



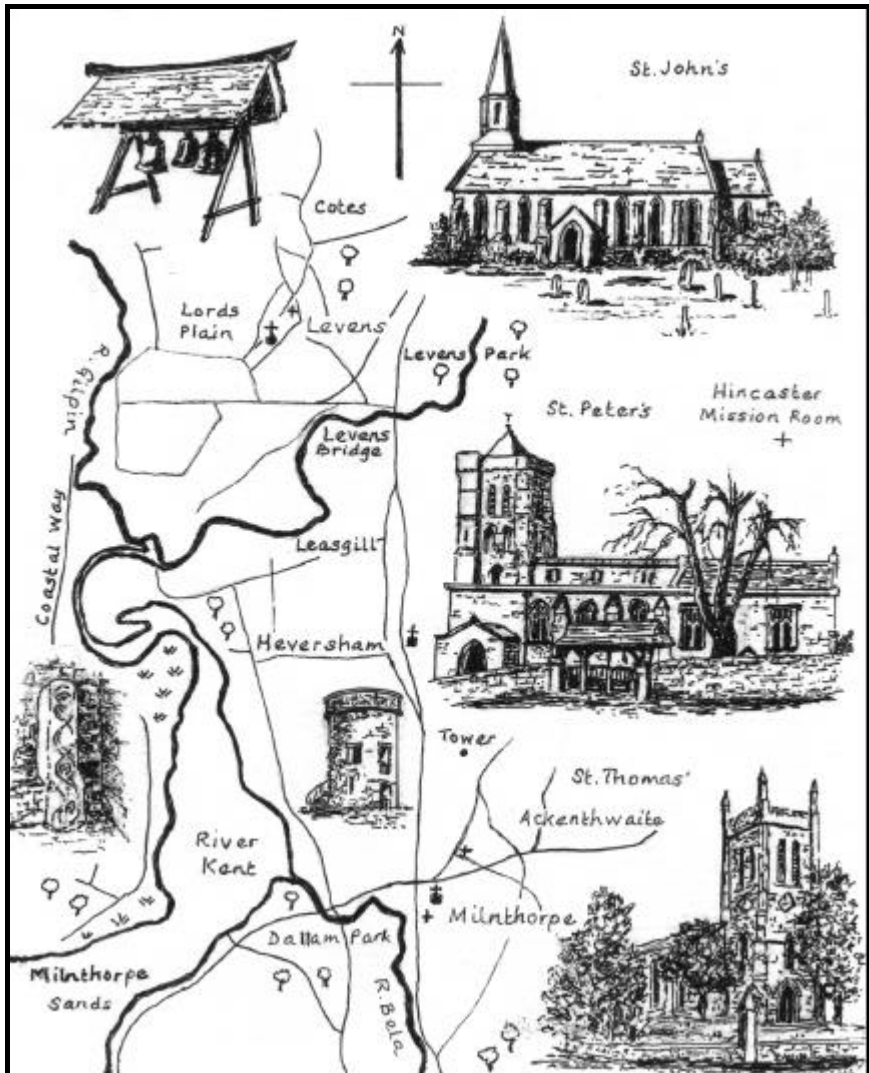
PARISH NEWS



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

Free
Circulation -
2,000

July and August 2006



**St Peter's Church, Heversham
and St Thomas' Church, Milnthorpe**

Priest-in-Charge

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Heversham, Milnthorpe, Cumbria LA7 7EW
Telephone: 015395 63125

St John's Church, Levens

Priest-in-Charge

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**St Peter's Church
Heversham**

**St Thomas' Church
Milnthorpe**

**St John's Church
Levens**

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Mr George Handley
Miss Joan Anderton

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Not applicable

**The Parish News is run by the Parish Churches
of St Peter's Heversham, St John's Levens and St Thomas' Milnthorpe
by The Editorial Team: Linda Baverstock, Jill Butterworth, Revd Ruth Crossley,
Jane Cushnie, John Cushnie, Mary Davidson, Jane Fell, Gill Rodd & Revd Susan Wilson**

Email: parishnews@heversham.org Tel: 015395 64582



Songs of Praise

on Milnthorpe Green

Sunday July 2nd

at 6.30 pm

with Flookburgh Brass Band

EVERYONE INVITED

in the parishes

of the Kent Estuary

Some seating provided

but bring a chair if you can

Refreshments afterwards

For the SEPTEMBER issue
please submit
articles/notices in writing or email
by 15th AUGUST please -

c/o Mrs Jane Cushnie, Dallam Barn,
High Haverflatts, Milnthorpe
LA7 7DG Tel: 015395 64582
parishnews@heversham.org

Fax: 07092-348544

(emails receive a confirmation email)

For Levens News:

Please submit articles and notices
in writing or email to
Mrs Jill Butterworth,

3 Greengate Crescent, Levens, LA8 8QB
Tel: 015395 61676

jill.butterworth@btopenworld.com

We have recently welcomed two new Priests-in-Charge - the Reverend Susan Wilson to the Benefice of St Peter's Church Heversham and St Thomas' Church, Milnthorpe and the Reverend Ruth Crossley to St John's Church Levens. For a change for this summer issue, instead of the Pastoral Letter, they both kindly agreed to share a chat about their recent arrivals here - please see overleaf.



“Thank you for joining us Susan and hope that you have received a really warm welcome in Milnthorpe and Heversham since you have arrived – and how are you settling in?” Very well. I’m glad you said ‘settling’ rather than ‘settled’ as it is going to take some time to really get to know the area and the people in it. However, I have really enjoyed the first couple weeks. People have been really friendly and welcoming, extremely open and I have thoroughly enjoyed every moment of my new life.

And have you had plenty of chance to talk to people in the villages, at church, at coffee ?

Yes! I’ve had a chance to talk to so many people, which is hugely different from my previous life, but is one of the most enjoyable parts of what I now do. I have spoken to so many people about so many things from very practical to very deep, which has been great...I do hope it continues.

If people would like to talk to you and haven’t had the chance to yet personally, can they call in at the Vicarage, or is it best to phone ahead to be sure that you are there? It would be better to ring, because a lot of my time is spent out and about, meeting and visiting people and I’m not in at set times. Please do phone and leave a message if I’m not in...I’d love to hear from you...

And have you decided that you will take a day off within the week ? Well, I keep being told very firmly by other clergy that I should, but up to now it hasn’t happened...but I’m sure it will. I love walking and when I’m out it not only gives me a chance to recharge my batteries, but also helps me experience the awe and wonder of God as I see him in the wonderfully dramatic scenery which surrounds us here. It’s super to be high up on the fells and hear and feel the silence: to have time to stop and absorb it. If I am to do this job as well as I can, then having some time to be refreshed will be important - after all, if Jesus needed to get away at times, I definitely will!!

And would you say that, in terms of your life, that things have changed – where you were living and the work you were doing ? They have! It’s a major change. As you know I have been involved in education for many years, and for the last 15 months, I’ve been driving about 600 miles a week on very busy roads and motorways whilst looking after about 22 schools. I don’t miss driving one bit and it’s great to have time to spend listening and talking with people. Life is just as hectic, it’s as busy and I’m working as many hours as I did before but it is much more enjoyable - rather than always being in a rush. I can now spend quality time with people and be involved in a wide range of activities - church and community. I don’t regret in the slightest not having to write endless reports in triplicate - writing a sermon is much more enjoyable! I have had the odd pang of homesickness for the West Country especially when I look at the weather forecast, but with modern technology – email, texts and phone calls, the lines of communication are still open. So yes, it has been a tremendous change, but one I don’t regret.

It’s the people that make the area, not just the view, isn’t it !

Yes, the people are the reason I am here. To share the good news of the gospel we need to be with people ...I did wonder whether coming from the south and being a woman would be a problem...but people have been really gracious and my worries seem to have been unfounded.

You spoke in your Pastoral Letter in the last issue of the Parish News of a Christian journey, so do you feel that you are on the next step...?

Journeys are sometimes strange things aren’t they, we might have a plan of where we want to go, but God’s plan for our life journey is often so much better than the one we’d thought of!- if we’ll let him lead us. Coming here has been a major journey physically, but having taken the step of faith to come here, God has done all I could have expected and more to make me feel I’m on the right path. Perhaps it’s just as well we don’t know all that is to happen ahead of time...but experience tells me that if we do step out in faith, and follow God’s prompts and directions, He will always honour it. We may not be able to see every step of where we are going very clearly, but looking back, we can see where God has been leading us just as clearly as if we were looking at a well lit runway...so all I can do, is see where I’ve come from and trust God for what will happen in the future - both for me and for all of you.”

Susan chatted with Ed Team member Jane Cushnie

“Welcome Ruth, with your combined responsibilities as Priest-in-Charge and Bishop’s Advisor on Continuing Ministerial Education, an obvious question is: You must be very disciplined to fulfil this dual role?”



Yes, there has to be discipline - to cover the things that have to be done: the things that I feel called to do and want to achieve, to meet the everyday demands and to keep some balance for personal well-being to enable me to accomplish all this effectively. The dual role does offer much, though: the possibility of practising the priestly and pastoral functions and the opportunity to use my experience as a trainer to help others.

What was your experience in training? With Barclay’s Bank: immediately before my own study for ordination, in training managers and their support staff to develop a new way of working, to work from home, to make full use of new technology and to be more reliant on their own, without always having the back-up of an office around them. This work took me all round Britain. I was also involved in coaching people to discover their own personal training and development needs as well as running training courses for staff: in that way it links very closely to that half of my present job.

And the other half of the job? Have you always been aware of a vocation to ministry?

Worship has always been special to me, from childhood. An early role model was a nun who worked in pastoral care in the parish, and early on in my teenage life I did think I might be a nun. I have always been fully involved in church life, in things like teaching Sunday school, running youth groups helping with Baptism preparation etc. When I went into the bank it was with a feeling that this was not yet the work that I really wanted to be doing. I trained as a children’s nurse, but when I came back to Allithwaite to look after my family there was no opportunity to continue nursing so I returned to the bank. Survival from a serious road accident reinforced my feeling that I was intended to do other work, and my sense of vocation grew, much later after a move to Penrith with my husband, the time to follow God’s call came and I began to train for the ministry.

In your first service in Levens you preached on prayer. Do you feel that this should perhaps be given more importance than it sometimes is in modern life?

Prayer is fundamental. I practise it in church and at home. One of the things about Celtic Christianity is that in a most practical way there is a prayer for everything, for every activity. The other day in school the children and I practised St Patrick’s Breastplate: “.. Christ before me.. Christ behind me ...” They were able to perform the actions, making their prayer a living activity.

Is there anything particular you enjoy, like gardening or music, when you are trying to recharge and balance your lifestyle? My husband is the gardener! I enjoy walking, cooking and entertaining, and seeing the family. When we are on holiday I enjoy reading, non-fiction rather than fiction, I play the piano a little and we listen to a wide range of music.

Is there any anything special which you have set out to accomplish, in coming to Levens?

It is far too soon to ask or answer that. Except to say two things we are ALL involved in God’s mission to the world, if there is anything to be done, WE will plan and do it TOGETHER. Ideas for change and growth have to come from the church and the community. Above all now, I want to listen, and listen, and listen. Of course, I can only listen if people talk to me! I do want everyone to talk to me, to talk, as I am moving round the village, to come to the vicarage and talk, to phone me up! It is not possible to divide the week into pastoral days and training job days, Fridays may be to some degree a recreational day when we may go and see our family, but answer phones are useful at times when I am not instantly available.

You have been very kind in answering questions. Is there anything particular which you would like to say to us? To say again that I do want to listen; and that development and growth in faith has to start with the individual, after all the meaning of disciple is learner. We all have to recognise that, in all things, we have to start with ourselves, gain in confidence then in word and deed show God’s love to those who want to experience it or who would listen, and then we can watch what God will do”.

Ruth spoke with Ed Team member Jill Butterworth **5**

Services at St Peter's Heversham, St Thomas' Milnthorpe and St John's Levens

Regular Prayer Gatherings

Tuesdays:	Healing Prayer Ministry	10.35 -11.45 am	at Heversham
	Informal Prayer Gathering	1.00 pm	at Milnthorpe
Mon-Fri:	Morning Prayer	8.15 am	at Levens
Saturdays:	Informal Prayer Gathering	7.45 am	at Heversham

July 2006

Sunday 2nd - Third Sunday after Trinity

Holy Communion	8.00 am at Milnthorpe
Family Service	9.30 am at Heversham
Parish Communion	10.00 am at Levens
Parish Communion	11.00 am at Milnthorpe
Songs of Praise	6.30 pm on Milnthorpe Green

Sunday 9th - Fourth Sunday after Trinity

Holy Communion	8.00 am at Heversham
Parish Communion	9.30 am at Heversham
Family Service with Baptism	10.00 am at Levens
Parish Communion	11.00 am at Milnthorpe
Barbecue Lunch (see page 9)	12.30 for 1.00 pm
Praise and Worship	6.30 pm at Heversham
Fr 14th Meeting with for K/E PCCs (see page 9)	7.30 pm at St Peter's Church

Sunday 16th - Fifth Sunday after Trinity

Holy Communion	8.00 am at Milnthorpe
Family Communion	9.30 am at Heversham
Parish Communion	10.00 am at Levens
Family Service with Baptism and Communion	11.00 am at Milnthorpe
Tues 18th School Leavers' Service	2.00 pm at Levens
Wed 19th School Leavers Service	2.15 pm at Heversham

Sunday 23rd - Sixth Sunday after Trinity

Holy Communion	8.00 am at Heversham
Morning Prayer	9.00 am at Hincaster
Parish Communion	9.30 am at Heversham
Parish Communion	10.00 am at Levens
Parish Communion	11.00 am at Milnthorpe

Thurs 27th - Sunday 30th The Annual Art Exhibition at St Thomas' Church and at Dallam School, Milnthorpe (see page 11)

Sunday 30th - Seventh Sunday after Trinity

Holy Communion	8.00 am at Milnthorpe
United Parishes Communion for St John's, St Peter's and St Thomas' Churches	10.00 am at Heversham
United Service of Praise (Christians Together in Levens)	6.30 pm
	Levens Methodist Church

July and August Sunday Services 10.30 am (unless stated)

JULY Milnthorpe Methodist Church

2nd Rev Don Cross
6.30 pm - Songs of Praise on Milnthorpe Green
9th Mrs Barbara Fryers (NCH Sunday)
16th Mr Bernard McKee
23rd Rev Bill Seville (Holy Communion)
30th Dr Don Spivey

Levens Methodist Church

Rev Eric Card (Holme)
Mr Brian Gray (NCH Sunday)
Mrs Christina Bartlett (K. Lonsdale)
Mrs Susan Hilton
No morning service on this Sunday
6.30 pm United Service of Praise
(Christians Together in Levens)

AUG

6th Mr Edwin Holwell
13th The Gideons
6.30 pm Songs of Praise led by Mrs Susan Hilton
20th Miss Cath Milner
27th to be arranged

Rev W Riley - Service of Baptism
Rev Rosalind Franklin (Storth)
Mr Edwin Holwell (Kendal)
Rev Bill Seville (Holy Communion)

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

The congregations of our three villages wish to extend their condolences to our Methodist friends on hearing of the passing of both Peter and Carolyn Gaskins, who were both devoted Methodist Lay preachers.

Concert

Methodist Youth Brass Band
Stricklandgate Methodist Church,
Kendal
Wednesday 16th August at 7.30 pm
For more details please phone
Anne-Marie Whitfield 63179



An invitation to **A FLOWER FESTIVAL**

with the theme: Creation

CHRIST THE KING CHURCH,
Haverflatts Lane, MILNTHORPE
Fri 11, Sat 12 & Sun 13 August

Refreshments available

For further details contact
Mary Newell 01524-782749
or Jean Birch 015395-60989

All are welcome

Milnthorpe Methodist Church

Friday Coffee Mornings
9.30 – 12 noon
Fairtrade products
and bric-a-brac/clothes/books stall

No lunch club in July or August

Weekly Bible Study/Prayer Time
9.30 am Wednesdays
For details contact Joy Bell 62985

On Friday, July 14th 7.30 pm
there is a meeting at
St Peter's Church, Heversham
for all Kent Estuary Parishes PCC
and church members,
when Bishop James will explain his
concept of 'Mission Units'.

Coffee Morning
Every Friday
10—11.30 am
at St Thomas'
Church Centre

"there's always a warm
welcome there"



Morning Prayer at Hincaster Mission Room
on the fourth Sunday of every month at 9.00 am

Sunday 13th August, 6.30 pm

Songs of Praise

led by Mrs Susan Hilton
Milnthorpe Methodist Church,
Beetham Road

All are welcome

A letter from Buckingham Palace

We reported in the April issue that we would send a card with the cover of the Parish News on to the Queen for her 80th birthday on behalf of all the readers of the Parish News. The Editorial Team have received a lovely letter of thanks from Buckingham Palace. You may have already seen it displayed in church or in St Thomas' Church Centre.

Strawberry Cream Teas
at Levens Methodist Church

Watch for dates on
village notice boards



S.P.A.C.E.

St Peter's Activities & Church Events
would like to invite members of
St Thomas' and St Peter's Churches

to a Summer Barbecue Lunch
on Sunday 9th July
12.30 for 1.00 pm

at Barn Close, Beetham
(home of Mike and Anne Robinson)

Barbecue, Salads, Puddings
Soft Drink or Glass of Wine
Tickets: Adults £7, 10 yrs + £3
Under 10s - free

Tickets available in church
or at Friday Coffee Mornings

join with us for lunch in the garden -
a chance to meet, share a meal
and chat

(Bring a chair if you can
and try to car share please)

Christian Solidarity Worldwide (CSW)

Voice for the Voiceless

- promoting religious liberty for all and speaking up on behalf of over 200 million Christians around the world who are silenced by oppression and discrimination. Some are even tortured or killed.

North Korea

CSW pioneered and coordinated *The Global Week of Prayer for North Korea 2006 (19th to 25th June)*, bringing together agencies with millions and tens of millions in their memberships to this large scale call to action and prayer for the long-forgotten and unreached people of North Korea, a country long shrouded in a cloak of secrecy due to its extreme isolationist policies. Behind the North Korean wall of silence, the Communist regime has ruthlessly sought to decimate the Church through its exhaustive repression of Christianity. Human rights abuses in North Korea remain amongst the worst in the world. There is no freedom of religion and Christians are often tortured, imprisoned and murdered. Around 200,000 are believed to be held in prison camps with no hope of release. We can all lift our voices together in prayer for this land which only ninety-nine years ago was the centre of revival.

Linda Cooper

THE TALKING PARISH NEWS

If you would like a taped version of the Parish News (free of charge) to be sent to a friend or family member please telephone Jane Fell at the Optician's on 62633.

This version is kindly done for us by a team of Dallam Boarders.

online

www.heversham.org

The Parish News is also on the Heversham Village website

Christian Aid week 2006

Thank you to all who helped to raise a magnificent total for Christian Aid in the **Milnthorpe and Ackenthaite** areas during Christian Aid week. We raised a total of £1,130.00 of which £336.12 was gift aided. Well done!

Margaret Barrow and Sarah Bowers

Thank you to all who gave in **Levens**: the figure raised to date is £1,354.16 and there are still a few envelopes coming in especially from people returning from holiday. Thanks for your generosity.

Eric Larkins

This year's Christian Aid collection in **Heversham, Leasgill and Hincaster** raised £1701. This included £100 from the St Peter's Coffee Fund and from a cake stall held after the morning service on the Sunday in Christian Aid Week. The total is once again an increase on previous years.

As well as thanking all those who donated, special thanks go to the band of people who distributed the envelopes to all the houses and then returned to collect them - we hope that you feel the result justified your efforts.

Jane Clarke

Lake District Summer Music **4 - 20 August 2006**

These exciting concerts in beautiful surroundings mark the start of a Festival that provides 51 events to thrill and inspire, encompassing opera, chamber music, dance, an art exhibition, masterclasses .

For a free Festival Diary call LDSM Box Office on 0845 6 442144 or visit www.ldsm.org.uk for full information or to book online.

As part of the
Annual Horticultural Show
**MILNTHORPE & DISTRICT
ALLOTMENT ASSOCIATION**
hosts competitions for keen
gardeners living within 1.5 miles of
Milnthorpe.

BEST KEPT GARDEN (Open)

HANGING BASKET/CONTAINER

BORDER CLASS

FLORAL DISPLAY FOR BUSINESSES
(new for 2006)

More details and entry forms from
Kath Craig, 37 Church St, Milnthorpe.
Tel: 015395 64449

Judging will take place late July.
Closing date for entries 24th July
2006. Results will be announced at

the 65th Annual Show
at St Thomas' Church
Saturday 2nd
September

1.00—4.00 pm

All are welcome



Village Barbecue

held at The Athenaeum on June 17th

The Athenaeum Management Committee wish to thank those who generously donated prizes or made donations, those who bought raffle tickets and supported the barbecue. The Grand Raffle, barbecue and auction together with donations received has raised over £2,500 towards The Athenaeum kitchen improvements fund.

AND the village thank the committee for such a GREAT community event.

The 17th Milnthorpe Art Exhibition

Organised by Milnthorpe Men's Forum
at St Thomas' Church,

Milnthorpe

will take place

from Thursday, July 27th
to Sunday, July 30th

10.00 am to 7.00 pm Thurs to
Sat

10.00 am to 3.00 pm Sunday

schools' art
showcase

showing artwork from ages 4 – 18

thurs 27th – sat 29th July

Milnthorpe Community Centre,
Haverflatts Lane.

10 am – 4 pm on all three days

car parking available



If anyone would like to help with any of the preparations e.g. helping with construction of the stands before or dismantling after the event please phone Geoff Gregory on 015395 64082.

At the June meeting of the Milnthorpe Men's Forum 21 members heard an informative talk by Mrs Chris Ashby from CancerCare - core recipient with St Thomas' Church of the proceeds of this year's Art Exhibition.

Mary Davidson

Saint Thomas' Church, Milnthorpe Special Services, Events and News

Dear Friends,

Thank you so much for the wonderful welcome to **Heversham and Milnthorpe**. The bright sunshine we have had for the last couple of weeks has mirrored the warmth of the greetings I have received from groups and individuals.

The licensing service held at St. Peter's and the welcome service held on the first Sunday of my ministry in St. Thomas', were wonderful, uplifting occasions. A much-valued opportunity to meet so many of you over wonderful feasts of food followed each service and I was able to have the first, of what I hope will be many, interesting conversations!

I really am grateful for all the hard work and energy that went into making both services such a success. Thank you!

I have been asked many times in the last couple of weeks whether I have settled into living here, as it's so different from Bath. The open friendliness, that has been the hallmark of each conversation, has helped to make settling in so much easier and I am sure I shall soon feel very at home.

With thanks and good wishes,
Susan

with holidays for many, and our next issue of Parish News reaching you in September. If you have any events regarding the Parish News do contact any of the editorial team. Happy Holidays!

We at St Thomas' certainly appreciated being able to attend the memorable Licensing Service of our Reverend Sue, by the Bishop of Carlisle at St Peter's Church. We also particularly enjoyed welcoming her again at our specially arranged Family Service on June 4th at St Thomas' Church, when villagers and members of village organisations were present for the beginning of her new ministry in Milnthorpe. It cannot be easy for Sue - new home, new people, new places - so let us try to help in any way we can, if possible.

It must be a rather heavy load at first, but she will make the burden light, and as she responded to questions asked at her service - "with the help of God, I will". Thanks be to God for her commitments: and from all of us here at St Thomas' -
THANK YOU SUE!

Mary Davidson

"Hot July brings cooling showers, apricots and gillyflowers" (did you know that these are cruciferous plants?) ...how the months fly away! August follows,

St Thomas' Church Flower Rota

July	2nd	
	9th	Mrs Barrow
	16th	Miss Glover
	23rd	Mrs Mashiter
	30th	Mrs Wilkinson
Aug	6th	
	13th	Mrs Webster
	20th	Mrs Liddle
	27th	Mrs Macaulay



Ten members of Milnthorpe-with-Heversham Mothers Union travelled to Ben Rhydding West Yorkshire, by kind invitation of the M.U. branch there (of which our Branch Leader Joan Ellam had previously been the leader). We were welcomed to the church of St John The Evangelist by the vicar and M.U. leader, shown around the Church, and saw some slides of its 100th Anniversary. Later we enjoyed afternoon tea and fellowship together: Mrs Ellam presented a small gift for use at branch meetings. We hope to meet again, when they visit us here.

On June 8th seven M.U. members visited Shap Memorial Hall, where along with those of other M.U. Deanery branches, they were able to meet their M.U. worldwide President Mrs Trish Heywood, who spoke on her worldwide Mothers Union travels, and the people she met. She stated that there are 31/2 million M.U. members, in 77 countries worldwide – the latest branch being in Iraq – Baghdad, with 400 members. Coffee and refreshments ended the morning, along with opportunity for all to meet Mrs Heywood personally.

On June 15th seven further members visited link branch of Shap, by kind invitation of members. All thoroughly enjoyed the afternoon, the service at St Michael's Church, meeting new friends and followed by tea together in fellowship.

Branch Leader Joan Ellam opened the June meeting of Milnthorpe with Heversham Mothers Union, along with a Bible reading by Pat Radcliffe. She welcomed a visitor, Marion Postlethwaite from Kendal: and also Trevor Semple of Milnthorpe as speaker. Trevor, previously, a Sunday School teacher of St Thomas' Church,

showed many slides, and spoke on the Annual Rose Queen Celebrations held at St Thomas' church 1964 – 1976, the first Rose Queen being Ann Davidson (daughter of one of our members) and the last Rose Queen was Alison Stables - others were Barbara Sanderson (1965), Barbara Black (1966), Mary Tanner (1967), Alexandra Davidson (1968), Jacqueline Hyde (1969), Susan Grisdale (1970), Jeanette Coates (1971), Vivienne Dobson (1972), Jayne Hartley (1973), Katherine Fell (1974) and Diane Shaw (1975). All were elected for their full, or excellent, attendance at St Thomas' Sunday School. Trevor was thanked by Mary Davidson who was Sunday School Superintendent at that time!! Mr Semple also showed slides of local and Lakeland views, and also took a group photograph of our M.U. Members.

Our Closing M.U. service will be held at St Peter's Church July 12th 2.00 pm, led by the Revd Sue Wilson, when 3 new members will be admitted, followed by a Jacobs Join tea – Please bring food (thanks).

At the recent Milnthorpe Residents' meeting,

two representatives of S.L.O.G (South Lakelanders Opposed to the Gateway) gave an illustrated talk on the site of the project, depicting an area of 83 1/2 acres of open countryside-currently a Greenfield site. Discussion followed with many points raised against the proposed Gateway. Another item - the proposed erection of a telecommunications mast on St Thomas' Church tower, was discussed with only few in favour. Chairman Malcolm Alston and Pat Barnes secretary offered to continue as officers (there being no volunteers for the post) but with the proviso of only two meetings in the year. The next meeting is in September.

Mary Davidson

Saint John's Church, Levens **Special Services, Events & News**

The Licensing of **the Rev'd Ruth Joy Crossley** **on Friday May 19th** **at St John's Church, Levens**

The sun shone on St John's, a full church with a congregation drawn from all the parishes around us, and Ruth's former parishes.

A lovely service, with very meaningful hymns chosen by Ruth, which said so much for our future with Ruth "a safe pair of hands". Bishop James preached the sermon and reminded us of Ruth's shared responsibility to her education work for the Diocese and her pastoral care among us at Levens. A memorable service, followed by refreshments, wine and a finger buffet which was appreciated by all; time to meet Ruth and John and an opportunity to meet Bishop James (he was impressed with the refreshments and thought we had caterers in! perish the thought!) A wonderful evening.

Gill Rodd

Parochial Church Council

At the PCC meeting on 7th June we welcomed Ruth Crossley as our new chairman and Jill Butterworth, both at their first meeting with us. We dealt with points raised last time – the churchyard car parking area is now in a much better, cleaner, state; and it has been decided not to replace the vestry carpet: the mouse damage is comparatively slight and the rest of the carpet is still good. Barrie and Chris King were warmly thanked for these and many other items of work quietly done in and around the church recently. After this we naturally started looking to the future in a number of areas. The special

services planned immediately are the combined Kent Estuary Songs of Praise on Milnthorpe Green on Sunday 2nd July at 6.30 p.m.; the Levens School service on Tuesday 18th July at 2 p.m.; and a combined evening service with the Methodists in Levens on Sunday 30th July. Other activities, I'm sure, will now soon develop. And yes, we had another think about the time of our Sunday service – do we keep it at 10 a.m. or change it to 10.30 a.m.? Opinions are divided and we need to know your views – comments, please, to any PCC member. *Doreen Hughes Gain*

The PCC also recorded the thanks expressed by the Revd Ruth Crossley in church on Sunday 28th May:- First for her licensing service on 19th May and the party afterwards.

And then, to all those involved on the Open Gardens, the **Levens Garden Trail**, to those who opened their gardens and to all who supported the events. The afternoon was enjoyable despite the weather and raise £875 for which the church is very grateful.

Coffee Morning at the Vicarage

On Saturday 22 July
the Revd Ruth Crossley looks forward to
greeting you at an
"At Home" coffee morning in the
Vicarage from 10 am to 12 noon.

Morning Prayer will be said
at St John's Church at 8.15 am
Monday to Friday.

Anyone wishing to join
the Revd Ruth Crossley
would be most welcome.

Christians Together in Levens

The Monday Group do not meet in July & August.
The new meetings will start again in September.

Please note: The next meeting of Christians Together in Levens is

Wednesday 12th July
at the Vicarage at 2.30 p.m.

Levens Institute Summer Fair

Saturday 1st July

10.00 – 11.45 a.m.

Levens Institute

Entrance 50p

(including coffee and biscuits)

Stalls – cakes, plants, books,
bring & buy

Plus- Bran Tub, raffle, tombola,
competition and fruit box

In aid of Levens Institute

Levens Royal British Legion

Women's section:

No meeting in July.

Coffee morning Thursday
24 August 10.30 - 11.45 am
in the Institute.

St John's Church Flower Rota :

July (for August consult the notice at the back of the church).

2nd July	Mrs T. Smalley
9 th	Mrs L. Walker
16 th	Mrs A. Perrett
23 rd	Mrs A. Arnfield
30 th	Mrs E. Jackson

Thank you

Fairfield, Sandside, Milnthorpe. LA7 7HW

Our Dear Friends,

Our last service at Levens (Sunday, 14th May) had a distinctly positive message - 'Go' - twice in the Reading and the first word of the last two hymns. At the end of the service I added another two! Then Mary Orr told the congregation to 'sit', me to 'stay there' and Margaret to 'come up here'. Something was afoot! Up marched Robin and Doreen, our two wardens, and Robin said some nice things before presenting us with a card telling us that you had plotted a holiday for us at Lee Abbey (in the autumn) and Doreen presented us with a cheque for £200 so we could get there and back and do things while in North Devon.

Then Margaret received a beautiful basket of flowers.

We are most grateful for these wonderful gifts and sincerely thank you all. No 'caretaker' could have expected let alone received such kindness especially as we were with you for only 23 months. But we shall treasure those months and all the love and friendship shown in the welcome, fellowship, encouragement and support we received while at St. John's. You were a great congregation with whom to spend the last months of almost 46 years of parochial ministry.

The gathering closed with the most delicious fruit cake served in serviettes with an attached photo - of me! - and wine. It was a wonderful occasion for which we thank you all.

We can keep a close eye on you from Sandside and when we look across at Levens we shall pray for God's continuing blessing on you. But we must again say 'thank you' for all you have been and given to us.

With our thanks, love and prayers,

Margaret and John

P.S. Whenever you stray across the estuary do drop in at Fairfield

Saint Peter's Church, Heversham Special Services, Events and News



Are you aged 5 - 11 ?

You are invited to St Peter's Holiday Club !
There will be different parts to itread on...

Thursday 31st August and Friday 1st September 9.30 am - 12 noon
at the Athenaeum, Leasgill
fun and games, drama, singing, stories, crafts

ALSO on Thursday 31st August from 2.00 - 3.00 pm
team games on the field (weather permitting)

Are you aged 0 - 4 ?

You are invited to St Peter's Holiday Club for pre-schoolers
at the Old School, Heversham 10.00 - 11.30 am with your parent/carer
for fun and play, songs and stories. We'll probably go to the playground too.

There is no charge to come to these Holiday Clubs.
Invitations will be given via Heversham St Peter's Primary School,
Heversham Toddler Group and St Thomas' Sunday Circle.
If you would like to know more please do phone or email for more info:
(If you don't attend either school or Toddlers phone/email for your invitation)
seaside@heversham.org

5-11s- Elizabeth Bennett 64091, Rachel Craig 61104, Jill Shaw 63161
0-4s- Jane Cushnie 64582

Are you aged 0 - 99 ?

Seaside Rock will also be the theme of the September Family Service -
St Peter's Church on Sunday 3rd September at 9.30 am
to which all are invited with their families.

Not only will we hear all about what the young people have been doing at the
Holiday Clubs, but we will be able to share the 3rd session with them
at this All Age Service

YOU ARE ALL VERY WELCOME



WOW

Window on the World
The next meetings of

WOW will take place on:-

Monday 3rd July, 7.00 for 7.30 pm
at **Ron and Rhona Rutter's** home,
Ellerslie, Woodhouse Lane, Heversham.
(Focus on **SAMS** – South American
Mission Society, **Hope Now** – working in
Ukraine and South Africa with orphans, in
hospitals and in prisons and in evangelism,
and **CSW** – Christian Solidarity Worldwide,
praying and campaigning for Christians
throughout the world who are imprisoned
and persecuted for their faith)

Mon 4th September, 7.00 for 7.30 pm at
Linda Cooper's home, Apple Acres,
Woodhouse Lane, Heversham.

*Please do come along to find out more
about the Church worldwide.*

Bibi's Visit!

You may remember the news about **Bibi Nédellec** in the June edition of the Parish News. Bibi works for Wycliffe Bible Translators in Togo and Benin, West Africa and she is one of our link mission workers. After completing Linguistics PhD in Germany, she will be returning to Africa in late August/early September, but not before coming to pay us a visit!
Bibi will be in Heversham Mon July 24th to Thurs July 27th. She has a new presentation about the work in Benin which she hopes to show us.

**This will be Tues July 25th
at 7.30 pm**

at the Old School, Heversham
with a Jacob's Join meal.
Further details will be given in the
weekly notice sheet and
announced in church.

Fish Club and Junior Salt

July

2nd Family Service
9th - Fish Club and Junior Salt
16th - Fish Club and Junior Salt



September

3rd Family Service
Have a great summer holiday then
see you back in September.
Any children starting school this
September are very welcome to join
us. Give us a ring if you'd like to
know more.
Christine Gibson 62231
or Jane Fell 63174

N.S.P.C.C.

I wish to thank everyone
who helped in any way to
make our Cream Tea at
Plumtree Hall such a
success.

We raised **£627.15.**

Audrey Wynne

Heversham Parent & Toddlers



Weds 9.30 – 11 am term time

@ the Athenaeum

Tel: Sally 65758

**- and there will also be our
usual series of trips out during
the holidays. Phone for details.**

Coffee Time @ The Old School

Next to St Peter's Church,

Tues 11th July (not in Aug)

10.00 - 11.45 am

Call in for a Cup of Fairtrade

Coffee 50p

- cakes and chat -

ALL WELCOME !



Women's Institute



The Levens W.I. May meeting was devoted to a discussion of the resolutions which delegates to the A.G.M. in Cardiff will vote for on our behalf. Mrs Doris Aldworth was welcomed as our speaker, and she gave a very clear account of both resolutions.

The first was as follows:

"This meeting urges all levels of government to put in place legislation and policy requiring the use of renewable energy technologies in all new building, re-building and renovation." While pointing out that it may be 'too little, too late', everyone nevertheless supported this resolution.

The second read as follows:

This meeting urges her Majesty's government (a) to recognise that participation in sport is an essential factor in the creation of a healthy population

(b) to ensure the re-establishment of competitive sport in the curricula of all schools, and

(c) to take such steps as are necessary to reverse the decline in the availability of sporting facilities for all citizens, particularly in the light of the 2012 Olympics being awarded to the city of London."

We felt that in (a) the word 'sport' should be replaced by 'exercise'. We fully agree with (b) feeling that children have to learn to be competitive and to be winners and losers as a preparation for adult life. In (c) we thought the reference to the Olympic Games was irrelevant, but we voted unanimously for the resolution.

Next Levens W.I. Meetings are in the Institute at 7.30 pm 18 July : Mr D. Oates: *National Legal Services* & 15 August: Mrs L O'Neill: *A funny thing happened in India.*

Sally Beaumont

The May meeting for Milnthorpe W.I. was our Resolutions meeting and Mrs Ann Timmins from Penrith came along to help us decide which resolutions our delegate should support at the AGM in June. May saw us host a Fashion show at the Cross Keys Hotel which was very successful. We must thank all those who helped to make it a very enjoyable evening especially Lynn Amour of LA

Fashions and her helpers and Ian Mills of the Cross Keys. There were a few stalls selling hair products, jewellery, clothes and country market goods. It was lovely to see so many from near and far. The

June meeting saw our delegate Joan Garnett give her report on the AGM and then we had a very interesting talk by Dora Carrington about Sacral Cranium Massage. The next meeting is a Beetle Drive on the 13th July at 7.30 m at the Methodist Church Hall Beetham Road, Milnthorpe. and we welcome any one who would like to join us.

Veronica Sandham

At the Heversham W.I. June meeting, Joan Garnett from Milnthorpe WI, who was our delegate at the National Conference in Cardiff this year, reported back on the outcome of the resolutions debated there. Both, on the need for legislation for sustainable energy and also for sport for a healthy population, were passed with large majorities. She showed us what an enjoyable experience it was to attend these conferences and encouraged anyone to attend one if they had the opportunity.

Our guest speaker was a local postman, Kevin James, who is also a volunteer fireman. He gave us a very helpful, if unnerving, insight into how we can avoid having fires in our homes – simple precautions which could save a tragedy but were not always put into practice. He also offered members the chance to have a free home safety check.

Our September meeting will be an open one and we will be pleased for anyone who would be interested in hearing a talk by Trevor Hughes on 'Old Kendal' to join us in the Athenaeum, Leasgill at 7.30 pm on Wednesday September 13th.

Joan Anderton

Milnthorpe Country Market
(formerly WI Market)

FRIDAYS 10-11.30 a.m.
in the Cross Keys Hotel.
Approach from the car park.

Levens Local History Research Group

The group plans to hold its first public event at the end of September with an exhibition of old photographs of Levens and associated material. If anyone has photographs which they feel would be of interest and which they would be willing to show the group or to lend for exhibition, we should be delighted; please could they contact Allan Steward, 11 Greengate Crescent, Tel. 60741, email allan.steward@btopenworld.com, by 31 August ? We are also starting to collect Oral History, through interviews with the many people who have memories or information about old Levens which they are willing to put on record; these should form a valuable local archive and a perspective on history which would otherwise be lost. Please contact the Secretary, Stephen Read, Black Castle, Hutton Lane, Tel. 60318, email castleblack@btinternet.com, or any member of the group, if you are interested.

Jill Butterworth

At the Annual Meeting of Milnthorpe and Heversham Community First Responders,

chairman Kevin James said that the group had fully met its commitments both for the community and Cumbria ambulance service during the past year. Two new members were welcomed. Sue Cox and Pat Adair have been accepted as lay trainers. Thanks were expressed to the secretary Pat Barnes, Treasurer David Bowers, and to retiring co-ordinator Helen Lashley for all their work. Reports were given by the secretary and treasurer, with an equipment report by Patrick and Barbara Adair stating that the training Annies and defibrillators are in good condition, and all three live defibrillators have been configured to the new protocol. All officers were re-elected, along with Vice President, Marjorie Balderstone and Sue Cox as co-ordinator.

Levens Over 60's Club

At the May meeting Mr & Mrs D. Mackie entertained us with a most amusing slide talk, "The A to Z of This and That". This alphabetical diversion began with the Arnside Ramblers apparently dancing round Long Meg, and ended at Xmas, & must have covered thousands of miles – for instance, we got from Boot to Esthwaite via Norwich, visiting most of Britain's most celebrated national treasures of history, architecture & landscape en route, with an excursion abroad in search of the letter H to the largest tulip field in the world. Many letters earned their place on the itinerary on two or even three counts, Wales scoring a triple at St David's with a beautiful sunlit sea & skyscape. We still got back in record time for tea & no-one nodded off before letter Z. Birthday flowers went to Mrs Todd. Our coffee morning raised over £350 – our thanks to all who supported this vital fundraising event.

P. C. Edwards

Next meeting 25th July in The Institute at 2.00 pm: Mr Bryan Dawson:
The Language of the Lakes.

A Kent Estuary Neighbourhood Forum Special Meeting

will be held on July 4 7.00 pm at the Community Centre Dallam School. The County Council is currently reviewing its policies for quarrying and waste developments. These will include modern new facilities for managing waste from both household and business. All this is being considered in the Minerals and Waste Development Framework with an "Issues and Discussion" paper published in June. This special meeting is your chance to find out how it affects you, and make your views known. Now while issues and options are being considered is a good time to get involved. For more information contact Maggie Mason, Cumbria County Council Offices, Kendal 01539 773548.



PiNboard

Milnthorpe PTA Treasure Hunt & Barbecue

on Friday 7th July
at Milnthorpe Cricket Club
Treasure Hunt starts 7 pm
£1.00 per clue sheet
Barbeque starts 8.30 pm £2.00 a ticket

Please phone for your barbecue tickets:
Helen at JOEYS on 64090
or Milnthorpe CDC 64896
All are very welcome

For details of JOEYS childcare and
Out of School Club summer
programme and Holiday vouchers
Please phone Helen on 64090

Adult Literacy Taster class
(First steps to English)
on Thursday 13th July,
9.15 - 11.15 am
at Milnthorpe CDC,
Firs Road.

Arthritis Research Campaign - Milnthorpe Branch

Cross Bay Walk

led by Cedric Robinson
19th August at 2.45 pm prompt
Sponsor forms available or
donations of £5 invited
if not sponsored.
To register please call
Joan Bailey 62690 or
Maureen Coleclough 64415

Heversham House Annual Garden Party

Sunday 23rd July at 2.30 pm
Cream Teas

All are most welcome
Donations in aid of
N/W Air Ambulance



Strawberry Teas

will be held at
Plumtree Hall Heversham
on Sunday 9th July 2006
2.00 - 5.00 pm
Ticket £2.50, raffle.
This in aid of
"New Beginnings"
Homes for Street
Children.



Come along to the annual
Hincaster
PARTY IN THE
PASTURE
in aid of
St Mary's & St John's
Hospices

Saturday 29th July 2006
3 pm Cream teas (£2) & family games
5 pm Village rounders match
7.30 pm Pie & Peas / Raffle
(bring your own drinks and seating)
moove your hooves to the groove
with fantastic live music from
THE BEATEN TRACKS
Evening tickets
Adults £5 / under 14's £4 / under 5's free
Contact Bridget Pickthall 015395 61243
Any offers of help & raffle prizes welcome!

<p>Lakeland & Lunesdale PHYSIOTHERAPY & Sports Injury Clinic For an appointment with a Chartered Physiotherapist Tel: Milnthorpe 64727</p>	<p><u>D & C Atkinson</u> <u>Landscape Contractors</u> Commercial & Domestic. Hard & Soft Landscaping Low Maintenance Garden Design Regular Contract Work 015395 62184 or 07919 892703</p>	<p>State Registered Chiropodist/Podiatrist Ian R. Robertson BSc. M.Ch.S, S.R.Ch Home Visiting Service Tel: 015395 34499 Mobile: 07710 287957</p>
<p>Milnthorpe Chippy Tues-Sat Lunch 11.30-1.15 Tues-Thurs Tea 5.00-8.00 Fri Tea 5.00 -9.00 Sat Tea 5.30-9.00 Tel: 63619</p>	<p>LES CHAPLOW Corgi Registered <i>Boiler Servicing & Maintenance</i> Tel. 63017</p>	<p>Neil Dowker Milkman Milk, Eggs, Potatoes etc * Also* POWERWASHING Patios, paths & driveways Tel: Miln. 63739</p>
<p>for your New or Used Car come to P.V. DOBSON & SONS (Motors) Limited Bridge End Garage, Levens Tel: 015395 52441 Mechanical & Body Repairs, MOT Testing</p>	<p>Dave Harrison Landscaping Landscape construction, Tree and shrub care, Hedge cutting Tel. 015395 64495</p>	
<p>SAMARITANS 01524 61666 (National tel no. 08457 90 90 90) jo@samaritans.org www.samaritans.org/lancaster</p>	<p> Restaurant A6 Road Burton 01524 782888 <i>For Reservations/info</i> <i>Lunch & Evening Dinner</i> <i>Carvery from £9.95</i> <i>Sundays 12-3</i> www.wategardenrestaurant.co.uk</p>	<p>L M Baverstock Ophthalmic Optician The Square, Milnthorpe Tel 62633</p>
<p>WILSON'S OF KENDAL The Creative Confectionery Company J.E. WILSON & SONS (KENDAL) LTD Cross Lane, Kendal, Cumbria LA9 5LB Tel: 01539 720279 Fax: 01539 730109 Email: JEWILSONS@AOL.COM</p>		<p>IVAN COATES Your local Builder and Contractor Tel. 015395 62338</p>
<p>PLUMTREE HOUSE, BRIGSTEER Bed and Breakfast – En-suite Private Lounge – Parking info or reservations please telephone: Michael and Maureen Whelan 015395-68774</p>	<p>A2A www.a2ainternet.co.uk</p>	<p>BODY BEAUTIFUL Gym - Mani - Pedi - Facials Waxing and lots more Ring 015395 64488 for more details</p>
<p>Margaret Cockayne Training Services IT/Admin/Shorthand One to One or In-house Training Secretarial/Admin Support Tel: 015395 62050</p>	<p>domains from £25 hostings from £65 sites from £250 2 Beetham Rd, Milnthorpe Tel. 015395 64486</p>	<p>Terry Allen (Elect)Ltd <i>Local Electrician For 30 years</i> <i>Commercial, Domestic, Industrial</i> Tel: 015395 63832 Fax: 015395 64039 18 Summerville Road</p>
<p>FISHWICKS FUNERAL SERVICE Milnthorpe 63108</p>	<p>T.T. Car pets The Red Barn, Harmony Hill, Milnthorpe Tel. Miln. 62898</p>	<p>BOOK-KEEPER / SECRETARY Veronica Cato Experienced in accounts preparation, VAT, PAYE, CVs, & private secretarial Victoria Cottage, Levens T: 015395 61667 M: 07778 937412 E: veronica@cato.bbfree.co.uk</p>

<p>Heron Theatre Beetham Regular fortnightly programme Sept-June Theatre information Tel. 015395 60328 ... Theatre available for hire for meetings, lectures and suitable local events Tel. 01524 761140</p>	<p>Milnthorpe Art & Copy Shop Ltd & **NEW** Archway Gift Gallery Tel: 63292</p>	<p>new to the area ? don't have your milk delivered ? RING US FOR YOUR REGULAR MILK DELIVERY <small>Home-produced show-winning eggs fresh daily. Pet foods & peanut/wild bird seeds.</small> David & Christine Knipe Gateside Cottage, Levens - Open 24 hrs Tel: 015395 60287</p>
<p>Bed & Breakfast in Beetham <small>No room for family and friends when they visit?</small> Stay at Barn Close, Beetham <i>Featured in Alastair Sawdays "Special Places to Stay"</i> Telephone - Anne Robinson 015395 63191</p>	<p>Plumtree Hall Heversham <i>Accommodation for the active elderly</i> Reasonable rates En-suite rooms Good home-cooking Respite room also available Details: 63140 or 62661</p>	<p>JOINER - John Halhead laminated floors, doors, skirtings, etc. Tel: Holme 01524 782030 or 07973 751621</p> <p>TRAILERS FOR SALE * Brand New * Fully Galvanised * * 'A' frame drawbar * * Heavy duty * Various sizes * * Ladder racks, jockey wheels, etc. * Steve Whiteside - Lakeland Trailers Heversham 64160 or 07799 628037</p>
<p>Available for all your special occasions Tracie Penwarden Soprano & Singing Teacher Tel: 015395 62363</p>	<p>Cornucopia Florist Flowers for all occasions 015395 64340</p>	<p>Milnthorpe Family Centre Firs Road  Childcare for 2-5 year olds Mon - Fri 8 am-6 pm Tel: 64090</p> <p>Out-of-School Club Tel: 64090</p>
<p>KEVIN BATEMAN MONUMENTAL MASON <small>new memorials, additional inscriptions renovations, re-turfing</small> 01539 723903 or 07817 060619 Please phone for a Brochure</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> Milnthorpe CDC (Community Development Centre) & IT Suite Tel: 64896 Day & Evening Courses - PHONE FOR DETAILS</p>
<p>Connect 2 Plumbing Ltd - no job too small - phone 015395 60210 07971 847319</p>	<p>Foot Health Practitioner Elizabeth Shapl and rgn Do you need help with the following?  Painful corns and callus Difficulty cutting your toe nails Tel. 015394 45754 to arrange an appointment</p>	<p>www.photoideas.co.uk <i>35mm slides scanned onto CD / DVD</i> mail@photoideas.co.uk</p>
<p>Chris Easton Welding Gates, Railings, Garden Ornaments and General Fabrication Tele. 07917 402394</p>	<p>Sue Howsley Interiors Tel: Miln 62626</p>	<p>MARTIN TYSON General Builder Tel. 62125</p>
<p>Sue Howsley Interiors Tel: Miln 62626</p>	<p>EDWARD DUCKETT & SON Funeral directors Of holme 01524 784211 & 781232</p>	<p>EDWARD DUCKETT & SON Funeral directors Of holme 01524 784211 & 781232</p>

<p>Carr Humphreys architecture Park Road, Milnthorpe 015395 64455 Chartered Architect</p>	<p>Sandham's Tearoom at RDK Mobility (Disabled access) Open Mon - Fri 10 - 4 Homemade cakes & light snacks Tel: 07854 724391</p>	<p>SPECIAL PRODUCTS FOR SPECIAL NEEDS</p> <ul style="list-style-type: none"> • Adjustable Beds & Chairs • Walk-in Baths • Wheelchairs & Walkers • Mobility Scooters <p>AND MUCH MORE</p>
<p>LEVENS HALL POTTING SHED GIFT SHOP Open 2nd April to 12th Oct. Sun. to Thurs. 10 to 5 Unusual & attractive gifts, cards, toys & books Your local source for presents! Free entry to T-room & shop</p>	<p>W.G. BROWNLIE JOINERY CONTRACTOR t. 015395 60673 m. 07810 602999</p>	
<p>DECORATOR - int/external covering all aspects of decorating for a free competitive quote: JOHN SPENCER 015395 64655</p>	<p>THERMOSHIELD Window & Door Replacement Conservatories Tel 63308</p>	<p>"THE ORCHARD" Holiday Cottage to Let in Levens Owners: Chris and Shirley Band Enquiries and Bookings to: Cumbrian Cottages Tel: 01228 59960 email: enquiries@cumbrian-cottages.co.uk www.cumbrian-cottages.co.uk</p>
<p>DECORATOR - int/external covering all aspects of decorating for a free competitive quote: JOHN SPENCER 015395 64655</p>	<p>PLANS DRAWN  STUART MCMINN BSc HND ABEng • New Property Designs • Extensions, Alterations Tel 01524 781081 Mobile 07729 845147</p>	<p>JPG Joinery Joinery and Property Maintenance Contact Paul Gott 01524 781710 015395 63932</p>
<p>Milnthorpe Kennels and Cattery 015395 62665 Come & see our brand new facilities</p>	<p>Brian Baldwin Qualified Painter & Decorator Miln 63583 or 07976 578855</p>	<p>Carpet & Upholstery Cleaning  *Free advice/quotes *7 days a week Call Neil on 01539 723151</p>
<p>Safeclean <i>Specialist Cleaning of Carpets, Rugs, Upholstery, Curtains and Leather</i> Ken and Anne Riddell Bolton-le-Sands Freephone 0808 143 0545</p>	<p>COLIN HARPER Building Services 39 Trinity Dr, Holme, Lanes, LA6 1QL T: 01524 781194 M: 0788 0925170 Alterations ~ Extensions ~ Plastering Roofing ~ Patios ~ Stonework ~ Tiling Quality Work at Competitive Prices</p>	<p>MILNTHORPE DENTURE CENTRE FRIENDLY SERVICE & 1ST CLASS QUALITY DENTURE REPAIRS WHILE U WAIT TEL 64770</p>
<p>M. MACFARLANE B.A. PICTURE FRAMING Collect & Deliver Service Contact Mike ,7 Greengate, Levens. Tel: 015395 60670</p>	<p>JOINERS & CONTRACTORS A. HUTCHINSON & SONS at 'Aldyth', Lowgate, Levens Tel: 015395 60481 & 60491 FUNERAL DIRECTOR PRIVATE CHAPEL OF REST</p>	<p>Five Oaks Care Home Capelrigg Lane, Crook, Kendal. Full Board 3-bedded Care Home for the Elderly with Convalescent and Day Care Residential Bungalow Beautiful gardens, glorious views. with good home cooking and companionship Telephone Gillian & David Gibson 01539 821214</p>
<p>REES TILES & FLOORING LTD UNIT 4, PRINCES WAY, LEASGILL, MILNTHORPE TEL. 015395 63422</p>	<p>Printing / Collating & Finishing Handmade Craft products Workbase 01539 736786 e: tony@kendal85.fsnet.co.uk Registered Charity No. 1071559</p>	<p>CHOICE CATERERS Outside Catering for any occasion Phone Bev Carling 015395 62753</p>

<p>Flippin Fluke, Sandside Good Food Good Wine Open Tues -Sat 11.30 am-2.30 pm 5.30 pm - last orders 9.00 pm Sundays 12.00 noon—8.00 pm Tel. 63243</p>	<p>BARRIE ATKINSON TV VIDEO HI-FI Sales and Service Prompt and Reliable Tel: 015395 60565</p>	<p>Vicky Beeston Mobile Beauty Therapist Beauty Treatments in the comfort of your own home Tel: Miln 62741</p>
<p>CranioSacral Therapy and Clinical Reflexology <small>Some of the MANY conditions treated:</small> Back Pain & Injuries, Headaches, Hormonal Problems, Sciatica, Birth Trauma, Baby Colic; the list goes on... No side effects from drugs, no force used. Non-invasive, suits ALL ages. Phone 01539 726434 Dora Carrington, IIHHT.Dip., ITEC MAR.NMCSS (Upledger Trained)</p>	<p>DUXBURY'S for Window Blinds Measuring & Fitting Service Alterations & Repairs Cross Keys Yard, Milnthorpe Tel: 64647</p>	
<p>STEPHEN MALKIN Slating & Roofing Specialist Re-Roof/Repairs Call for a competitive quote 015395 62137</p>	<p>Garden Maintenance Reliable Friendly Service Alastair Wilson 015395 62171</p>	<p> PILATES & SALSA Local Fitness Classes Phone/email for more details: Sam Horton Fully qualified instructor Tel: 015395 61966 Mobile: 07963 881292 sam@fitnessdynamics.co.uk</p>
<p> at Dallam School, Milnthorpe Courses in Creative Arts, Languages Computing, Health and Exercise Outdoor Education, plus regular Saturday Workshops www.dallam.co.uk & www.dallamoutdoors.co.uk or ring for information 015395 65123</p>		
<p> Established Nursery with beautiful garden, wide range of interesting plants, perennials, bedding, tubs, hanging baskets. Tel: 015395 52536 www.halecat.co.uk Follow Halecat tourist signs @ Witherslack off A590</p>	<p>Bay Blind Company Blinds for the discerning Family Owned and Run no obligation. Call Janet any time Tel. 01524 781149</p>	<p>FOR ALL YOUR ELECTRICAL REQUIREMENTS Darren Walsh ELECTRICAL CONTRACOR 24 Church St, Milnthorpe Tel/Fax 015395 62066 Mobile: 07967 314877</p>
<p>L.A. fashions Ladies Wear, Accessories Hats for Hire 2c Main Street, Milnthorpe Tel. 64135</p>	<p>Ralph Sutton D.O. Registered Osteopath 15 years experience Milnthorpe & District Osteopath Clinic For treatment of Back and Neck Pain, Headaches Arthritis & Rheumatism, Sports Injuries, Muscle & Joint Problems Tel: 015395 65777 1B Haverflatts Lane, Milnthorpe</p>	<p>o'neil&petrie 01539 738899 www.oneilandpetrie.co.uk</p>
<p>Lunesdale House Residential Care Home Phone Mr. C D Green Tel. 63293</p>	<p>architecture & design chartered architect</p>	