

Coniston and Crake Valley News



Coniston
&Crake
Churches

September 2025 www.conistonandcrakechurches.co.uk



LOWICK SHOW

the Lowick 'L'al Royal Show'

Saturday 6th September 2025
— gates open 8:30am

Adults £7.50 | Under 16's £2.50 | Under 5's FREE | Car Park FREE
save £1 on advanced tickets, buy them at www.lowickshow.co.uk

For over 150 years the communities along and around the Crake Valley have celebrated annually, in the display and competition of the fruits of their labour.

Join us to experience traditional Cumbrian pursuits alongside classes for livestock, horses & home produce. Also enjoy local crafts, entertainment and fun for all the family!

Enter on the day...Novelty Dogs/Children's Races/Cumberland Wrestling
On the Field...Refreshment Tent/Trade Stands/Local Crafts Tent/
Beer Tent- open throughout the day and into the evening



SAT NAV
LA12 8EE



The Coniston and Crake Valley Benefice

“To Grow, Witness and Love Like Jesus”

Serving the parishes of Colton, Coniston and Torver, Egton cum Newland and Lowick with Blawith

Revd Brian Streater The Vicarage, Penny Bridge. LA12 7RQ	vicar@conistonandcrakechurches.co.uk <i>Brian works for Filling Station on Thursday Brian's rest day is Friday</i>	01229 861668 07505 048736
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Churches in Coniston and the Crake Valley

To contact any of the Churchwardens, pastoral team, retired clergy or lay ministers please call or email the Administrators.
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St Andrew's Church, Coniston LA21 8EN

St Luke's Church, Torver LA21 8AZ

St Luke's Church, Lowick LA12 8EE

Holy Trinity Church, Colton LA12 8HF

Church of St Mary the Virgin, Penny Bridge LA12 7RQ

Tottlebank Baptist Church, Colton LA12 8HY

Welcomes you to our Sunday services from 10.30 to 11.30am followed by refreshments, and midweek prayer meetings on Wednesdays at 7.30pm. The church building is usually open daily 10am – 4pm for visitors and for private prayer. For further information contact Chris and Margaret Hamps, hampsc@outlook.com

Coniston Methodist Church, Coniston LA21 8ER

The Sunday morning service is at 11.00am and a warm welcome awaits you. For further information contact Joyce Holland on **015394 41594**.

St Francis of Assisi Church of the Sacred Heart, Coniston LA21 8AW

Mass is held on Thursdays at 10.30am and Saturdays at 5.00pm.

For further information contact Father Matthew Jacob on **01229 779673**.

Cover: Rusland Show sack race - Connor Boyren

Church Services for September 2025

7th	Twelfth Sunday after Trinity		
St. Luke Torver	9.00am	Bikers' Breakfast	Rev Brian Streeter
St. Luke , Lowick	9.30am	Morning Worship	Pam Priestley
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter
Coniston Methodist	11.00am	Morning Worship	Rev David Edmondson
14th	Thirteenth Sunday after Trinity		
Holy Trinity Colton	10.00am	Holy Communion	Rev Brian Streeter
St. Andrew Coniston	11.00am	Harvest Service & Morning Worship	Pamela Hull
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Harry Welch
Coniston Methodist	11.00am	Holy Communion	Rev David Jackson
21st	Fourteenth Sunday after Trinity		
St. Luke Torver	9.00am	Harvest Service & Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Harvest Service & Holy Communion	Rev Brian Streeter
Coniston Methodist	11.00am	Morning Worship	Alex Stewart
28th	Fifteenth Sunday after Trinity		
St Luke , Lowick	9.30am	Methodist Service	TBA
Holy Trinity , Colton	10.00am	Holy Communion	Rev David Bickersteth
St. Andrew Coniston	11.00am	Holy Communion	Rev Brian Streeter
St. Luke Torver	7.00pm	Torver Junction	Rev Brian Streeter
Coniston Methodist	11.00am	Harvest Thanksgiving	Dare Holland

Tottlebank Baptist Church 1st - 7th September - **Global Week of Prayer** - Organised by the 24/7 Prayer movement - Tottlebank Baptist Church will be joining in with this worldwide initiative. The church will be open from 8.30am to 8.30pm each day and there will be "prayer stations" around the school room and church with different ideas and areas for prayer. All are welcome to come along and pray during the day. Wednesday 3rd September will be our main focus with a Day of Prayer and we are hoping enough people will sign up to pray for one hour on that day - either at home or in the building - to cover a 12 hour period of continuous prayer. For more information contact Margaret Hamps on hampsm@outlook.com.

Tottlebank's next Saturday Special is on September 27th, 10.15 am - 12.30pm and the title is Jacob's dream (Genesis 28:10-22). A chance to dig deeper into the bible. All welcome.

Pastoral Letter - Rev^d Brian Streeter

LIFE AFTER DELIVERY

In a mother's womb were two babies. One asked the other, "Do you believe in life after delivery?". The other replied, "Why, of course. There has to be something after delivery. Maybe we are here to prepare ourselves for what we will be later." "Nonsense," said the first. "There is no life after delivery. What kind of life would that be?". The second said, "I don't know, but there will be more light than here. Maybe we will walk with our legs and eat from our mouths. Maybe we will have other senses that we can't understand now." The first replied, "That is absurd. Walking is impossible. And eating with our mouths? Ridiculous! The umbilical cord supplies nutrition and everything we need. But the umbilical cord is so short. Life after delivery is to be logically excluded." The second insisted, "Well I think there is something and maybe it's different than it is here. Maybe we won't need this physical cord anymore."

The first replied, "Nonsense. And moreover, if there is life, then why has no one ever come back from there? Delivery is the end of life, and in the after-delivery, there is nothing but darkness and silence and oblivion. It takes us nowhere." "Well, I don't know," said the second, "but certainly we will meet Mother and she will take care of us." The first replied, "Mother? You actually believe in Mother? That's laughable. If Mother exists then where is She now?" The second said, "She is all around us. We are surrounded by her. We are of Her. It is in Her that we live. Without Her, this world would not and could not exist."

Said the first: "Well I don't see Her, so it is only logical that She doesn't exist." To which the second replied, "Sometimes, when you're in silence and you focus and listen, you can perceive Her presence, and you can hear Her loving voice, calling down from above."

The above is a modern parable by Dr. Wayne Dyer in a book called *Your Sacred Self*. The parable is both short and thought-provoking, simple and profound as all good parables should be—an identifiable story with a hidden truth or truths.

I was reminded of this parable because of the reaction it often triggers—you may be experiencing it now. And it is a reaction that I have seen exhibited by many in the comments section of online news stories about Christians that I have read lately. For example, the leader of the Conservative Party, Kemi Badenoch, has just said in an interview that the case of Josef Fritzl had "killed" her belief in God, and that "it was like someone blew out a candle". Cue the comments on this story coming thick and fast that both religion and the idea of God are absurd and delusional.

And when I read these comments that are often sneering, aggressive, and quite frankly, arrogant then a number of questions naturally arise—Who do you think you are to sneer at others? Why the aggression? Where is your alternative explanation?

A common reason for this reaction, I believe, is that it is much easier, convenient, and comfortable to be like the first baby than the second. But looking at the parable as a whole, personally, I would much rather be the second baby with its sense of hope and love, than the first without either.

Blessings in Christ,



Around the Parishes : Colton

Colton Church Coffee morning

A Big thankyou to all those who came to the Colton Coffee morning in July and those who supported it by selling raffle tickets making cakes and helping behind the scenes. We made £840 for church funds.

JAR FEST 2025 – 19th OCTOBER



Don't forget to make those extra jars of jam etc for **Jar Fest** on October 19th. Schedules available now from all good outlets (or digital version from **cjbarr50@gmail.com** on request) but see last month/below for the basics!

If you're making any jams, chutneys, or other things that come in jars, over the summer, please make extra so that you can enter this inaugural show. Watch this space for further details.

Colton Parish Council News

Rusland Show It was great to meet so many of you and hear about the issues that matter to you, including:

Highways: road closures, potholes, and inconsiderate parking. We discuss these matters regularly with Westmorland & Furness Council. So far, we've managed to get some improvements in advance notification of and signage for road closures. We continue to press for ways of reducing the impact on local communities and businesses and we work closely with neighbouring parishes to ensure local views are heard.

Tackling social isolation and boosting mental health: our community grant scheme is available to support groups of local people and village halls to run activities in their patch. E.g. you could apply for a grant to run a coffee morning, gardening club, walking group or book club. Check out our community plan to make sure your idea fits with our aims <https://coltonparishcouncil.org.uk/colton-community-plan/> and apply here <https://coltonparishcouncil.org.uk/wp-content/uploads/2023/02/Grant-awarding-policy-and-application-form-October-2022.pdf> or contact the clerk for details

Protecting the environment and tackling climate change: We always consider environmental impact when responding to planning and other consultations. Green Sparks, the local community network sharing information and resources about sustainability and nature recovery, is one of our working groups. Our community grants can also support your work on these issues.

New Community Noticeboards

Keep an eye out for our Lengthsman, Archie, installing new noticeboards around the parish this autumn. These replace the old ones that, after many years' service, are showing signs of wear and tear. As well as Parish Council news, the boards can be used to promote your events and activities. If you are willing to become a noticeboard volunteer and help us keep your local noticeboard tidy and up to date, please contact the clerk.

Find us on Facebook

We've updated our Facebook page so please find us, like us and share us! We'll be using it to help get news and information out quickly and to as many people as possible. We will still be using Colton Link, our website, the noticeboards and the newsletters, to make sure we've got lots of ways to communicate.

Our September meeting is at 7pm on Monday 15th at Rookhow. A beautiful and historic venue. All welcome!

Contact us clerk@coltonparishcouncil.org.uk or 07761 485956

See <https://coltonparishcouncil.org.uk/>

Save The Date! Colton Church Harvest Supper will be held following the Farmer's Harvest Service on Friday 10th October.

Names and numbers to **Sue Dean - 01229 861435 or 07769 551155**, if possible before 20th September.

Lowick

Lowick Parish Council

Our next Meeting will be on Thursday 18th September at 19:30 in the Lowick Community Centre, everyone is welcome.

Fibrus.

The Fibrus Post Code Checker has been updated on their website - the link allows you to check if the Fibre Network will soon be available at your location: <https://hyperfastgb.com>

Egton cum Newland

Egton with Newland, Mansriggs and Osmotherley Parish Council

The date of the next Egton with Newland, Mansriggs and Osmotherley Parish Council meeting will be on Tuesday 2nd September, 7pm at Greenodd Village Hall.

Spark Bridge Duck Race

A big thank you to everyone who came to the Annual Duck Race on Sunday 10th August. The sun shone, we sold out of cakes and duck race tickets and a whopping £1711.50 was raised in aid of the village hall running costs. The lucky winners were: 1st Smith, 2nd Edmundson, 3rd Burrow.

Thanks also to all the volunteers who worked so hard to make this yet another great afternoon.

See you next year!

Crake Valley Friendship Club



Our next outing is on 17th September and is a mystery trip. There are spare seats available for non-members at a cost of £18 (plus extra for afternoon tea). For enquiries please contact **Anne** on **01229 861278**.

ABBA TRIBUTE MAMA MANIA

at Greenodd Village Hall, Friday 12th September.

Doors open at 7pm, show at 8pm.

Cabaret style seating, bar,

£15 per person, for tickets please call 07949 587710

St Mary the Virgin, Egton

HUGE Thankyou to ALL those involved in tidying up Penny Bridge church yard, a pleasure to visit !
(Anon)

Coffee for Macmillan on Friday 19th September, 2–4 pm in Greenodd village hall. Usual assortment of lovely stalls and raffle. £2 to include coffee and cake/biscuit . Come and enjoy good company with friends as we raise money for a very worthy cause. ***Jean and the team.***

Coniston & Torver

Rainfall, Garden House, Coniston - July 2025

Total - 153.3mm (6.0")

Wet days - 17

More than 1mm on 10 days

Wettest day - 4th - 52.5mm (2.1")

Lunch and Dominoes

We will be starting again on **Wednesday October 1st at 12.30pm** in Coniston Institute Reading Room

Do come along and join us for soup/roll and a pud, tea/coffee, followed by dominoes. All for £5.00. To book a place, ring Jean on 41617, by the Monday before.

We will then continue usually on the first Wednesday of the month for the winter season. November will be on the second Wednesday (12th) due to a previous booking of the Reading Room. Everyone welcome.

CONISTON CO-OPERATIVE SOCIETY LTD

It is 150 years since the Sawrey Co-operative was founded (1875). [Don Shepherd tells me that his grandfather was on the first Sawrey Co-operative committee.]

In May 1893, a notice was placed in Coniston calling a public meeting for the purpose of discussing the establishment of a new co-operative store, no one attended.

The first co-op in Coniston was known as Beckside, a dwelling house, used as a shop and warehouse; then in 1898 a new store, built by Ushers, was opened on Yewdale Road.

In 1905 the Far Sawrey store was closed due to financial problems, but the Coniston branch continued as an independent society, changing its name to Coniston Co-operative Society Limited.

In living memory, the arrival of Richard and June O'Reardon in the early nineties revived the fortunes of CCS. The involvement of David Walmsley, Colonel Barras, and John and Anne Stoddart was important. But even so, the closure of the top shop, run by the always-friendly Audrey Grisedale and Eunice Weir, was a shock to the system.

Later Chairpersons, notably Ken Ennion and Phil Davies, and the dedication of members like Jean Johnson, have kept the main store a significant feature of the village.

Today, after 150 years, even with the professional contributions of the store manager, Viv Atkinson, and the financial manager, Fiona Ebbs, with the commitment of its staff, and the support of Co-operatives UK, CCS is struggling to come to terms with the post-Covid world. Therefore, the pro-active support of its membership is vital to its continuance.

Chair: ***Chas Sargeant***

Email: **chas.sargeant80@gmail.com** Tel: **07761904327**

Thank you

The communities are organising an informal 'Thank You' event for Dr. Frey, Dr Abbas and those who worked in reception at the Coniston Medical Practice. This will be centred around a 'Jacob's Join' (bring food and drink to share) and will take place in mid October in the Institute. The exact date and time will be announced soon. There will be collecting points in Coniston Co-op, Hutchinson's and the Dairy for those wishing to make donations in gratitude for their long service to us all.

Anyone wishing to help or participate, please contact:

Kay Shepherd on **015394 41559**.

FRENCH VISITORS TO CONISTON - SEPTEMBER 2025

Coniston and District Twinning Association are pleased to announce that a group of 16 visitors from Illiers-Combray, our twin town in France, are going to be visiting the area in September.

They will be arriving on Friday 26th September and leaving on Monday 29th September. If you live in Coniston, Torver, Hawkshead or the Crake Valley and are interested in getting involved, please contact the secretary, Jackie Coe jackiecoe@gmail.com

While the group are in Coniston, we will be holding a Ceilidh. This is also open to members of the public, who are not otherwise involved in our Twinning Association.

CORNERSTONE BAND

MICHAELMAS CEILIDH

Saturday 28th September

7.30 pm at Water Yeat Village Hall

Entry £17 per person

Contact Derek Adams to book your place

email no1@dsadams.co.uk or phone **07973 179805**

Bring your own drinks and glasses

Organised by Coniston Twinning Association

Torver Parish Council

At the extra meeting of TPC held on Thursday 31st July, councillors prioritised the planning application form the Wilson Arms for "retrospective approval for hardstanding within plots and sections of track to northern section of site, and approval of hot tubs and associated hardstanding." After a debate, councillors unanimously resolved to raise no objections. Thereafter, the focus of the meeting was on 'flooding.' A new map on the Gov.UK website was thought likely to have an impact on insurance, valuation, and planning applications. A strategy was proposed to minimise the threat to the village.

The next meeting of TPC is scheduled for Thursday 4th September at 7.30pm in the Schoolroom.

Email: clerk.torver@gmail.com Tel: **07761904327**

CONISTON FESTIVE FAYRE

(Saturday Nov 22nd)

Save the date! November 22nd will be the Coniston Festive Fayre which will combine the official Christmas Lights turn-on with an artisan market in the Coniston Institute (10am to 5:30pm). The School Christmas Party will be the same day at the Coniston Sports and Social Club followed by a lantern parade with Santa (c. 4pm) into the village and an evening of activities, including a quiz night at The Sun and live music at The Crown. For more information, to sponsor, support or enter the Raffle or to simply book Santa's Grotto please go to:

<https://christmasinconiston.pitchinplatform.com/>.

Reports

Mothers' Union Report



Several Mothers' Union members from Coniston joined many others from Carlisle Diocese for a service to welcome the World Wide President, Kathleen Snow from Canada.

St Andrew's Church, Greystoke hosted the the event, which was led by The Team Rector for Penrith Team Ministry Revd. Canon David Sargent. Kathleen Snow gave the address and was presented with a gift from Cumbria. Mothers' Union Diocesan Chaplain, Revd Canon Angela Whittaker led the Intercessions. The Rt Revd. Dr John Thomson, retired bishop, gave the blessing.

Two anthems were sung during the service by the Mothers' Union Diocesan choir, followed by three songs before a delicious tea.

For more information on Coniston Mothers' Union contact **Kay 015394 41559**.

Oxen Park Cinema Club

Our new season is under way and we look forward to seeing many of you over the coming months. The programme is up on the website and available from the box under the poster board at The Carthouse.

Our September films are 'CONCLAVE' on Tuesday 2nd September, a gripping thriller about the closed world of the election of the Pope, then on Saturday 20th September 'WHERE OLIVE TREES WEEP' - a hard hitting documentary about the ongoing struggles of the West Bank Palestinians: come and take in what is really happening over there.

Book all seats online at www.oxenparkcinemaclub.org.uk

Egton WI

Egton ladies have a summer break in August but as this year we celebrate 80 years of being in existence we planned a lunch out together to fill the gap, so to speak (in more ways than one)!

Sadly a lot of our members were not free to join us but the 18 of us who made it enjoyed it enormously. It fell on one of our hottest days but we had a wonderful setting and delicious meal in a nice cool room in Abbey House Hotel, where we were looked after well.

When this goes to press we will be getting ready for the influx of events that will take us to the end of the year, how time flies. We are making the most of our few weeks off. Hope to see some new faces on **9th September**, remember ladies, the second Tuesday of the month, 7.30 pm. In Greenodd Village Hall.

For further information contact **Gill** on **07519 144799**.

BRANTWOOD NEWS AND VIEWS

Annual Ruskin To-Day Brantwood Lecture

The Annual Ruskin To-Day Lecture Series is an ongoing tradition that celebrates the life, work, and legacy of the eminent Victorian art critic and social thinker, John Ruskin (1819-1900). Each year, a renowned speaker from the fields of art, culture, and society comes forward to delve into various aspects of Ruskin's profound influence on art, education, and social change. These thought-provoking lectures serve as a platform for engaging with Ruskin's ideas, their relevance to contemporary issues, and their impact on the world.



Saturday 6 September 2025 2.30pm

Brantwood, Coniston, LA21 8AD

Ruskin and Turner by Professor Robert Hewison

The talk is free to attend but booking through our website is required. The talk will be followed by a drinks reception hosted by the Friends of Ruskin's Brantwood. We do hope you will be able to join us for this fabulous event here at Brantwood.

Our two exhibitions continue in the Blue Gallery and Severn Studio: **Order out of Chaos: The Beauty of Flowers** by Piers Williams in the Blue Gallery on display until 31st December. **Wild of Wing** by Rachel Singleton in the Severn Studio until 28th September.

For full details of all our exhibitions, events and bookings, please visit our website www.brantwood.org.uk. Contact

enquiries@brantwood.org.uk or call **015394 41396**.

The Farmer's Arms Lowick Green / Grizedale Arts

Dedicated to serving great beer, fresh seasonal food *and* the LARGEST sausage rolls in Cumbria!

Opening hours: Weds 5pm–10pm; Thurs 1pm–2pm & 5pm–10pm; Fri & Sat 5pm–11pm; Sun 12pm–4pm. Weekly Regulars: Friday Pizza Night; Saturday Curry Night, Thursday Community Lunch; Sunday Lunch

WEEKLY or *WEEKLY-ish* stuff to announce:

Spread the word THURSDAY COMMUNITY LUNCH: a big shout out to Rosemary our volunteer Cordon Bleu chef who has reached her fourth anniversary delivering a delicious and affordable weekly community lunch at The Farmer's, THANK YOU Rosemary! Rosemary's **Community Lunch** is all home cooked using fresh produce, a different menu every week—in the four years she has been with us a meal has never once been repeated (not quite true, but almost)—why not try it? We offer a really friendly atmosphere (all ages and parties of one to multiple more welcome) and it's a great way to meet new people! **Every Thursday at 1pm**, no booking required. £7 per head for a main course, pudding and unlimited tea + coffee, masses of FREE car parking.

POPULAR demand: our new fun **PUB QUIZ with a twist** which we trialled in June & July will, due to popularity, now run on the **first and third Wednesday of every month**, quiz start time 8.30pm. The quiz is programmed by our regulars (they are getting VERY creative with it!) so do come down for some proper fun *and* obscure prizes! Check out our socials in the coming weeks for yet more fun events on the second and fourth Wednesday every month, in development now...

Early Sept on: CRAFT WORKSHOPS our craft workshops and courses return from early September including our ever popular 6 weekly pottery classes with resident potter Francis Lloyd Jones, details coming soon on our website. Did you know small groups & families can book one off workshops with Francis? Get in touch at hello@lakedistrictfarmersarms.com for more info.

Cont'd over>

SEASONAL EVENTS:

19th September: BEER FESTIVAL we are very excited to be holding a beer festival this September, we wanted to share the early news, do check out the Festivals & Events section of our website for details coming soon, times, entry and seller pitch prices, they will appear here shortly: <https://lakedistrictfarmersarms.com/event-category/festivals-events/>

23rd to 26th September, 11am-4pm (to 7pm Thurs 25th): APPLE PRESS at the Farmer's Arms – it's that time of year again, bring your apples to the Farmer's to turn into delicious apple juice (or cider and cider vinegar). How it works: your apples will need to be clean and you will need bottles to put the juice in, we hire the equipment from South Lakes Orchard Group so charge 50p per litre to recoup costs, bring your own bottles or buy from us 50p per bottle. No need to book, just turn up, and we are on hand to show you how the press works. If you have A LOT of apples and don't want to pick your own, we can pick & process your harvest and deliver 20% of the juice bottled back to you for freezing, contact hello@lakedistrictfarmersarms.com for more info.

Coming soon: Wednesday SOUP TALKS return in autumn, check out our website for details coming soon, focused on local sometimes wider people, places and/or things and guaranteed to be stimulating: £5 talk or £10 talk plus soup

OPPORTUNITIES:

Get in touch at hello@lakedistrictfarmersarms.com if the following interest you:

Calling **singer/songwriters and musicians** of any genre, we are now running regular music nights on Fridays *and sometimes* Thursdays, in recent months hosting Patsy Gillam, Reuben Tighe, Freyja Evelyn, The Celtic Fiddles, Jon Dawes, Clara Pople, Wolftown Rendezvous and more. We are always on the lookout for more great folks to shiver our timbers, so please get in touch if this is of interest. Performance fee + free drinks all night.

Rent-a-field –are you an outdoor personal trainer with a regular class looking for a new location? Or other specialist with an outdoor need? We may be up your field! Drop us a line to talk more details.

Looking for **co-working space**? – we are in the early stages of establishing local demand for co-working space at The Farmer's, regular or flexible packages over a week or a month, wi-fi included, so if you have a need and interest please get in touch with maria@grizedale.org to discuss, we are all ears.

Rookhow



Quiet days at Rookhow

Thursday 11th September 10am-4pm 'A sense of place'

Monday 17th November 10am-4pm 'Craft and woodland meditation'

Enjoy a day's peace in the tranquillity of Rookhow Quaker Meeting House and woodland.

To book a space, email Sue Nicholls contactrookhow@gmail.com

No charge. Donations welcome.

Support for community groups

Rookhow's Retreat Away Fund subsidies stays for community groups. Already over 1,000 people from 65 groups have benefited, including refugees, people dealing with trauma, abuse and addictions, creative groups and local housing charities. The next deadline is 1st

October. Please see the Rookhow website for more details: <https://rookhow.org.uk/charitable-work>

Quaker Meetings in the Rusland Valley

Every 1st Wednesday 7.30-8pm

Every 1st and 3rd Friday 12.30-1pm

Non Quakers and local people are welcome, even if you have not been to a Quaker Meeting before. Join with others in a gathered silence. Rookhow, LA12 8LA

Open Days & Quiet Garden Movement

Rookhow continues to be open to the public on the 1st and 3rd Friday of every month 10am-4pm. Come and be shown round the 300 year old Meeting House, take time to wander in the woodland (Rookhow is a member of the Quiet Garden movement).and chat with our friendly volunteers over tea and homemade cakes. All are welcome. No charge. Donations welcome.

A reminder that on Open Days, Quakers' Wood is available as a 'Quiet space'. Rookhow is now a member of the Quiet Gardens movement. Just let us know when you arrive that you are here for Quiet Garden time and you'll be free to wander undisturbed!

Christmas availability

We have availability in the Bunkbarn over Christmas so if anyone is planning a big family or friends get together, please get in touch. Sole use (includes woodland). Minimum 2 nights. £390 per night for the Bunkbarn. 7 nights for the price of 6. Up to 16 people. Website: rookhow.org.uk



Green Sparks News

Noticeboard Update

The design & production company are almost at the production stage. It's very exciting. It's taken a long time to get to this point due to our determination to consult widely and because of external issues, such as planning, but we are well on the way. Thank you for all your support so far.

Rural Energy Grants

See <https://ruralenergysavinggrants.org/> There's still time to apply for a grant to install a green energy system to make your home warmer, more efficient and cheaper to run, and a surprising number of us are eligible. If your home has problems with cold and /or damp and your household meets just one of these criteria, you can apply:

- If you or someone in your home has a qualifying medical condition, or
- You have a combined household income below £31,000, or
- You receive a qualifying benefit

Taking a stand on environmental issues. Green belt petition

It can feel like our corner of Cumbria is too remote for anyone to notice what we think, but there are lots of opportunities to get your views heard, including signing petitions that can influence government policy

One of our Green Sparks supporters has drawn our attention to this one, currently live on the Parliamentary petition's website. It is calling for a change to the 'grey belt' definition in the National Planning Policy Framework. See <https://petition.parliament.uk/petitions/725558>

Did you know that if a petition on this website gets 10,000 signatures, the Government must respond, and if it gets 100,000 signatures, it will be considered for a parliamentary debate? Adding your name can really help push issues you care about up the political agenda.

Cumbria Carrot Connections

Are you involved in a local school? If so, check out <https://zerocarboncumbria.co.uk/action/cumbrian-carrot-connections/>

This project is about a low carbon way to link schools with producers of seasonal food to boost healthy eating and support the local economy.

For lots of other inspiring events and opportunities see <https://cafs.org.uk/events/>, <https://zerocarboncumbria.co.uk/> and <https://www.westmorlandandfurness.gov.uk/your-environment/climate-change-and-natural-environment>

Thank you to all our contributors. Please keep in touch! Email us with news and resources to share with the Green Sparks Network.

greensparks.sparkbridge@gmail.com

I got a text asking me to click on a link to reschedule a parcel delivery I'd missed. I was waiting for a parcel at the time, so I clicked on the link and was asked to make a payment. Luckily, my daughter told me the text is a scam and to ignore it, but how can I spot the signs of a scam for myself?

Parcel delivery scams are very common. They aim to trick you into giving away your financial details, so your bank account can be accessed.

If you're waiting for a parcel, and get a message that asks you to pay to get it, it's usually a scam. Delivery companies won't ask you to pay them through a link in an email or text. Don't click any links or attachments, but you can check if a link is genuine, by hovering your mouse over the link without clicking on it, or pressing and holding on the link on a mobile device. You should be able to see the address the link goes to - check carefully to see if it's the same as the company's official website address.

Other signs of a scam include bad spelling and grammar, and starting with a general greeting instead of your name. But scam messages can sometimes be sophisticated.

If there's something you're unsure about, don't feel pressured to act. You can check if something is a scam, using an online tool on the Citizens Advice website. Remember that scammers are clever and scams can happen to anyone.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. How to access:

Call 015394 46464 (9.30am – 2pm, Monday – Friday)

Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 1pm, Tuesday and Thursday)

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www.keppleway.org.uk



Parish Prayer Diary September 2025

1st: Pray for relief agencies across the world, and their workers often putting their lives in danger helping victims of conflict. Pray aid supplies move freely and are used wisely.

2nd: Pray for our Government as Parliament resumes sitting following the summer recess.

3rd: Pray for pupils and teaching staff returning to school this week; pray for children anxious about starting a new school.

4th: Pray for areas of on-going armed conflict, and for genuine peacemakers striving to bring resolution.

5th: Pray for charities and their workers bringing urgent aid to communities devastated by natural disasters.

6th: Pray parents and God-parents will take seriously the promises they make to nurture the Christian spiritual development of children they bring for baptism.

7th: **Sunday, the first day of the week**

Our loving heavenly Father is always more ready to hear us than we are to pray. We ask Him to increase His grace within us that we may serve Him with freedom and joy.

8th: Pray for those who help children, young people and adults to read and write.

9th: Pray young people starting Apprenticeships may settle quickly into their new routine of travel, working and study.

10th: Pray for Christians in Yemen who, as members of secret house churches, risk death every day. Pray also for Yemins who are searching for truth and finding out about Jesus via online chats with secret Christians.

11th: Pray for people in a dark place mentally, feeling without hope and life purpose. Pray someone will come alongside and walk the journey to recovery with them.

12th: Give thanks for your family members, near and far, and for friends who are as dear.

13th: Pray Christian marriage continues to be celebrated and faithfully upheld across our nation. Pray for couples solemnising their marriage in our local churches.

14th: **Sunday, the first day of the week**

Father God, You search us and know us: may we rely on You in times of strength and rest on You in our times of weakness, now and in all our days.

15th: Pray for Christian song writers as they proclaim in word and music the wondrous story of the Father's love, the Saviour's grace and the Spirit's power.

16th: Pray for adults and children living with non-visible disabilities that challenge their movements, senses and activities.

17th: Pray for those making a stand against injustice and oppression.

18th: Pray for those waiting hospital treatment or surgery.

19th: Pray for Prison Chaplains.

20th: Pray for people living with dementia, and for those who care for them.

21st: **Sunday, the first day of the week**

Jesus opened a new and living way into the presence of Almighty God. Let us with pure hearts and steadfast wills worship Him in Spirit and Truth

22nd: Pray for all who live and work in the communities of Colton, Low Nibthwaite,

High Nibthwaite and Oxen Park.

23rd: Pray for students leaving home for the first time to commence a university course, and pray for their families as they help with logistics and early support.

24th: Pray for those who served in the Armed Forces and are having a difficult time adjusting to life out of the military, especially those suffering with PTSD.

25th: Pray for all who work within the waste disposal and recycling industry.

26th: Pray for Teaching Assistants making their contribution to the education and support of school children across our County.

27th: Pray for 'The Big One', the Network Youth Church's gathering today in Keswick providing fun activities and a chance for teenagers to explore faith alongside other young people from Cumbria.

28th: **Sunday, the first day of the week**

May the Lord our God defend his world-wide Church from all false teaching so that His faithful people, knowing His truth and proclaiming Jesus as Lord, may know and enjoy eternal life in Christ's Kingdom today and for ever.

29th: Pray for the Young Farmers Club, its members, leaders, meetings and events.

30th: Pray with thankfulness for the harvest season and praise our heavenly Father who faithfully answers our prayer "give us this day our daily bread".

Please send all articles and events for the October Magazine by September 15th to editor@conistonandcrakechurches.co.uk or call Juliet on 07884 232281.

From the Registers

St Mary The Virgin, Egton, 7th September, Baptism of Liam James White

St Luke's Lowick, 13th September, Wedding of Christina Helen Andrews and Christopher William Pakes

St Luke's Lowick, 13th September, Wedding of Nicole Pretorius and Alexander Howard Worth

Readings for September 2025

7th Jeremiah 18.1-11 Luke 14.25-33

Harvest: Deuteronomy 26.1-11 John 6.25-35

14th Jeremiah 4.11-12, 22-28 Luke 15.1-10

21st Jeremiah 8.18-9.1 Luke 16.1-13

28th Jeremiah 32.1-3a, 6-15 Luke 16.19-31

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2 nd & 4 th Friday	Tottle-Art: Art Group 10.30am - 12.30	Tottlebank Baptist Church
Tuesday	Coffee and Chat, 9.45 - 10.45am	Greenodd Village Hall
Tuesday	Coniston CAMEO 2 - 4pm	Coniston Institute
Tuesday	Youth Club age 11 & over 7 - 9pm	Coniston S & S Centre
Wednesday	Yoga 7 - 8pm 07471 421 153 to book	Coniston S & S Centre
Wednesday	Lowick Parent & Toddler Group 9.30 - 11.30am (term time only) £1.50	Lowick Community Hall
Wednesday	Walking Football, 6.30 - 8pm	Coniston S & S Centre
Thursday	Community Lunch, 1pm sharp, £7.50	Farmers Arms, Lowick
Thursday	"Young at Heart" exercise and lunch, 11am £5 (term time only) or just come for lunch at 12 noon.	Coniston S&S Centre
Thursday	Volunteer Day 9.30 - 3.30pm	Brantwood Gardens
Thursday	Zumba 6.30pm with Valentyna	Coniston Primary School
Thursday	Netball Skills 6.30 - 7.30pm	Coniston S & S Centre
Friday	Junior Cricket	Coniston Cricket Club
2 nd Tuesday	Egton WI, 7.30pm	Greenodd Village Hall
2 nd Tuesday	Ulverston Repair Café 6.30-8.30pm	Croftlands Community Centre
3 rd Tuesday	Coniston WI, 7.30pm,	Coniston Institute
1 st Wednesday	Prayer Hour - 10 - 11am	St Mary's, Penny Bridge
3 rd Wednesday	Coffee Morning 10.30am - 12.30pm	Bouth Village Hall

What's On Guide - September

2nd	Film - Conclave. See page 11 for details	Carthouse Cinema
6th	Lowick Show - see inside front cover	Lowick Bridge
6th	Ruskin To-Day Lecture - see page 12	Brantwood
12th	Mama Mia ABBA tribute 7pm see page 8	Greenodd Village Hall
17th	Crake Valley Friendship Club outing 9am	Greenodd
18th	Talk - Lowick Common see back page	Water Yeat Village Hall
19th	Coffee Morning for Macmillan 10am - 12noon	Greenodd Village Hall
19th	Beer Festival see page 14	Farmers Arms Lowick
20th	Film - Where Olive Trees Weep see page 11	Carthouse Cinema
23rd - 26th	Apple press available for community use	Farmers Arms, Lowick
25th	Mothers' Union meeting - Lakes Skin Care	tbc
29th	Michaelmas Ceilidh 7.30pm see page 10	Water Yeat Village Hall
1st Oct	Lunch & Dominoes, 12.30pm	Coniston Institute

Coming up in October...

10th	Colton Harvest Supper
11th	Live Music at Coniston Institute
19th	Colton Jar Fest

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