

# THE CROSSLACON HERALD



April  
2024  
50p



**You abundantly water the ploughed fields,  
You settle  
its furrows and soften the earth  
with showers. You bless its growth. Ps 65:10**

# robinson+co

CHARTERED ACCOUNTANTS AND BUSINESS ADVISERS



*Adding value - Talking Sense*

- Accountancy & Audit
- Automatic Enrolment
- Taxation
- Payroll Services
- New Business Advice
- Independent Financial Advice
- Book-keeping services
- Retirement Planning
- Investments
- Sage/Cloud Software

**Telephone 01900 603623**

**[www.robinsonco.co.uk](http://www.robinsonco.co.uk)**

**Offices in Gosforth, Workington and  
Whitehaven**



Registered to carry on audit work in the UK and regulated for a range of investment business activities by the Institute of Chartered Accountants in England & Wales.

Vicar's letter

Dear friends,

Over the last couple of weeks, I've been reading a book that a friend of mine described as "life changing." "Awe," by Dacher Keltner, provides an overview of his research into the less well known, least understood of human experiences of being awe-struck. Early on, Dacher attempts to define "awe." He writes; "Awe is the feeling of being the presence of something vast that transcends your current understanding of the world."

I was musing on this definition when re-reading the ending of Mark's gospel, the gospel we are focusing on this year in church; in particular, Mark's account of the last few weeks of Jesus's life on earth; Holy Week and beyond. Over the centuries, people have been a bit dissatisfied with the ending found in the earliest of manuscripts of Mark's gospel. Let me remind you what it says....

On Easter Sunday, three women take spices to the tomb where Jesus's body had been laid after being crucified on a cross. On route, the women were working out how they might gain access to Jesus given that a huge boulder had been rolled in front of the tomb. Imagine their surprise when arriving at the tomb they find the stone rolled away and an unknown, young man dressed in white sitting inside? He tells them not to be afraid. That Jesus has been raised from the dead. He instructs them to go and tell Peter, and the other disciples to go to Galilee where they will see the risen Jesus. The women, completely awestruck, flee the tomb for "terror and amazement had seized them; and they said nothing to anyone for they were afraid." (Mark 16:8)

What an ending! A cliff hanger if ever there was one. Early on, people tried to tidy Mark up. They added what is referred to as a "shorter ending" and a "longer ending", including accounts of the women sharing their testimony with others and accounts of the risen Jesus appearing to his friends and followers. They also squeezed in the Ascension and a commissioning of the disciples, bringing it into line with the other gospels. It appears that they thought Mark's gospel as it was with its original abrupt ending, was unfinished or at best incomplete.

But maybe that was the point Mark was making? When faced with evidence of someone being raised from the dead, surely your primary response is awe! You are in the "presence of something vast that transcends your current understanding of the world." And if so, then it takes time for that experience to percolate through your life, changing, and altering, and offering fresh perspectives.

Each year in the weeks leading up to Easter day, the church returns to the events of the last weeks of Jesus life on earth. Each year we strive to get our heads around

what this cataclysmic event might mean for us and for the world. What might it mean that a man, unfairly condemned to death, crucified on a cross, steadfastly holding on to a reality in which everything can be forgiven, in which hate and evil can never destroy love, is then raised to life, demonstrating that not even death itself has the final power. The event is awesome, stretching our minds, our emotions, our beliefs and values and actions as we seek to live in that world changing reality. No wonder the women didn't say anything. There was far too much to wrap their heads around, never mind attempt to articulate the undefinable! They were awe-struck.

In the church's year, we are given six weeks after Easter, known as the season of Eastertide, to help us reflect and process the most awe inspiring of events. Some might say that's nowhere near enough time! Where do you even begin? Maybe as a starter for ten we might consider what inhabiting an awe state offers us? Dacher says awe enlivens joy, community, meaning and purpose. It strengthens a sense of worth and belonging to each other and the world we live in. If Easter testifies to the indestructability of love as seen in the risen Christ, then these responses might make a lot of sense. Ultimately, Dacher writes, awe deepens our connection with the vast forces of life..." which could also be described as God, a risen God. May you have an awe-inspiring Easter season,

Blessings

Rev. Nicki

### **SERVICES AND READINGS IN APRIL**

#### **Sunday, 7th April: 2nd Sunday of Easter (White)**

- ✦ 9:15am An All Age Service of Morning Prayer at St John's, Cleator Moor
- ✦ 11:15 am A Service of Holy Communion at St Michael's, Arlecdon

**Readings:** [Exodus 14.10-end; 15.20, 21]  
Acts 4.32-35  
Psalm 133  
1 John 1.1-2.2  
John 20.19-end

#### **Sunday, 14th April: 3rd Sunday of Easter (White)**

- ✦ 9:15am A Service of Morning Prayer at St Paul's, Frizington
- ✦ 11:15am An All Age Service of Holy Communion at St Leonard's, Cleator

**Readings:** [Zephaniah 3.14-end]  
Acts 3.12-19  
Psalm 4  
1 John 3.1-7  
Luke 24.36b-48



### **Sunday, 21st April: 4th Sunday of Easter (White)**

- ✦ 9:15am A Service of Holy Communion at St John's, Cleator Moor  
*There will be activities for children and young people provided at this service.*

- ✦ 11:15am A Service of Morning Prayer at St Michael's, Arlecdon

**Readings:** [Genesis 7.1-5, 11-18; 8.6-18; 9.8-13]  
Acts 4.5-12  
Psalm 23  
1 John 3.16-end  
John 10.11-18

### **Sunday, 28th April: 5th Sunday of Easter (White)**

- ✦ 9:15am A Service of Holy Communion at St Paul's, Frizington

- ✦ 11:15am An All Age Service of Morning Prayer at St Leonard's, Cleator

**Readings:** [Baruch 3.9-15, 32-4.4 or Genesis 22.1-18]  
Acts 8.26-end  
Psalm 22.25-end  
1 John 4.7-end  
John 15.1-8

### **Midweek Services**

#### Every Tuesday

8:30am An online service of Morning Prayer (you can join us on zoom or on a landline)

Either follow the link below

[https://us02web.zoom.us/j/83240874121?  
pwd=OUR2UnFldkpGcTJDTlZZVlhyYnVsZz09](https://us02web.zoom.us/j/83240874121?pwd=OUR2UnFldkpGcTJDTlZZVlhyYnVsZz09)

or you can log into Zoom and join the meeting with the following:

Meeting ID: 832 4087 4121

Passcode: 546604

Or you can call from a landline on one of the following numbers and again input the meeting ID and Passcode

0203 481 5237 United Kingdom

0203 481 5240 United Kingdom

10:00am A Service of Holy Communion at St Paul's Frizington

#### Every Wednesday

9:30am A Service of Holy Communion at St John's in the Hall, Cleator Moor

## **Confirmation**

Crosslacon Parish will be holding confirmation preparation sessions this coming year. Over April, May, June and July there will be weekly sessions in Montreal School for year 6's after school in advance of the confirmation service in the Mission Community on 28th July 2024 and, in response to expressions of interest, we may offer additional sessions in the autumn of 2024 with a view to a service of Confirmation being held the following year in 2025. If you are interested in exploring the promises made on your behalf when you were a child and/or you have a young person in your family who is interested in exploring the Christian faith, please do get in touch with Rev. Nicki Pennington and/or Matt Stemp.

## **The Big Coffee Morning on 27th April from 10-12 in St John's in the Hall, Crossfield Road, in Cleator Moor**

St. John's are hosting the big coffee morning event, an opportunity to learn more about and support some of the amazing local charities and agencies working to support this community. Montreal School, Skills for You, Phoenix Youth, Phoenix Enterprise Centre, Fair Trade stall, Age UK will be present offering goods for sale, raffles, tombola and other ways in which you can show your support. Refreshments will be provided by Crosslacon Parish. Let's come together to show our support for all these amazing charities and agencies and find out more about the vital work they do in our community. **We are looking for tombola items and raffle prizes.** If you have anything please contact any church PCC member.

**THE BIG COFFEE Morning**

Celebrating charities and agencies working together with the Cleator Moor community.

**St John's, Cleator Moor, 27 April, 10-12**

West Cumbria ageUK, FAIRTRADE, PHOENIX ENTERPRISE CENTRE, MONTREAL SCHOOL, Skills 4 You

There will be:

- a FEEL Good Stall (Fair, Eco, Ethical, Local) offering chocolate, tea/coffee, foodstuffs, and crafts
- tomobolas
- raffles

Admission is free  
Refreshments are available for purchase

## **The Holy Land in Peace and War: An evening of Sabbatical Reflections on the Holy Land by the Venerable Stewart Fyfe, Archdeacon of West Cumberland on Monday 13th May, 7-9pm in St John's in the Hall**

This event is a Coast to Fells Mission Community event. Many of you will be aware that Archdeacon Stewart was in the Holy Land on Sabbatical at the outbreak of hostilities in Israel and Gaza. He is keen to share stories and insights he acquired from his time in the Holy Land and, in particular, his on-the-ground observations of the

current complex and traumatic situation in Israel and Gaza. Please do let Rev. Nicki know if you are intending to come along. Whilst the event is free, Stewart has asked if you would consider making a donation to the JAI's Olive Tree Project in Bethlehem. This project supported by Embrace the Middle East, offers assistance to olive tree farmers whose harvest and land has been destroyed by settler violence in the West Bank, often causing severe financial distress.

### **THE LIVING ROOM**

We've had a fantastic month at the Living Room, with different activities each week. Tina led a brilliant chairyobics session, giving us all a much-needed stretch (even if we dropped the exercise balls a few times and sometimes didn't realise how long our arms were!). One week, we sang our favourite hymns and songs we remembered from our school days, with Sally leading us on the piano. We've enjoyed some (very competitive) domino games and made posies for Mothers' Day (thank you to everyone who helped!). Helen's Herbs visited and demonstrated how to make a delicious healthy pasta dish, and gave us some sticky toffee pudding as a treat!

Each week Nicki & Matt have been leading the reflection space at the end of the sessions, offering those who want the chance to spend time thinking about how the scriptures nourish us (just like Helen's sticky toffee pudding!), the Bible's image of the Spirit of God as a mothering bird, and the often neglected donkey in the story of Palm Sunday. At the end of each session we always pray the Lord's Prayer, saying those familiar but powerful words together. For many who find it difficult to get out of the house, this is an important time each week to pray and reflect with others.

It has been wonderful to recently welcome back some folks we haven't seen since before Christmas. As the weather (hopefully!) improves, please do encourage those you know who would value this space for belonging, fun and reflection to come along, every Friday 2-4pm at St. John's in the Hall, Cleator Moor.

### **MESSY CHURCH**

We had a fab time at Messy Church this month on Mothers' Day! We made mothers' day cards, egg-box daffodils and multi-coloured pipe-cleaner flowers, decorated jars and cakes. To go with the story, we made air clay eggs and painted hand-print chickens and chicks. Our young people helped Matt rescue what could have looked like a rubber duck to create a beautifully-feathered chicken!

During the story time, Matt told the story of the Spirit of God being like a mother bird who cares for us, protects us, leads us. The Spirit hovered over creation right at the beginning, bringing life out of chaos; God led the people of Israel through the desert like a powerful eagle; and Jesus longed to gather his people like a mother hen, and sent the Spirit to be God with us, comforting and caring for us. We prayed for mothers and



carers around the world, in our community, and in our lives, before sharing food together and conversation.

There is a lovely sense of community growing at Messy Church, month-by-month, with parents and other volunteers helping more and more to lead the craft tables, come up with ideas for activities and refreshments. It really is ‘church’ – a group of people, gathering in the name of Jesus, sharing their gifts, learning and growing in faith through the stories of the scriptures, prayer, singing and creativity.

Our next Messy Church will be on Sunday 14th April, 4pm at St John’s, when we will be focussing on the mysterious stories of Jesus’ appearances to the disciples after the resurrection. Please encourage those you know to come along!

Matt Stemp





## **EcoChurch**

Lots of plans are afoot after the busyness of all our Easter celebrations last month. First off, we are planning some 'Boon Days' (or 'Working Bees' – we can't decide on a name!) in different to churches to encourage people to connect with their local churches and churchyards. The dates for these (all happening on Saturday mornings) are:

25th May – St. Michael's

29th June – St. Paul's

13th July – St. Leonard's

Watch out for details of these days and come along to lend a hand!

We also have some events planned for Great Big Green Week, which is a national festival of green events from Saturday, 8th June – Sunday, 16th June. We have two outdoor events planned:

- ♦ An I-Spy nature trail in the churchyard at St. Michael's, Saturday 8th June 10am.
- ♦ Birdbox-making and nature walk at St. Leonard's, Saturday 15th June, 2pm.

During the week, Matt will also be visiting our local schools as part of encouraging 'courageous advocacy' by helping children to write letters to their councillors and MPs about the environment in this important election year. We also hope to run a film night at St Paul's one evening during the week, all being well with the installation of the new projector screen!

We are opening up the group this year to more volunteers across the parish to help us achieve a Silver Award. Our next meetings will be Tuesday, 30th April at 7pm (online) and Tuesday, 28th May at 7pm (venue TBC). If you would like to join the group or come to a future meeting, please speak to Matt at church or email [matthew.stemp@carlisle-diocese.org.uk](mailto:matthew.stemp@carlisle-diocese.org.uk)

Matt Stemp

## **THANK YOU!**

I have had a wonderful first month working at Crosslacon as your new community development worker, and I just wanted to say a big thank you to everyone! It has been lovely to join in with everything that happens throughout the week, especially our regular weekly groups. Craft, Cuppa & Craic group very patiently taught me how to blanket stitch, and keep threatening to teach me to knit. The Jubilee Club eventually let me win a round of dominoes and gave me an extra biscuit as a prize. I've loved joining in all the activities at the Living Room, from singing together to chairbics (trying not to whack anyone in the face with my long arms!), to our special times of reflection which are a real boost to me each week.

I have also really appreciated being able to join in with the services at all four churches and to get to know people across the parish. Before I started the role, I had already been going along to St. Paul's & St. John's, and it has been great to be able to worship at St. Michael's & St. Leonard's as well. I am slowly getting to know how each church has its own character (and characters!), its own gifts and calling to be a blessing in their local communities. Nicki has been roping me in to all kinds of roles in our Sunday services, from leading action songs, running the creche, even playing the organ, and sometimes all three at once! It's a real joy to be part of such a lively community, and great especially to see families join us for all-age worship. Finding the balance between meeting the spiritual needs of those who are new and those who have been part of a church for a long time is always a tricky balance, and it has been really encouraging to see each church making the effort to include and welcome those who are not as familiar with Sunday services.

It has been an incredibly busy time to start this role, with Easter coming so early this year, and I want to say a big thank you to everyone for helping out with all the Holy Week events, especially at the Maundy Thursday First Supper and Messy Good Friday. Journeying with you all through Lent and then Holy Week has been very significant for me at the beginning of this work supporting our churches in their community engagement. I moved up to Frizington in Lent last year, and one of my first services was the sunrise service at Dent. In recent years, after some difficult times, hiking fells and mountains has been a very important part of reconnecting with myself, with the world and with the sacred (that we sometimes call 'God'). It was the fells, the lakes and the sea that drew me here, but as Nicki said to me the first time I met her, this is a place that 'gets under your skin'. Thank you for making this Southern lad feel welcome, and I hope you will reach out to me if ever you want to talk about connecting with our amazing community.

Matt

[matthew.stemp@carlisle-diocese.org.uk](mailto:matthew.stemp@carlisle-diocese.org.uk)

### **CHILD SMILES FROM THE CLASSROOM**

The teacher asked children to draw a story from the Bible. Tommy was drawing a picture of an airplane. Ah, a cute mistake on the flight into Egypt, she thought. She asked, "Who's in the plane?" Tommy said that's Mary, Joseph, and the baby Jesus. Who's in the front seat the teacher asked? Oh, that's Pontius, he's the pilot. Moving on to another little girl she asked "Who is that you are drawing? and she replied "It's God". But no one knows what God looks like the teacher said and the little girl answered, quick as a flash, "Well, they will in a minute."

## **SITTING WITH GOD**

Many of you reading this are aware that the beginning of the year certainly started with a bang for me. Just before going out with Kath for a lovely Sunday lunch I went into the back garden to pick something up that had fallen, but within seconds it led to an accidental slip on a wooden step...me falling at the speed of sound straight into the edge of a concrete step opposite...straight into my left knee.

In short I had severely fractured my knee and I had torn off the quad muscle from it as well. Fast forward an ambulance.... lots of morphine...hospital...an operation...a whole ankle to thigh leg brace...and then a return to home some time later. Indeed, the first few weeks of 2024 are a bit of a blur!

It is only really now that I ask how am I getting through this?

Being an active person, both with my job and going to the gym/outside life/church meant that being laid up in pain, discomfort, and unable to move let alone drive or walk was a big physical and mental hurdle.

So how have I bided my time and kept myself occupied? I am still on high pain killers and sleeping far more due to this and my leg repairing itself, and (as readers who have, or are going through, ailments/injuries of all sorts know), it is very easy to become disheartened.

Undertaking my Daily Office and Lectio divina (divine reading) has continued to be core to my day. Its routine (even when in severe pain and discomfort) has given me cause to be awake and not dwell on my injuries or become depressed at the situation. Reading books on the psalms, Cistercian charism, and the Desert Church fathers has allowed my spiritual growth to develop during this time of ailment. Modern technology in the gift of Zoom meetings also meant I could still partially join in my Cistercian Chapter (I was due to go to the monastery for a week long period in late January), the parish lent course, and Tuesday morning prayers and feel part of the community.

But reading non-theological books have also kept my mind and time occupied. An unusual book for me to read (I had purchased it a few years ago but never got around to reading it) was Deep South by Paul Theroux. His journey through the southern states of the USA describes numerous (positive and negative) aspects of life from the differing cuisine cultures, to racism, to seeing a church on every corner (they mainly appear to be differing styles of Baptist – I couldn't see much about Anglican churches!). Reading about the deep faith that runs through such poor and deprived areas was both humbling and eye opening. A favourite quote I found in it was a description of a church in the South, stating they were "...the beating heart of the community, the social centre, the anchor of faith, the beacon of light, the arena of

music, the gathering place, offering hope, counsel, welfare, warmth, fellowship, melody, harmony, and snacks.” What a great illustration this is!

Scripture tells us that church is a community and enjoying prayer, learning, and fellowship with others is an important aspect of the Christian life (Acts 2:42). I have been blessed by the fellowship and love with visits, home communion, phone calls, cards, cake, and chocolate (people know me so well!). They have been a truly lovely surprise and gift. To know that people are actively thinking about you is humbling and wonderful so that you are aware you are not alone but part of a community. I will always be thankful to all those who have helped, supported, and prayed for myself and Kath in this time of need.

The Bible continually calls us to love and care for each other. In Matthew Jesus himself states how vital care and compassion is in one of my favourite verses... “I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me” (Matt 25:36) and “...as you did it to one of the least of these my brothers, you did it to me.” (Matt 25:40).

During this time I have found how to be able to sit with God (I certainly can't do much else at this time!) and pray, read, or contemplate is a truly wonderful experience. You realise how busy and noisy life and the world can be and how difficult it can be to listen to God with all the distractions that surround us. Truly this style of worship may not suit everyone but I have found it a source of encouragement and support to my physical, emotional, and spiritual wholeness...especially during this time of pain and confinement. So why not sit with God and Vacate et Videte (Be still and Know – Psalm 46:10)?

...and no, I never did get that Sunday lunch!

Blessings,

James Fitch





## THE PSALM EXAM

The book of psalms is considered by many to be a rich and powerful collection of prayers, poetry, and hymns. From laments to joy, songs of love to lyrics of devastation, you will find all in this divinely inspired book which early Christians prayed and sang (Colossians 3:16 and 1 Corinthians 14:26). St Benedict outlines in his Rule that monks are to read the psalms at least once a week (all of them!), whilst even during the Reformation both John Calvin and Martin Luther openly supported the continued use of the Psalter (the book of the psalms) for prayer and devotion to worship God.

The psalms still speak to us today and we can be embraced in the fact that Christ himself would have known, spoken, and prayed them off by heart.

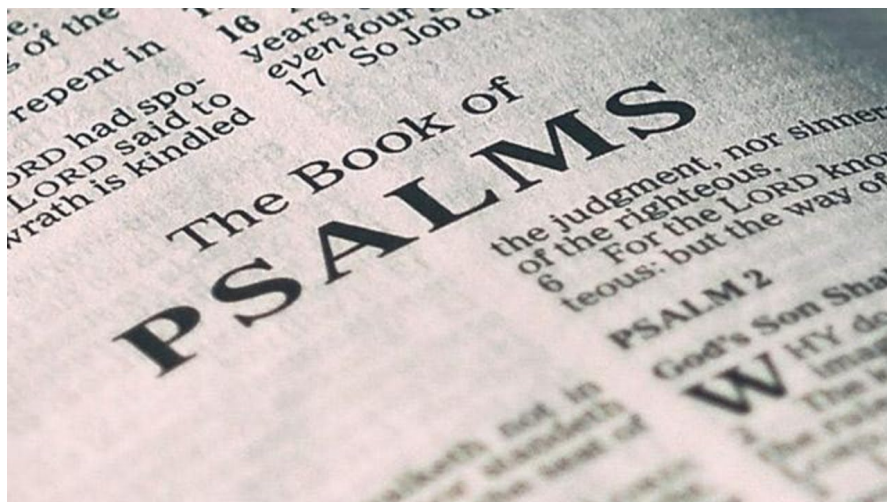
As part of our prayer life many of us read the psalms daily. During the last few weeks I have continued my delve into the background and understanding of these writings and thought I could share some of this with you all in a knowledge check to help our understanding grow and maybe answer some common questions we have about the psalms?

As psalm 119:34 states: Give me understanding, that I may keep your law and observe it with my whole heart.

Can you answer the below?

1. How many psalms are there?
2. Which psalm is the longest?
3. Who wrote the majority of the psalms?
4. Which key word in the psalms appears 211 times?
5. Which is the shortest psalm?
6. Which psalm is considered the most well-known?
7. Which psalm did Christ say on the cross?
8. The book of psalms is divided into how many books?
9. Some psalms are designated “A Song of Ascents” but what does this mean?
10. Over how long was the book of psalms believed to have been composed?

Answers on page 22.



## MOTHERS' UNION NOTES

At our March meeting our speaker was Sandra from Always Another Way, Cumbria Ltd. This is a local Community Interest Company and is located in Frizington, Cumbria. They provide preventative mental health support services for children, young people and adults in West Cumbria. The team is from a wide range of backgrounds and is dedicated to the roles they play in the organisation and to making a difference in the community. Everyone is welcome at our meetings.

Our meetings are all 1.30-3.00pm on first Tuesdays in St John's Church Hall.

2nd April - Church life - Jo Walker

7th May - Nursing - Margaret Hartley

4th June - Cheese and Wine

4th July - Summer Lunch

3rd August - Holiday - No meeting

## LENT LUNCHESES

Mavis Moore has just been in touch to say that the Lent Lunches this year raised £1,000. A big thank you to all who came along and all who contributed soup and service. The money raised will be split between CAFOD and Christian Aid.

## ADVERTS

If you would like to place an advert, please contact Susan Hardy on 01946 861154. Costs are as follows (per edition - 10 editions per year - payable in advance):- £1 - quarter page, £2 - half page, £4 - full page



# WE SELL & DELIVER

**Peat Free Compost - Screened Topsoil**

**Decorative Woodchip / Bark**

**Coal / Smokeless Fuel / Pizza Logs & Kindling**

**KILN DRIED Softwood / Hardwood**

**BSL Virgin Woodchip - BSL Wood Pellets**

**[www.west-coast-group.co.uk](http://www.west-coast-group.co.uk)**

**[info@westcoastcomposting.co.uk](mailto:info@westcoastcomposting.co.uk)**

**WEST COAST COMPOSTING LTD Wilson Pit Rd, Whitehaven CA28 9QJ**

**01946 328008 or 07795113434**

**ST. JOHN'S NOTES**  
**LENT LUNCHES**

St. John's hosted the Ecumenical Lent Lunch on 6th March. We had a good day and raised £212 for CAFOD and Christian Aid. Thank you to everyone who came along and supported the event and also to our team of soup makers, servers and washeruppers.

**CHANNEL SWIM**

Some of you may remember me from when I was younger, as the church Crucifer at St. John's. This year I've taken on the difficult challenge of swimming the English Channel. This is a daunting stretch of water separating southern England from northern France, known for its strong currents, cold temperatures and unpredictable weather. More than 6,664 people have climbed to the summit of Everest, while only 2,487 have successfully swum the English Channel. I'm reaching out to ask for your support in sponsoring me for this challenge.

Your contributions will help me achieve my goal and also contribute to causes close to my heart. More information can be found on my posters or through my parents Harold and Trish. Offline donations can also be made directly to them. Thank you again for considering supporting me in this challenging yet rewarding adventure.



Graham Blair

**PROUD PARENTS**

As parents, we are very proud of Graham, but also a little apprehensive of the challenge he has set for himself. For the last two years or so he has been preparing himself mentally and physically for this.

He is expecting to do the swim between 5th and 18th August. He will get a telephone call the day before to tell him "it's happening".

The charities he is supporting are MIND, Battersea Dogs and Cats Home, and the Lewis Pugh Foundation which supports marine protected areas in all our oceans. We hope you will feel able to support him.

Posters will be available in our churches with more information

Thank You.

Harold and Trish

## **ST. LEONARD'S NOTES**

### **MONTHLY DRAW WINNERS**

February - Bill Hodgson - no. 76

March - Hilary Wilson - no. 45

### **THANK YOU**

A grateful thank you to all my friends at church and in the wider Crosslacon parish who have so kindly sent me flowers, gifts, cards and get well wishes following my recent stay in hospital. Your kindness is so much appreciated.

Doreen

### **FUTURE OF ST. LEONARD'S**

We held a public meeting at the beginning of March to inform the community of the financial difficulties the church is facing and asked for regular monetary help as well as people willing to help fundraise. We had a good response from the community of ideas to fundraise, and some agreed to give financial help. We are optimistic that we will get more help over time. Thank you to those who came to support. We were very thankful.

### **A THOUGHT FOR APRIL**

Take a little time each day,  
However busy you might be.  
Look around at earth and sky,  
The beauty of each plant and tree.  
Take a little time at night,  
See the first bright star on high,  
As the clouds all disappear,  
Watch the moon sail through the sky.  
Take a moment now and then,  
Whatever tasks you need to do:  
Relax, be happy, share a smile,  
Take a little time for you!

### **LENT LUNCHESES**

Thank you to all the St. Leonard's ladies who made soup, served, made teas and coffees, and washed and cleaned up afterwards. It was a very successful morning, we made £191 on the day, with the total lent Lunches making a great total of £1,000 to go to CAFOD and other aid charities. Thank you for the support.



## **JUBILEE BINGO**

Thank you to the cleaning trio who turned up to give church a spruce up for Easter. A few more “helping hands” would have helped to do more, but the three of us had a good old natter while we swept, dusted and polished!

Now that spring is here, and, hopefully, better weather, we would welcome any help to weed and tidy the borders of the pathway to church. You and your trowel can come along any time.

## **ST. MICHAEL'S NOTES**

### **MESSY GOOD FRIDAY**

### **AT ST. MICHAEL'S CHURCH**

It is delightful to see signs of spring in the churchyard, and by the time you read this, St. Michael's will have had their Messy Good Friday event on Friday, 29th March at 10.30am. We hope to tell you all about it in the next magazine.



### **ANOTHER SIGN OF SPRING**

I was delighted to see a clump of forget-me-not flowers growing wild on the grass near the St. Michael's Lychgate, where previously a rubbish skip had been parked. This is a poignant natural welcome to the St Michael's graveyard, and reminds me of the poem:

#### **Forget-Me-Not**

And when in distant lands I roam,  
Far from this dear and hallow'd spot,  
And exile from my native home,  
Oh ! think of the Forget-me-not.  
*(extracted from a poem by Mary Anne Browne)*

Debbie



## REFURBISHMENT UPDATE

The refurbishment team focus over the last month has been on designing the new heating system for St. Michael's church. Members of the church team have been to visit Raughton Head Church and Abbeytown Cistercian Abbey to view their heating systems, and understand more about their annual running costs.

There have been some delays with permission to remove the ruined organ, but we are working closely with Carlisle Diocese to overcome these.

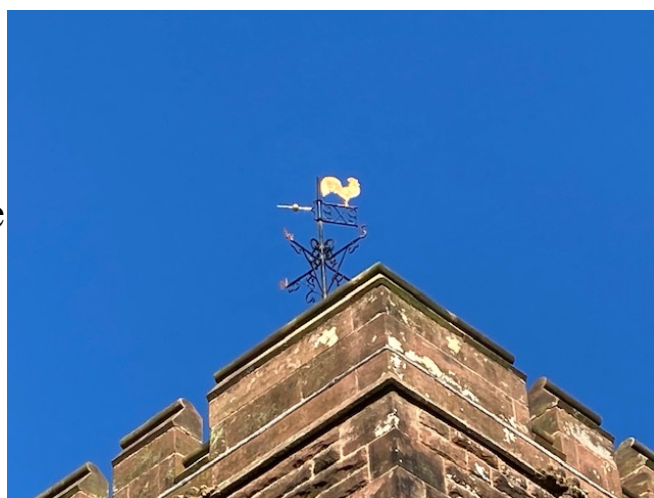
## MEMORIAL PLAQUE



We are planning to install a stone plaque on the wall close to the area where ashes of loved ones are buried in the graveyard. The wording at the top of this plaque will be the same as at St. Leonard's (photo opposite): "Remember before God those whose ashes are buried here". Names will be in chronological order and will be added once a year. There will be a small charge per letter for carving the names.

## THE ARLECDON BELLS

Our bell tower refurbishment project has again been featured in the national bellringing journal, Ringing World. Ron East, Diocesan Bell Adviser, wrote the article and particularly requested a photograph of the sun glinting on the refurbished weathervane. Happily, I was able to catch this shot one sunny afternoon.



Bellringing lessons for new learners are continuing fortnightly at Arlecdon Church, on a Thursday evening starting at 7pm (with a practice at Hensingham on the Thursdays between). If anyone over 8 years old would like to give bellringing a try (no experience necessary) please contact Debbie Keighley, Susan Hardy or Rosie Crewdson.

We are investigating fitting a rope handrail to help climbing the spiral staircase to the ringing room, for those who need support climbing the steps.

Debbie

## ST. PAUL'S NOTES

### BONUS BALL WINNERS

28th February	51	Betty Taylor	13th March	48	Les Crump
2nd March	6	Jacqueline Cameron	16th March	51	Betty Taylor
6th March	28	Christine Graham	20th March	32	Enid McDonald
9th March	43	Doris Rigg	23rd March	28	Christine Graham

This local fundraising fun activity costs only £1 per ball, per draw. Do you already have a church bonus ball, in our twice weekly lottery? If not, some numbers have become available, they are: 16, 20, 21, 27, 36 and 59. So if you fancy one of these as your lucky number, then please contact Judith Watson, or anyone on the church team, and we will be happy to assist in joining in this fun. Just remember, it is a small cost to enable us to continue fund-raising for your church.

Hi, Ian here. Welcome to my Geordie Ramblings for April.

First of all, by the time this is printed, our Easter Fayre will have been over for another year. A huge THANK YOU, to all who donated, baked, sold and wrote tickets and gave their time too. It was a great atmosphere and was well supported. We made the grand total of £646.

I must wish two special people a Happy Birthday! A Happy 92nd Birthday for 2nd April, my Mum; Happy Birthday Mum. And a Happy Birthday for the 8th April to my long-suffering wife Kerry, Happy Birthday! Thanks for all your support and understanding in carrying out this role.

So, it's Easter! Easter is a special time in our theological calendar, and lots of people have been extremely busy providing lots of different opportunities to come together and worship.

Also, the clocks have moved forward one hour, giving us different opportunities to get outdoors and enjoy this great world God created for us. We are especially lucky living in such a wonderful County and have all the pleasures a natural world can bring. Mind you, the weather forecast leaves a lot to be desired at times.

Easter has a special significance to Kerry and me. It was on Easter Sunday three years ago, when Covid was rife all over the world and our country. Churches had closed to formal services and only schools, hospitals and essential services were open.

At the time, I was the Site Manager of a large primary school and two nurseries, close to Peterborough City Hospital, so we were deemed as an essential service to be kept



open for essential service workers. It was hard work keeping the buildings open to allow certain children to attend; however, we were closing for a few days over the Easter period. We couldn't go anywhere, but I had agreed to work a few days in school and have a shortened day of working. At the time we had a touring caravan but couldn't go anywhere, so we decided to put it on our secure site and field and give it a spot of cleaning and maintenance and perhaps stay over on the school field pretending we were away on holiday. So why am I rambling on about Easter 2021?

It was Easter Sunday the caravan was nearly cleaned inside and out, and the mobile phone rang, it was a call from Cumbria. We had been selected from a list of 25 other families to be considered as tenants in our now home. We would be required to travel to Frizington on the Wednesday morning and be here for 10.00, to sign the contracts in person. We were so thrilled and excited at the thought of being selected and moving up to Cumbria. After we got over the initial shock and excitement, it was now time to make arrangements to be allowed to return our caravan to its secure storage just a few miles away, but because of covid we had to gain permission to access the site.

Caravan cleaned and returned to storage, the so-called caravan holiday was curtailed and arrangements were made to leave early on the Wednesday morning, work out a re-fuel stop and as they say, well, "the rest is history", and we moved as a family to Frizington during the May half-term holidays, with me eventually finally moving here in early June 2021 having worked my notice at school. We are both still eternally thankful for those decisions, and we know God moves in mysterious ways.

### **Do you have the skills?**

Do you fancy volunteering to help during a church service, reading, prayers, teas/coffees etc., then please come and talk to anyone of us in the church team and we can explain in more details what help we need and perhaps what skills you have to offer. Bye for now!!

### **DON'T HESITATE TO USE HEARING AIDS**

Here is something you didn't expect: using hearing aids if you are a bit deaf can be of great benefit to your overall health.

Crystal Rolfe, director of health at the Royal National Institute for Deaf People (RNID) said: "Hearing aids bring enormous benefits for people with hearing loss. Research shows that wearing hearing aids may reduce the risk of cognitive decline, and it is well known that they have positive effects on physical, social, emotional, and mental wellbeing.

According to hearing loss charity RNID, 12 million adults in the UK are deaf, have hearing loss or tinnitus and an estimated seven million people could benefit from hearing aids, but only about two million use them.

The researchers hope the findings, published in The Lancet Healthy Longevity journal, will encourage more people to wear hearing aids. As one doctor said: "If you have hearing loss, get hearing aids. The benefits could be limitless."



A spring psalm:

The sun rises higher over moorland skies;  
Days lengthen as night grows short:  
Praise the God who gives the light.

The trees that rested through winter's cold  
Now awake as the earth grows warm:  
Praise the God who gives the life.

Buds once tight now swell and break;  
Soft green leaves unfurl into the light:  
Praise the God who gives the growth.

Seeds crack open and shoots emerge;  
Life that has been growing in secret now parts the soil:  
Praise the God who brings new life to birth.

Banks of yellow primroses greet the morning sun;  
Blackthorn, white as frost, brightens the hedge:  
Praise the God who gives the beauty.

The joyful melody of birds fills the dawn;  
Nests are gathered and built:  
Praise the God who gives the song.

Winter gives way to spring,  
Just as darkness gives way to light:  
So may death give way to life  
As we celebrate again  
The renewing of earth's green mantle.

©Spring Ruth Burgess. – Spring Liturgical resources

### **NOBODY IS PERFECT**

We all make mistakes. We say wrong things, we do wrong things, we fall, we get up, we learn, we grow, we move on, we live and we thank God for always giving us another chance.

## ANSWERS TO THE PSALM EXAM ON PAGE 13

There are 150 psalms in the Bible, although the Greek translation of the Old Testament (The Septuagint) includes an extra psalm believed to have been written by David after he beat Goliath.

Psalms 119 is the longest with 176 verses.

King David is attributed to writing the majority of the psalms, and other authors include Moses, King Solomon, Asaph, the sons of Korah, and Ethan the Ezrahite.

The word praise appears 211 times in the psalms

The shortest psalm is 117 with only 2 verses

Psalms 23 (The Lord is my Shepherd) is considered the most well known

Christ quoted psalm 22:2 whilst on the cross (“My God, my God, why have you forsaken me?”)

The Book of psalms is divided into 5, with each book corresponding with the first 5 books of the Bible – Genesis/Exodus/Leviticus/Numbers/Deuteronomy)

Psalms 120-134 are called Song of Ascents and were traditionally sung by Jewish pilgrims on their journey to Jerusalem.

It is believed to be around 1000 years for the book to be composed.

## SAINT SEARCH

15 Saints have hidden themselves in the below word search.

Can you find them all?

MICHAEL  
LEONARD  
LUKE  
PAUL  
JOHN  
BENEDICT  
JUDE  
AGATHA  
ANDREW  
JOSEPH  
PETER  
MARY  
BEGA  
CUTHBERT  
OLAF

M	I	C	H	A	E	L	C	R	Y
A	B	A	E	C	P	E	U	P	U
A	E	I	W	T	B	O	T	W	P
K	G	H	C	M	K	N	H	O	J
T	A	G	A	T	H	A	B	N	O
U	V	R	K	F	I	R	E	X	S
L	Y	R	D	I	K	D	R	C	E
W	O	L	T	O	W	O	T	D	P
E	L	R	U	I	L	E	F	Q	H
R	E	T	E	P	C	A	C	A	E
D	Z	C	T	I	O	R	F	K	Q
N	E	S	J	P	I	S	U	G	G
A	T	L	U	N	N	L	U	A	P
Q	S	U	D	C	I	O	E	L	L
A	X	B	E	N	E	D	I	C	T

# F. IRVING & SON

— *Funeral Directors* —

**24hr Personal Service**

**Private Chapel of Rest**

**Family Firm**

*A complete funeral service with a modern refurbished  
funeral home, from a family run business  
proudly serving the local community.  
Now in its third generation, with over 60 years of  
dedicated, traditional and caring service.*

**COMPLETE FUNERAL PACKAGES**

**PRE-PAID FUNERAL PLANS**

(please ask us for details)

**152-153 Main Street • Frizington • Cumbria CA26 3SB**

**Tel 01946 810473**

**[www.irvingsfunerals.com](http://www.irvingsfunerals.com)**

## THE BENEFICE OF CROSSLACON TEAM MINISTRY

**Rev. Canon Nicki Pennington**  
**Tel. 07462194549 and 01946 451257**  
**Email: [revnickipennington@gmail.com](mailto:revnickipennington@gmail.com)**  
**Website: <https://crosslacon.net/>**

### MISSION STATEMENT

**We, the people of the Crosslacon Team Ministry, seek to grow together as a Christian community in faith, hope and love.**

#### ST. JOHN'S, CLEATOR MOOR, WITH WATH BROW MISSION

P.C.C. Peggy Robinson  
Charlotte Niua

#### ST LEONARD'S, CLEATOR

P.C.C. Kathryn Lee  
Sue Robinson  
Carol Martin  
Andy Sutton  
Ellie Sutton

#### ST. MICHAEL'S, ARLECDON

Churchwardens: Louise Elsworth Barnes 07590 380575  
Debbie Keighley 07999 806966  
P.C.C. Mark Hutchinson  
Steve Morgan  
Susan Hardy 01946 861154

#### ST. PAUL'S, FRIZINGTON

Churchwardens: Ian Henderson 07736 902928 or 01946 443442  
[Ian.henderson60@btinternet.com](mailto:Ian.henderson60@btinternet.com)  
P.C.C. Joan Jackson  
Mike Graham  
James Fitch  
Cath Jones

Safeguarding concerns for children and families: [childfamsafeguardingcp@gmail.com](mailto:childfamsafeguardingcp@gmail.com)  
Carol Martin 07506006038

Safeguarding concerns for adults: [adultsafeguardingcp@gmail.com](mailto:adultsafeguardingcp@gmail.com)  
Cath Jones 07506006051

Community, Youth and Families Development Worker: [matthew.stemp@carlisle-diocese.org.uk](mailto:matthew.stemp@carlisle-diocese.org.uk)  
Matt Stemp 07378108314

If you would like an article in the magazine please contact Susan Hardy on 01946 861154 or email [susanandjohn.hardy@btinternet.com](mailto:susanandjohn.hardy@btinternet.com)

If you wish to contact any of the Parish Treasurers, please enquire via the Churchwardens.

