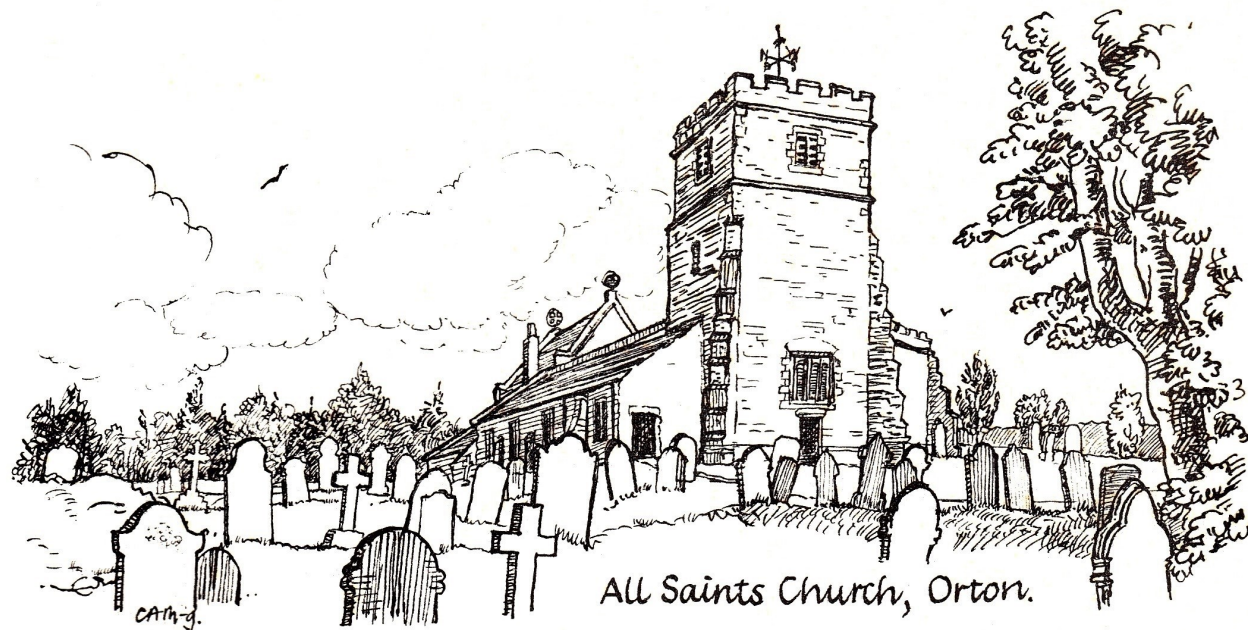


The Link

THE PARISH MAGAZINE FOR ORTON, TEBAY AND RAVENSTONEDALE WITH NEWBIGGIN-ON-LUNE



All Saints Church, Orton.



Saint James's Church, Tebay.



Saint Oswald's Church, Ravenstonedale.



February 2014

THE LINK IS PUBLISHED BY THE
PAROCHIAL CHURCH COUNCILS
OF ALL SAINTS', CHURCH, ORTON,
ST JAMES' CHURCH, TEBAY
AND ST OSWALD'S CHURCH,
RAVENSTONEDALE
WITH NEWBIGGIN-ON-LUNE

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*Views expressed in 'The Link' are not
necessarily those of the publishers or
editors.*

A thought from the Vicarage

by the Revd Beverley Lock

If you are reading this then I guess that you are quite interested in what is happening in the community. The magazine is like a snapshot, and we are incredibly grateful to the volunteers who send in material, collate and format it, help finance and distribute it. If you are one of these who make it possible for your neighbours to be connected in this way – thank you.

I am always amazed at how quickly the 'deadline' date comes round – symptomatic of the speed with which time flies these days. The months whizz by and before we know it the bulbs will be flowering and the fields full of lambs.

When time seems to be racing on it can be difficult to stop and appreciate all that is contributed by so many people from the community to our corporate well-being. It may seem ages away but I would like to say a public 'thank you' in this February issue for all that was done in December and January. Christmas would not be the same without Carols whether in the Hall, Church or Pub. The school children's contribution to the festival in school and in the community is always really special – thank you, everyone. The support and sponsorship from individuals and businesses who support Christmas initiatives – you know who you are and it really is

appreciated. Those who play music, offer their flower arranging skills, organize get-togethers, visit their neighbours... all those who in some way make the 'festive season' special and continue into the New Year to enhance the lives and support others – thank you so much.

The truth is that you rarely hear of these acts of kindness. You will hear when these things go wrong or there are misunderstandings, but the daily, faithful caring of neighbour for neighbour will not reach the ears of many. The volunteers who run our youth activities, older people's services, who keep an eye on their neighbour or who take relatives to hospital – these go about their business without fuss.

So at the beginning of the New Year – on behalf of us all – let's say a great big 'thank you' to our local heroes. You know who you are and we want to let you know we do appreciate all that you do – thanks.

B.

Orton "Drop-In"

**Every Wednesday
from 10.30-noon in the cosy
schoolroom at Orton Chapel.
Coffee/cakes and a chat with
friends. Everyone welcome!**

NOTE - The management committee of the Link regret that it is unable to distribute literature for other organisations. Articles received after the 13th may be held over until the following month.

Cover picture: Snowdrop verge in Raisbeck, by Judy Dunford

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Notes from The Herald, January, February 1914

Snow and frost 27th Dec to 1st Jan, then dull and wet. Coldest was late January but 52F (12C) on Sunday, 25th January.

Orton The Diocese's Chancellor refused the Vicar and Churchwardens a Faculty to put up a plaque to the memory of the Rev. Thomas Harvey Blackett born in Tebay and their Vicar 1903-11. "Not in the Sanctuary" he said, "Find somewhere else".

A walking mound of clothes, George Walker, jobbing carrier, was arrested for sleeping rough in Howe Nook's barn on Tuesday 24th February – seven days in Carlisle prison. He had on 3 vests, 4 shirts, 4 coats.

Died in Orton on 7th January, Fanny, widow of William Moffat, 68 and at Daniel Hill, Orton on 16th February, Margaret Eleanor, daughter of Joseph and Agnes Davis. She was 14.

Orton Primitive Methodist Sunday School Treat was on Fri 26th December – tea, games etc.

Greenholme Rovers F.C. Raffle had 28 prizes drawn at New Year.

Tebay Church Sunday School's annual prizegiving on Wed 31st December was in the Parochial Institute – tea, concert etc. Over 130 got Attendance Prizes. All pupils got an orange at the end of the evening.

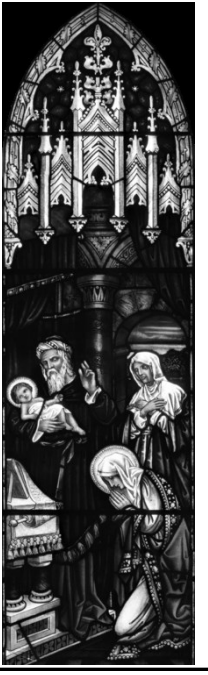
Tebay's Christmas was hit by storms. Tebay Primitive Methodists had a visit by Mr. T. Holland the Singing Evangelist and his three singing daughters on evening of 26th December.

Tebay's Railwaymen held their Annual Supper and Smoking Concert (i.e. they smoked during it) in the Cross Keys Hotel on Sunday 28th December.

February Nowt from Tebay! Ravenstonedale's Mr. Beck gave Waitby and Smardale School their Christmas Tea and

Christmas Tree on 24th December. Mrs. Thompson of Stobars Hall, Kirkby Stephen, sent Santa. Ravenstonedale Wesleyan's annual Tea for the Sunday School was on 31st December. 150 were at tea in the Chapel; Sunday School Treat on 1st January.
 Eden R.D.C. to rebuild Ravenstonedale's Gars Hill Bridge (January meeting). In 1912/13 the King's Head, Ravenstonedale, closed.
 R.D.C. (Feb) heard that

Ravenstonedale's sewage works at Coldbeck need barbed wire – local boys climb in and vandalise it.
 Rural Deanery meeting, February to discuss the Diocesan Levy: Orton £4.10s.0d (£360 2014) and Tebay £5.10s.0d (£440 2014).
 Joke: Papa: Your lad stays up very late. Has Mama talked to you about this?
 Daughter: Oh yes, Papa. She says "Men haven't altered a bit"
Thank you to Jeremy Godwin for the Notes



St Lawrence's Church
Appleby in Westmorland
Deanery Solemn
Eucharist for
Candlemas
 Sunday February 2nd
 at 6.30pm
 Celebrant: Canon Roy McCulloch
 Preacher: Rev'd Stewart Fyfe

A Christian Alphabet—An occasional series.
C (continued)
Christian: A word used only three times in the Bible. It was first used as a term of abuse or ridicule, meaning something like "Jesus Freaks" or "God Squad", when many people were becoming followers of Jesus in the cosmopolitan city of Antioch (Acts 11.26). This passage shows that Christians were people who had (a) believed, (b) turned to the Lord, (c) changed their lifestyle, (d) shared their faith so that many others became believers, and (e) met together to receive teaching about their faith. Peter uses the word (I Peter 4.16) of people ready to be insulted and to suffer for being a Christian.
Charismatic Renewal: A mid-to-late 20th Century world-wide movement within the Christian church, in which people experienced a fresh and exciting touch of the Holy Spirit, and congregations began to witness the gifts of the Spirit mentioned in the New Testament like healing, prophecy and speaking in tongues. There was a fresh outpouring of new songs for worship, and many new churches grew up – sometimes called "house churches" because they often used homes rather than sacred buildings; these are marked by free and spontaneous worship rather than the formality of the congregations some had left.
Communion: Literally, sharing or fellowship. **Holy Communion:** the act of worship common to almost all churches and denominations, involving sharing bread and wine to commemorate the crucifixion and resurrection of Jesus. Also called Eucharist, Mass, Lord's Supper and Breaking of Bread.

SUNDAY SERVICES IN OUR CHURCHES FOR FEBRUARY 2014

<u>Sunday 2nd February</u>	<u>The Presentation of Christ in the Temple</u> Candlemas	<u>Lessons</u>	<u>Liturgical colour</u> Gold or White
ORTON	9.30am Holy Communion Sandra Ward & Ian Elliott	Malachi 3.1-5; Hebrews 2.14-18	
Sidesman Jim Milburn	Prayers Ronnie Elliott	Readers Susan Basnett, Meryl Aspden	
TEBAY	10.30am Joint Songs of Praise in Church	Beverley Lock	
RAVENSTONEDALE	10am All Age Worship	Fran & Tim	

<u>Sunday 9th February</u>	<u>The Fourth Sunday before Lent</u>	<u>Lessons</u>	<u>Liturgical colour</u>
Green			
ORTON	8.30am Holy Communion BCP	Ian Elliott	Isaiah 58.1-9a; 1 Corinthians 2.1-12
Sidesman Jim Milburn		Reader Laura Wren	
TEBAY	4.00pm 2@4	Ian, Ronnie & Beverley	
RAVENSTONEDALE	10.00am Holy Communion CW	Beverley Lock	Readers Hilary Law, Richard Best

<u>Sunday 16th February</u>	<u>The Third Sunday before Lent</u>	<u>Lessons</u>	<u>Liturgical colour</u> Green
ORTON	11am Family Service	Beverley Lock	Deuteronomy 30.15-20; 1 Corinthians 3.1-9
Sidesman Gerald Weston			
TEBAY	11.15am Holy Communion	Chris Jenkin	
RAVENSTONEDALE	9.15am Morning Prayer	Sandra Ward	Readers Tom Oldham, Kathy Trimmer

<u>Sunday 23rd February</u>	<u>The Second Sunday before Lent</u>	<u>Lessons</u>	<u>Liturgical colour</u> Green
ORTON	9.30am Morning Prayer BCP	Sandra Ward	Genesis 1.1– 2.3; Romans 8.18-25
Sidesman Gerald Weston	Prayers David Aspden	Readers Gerald Weston, John Burra	
TEBAY	11.15am Holy Communion	Sandra Ward and Bishop Alec	
RAVENSTONEDALE	6pm Evensong	Sandra Ward	Readers Tom Reeves, Jane Parsler

<u>Sunday 2nd March</u>	<u>The Sunday next before Lent</u>	<u>Lessons</u>	<u>Liturgical colour</u> Green
ORTON	9.30am Holy Communion	Sandra Ward & Chris Jenkin	Exodus 24:12-18; 2 Peter 1.16-21
Sidesman Chris Bland	Prayers Chris Bland	Readers Mary Jenkin, Jackie Huck	
TEBAY	10.30am Joint Service at the Methodist Chapel		
RAVENSTONEDALE	10.00am All Age Worship	Fran and Tim	Readers A. Metcalfe-Gibson B. Metcalfe-Gibson

SUNDAY SERVICES IN OUR CHAPELS FOR FEBRUARY 2014

		2 nd	9 th	16 th	23 rd
Tebay	10.30 a.m.	US at PC Songs of Praise	Gideons 6.30 p.m. Connxn N on L	LA	C Jenkin
Orton	10.30 a.m. 6.30 p.m.	M Harris LA	C Capstick Connxn N on L	K Speck TP T Dent	K Speck TP G & R Boustead
Newbiggin-on-Lune	10.30 a.m. 6.30 p.m.	LA FS LA	CA Connxn Svce	K Coward LA	T Dent *
Ravenstonedale	2.00 p.m. 6.30 p.m.	R Ewin *	D Marston Connxn N on L	W Ousby *	K Coward *

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A VIEW FROM TEBAY

By Reg Capstick, Licensed Reader

I had booked my train ticket to go to Wolverhampton in advance for December 27th. FIRST MISTAKE! Of course I had no idea how bad the weather would be that day. It began with the bus to Kendal having to go via the motorway as a tree was down on the A685. At Oxenholme station all trains from Scotland were either very late or cancelled, so I got on to a London train which stopped only at Warrington before London.

SECOND MISTAKE! I arrived there at the time I should have been in Wolverhampton—14.30-ish—and was still there at 17.30, along with dozens of other frustrated travellers, including several with young children and one man who was trying to get to a party in London!

Suffice it to say I got to my cousin's some time after 7 o'clock. I then enjoyed a relaxing holiday over New Year, despite some inclement weather.

My journey back was uneventful, and a pleasant social evening at the Vicarage ended the week on a high note.

That high note continued when I watched Lunesdale defeat Burneside 6-1 on the Saturday. The weather has also somewhat improved since I got home.

One or two things have happened which will make my life a little difficult right now. First, one of the faithful Link distributors Pat Eady, has had to give up because of a hip problem. Pat has given out the magazine on South and Whinfell Terraces for a long time, and I am now seeking someone to take over her "round". Please contact me on 015396 24497 if you feel you can help. Thank you, Pat, for your faithful service, and I hope

your hip operation is a great success.

Meanwhile our Monday morning Drop-In is gaining support, and we already have bookings for two weddings and a baptism in the next few months.

We will be looking for a theme for our Annual Exhibition before long, so if there is anybody out there with bright ideas please contact Beverley or any PCC member as soon as you like.

I am not likely to be away again until after Easter, when the trains should be running on time, so I do not expect to renew acquaintance with Warrington Bank Quay Station again, except in passing through. Once a year is quite enough!

I hope all our distributors, contributors, and readers have a great 2014 with good health and lots of joy. God is good, even in Warrington, I'm sure, but I'd rather not be stranded there again!

'Twinkles'

Tue 19.30—11.30 a.m. at Tebay Methodist Hall

All welcome with or without children

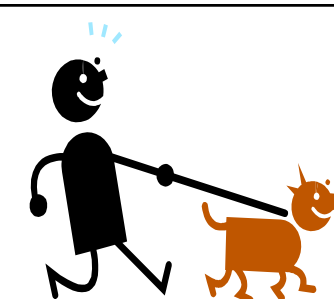
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All welcome to St James' Church

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9th February 4 p.m.

9th March 4 p.m.

(Mothering Sunday Service
30th March 11.15 a.m.)

Tebay Methodist Church

Turkey and Ham Supper

Saturday 15th February
7 pm

£7 (Under 11s, £4)

Proceeds for

Church Funds

Tebay Methodist Church

All Day Breakfast

Saturday 29th March

9 am till 1 pm

£6

COME AND ENJOY!

Tebay Methodist Church
Christmas Fayre

The members of the above church wish to thank the community for their generous support at this event. The total raised was £970.

Tebay Community Hub
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7pm
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ON THE MENU

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Friends of Tebay School

are holding a

Dinner, Dance and Auction of Promises

At Shap Wells Hotel
On

Saturday 29th March

7pm for 7:30pm start

2 course meal, dancing to the Fabulous Picasso Brothers and
Auction.

Tickets £20.00

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Auction catalogue. E- mail: tebayschoolauction@gmail.com
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Contact Helen Smith - 015396 24235
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Friends of Tebay School BINGO

Sunday 16th February, 8pm
at Tebay Club

Please come along and show your support



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A Sure Start Children's Centre
Time to Play



Time for the family to have some fun!
Bring your child to explore a new and stimulating
environment, having a go with construction, role play, arts
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When: Monday 27th January
Monday 3rd February
Monday 10th February
Monday 24th February
Monday 3rd March



Where: Tebay Sports and Leisure Club
Time: 1.45 pm—3.15 pm
For: Children aged 0 – 4 years

No booking required!

For more information call 01768 899022

All children MUST be accompanied and supervised by an
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meaning wood
Sylvan *adj* Pertaining to or
of the tree or wood or
Woodland
Adj—Sylvatic, Sylvaculture
-*n*— A wood god
-*n*— Sylviculture--Forestry.
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Tebay Community Primary School News

...and in late November and December...

The run up to Christmas in school was busy for Class 1: they performed a fantastic production explaining Christmas traditions around the world; sang to Age Concern at the Old School Tea Rooms; sang for the Carol Service in St James...and many also sang at The Westmorland Services. Thank you to Class 1! Thank you also to Westmorland for such a warm welcome. The whole school really enjoyed the Pantomime of Snow White, at The Sands Centre and Christmas Dinner was a jolly affair with dancing in the aisle!



Trigolf

Thank you to the Students and staff of Kirkby Stephen Grammar School for inviting us to the Trigolf Tournament! A good time was had by all!

International Visitor!

It was exciting to have Taleb stay with Mrs Wilkinson for the week and share school life with us. He came from Bangladesh and explained to us about his school and country. As Class 3 were investigating Islam, he demonstrated wudu and prayed on a special mat in the classroom. Poor Taleb found our climate a little cold and wet!



New Books!

Craig Steele from
BAM Nuttall, kindly organised some money for new books...the children are delighted!





Exciting new courses in 2014.
Check out our new website at shapedc.org.uk for full details

FREE 1 to 1 IT sessions for Beginners

Making Tiaras & head adornments – Saturday 8th February £18.60

Managing Files & Folders on your computer – Saturday 8th February £11

Patchwork, English Paper Piecing – Saturday 15th February £18.60

PC Housekeeping – 5 weeks starting 25th February £31

Learn to Sew a beginners class – 5 weeks starting 27th February £31

First steps in Silk Painting – Saturday 1st March £18.60

Card Creation using Adobe Photoshop – Saturday 8th March £11

Nuno Felt to make a scarf or wallhanging – Saturday 8th March £18.60

Creating Silk Painted Flowers – Saturday 22nd March £18.60

For more details tel. 01931 716447 or email:

cdc@shap.cumbria.sch.uk

All fees are subsidised by CCC, further discounts maybe available for those in receipt of benefits. Please note that some courses do not include the cost of materials.

Orton Mothers' Union

Our next meeting will be Tuesday 4th February 2pm in Angela's house

This year's theme is 'Sowing the future together'

Welcome to anyone who would like to join us for a short time of prayer followed by refreshments and a friendly chat.

Mothers' UNION
Christian care for families

**Highlights Rural Touring Scheme
Shap Memorial Hall**

Sunday 9th February 7.30pm

Denise Kennedy

'Bella: Queen of Blackfriars Ring'

Tickets: Adult £9, Conc. £8/£4 Family £22

Tel 01931 716273

A 70-minute, fast-paced, one-woman show (with 2 performers!) based on the true life events surrounding the life of Bella Burge, the world's first female boxing promoter. 'Bella' is a moving and funny show, bursting with live music, music hall acts, songs, dance, and a bit of boxing.

The year is 1940 and the boxing venue Blackfriars Ring has been destroyed during the Blitz. Having 'forgotten' to renew her lease, boxing promoter Bella Burge has lost everything. She sifts through the dirt and ruin to remember and replay moments of her extraordinary life and career. 'Adopted' at the age of 12 by the Queen of Music Hall, Marie Lloyd, Bella is drafted into the famous Lloyd music hall family. Having to sing and sew for her supper, she becomes Marie's dresser and confidante, touring the music halls, and performing her own act. This all changes when she meets lightweight boxing champion Dick Burge and is unwittingly dragged into sport's seedy underbelly, before being catapulted into the limelight for her starring role as the world's first female boxing promoter.

**Highlights Rural Touring Scheme
Shap Memorial Hall**

Ripstop Theatre present

'Sally & The Sunflower'

Friday 21st March 3.30pm

Adult: £6 Child: £4 Family: (2 Adults & 2 Children) £18

Tel 01931 716273

A flower shop owner helps a little girl to plant some seeds and as they wait for the seeds to grow we see the story of Jack and the Beanstalk unfold as Sally comes up with lots of inventive and amusing ways of climbing up and down the very tall sunflower.

Engaging storytelling combined with a clever use of objects and tools found in the shop and transformed into shadow images before your eyes take this well known story into another realm. This is a fun and colourful show for families with children under 7 years old.



**THE K SHOES
MALE VOICE CHOIR
WILL PRESENT A
ST. DAVID'S DAY
CONCERT**



On Saturday 1st March at 7.00 p.m. this famous choir, founded in 1929, will perform in All Saints' Church, Orton.

Tickets costing £8 will include a buffet supper, and are available from all PCC members.

Help please!

Lots of help is needed to stage this event. For instance, offers of food for the buffet supper would be gratefully appreciated. On the day of the event the church must be prepared. In the early evening the buffet must be laid, and after the concert the food must be served and drinks made available.

If you would like to be involved in any way please contact Mary Jenkin (Telephone No. 015396 24410) or any PCC member.



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'Tales from the Dales' by Ian Scott-Massie

WORKSHOPS: details on website
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Sat 12 Oct - Learn to Crochet £40

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(IN AID OF HOSPICE AT HOME)

CHEESECAKE COMPETITION FRI 28 FEB
FREE ENTRY TO EVERYONE & £2.00 TO SAMPLE AND JUDGE THE BEST CHEESECAKE

ALL PROCEEDS TO HILLBILLIES TODDLER GROUP
ALL ENTRIES MUST BE LEFT BEFORE 7PM –
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WED 26 FEB

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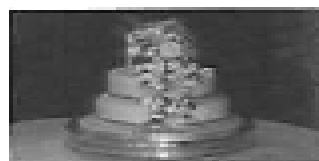
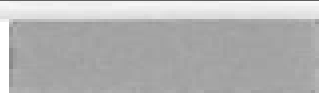


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All Saints, Kasese, Uganda

The Offering at the Carols by Candlelight service totalled £300, which was sent to All Saints, Kasese, on Monday 23rd December. Here is the email of thanks from Robert Zziwa, the Lay Reader.

Praise the Lord, Rev. Chris and Mary. Hoping you are fine and the whole family not forgetting the brethren at All Saints Church Orton. We are also so good for the Lord has cared as usual and fellow brethren send their greetings to you all in Jesus' name.... Amen.

We appreciate so much for the great work done by sending us money for construction and I have received 1,187,900 Ugandan shillings. Thank you so much! We hope that God will reward you so abundantly from his bounty blessings and unfailing promises to those who have such hearts of love and compassion... be blessed in Jesus' name.

Email dated 24th December:

This morning we have been talking to some of our fellow brothers that's the street kids from around 10:00am up to 12:00pm a message of Christmas and I am the one who preached to them a message from Matthew 6:30-end, to first know God and the good plans he has for us all especially sending us his begotten Son Jesus Christ to save from all our sins so that we be saved from all worrying situations and stick to him for eternity and providence. Some recommitted their lives to Jesus—Hallelujah! I also donated a few of my clothes to some of them who lacking what to put on for church and amazingly they promised me to attend tomorrow since they have got what to put on.



Holy Innocents Day Children's Festival

On 28th Dec, we conducted the festival from 10:00am up to 2:00pm. It was a great and colourful day for them and us too; we made a big party for them and they enjoyed the drinks and eats!

Orton Farmers' Markets

The next three of these popular markets will be:

February 8th
March 8th
April 12th

Join us for refreshments and a chat in a friendly atmosphere.

In December we raised **£1275.60**
and in January **£398.04**
to help us to continue God's work at All Saints. Many thanks for your continued support

Christmas Cake Draw

The Christmas Cake draw held on the November & December Market Days was won by a lady who lives near Lancaster, and the cake was delivered to her well in time for Christmas.

Christian Aid Coffee Morning for Syria

We had planned to have a fund-raising "do" at Mostyn House in February 2014. However, owing to health reasons we are very sorry that we have had to postpone this event. We are now provisionally thinking of a date in the summer and we will inform everyone nearer the time. Happy New Year.

Olive & Chris

The Annual Church Exhibition.

Last year it was suggested that the PCC consult Parishioners about the theme chosen for the annual church exhibition. SO HERE IS YOUR CHANCE.

Some may say, why does it happen? It gives everyone in the community a chance to participate in a joint venture. It also provides very essential funds to help keep the church in Orton open. You may not attend church on a regular basis, but the church is here for you when you need it.

If you would like to make a suggestion of a theme please telephone Angela Milburn on 015396 24382 or put your suggestion in the "Suggestion Box" at the back of the church.

Orton and Tebay Local History Society

Thursday 20th February:
"Tracing your house history" with Katy Iliffe, at Tebay Methodist Church, 7.30 p.m.

Thursday 20th March:
AGM, at Orton Market Hall, 7.30 p.m.

100th Anniversary of the outbreak of World War 1: we are planning a meeting in 2014 to mark this notable Anniversary. If anyone has any mementoes, photographs or anything else that would be relevant to such an evening, please tell one of the Committee, or phone Mary Jenkin (015396 24410) or Heather Ballantyne (015396 24623).

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CONTACT HAZEL

Greenholme Show

Greenholme Show is looking for enthusiastic new members to join the committee to help run this traditional local show. After having to cancel the show last year we are looking to make the 64th Show in 2014 better than ever. We have a new field but are still in Greenholme.

Ring Jackie on 015396 24414 or e-mail greenholmeshowsecretary@gmail.com

Diocesan Ministry Strategy – Local Meeting

at Shap Wells Hotel, at 7.30 p.m.
on Monday 17th February,

This is to allow all church members to discuss how the Diocesan Ministry Strategy for the future of the Appleby Deanery might work.

Once upon a time each parish had its own vicar. Those days are long past. Parishes were first linked and then amalgamated; and by 2014 the Appleby Deanery was composed of six groupings of parishes, known as “Mission Units”. Orton, Tebay and Ravenstonedale are part of the High Westmorland Unit, together with Shap and Bampton. In this deanery there are 33 church buildings, but only four full-time ordained clergy. (There are also three non-stipendiary clergy and a number of retired clergy.)

All our churches must understand that the current level of staffing of the parishes of this Deanery by ordained clergy can no longer be sustained, because of the reduced number of clergy available nationally, and because local giving has not kept pace with increasing costs.

Across the diocese, and in partnership with the Methodist and United Reformed Churches, deaneries are starting to consider reorganizing parishes into “Mission Communities”. In this approach, leadership and responsibility will be much more dependent upon lay people rather than clergy.

Each “worshipping community” (the congregation of a church or chapel) will have a local leader, appropriate to its denomination. Leading of services and running of churches will be done mainly by members of the congregation. If the local leader is a minister or priest, they are unlikely to be paid full-time.

These local churches will be grouped into Mission Communities, which will be led by an ordained minister or priest, who may be a member of the Anglican or Methodist Church (or United Reformed, though this is less likely in Appleby Deanery). In the next few years it is hoped to find, train, ordain and use an increasing number of clergy who are not paid full-time.

At this early stage of planning, the leaders of our deanery are looking at the likely resources available and other local circumstances, which will govern how many “Mission Communities” we might have. Every parish must be involved in the discussions about who will be part of which Mission Community.

In October 2014 the Carlisle Diocesan Synod will vote on this new Diocesan Ministry Strategy.

The Shap Wells meeting will give you a chance to understand more clearly what these changes might involve for your church, and, most importantly, for you to have your say. All PCC members should consider this meeting a priority, but it is open to anyone to come, whether a PCC member or not.

(If you are unable to manage 17th February, other meetings are on Thursday 30th January at The Sands Methodist Church, Appleby, and Thursday 13th February at Brough Parish Hall.)

CALLING ALL WOMEN!

What do you do on the third Wednesday evening each month? Are you interested in broadening your horizons and making new friends? Have you always wanted to improve your cooking, craft or sewing skills, listen to interesting speakers, have a go at writing your memoirs, enter shows, travel to interesting places, thump the ‘soapbox’ for something you believe in? If all or some of this is for you, why aren’t you a member of the WI?

Did you know that the motto of the National WI is ‘INSPIRING WOMEN’? Did you know there are over 212,000 members, in 6,600 WI’s, and that the Women’s Institute is the largest women’s organization in the country? Did you know there are over 2000 members just in Cumbria Westmorland?

Tebay & Orton WI meets at Tebay Club, 7.30pm, on the third Wednesday each month. Don’t be shy, come along with no commitment as a guest to any meeting, and see what you’re missing. We can assure you of a warm welcome.

This is the programme for Spring 2014:-

Feb. 19th Andrea Lindsay First Aid

March 19th Denise Herbage ‘Flowers fit for Easter’

April 16th Hazel Stephenson ‘How I wrote a book against all the odds’

Through your involvement in your local WI you then open the door to both County and National events. 2015 is the 100th anniversary of the formation of the British WI, and this year in the run up, a commemorative baton will be touring the country. It reaches our Federation on 29th February and during its stay there will be ‘music through the decades’ at the Coronation Hall Ulverston, a Baton Walk in Kendal with soup and tray bakes at the Parish Hall, and a cream tea on 5th March at Lowther Castle, as the baton is passed on to Cumbria Cumberland.

What else is on offer in our Federation area? If you are interested in craft, art, writing, embroidery, archives, quizzes, shows, walking, ten pin bowling, photography, literary lunches, cookery - all of these and much more can be enjoyed, usually within a 20 mile radius of Tebay & Orton. Bus trips tend to pick up in Tebay, and we share cars as well.

On a national level there is an annual coach trip laid on by the Federation for Delegates attending the National AGM, which can be anywhere from Birmingham to London, and the WI have their own college at Denman, with a vast array of courses on offer.

So - see what you’ve been missing out on. This is what the WI was founded for, to widen out the lives of country women, to show you what you can achieve if you have a go, to help turn ‘I can’t do that’ into ‘Yes I can’. We know the excuse so often is, ‘I don’t have the time. I’ve lots of family commitments’ but this was also the case back in 1915, when there were no labour saving devices. Women need to make time for themselves, deserve to ‘BE INSPIRED’.

Make it your New Year’s Resolution! Further details from Jackie Huck, President, 24266, or Felicity Lawler, Secretary, 24465, or check out the WI Website.



Lunesdale Archaeology Society

Our billed talk in February – The Victoria County History in Cumbria,

with Sarah Rose, Lecturer, Department of History, Lancaster University - has been moved to a new date. Please note it will now be on the **24th Feb** at Orton Market Hall at 7.30. pm. The date change is to avoid a clash with the Levens Group presentation on the Sizergh Dig which I know a number of you will be keen to attend.

Liam Kelly

31 Mary Fell
Sedbergh
Cumbria LA10 5AR

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invites you to come and sample our delicious home-made cream teas, light lunches, savouries and cakes.

Open 5 days between 10.30am and 3.00pm Wed-Fri,
10.30am-5pm weekend.

For group bookings, private functions, meetings, special diets or any information contact Joanne or Steve on 01539 624286.

We shall be closed Nov 30th, Dec 1st, Dec 8th

Then Dec 23rd-Jan 8th.

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Newbiggin-on-Lune

Newbiggin on Lune Methodist Chapel.

Come and join us for:-

- Sunday Services – weekly at 10.30am until further notice.
- Sunday School – weekly at 10.30am
- Youth Club – fortnightly on Thursdays; 6.30pm – 8pm (year 5 upwards). Snooker, pool, table tennis, playstation, football & hockey (term time only).

We are friendly and welcoming and would love you to come and spend time with us.

For more information
phone **Andrea** on **23033**

Coffee and Chat

The church will be open every Tuesday morning. You are welcome to pop in between 10 and 12 for coffee, cake and chat. We would love to see you every week or just once in a while. It's good to get together.

Lunch Club

Our monthly lunch clubs will be held on the first Tuesday of each month through to April.

You are welcome to join us for soup, sweet and coffee at a cost of £5.

A warm room, good food and plenty of chat!

Newbiggin On Lune Parent and Toddler Group

Every Friday morning (term time)
9.30am - 11.00am

in the Methodist Chapel Schoolroom

Toys and Activities for children under 5

Children over 6 months £1.50 (includes refreshments)

For more details contact

Chairperson :

Paula on 07951 523433

Treasurer :

Margaret on 015396 23498

Newbiggin-on-Lune Public Hall

Contacts:

Chairman : James Richardson Tel:
015396 23338

Secretary : Marion Law Tel:
015396 23409

Treasurer : Carl McLaughlin Tel:
015396 23674

The Vicarage, Newbiggin-on-Lune, Kirkby Stephen,

Caretaker : Paul Boustead Tel :
015396 23033

**All bookings should be placed with the Caretaker
All payments to the Treasurer.**

Eden Community Alarms

Drop in Session

ECA assisted by Upper Eden Rotary Club are holding a drop in session at Kirkby Stephen Library and Local Links on the 7th of February from 10.00 am til.12.00 noon.

Eden Community Alarms recently began a Rehabilitation Project which was funded by Upper Eden Rotary Club, Appleby Rotary Club and Penrith Rotary Club. The Rotary Clubs are continuing to fund this service for another year and ECA would like to thank them for their generosity.

Through the project a care alarm service, including 24 hour emergency response, is provided free for up to six weeks to support clients following their discharge from hospital. This allows patients to return to their own home quickly and safely, and helps reduce the possibility of re-admission.

Those interested in this project or our mainstream options are invited to call in and enjoy coffee, biscuits and an informal chat. Equipment will be on display and demonstrations available.

Eden Community Alarms is a local charity based in Penrith serving this area

12 St Andrews Churchyard, Penrith on 01768 890657

email: eca.admin@btconnect.com web.

www.ecalarms.com

Registered Charity No 1087503 Company Registration

No: 4157043

Vegetable Growers Wanted

VistaVeg is now looking for new growers to join its co-operative.

Our aim is to have 160 box scheme members by next summer, so we are now looking for more local growers to help meet the demand for high quality, locally-grown food based roughly within a 5 mile radius of Crosby Ravensworth.

Ideally you will have access to field-scale growing, maybe using set-aside land or areas not previously cultivated. We are also particularly keen to hear from owners of large polytunnels who may have complete or incomplete tunnels that are redundant, under-used or surplus to requirements and which could be used for growing vegetables. We may be able to cover the costs of fixing up your tunnel and getting it back into productivity.

VistaVeg will supply all the seed or plants and will buy back these crops for inclusion in its veg-box scheme. Support will be given and subject to funding we may be able to cover the cost of part-time training in Production Horticulture.

We'd like to identify growers for a variety of vegetables and tomatoes and we'd also be interested in establishing fruit. VistaVeg Ltd and its growers are not all certified organic but we do try to grow as responsibly as possible.

If you would like to know more about this opportunity please contact Lynn Barnes on 07584 251352. More information about VistaVeg Ltd can be found at www.vistaveg.co.uk.

Nelson Mandela – was he a Christian?

Upon his liberation, Nelson Mandela took opportunities to speak at substantial Christian events. Two of these were the Zionist Christian Church's Easter Conferences, once in 1992 and again in 1994. In the latter of these conferences he shared the following:

"The Good News was borne by our risen Messiah who chose not one race, who chose not one country, who chose not one language, who chose not one tribe, who chose all of humankind!

"Each Easter marks the rebirth of our faith. It marks the victory of our risen Saviour over the torture of the cross and the grave.

"Our Messiah, who came to us in the form of a mortal man, but who by his suffering and crucifixion attained immortality.

"Our Messiah, born like an outcast in a stable, and executed like criminal on the cross.

"Our Messiah, whose life bears testimony to the truth that there is no shame in poverty: Those who should be ashamed are they who impoverish others.

"Whose life testifies to the truth that there is no shame in being persecuted: Those who should be ashamed are they who persecute others.

"Whose life proclaims the truth that there is no shame in being conquered: Those who should be ashamed are they who conquer others.

"Whose life testifies to the truth that there is no shame in being dispossessed: Those who should be ashamed are they who dispossess others.

"Whose life testifies to the truth that there is no shame in being oppressed: Those who should be ashamed are they who oppress others."

Maulds Meaburn Village Institute **Tuesday, 18th February 2014 at 7.30pm**

A talk by Andrew Trehearne from the UK Biobank

We all will die but the question is 'From what?'

One hundred years ago it would probably have been from an infectious disease. Today it's more likely to be from cancer, heart disease or a degenerative illness.

UK Biobank, a resource for medical researchers worldwide, is set to challenge some of the most life threatening and disabling illnesses of the 21st Century by monitoring the health and lifestyles of half a million UK residents: the largest study of its kind ever taken. Andrew Trehearne will talk about the UK Biobank: the participants and the questionnaires they have completed, the physical measures and biological samples they have provided, the research so far including recent developments in the study and use of genetics. Andrew will also draw attention to ethical questions raised by the collection and storage of personal medical information.

Tickets: please contact Sheila and Ron Smith

01931 715 509

£6 (£4 for under 18s)

A musical journey from Orton



Camerata Ritmata is a group of amazing musicians – guitar, drums, keyboard and bass - playing a unique mix of musical styles from around the world with a strong dose

of soul and jazz. For Stu Brown (drums and percussion), this will be a second visit to Orton on a Highlights tour and it should be an excellent night of virtuosity, diversity – and great music.

LISTINGS INFORMATION

Date/ Time: Saturday 22 February at 7.30pm

Venue: Orton Market Hall

Tickets: Adults £9, Children £5 and Family (up to two adults and up to 4 children) £20

Bookings: Contact Sally Seed on 01539 624732 or tickets on sale at Orton Village Stores

ADVANCE INFORMATION ***

After its two-week run at the Theatre by the Lake Studio at Easter, **Not About Heroes** by Stephen MacDonald will be touring locally – including Orton Market Hall on Friday 11 April. Details coming soon.

Orton Memories

If anyone has a copy of “Orton Memories” which they no longer want, please could they let either **John Falshaw** (tel. 24444) or **Mary Jenkin** (tel. 24410) know. Thank you.

Parish Registers

Funerals

Elsie Jane Wharton (94), of Edenside, Appleby, was buried at All Saints, Orton, on 22nd November 2013.

Jean Isabella Wharton (81), of Bowness Farm, Sunbiggin, was buried at All Saints, Orton, on 3rd December 2013.

Peter Parker (67), of 15 Green Croft, Shap (formerly of Orton) was buried at All Saints, Orton, on 10th December 2013.

Nora Fisher, née Buck, was buried on 14th December 2013 at St Oswald’s Church, Ravenstonedale.

Thomas Edwin Guy (67) of Orton was buried at All Saints, Orton, on 24th December 2013.

Orton C of E School

Mrs Simpson

On Tuesday 7th January, Mrs Simpson taught class 3 for the first time and did lots of fun lessons with us. She is taking over the job of Mrs Ayre who has retired. All of class 3 are very happy with our new teacher and think she is wonderful. By Seb and Harriet

Pantomime.... On Monday 16th of December we went to the Brewery Arts Centre in Kendal to see Hansel and Gretel.

It was really good and in the interval we all, got a small tub of ice cream it was really YUMMY.

Hansel and Gretel was amazing because there were lots of very unusual musical instruments and it was extremely funny. By Olivia

Christingles

On the 17th of December Reverend Beverley, Mrs Wren as well as some other ladies from church helped year 6s make Christingles for the Christingle Service.

Also the whole school made angels for the Angel competition. By the end of the day we were all covered in glitter and glue. In year 6 Sian won.

By Katie and Martin.

Christmas Dinner

On Wednesday the 11th of December Orton School had Christmas dinner. It was very good. We had lots of food like turkey and vegetables. Also there was some great crackers, they contained a paper hat, a small toy and a joke.

We were joined by the governors and some other people. Also we gave Mrs Thorpe a leaving present.

By Sian and Martha.

CAROL SERVICE

BY MOLLY

On

Wednesday 18th

December, we had our last yummy school dinner in 2013. We then went to Church for the Carol Service. We announced Mrs Ayre's retirement and presented her with flowers and a framed picture with a message that all of class 3 had helped sew. We also did lots of singing and telling of the Christmas story followed by announcing the winners of the angel competition.

Farmers Market

On Saturday 14th December some of us went to the Church to play our instruments and to sing some of our songs from the Christmas play (Scrooge A Ghost of a Chance). There were lots of people there and at the end we got some mince pies. It felt very "Christmassy". We all had a great time! By Thomas

The Christmas Party

On the 17th December 2013 we had a Christmas party and we played lots of games like the 'Grand National', 'stations', 'musical chairs', 'animal families' and 'bring me a...??'

The games were great fun. Lots of people won prizes and there were sweets or little games to choose from out of the prize bag.

By Megan and Madeleine

Christmas Play!

On Friday 13th the whole of Orton School performed a play called 'Scrooge, A Ghost Of A Chance'. Everyone in the audience thought it was excellent. In the play, I was the ghost of Christmas Past. Everyone remembered all their lines. **By Rowan**

Happy
New
Year
2
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4

Ravenstonedale Endowed Primary School

Skiing

For the next two weeks, on a Friday, the whole school are going to Kendal to the dry ski slope to learn to ski. We are all looking forward to it very much. We will be in two groups; one will ski, the other will do some other exciting things at the castle and by the river. So we hope the weather will be fine!

By Cameron

Christmas dinner.

We walked up to the Black Swan to eat our delicious Christmas dinner in the dining room. There was a Christmas tree and we all got a Christmas cracker at our table. We had turkey and a lovely meringue for a pudding. Thank you to Kev for letting us eat at the Black Swan. We even had a proper waitress who gave us our dinner.

By Freddie

A Christmas Carol.

The school children did a play with other people from the village, at the church, called "A Christmas Carol". Some of the children dressed up as Victorian children. We sang some songs. We performed twice at the church; Friday and Saturday night.

By Ryan

Victorian Fair

The school children made a Victorian Fair to raise lots of money. We had stall and some competitions.

By Oleina



Sports Hall @ K.S.G.S

On a Friday morning we all go on a bus to the grammar school. Jo comes with us. We do lots of P.E and team games. It's an enormous hall so we have loads of space to play games and learn new skills.

By Adam

Bisa came to visit.

Bisa lives in South Africa, he came to our school to show us some games that the children in South Africa play in their playtime. We played tin can tower and he taught us a welly boot dance. It was really good fun.

By Kara



On Saturday 1st February
at Newbiggin-on-Lune
Public Hall

7:30 p.m.

Organised by the PTFA to
raise funds for school.



Borwick Hall.

We went to Borwick Hall; we did rock climbing and went through some dark tunnels. We had to wear a helmet and we had a head torch in the tunnel so we could see where to go. Class 1 did a teddy bear trail. We all had a go at archery and some of us got to go in a tee pee and had a fire and some marshmallows.

By Ellie



WANTED!

We need a new
dinnertime
superviser; they
need to be fun and
like children!

If you're interested
ring school.

RAVENSTONEDALE PARISH HISTORY GROUP

Wednesday 19th February
7.30 pm

Ravenstonedale High Chapel
Community & Heritage Centre

History of Navy Communities in Mallerstang in 1870

with
Ian Murray

Admission: Members £1.00, Non Members £2.00
including refreshments

Wednesday 19th March
7.30 pm

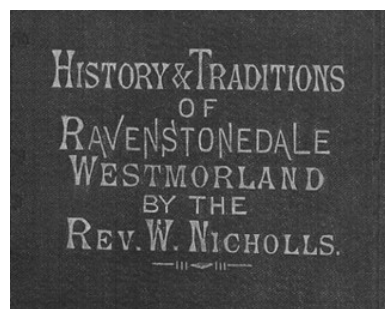
Ravenstonedale High Chapel
Community & Heritage Centre

A Woman's Place in 17th Century Life in the Upper Eden

with Margaret Gowling
Local Author

Admission: Members £1.00, Non Members £2.00
including refreshments

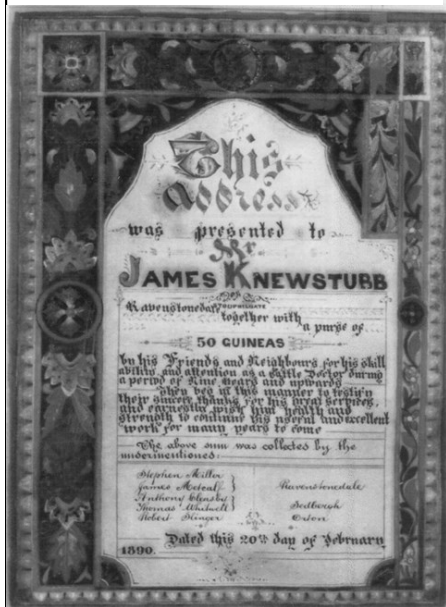
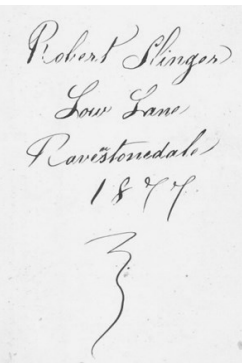
For more information contact Val Fermer on
01539 623693 or e-mail
history@ravenstonedale.org



FC-R'dale Independent History Archive Search for local history in Ravenstonedale and nearby...

The Independent History Archive is a searchable database of images, documents, PDF and words. It is accessed by emailed enquiry or via one other route – the Face Book site is interactive and you can pose questions via the facebook site details below. The information in the archive is a broad spectrum of material. Some of it has yet to be made accessible...and it is being added to week by week. Enquirers sometimes, after completing their research, send the findings back to be incorporated into the archive. There are enquires from all parts of the UK and from many other countries, especially those that had emigration from the Upper Eden. International enquires can be given additional value by sending back photos of ancestral sites or by arranging visits to the area.

What is in the archive? Often personal letters, documents, receipts, legal & reference material, old postcards & photos, church information and old pamphlets or magazines, scrap books, weddings, and more besides...If you make contact and say ask about a place or family name, I make key word searches and see what might appearand then pass them over to you. If



you want to support the archive, you can donate – PayPal is a convenient method for this. The success of any search is limited to the inclusion of relevant material in the archive – but one search elicited over 200 images of direct or indirect use to the family. Enjoy the Face Book site “Ravenstonedale Reunited Independent History

Archive” and email me at

frankrdaledale@yahoo.co.uk

Frank Chalmers, Archivist.

ORTON MANOR COURT

Abridged Minutes of the Committee Meeting held on Monday 9th December 2013

PRESENT: 8 committee members and 2 Visitors. There were two apologies.

1. Minutes: Minutes of the Committee Meeting on 30th September 2013 were accepted.

2. Matters Arising from the Minutes:

a. Verges: A long letter had been received from Diane Wood, Chief Executive of Cumbria County Council, about the concerns raised by OMC. There would be a meeting to discuss these concerns. Judy in consultation with Wendy would reply to this letter.

b. Meldykes: Nothing more had been heard about the Enhanced Stewardship application.

c. Information Board: Pauline showed the Committee her work, though not quite finished. It was admired and approved. Wording about specific buildings would be printed around the central artwork. A sub-committee would work out details including where the board should be placed.

d. Planters in the Square: These had been cleared and mulched; planting was deferred until the spring. The work so far was approved.

e. Land at Kelleth: Kyle would speak to the tenant, and negotiate a reasonable rent to be paid from now on.

3. Treasurer's Report: The savings account held £8,705.02; the current account £3,292.08.

4. Dame School:

- Paper proof copies of display boards were shown to the Committee and had been seen *in situ* in the Dame School by Wendy and others. After lengthy discussion, these drafts were accepted.

- The outside display board should be close to the building.

- Four quotations from builders had been received to render the south exterior wall with lime mortar ranging from £1,110.94 to £1,848.00.

- The application for a Grant from the Westmorland Company's Staff Community Fund was discussed. The offer by the Local History Society to sponsor the application was re-examined and accepted, and Wendy would approach them.

- Andrew raised concerns about whether turning the Dame School into a museum would attract tourist development in Raisbeck, changing its character, but was assured that no such further development was envisaged.

5. Vehicle Access to Kirkland Cottage grounds. This land, though belonging to OMC, had not been registered, but such registration would be applied for as soon as possible.

6. Any Other Business

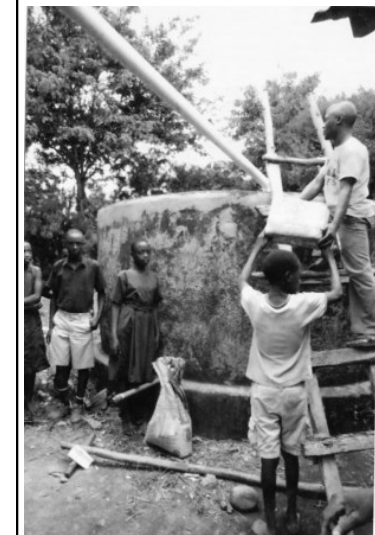
The artist's fee for the Information Board, as yet unknown, was discussed.

7. Date of next meeting: Monday 10th February 2014, 7.30 p.m.

Orton School Linked with Ugandan School

When Chris and Mary Jenkin visited Uganda in 2012, they had been asked by Orton School to set up a link with a Ugandan school. (On their previous visit in 2010, a link had been set up between Shap School and a Ugandan school.)

This was arranged by Rev. Nelson Isebagheen, the Church of Uganda clergyman who has been their main contact there, and he took them to Busunga Primary School in the south west of the country, where many of the people were traditionally nomadic cattle herders. They were greeted there with song and enormous enthusiasm, and the link with Orton School was arranged.



Last summer, part of the collection taken at Orton School's summer show was to be for Busunga School, and £130 was sent out, which became 541,450 Ugandan shillings. We have just heard that a previous gift from Orton School was used for a water tower in the school grounds—in that area, in the dry season water can be a real problem. The donation

last autumn was used for a bookcase and door to the library—previously books were kept in heaps on the staff room floor! So Orton School's donations have been a valuable help to them.

At the recent Christmas show (“A Christmas Carol”) at Orton, once again part of the collection was designated for Busunga, and £55 has been sent out.

(Rev. Nelson has also been the recipient of a gift from a generous Cumbrian, who sent him money to enable him to buy a motor bike. Since he says “I have been travelling long distances for I cover the whole Deanery which is comprised of 32 churches which make up 5 parishes”, this has been enormously helpful to him; here is a photo of him taking his whole family to church with him on the motor bike!)



29 12 2013

**Ravenstonedale Folk
Dance Club**
meets at Newbiggin-on-Lune
V.H., Thursday at 7.45pm.

No experience necessary,
everyone made very welcome.

£2 per night.

For more details

015396 24258 or 23329.

Are you interested in
**sewing /knitting/ quilting/
sharing skills and chat ?**

We meet every Tuesday
7-9pm at

Ravenstonedale High Chapel
Community Centre

Please just come along or ring Ann
on 015396 23565

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delivered*

*Please contact
Dianne Boustead
015396 23416*

Ravenstonedale

Forthcoming events

Winter/Spring 2014

Saturday, February 15th

Cobwebs Concert 7pm
St Oswald's Church

Wednesday, February 19th

Ravenstonedale Parish History
Talk- *History of the Navy*
Communities in Mallerstang
in 1870 - Ian Murray

Shrove Tuesday, March 4th

Pancake Lunch - Flass,
Ravenstonedale

Wednesday, March 19th

Ravenstonedale Parish History
Talk- *A woman's place in 17th*
Century life in the Upper Eden
Margaret Gowling

Thurs-Sat March 27th – 29th

Lune Spring Players
'A Tomb with a View'
Comedy-thriller

Monday, February 3rd

Manor House, Ravenstonedale
7.30pm

Bible Study and Discussion
in a friendly and informal
atmosphere.
Led by Beverley Lock
All welcome



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STOCKING
LOTS OF
LOVELY
LOCAL
'FOODIE' ITEMS

We are re-vamping your village Store and filling it with lots of lovely, locally sourced food, ranging from jams/preserves etc to smoked fish/chicken/game etc. Our new Deli Counter is brimming with tasty treats. Fresh cakes/tray bakes/pastries, fresh local sausage/bacon/pies and much more. More stock arriving over the coming weeks. Orders taken. We continue to stock all our usual essentials including dairy/newspapers etc. Open 9 - 2pm 7 days (after hours, just pop into the hotel and one of our staff will open up till late).

Tel: 015396 23204

Letter from Ravenstonedale

Chris has said that he thinks our Notes ought to deal with matters of faith, this being a church publication. Well, I will try.

I am bothered about forgiveness - don't even know what the word means, not really. A vet failed to diagnose a serious danger in a much loved pet - in fact the animal did not die, but no thanks to the expert, who later sent me a grovelling apology, and quite right too. But if I 'forgive' that vet, am I saying Never mind, it doesn't matter? It did matter, it does!

A neighbour once took against me and my dogs, blew a dog whistle to excite them when they were in the garden, ignored my pathetic, would-be friendly note one Christmas, kept cutting me dead, amazingly good at not seeing me - should I have 'forgiven' that neighbour? How annoyed they would have been if I had!

A friend in America, suffering severely after a brutal mugging, received a letter from the mugger asking her forgiveness. I don't yet know what she decided to do, but couldn't help feeling that the attacker's letter should have read: "If I apologise and you say you forgive me, I'll get a shorter sentence."

There now, you trained holy people, sort me out!

Janet Barlow

Editor's note: Have you a response to Janet—whether you are a "trained holy person" or not? All contributions welcome!

Upper Eden First Responders

Lottery Winners are as follows:

1st Prize - Mrs S Rawlins - Kirkby Stephen
2nd Prize - Felicity Kay - Kirkby Stephen
3rd Prize - Mr and Mrs John Burra - Orton

Mother's Day Lunch - **THE FAT LAMB**
12pm - 2pm
£13.95 for two courses
£16.95 for three courses
Sunday 30th March

Mother's Day Afternoon Tea
3pm - 5pm
£9.95 per person (usually £10.95)

Sandwiches, buttered tea bread, fruit cake, scone with jam and cream, homemade cake, tea or coffee.

Delicious homemade baking

Bookings essential
enquiries @ fatlamb.co.uk
015396 23242

Vicars under attack - and it's not from the critics

Recently-released police records reveal the many attacks on priests and church ministers and some of the everyday risks taken by Britain's clergy. The crimes, detailed in lists disclosed under the Freedom of Information Act, range from cases of clergy being stalked by obsessives, beaten in their own churches or bitten by dogs and even, on occasion, humans.

Faith helps people cope with stress - according to new report

New research suggests that employees who are more actively religious are better able to cope with stress and are more likely to report that their lives have meaning. The study, by Dr Roxane Gervais, a senior psychologist at the Health and Safety Laboratory in Stockport, concluded that believers are more likely to report low levels of anxiety, depression and fatigue.

Seen on a church notice sheet

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

LUNE LADIES

The Lune Ladies' January meeting was enlivened by a talk from Martin Lewes of Radio Cumbria. Local Radio it may be, but with Martin we travelled to some strange places and saw aspects of life that had not crossed our minds before. Most telling was his description of how his office handled the torrent of enquiries and of information when the Lockerbie disaster struck. The evening ended with questions and conversation; we were reluctant to go away. Martin doesn't ask a fee but he told us something about the land mines still scattered in so many places and asked us to contribute to any of the mine-clearing charities. J.B.

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SIGHTSAVERS

Thank you to all who supported the United Carol Service in Ravenstonedale. We have been able to send £159.30 to help the work of Sightsavers.

In Concert

Saturday 15th February 7.00pm
An evening of classical music at St Oswald's Church, Ravenstonedale.

Conductor – Andy Jackson
Soloist – Andrew Forsyth
Narrator – Richard Best

Programme includes: Mozart: Don Giovanni Overture, Purcell: Abdelazer Suite, Mozart: Andante for Flute and Orchestra, as well as other great composers, including Chabrier.

FREE ADMISSION

There will be a retiring collection on behalf of The Cobweb Orchestra and St Oswald's Church.

The Cobweb Orchestra is a charity which brings the joy of live music to thousands of people. For more information go to
www.cobweborchestra.org.uk

A company limited by guarantee, no 6057812, England. Registered charity, no 1118758

Cobweb Orchestra

The Cobweb Orchestra returns once again to play in St Oswald's Church.

The concert, on Saturday 15th February at 7 pm, will be yet another unique occasion, as players will have travelled from all over the north of England to come together specially for this event. (Details are above.)

The Cobweb Orchestra has grown from an outreach project of the then Northern (now Royal Northern) Sinfonia 18 years ago as an evening class in Stanley, County Durham. It has since expanded under the direction of Andy Jackson and its board of trustees to become the largest amateur orchestra in the north of England with eight separate orchestras, from Morpeth in the north, York in the south, Dalston in the northwest, and Tebay in the south west.

Cobwebs have won three national awards, and recently have been selected by "Making Music" to have a composer in residence, Michael Betteridge. He will work with the orchestra for a year and compose a piece of music, which Cobwebs will perform and which will subsequently be broadcast on BBC Radio 3.

The local Cobweb orchestra meets at Tebay Methodist Church Hall every Tuesday at 7.30pm during term time, and is directed by conductor Peter Crompton. The philosophy of Cobwebs is based on the same values held since it started: everyone and anyone who plays an instrument is welcome to come and play with us. We don't do auditions!

We encourage everyone to play to the best of their ability, both in the orchestra and individually. We play a wide range of orchestral music, some standard repertoire and some especially written for us. We hold study days and residential weekends; one is usually held in Sedbergh every year and we have been to Tuscany biennially since 2003, on trips successfully organised by Andrew Forsyth.

When you come and visit us, your first evening is free and you don't have to commit to attending every week – you can come and go as you please to fit in with other commitments.

So, if you have ever played an orchestral instrument, or would like to learn to play one, we have an instrument bank from which you can borrow an instrument. You will receive a warm welcome if you come along to Tebay, so dust the cobwebs off your instrument and join us! For more information go to our web site www.cobweborchestra.org.uk

NORTH WESTMORLAND ARTS

Concerts in Appleby Public Hall at 7:30pm. £10 at the door.

Sun 16th Feb: Laura van der Heijden (cello) & Martin Bartlett (piano)

Sun 16th Mar: EUROPEAN PHILHARMONIC CHAMBER ORCHESTRA

Enquiries: Tel: 017684 83777