



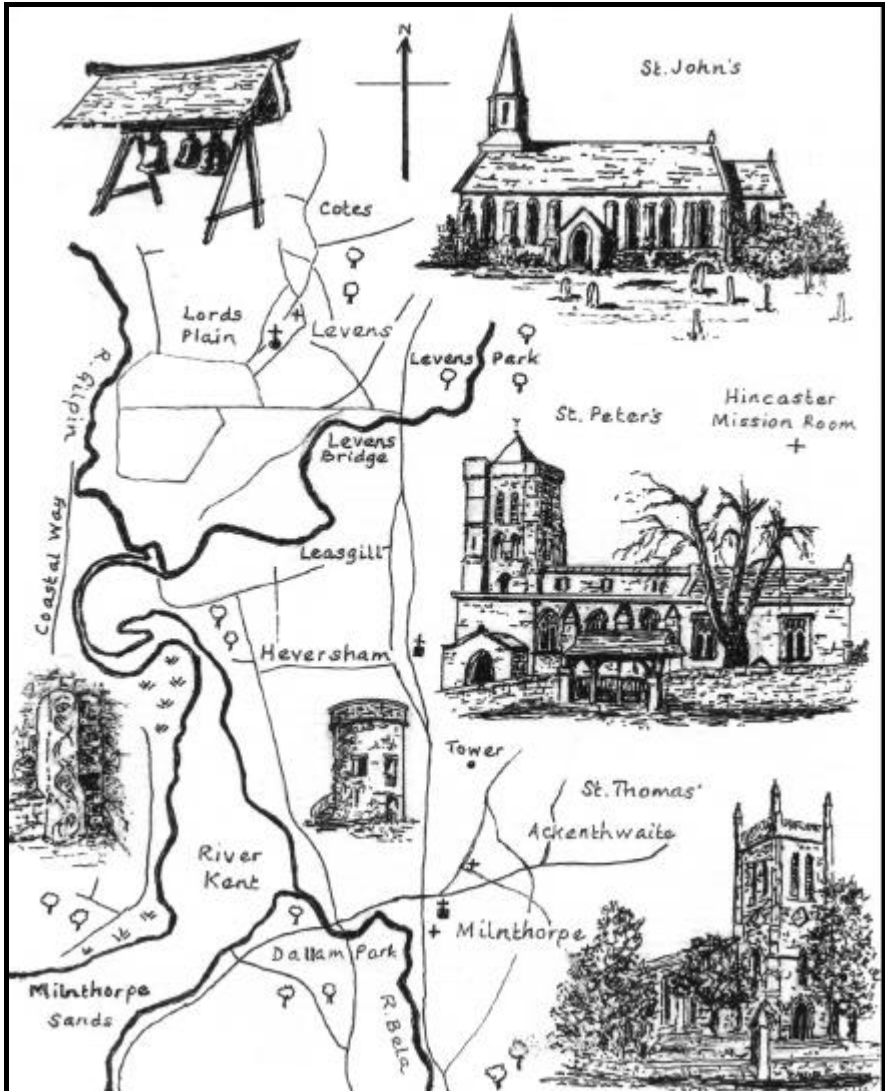
PARISH NEWS



of Saint Peter's Church, Heversham
Saint John's Church, Levens and
Saint Thomas' Church, Milnthorpe

June 2005

free



The Ministry Team - Who's Who

Vicar

The Revd Canon John Hancock (Tel: 015395 63125)

Assistant Curate (NSM)

The Revd Ron Rutter

Assistant Clergy

The Ven Peter Dawson

The Revd Bob Wilkinson

The Rev Canon Tom Thompson

Licensed

Readers

Mr Chris Bennett, Mrs Elizabeth Bennett, Mr Roger Bingham,
Miss Frances Makin, Mrs Dorothy Maudsley, Dr Dorothy Williams

Reader in Training

Mrs Mary Orr

Readers Emeritus

Mr Gerald Crossley , Mr Donald Gain

Vicar's Admin

Assistant

Mr Mike Robinson (Tel: 63191)

St Peter's Heversham

St Thomas' Milnthorpe

St John's Levens

Churchwardens

Mr Tony Hesmondhalgh
Mr George Handley
Miss Joan Anderton

Mr John Ricketts
Dr John Thorley

Mrs Doreen Hughes Gain
Mr Robin Orr

Bookings

Old School
Mrs Louise Budd
(Tel 60099)

Church Centre
Prof Geoffrey Gregory
(Tel 64082)

Levens Institute
Mrs Dorothy Routledge

PCC Secretaries

Mr Peter Clarke

Mrs Linda Baverstock

Mrs Liz Addison

PCC Treasurers

Mr Mike Robinson

Mr Jim Robson

Mr Chris Band

Gift Aid

Co-ordinators

Miss Joan Anderton

Mrs Joan Thorley

Mr Richard Jones

Electoral Roll

Officers

Mrs Jane Fell

Mrs Mary Davidson

Mr Richard Jones

Organists

Mr Arthur Dewhurst
Mr Robin Orr

Mr Glyn Hopkins

Mrs Sally Beaumont
Mrs Elizabeth Brown
Mrs Ann Lord
Mr Raymond Faulkner

Parish News

Co-ordinators

Mr Alan Wynne

Mrs Mary Wills

Mrs Margaret Barton

Parish Visitor

Co-ordinators

Mrs Audrey Wynne

Ven Peter Dawson

Miss Frances Makin

Bell Captains

Mr George Handley
(Tel 63571)

Dr John Thorley
(Tel 62076)

Not applicable

for Parish News Editorial Team contact details : see page 19

A letter from the Vicar, The Revd Canon John Hancock

**The Vicarage, Woodhouse Lane, Heversham, Milnthorpe .
Tel: 015395 63125**

My Dear Friends,

Recently I came across an article by a woman who suffered from insomnia. In it she described her fears and worries and the uncontrollable thoughts which raced through her mind like 'a load of laundry in the tumble dryer'. It was a problem, she was told, that she would have to learn to live with.

She prayed constantly that God would help her by curing her of her insomnia - but God did not! He did, however, answer her prayers but not in the way she was asking. As she lay awake asking for healing God gave her relief by leading her to re-name the complaint in such a way that it was not an illness but an opportunity. She no longer suffered from insomnia. She possessed something positive called 'wakefulness', and saw it as a friend. It gave her time to pray and read her Bible and other books, to plan and to reflect. She no longer suffered loneliness but enjoyed solitude in which her soul was refreshed.

I think there is something in this for us all, because we are inclined to look at things negatively. Some setback occurs, some unpleasant diagnosis is received and we cannot do what we had planned so we can so easily ask 'Why does God allow it to happen?' - blaming God for the problem. But God did not 'send' it or 'cause' it. I believe that God is right in there with us trying to help us, bringing good out of the misfortune, getting us to look not at the paths it closes but at the avenues it opens, and showing us that disappointment can blossom into opportunities and insights. If there is going to be any question it should be 'What can God help me to learn in all this?' This way we are in for some glorious surprises.

With every blessing.

From one trying to practise what he preaches!



NOTE !

**Next deadline
for July/Aug
JOINT ISSUE
(same number of pages!)
15th June**

SONGS of PRAISE -

for a summer evening
WITH FLOOKBURGH
BRASS BAND

SUNDAY 3rd JULY

at 6.30 pm

on MILNTHORPE GREEN

(If wet - in St Thomas' Church)

Neighbouring congregations of
all denominations most welcome

Limited seating – bring your own if you can



PARISH CALENDAR FOR JUNE

Regular Services

Tuesdays:	Holy Communion	10.00 am	at Heversham
	Healing Prayer Ministry	10.35 - 11.45 am	at Heversham
	Informal Prayer Gathering	1.00 pm	at Milnthorpe
Saturdays:	Informal Prayer Gathering	7.45 am	at Heversham

June

3rd Healing Prayer Group Meeting 7.00 pm in St. Peter's

Sunday 5th June - Trinity 2

	Holy Communion	8.00 am	at Milnthorpe
	Family Service with Baptism	9.30 am	at Heversham
	Parish Communion	11.00 am	at Milnthorpe
	Parish Communion	11.00 am	at Levens
	United Sung Evensong	6.30 pm	at Heversham
7th	Christians Together in Levens	2.30 pm	at 43 Greengate
8th	Mothers' Union Service	2.00 pm	at Heversham
9th	Kendal Deanery Clergy Chapter	12 noon	at Burneside

Sunday 12th June - Trinity 3

	Holy Communion	8.00 am	at Heversham
	Parish Communion	9.30 am	at Heversham
	Parish Communion	11.00 am	at Milnthorpe
	Family Service with Communion	11.00 am	at Levens
	Praise and Worship	6.30 pm	at Heversham
13th	Heversham PCC	7.15 pm	
14th	Home Communion	11.15 am	in Milnthorpe
18th	Heversham Children's Sports		

Sunday 19th June - Trinity 4

	Holy Communion	8.00 am	at Milnthorpe
	Family Communion	9.30 am	at Heversham
	Parish Communion	11.00 am	at Milnthorpe
	Parish Communion	11.00 am	at Levens
20th	Diocesan Clergy Conference	10.00 am	at Rhedeg

Sunday 26th June - Trinity 5

	Holy Communion	8.00 am	at Heversham
	Morning Prayer	9.00 am	at Hincaster
	Parish Communion	9.30 am	at Heversham
	Parish Communion	11.00 am	at Milnthorpe
	Parish Communion	11.00 am	at Levens
27th - 28th	Diocesan Renewal Group with the Bishop at Rydal Hall		
29th	Milnthorpe PCC	7.45 pm	
30th	Kendal Deanery Synod	7.30 pm	

July

Sunday 3rd July - Trinity 6

	Holy Communion	8.00 am at Milnthorpe
	Family Service with Baptism	9.30 am at Heversham
	Parish Communion	11.00 am at Milnthorpe
	Parish Communion	11.00 am at Levens
	'Songs of Praise' on The Green accompanied by the Flookburgh Band	6.30 pm
4th	WOW Meeting at Pat Radcliffe's home	7 for 7.30 pm
6th	Levens PCC	7.30 pm at Green End

An evening to celebrate the ministry of John and Margaret at St Peter's and St. Thomas' on their retirement from the hurly-burly. on 16th July 2005 at 6.30 pm

at The Marquee, Dallam site, Heversham

Tickets are available from Geoff and Brenda Gregory, Jean Sowerby, Jill Shaw.

(£5 per adult, £2.50 for children 12 and under)

We used to say the following prayer at Sunday School at St Thomas'

For all the joys of Springtime, we bring thanks to you today – For primroses and violets, so neatly tucked away.

In cool dark woods, and grassy banks, So sweet, and fresh and new. Dear Father God, our hearts are full of Love and thanks to you



Prayer for the appointment of a New Vicar and the future of our parishes

There will be a time of prayer on the 1st Tuesday in each month at lunch time 1pm in the Milnthorpe Church Centre, and every Monday evening at 6.45pm in St Peter's Church Heversham - all are welcome.

The Ministry Team is discussing arrangements for the parishes after John's retirement, and a notice will appear in next month's issue.

Levens Methodist Church - JUNE Sunday Services 10.30 am

5th Rev. Don Cross
12th Mr Brian Gray
19th Mrs Kathleen Robinson
26th 'Local Arrangement'

Milnthorpe Methodist Church - JUNE Sunday Services 10.30 am

5th Mrs Kathleen Robinson
12th Mr Richard Pater
19th Mr Edwin Holwell
26th Holy Communion - Rev Bill Seville

Christ the King RC Church, Milnthorpe & Our Lady of Lourdes RC Church, Arnside

Father Dan Darragon Tel: 62387

Mass Times:

Saturday 5.30 pm Milnthorpe
Sunday 9.00 am Milnthorpe
10.30 am Arnside

Confession: Wed after 10.00 am Mass (Arnside)
Sat 11 - 11.30 am (Milnthorpe)

Friday Coffee Mornings: 9.30 - 12 noon at Milnthorpe Methodist Church

Join us for a Fairtrade cup of coffee, tea or hot chocolate.



Fair trade products stall. clothes, books, bric a brac.

St Thomas' Church, Milnthorpe

Special Services, Events and News



The lovely month of May is past, having welcomed the blooming of so many beautiful blossoming trees, especially cherry and horse chestnut, hawthorn and blackthorn hedges, with greenery and wild flowers abounding ... did you see the bluebells in the woods?

Now we have June, month of beauty and romance, with long summer days (and soon half the year has gone!). We are fortunate to live in the beautiful area of countryside and sea. Poet John Keats said "Beauty is truth-truth, beauty – that is all ye know on earth and all ye need to know". We thank God for the beauty around us in Cumbria, and the many churches, large and small, many built so long ago, yet still available to all of us.

Special days and services in May are remembered and on that very special VE Day we gave thanks for the end of the Second World War in Europe 60 years ago. Many of us can well recall that day the jubilation and where we were at the time. We give thanks for our freedom to those who GAVE THEIR TODAY FOR OUR TOMORROW. Thanks be to God.



The Rogation Sunday Service

held at Heaves Farm, by kind invitation of Roger and Carole Mason was well attended as was the previous week's United Service held at St John's Church Levens with St Peter's and St Thomas' churches. On Whit Sunday, a family service was held at St Thomas' Church...but what has happened to the term 'Whitsuntide' ? It seems to be overshadowed by the name Spring Bank Holiday the following week!

Special Meeting with VIPs

The Rt. Revd Graham Dow, Bishop of Carlisle, acted as Chairman at a full joint meeting of St Thomas' and St Peter's PCC members, held at St Thomas' Church Centre. He welcomed all, especially the Revd Doctor Arnold Browne, Dean of Trinity College Cambridge, the Ven George Howe, Archdeacon and the Revd Nigel Davies, Rural Dean. He said the purpose of the meeting was to continue discussion of the appointment of a new Minister for Heversham and Milnthorpe parishes. Statements towards this had been prepared in the two parishes, with profiles made for each church ready for the applicant. Copies of these were viewed at the meeting along with discussion, and followed by statements by the Bishop.



At the May meeting of Milnthorpe-with-Heversham MU, Joan Ellam led the service, and introduced Matt Taylor of NISCU, who gave the Bible reading on the Parable of the Sower. He later gave a presentation of the work done in schools of South Lakeland, and introduced his co-worker Paula Pearson, who also spoke. They visit 46 schools in the area, presenting Christianity with the Bible to children at assemblies, youth clubs, Quest Clubs, other occasions and also organise Summer Camps. Both were thanked by Pat Radcliffe.

During the business meeting Mrs Ellam said that letters of thanks had been received from Furness and Lancaster hospitals for the 'gowns of love', also for donations to the Away from It All Holiday Scheme. MU Deanery Leader Shirley Payne had visited

Zululand and had seen much suffering and poverty there.

On May 10th, several members had visited Liverpool and attended a service at the Cathedral – the sermon by the Revd Canon Toby Forward had included much praise for the worldwide work of the MU.

The closing meeting on June 8th at 2pm at St Peter's Church will be a service of Holy Communion, conducted by the Revd Bob Wilkinson and followed by tea.

Members are asked to bring savouries/cakes etc towards this.

The New Youth Club

continues enthusiastically, and has held the young peoples' committee elections. The secret ballot resulted in – from School Year 10 – Matt Watts; Yr 8 – Greg Knight; Yr 7 – Becky Waites and Jack Lashley. The committee will be involved in steering club activities and arranging fund events.

More than eighty Senior Citizens

attended their annual Party, held at the Memorial Hall, and enjoyed a delicious High Tea of ham and chicken salad, scones, cakes and trifle prepared by the Senior Citizens' Party Committee. Later a display of ballet dancing was given by the children of Rigney Bank Ballet School, followed by a programme of music and song by Norman Johns of Arnside. Oldest lady present was Mrs Margaret Jackson and oldest man being Mr Alfred Richardson; each received a large basket of fruit. Thanks are expressed to the special party committee for their work.

Fundraising Staff at Forbuoys Newsagents

recently raised £550 for Breast Cancer Research from their 4 mile walk, and a further £330 towards Christmas on the Green 2005 from their raffle.

The Christmas on the Green Committee

was re-elected at the Residents' meeting along with Chairman Mark James, Secretary Pat Barnes and Treasurer Geoffrey Gregory.

At the recent Residents' Association

meeting, a report from the Police stated that the refurbished Police Station is open with 23 Constables, 3 Sergeants and an Inspector on duty at various times. A Sports Festival organised by Cumbria Police and SLDC is to be held at Wings School, Whasset on Saturday 30th July. 12 local schools have been invited to attend, and compete in a variety of sports. The Army Youth Team will be present and erect an assault course. The event is open to all residing in Milnthorpe, Endmoor, Burton and Arnside areas.

A Public Meeting held on May 4th

attended by over 40 people was to discuss the future of Milnthorpe Memorial Hall, at present without a leaseholder. In attendance were Carl Glynn of Voluntary Action Cumbria, and Gordon Wilson, secretary of the Milnthorpe Memorial Hall Management Committee – who outlined the duties of the hall as a charity, with its Trustees responsible for keeping the rules of the Charity Commission. He detailed its previous and possible use. Questionnaires were circulated and further meetings arranged. The public meeting was followed by a meeting of interested parties with a committee of 20 formed under the name "Friends of the Memorial Hall" – with Chairman Steve Watts; Vice Chairman Helen Lashley; Secretary Dianne Chaplow and Treasurer David Ryder. Please see the pinboard.

Mary Davidson

Friends of Milnthorpe Memorial Hall
**Would you use the Memorial Hall
in Milnthorpe for
Leisure/public/private functions?**

If so, please state your interest in writing to:

FOMMH, 10 Dallam Chase,
Milnthorpe, LA7 7DW

St Peter's Church, Heversham

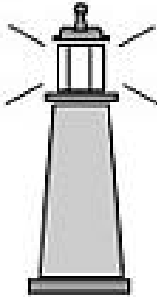
Special Services, Events and News

St Peter's Parish Church

What Next?

A Fun Day
for Children
aged 5 - 11 yrs
Friday 26th August
at the Athenaeum

>>>>>More details
in the next issue of
the Parish News



WOW -

WINDOW ON THE WORLD

The next meetings will take place on:-

Mon 6th June, 7.00 for 7.30pm at **Ron and Rhona's home**, Ellerslie, Woodhouse Lane, Heversham. (Focus on **NISCU** - Northern Inter-Schools Christian Union, **Ellel Ministries** - healing and discipling, **Bibi** - working for Wycliffe Bible Translators in Togo and Benin, West Africa (currently studying in Germany).

Mon 4th July, 7.00 for 7.30pm at **Pat Radcliffe's home**, Sunny Vale, Heversham
Please come along and find out more about the worldwide church.

Rhona Rutter

A Visit of Terry & Pancha Barratt

our link missionary in Chile takes place on July 24th at the morning service where we will hear of the work of Terry and Pancha in Vina del Mar. Although Terry's life began in Falmouth his life was an international affair from an early age. His parents served God for most of their years in three countries Chile, Argentina and Paraguay.

Terry was ordained in S. America and pastors San Pedro church in Vina del Mar and oversees several other churches. His other passion is SEAN of which he is International Director. This stands for Study by Extension for All Nations. It was the brainchild of his father, and began in N. Argentina as a programme of self-instructional Christian teaching material in Spanish for local leaders. Now translated into many languages, it has lifted academically deprived people to new heights of achievement.

Pancha is the sister of another S.A.M.S. Mission partner in Chile, Alf Cooper. She and Terry were both widowed before God brought them together in marriage in 1996.

Chris Bennett

NEWS FROM NIAS ...

Tsunami - earthquakes - the island of **Nias** (off the coast of Northern Sumatera) is devastated. Students at the theological college in Medan have no homes to return to and no money to continue to live and study in Medan. St. Peter's parishioners have generously given a fantastic **£660** at the Indonesian evening in Feb & the coffee morning/Book Sale in May. Overseas Mission Fellowship have sent this directly to the college in Medan for immediate use. eg, £100 will pay for 2 students to be library assistants for 4 months. **THANKS!!**

Thelma Mitchell



Heversham Village Children's Sports Day

will take place this year on
Saturday 18th June

on Dallam School sports field Heversham. The event will commence with the judging of the children's fancy dress competition at 1.30 pm and will be followed by the traditional sports.

The afternoon is for the enjoyment of all children up to the age of 15 years who live within the Parish boundary, children who attend or have attended the village school and their siblings.

Contributions of cakes, biscuits or tray bakes for the cake stall or offers of help with the sports would be much appreciated.

The Committee extend a warm welcome to all the spectators at this annual event.

Please call Christine Gibson on 62231 with any questions.

MALAWI Evening at the Old School

CURE hospital in Malawi and an orphanage in the south of the country were the focus of the Malawi Evening in the Old School. Slides were shown of children in the hospital, were they were receiving orthopaedic help for many deformities. Testimony of the work done in this Christian hospital, where there is emphasis on spiritual well being as well as physical help. Malawi is a country of 12,000,000, were there are only three consultant orthopaedic specialists, which gives you an idea of just how vital this work is. Also pictures of children in an orphanage run by a Malawian who just opened his home to those who had lost their parents mainly due to HIV AIDS. He now has 108 children. His work is a testimony of faith and God's provision often in desperate situations. Thank you to all who supported and gave so very generously.

The evening was rounded off with some examples of Malawian food!!

Chris and Elizabeth Bennett

The Playbus

is coming to Heversham
parked by Dallam School

on Thursday 2nd June

from 11am – 1 pm

and 2 pm – 4 pm

for ages 0 – 11 years

Places may be booked
on the day

(12 places max per session)

Playbus mobile : 07971 658339

Coffee Time @ The Old School

Next to St Peter's Church, Heversham
Tuesday 14th June & 12.th July
(not in August)

10.00 - 11.45 am

Call in for a Cup of Fairtrade
Coffee 50p
- cakes and chat -



Traidcraft stall

ALL WELCOME !
Run by the Coffee Time Team



St John's Church, Levens

Special Services, Events & News

St John's Levens PCC

met on 10th May. The meeting started very thankfully by welcoming Liz Addison as the new Minute Secretary. This appointment is a great weight of many minds and we're very grateful to her. We then proceeded as usual, including a finance report, a fairly long and detailed discussion on our family services and how these can best be presented, including the possibility of changing the time of the service, and perhaps even the time of all services! How would this be received? – comments, please, to any PCC member. Two more people – Chris Band and Robin Orr – were approved for assisting with the chalice. The Bishop now has to authorise these. The most recent meeting of the Kent Estuary Shadow Team council (Lay representatives meeting) was reported; so was the "Section 12" meeting, to approve their parish profiles, in connection with the appointment of John Hancock's successor at Heversham and Milnthorpe. This mainly concerned those two parishes and is probably dealt with more fully elsewhere, but there were representatives from the other interested parishes also present. Coming services were listed, including the possibility of a Confirmation service in July – more details, if wanted, from Canon Hancock. Assorted work needed round the church was reviewed. We settled our next meeting for Wednesday 6th July.

Doreen Hughes Gain

St John's Church flower rota is displayed at the back of the church.

Christians Together in Levens
The Monday Group meets in
Levens Methodist Church 10.15 am
except Bank Holidays and July & August

Levens Methodist Church

Thanks to a wonderful response the chapel was filled with a fantastic display of talents at our recent Festival of Talents. It was truly amazing what was loaned to us by so many talented people in our small village. A steady flow of visitors showed their appreciation of the Festival and also stayed to visit the stalls and enjoy the refreshments which were available in the Institute opposite the Chapel. How fortunate we are to have the hall so near that we can make use of both buildings on such occasions.

We express our thanks to all who helped in any way, and to Susie & Hal Bagot who supported us so well and performed a rather damp but enthusiastic opening ceremony. The end result of such an event, as well as all the pleasure given, was a sum of £1,138.00 towards our Development Fund. THANK YOU EVERYONE once again

On Sunday, 26th June,
Chris & Shirley Band are opening
their garden at Orchard Cottage,
Hutton Lane, **Levens**
for St. John's Church & Cancer Care
from 11am - 4pm.
Admission £2.
Refreshments (tea/biscuits) in the
Institute after midday.

The Sight Advice Bus will be at the bus stop, Levens, Monday 13th June 1.30 – 3.30 pm.

A range of equipment to help with sight problems will be on display: clocks, talking watches, large-buttoned telephones and many more aids; also information on activities for visually impaired people. For more information, and for anyone who might wish to help those with sight problems, contact Scott or Catherine at S.L.S.B. Stricklandgate House, Kendal - 01539 742633.

Levens Over 60s Club

At the April meeting members enjoyed some virtual time travel when Mr Trevor Hughes gave a slide talk, “Kendal Now & Then – Part 1” Trevor has transferred his entire slide archive to compact disc. A computer controlled projector scans these, re-creating a virtual image on the screen, to which captions, text, dates, etc., can be added. All this technical wizardry, together with Trevor’s infectious enthusiasm, local knowledge, dry humour & interaction with the audience makes for a lively presentation of absorbing interest. Comparison between old engravings, paintings, black & white photos, and present day colour slides gives a vivid picture of the changes that took place, especially during the last century.

We saw some of the fine old buildings that have survived, & some that did not, and heard tales of their owners, architects & builders, and other characters that have left their mark on Kendal’s history. When motor transport replaced horses, many drastic changes began. Old coaching inns closed. The famous King’s Arms became a branch of Marks & Spencer’s (now Bewise). Great clearances took place after WW2 & now shops give way to shopping centres. None of Kendal’s old “yards” now runs down to the river. When the Council demolished New Bank Yard for a car park, the Kendal Civic Society only managed to save one of the unique old houses, but this battle did lead to more cooperation in conservation, as at Colin Croft & Dr Mannings yard. Sadly some worrying changes in this relationship occurred recently. The price of conservation, like liberty, is eternal vigilance!

P.C. Edwards

The British Legion Members’ Barbecue will be on Wednesday 8 June at Grove Cottage, Levens, at 7 pm



Levens Tennis Club

The Open Day on May 8th was a great success with many new people coming to try their hands, and several players deciding to join the club on the spot.

Don’t forget the Levens Open tournament – late entries still accepted. Only £2 to join, whether or not you are a club member. Ladies’, men’s and mixed pairs accepted for the doubles handicap event (and we will find you a partner if you wish). There are cups to be won in singles and prizes for doubles winners and runners up. This is a friendly, relaxed event which you play in your own time and everyone should enjoy. The finals will be held in August or September.

Ring Alison on 60840 to enter or for more details.

Alison Edwards

Crossways Crafts meet in Levens Methodist Church every Wednesday from 10 am to 12 noon – coffee served – all welcome.

Next Over 60s Club Meeting - Levens Over 60’s Club coach outing will be on Tuesday 28th June – see Post Office window for details. No meeting this month.

More News



MILNTHORPE MEN'S FORUM

The Society was founded in 1989 and membership is open to men over 18 years of age. The main functions of the Forum are to promote good fellowship, to support local charities and to work for the general good of the community.

Meetings are held on the third Monday of each month at the Cross Keys Hotel at 7.30pm when an invited speaker delivers a talk to the members.

Other activities also take place throughout the year in which Members' partners are also invited to participate.

Each year the most important activity of the Forum is the organising and running of the Annual Art Exhibition which is held in St Thomas' Church, and although the exhibition is promoted by the Men's Forum, it relies, to a very great extent, on the active support of the many people (both men and women) from within the local community.

If you would like to join the Men's Forum – the next meeting is a Barbecue on Monday 20th June - or if you would like to assist in helping with the Art Exhibition please contact the Honorary Secretary – Tony Liddle, 'Lea Bank', 6 Windy Hill, Milnthorpe, LA7 7PZ. Tel: 64084

19 members of MMF enjoyed a very interesting presentation by their Chairman, Brian Taylor entitled 'From Steel works to the City'. This covered his career from his early days working in the steel industry at Motherwell, to a senior position with a stockbroking firm in the City of London.

Cumbria- Westmorland Federation of WIs invite you to a Flower Festival in Cartmel Priory 28th – 31st July "This Green and Pleasant Land" To Celebrate 85 years of WI

Thurs 28th 11.00 am – 5 pm
Fri 29th & Sat 30th 9.30 am – 5 pm
Sun 31st 12.30 pm – 4 pm

Refreshments Available

Admission by programme £4.50

Sponsored by Cumberland Building Society

Milnthorpe Country Market (formerly W.I. Market)

10 am—11.30 am

at Cross Keys Hotel -Upper Room
(easy access from the car park)

We welcome customers old & new



A big thank you to everyone who contributed to the Bags to School clothing collection – we made an incredible £147 for PTA funds.

Milnthorpe Primary School

Milnthorpe Nursery For Pre- Nursery Children Every Wednesday 2 – 3 pm

Milnthorpe Nursery is offering opportunities for parents of pre-Nursery age children to bring their child along to the Nursery for his time of the week. It gives the children a chance to get a feel for the Nursery environment prior to their admission in the autumn. Parents will be expected to stay with their child for the hour so they themselves can experience the atmosphere of the Nursery. We charge a nominal fee of 50p per session per family.

Date for your diary

16th Milnthorpe Art Exhibition
St Thomas' Parish Church

Thursday 28th - Sunday 31st July



SPOTLIGHT ON SPORT

Kent Valley Road Club

meets regularly on a Wednesday evening at 7.30pm opposite the fire station in Milnthorpe for a 10-mile time trial south along the A6 to Yealand & back. Other, open events are arranged on a regular basis including rides to Shap summit - for the very fit, or just a shorter 'hilly' to the old Jungle Café from Kendal. A 25-miler is often held from Levens Brow lay-by along the A590 to the Meathop roundabout and back. The 110 or so members, who mostly come from the Westmorland area, can also take part in runs out at weekends which vary from 30 to 50 miles depending on weather conditions. Many enter road races up and down the country. Membership is £10 a year for seniors including insurance, and there is a nominal fee for juniors from 12 years old. Details from Secretary Derek Tunstall on 01524 781864

COMMUNITY CONSULTATION for
 \ PROPOSALS
 will be held at
 THE COMMUNITY
 DEVELOPMENT CENTRE (CDC),
 MILNTHORPE PRIMARY SCHOOL
 from 21st June to 13th July.
 Centre opening times are
 Tuesday 12-3pm Wednesday 9-3pm
 Thursday 9.30-1.30pm and 6-9pm
 Other times will be made available for
 details please phone 015395 64896

COME AND SEE THE PLANS FOR THIS
 EXCITING DEVELOPMENT
 IT AIMS TO BE A FOCAL POINT FOR
 THE LOCAL COMMUNITY OFFERING
 INTEGRATED CHILDCARE,
 EDUCATION AND HEALTHCARE
 WE WELCOME YOUR VIEWS AND
 COMMENTS

Weather in March and April 2005

Data recorded in Levens by Margaret & Dermot Barton

Temperature	Lowest Minimum	Average Minimum	Average Maximum	Highest Maximum
March	-4°C	0.5°C	9.0°C	18°C
April	-1°C	4.1°C	13.7°C	21°C
Rainfall	March 92.2 mm	April 114.2 mm		

Temperature figures for March are for the first half of the month; we were away during the second half. Recorded March nights were cold; night temperatures were zero or lower on 11 out of 16 nights. Total rainfall for March and April was higher than in 2004.

Data recorded in Heversham by Mike Warren

Temperature	Lowest Minimum	Average Minimum	Average Since 1987	Highest Maximum	Average Maximum	Average Since 1987
March	-3.7°C	3.9°C	2.9°C	18.1°C	11.5°C	10.5°C
April	-1.2°C	4.8°C	4.3°C	20.1°C	13.8°C	13.6°C
Rainfall	March 50.2mm	97.7mm		April 69.3mm	67.9mm	
Sunshine	March 71.2 hours	87.8 hours		April 120.1 hours	112.7 hours	

What is Osteopathy ?

Having recently established an Osteopathic practice in Milnthorpe, it was suggested that I might write a small article about my work.

Osteopathy began in 1874. Its founder Dr Andrew Taylor Still intended it to be a complete system of medicine, having become disillusioned with the orthodox approach in which he had been trained, owing to its crudeness at that time.

Dr Still had a strong Christian faith and it was his belief that God would not have created a being in His own likeness, which was not perfect. This led him to look for underlying and predisposing causes to illness in his patients. He came to the conclusion that faults within the musculo-skeletal system were impeding the body's circulatory and nervous systems, to the extent that the body was not able to fight off disease. Although this seems simplistic, it proved very successful and the first British school of Osteopathy opened in 1917.

It is not accepted that joint and muscle problems, which are not resolved in a matter of weeks, begin to have a detrimental affect on the local circulatory and nervous systems which are associated with them. This interference of blood and nerve supply causes a deterioration of joint cartilage and ligaments as well as fibres within the muscles. Premature osteoarthritis can also develop. We understand a lot more about the immune system. An impeded circulation can indeed interfere with this making us more prone to problems, for example in the respiratory and digestive systems.

Today's Osteopaths not only learn the diagnostic and treatment techniques of the founder but also ways that these have been developed and improved upon in the ensuing 130 years. They are also trained in the systems of clinical methods and diagnosis used by modern day Doctors.

So, although people now usually consult an Osteopath for help with a joint or muscular problem, they can also receive constitutional benefits from the treatment.

Ralph W. Sutton D.O.

schools' news

where we invite the local schools to take turns each month sending in their news to tell the whole community.

from Kip McGrath Tutoring

Revision tips from 'Kip'

Every student in the country must take a National Test at some stage but if you're prepared there's no need to worry. It's time to plan ahead and set aside time for revision but before you start it's useful to know how you learn best as people learn in different ways.

When you spell do you try to 'see' the word in your mind, do you 'sound' out the word, or do you write it down on paper to see what it looks like? Visionary learners learn best by seeing, while auditory learners listen so setting facts to music or 'rapping' out spellings will be a good way to learn for them. If you learn best by doing, then you are a kinaesthetic learner and you need to make your revision active by, for example, placing post-its with little bits of information all over the house.

Anxiety about exams is one of the main obstacles to success. To keep stress levels low prepare well to feel confident. Revise with other students to reassure you that you are not the only one who feels the way you do. Turn to teachers who can help you plan what areas you need to revise. Talk to someone you can trust like friends and family.

Like a top athlete, physically and mentally prepare yourself for what you have to do. Drink lots of water, exercise regularly and sleep well. GOOD LUCK.

Useful websites: www.learning-power.co.uk and www.revisionaid.co.uk

Morag McRoberts, Centre Director at Kip McGrath Professional Tutoring, can be contacted for a free assessment in reading, spelling, English or maths on 01539 724000.



PARISHes' Pinboard



Cream Tea
Sunday 26th June
at 2.30 pm
at Plumtree Hall
Heversham

Any offers of help or stock for stalls:- cakes, plants, bric-a-brac will be gratefully received.
Audrey Wynne, 63244.



Milnthorpe Primary School PTA
invite you to the

Summer Bonanza
Friday 1st July from 2.00pm
Stalls – Face Painting –
Bouncy Castle- Raffle etc

ALL WELCOME

Friends of Milnthorpe Memorial Hall

Car Boot Sale
Cross Keys, Milnthorpe
Sunday 19th June 8am
Cars £7, Vans £8
Enquiries: 078552 38853



Date for your diary:
Heversham House
Annual Cream Tea
Sunday 10th July-
Details in Next 'News'

Enjoy a Spring Bank Holiday (30th May)
walk with Roger Bingham, leaving
Milnthorpe Methodist Church at 9am –
Beetham – Dallam Park and back to the
church for brunch.

Cost £3 each for the walk (includes
brunch). Approx 1 ½ - 2 hours walk.
tel 63581 or 63179 for more info.

ARC– for Arthritis Research

Coffee Morning

Saturday 11th June 10 am – noon
Storth Village Hall
Usual stalls

Contributions especially cakes
welcome on the day
or contact Mrs Joan Bailey 62690

Entrance 50p to
include a cup of
coffee



Westmorland Croquet

Club welcomes new
members, including
beginners, to its lawn
in the lovely gardens
of Levens Hall. Members are able to
play on several evenings a week –
details from Peter Wardle on 62370



<p>Sue Howsley Interiors Tel: Miln 62626</p>	<p>Tracie Penwarden Soprano Available for all occasions Weddings, Funerals etc Teacher of Voice & Piano Tel: 0779 966 0145 for details</p>	<p>Arabica Coffee House Beetham Road, Milnthorpe Tel: 62151 <i>Drinks, Snacks, Buffets, Take-away, Funeral Teas</i></p>
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<p>Carr Humphreys architecture Park Road, Milnthorpe 015395 64455 Chartered Architect</p>	<p>Richard Davis Mobile Blacksmith Commissions . Fabrications. .Maintenance . Repairs . Small Jobs. T: 01524 735372 or 0797 395 7966</p>	<p>www.photoideas.co.uk 35mm slides scanned onto CD /DVD coming soon ! mail@photoideas.co.uk</p>
<p>Milnthorpe Art & Copy Shop Ltd Artist Materials & printing Nicki & Paul Brown - Tel: 63292</p>	<p>HALE GARAGE  Main A6 Rd. Hale New and Used Car Sales Service & Repairs Bosch KTS Computerised Diagnostic Equipment Petrol and Diesel MOT & all your motoring needs Tel. 62173 & 62839</p>	<p>The Blue Bell, Heversham is open every day for morning coffee, lunches and dinners. We are extending our ever popular Dine for £5.00 lunches Mon to Fri and introducing our latest restaurant promotion: Early Supper & Dinner Menu from 5.30 pm to 6.45 pm any day subject to availability 2 courses £10.00 or 3 courses £11.95 per person Info/Reservations tel 62018</p>
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<p>Bed & Breakfast in Beetham No room for family and friends when they visit? Stay at Barn Close, Beetham <i>Featured in Alastair Sawdays</i> <i>"Special Places to Stay"</i> Telephone - Anne Robinson (015395) 63191</p>	<p>Brian Baldwin- Qualified Painter & Decorator Miln 63583 or 07976 578855</p>	<p>REES TILES & FLOORING LTD UNIT 4, PRINCES WAY, LEASGILL, MILNTHORPE TEL. 015395 63422</p>
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**For Levens News: Please submit articles/notices in writing/email to Mrs Jill Butterworth, 3 Greengate Crescent, Levens, LA8 8QB
Tel: 015395 61676 email: jill.butterworth@btopenworld.com**

A 1/4 page A5 article is 130 words approx in the font of Times New Roman no 10.
The Editorial Team may have to **edit articles** due to space restrictions.

The Parish News is run by the Parish Churches of St Peter's Heversham, St John's Levens and St Thomas' Milnthorpe by: **The Parish News Editorial Team:**
Rev'd Canon John Hancock, Linda Baverstock, Jill Butterworth, Jane Cushnie, John Cushnie, Mary Davidson, Jane Fell, Andrew Lucas and Gill Rodd

Please submit articles/notices in writing/ email c/o Mrs K.J. Cushnie, Dallam Barn, High Haverflatts, Milnthorpe LA7 7DG Tel: 015395 64582
Email: parishnews@heversham.org Fax: 07092-348544
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