to just come for a chat and to admire what others are creating! Visitors are always welcome to join us.

Margaret Gore (Branch Leader) 01931 714110

The North Westmorland News is available via email!

Please send your email address to: spclark1@btopenworld.com

From our Registers



Sophia Rose Dadley was baptised at St Peter, Askham on Sunday 26 September.

Joseph Thomas Skelton was baptised at All Saints, Bolton on Sunday 26 September.

Thomas William Bardgett was baptised at All Saints, Bolton on Sunday 10 October.

- - -

Martin Strong and Karen Pochec were married at St Barnabas, Great Strickland on Thursday 23 September.

Ryan Lotte and Rebecca Long were married at St Peter, Askham on Saturday 9 October.

- - -

The funeral of **Kathleen Anne Elliot** was held at St Barnabas, Great Strickland on Wednesday 8 September and her mortal remains were laid to rest in the churchyard.

The funeral of **Graeme Randall Fisher** was held at St Peter, Askham on Thursday 9 September and his mortal remains were laid to rest in the churchyard.

The mortal remains of **Mary Woof** were laid to rest in the churchyard at St Lawrence, Crosby Ravensworth on Sunday 12 September.

The funeral of **Nigel Beauchamp Hoppett** was held at St Lawrence, Morland on Monday 20 September, followed by a committal at Eden Valley Crematorium.

The funeral of **Susan Margaret Robinson** was held at St Barnabas, Great Strickland on Tuesday 21 September and her mortal remains were laid to rest in the churchyard.

The funeral of Captain **Peter John Lightburn** was held at St Lawrence, Morland on Monday 27 September and his mortal remains were laid to rest in the churchyard.

The funeral of **Frederick Charles Theodore ("Freddy") Markham** was held at St Lawrence, Morland on Tuesday 12 October and his mortal remains were laid to rest in the churchyard.

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.

Messy Church!!



Messy Church is a way of being church for all ages, based on creativity, hospitality and celebration. Whatever your age, whichever village you live in, please come along and bring everyone in your family with you.

We meet each month in Morland and Newby V.H. (CA10 3AS).

Please bring along some cake to share. Tea and coffee will be provided.

Please also bring an apron (especially for little people) or wear clothes you don't mind getting mucky – it really does get messy!!

Venue: Morland & Newby Village Hall Time: Sunday 21 November, 11.00am



All Souls Tide Commemoration of the Faithful Departed



A Special Service for the Bereaved

All Souls is a time when the Church traditionally remembers the faithful departed. This year we will be holding two special services to remember our loved ones and to pray for strength and hope in times of grief.

We will be reading out the names of those whose funerals have taken place in our group of churches over the past year. There will also be an opportunity to add any other names to the list at you request. If you would like your loved one's name to be added to the list, you can do so at the service or by contacting Rev'd Stewart Fyfe on 01931 714620 or rectornwparishes@gmail.com.

Sunday 7 November 2021 at 6.30pm at St Barnabas, Great Strickland



Advent Sunday

28 November



Morning Family Service 11.00am, All Saints, Bolton

At which the **Posada Figures** will commence their journeys around our parishes in the lead-up to Christmas.

A fun and thoughtful service suitable for all ages.

Evening Advent Carol Service 6.30pm, St Wilfrid's Chapel, Brougham

A traditional service of Advent Carols in the style of the annual service from St John's College, Cambridge. A time of spiritual reflection and promise to prepare for Christmas

FELLRUNNER EXCURSIONS 2021

For the people living in the North Westmorland group of parishes and surrounding areas, The Fellrunner Village Bus Group have again kindly offered to provide a 16 seat bus for community use this year, and a list of the proposed trips is given below. If you would like to make a booking, **please contact Mike Roulson on 01931 714457** to enquire if seats are available. Please note that for some visits there will be an entrance charge payable as well as the bus fare.

All trips this year will be subject to the latest Government guidance regarding Covid 19 and may be cancelled or changed at short notice. If social distancing still has to be maintained then only 10 passengers will be able to travel on the day so prior booking is essential.

4 December.....Kirkby Lonsdale Christmas Fair and Market.....This event has still to be confirmed by the organisers.

11 December.....Barton Grange. A garden centre but much more, and a destination to continue with your Christmas shopping.

Fireworks!



Now that we are starting the long haul back to normal, we thought we ought to have our annual village fireworks display.

Come and join us!

Saturday 6th November

6.45 p.m.

Gather in front of The Studio, Morland
The Mill Yard Café will be open
The donations pot remains on the bar in The Crown Inn
Donations will also be collected on the night



I look forward to seeing you there! Julia Evans 158

1st Crosby Ravensworth Brownies

We are back on Wednesdays from 5.30pm to 7pm at Newby and Morland Village Hall.

We enjoy meeting again, and welcoming everyone. Any new girls that would like to come along for the evening are welcome. Brownies is for girls aged 7-10. I would appreciate it if you could let me know in advance. My details can be found listed in the Local Directory on the back cover of this newsletter.

Why not come along, make new friends and have some fun.

I look forward to seeing you there.

Jo Laverick (Guide Leader)

MORLAND PARISH COUNCIL

The November Ordinary Meeting of the Parish Council will be held on

Nov. 8th at 7.30pm at Morland Village Hall.

Members of the press and public are welcome to attend.

Agendas are available at least three working days prior to meetings,

online and on village noticeboards, alongside meeting minutes.

Parish Clerk: Mrs Lisa Beken, clerk@morlandparishcounil.org 07522 939 696

Councillors:

Stephen Wilson (Chair), Peter Taylor (Vice Chair), Philip Hancock, Lesley Robson, Dan Fitton, Bob Brown, Paul Vines

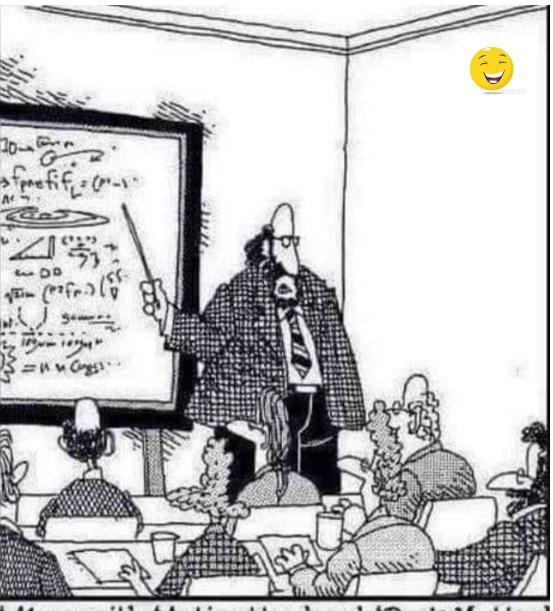
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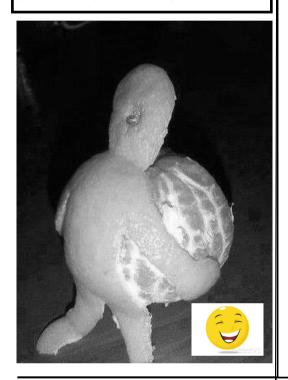
they cover a large part of the cost of printing this magazine.



Along with 'Antimatter,' and 'Dark Matter,'
we've recently discovered the existence of
'Doesn't Matter,' which appears to have no
effect on the universe whatsoever."

viii

Sometimes you just have to pick yourself up and carry on.



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Following Covid-19 guidelines to keep you safe.

Tea. Coffee & Chat

Morland and Newby Village Hall Every Thursday in term time 9:45am-11:00 am 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





. Please come and join us.



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

Creative Cuppa

Join us at the Studio Morland for a cuppa, a chat and enjoyable creative activities specially designed to make you feel wonderful!



This Autumn we are running a new series of creative wellbeing sessions hosted by lovely Creative Facilitator Jenn Bell.

Sessions will be fun and gentle and will include storytelling, poetry, music and imagination, alongside time to chat to new friends.

Places are FREE with refreshments (cake!) but limited due to space.

Contact us or go to the studio morland.co.uk/creative-cuppa to register your interest.

For people living with dementia and those experiencing loneliness



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

The Studio Morland Morland, Penrith CA103AZ





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

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



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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 meghnc@btinternet.com) 01931 714 432



What's on @ The Studio Morland

Wednesdays: 10 - 11:30am: Hatha Yoga with Sonia (BOOK: 07762 101660)

Thursdays: 5:30-6:30pm:

6:30-7:30pm: Physio Pilates for Men with Andy Physio Pilates with Andy

Fridays: 10 - 11am: Physio Pilates with Andy Speight (BOOK: 07596957027)

Hire Our Space:

Our beautiful Studio is available for hire in its simplest form or with a full package of facilitated time and additional resources. The space is very versatile, we can cater for most audiences including community groups, school groups, corporate teams, private groups and individual hire. Prices start from £10 per hour. Get in touch for more information.



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thestudiomorland.co.uk

thestudiomorland@gmail.com 01931 714444

The Studio Morland Morland, Penrith **CA103AZ**

MORLAND POSADA CHAIN for 2021

We will keep the Posada chain format for one more year, and I'll make up packs in advance and deliver them to everyone who wishes to take part. There are 27 days in Advent this year but as we're using packs rather than taking Mary and Joseph door-to-door it won't matter if more people want to join in; The more the merrier! Packs will be delivered the week before Advent. Each pack will have a date on it. That will be the date that the pack should be opened. Each pack will contain a laminated picture of Mary and Joseph to hang-up in your home and a couple of prayers; a prayer for others, especially those in the Posada chain before and after you, and a prayer for your household. There will also be a blank paper square to decorate, telling in either words or a picture, about Mary & Joseph's Posada day with you. Decorated squares can either be returned to me to put up in church or taken to church and put in the appropriate square in the holder that will be hanging up. The squares will form our Posada journey blanket – albeit in paper form. Our crib service should run in church as normal on Christmas Eve this year. As ever, everyone is welcome. I look forward to seeing you all there! Please contact me if you would like to take part in our Posada chain!



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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

Lowther Endowed School

'Stay and Play' sessions Supervised by a member of the teaching staff All pre-school children are welcome to attend.

Check school website



What could be more important than saving a life?

Community First Responders for Morland, Bolton, Newby, Cliburn, Kings Meaburn, Great & Little Strickland and Surrounding Area

!!!!VOLUNTEERS URGENTLY NEEDED!!!!!

Unfortunately Morland Area Community First Responders are desperately short ofvolunteers.

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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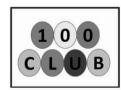
Our rates are very reasonable and our print circulation (currently suspended) is over 1,700,covering 10 churches, with more than 15 villages with ecopies going to more than 150 households all over the country, even abroad...

For more details of rates, contact our advertising manager.

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Morland Area







WIN between £15 and £40 per monthwith 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.

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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

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

Winners for October?

Could you be a winner? You won't know unless you subscribe.

N/A

Support your local school, Morlanders and Newbyites!

For those of you from other villages, all our schools need your support too. Look for opportunities..



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





BISHOP'S TEACHING DAY 2021



WHAT IS GLORY?

This teaching day is part of our programme for 'Growing Disciples'. Previous days have looked at The Gospel, The Bible, Prayer, Mission, The Church, The Kingdom of God, Evangelism, The Sermon on the Mount, The Old Testament, What is Discipleship?, Christian Lifestyle, What is Human? and What is Church History? This year Bishop James will continue the 'What is......?' series with an in depth look at What is Glory?

The aim is to build confidence in the Christian faith, and it is intended to complement the teaching that already goes on so faithfully in our Parishes and Deaneries.

> 9.30am — 2.30pm 6th November – St Thomas' Church, Kendal 27th November – St James' Church, Carlisle

4th December - Ulverston Parish Church

11th December - St Michael's Church, Workington

9.30 Arrive 12.30 Lunch 10.00 Session 1 1.20 Session 3 11.00 Coffee 2.20 Prayers 11.30 Session 2 2.30 Depart

Please bring your own lunch. Drinks will be supplied

A CD of the Teaching Day will be available to order

Please register your interest (stating which of the four events you are coming to) by email to bhevents@carlislediocese.org.uk or by telephoning the Bishop's Office on 01768 773430





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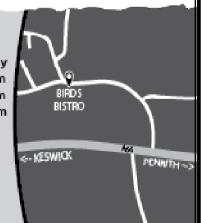
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Mill Yard Café & Bistro Morland



Robert & Sarah Kite welcome you to the Mill Yard Café where you can relax on the sofas by our cosy wood burning stove in the winter, sit back and enjoy our sunny courtyard in the summer months, drinking and eating our locally sourced and homemade delicious food or just enjoying a pot of real tea or coffee and a scrumptious cake!

RJ's Pizza Night—Friday evenings (5-9pm) - create your own pizza from a wide range of toppings and eat in our new licensed lounge or take out.

(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)

Affected by Cancer? **APPI FBY & 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

Also on offer: Light exercise and Complementary Thera-

Further Info. Phone

- \sim Rosie on 017683 52263 or
- ~ Jackie on 01768352365

Morland Walking Group

Meet as usual at Morland village hall 10am 8th November Our walk today takes us form Dalemain up to Skelton and back via Dacre

Tea etc at Dalemain

Group coordinator Geoff Procter 01931714981

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.



Neat Feet by Mary-Anne

If you are finding it hard to cut your toes nails or have hard skin. 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

Oualifications:

Diploma in Chiropody. WMSch **COVID-19 Infection Prevention and Control: Guild Training International**

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CA16 6TY

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Mob: 07910 028955

NORTH WESTMORLAND ARTS Appleby Public Hall 7.30pm

7th November - £15 Emma Abbate (piano) Hanna Hipp (mezzo-soprano) Michał Ćwiżewicz (viola/violin)

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28th November - £20 **Sacconi String Quartet** Mozart, Mendelssohn, Dove

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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

Temple Sowerby CE School Temple Sowerby

Penriih

admin@lemp-sow.cumbria.sch.uk www.temp-sow.cumbild.sch.uk

Tet 017483 41512

Cumbria, CA10 1RZ

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

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	Askham with Lowther	Bolton	Bolton Chapel	Cliburn	Crosby Ravensworth
7thrd Nov. 3rd before Advent	11:00 Morning Worship SPC	9:15 Family Communion JHB	6:30 L A.		11:00 Holy Communion
14th Nov. Remembrance Service	10:50 Remembrance Service SPC		6:30 Cnxn Service @ TBC		10:50 Remembrance Service JHE
21st Nov. Christ the King	11:00 Holy Communion JHB	9:15 Morning Prayer Lay Led	6:30 S Radford	11:00 Holy Communion SPC	6:30 Evening Prayer SJF
28th Nov. Advent sunday			6:30 A Sterling	SJF/A Advent (imily Service AJS Bolton 6:30 Carol Service Brougham
5th Dec. Advent II	11:00 Family Worship SPC	9:15 Family Communion SJF			11:00 Holy Communion JHE

ABBREVIATIONS: "SJF" Revd Stewart Fyfe, Rector: "SPC" Revd Sheila Clark, Curate; "SRP" Revd Sandy Pearl;:Deacon "JHB" Rt. Revd James Bell;; "AJH" Revd Alan Hurd:; ; :"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; and activities June be provided where you see this symbol

Midweek Holy Communion

is celebrated in Morland Church on Wednesdays at 10.00am. This is a quiet, said service, an uplifting and refreshing break from daily duties.

Come and join us!

	Clifton and Brougham	Great Strickland	Morland	Thrimby	Kings Meaburn Chapel
7th Nov 3rd before Advent	9:15 Holy Communion Clifton SJF	6:30 All Souls Commemoration SJF/SRP	11:00 Holy Communion JHB	11:00 Morning Prayer Lay Led	10:30 A Sterling
14th Nov. 2nd before Advent	9:15 Remembrance Service Brougham SJF	6:30 Remembrance Service DGJ	10:50 Remembrance Service SJF		10:30 J Betts 6:30 CnxnService @ TBC
21st Nov Christ the king			11:00 Messy Church Morland & Newby VH SJF	11:00 Morning Prayer Lay Led	10:30 T Dent
28th Nov Advent Sunday		10:30 Advent Service TBC			
5th Dec Advent II	9:15 Holy Communion JHB		11:00 Holy Communion SJF	11:00 Morning Prayer Lay Led	

ABBREVIATIONS: "SJF" Revd Stewart Fyfe, Rector: "SPC" Revd Sheila Clark, Curate; "SRP" Revd Sandy Pearl;:Deacon "JHB" Rt. Revd James Bell;; "AJH" Revd Alan Hurd:; ; :"KMcB" Revd Kenneth Boyd;;(Church of Scotland) "DGJ" David Jones, Reader; "CEF" Carolyn Fyfe Family Communion is in Contemporary form

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Midweek Holy Communion

is celebrated in Morland Church on Wednesdays at 10.00am. This is a quiet, said service, an uplifting and refreshing break from daily duties.

Come and join us!

Heart of Westmorland



Bereavement Support Group

meets at

The Hub Cafe in Appleby on the 1st Monday each month 2-4pm

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

We do not follow 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 further information, please contact

Rev'd Sandy Pearl – 01931 714564 Kevin Robinson – 07851228805







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Housing: information on housing, aids, and adaptations.

Local Services: advice on local support, groups, activities and concessions.

*Drop-in sessions held on the 3rd Wednesday of the month between 11am and midday at Eden Sight Support. The Resource Centre. Sandgate, Penrith, CA11 7TP.

Home Support

We offer a quality, competitively priced home support service with a person-centred approach, helping people maintain their independence in their own homes. We can help with weekly chores, support personal wellbeing and promote social inclusion.

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Dates For The Diary!

Sun. 31st Oct.	Levens choir Concert	p.31
Tues. 2nd Nov Sun 7 th Nov Mon. 8th Nov. Mon. 8th Nov Mon 15th Nov. Thurs. 25th	Benefice Home Group North Westmorland Arts Concert Morland Parish Council Morland Walking Group Bolton Mothers' Union Morland Mothers' Union	pii p15 p.vii p.14 p.ii p.ii
Sat. 4 Dec Sat.11 Dec	Fell Runner KL Christmas Fair & Market Fell Runner Barton Grange.	p.v p.v

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Local Parish & Community Websites

Askham & Helton — www.askhamandhelton.co.uk

Bolton — www.boltonvillage.org.uk

Brougham — www.broughamparishcouncil.com

 ${\it Cliburn-www.cliburnparish.org}$

Clifton-www.cliftonpc.org.uk

Crosby Ravensworth —

www.crosbyravensworthparish.org.uk

Great Strickland —

www.greatstricklandparishcouncil.co.ukMorland

- w.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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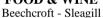
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Our Menu is available online at www.thestricklandarms.co.uk Covid-19 'Open Hours' from 5pm until 10pm every day of the week We serve food from 5pm until 9pm every day of the week What's the difference between a poorly dressed man on a unicycle and a well-dressed man on a bicycle?

Attire.

^^^^^

What's the difference between a cat and a comma?

One has claws at the end of its paws, and the other is a pause at the end of a clause.



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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.uktelephone

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Secretary	Christine Taylor	017683 62082
BOLTON PARISH COUNCIL	ooo rayio.	0000 02002
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	reacher religioning wouldook.com	01700 000300
	PG 11 1 114745 @ 11	04700 0000 10
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
		01931713301
GREAT STRICKLAND PARISH COUNCIL	Usually meets last Monday in month	
Clerk/Village Hall Bookings	RuthTupling	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	varida Detto	01331713331
	11 B.	
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)	5.001711100
MORLAND WARD COUNCILLOR	Michael Tonkin (mike.tonkin@eden.gov.uk)	01931 714 094
	whichaet folikin (mike.tolikin@eden.gov.uk)	01331714034
NEWBY PARISH MEETING		0.4004 = 4.4.45=
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)	Wednesday12 noon-5.30pm,	
<u>'</u>	Friday 8.30am-1pm	
KINGS MEABURN VILLAGE HALL		
Bookings	Alican Goldfingh (konandali@nthwarld.com)	07807454079
DOUKINGS	Alison Goldfinch (kenandali@ntlworld.com)	01001404019
BROWNIES Guider	la Lavariak (ialavariak62@amail	01021 714240
BROWNIES Guider SLEAGILL PARISH MEETING	Jo Laverick (jolaverick63@gmail.com)	01931 714216
	Lucy Tonkin (alongills arish @ -aha as)	01021 744 004
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
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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 November 2021 issue as soon as you can:

7th November at the very latest.

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