

## From the Vicarage

This Christmas letter is my last letter as your vicar, as I prepare to move on in January after 11 years (almost 12!) There is also a strong possibility that the newsletter itself will come to an end in February after 25 years, as Sheila Clark steps down as editor with no replacement coming forward. The newsletter was launched at Christmas 1997 (initially serving Morland, Cliburn, Thrimby and Great Strickland) and I have a copy of every edition in my study. In the first ever letter, the then vicar, Revd Ken Cove, wrote that the most profound truths in life are often hidden in the most simple of places, like God himself appearing as a child. The simple is more remarkable than we assume. The basics matter. He said, "it is here, when we kneel before God and worship him, that we learn the basics of life on which the rest of our life is built."

That resonates for me as I think of you: my friends, the wonderful communities, the rhythm of life here and this beautiful place have all become very familiar to me. It is only now, as I prepare to leave, that I realise how much these simple everyday things matter. They are what my life is built on. I will miss you all more than I can say. And likewise, the newsletter itself, popping through our doors with regular frequency for a quarter of a century can seem so routine, yet over the years it has put neighbours in touch with each other, promoted the work of honest, reliable local tradespeople, publicised local events and societies, and encouraged people in their daily lives with faith, hope and love. I would like to pay tribute to Sheila for her work as editor, Marion who has been the compositor and all who served before them. Their work has been hugely valuable and while I do not entirely lose hope that someone might emerge at the 11<sup>th</sup> hour to keep the newsletter going, if February's issue is to be the last, I believe it has made a truly valuable contribution as it has served a growing number of local communities.

Christmas shows that things don't have to last forever in order to be of value. Not only do babies grow up fast, but the particular baby whose birth we celebrate had death central to his purpose in life. Christmas comes to us as a season of great beauty and promise, the fragility of that baby showing us the gentleness and beauty of God. And it is surely our great tragedy that when our creator came to us, full of grace and truth, we could find no better response than to torture and execute him. Yet, in the face of our violence, he remained loving, to the point of being willing to give up everything. In his life, we learn everything about the love of God. His final words, "it is finished" were a defiant declaration that despite his brief life, including only three years' public ministry, his faithfulness and refusal to deviate from the path of grace and truth, whatever the cost, was sufficient to accomplish all that was necessary to save the world.

It is easy to think that in order to be of any value, we need to leave a legacy that outlives us, to allow us to get as close as we can to eternity. And yet the truth is that the closest we can get to eternity is in this little child, whose brief, but faithful life, brought heaven to earth and raised earth to heaven. In truth, we are not called to build things that last forever, we are not called to save the world, for the world already has a saviour. All we are called to do is to worship him and to build our lives with simplicity on his eternal truth and grace. So as I bid farewell, I thank you from my heart all for all your kindness and friendship. I will treasure the time we have shared and I leave you in the hands of a dear friend – Jesus himself - wishing you a very Happy Christmas.

Stewart

## Church News & Local Events



### Thrimby Carol Service

6:30 pm

Sunday 19th December

Followed by mulled wine and mince pies

### Cliburn Church Carol Service.

Monday 20th December. At 7.00 pm

Our usual lighting of the memory tree outside church will be lit as usual with a Carol sung outside beside it. If you are unable to attend you get a good view of the tree as you come from Morland from the 20th December right over till 6th January. A time to reflect on the past. Everyone is welcome please come and support our lovely church.

**On December 18th, Saturday there will be sung traditional Carols** from 5pm onwards at **Maulds Meaburn Village Green** [opposite the bus shelter]

then to **Stoneworks' Garth in Crosby Ravensworth**, under the **St Lawrence church lych gate arch** and onto the **Butcher's Arms** for around 6.30 ish to sing outside under the gazebo thingy.

If you want to order your supper inside, please do via 01931 715500. Please join us to celebrate this Christ-mass, well wrapped and with a head torch or similar.

### 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 7th of December at 6, Edenfold. Bolton. and at 2.p.m. on Tuesday the 4th of January, 2022 at 1. Jackson Croft. Morland.  
. All are welcome. For more details ring 01931714455.



## Farewell Service

Sunday 9 January, 11.00am

Stewart's final service as Rector will be on Sunday 9 January in St Lawrence, Morland. Level access will be available through the chancel door (follow the main path to the far end of the Church). Car parking for anyone with mobility difficulties will be available on the Vicarage drive.

After the service, you are invited to share a glass of bubbly (or other refreshment), served in Church. All are welcome.

**Venue:** St Lawrence's Church, Morland

## From our Registers



**Alba Elizabeth Baxter** was baptised at All Saints, Bolton on Sunday 24 October.

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

**Mark Egglestone and Adele Woof** were married at St Cuthbert, Cliburn on Saturday 23 October.

**Chris Morrow and Georgina Wilkinson** were married at St Peter, Askham on Saturday 23 October.

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The funeral of **David Brockbank** was held at St Cuthbert, Clifton on Friday 8 October and his mortal remains were laid to rest in the churchyard

The mortal remains of **Anne Turner** were laid to rest in the churchyard at St Michael, Lowther, on Saturday 16 October.

The mortal remains of **Ken O'Brien** were laid to rest in the churchyard at St Michael, Lowther, on Wednesday 3 November.

The mortal remains of **Annie O'Brien** were laid to rest in the churchyard at St Michael, Lowther, on Wednesday 3 November.

The mortal remains of **Jim Hayhurst** were laid to rest in the churchyard at St Lawrence, Morland, on Monday 8 November.

The funeral of **Susan Ruth Matthews** was held at Eden Valley Crematorium on Monday 15th November

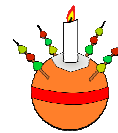


### Morland Mothers' Union

The December meeting will be held on Thursday 16th December at 2pm in Morland and Newby Village Hall. The meeting will feature a "Lighthearted Look at Christmas and we will also enjoy seasonal refreshments.

We are intending to meet in January, date and venue to be finalized later. Members will be kept informed. Margaret Gore ( Branch Leader) 01931 714110

**All Saints, Bolton** is in desperate need of either a PCC secretary or a treasurer? We are losing our current treasurer soon. Our secretary is willing to take over this role if necessary but only if someone else will take on the secretarial role **Someone please help!**



## Messy Christingle!!



This Christmas, we are combining our traditional Christingle service with Messy Church.

**Meeting in St Lawrence's Church, Morland**, there will be activities for all ages, including **making our Christingles**, before we join together in the Christingle act of worship. As usual, we will take a **collection for the Children's Society**.

Please come along and bring everyone in your family with you.

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:** St Lawrence's Church, Morland (not the Village Hall this time!)

**Time:** Sunday 19 December, 11.00am



## 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*



## Christmas Services 2021

Services in our communities



### Askham with Lowther:

Carol Service – Sunday 19 December @ 11.00am at Askham  
Crib Service – Christmas Eve @ 5.00pm at Askham  
Christmas Day – Holy Communion @ 11.00am at Askham

### Bolton:

United Carol Service - Sunday 19 December @ 6.30pm in Chapel  
Midnight Mass – Christmas Eve @ 11.30pm

### Cliburn:

Carol Service Monday 20 December @ 7.00pm  
Midnight Mass - Christmas Eve @ 11.30pm

### Clifton & Brougham

Carol Service – Sunday 19 December @ 3.00pm at Clifton  
Christmas Communion – Christmas Eve @ 9.30pm at Brougham

### Crosby Ravensworth:

Carol Service – Wednesday 15 December @ 6.00pm  
Christmas Day – Family Communion @ 10.30am

### Great Strickland:

Carol Service – Thursday 16 December @ 7.00pm  
Midnight Mass – Christmas Eve @ 11.00pm

### Morland:

Christingle – Sunday 19 December @ 11.00am  
Carol Service – Sunday 19 December @ 5.00pm  
Crib Service – Christmas Eve @ 5.00pm  
Christmas Day – Family Communion @ 10.30am

### Thrimby:

Carol Service - Sunday 19 December @ 6.30pm

## The Legend of Stormalong John - Chapter Three

*by Olivia Fyfe*

*Last time: Stormalong John outgrew his parent's house, so they sent the giant boy to sea. He quickly became friends with a boy called Shay.*

Stormalong John worked on board *Lady of the Sea* for ten years. He was a hard worker, aided by the fact that he was easily stronger than the rest of the crew combined. He was popular with the rest of the crew too, but Shay was always his closest friend.

Captain Wilson was a good captain, but he was old and after ten years he retired. The new captain was a mean man, who knew nothing of leadership. He shouted until he was red in the face, and worked the men until they were beyond exhausted. Everybody grumbled but nobody dared stand up to him.

One day, the new captain sent Stormalong John and Shay to holystone the deck. Nobody liked holystoning. It was tough work and even Stormalong John struggled with it.

"I reckon I should give this up and go back on shore." Stormalong John sighed.

"What would the likes of you do on shore?" Shay asked.

"I'd be a farmer."

Shay laughed.

"You wouldn't last five minutes being a farmer. That's real tough work."

"Nothin's tougher than holystoning the decks."

"Farming is."

"What do you know about it anyway?"

"My folks were farmers. They had a huge potato farm, and it was terrible hard work."

"I reckon I could grow potatoes easily enough."

Before Shay could laugh at him again, the new Captain came out on deck, and the men fell silent.

"Farming may be tough," Stormalong whispered, "but it's gotta be better than being yelled at by that old goat."

Shay couldn't disagree.

For a few months, nothing more was said on the subject, and Shay dismissed all talk of farming as a mere joke.

Then one day Stormalong John got himself tangled in the rigging.

"Right that's it!" he yelled. "I've had enough of blasted ships and sails and ropes.

When we next go ashore, I'm gonna take an oar, and I'm gonna walk inland until I get so far from the sea I meet folks that don't know what an oar is. And then I'm gonna be a potato farmer until the day I die."

Sure enough, when they next docked Stormalong John packed his things, took an oar, and walked away.

"Well blow me down," Shay said to nobody in particular. "I never thought he'd go through with it."

He watched Stormalong John walk away, until his head dipped below the horizon, and then he shook himself and went back on-board ship.

"He won't last five minutes," he muttered to himself, but now he wasn't so sure.

*Chapter Four will be published in the next edition.*



# MORLAND PARISH COUNCIL

Working for you since 1894

[morlandparishcouncil.org.uk](http://morlandparishcouncil.org.uk)

Find us on 

[facebook.com/MorlandParish](https://facebook.com/MorlandParish)

## Neighbourhood Development Plan

The Neighbourhood plan is almost there, we would hope to be submitting it for final scrutiny and consultation before the year end, although to some extent, we are in other's hands on this. We are waiting for information from EDC to complete one section of our plan, as recommended in our recent plan 'health check'. Once this is achieved, we have only some small amendments to see to.

As you may remember, the plan then heads off for scrutiny by an expert in Neighbourhood Plans, following this and alterations that may still be encouraged at this stage, the plan will eventually proceed to a local referendum, here in our village and it will need your support!

*L. Robson, Chair, Neighbourhood Plan Development Group.*

## Footway Lighting

Regional funding and support for footway lighting in Eden has been withdrawn leaving Parish Councils to take on full responsibility by March 2022 for any lights we wish to retain. Recently lights mounted on private properties and North West Electricity poles have been removed, apparently due to safety issues with engineers at N.W.E, the power providers. All new replacement lights have to be LED in line with EU legislation and while the quality of the light emitted is debatable, the positive energy saving is a big benefit in today's environmental climate.

Street lighting is a complex issue that is made worse in a small village like ours with few footpaths or verges to place a light column, so we are reliant on the good will and co-operation of property owners to mount lights in the darkest key areas of the village.

The Parish Council thanks Mr & Mrs A Saggars, the Tuer family, the Markham family and the kind co-operation of Laura Ryan of Silver Birch shop, without your help the village would be a darker place. We will continue to do our best to respond to your concerns regarding footway lighting, so let any one of us know if you spot a problem.

*P Hancock, Parish Councillor*

## RESCHEDULED – Meet with the Parish Clerk

Come and meet our new Parish Clerk, Lisa Beken, on **Thursday 2<sup>nd</sup> December** at the Millyard Café, at 10am. This is an opportunity to meet Lisa, raise any Parish matters with her, discuss the Neighbourhood Plan, and ask any questions.



## Meeting

The next Ordinary Meeting of the Parish Council will be held on **Monday January 10<sup>th</sup> 2022**, 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@morlandparishcouncil.org](mailto:clerk@morlandparishcouncil.org), 07522 939 696

## 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

## For donations



Commode chair



Wheel chair



Mobility Scooter

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Please contact Judith Lightburn at  
[judithlightburn@icloud.com](mailto:judithlightburn@icloud.com)  
Your donation will go to charity



**The North Westmorland News is available via email!**

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



## 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!

Thank you! Julia Evans 714 158, [alexjulia@btinternet.com](mailto:alexjulia@btinternet.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.

### 1st Crosby Ravensworth Brownies

We are back on 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. Why not come along, make new friends and have some fun. I look forward to seeing you there.

Jo Laverick (Guide Leader)

## Events at Shap

see our website for details

[www.theoldcourthouse.org](http://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**

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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**

### Please support our advertisers:

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



# Creative Cuppa

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



We are running a new series of creative wellbeing sessions for people living with dementia and those experiencing loneliness.

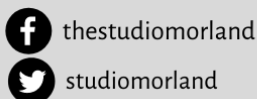
Sessions will be fun and gentle and will include storytelling, poetry, music and imagination, alongside time to chat to new friends.

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

## WANT TO KNOW MORE?:

Contact us or go to [thestudiomorland.co.uk/creative-cuppa](http://thestudiomorland.co.uk/creative-cuppa)

**For people living with dementia and those experiencing loneliness**



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

**The Studio Morland**  
**Morland, Penrith**  
**CA10 3AZ**



## What's on @ The Studio Morland

**Thursdays:** 5:30-6:30pm: Physio Pilates with Andy  
6:30-7:30pm: Physio Pilates for Men with Andy  
**Fridays:** 10 - 11am: Physio Pilates with Andy Speight  
11am - 12pm: Physio Pilates with Andy Speight (BOOK: 07596957027)

### Saturday Art Club

**FOR SERIOUSLY CREATIVE YOUNG PEOPLE**

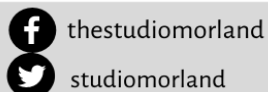
Join us to be guided by pros to create impressive pieces of art, whilst building up your creative portfolio, honing specialist skills and speaking to professionals throughout the industry to inspire your future career.

[thestudiomorland.co.uk/saturday-art-club](http://thestudiomorland.co.uk/saturday-art-club)

### Morland Cine Clubhouse

Are you interested in helping us make a community-run cinema night happen regularly in Morland? The Studio Morland has a big new projector screen ready for us to make a cinema night a thing - but we need your input to make it happen.

Do get in touch if you'd like to help



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

**The Studio Morland**  
**Morland, Penrith**  
**CA10 3AZ**

## 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 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.

### NORTH WESTMORLAND ARTS

Appleby Public Hall 7.30pm

27<sup>th</sup> February 2022 - £15  
**Boglarka Gyorgy - violin**  
**Amy Butler - piano**

*Bartok, Grieg, Chausson,  
Ravel, Frolov*

3<sup>rd</sup> April 2022 - £20

**Meliora Collective**

Septet including string quartet,  
flute, harp and clarinet

Tickets at the door or online  
[www.appleby-concerts.org.uk](http://www.appleby-concerts.org.uk)

Email: [enquiries@appleby-concerts.org.uk](mailto:enquiries@appleby-concerts.org.uk)  
Tel: 017684 83777

Supported by: Westmorland Arts,  
Hadfield, and Bryan Lancaster Trusts



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



**FOOD DRIVE**

## 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



## NEWBY COURT

### NEWBY

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## Affected by Cancer? **APPLEBY & DISTRICT CANCER SUPPORT GROUP**

Invite you to

### Come for Coffee

Open to all in Eden district



#### We Meet

- Every 1st & 3rd Monday of each month  
(except Bank Holidays)  
- in The Bennett Room The Hub  
Chapel Street Appleby CA16 6QR  
~10 am - 12 noon

Chat in confidence with others  
going through tough times

Also on offer:  
Light exercise

Further Info, Phone  
~ **Rosie on 017683 52263** or  
~ **Jackie on 017683 52277**

### Do you care?

If so Eden Carers may be able to help you. We are a charity providing free support throughout Eden to unpaid Carers who look after a family member, relative, friend or neighbour who could not manage without their help. We support over 850 individuals (170 of whom are young Carers aged 5-18 years). We provide statutory carers assessments: information and sign-posting; 1 to 1 support; benefit information; newsletters, support groups - including after school clubs for Young Carers; social events; training and activities.

Contact us on: 01768 890280 or  
[enquiries@edencarers.co.uk](mailto:enquiries@edencarers.co.uk)

**Let us help you care.**

## Chris Barden Plastering

Covering all your plastering and rendering needs  
Contact me for all your general building requirements

No job too small  
Contact me now for your free quotation

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Thorney Croft, Kirkby Thore,  
Penrith CA10 1UP



## 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

6<sup>th</sup> November – St Thomas' Church, Kendal  
27<sup>th</sup> November – St James' Church, Carlisle  
4<sup>th</sup> December – Ulverston Parish Church  
11<sup>th</sup> 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@carlisle-diocese.org.uk](mailto:bhevents@carlisle-diocese.org.uk) or by telephoning the Bishop's Office on 01768 773430

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**The Voluntary Car Scheme** provides transport to Cumbrian residents of any age (under 18's must be accompanied by an adult) who cannot make their journey by public or private transport.

Typical journeys include getting to the shops, doctors, dentists, making public transport connections and visiting friends.

Passengers pay a contribution towards the cost of the transport. If two people or more travel then the fare is shared between them.

If you would like to make use of this service or are interested in driving for the scheme, please contact:

**DENNIS ON 015396 26052**



Transport initiatives available through Cumbria County Council

- Voluntary Car Scheme
- Rural Wheels
- Community Wheels
- Village Wheels
- Community Minibus Sharing Scheme

For more information contact: 0333 240 59 55 (option 5)

[facebook.com/CumbriaCC](https://www.facebook.com/CumbriaCC)

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[cumbria.gov.uk/voluntarycarscheme](http://cumbria.gov.uk/voluntarycarscheme)

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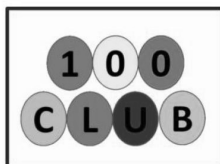
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Help to raise funds to maintain and continue to improve Morland Area Primary School.

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](http://www.morlandarea.cumbria.sch.uk/topic/parents) or can be emailed on request

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### **Winners for November?**

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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](mailto:sara.bradley@ageukcarlisleandeden.org.uk)



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

## 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**

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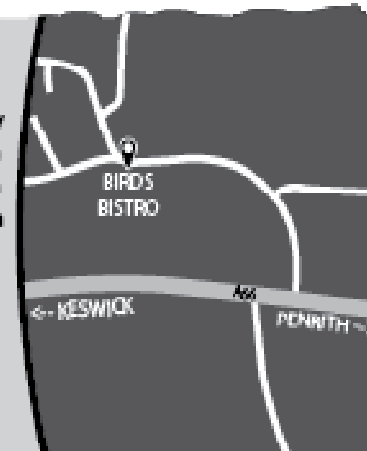
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	Askham with Lowther	Bolton	Bolton Chapel	Cliburn	Crosby Ravensworth
5th Dec. Advent II	11:00 Family Worship SPC	9:15 Family Communion SJF	6:30 S Radford		11:00 Holy Communion JHB
12th Dec. Advent III	11:00 Joint Holy Communion Cliburn 	6:30 A Sterling SJF	6:30 A Sterling	11:00 Joint Holy Communion Cliburn 	SJF
19th Dec. Advent IV	11:00 Carol Service SPC	6:30 United Carol Service JHB	6:30 J Betts		11:00 Holy Communion AJH
Christmas Eve	5:00pm Crib Service CEF	5:00pm Crib Service JHB 11:30 Midnight Mass SJF		11:30pm Midnight Mass SPC	
Christmas Day	11:00am Holy Communion SPC				10:30am Holy Communion JHB
26th Dec. St Stephen	11:00am Joint Holy Communion JHB/KMcB		10:30 To Warcop SS	11:00am Joint Holy Communion JHB/KMcB	
Carol Services	Sunday 19th 11:00 SPC	Sunday 19th 6:30pm JHB		Monday 20th 7:00 pm SJF	Wednesday 15th 6:00pm SJF

**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

Children are welcome at all our services; and activities will 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
5th Dec Advent II	9:15 Holy Communion JHB		 11:00 Holy Communion SJF	11:00 Morning Prayer Lay Led	10:30 J Worsfold
12th Dec. Advent III	 11:00 Joint Holy Communion Cliburn SJF				10:30 H HutchinsonA
19th Dec.. Advent IV	3:00pm Carol Service Clifton SPC		 11:00 Messy Christingle St. Lawrence church SJF  5:00pm Carol Service SJF	6:30 Carol Service Lay Led	10:30 A Sterling
Christmas Eve	9:30pm Midnight Mass BCP by Extn DGJ	11:00 Midnight Mass JHB	 5:00pm Crib Service SJF		
Christmas Day			10:30am Family Communion SJF		
26th Dec. St. Stephen	11:00am Joint Holy Communion JHB				10:30 To Warcop SS
Carol Services	Sunday 19th 3:00 pm Clifton SPC	Thurs, 16th 7:00pm SJF	Sunday 19th 5:00pm. SJF	Sunday 19th 6:30PM.	



**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  
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 uplifting and refreshing break  
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**Come and join us!**



	Askham with Lowther	Bolton	Bolton Chapel	Cliburn	Crosby Ravensworth
2nd Jan. The Epiphany	11:00 Family Worship SPC	9:15 Family Communion JHB			11:00 Holy Communion JHB
9th Jan. Baptism of Christ	 <b>11:00</b> <b>Joint Holy Communion Morland</b> SJF			 <b>11:00</b> <b>Joint Holy Communion Morland</b> SJF	
16th Jan. Epiphany II	11:00 Morning Prayer Lay Led	6:30 Taize Evening Prayer SRP		11:00 Holy Communion SPC	6:30 Covenant service with HC AJS
23rd Jan Epiphany III	11:00 Holy Communion JHB	6:30 Morning Prayer Lay Led	6:30 A Sterling Final Service		11:00 Morning Prayer SPC
30th Jan. Candlemass	<b>11:00</b> <b>Joint Holy Communion Askham</b> SPC			<b>11:00</b> <b>Joint Holy Communion Askham</b> SPC	
6th Feb 4th Sunday before Lent	11:00 Family Worship SPC	9:15 Family Communion JHB			11:00 Holy Communion AJS

**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)

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	Clifton and Brougham	Great Strickland	Morland	Thrimby	Kings Meaburn Chapel
2nd Jan.. The Epiphany	9:15 Holy Communion Clifton SPC		11:00 Holy Communion AJH	11:00 Morning Prayer Lay Led	10:30 LA
9th Jan. Baptism of Christ	11:00 Joint Holy Communion Morland SJF				10:30 B Staley
16th Jan.. Epiphany II		11:00 Holy Communion JHB	11:00 Messy Church Morland & Newby VH AJH/SRP	11:00 Morning Prayer Lay Led	10:30 S Thackray
23rd Jan.. Epiphany	9:15 Holy Communion BCP Brougham JHB	11:00 Informal Service SRP	11:00 Morning Prayer (BCP) DGJ		10:30 A Sterling Covenant service
30th Jan Candlemas	11:00 Joint Holy Communion Askham SPC				10:30 J Betts
6th Feb 4th Sunday before Lent	9:15 Holy Communion SPC		11:00 Holy Communion JHB	11:00 Morning Prayer Lay Led	10:30 A Burton

**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  
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**Come and join us!**

## Heart of Westmorland



### **Bereavement Support Group** meets at **The Hub Cafe in Appleby** **on the 1<sup>st</sup> 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.

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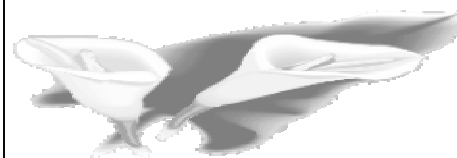
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\*Drop-in sessions held on the 3rd Wednesday of the month between 11am and midday at Eden Sight Support, The Resource Centre, Sandgate, Penrith, CA11 7TP.

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## Dates For The Diary!

Tues 7th Dec	NW Benefice House Group	6, Edenfold. Bolton	p. ii
Thurs 16th Dec	Morland MU	Morland and Newby VH	p. iii
Tues 4th Jan	NW Benefice House Group	1. Jackson Croft. Morland	p. ii
Sun. 27th Feb	North Westmorland Arts	Appleby Public Hall	p. 2
Sun. 3rd April	North Westmorland Arts	Appleby Public Hall	p. 2

### Local Parish & Community Websites

Askham & Helton —  
[www.askhamandhelton.co.uk](http://www.askhamandhelton.co.uk)  
 Bolton — [www.boltonvillage.org.uk](http://www.boltonvillage.org.uk)  
 Brougham — [www.broughamparishcouncil.com](http://www.broughamparishcouncil.com)  
 Cliburn — [www.cliburnparish.org](http://www.cliburnparish.org)  
 Clifton — [www.cliftonpc.org.uk](http://www.cliftonpc.org.uk)  
 Crosby Ravensworth —  
[www.crosbyravensworthparish.org.uk](http://www.crosbyravensworthparish.org.uk)  
 Great Strickland —  
[www.greatstricklandparishcouncil.co.uk](http://www.greatstricklandparishcouncil.co.uk)  
 Morland — [www.morlandparishcouncil.org](http://www.morlandparishcouncil.org)

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to make an appointment

**TAIZE SERVICE at BOLTON CHURCH on JANUARY 16<sup>TH</sup> at 6.30p.m.**

Following our previous services we will be having a Taize Service on Sunday 16<sup>th</sup> of January at 6.30p.m. There will be a further service on March 20<sup>th</sup> at 6.30.

The emphasis on the service is peace, prayer and music unique to Taize.

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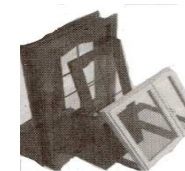
Please telephone **Pat Russell** for sample menus.

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# Christmas Fete 2021

Friday 3rd December 2021

2:30pm-6pm



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.

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## The Strickland Arms

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Email: [stricklandarmspenrith@hotmail.co.uk](mailto:stricklandarmspenrith@hotmail.co.uk)



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**We serve food from 5pm until 9pm every day of the week**

**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—6.30pm 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	Tel: 01743 61512
Temple Sowerby	admin@temp-sow.cumbria.sch.uk
Penrith	www.temp-sow.cumbria.sch.uk
Cumbria, CA10 1RZ	

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



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.

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



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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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# LOCAL DIRECTORY

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

***7th January at the very latest.***

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