



PARISH NEWS

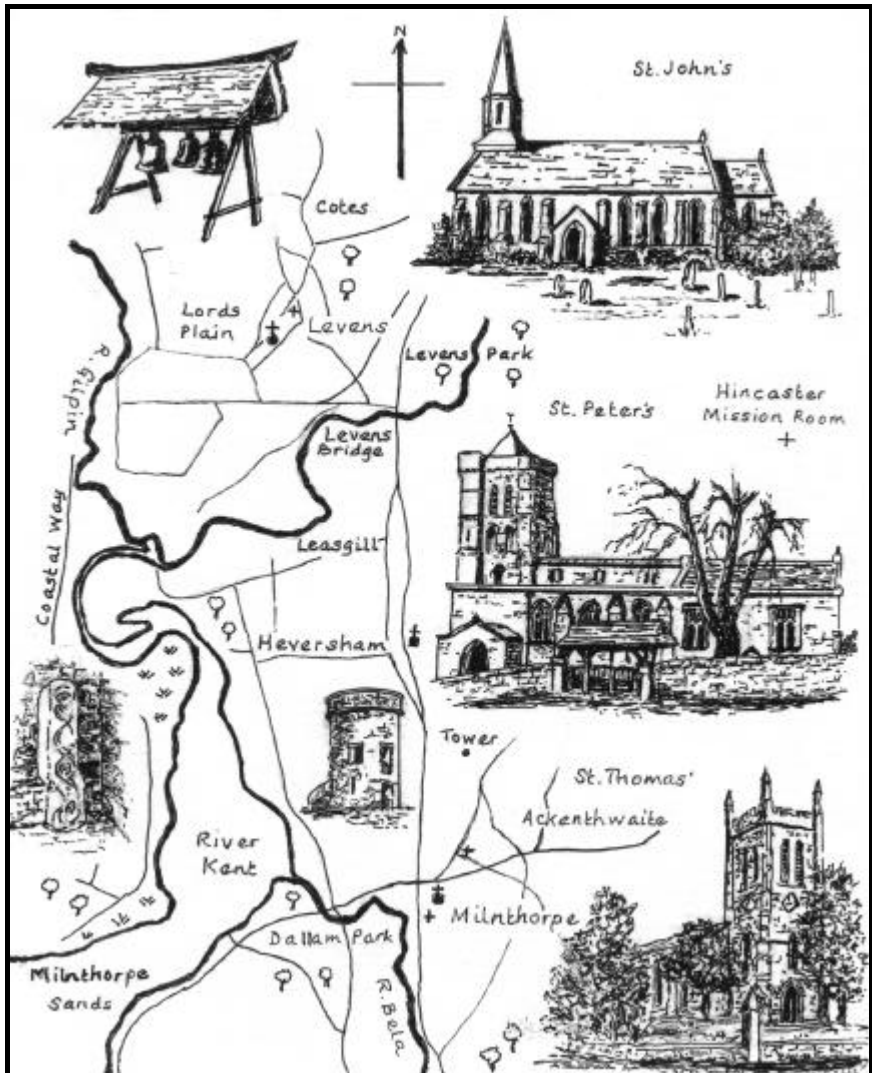


of Saint Peter's Church, Heversham
Saint John's Church, Levens and
Saint Thomas' Church, Milnthorpe

April 2007

Free

Circulation - 2,015



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

Priest-in-Charge

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Cumbria LA7 7EW

Telephone: 015395 63125

St John's Church, Levens

Priest-in-Charge

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<u>Assistant Curate (NSM)</u>	The Revd Ron Rutter	
<u>Assistant Clergy</u>	The Revd Bob Wilkinson,	The Revd Canon Tom Thompson
<u>Licensed Readers</u>	Mrs Elizabeth Bennett Mr Chris Bennett Mr Roger Bingham Mrs Dorothy Maudsley	Miss Frances Makin Mrs Mary Orr

St Peter's Church
Heversham

St Thomas' Church
Milnthorpe

St John's Church
Levens

<u>Churchwardens</u>	Mr Tony Hesmondhalgh Mr George Handley Miss Joan Anderton	Mr John Ricketts Dr John Thorley	Mr Robin Orr Mr Barrie King
<u>Bookings</u>	Old School Mrs Louise Budd (Tel 60099)	Church Centre Prof Geoffrey Gregory (Tel 64082)	Levens Institute Mrs Dorothy Routledge (Tel 60640)
<u>PCC Secretaries</u>	Mr Peter Clarke	Mrs Linda Baverstock	Mrs Liz Addison
<u>PCC Treasurers</u>	Mr Mike Robinson	Mr Jim Robson	Mr Chris Band
<u>Co-ordinators for:</u>			
<u>Gift Aid</u>	Miss Joan Anderton	Mrs Joan Thorley	Mr Richard Jones
<u>Parish Visitors</u>	Mrs Audrey Wynne		Miss Frances Makin

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,
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The Parish News is online
www.heversham.org

**This month's Pastoral Letter is from
The Reverend Ruth Crossley**

What is Easter?

Spring, flowers, eggs, new life, lambs, rabbits, holidays....
Easter is about all those things and more.

Easter is about creation, new birth, death, resurrection
and celebration.

It is about God who when the world was young made life
in all its beauty and terror.

It is about God who when the world least expected it
came as new life, a newborn baby, one of us.

It is about liars, leaders, friends, accusations suffering
and death all because he was God.

It is about God a voice in the garden, a companion on the
way, coming back for those who might forget or deny.

It is about celebrating with all of creation, celebrating the
life of Jesus, his death and resurrection as people
together.

It is about celebrating God calling your name, YOUR
name because he is interested in YOU.

This Easter rejoice and celebrate in God raised from the
dead, in life reborn, in hope renewed, in Jesus alive in our
hearts and lives. In God who calls YOU to live His risen
life.

Ruth Crossley



Regular Prayer Gatherings at St Peter's, St Thomas' and St John's Churches

Tuesdays:	Communion at ten	10.00 am at Heversham
	Christian Prayer Ministry	10.40 -11.40 am at Heversham
	Informal Prayer Gathering	1.00 pm at Milnthorpe
Mon-Thurs:	Morning Prayer	8.15 am at Levens
Saturdays:	Informal Prayer Meeting	8.00 am at Heversham

April 2007 with Holy Week and Easter Services

Services at St Peter's Church, Heversham

Palm Sunday 1st	9.30 am	Family Service
	6.30 pm	United Sung Evensong
Monday 2nd	7.00 pm	Compline
Tues 3rd & Wed 4th	7.00 pm	Night Prayer with Meditation
Good Friday 6th	2-3 pm	Hour at the Cross
Saturday 7th	8.00 pm	Easter Vigil
Easter Sunday 8th	6.45 am	Sunrise Communion Service on Heversham Head (followed by breakfast at the Old School)
	8.00 am	Holy Communion
	9.30 am	Family Communion
Sunday 15th	9.30 am	Parish Communion
Sunday 22nd	8.00 am	Holy Communion
	9.30 am	Parish Communion
Sunday 29th	10.30 am	United Communion Service
Sunday 6th May	10.30 am	United Communion Service with Walk Cumbria Team
	6.30 pm	United Songs of Praise on Milnthorpe Green

Service at the Mission Room, Hincaster

Sunday 22nd	9.00 am	Morning Prayer
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Services at St Thomas' Church, Milnthorpe

Palm Sunday 1st	8.00 am	Holy Communion
	11.00 am	Parish Communion
Maundy Thursday	6.30 pm	Supper followed by a Communion Service
Good Friday 6th	10.00 am	Open Air Service on Milnthorpe Green
Easter Sunday 8th	11.00 am	Family Communion Service
Sunday 15th	8.00 am	Holy Communion
	11.00 am	Family Service with Baptism followed by a short Communion service
Sunday 22nd	11.00 am	Parish Communion
Sunday 29th	10.30 am	United Communion Service at Heversham
Sunday 6th May	8.00 am	Holy Communion
	10.30 am	United Communion Service with Walk Cumbria Team at Heversham
	6.30 pm	United Songs of Praise on Milnthorpe Green

Services at St John's Church, Levens

Palm Sunday 1st	10.00 am	Parish Communion with Procession
Maundy Thursday 5th	7.00 pm	The Last Supper - joint with Methodists
Good Friday 6th	2.00 pm	The Last Hour - A Service of Loss & Lament - joint with Methodists
Easter Sunday 8th	10.00 am	Family Communion
Sunday 15th	10.00 am	Parish Communion
Sunday 22nd	10.00 am	Parish Communion
Sunday 29th	10.30 am	United Communion Service at Heversham
Sunday 6th May	10.00 am	Joint Communion Service at St John's with Walk Cumbria Team
	6.30 pm	United Songs of Praise on Milnthorpe Green

Please see notice boards outside church for any additions/changes

invitation

**Maundy Thursday Supper
followed by a Communion Service**

5th April 2007

St Thomas' Church Centre at 6.30 pm

Tickets £5.00

Tickets £5 available from
Val Robson: 015395 62904



Sunrise Communion Service



Easter Sunday

**6.45 am
on Heversham Head
followed by breakfast
at the Old School**

**Everyone is Welcome
to the Good Friday
United Service
at 10.00 am
on Milnthorpe Green**



A Small Change

.....after 673 years!

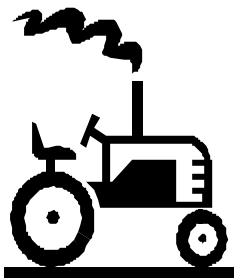
Milnthorpe Market was founded in 1334 and starting on **Good Friday** and thereafter on every second Friday of the month, it will be complemented by a Farmers Market, also on The Square. Come early to have the best choice of the produce on sale - many well known names from the north west's Farmers Markets will be present.

See the separate flyer on pale blue paper that came through the door with your magazine for details of Walk Cumbria events in Milnthorpe and Heversham.

to pin to your kitchen calendar !

- please note the Songs of Praise on Milnthorpe Green has been brought forward from July this year to coincide with the churches events week when the Walk Cumbria Team will be here.

Friends are particularly welcome to the Songs of Praise on the Green, Bank Holiday Walk and Rogation Service.
See you there !



advance notice

Rogation Sunday 13th May
open air service on Milnthorpe Green

additional details next issue

For the MAY 2007 ISSUE

please submit articles in writing/email **by 15th APRIL.**

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

Friday Coffee Mornings

at Milnthorpe Methodist Church
9.30 am – 12 noon

at St Thomas' Church Centre
10 - 11.30 am



Traidcraft stall
at St Thomas'
on the first Friday
of the month

Christians Together in Levens

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

Milnthorpe Methodist Church

welcomes children of all ages to its
SUNDAY SCHOOL,
each Sunday from 10.30 - 11.30 am.

Weekly Bible Study/Prayer Time

at Milnthorpe Methodist Church
9.30 - 11.00 am Wednesdays
for details contact Joy Bell 62985
All Welcome

The next Lunch Club

will be on Wed 25th April
venue to be arranged.



Enquiries: Eileen Bolton 63318

APRIL Levens Methodist Church Milnthorpe Methodist Church 10.30am

1	Rev Bill Seville	Mr Colin Marchment
8th	B. Gray (Shared Easter Communion)	Mrs F. Thompson (Communion)
15th	Mrs Iris Diggle	Rev Bill Seville
22nd	Mr Richard Pater	Local Arrangements
29th	Mr Wilf Barron	Rev Bill Riley

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

Canon Alf Hayes **Tel: 62387**

Mass Times

Saturday: 5.30 pm Milnthorpe
Sunday: 9.00 am Milnthorpe
10.45 am Arnside

Confessions

Arnside: Thursdays 09.30 - 10.00
Milnthorpe: Saturdays 11 - 11.30
or anytime on request

Holy Week

Maundy Thursday

8pm Milnthorpe -
Mass of the Last Supper
Watching before the
Blessed Sacrament till 10pm

Good Friday

10am Arnside -
Ecumenical Walk of witness
3pm Milnthorpe - Good Friday Liturgy

Holy Saturday

8pm Milnthorpe - The Easter Vigil

Easter Sunday

9am Milnthorpe - Mass of Easter

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



SUNDAY CIRCLE

**at St Thomas' Church
Milnthorpe**

for all children aged 3 to 11 years
Come and enjoy

stories, painting, writing,

craft work, singing and making music

**on Sundays from 11.00am to 12.15pm
during the morning service**

Any questions please telephone
Margaret Barrow 64134

Work must be carried out to make safe several headstones in Milnthorpe Cemetery which are leaning at a dangerous angle. This will cost the Church almost £2000. We would therefore be very grateful to receive donations, especially from those whose relatives' headstones have become unsafe.

GREEK EVENING, 17 MARCH

About 40 people attended a Greek Evening at St Thomas's Church Centre. A meal of Greek style food was followed by an entertaining and informative talk from John Thorley. He told his hearers that Greeks today in Greek Orthodox churches still hear and understand the New Testament in the original Greek, written over 1,900 years ago – whereas we in 21st century England find difficulty with Chaucer's Canterbury Tales, written only 600 years ago. Through various interesting examples John showed how some Greek words and phrases in the New Testament have been inaccurately translated in our English bible from the Authorised Version through to the most modern translations. Though many of us are very attached to the beautiful cadences of the Authorised (King James) Version of the Bible, unfortunately it often does not convey the essentially colloquial language of the original Greek.

£267 was raised to go towards financing the Walk Cumbria Mission

Milnthorpe Parish pastoral visiting

Please let Revd Sue Wilson (63125) or Eryl Ricketts (01524 761076) know of anyone ill at home or in hospital that would appreciate a visit.

Annual Church Meetings

**Wed 11th April 2007
at 7.00 pm at the
Church Centre**

Milnthorpe-with-Heversham MU



The March meeting of the Milnthorpe with Heversham Mothers' Union began with a reflective period of quiet music with spring flowers (sic) followed by prayers and service by Leader Joan Ellam, with a Bible reading by Mary Orr. Three visitors were welcomed along with guest speaker, Judy Slater, who fascinated all present with her talk, with slides, entitled 'Hearing dogs for the Deaf'. She told how each dog gave companionship for an independent life, alerting its owner to everyday sounds or danger signals, and she gave the history of various dog owners. The dogs, often unwanted or from homes, were chosen for their friendliness and sociability. The lives of so many people have been changed since training began in 1982, 2007 being the Hearing Dogs 25th Anniversary.

The MU has 29 members with 2 indoor members.

Members have attended the Women's World Day of Prayer service at Christ the King, the Diocesan Wave of Prayer at the home of member, Linda Cooper, and the Lady Day service at St Peter's. Shap branch members will be coming to the July meeting at St Peter's and our branch is invited to join with them at Shap on November 22nd.

The next meeting is on April 11th at St Thomas' when George and Doreen Wadsworth will speak on 'Faith in Action in Uganda.' *Mary Davidson*

St Thomas' Church Flower Rota

Please see the rota in the Church Centre and for the arrangements for decorating the church for Easter.

The Milnthorpe Memorial Hall Charity

dates from 1945 and its purpose is: *'Physical and mental training and recreation and social moral and intellectual development through the medium of reading and recreation rooms, library lectures, classes, recreations and entertainments or otherwise as may be found expedient to the benefit of the inhabitants of the parish of Milnthorpe and its immediate vicinity without distinction of sex or political, religious or other opinions.'*

Quite a mouthful - best summarised as being for the benefit of the inhabitants of the Parish of Milnthorpe. Today, the Charity's asset, the Memorial Hall, is let to a commercial tenant, RDK Mobility, and the rent is distributed by the Charity's Management Trustees four times a year, usually, though not necessarily, by grants to Milnthorpe organisations. The next distribution meeting of the Trustees is on April 11th and requests should be made in writing to the Hon Sec, Alan Baverstock, Heronsyke, Milnthorpe, LA7 7QR.

Milnthorpe Senior Citizens' Annual Party

on Thursday May 3rd
for anyone over 65.

For information please contact
Sheila Ashburner telephone: 62727.

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

Walk Cumbria comes to Levens – Saturday 5th May to Wednesday 9th May

What's going on? We have a mission team joining Christians Together in Levens. The timetable is being finalised as you read this... Plans so far.....

Saturday 5th May Welcome to the Team

6.30—8.00 pm – A Family Quiz Night –

A Quiz Night with a difference

Sunday 6th May

10.00 am Joint Service at St John's

with preaching from 'the team'. All welcome

6.30 pm Songs of Praise with Flookburgh Band on Milnthorpe Green

Monday 7th May

Walk the Kent Estuary from Arnside to Storth to Beetham to Milnthorpe to Heversham to Levens. Ending with a Hog Roast in the village

– All welcome to the feast whether walkers or not.

We need B & B and meals for individuals of the teamany offers? T: 60223



Levens Parish pastoral visiting Please let Revd Ruth Crossley (60223), Audrey Larkins (60769) or Frances Makin (61417) know of anyone ill at home or in hospital that would appreciate a visit.

Parochial Church Council meeting 7th March '07

The important (i.e. less regularly occurring) were:

1. Discipleship and Outreach, our particular interest this year in the Survival to Revival programme, which included plans for our involvement in Walk Cumbria in early May.

2. News of definite moves towards forming a Group Ministry with the other Kent Estuary parishes

3. Receiving reports and accounts in preparation for the Annual Parochial Church Meeting on 25th March.

4. Agreeing with the suggestion from Rev. Bill Seville that we should continue to combine with the Methodist Church in Levens for their annual Covenant Service. This had been a very moving and important occasion for everyone involved when we did it for the first time January 2007.

We also took note of plans for forthcoming services and activities.

Doreen Hughes Gain

Levens Church Flowers

8th EASTER

15th Mrs T. Smalley

22nd ?

29th Mrs L. Walker

If anyone wishes to help with church decoration on April 7th about 10.00 am, please could they phone Teresa on 60652 or Tricia on 60097 to discuss plans.

St John's Spring Fair
& Coffee Morning
Saturday 28 April
10 am – noon
in The Institute
Admission 50p

advance notice - 13th May 10.00 a.m.-come to a farm near you in Levens to celebrate Rogationtide - see May issue for details

LEVENS VILLAGE PLAN

WHAT IS IT? WHY DO IT? THE BENEFITS

Creating a village plan **for Levens** will enable everyone to take a comprehensive look at our village, its services, its facilities, its needs and aspirations for the future. By canvassing everyone's views a vision can be developed of what issues are most important, how new development can be incorporated, what could be changed, and the standards we would like to see in our village. The plan will reflect the views and feelings of villagers, and will in turn inform local authorities, planners and other statutory bodies of local issues, and the wishes of everyone in our community.

The content of the questionnaire is being worked on at the moment.

Please give any suggestions. Through the plan we can have a say in how services for our village are managed, and we can raise awareness of the environmental and social issues that most affect us. Hopefully the plan will give rise to better communication within the village, and give us clearer objectives that will reflect everyone's views.

Prompted by Levens Parish Council, an initial local committee has been set up which represents many village organizations. They are working on the best way to gain the views of **EVERYONE** in the village including all ages, businesses, local groups and any other agencies that serve the village. Consultation will take place mainly through a questionnaire to adults and to businesses, a special fun day for older children, and a primary school project. The responses will be analysed, the plan will be published, and work can then start on identifying possible action. The plan will be shared with all the relevant local authorities.

Through this plan we can ALL influence local authorities, service providers and planners. It will help us to think through and hopefully carry out development in areas where it is most needed. The questionnaire exercise will encourage everyone to express their views and to think about the future of the village and how it can be improved for the benefit of all the residents.

The content of the questionnaire is being worked on at the moment.

Please give any suggested questions to your group representative who has a sheet to fill in.

Think of what concerns you, what you feel is good in the village, why you like living here, what you would like changed or improved your suggestions will help everyone so please use every opportunity to let us know what questions you would like to be asked. We hope to receive questions as soon as possible so that we can incorporate them in the final questionnaire.

THANK YOU FOR YOUR HELP – WE CANNOT ACHIEVE A REPRESENTATIVE PLAN WITHOUT YOUR INPUT!

Contacts: Helen Burrow - 61082, Jude Abernethy - 61048,
Margaret Barnes - 60859, Steven Read - 60318, Sheila Watson - 60362

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

BUZZ club

for school age 4 - 11s
Saturday 31st March
10 am—12 noon
at St Peter's Church

....loads of fun, art, games, drama,
laughter, be with your friends...

Any questions email: buzz@heversham.org
or please phone Revd Susan Wilson on 63125
or Jane Cushnie on 64582

BUZZ club meet once a month,
on the day before the Family Service



Heversham Parish pastoral visiting

Please let Revd Sue Wilson (63125) or Audrey Wynne (63244) know of anyone ill at home or in hospital that would appreciate a visit.



Window On the World WOW is a group that meets on the first Monday evening of each month to pray for mission organisations supported by St. Peter's church both locally and in the wider world. *Please do come along to find out more about the Church worldwide. If you have any questions, please contact Rhona Rutter*

In each of the next editions of the Parish News there will be a brief outline of one of these mission organisations

Bibi Nédellec working for Wycliffe Bible Translators in Togo and Benin, West Africa. Wycliffe Bible Translators have set up Vision 2025 a plan to begin Bible translation in all languages by that date. Many of you will have met Bibi when she was here in July 2006. Her job is Training Co-ordinator for Togo and Benin. She visits translation projects in these 2 countries to monitor progress and to offer her expertise in linguistics and her many years' experience in Bible translation. Please pray for her health, stamina, safety in travel as she drives on very poor and dangerous roads and wisdom as to how to divide her time.

Next meetings: **Mon 2nd April, 7.40 pm at St. Peter's Church** following Night Prayer. (Focus on **SAMS** – South American Mission Society, **Hope Now** – working in Ukraine and South Africa with orphans, in hospitals, 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 14th May, 7.00 for 7.30pm at Sylvia Read's home, Honeysuckle Cottage, Beetham. (Focus on **Bibi** – working for Wycliffe Bible Translators, **NISCU** – working in schools and **Ellel** – healing and discipling ministry)

Rhona Rutter

The Jumble Sale on March 17th at the Athenaeum raised a **magnificent** £580 towards funds for the Heversham Village Children's Christmas Parties. Many thanks to **Parish News readers** who donated items and to everyone who attended or helped on the day to make the event successful.
Thank you!

Carolyn Moses

delicious

On Focus Walk Cumbria Sunday 25th February, St Peter's Church congregation indulged in a 'Bring and Buy' pudding fest. Many delicious treats were on offer and the sale raised £142 for Walk Cumbria funds.

Jill Shaw

The Buzz Club date in May is different than the usual pattern of the Saturday before the Family Service.

The May date for your calendars is 12th May at the Athenaeum
10 - 12
to coincide with Walk Cumbria Week

Coffee Time @ The Old School
next to St Peter's Church, Heversham
10.30 - 11.45 am

on Tuesday 17th April

call in for
coffee, cakes
and chat
**ALL ARE
WELCOME !**



do call in

advance notice

Rogation Sunday
13th May

open air service
on Milnthorpe Green

additional details
next issue

a message from the greenhouse!

There will be a Plant Sale at
Coffee Time 8th May
IF there are enough kind offers
of plants/seedlings.

please let Jane Cushnie know on 64582
or email
parishnews@heversham.org



thanks so much ...

reports

Levens Women's Institute

met on 20th February. After the normal business meeting which included notice of a proposed litter pick around the village at the end of March and the latest news of the progress of the Parish Plan [see on page 11 in this Parish News], Mrs Fiona Cartmell spoke on the work of the British and of the International, Red Cross, since they cannot really be separated. The Red Cross is the largest charity in the world, and is entirely neutral and impartial in all aspects of life and never takes sides. The only qualification needed to be in receipt of its help is to be a suffering human being. Some countries have found it difficult to work in an organisation whose badge is a cross so, quite some time ago, the Red Crescent came into being and, much more recently, the Red Crystal too. Mrs Cartmell, who works as a volunteer for the Red Cross, spoke at some length on the various aspects of its work and had her audience completely enthralled.

Doreen Hughes Gain



Levens Bowling Club

Thank you to everyone who supported our Coffee Morning and our Quiz. As a result, £485 and £150 respectively have been added to our funds, which will help us to purchase fertilisers and other materials in order to keep the bowling green in good condition. First prize in the quiz went to Mrs Hudson of Kendal, and second prize to Wendy Clark, also of Kendal.

The bowling green is a village amenity open to all. The Bowling club would like to encourage everyone to try the game, and will be offering introductory sessions on Wednesday afternoons and evenings from the first week in May, when guidance and equipment will be available – first session free, and a 50% discount on the club membership fee for the first year.

The Club has eight teams in four different leagues, with matches on Monday afternoons, Monday and Tuesday evenings and alternate Thursday and Friday evenings. The league programme begins on Friday 6 April, and spectators are welcome at all fixtures.

Levens Over 60s' Club Illness and inclement weather somewhat diminished the attendance at our February meeting, but those who were able to attend enjoyed a treat, as Enid Holmes gave a talk on the life of Joyce Grenfell and used her own acting skills to deliver some of the humorous monologues for which she was famous. These included "Useful and Acceptable Gifts", speaking to a W.I., "A Village Mother" and the well-known "Nursery School Teacher" one.

She was born into a well-connected family; her mother was an American, Nancy Lady Astor was her cousin. At the age of twelve she decided to be an actress. She started as a radio music critic, in 'Face the Music', showing her great knowledge of music. After the war, her career really took off. She rehearsed in front of the mirror. She crossed the Atlantic many times, often in the company of Lady Astor, and enjoyed performing on board. She was born in 1910, married Reggie when only nineteen, and died of cancer in 1969. Although her monologues show a deep understanding of children, she never had any of her own.

Sally Beaumont

Next meeting in The Institute at 2.00 pm. 24th April

Slide-talk: Mr Robin Orr, "A Holiday in Russia"

MILNTHORPE CHILDREN'S CENTRE

EASTER HOLI DAY
ACTI VI TI ES

Home and Road Safety **PUPPET SHOW and PUPPET MAKING WORKSHOP**
Wednesday 4th April 10am -12 noon at the Children's Centre £1.50 per child
ALL CHILDREN WELCOME and **must be accompanied by an adult**
TO BOOK YOUR PLACE telephone 015395 64896

STORYTIME at MILNTHORPE LIBRARY Thursday 12th April 10.30 -11.00 am
Suitable for children under 8 years accompanied by an adult **FREE**

Janet Smith will tell the tale of the families of
Holker at the meeting of Heversham WI at the
Athenaeum Leasgill on 11th April at 7.15pm



The next meeting of Levens W.I.
Is on 17th April at 7.30 pm
Mr B. Sanderson: Heaves Gardens

British Legion :
Monday **2 April**, 7.30 pm
in the chapel room
at Levens Methodist Church.

GET FIT & ENJOY SWIMMING in a
LOCAL, OPEN-AIR, HEATED, POOL

DALLAM SWIMMING CLUB

Proposed OPENING DATE, 28th APRIL
(closing late Sep/Oct)

OPENING TIMES

Mon, Tue, Thu, Fri	6.00 – 7.30 pm
Wednesday	5.30 – 6.30 pm
Wednesday <i>adults only</i>	6.30 – 7.00 pm
Saturday	1.30 – 3.30 pm
Sunday	10.00 – 1.00 pm

EXTRA HOURS during SCHOOL HOLIDAYS

Monday to Friday 2.00 – 4.30 pm

LESSONS—Free to members

Wednesdays from 16th May – 4th July

Jnr. Non-Swimmer 4.30 – 5.00 pm

Jnr. Beginners 5.00—5.30 pm

Jnr. Swimmers 5.00—5.30 pm

MEMBERSHIP: ADULT £33, FAMILY £55

FURTHER DETAILS:

BEVERLEY HOLMES Tel 07746-451036

Give Blood !

Thursday 12th April
at the Main Hall,
Dallam School,
Haverflatts Lane
Milnthorpe

Times: 2 pm - 4 pm

5.30 pm - 7.30 pm

ring 0845 7 711 711

to make an appointment



www.blood.co.uk



PiNboard

Milnthorpe Country Market
(formerly W.I. Market)
re-opens Friday 23rd March
and each week until December

at the Cross Keys Hotel
9.30- 11 30 am.

We welcome old & new customers
and would be pleased to accept
new food producers.

Levens WI invite you to a
COFFEE MORNING
in aid of the
**THE RAINBOW TRUST
CHILDREN'S SOCIETY**
(helping families with children
with life-threatening illness)

Saturday
14th April
10.30 am
Levens Institute



Plant Sale at
St John's Hospice
Slyne Rd, Lancaster
Friday 11th May 5pm-8.30pm
Saturday 12th May 10am-4pm
Hundreds of quality plants at very
affordable prices.

Simon our gardener will be on
hand to give advice.

Westmorland Damson Assoc
Damson Day

Saturday 21st April
10.30 am - 4.30 pm

see posters & press for details

HERON THEATRE, BEETHAM

Fri 6th April at 7.30 pm

Tracks North - England's most scenic line.
The splendour of the Settle -Carlisle Railway.
A slide presentation by David Alison

Fri 20th & Sat 21st April at 7.30 pm

Three's Company

A triple bill of three short plays by three actors
directed by Alan Matthews. *Freehold Theatre*

Fri 4th & Sat 5th May at 7.30 pm




Make 'Em Laugh

A celebration of a hundred years of wit and
wordplay of English Comedy in opera, music
hall, revue and satire. *Quicksilver*

To book – tel. 64283 **or** in person
10 a.m. – 1 p.m. Tuesdays and Fridays
www.herontheatre.fsnet.co.uk

Arnside Choral Society
present their Spring Concert.
Programme Saturday 28th
April 2007 at 7.30pm in the
WI Hall in Arnside
to include:- Let all the World
by Vaughan Williams.
Cantique de Jean Racine by
Faure and Vivaldi's Gloria.
Organist Stephen Carlston -
Conductor Ian Allen and
Soloists Tracey Penwarden
and Melanie Reid.

Tickets £7.50 available from
Kath Singleton (62221)
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<p>eSSence yOga Yoga for Men & Women at St Thomas' Church Milnthorpe Tuesday 6.30pm-8pm Tel: 07922144384 www.essenceyoga.co.uk</p>	<p>The Strickland Arms Home cooked local food selection of local real ale open Mon to Fri: 11.30 - 3 and 5.30- 11pm Sat & Sun: 11.30am-11pm Quiz Night Wednesday Fresh Fish Night Thursday Sunday lunches and roasts Tel: 015395 61010 Manager Kerry Parsons</p>	<p><i>Woodlands Nurseries</i>  Flowers for all occasions Crooklands, Milnthorpe Tel: 015395 67273</p>
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