

free

Parish News

Please take a copy

Levens, Heversham, Milnthorpe

Christmas 2020



Levens, Heversham, Milnthorpe
trees all looking magnificent

The Christmas Parish News came out mid December as we were waiting to confirm items once restrictions/tiers were known. Some online Christmas events have taken place and have missed the Parish News but were advertised through email and hopefully much enjoyed.

Parish News Ed Team wish everyone A Happy Christmas 2020 - It is different to usual but hope we can make the best of it with adaptation and creativity and virtual hugs x

Keep being kind !



Parish News are setting up a Milnthorpe Advent Calendar which will run from 1st - 25th December 2020 around the village.

Each day a new Advent Calendar 'door' will appear in a window in a shop/business/ notice board etc - could be anywhere. Parish News have set up a Facebook page too ~ <https://www.facebook.com/NEWparishnews> ~ please visit and like us! and we will post clues on Milnthorpe What's Going On if we think we have hidden them a bit !

All the Advent Calendar doors will be visible from pavements and we hope shopkeepers will keep the pictures up until the end of December.

There is a tick chart in the middle of this booklet. You could tick it, draw it, write it each day or at whatever time you find the doors
This is not just for children - Have fun finding the calendar!

And thank you so much to the shops and businesses who have hosted an Advent Calendar door.

Supper with Readings & Carols Friday December 18th at 7pm

on Zoom this year from Levens - please provide own supper !
with also hopefully many friends from St Peter's and St Thomas'
Zoom Link is <https://bit.ly/LevensChristmas>

A telephone link will also be advertised in the weekly Emailed notices.

This annual Levens event is first and foremost as an opportunity for festive fellowship; it is also traditionally a fundraiser for St John's Church. The £5 cost per person will give you 5 raffle tickets that will be drawn on the night.

Please pay in cash in a named envelope put through the Vicarage letterbox . Alternatively via the giving link in the notice sheets.

Then please email pammartin47@gmail.com for Pam to make a note for the raffle tickets!



Christingle 2020

Christmas is quite different this year, but we can still find ways to celebrate the birth of Jesus. In recent years, we have had Christingle services in church, using candles, oranges and small pieces of fruit to remind us why Jesus came to the world and why it matters. The Covid restrictions mean that we cannot allow people to be close together in our services, so instead we are inviting you to our online Christingle celebration.

4.00 pm on Tuesday 22nd December for the Milnthorpe area

6.00 pm on Wednesday 23rd December for the Levens area

Heversham families and all in other areas, choose whichever suits better

The link to each Zoom service is the same:

<https://bit.ly/ChristingleDec20>

Just type this address into your web browser.

This will take you directly to the zoom meeting.

We invite you to have a **Christingle** made and ready for this time. There will be a chance for each of you to show your creation on screen.

Instructions and basic kit for Christingle are going to be distributed via local schools (with thanks to them).

We will sing songs, hear the Christmas story, display our Christingles and light them, with other lights turned off. How important at this time of year to remember the light and hope that shines in dark places.

As is our custom, we ask for donations at the Christingle services to be made to the Children's Society, a national charity working to transform the hopes and happiness of young people facing abuse, exploitation and neglect. A link to give online will be available during the Zoom service.

Christmas Eve

CARol Service in your CAR!

from **3.30 pm** Tristrams Field,
Woodhouse Lane, Heversham

<https://bit.ly/HevershamChristmas>



CAR CAROLS

Heversham villagers are invited to celebrate Christmas with a different kind of Carol Service this year. Due to Covid restrictions we cannot have such a large gathering indoors so we are taking the Carol Service outdoors;

you can drive in or walk to it. We gather on Christmas Eve from 3.30 pm at Tristrams Field. You can watch from the warmth of your car and listen on your mobile phone. Join in as loudly as you want from the confines of your vehicle, whilst still in the company of others. Carol singing outdoors is also permitted, with suitable social distancing. We will use our time together to recall the Christmas story through a short sequence of the familiar carols and Bible readings.

24 12 2020

Carol Celebration on the Green, 7.00 pm Milnthorpe

Wrap up warmly and maintain suitable social distances as we meet on the Green for traditional Christmas Carols and Readings. Tracie Penwarden and her singers will bring Christmas music from the Church steps to the whole community.



The readings will tell the story of Jesus' birth and its significance for us. Bring a hot drink and join us with your family or 'bubble' – or should that be 'bauble'?



11.00 pm First Communion of Christmas, St John's Levens

Christmas Day

10.00 am Christmas Day Family Celebration, St Peter's, Heversham

10.30 am Christmas Day Service in Levens Methodist Church
For details contact Irene 07958 605049





The Vicarage, Vicarage Road, Levens, LA8 8PY
Tel: 015395 61448

Dear Friends,

“Christmas is just for the kids, isn’t it?” People usually come out with that sentiment at this time of year, maybe with a wistful smile and a nod to times past.

What 2020 suggests to us is that Christmas is for more than the kids. Government policies are being drafted to ensure that there can be some kind of meaningful celebration at home, for adults as well as children. Are we beginning to rethink and recognise that Christmas is for all people? In this issue you can read of ways local churches are celebrating Christmas in and with their communities. Due to regulations it will be different, of course, but we hope it will still be significant and meaningful. After all, Christmas is for all people.

Christians have always believed Christmas is for all people because the message of Christmas is for all people. We get this idea from the angels in the Christmas story: “I bring you good news of great joy that will be **for all the people**. For unto you is born this day in the city of David a Saviour, who is Christ the Lord.”

HM The Queen commented on this verse in her Christmas broadcast a few years back: “God sent into the world a unique person - neither a philosopher nor a general, important though they are, but a Saviour, with the power to forgive.”

Christmas is for all people because the message of Jesus is for all people. We all need his rescue as Saviour. We all need to know God and his love, through the baby in the manger, who is the man upon the cross, who is the Lord who stepped out of his grave.

However differently you celebrate Christmas this year, may you find ways to make it significant and special still. It may be time to ponder who Christmas is for and what it is for.

The true significance of Christmas remains, as it always has been, the Saviour who is Christ the Lord.

O Holy Child of
Bethlehem,
Descend to us we pray.
Cast out our sin
And enter in.
Be born in us today.

Revd Bryan Kerr



To sign up to the weekly
emailed notices for the
Parish Churches
please email
Revd Bryan Kerr :

rev@lhmparishes.co.uk

Every Sunday one Parish Church is open at 10.30am
for a service for the three Parish Churches.

6th Dec	St Thomas', Milnthorpe	3rd Jan	St John's, Levens
13th Dec	St John's, Levens	10th Jan	St Peter's, Heversham
20th Dec	St Peter's, Heversham	17th Jan	St Thomas', Milnthorpe
27th Dec	St Thomas', Milnthorpe	24th Jan	St John's, Levens
		31st Jan	St Peter's, Heversham

Also, there continues to be a Sunday Hub service online via Zoom.

To access this please **see websites for the latest news !**

Click on Parish Update on:

www.stthomasmilnthorpe.org.uk www.stpetersheversham.org

Also — Open to All three Parishes:

First Sunday of the Month 6th December and 3rd January at 8.00 am
BCP service at St Peter's Church Heversham

&

Third Thursday in the month :17th December, 21st January at 2.00 pm
BCP Service in St Thomas', Milnthorpe

Info correct at time of going to press:

There is no restriction on the numbers attending Sunday services, except what is physically possible to maintain social distancing within the building.

Face coverings are to be worn.

Not all pews will be available, in order to observe proper distance.

Music is played in services as congregational hymn singing is not permitted.

Holy Communion will be given in one kind (bread) only, as directed by church guidelines.

The order of service will be available as a download each week from the websites below and you are encouraged to print and bring your own copy.



Daily Hope offers music, prayers and reflections as well as full worship services from the Church of England at the end of a phone.

- FREE line
- available 24 hours a day
- **0800 804 8044**
- set up particularly with those unable to join online church services during ongoing period of restrictions.



*Parish Churches are open during the week
as places for
individual private prayer:*

St John's, Levens: **Monday 10 am - 2. pm,
Thursday 10. am - 1 pm**

The exception is the Monday following a Sunday in St John's when the church must be closed to allow an interval for cleaning.

St Peter's, Heversham: **Tuesday 10 am - 1 pm**

St Thomas', Milnthorpe: **Wednesday 10 am - 2 pm**



**Please observe social distancing
and use a face covering and hand sanitisers when in church.**

zoom events for prayer

Parish Prayer We shall have a fortnightly time of prayer for each parish, for healing and particular needs, and for the community in general.

You can join us, or send prayer requests. **These are fortnightly meetings**

**Heversham, Tuesdays 12 noon, fortnightly
8th and 22nd Dec**
| <http://bit.ly/HevershamPrayer>

**Levens, Wednesdays 6.30 pm, fortnightly
Dec 2nd and 16th**
| <http://bit.ly/LevensPrayers>

**Milnthorpe, Fridays 10.30 am, fortnightly
, Dec 4th and 18th**
| <http://bit.ly/MilnthorpePrayers>





Kent Estuary Youth project
Charitable Incorporated Organisation,
registered number: 162823

KEY came into existence six years ago when people from local churches decided to raise funds to enable professional youth work to take place in the villages around the Kent Estuary, also in Dallam School and with year 6 transition pupils in our primary schools.

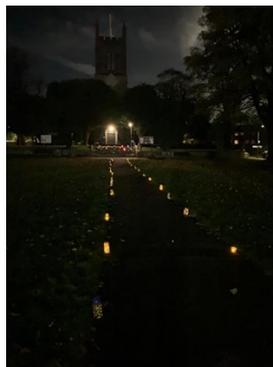


KEY's First Festival of Light

On the evening of October 30th dozens of jam jars decorated by KEY young people with tea lights lined the path up to St Thomas' where 16 carved pumpkins lit up the church steps! Sky was the overall winner however all 16 participants won prizes and were aged between 3 and 16yrs. The judges were Jade (KEY Young Person), Val Robson and Linda Cooper, who gave feedback such as: best 'popular culture', 'eye, eye', 'mind he doesn't bite'.. ! The young people had worked hard over the previous few weeks to prepare the event - and on the night they enjoyed hot chocolate as they put the finishing touches to the event as dusk fell.

KEY is grateful for all the help from volunteers, the businesses that supported the event, and Radio Cumbria for helping us advertise the evening. It is hoped that this will become an

**Community
annual
event.**



Levens Post Office
in Levens Institute
during December

Mon, Wed, Fri
2.15 - 4.45pm

Mothers' UNION

First Wednesday in the month by
Zoom

Wednesday 6th January, 2pm.

Venue to be decided. or zoom

Details on emailed
weekly notices



01539 728118

The Saturday Quiz is back !

Join on Zoom
for 7 pm start.

Zoom password
will be on

Bryan's emailed notices



C U M B R I A

Thank you for completed
wrapped up shoeboxes full of
gifts, virtual boxes and
donation of money towards
the Boxes of Hope Appeal
2020.

7606 boxes to Romania from all
over Cumbria - amazing
achievement for this year!

CHRISTMAS RAFFLE Levens

1st prize: a fabulous, home-made,
8" Christmas pudding
packed with fruit

2nd prize: a Christmas hamper

Tickets £1 each. To enter take an
envelope from the Plants on the
Green wall stall by the bus stop,
put in money together with your
name, contact details and number
of tickets required and put the
envelope through the door
of 26 The Green.

Tickets will be delivered to you.
Funds go towards 2021
Christmas Tree.

Draw 12 Dec



(sorry this might only reach online
readers due to the date)



**Dignity in
Dementia**

Helping you support people with dementia

New

CULTIVATING MEMORIES

Project



A great winter project to do with a relative with dementia who has previously enjoyed their garden. It's likely to help them feel happy, engaged and valued. We will send a pack of A5 photographs with questions that promote gardening memories, together with a scrap book to record their recollections. All we ask is that you take a photograph of any pages of interest and send them to us, so that we can produce a gardening memories booklet. When this is completed you'll receive a copy of it to share with your relative.

Only 100 packs available so order yours soon — available for people living in Cumbria and North Lancashire

Email: info@dignityindementia.org or ring Diane on 07771 682378

Our Cultivating Memories project has been designed in partnership with Rosemary and Time CIC





Monthly

GARDENING CLUB

via zoom

As this is a pilot project, we are trialling it with people living in the South Lakes area.



If you are supporting a person with dementia living in the South Lakes who has previously enjoyed gardening, why not help them to join our monthly gardening club and follow Donna, our horticultural therapist, as she carries out engaging gardening projects they can do on a table at home. All the required equipment will be delivered each month, so that they can copy what she creates.

Planned projects include:

- ◆ Making a pinecone bird feeder
- ◆ Creating a Christmas decoration using natural materials
- ◆ Planting bulbs in a pot
- ◆ Creating a pot of herbs

Session dates:

Tuesday 17th November, Tuesday 15th December, Tuesday 19th January,
Tuesday 16th February, Tuesday 16th March, Tuesday 20th April

Email: info@dignityindementia.org

or ring Lesley on 07816 895021 for more information





Tick or draw
 or write
 when you
 have found
 the doors
 daily !
 This is not
 just for
 children !
 It's for
 everyone !

Where and what
 picture did you
 find ?

1

2

3

4

5

6

7

8

9

10

11	12	13
14	15	16
17	18	19
20	21	22
23	24	25

“I’d like some advice on keeping my energy bills down please. I work in admin for a big corporation. We are working from home with no idea when we’ll be back in the office.

I’m freezing sitting here all day in front of my computer! I’m worried if I turn the heating up my bills are going to go through the roof.”

.Fortunately, there’s lots you can do to keep bills down.

Firstly, see if you can get a better deal by changing your energy supplier. However, as well as comparing prices, it’s a good idea to check the customer service record of a company before switching. Citizens Advice has a [price comparison tool](#) on our website, and our [star rating](#) assesses the customer service records of the 40 biggest companies.

There are also little, everyday things that can help, such as making sure televisions and other devices are switched off and not left on standby; washing clothes on a lower temperature; and only filling the kettle with the water you need.

You’re right in another way about bills going through the roof - and the walls. One way of cutting costs in the long term is to invest in good insulation - or ask your landlord to do so.

If your pay is close to the national minimum wage, the extra costs of working from home could be counted as a pay cut and bring you below the legal level. Talk to your manager or HR department, or your union rep if you have one.

Finally, your employer should pay for any costs connected to your health and safety - such as a suitable chair for work at a computer. It’s also worth taking a look at your employer’s expenses policy as you may be able to claim for a number of other things, such as printer ink or telephone line rental.

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

South Lakes Citizens Advice is still delivering a service - Telephone and Digital Advice

How to access:

- **Call 015394 46464 - this is being staffed from 9:30 – 2pm**
- **Adviceline: 03444 111 444 email advice via our submission page on our website www.southlakescab.org.uk**
- **Help to Claim (Universal Support): 0800 144 8 444**

www.milnthorpefoodbank.org

Milnthorpe Area Food Bank provides short term emergency food parcels to people living in the following villages and surrounding areas: Milnthorpe, Heversham, Arnside, Storth, Holme Beetham, Crooklands and Burton.

We usually supply food parcels with a weeks supply of nutritional, non perishable food for people who are temporarily unable to provide for themselves because they are in a crisis situation. (for a limited time, delivered to your home).

Access to the food bank is via referral from agencies, local community leaders and support workers. If you are struggling financially at the moment, **don't be afraid to ask for help or advice.**

If you have no other support agency, you can contact Citizen's Advice Bureau. Tel: 015394 46464.

Our main points for food donations are now at Milnthorpe Spar shop and most churches when they are open.

Thank you for all the support you have been giving to the foodbank over recent months Those who receive food are always very grateful. *Thank you*



Carer Support
SOUTH LAKES

Improving the lives of Carers of all ages

Carer Support South Lakes is a Kendal-based charity providing services and support to 1,350 unpaid carers in South Lakeland, aged between six and 98-years-old. If you regularly help someone to wash, dress and eat, do their shopping, take them to appointments or keep them company you could be an unpaid Carer and there's help on hand for you.

Find out more by visiting carersupportsouthlakes.org.uk or by calling 01539 815970 or email carerconnect@cssl.org and connect online with other Carers across Cumbria for support and information, around the clock. This safe and moderated online forum is for Carers of all ages, with groups for Young Carers, Adult and Parent Carers and those caring for loved ones with dementia. Carer-Connect is a social space with professional services and support built in.

Useful Numbers:

Milnthorpe St Thomas' Church Centre www.stthomasmilnthorpe.org.uk

Christ the King RC Church Milnthorpe Fr. Philip Smith 015395 32731

M:HUB Rev David Stretton 01524 761397 methodistdavid@gmail.com

Levens Institute Helen & Alan Miller 015395 60334

Heversham Leasgill Athenaeum - Clare Lewis
clarelewis5@aol.co.uk 07876124236 015395 63206

Levens Methodist Hall Jane Jones 07875 163418

Levens Pavilion Stuart Duncan 07793 954970





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<p>Sue Spencer COUNSELLOR BACP Registered 015395 62217 07804 863408 www.suespencercounselling.com</p>	<p>Upper Cuts Barbers 15 Park Rd, Milnthorpe  T: 62300</p>	 <p>13 Main St Milnthorpe T: 64484 & Facebook</p>
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Associate Priest: The Revd Annette Miller 015395 33840

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For a pastoral telephone call for yourself or for someone you know call

Heversham & Milnthorpe:

Email via websites 'contact us' or phone Linda Cooper 63836

Levens: Christine Hallas 60541 Frances Makin 61417



Parish News, part of the church in community

is run by 3 Parish Churches

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Ed Team: Jane Cushnie, Jill Butterworth, John Thorley, Margaret Barrow, Wendy Dodds

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