OCT 2023

A free copy for you

Parish News

Levens, Heversham, Milnthorpe



Levens Methodist Church

COFFEE SHOP 2.30 - 4.15 pm Everyone Welcome

Mondays

Would you like a coffee & a chat? please join us.

You can also play dominoes, cards, Rummikub or do a jigsaw

Also bring your knitting, sewing or craft project and have a natter.

Wednesdays & Fridays

Coffee and Biscuits

Coffee @ St T's Milnthorpe

Every Friday 10 -11.30 am

serving Farrers Coffee and Lakeland Tea Enjoy home made scones, tea cakes

free WiFi & contactless payment available

M:HUB

on Beetham Road, Milnthorpe

Cafe is open every Friday morning from 9.30 am until 12 noon for refreshments.

Milnthorpe Food bank www.milnthorpefoodbank.org
Collection boxes in Spar and
Churches in
Milnthorpe and Heversham
& the **trolley for Harvest** is in
the Church Centre at St Thomas'
There is an URGENT need of food
& household items so please donate if you are able to, thank you

Milnthorpe Craft Group

at St Thomas' Church Centre
Mondays at 10am - noon
Pop in for a coffee and come and
say hello whilst we do craft.
Perhaps you will see
something you would like to craft.

All Welcome



MARA - a story-telling

performance by Dominic Kelly which delves into the dreamscape of Swedish folklore

> Levens Village Institute Sat 7th Oct Doors open at 7.30 pm for 8.00 pm start

Tickets: Adult £12, Child £6, Family £30 Tel. 07305 658648 or email:cloggingchris@outlook.com

Bar & Refreshments

Brought to you by Levens Arts & Film Society



Coffee Time

Tuesday 17th October 10 - 11.30 am

trialling a monthly coffee and biscuits morning at the Old School, Heversham now there is a gap without Soup Lunches.

Third Tuesdays

17th Oct, 21st Nov, 19th Dec *Everyone Welcome * All Ages* Simply coffee & biscuits & chat — no raffles, no cake stalls so it is a low-calorie event!

A warm welcome with a hot coffee/tea

Do call in!





The HERON theatre

Select your seats & book on line

www.theherontheatre.com see website to hire venue Box Office 015395 64283

1st Oct - What masques, what dances? Renaissance & Baroque Music 2.30 pm

6th Oct – Film at the Heron 'Empire of Light' 7.30 pm

13th Oct – Dracula the Panto – Drama with Isosceles Theatre 7.30 pm

14th Oct – Bella Hardy - Folk Music 7.30 pm

27th Oct – Enid Blyton, Noddy, Big Ears & lashings of Controversy – Drama 7.30pm



www.dignityindementia.org

PROPERTY IN

Helping you support people with dementia

Dementia

For more info on Activities, please contact Diane on 07771 682378 or Lesley on 07816 895021

Enjoyable Dementia friendly walks

with optional refreshments. 10.30 am start. Meet at: 12th Oct Longlands Hotel, LA6 1JH, for canal walk

26th Oct Cartmel Racecourse, LA11 6QF, for walk through the woods



Woodland Wellness – Being outside is good for us all. Come and join us for engaging activities connected to nature – next to the trees in Cinderbarrow, Tarn Lane, Yealand Redmayne, LA5 9RX or Milnthorpe MHub in bad weather)

Mondays 9th & 23rd October, 11am – 12 noon

Dementia Embracing Community Singing Group- Silverdale Songsters - Friday mornings between 10.30 – 11.30 am at St John's Church Hall, St John's Church, Silverdale

Monthly Talk (previously Cuppa & Chat) at Abbot Hall Social Centre, Dowker Lane, Kendal, LA9 4DN Tuesday 24th October between 10.30 am – 12 noon. Check web/Facebook



Please phone for details and to book lunches: Liz Dawes 01539 728118

Gentle Exercise Classes – Milnthorpe Every Tuesday 10.30 - 11.30 am Catholic Church Hall Haverflatts Lane, Milnthorpe LA7 7PS

Gentle Exercise Classes – Levens Every Wednesday 10.30 - 11.30 am Levens Methodist Church Lowgate, Levens LA8 8NL

Levens Lunch Club
The Gilpin Bridge, Levens
LA8 8EP

Fourth Tuesday of the month 12.00 pm please phone to book

Hale Lunch Club The Tavern at Hale, Milnthorpe LA7 7BH Third Thursday of the month meet at 12.15 for 12.30 pm

Working Group at St Peter's Churchyard. Heversham Saturday 21st October 9.30am - 12.30pm

If you are a regular worker then you know what to expect, turn up at the church gate and then cast around to see where we are working. If this is your first time then the same applies and please don't hesitate from coming just because you are unsure of the what and where.

The working party meetings are always enjoyable and worthwhile; we enjoy the social get together and I think that everybody who uses the churchyard can see the benefit of our efforts.

Once again we will be cutting ivy and pruning trees; appropriate tools will be secateurs and loppers. A saw might also be handy if you have one. It doesn't matter if you don't have any tools, come anyway, your help will be invaluable.

As ever, it doesn't matter if you can't make the full duration of the meeting, come when you can and leave when you have to. I look forward to seeing you or meeting you for the first time.

Richard Simpson



PROVIDING YOUTH WORK IN THE KENT ESTUARY AREA

www.thekeyproject.org.uk

Milnthorpe Youth Café

Wednesdays 3.30pm-5.30pm at M:HUB Year 7+

Storth Youth Group Thursdays 3.30pm-5.30pm

at Heron Hall Year 7+

Milnthorpe Senior Youth Group-Thursdays 7pm-9pm at M:HUB Year 10+

Arnside Youth Group Fridays

at the Educational Institute 6pm -7.30pm Yr 7-9 Yr 10+ 7.45pm-9.30pm

For more information call our youth workers Terry 07388915283 Emma 07960451542

or email rosiebrown@keyprojectcumbria. onmicrosoft.com





Citizens Advice says it's helping record numbers of people with energy debts before winter has even begun - and the size of the debts people face is rising. New research from the national charity shows almost eight million people had to borrow money to pay their energy bills in the first half of 2023, a number it forecasts will rise over the coming months. 1 in 4 people say their energy bill is the essential cost they're most worried about. Disabled people, single parents and low-income families will be hardest hit this winter.

Despite the fall in the energy price cap, the average household will probably pay slightly more in the coming winter than they did between January and March 2023. Starting the winter in debt means that people have to pay back arrears on top of the costs of increasing energy use in the colder months.

Worried about your energy bills?

Disabled people and families with young children, particularly single parents, are more likely to have very high levels of energy debt, and high monthly shortfalls too. This can lead to stress and anxiety for people who already suffer higher levels of anxiety compared to the general population, but they are also more likely to be eligible for assistance with costs. If you are worried about energy bills, advice and help is available on the Citizens Advice website: https://

www.citizensadvice.org.uk There is information on saving energy where possible to reduce costs. In addition, there are details of grants or benefits to help with energy bills, and how to check your eligibility. Contact your energy provider as well, as many can offer help to people who are struggling to pay bills, and may let you reschedule your payments. Borrowing money at high rates from doorstep lenders is not the solution, as it just increases your debt burden. If you are already worried about your debts, contact South Lakes Citizens Advice for help.

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, your local charity, is here for you. How to access:

Call <u>015394 46464</u> - this is being staffed from 9:30 - 2pm

- Adviceline: 0808 2787 984 email advice via our submission page on our website <u>www.southlakescab.org.uk</u>
- Help to Claim (Universal Support): 0800 144 8 444

In response to growing concern about cold calling on vulnerable



people, Heversham Leasgill have now got a "whole village" No Cold Calling zone. There are stickers for people to display and the police encouragement is that they should go to everyone - otherwise they could signal vulnerability.

With this Parish News distribution in the village of Heversham Leasgill you should find a sticker inside vour News.

If it is not there please email parishnews@heversham.org



How to sign up





Shop with your favourite brands









Grief Share Support Group

Have you been bereaved? Grief is often a painful and emotional journey with many challenges. GriefShare is a support group offering ongoing help, comfort and encouragement through videos. discussion and workbook. You will find practical help in the videos for the way ahead, reassurance from others in the group who are feeling the same way and further help in the workbook.

Meeting weekly on Wednesdays from October 25th until February 7th, 2pm - 3.30pm at CFM Community Centre 101 Kellet Rd. Carnforth LA9 5LS (next to the High School)

: https://www.griefshare.org You can register for the group on the website, type Carnforth in the find a group search box, or contact

carnforthgriefshare@gmail.com or ring Elspeth: 01524 702966

Spring Forward Fall Back !

Remember clocks change early hours of Sunday 29th October



The Athenaeum, Leasgill —
village hall for everyone
multipurpose and
can be hired for many events.
please take a look at website.
An easy to use, booking system which
can be found on the website:

www.the-athenaeum.org.uk

Facebook - The Athenaeum Leasgill

To book the hall please contact

Clare: 07876 124236

email: clarelewis5@aol.co.uk or Pam: 07751 627246

email: leasgillvillagehall@gmail.com



Athenaeum Management Committee AGM

Wednesday 4th October 7.30pm in the Athenaeum

Next issue -

NOVEMBER
2023
print & online
Please email info
by 10th OCT

Milnthorpe & Allotment Association

AGM 2023 & Pumpkin Competition

Monday 30th October at Christ the King Church Hall Haverflatts Lane, Milnthorpe

Judging 7-7.30pm

Largest Pumpkin
Largest Marrow
&
AGAIN FOR 2023
Carved Pumpkin Category
Up to 8 yrs, 8 to 16 yrs & Adults







Heversham Bowling Club Games Afternoons

Every Tuesday in the Clubhouse Starting on 3rd October 2.00 – 4.00pm £2.00 inc refreshments



keep mentally active during the winter months – join us to play board games, dice games, word games, strategy games, paper & pencil games, card games & dexterity games.

a variety of games to play, some well-known, others maybe new to you

Everyone Welcome





HEVERSHAM BADMINTON CLUB DALLAM SCHOOL SPORTS HALL, MILNTHORPE.

Mondays. Juniors 6pm - 7pm. Racquets available. Seniors 7pm - 9pm. New members always welcome.

Contact Wendy for more details. 01524 781437 wendycritchley27@gmail.com



No membership, just £2 on the door An Informal Group and Good Fun

First Tuesday in the month 7.30 pm
Church Hall Christ the King Haverflatts Lane, Milnthorpe
Everyone Welcome, just come along Susan 015395 64099





SINGING GROUP invite you to join on 2nd MONDAY of every month 10.30 am to 12 noon 9th October, 13th November, 11th December in Levens Methodist Church Hall



cost £2.00 including refreshments
Please do come along and sample what is on offer: friendship/
singing popular songs/listening/tea/coffee

For Singers and non-singers - everyone!





Mothers Union First Wednesday at 2pm St Thomas' Church Centre Milnthorpe

All are welcome to join us.

Weds 4th October 2pm the meeting will be a craft and chat afternoon

Bring along to show and share anything you enjoy making or/and join in with trying something new, or reminiscing with a craft you may have enjoyed in the past - we shall have opportunities at the meeting.

Visitors are always welcome



Meet & Fat

at Levens Methodist Church Friday 27th October 12noon - 2pm Sausage, mash, garden peas and onion gravy

Blackcurrant pie with custard Lemon cheesecake with fresh cream plus Tea/Coffee



Tickets available from Coffee Shop or Susan Beckwith 0779 6561810 Adults £5 Preschool Children FRFF

EVERYONE WELCOME



HFVFRSHAM

Next meeting October 11th 7.30pm in the Athenaeum, Leasaill

Members' Night: Auction **Auctioneer: Margaret Nelson**

Visitors are asked to pay £2 and can now attend for 3 sessions before making a commitment to join. We look forward to welcoming you in the Athenaeum.

For further information please contact:

Sue Ellis: 07939 577881

Levens Local History Group

https://www.levenshistory.co.uk/ meetinas

Meetings are third Thursday in Levens Village Hall starting 19.30, unless stated otherwise on the website.

Contact: secretary

Allan Steward via website

October 19th: Prof. Angus Winchester Vikings, Statesmen and herdwicks: history and myth in the Lake District.







Saturday November 18th Methodist Church Hall Levens 10.30-12

Cake stall * Craft stall *Toy stall *Tombola-of-toiletries * Raffle Children's books (Donations in good condition appreciated) Guess the weight of the cake

Entry £2.50 inc refreshments contact 60716

Quest

Second & Fourth Thursdays 10:00am at the Athenaeum, Leasgill

12th October - Waterbird Wings over Windermere lan Gee

26th Oct - Arnside Homes for Ukraine - one year on Anna Gorst

Annual membership for 12 meetings inc. refreshments is just £18; guests £2.50 per meeting.

Facebook - Quest-Lecture Group 110942098389216

Idea!

Would you like to be a member of a choir at Christmas Eve at St Peter's Church Heversham.

Please contact

George Handley tel: 015395 63289

Email:

george.handley121@btinternet.com

or

Jean Metcalfe

Email: jeanmetcalfe7@gmail.com



Email: rev@lhmparishes.co.uk

Tel 015395 61448

Dear Friends.

A vicar was awoken one night by sounds of an intruder downstairs. He cautiously crept down, and sure enough, there was a burglar rifling through drawers.

Feeling brave, he found his voice: "What are you doing?"

"I'm looking for your money."

_etter from _

"Good idea. I think I'll join you."

This is not my personal pitch for a clergy pay rise, but it would be reasonably safe to assume neither I nor many of my colleagues in ministry have been invited to hold private bank accounts. You may recall the public outrage at individuals from different political perspectives who were 'debanked' for not holding to a bank's values. They had to be deemed respectable to avail of existing services. Elsewhere, public figures have their past social media postings scrutinised lest they have expressed opinions contrary to the fashions and fads of today. In other areas of life, applicants to certain clubs and societies must prove themselves and be nominated for membership. Other members must attest that this is a person of good character before you are 'in.'

Groucho Marx bucked the trend by insisting, "I don't want to belong to any club that will accept me as a member."

People have the idea that the church is somehow like that: a collection of the prize specimens on display, all sparklingly moral and upright, rather than being a gathering of failures who delight in forgiveness.

The Church of Jesus Christ is possibly the only organization where to be a member, you've got to admit that you're immoral. We start by recognising that we get it wrong.

One of the first things we do together is confess that we have messed up in life and before God. Every single one of us without exception. We begin by dealing with reality, with the truth of your life, and mine.

Mercifully, we don't have to get stuck there. The sign of belonging to Jesus Christ and trusting him is baptism in water, an image of washing. Our past, especially the ugly or unmentionable bits, can be wiped clean away because Jesus died on the cross. Christians recognise his death as dealing with our guilt before God, good enough to cover us with the very forgiveness of heaven. Christians are not perfect, but forgiven – and there's a world of difference between the two.

A man said to his vicar, "You know, I like God, but I'm not sure about joining a church. It is so full of hypocrites."

He got the reply: "Look, you're right, the church *is* full of hypocrites ... Actually, no, it's not quite full of hypocrites. There are a few seats left – why don't you come and join us?"

Every Blessing, Revd Bryan Kerr Priest-in-Charge of St Thomas', St Peter's, St John's Churches

Harvest Supper

Saturday 14th October
6.00 pm
at Christ the King Church Centre
Haverflatts Lane

This year we join our friends at Christ the King Church for supper

Email Val to book if you'd like to come as we need numbers to order food Pie and Peas hello@stthomasmilnthorpe.org.uk

followed by **Quiz**

Christians Together in Levens Tuesday 10th Oct at 2.00pm

Harvest Communion and Afternoon Tea

at Levens Methodist Church if you would like transport please contact Irene 61881 irenemckay80@gmail.com or Jill 61676 iill.butterworth54@btinternet.com ST. THOMAS', MILNTHORPE



Sunday 15th October 11.15 am

ALL ARE WELCOME TO THIS MORNING PRAISE SERVICE

It would be lovely to see you!

If you would like to bring along donations of dried and tinned food for our local food bank they would be gratefully received

Service of Thanksgiving
and Remembrance
All are welcome
St John's Church, Levens
Sunday 29th Oct 3.30pm

Afternoon Holy Communion:

Thursday 19th October at 2.00pm at St Thomas' Church, Milnthorpe followed by tea, cake and chat



Tuesday 31st October at 2.30pm (last Tuesday in the month) at St John's Church, Levens

CHILDREN'S SUNDAY SCHOOL Milnthorpe

Sunday School at St Thomas' Church during the 11.15 am service



All Welcome - come when you can





St John's Church Levens Sunday 24th September Levens Methodist Church with St John's Sunday 8th October St Peter's Church Heversham Sunday 8th October St Thomas' Church Milnthorpe Sunday 15th October

front cover produce from Milnthorpe allotments & Show

Christ the King RC Church Haverflatts Lane Milnthorpe

Sunday Mass celebrated at 10.30am Friday Mass now celebrated at 10 am

Find on You Tube channel and Facebook Group by searching:

Kent Estuary Catholic Churches

Fr Philip Smith 015395 32731 Email: kentestuarycatholicchurches@gmail.com



Kendal **Methodist** Circuit

Revd Tiras Dainty-Share 01524 963716 Email: tiras.ds@methodist.org.uk

Levens Methodist Church 10.30am Services unless stated led by:

1st: Mrs Helen Morton

8th: Revd Tiras Dainty-Share

- United All Age Worship for Harvest

5th: Mrs Anne Pater

22nd: Revd Jeff Thomas Worship with

Holy Communion 29th KEMC Joint service at St James Arnside

You are welcome at

October Sunday Morning Services at Parish Churches -

8.00 am Holy Communion

St Thomas' Milnthorpe

1st & 15th & 29th OCT

St Peter's Heversham

8th & 22nd OCT

9.30 am St Peter's Heversham

1st Parish Communion

8th Harvest Thanksgiving

15th Parish Communion

22nd Fellowship Service at Old School

29th at St John's Levens 10.30 am

Mission Community Celebration

9.45 am St John's Levens

1st Parish Communion

8th at Levens Methodist Church for united Harvest 10.30 am

15th Parish Communion 22nd Morning Praise

29th at St John's Levens 10.30 am
Mission Community Celebration

11.15 am St Thomas' Milnthorpe

1st Morning Praise

8th Parish Communion

15th Harvest Thanksgiving

22nd Parish Communion

29th at St John's Levens 10.30 am Mission Community Celebration

NEW)

GROWBAG

Growbag is an opportunity to come together with people from across the Kent Estuary Mission Community and reflect on the different ways available to us to share the Good News of God.

The day will consist of several workshops exploring: Children's and families work, the outdoors/walking and how existing activities could become more missional.

M:Hub, Beetham Road, Milnthorpe

$$\text{SAT} \left| \begin{array}{c} \text{OCT} \\ 21 \end{array} \right| \text{2023}$$

10AM - 3PM

Lunch included. Please book by contacting your minister or visiting www.trybooking.co.uk/CKJB



What's the latest?



www.stthomasmilnthorpe.org.uk &

www.stpetersheversham.org

If you would like an email of the weekly notices please click on 'contact us'

www.levens.org.uk has local info and NEWS and a link to the same archive of Parish News through - in the village St John's page.

https://www.levens.org.uk/st-johns-church

@NEWparishnews

Facebook page. Items posted are forwarded to Milnthorpe What's Going On page too.

Milnthorpe What's Going On

page on Facebook to catch up with what is going on !

And KEY weekly Youth Activities post on this page

www.heversham.org has local info and an archive of over 17 years of Parish News in A4 pdf version.

Nextdoor.co.uk Local info, tips and ideas

Samaritans'

Free helpline number is **116 123**. Calls to this number do not appear on phone bills. This number is free to call from both landlines & mobiles, including pay-as-you-go mobiles. You don't need to have any credit or call allowance plan to call 116 123.

Available round the clock, every single day www.samaritans.org



To sign up to the weekly emailed notices for Parish Churches in Heversham and Milnthorpe please email

'contact us' via the websites.

For regular email updates for St John's Church Levens please email:

jill.butterworth54@btinternet.com

for a pastoral phone call for yourself or for someone you know call:



Heversham & Milnthorpe:

Email via church websites 'contact us' or phone

Linda Cooper 015395 63836

Levens:

Pam Martin 07840 671286

Levens Good Neighbours - You may find it good to know that the support offered by Levens Good Neighbours includes matching with someone to offer friendship.

If you call 07908 004672 any day between 8am and 8pm, this support

can be arranged with you

Can Levens Good Neighbours help with:

A friendly phone call Picking up shopping or library books or prescription Posting mail, Simple handyperson job, Dog Walk, Transport to a local appointment

Ring 07908 004672 8am - 8pm any day

Volunteers are covered by insurance & policies relating to safeguarding and good practice.

Parish News, part of the church in community

is run by 3 Parish Churches

of St Peter's Heversham, St John's Levens & St Thomas' Milnthorpe Volunteer Ed Team:

Jane Cushnie, Jill Butterworth, John Thorley, Margaret Barrow, Wendy Dodds **Distribution Team** of more than 60 volunteers across the three parishes - thanks everyone!

parishnews@heversham.org Mrs Jane Cushnie Tel: 015395 64582

Levens News: jill.butterworth54@btinternet.com Mrs Jill Butterworth Tel: 61676

Priest-in-charge of Levens, Heversham & Milnthorpe

The Reverend Bryan Kerr Email: rev@lhmparishes.co.uk Tel 015395 61448

Churchwardens

E-mail!

Levens: St John's Heversham: St Peter's Milnthorpe: St Thomas'

Mr Hal Bagot 60588 Mrs Jane Fell 63174 Dr Val Robson 62904

Mrs Jill Butterworth Mr John Ricketts 01524 761076

PCC Secretaries

Mrs Lizzie Fawcett Mrs Judy Rigg

Mrs Julie Marsh
015395 83183

Mrs Lizzie Fawcett
elizafawcett@icloud.com

www.kentestuarymissioncommunity.com for information from churches in our Kent Estuary

Useful Numbers for Room Hire:

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

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

M:HUB, Beetham Road, Milnthorpe Irene McKay 07958 605049

Leasgill Athenaeum www.the-athenaeum.org.uk Clare Lewis 07876 124236

Heversham Tristrams Pavilion / Playing Fields, Email: sports@dallamschool.co.uk

Heversham Bowling Clubhouse Tom Grindey 07907 286836

Levens Village Hall Helen & Alan Miller 015395 60334

Levens Methodist Hall Jane Jones 07875 163418

Levens Pavilion Alice 07817 200053

01524 761857

To advertise please email for details to: parishnews@heversham.org

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Next issue NOVEMBER 2023 print & online Please email info by 10th OCT 2023

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To the best knowledge of the Editorial Team all info is correct at time of going to press 20.09.23

Holiday Cottages in Heversham

Mary Davies 015395 64809

www.oldebluebellcottages.com

West View, Leasgill Cosy cottage sleeps 4 2 small dogs welcome www.sykescottages.co.uk /1097754

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