

AKL

Around Kirkby Lonsdale

May 2021



Monthly news and views of Christian Churches and community in the Rainbow Parish area;
a Rainbow Parish production

Photo ©Anthony Chaplow 2021

Spreading a message of hope



In last month's edition of AKL, Reverend Anne was enjoying the promise of spring, with crocuses, daffodils and loud birdsong. Spring is my favourite time of year too! All the colours seem sharper, and Farleton Knott is greening up, shaking off the grey mantle it wears in the winter. But how we feeling after the year that each of us has experienced? Are we ready for the optimism that spring usually brings?

As I write this, the Christian Church has just celebrated Easter. Although we had a very uplifting service in the open air at Kirby Lonsdale, in common with many churches across the Diocese, the Rainbow village churches were not open for worship. This felt different to 'normal' and many other things that we've we have been used to in the past, like socialising and going shopping, have been strangely 'different' over the past 12 months.

Just over one week after Easter Day, in our Bible readings we meet a character who most people will have come across: the man remembered as 'Doubting Thomas'. When the risen Christ visited the disciples a week after His resurrection, Thomas wasn't around. When the disciples eventually saw Thomas sometime later, they told him the good news, that they had seen the risen Jesus!

Like all of them, Thomas had been through a trauma. With the death of Jesus, all his plans and expectations had been dashed, and he was in mourning for his friend. Thomas wasn't going to allow himself to feel any 'hope' until he had seen some evidence of the disciples' claims: he needed to see Jesus' scars, to convince him that a crucified man really could come back to life.

When the risen Jesus visited the disciples two weeks after His resurrection, He instinctively knew what Thomas needed. Jesus showed Thomas his healed nail scarred hands and side, so that Thomas' mental scars, caused by the death of his friend, could be healed, and Thomas could hope again. Jesus is now in heaven, but He left his Holy Spirit here on earth as a godly presence that can connect us to Himself.



Robin Ree

If the pandemic has left scars on us, Jesus understands, and can bring healing to us, if we ask Jesus in prayer.

There is documentary evidence that suggests Thomas went on to take the Christian gospel message to south west India, and founded a church in Kerala. If we ask Jesus to heal our 'pandemic wounds', maybe we can enjoy all that Spring offers as usual. Who knows what we could yet achieve if we allow Jesus to give us hope for 2021 and beyond!

Liz Dew Lay Reader



Pic by Jeanette Lawrence

THE CHURCH OF ENGLAND

Rainbow Team: Rector: Revd Richard Snow, The Rectory, Vicarage Lane, Kirkby Lonsdale, LA6 2BA, 015242 72044, rector@therainbowparish.org. Team Vicar: Revd Wendy Thornton, The Vicarage, Vicarage Lane, Kirkby Lonsdale LA6 2BA, 015242 73570, wendy.thornton@methodist.org.uk. Team Vicar: Revd Anne Pettifor, Stonebeck, Fairbank, Kirkby Lonsdale LA6 2DU 015242 71904, anne@therainbowparish.org. Distinctive Deacon: Revd Sue O'Loughlin, 07900 530849 sueoloughlin.so@gmail.com. Lay Readers: Mrs Liz Dew, 9 Burton Park, Burton in Kendal, LA6 1JB, 01524 781645, mrs.lizdew42@outlook.com; Mr Alan Cox, Stedman House, 3 Hunter St, Carnforth LA5 9BP, 01524 735188, stedmanhse@gmail.com. Parish Administrator: Mrs Vicky Hazlett, Parish Office, 1 Bective Road, Kirkby Lonsdale, LA6 2BG, 015242 71320, office@therainbowparish.org. PCC Lay Chair: Mr Merlin Hibbs, Low Fell House, Barbon, LA6 2LJ, 015242 76410, merlin@hibbs.org.uk. PCC Treasurer: Mr Robert Cass, 17 Mitchelgate, Kirkby Lonsdale, Carnforth, LA6 2BE, 015242 71218, pcc@casses.plus.com.

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Hutton Roof: DCC Treasurer: Mrs Paula Hall, Kilnerfoot, Hutton Roof LA6 2PQ, 015242 71268, phall355@btinternet.com

Kirkby Lonsdale: DCC Secretary: Ms Diane Nowell, 57 Fairgarth Drive, Kirkby Lonsdale LA6 2FB, 015242 73636, diane@copywritten.co.uk. DCC Treasurer: vacancy—contact PCC treasurer, above. Churchwardens: Mrs Anne Foulerton, Gatelands, High Biggins, LA6 2NP, 015242 71281, afoulerton@hotmail.com; Mrs Maggie Venys, 8 Bective Road, Kirkby Lonsdale, LA6 2BG, 07980 009162, t_mvnyens@icloud.com.

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THE METHODIST CHURCH: Rev Wendy Thornton, Kendal Methodist Circuit, 015242 73570 or mobile 07788 653 000, wendy.thornton@methodist.org.uk.

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View from the Bridge

The planned decorating of the town with flags to celebrate the next stage of the easing of lockdown was put on hold by the very sad news of the passing of HRH Prince Phillip Duke of Edinburgh. Our thoughts are with Her Majesty the Queen and her family.

We lowered the Union flag to half-mast and a White Ensign at half-mast on the second pole in recognition of his distinguished service in the Royal Navy during WW2. A minute's silence was observed by council members at the start of their meeting on the 14th April. The minutes are on the council's web site and on the notice board outside the Lunesdale Hall.

For those living alone, lockdown has been made easier by modern technology like Zoom or Skype. Not everybody has access to the internet (and it is not the same as being out with friends and relatives), though, and the one thing you cannot do virtually is have a hug! With shops opening and schools going back we need to be a little cautious; let us hope any rise in infection is minimal.

Thank you to Underley Estates for the new permissive footpath from Kearswick to the lodge on the B6254, making for a more pleasant and safer route away from the traffic, especially on this narrow road.

Thanks also go to the gentleman for his work painting the bollards on Main Street and around Mill Brow. Thanks to an initiative by the Chamber of Trade the footpath gullies in the town have been cleaned. Jobs like these make such a difference.

The annual town meeting has been brought forward a week to the first Wednesday in May and will be on Zoom. We have had to bring it forward due to that being the last date we can hold a meeting on Zoom and cannot meet face-to-face for a possible 2-3 months. Talks are ongoing at government level to get an extension to allow councils to use Zoom until in-person meetings can resume. We will keep you informed through the town website, social media and notice board. Please contact the Rev. Price kevtherev7@hotmail.com for the Zoom link (up to 7 days prior). All correspondence and questions should in the first instance be addressed to the clerk.

Again, my thanks go to my fellow councillors for their work throughout the month; a lot of time goes into producing the reports as well as working and running their home lives. I owe a big thank you to Diane for her help.

Stay safe and best wishes.

Cllr. Geoffrey Buswell

Rotary Santa Needs a New Trailer - Can You Help?

Following years touring the towns and villages in the Lune Valley, courtesy of Lunesdale Rotary Club, Santa's sleigh is in desperate need of replacement. Having brought much pleasure to young and old alike the club would like to help Santa continue his good deeds and provide him with new transport. The club would like to acquire a new trailer on which to rebuild his sleigh. We are looking for a lightweight, single or double axle, flatbed trailer around 3.0m x 1.6m in good condition. If anyone has such a trailer or similar that they no longer make use of could you please contact either Peter Irving on 07831 554318 or Richard Parsons on 015242 73073.

The club continues to meet online but Rotarians are now looking forward to when the national vaccination programme is complete and to when restrictions are eased enabling face-to-face meetings to take place. On 25th April David Hood was our speaker. He is a member of the Rotary Club of Wirkeswoth, a great supporter of his local community involved with Scouts, the youth club and as a trainer of a young rugby squad. He is an ambassador for Aquabox set-up and managed by his club. These boxes provide safe drinking water instantly and reliably without the use of chemicals through the use of aqua filter technology, plus other necessary items of aid to crisis zones around the world. On 1st April members watched a video featuring that well known personality Esther Rantzen famous for Childline and Silverline. She claimed to miss President Trump because he provided her with a laugh! Her greatest challenge and achievement was to have helped almost 5 million children who were suffering from abuse and neglect.

On 6th May the club celebrates its 46th Charter (birthday)celebration. This must also be online using Zoom. The guest speaker is Paul Whittaker who has been profoundly deaf all his life. Despite his disability Paul is an inspirational musician, performer and workshop leader. Members look forward to inviting family and friends to share this special occasion with them.

Keep well, keep safe.

Lilian

St Mary's Church Porch Lockdown Book Bank

Now that the shops have re-opened, the book bank has closed. Thank you to everyone who has donated books and puzzles over the last year. The system has worked well and been much appreciated by many people.

Sue Pelter

The Family Project



Five ways to support your mental wellbeing.

This was the title of one of the courses I attended during a lay ministry day shortly after Easter. The timing could not have been more perfect for me! It came nine days after Easter, which is one of the most exciting seasons for the Family Project, with an Easter play, an Easter Trail, Messy Easter and an Easter Tree being a few of the things that the Family Project was connected to during this Easter season. Nine days after Easter, I was just beginning to need some time to rest before rethinking what new initiatives or projects we could commence whilst also continuing our current projects that have translated well online: See and Know Drop-in, St. Mary's Drop-in and St. Patrick's Youth Group.

I had booked onto this course months before and arrived, via zoom, to meet my fellow lay ministry colleagues. It was led by Edel McClean. In one of my previous posts, Edel had been my spiritual director. Someone I had gone to to share my thoughts about ministry, life and my big questions about faith. As soon as I realised that she was leading this course I knew it would be good. I was also aware that I would come away taking at least 'five minutes of wisdom' from Edel which would mean that that the whole day would feel worthwhile.

The five ways to support your well-being are based on the NHS' suggestions and a quick google brings up the key 5 steps. I found hearing them explained in more detail, with a pastoral tone rather than a medical one, gave me a deeper insight into what the five ways are, so I shall try to do similarly here for you!

Connect. Look for moments of connection. These connections do not have to be big. They can be things ranging from a walk with a friend to a text message or even an emoji text sent by someone who cares for you. Connection too can be found in all circumstances from a quiet moment of prayer to a rave.

Be active. When we hear "be active" many of us think of that athletic friend or colleague and that in itself can make us feel defeated. What counts as active ranges from person to person. Yet they all count. That is key to realise! Active for one person might be sitting up in bed. It could be gardening for some time. For another it might be going on that quick dog walk or a wild swim.

Take notice. The NHS often suggests mindfulness here, which is often helpful for many people, as it does train you to notice things. However, mindfulness doesn't work for everyone or it can just feel too intimidating. Taking notice is just that. It can be about noticing anything. One thing I have found helpful is washing up. Taking time to notice the temperature of the washing up water, looking at the colour and shape of any bubbles created and how the water feels against your skin. You might want to think about: What helps you pay attention? When do you pay attention? These might give clues as to when you want to practise taking notice further.

Keep Learning. The key thing for this one is to remember little things count. When I hear the term 'learning' I am transported back to school/college/university times. This shows how learning has too often been limited to mean study. Learning can be studying something you enjoy but it could also be trying out a new recipe each week or finding out a cool fact that may one day come in handy at a pub quiz.

Give. Research has shown that people who do things for others tend to have a positive outlook. However, with this one we have to be careful. I know many people reading this will be the doers of this world! Give can also mean giving yourself permission to say no to something and give yourself that extra time to do something for you. If giving yourself the gift of time feels too hard right now, look for a compromise. Find something that relaxes you but perhaps ends up benefiting someone else incidentally, such as baking! Give but as Edel said 'don't give everything.'

At the end we were advised to rate ourselves between 1-5 for each step so we could see which ones we might naturally be drawn to and which ones we perhaps need to prioritise more for our own well-being.

Ask yourself : Which needs your most attention? Which of these is manageable to focus on this week and/or which one feel manageable to focus on for a longer period of time, such as a month or three months.

Wellbeing is something that many in our community are keen to promote and enable so that everyone can find what will be beneficial and helpful to them personally. Wellbeing is something that the Family Project is also keen to explore and enable too. Keep an eye out for further opportunities that perhaps help you do one of these five steps above. Take care of yourself this month. **Lol**

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KL WI

Despite some late frosts, we've been fortunate to have had such fine weather of late which, combined with our ability to meet our nearest and dearest and those we haven't seen for a while, has made for a very pleasant start to spring. Our membership has also got off to a fine start with so many renewing. Thank you to you all for your continued support.

Please continue to drop your subs off to me in cash or cheque (if the latter, please make payable to Kirkby Lonsdale WI for the sum of £34.00.)

Evidently, the prospect of being able to resume our meetings is cheering us all up and providing the current schedule for the lifting of lockdown continues without any setbacks, we have the first two of our events to look forward to, both of which commence in July and involve cakes!

On Saturday 3rd July we will be holding a Tea Party to celebrate the NHS, Social Care and Frontline Workers' Day. This event will be held in the Lunesdale Hall and will be open to everyone.

On Wednesday 7th July we will be holding the first of our meetings. Lisa Smith, founder of the thriving 'Ginger Bakers' company will share her success story which includes the popular Cake Club. Lisa will be treating us to some tasty morsels.

Until then, please continue to keep in touch and follow us on social media.

Tel: [015242 98587](tel:01524298587) / [0776548094](tel:0776548094)

Email: kirkbylonsdalewi@gmail.com

Web: www.klwi.co.uk

Instagram: [kirkbylonsdale_wi](https://www.instagram.com/kirkbylonsdale_wi)

Facebook: Kirkby Lonsdale WI

Clearbeck Garden Calling!

Peter and Bronwen Osborne look forward to welcoming you to the garden in Tatham (LA28PJ) again this year. We missed having our visitors in 2020 but spent the Summer making changes which we hope you will enjoy this year. As usual the Garden Opens under the National Garden Scheme and we hope to raise more funds for the Charities than the £4,737 raised in 2019 with your help.

Opening Dates will be:

Sun May 30th & Mon May 31st 11am to 5pm.

Sun June 27th 11am to 5pm

Light Refreshments, Plant Stall & Quiz for Children. Dogs on leads.

Admission £4 Children Free.

The Garden is signed from Wray and Low Bentham

Kirkby Lonsdale Tarts Reborn



We're reissuing this information on the Kirkby Lonsdale Tarts and Cakes, as with the ending of most Covid restrictions we can all now start to enjoy the pleasures of Kirkby Lonsdale again.

If you've read "The Annals of Kirkby Lonsdale", you might have seen that some years ago Jenny Metcalfe, who lived on Mill Brow, started making Kirkby Lonsdale Fair Cakes to sell at local fairs and at the weekly market, then later the "Two Miss Taylors" carried on the tradition and the town was "made famous by these cakes!". Audrey Phillips, a long-standing resident, and daughter of Jonty Wilson the famous smithy, and Honorary Committee member of the Kirkby Lonsdale and District Civic Society, together with fellow member Mike Marczynski and the other members of the committee, decided that it would be great to revive the tradition and approached Helen and Rachael Tate at The Crossing Point Café in The Square, to develop various cakes and tarts that could rightfully lay claim to the tradition of past times.

Audrey Phillips recalls the Miss Taylors from her childhood in Kirkby Lonsdale in the 1930s as quite formidable ladies, and remembers these local cakes as something akin to Eccles Cakes, but having their own unique flavour and texture. Here's a picture from High Biggins showing the Miss Taylors outside Biggins House.

And so it came to pass that a tasting session was arranged in the Crossing Point Café with Audrey and Mike, and The Two Miss Tates of the Crossing Point, who'd made a wonderful selection of special cakes and tarts to their own secret recipes, and a clear winner emerged. These Kirkby Lonsdale Tarts will now be sold at the café every day they're open, and not just on Market Days! Audrey certainly looks pleased as Punch, and it's great to see the historic tradition continue. Clearly, the Taste of Kirkby Lonsdale has been reborn by the Tates of Kirkby Lonsdale! Enjoy!

Mike Marczynski, KLDCS

Big Vision Update

Work has very much been continuing on The Big Vision during the pandemic.

You may remember that The Big Vision is an initiative of the Churches (St Mary's Church, Kirkby Lonsdale Methodist Church and St Joseph's Roman Catholic Church) working together to widen the use of the Church buildings and their surroundings, so that they are even more widely used and appreciated by the community and the visitors to the town who are such an important part of the town's economy.

Our aim is 'that the Churches, the surroundings and the Rectory buildings are creatively and sustainably utilised for the benefit of the local community, visitors and Ministry and Mission of the church.'

As I write this, we are about to submit Expressions of Interest to the National Lottery Heritage Fund (NLHF) for funding for some of the projects we have been working on. An Expression of Interest is the first stage in the grant application process for NLHF funding. We are aware that funding for projects such as ours is extremely competitive at the moment so are taking great care to ensure that we meet all the required criteria, which include heritage, community, COVID recovery and environmental sustainability.

There will be two Expressions of Interest. The first is for works to St Mary's Church, both internally and externally; you may be aware that the church clock is not currently working and you will not have heard the bells ring recently as access to the tower is too dangerous because of decay to the floors and the timbers supporting the clock. The roof and drainage systems of the Church are also in need of work. Internally, we wish to take the opportunity to upgrade the toilets and kitchen and consider changes to the seating arrangements and to possibly incorporate an office and some meeting space.

The second covers works to The Brow, Cockpit Hill, the Motte and the Glebe Field and we are delighted to be working with the Town Council on this Expression of Interest, which they will lead on, as they own the Brow. We feel that incorporating the development of the Glebe Field, Cockpit Hill and the Motte into this Expression of Interest will considerably strengthen its heritage credentials and thus, we hope, increase the chances of funding.

Many people will be aware that the Brow has been undercut by the River Lune over many years. This has now reached the stage where this undercutting is threatening the future of the Brow and footpath, and ultimately the Glebe Field, Cockpit Hill and the Motte and urgent works are now needed to protect it.

If no action is taken shortly, it will be necessary, on safety grounds, to close the footpath along the Brow

between the top of the Radical Steps as far at least as the entrance to the cemetery extension which could make access to the Glebe Field, Cemetery and Rugby Club problematic. A major tourist and heritage attraction would be lost, together with the opportunity to link Ruskin's View to other heritage assets in the town.

As part of this Expression of Interest, as well as undertaking works to stabilise the Brow, we would like to open up access to Cockpit Hill and the Motte, which have been under the cover of brambles for many years. If you are walking along the Brow footpath heading towards the Rugby Club, glance over the wall to your left just after you pass Ruskin's View and you will see Cockpit Hill and the Motte.

During our community consultation in 2019 there was an overwhelming majority in favour of opening up Cockpit Hill and the Motte to public access, and to provide interpretation for their history and heritage. They are the remains of a small medieval motte and bailey castle, one of a large number in the area, and formed part of the defensive line of castles built along the River Lune. Cockpit Hill is reputed to have been used as a cock fighting pit during the post medieval period, hence its name.

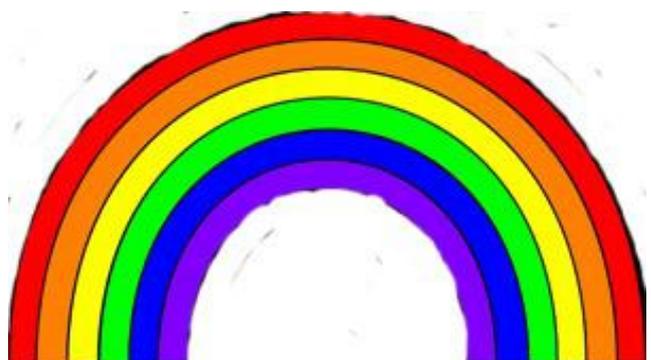
And, of course, being slightly higher than Ruskin's View, the view from here is, if anything, even better and more far reaching.

One possibility we are considering is, working with other key organisations in the town, to create a self guided town Heritage Trail with interpretation boards at key points which would link together the many historic places of interest in the town.

Please get in touch with me or any of the other members of the Project Team if you have any questions or comments.

Peter Gregson, Chair Project Team, The Big Vision email peter@thebigvision.org.uk, or mobile 07484 751160

The other members of the Project Team are Rev Richard Snow, Rev Wendy Thornton (currently on sabbatical), Rev Anne Pettifor, Anne Foulerton, David Dalgoutte, Merlin Hibbs and Mike Cunningham



The Church in and around Kirkby Lonsdale

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2 Sun EASTER 5

Kirkby Lonsdale 9.30am Methodist Service
11.00am Holy Communion
Preston Patrick 9.30am Holy Communion
Lupton 9.30am Morning Service
Barbon 10.30am Morning Service

6 Thu Kirkby Lonsdale 10.30am Holy Communion

9 Sun EASTER 6

Kirkby Lonsdale 9.30am Methodist Service
11.00am Morning Service
Preston Patrick 9.30am Morning Service
Mansergh 11.00am Holy Communion

13 Thu Kirkby Lonsdale 10.30am Holy Communion

16 Sun EASTER 7

Kirkby Lonsdale 9.30am Methodist Service
11.00am Morning Service
Preston Patrick 9.30am Morning Service
Lupton 9.30am Holy Communion
Barbon 10.30am Holy Communion

20 Thu Kirkby Lonsdale 10.30am Holy Communion

23 Sun PENTECOST

Kirkby Lonsdale 9.30am Methodist Service
11.00am Morning Service
Preston Patrick 9.30am Morning Service
Casterton 10.30am Holy Communion
Hutton Roof 11.00am Morning Service

27 Thu Kirkby Lonsdale 10.30am Holy Communion

30 Sun TRINITY

Kirkby Lonsdale 9.30am Methodist Service
11.00am Holy Communion
Preston Patrick 9.30am Morning Service

Unless there are changes to the plan for easing restrictions these are the services during May. Please continue to follow all the social distancing and hygiene guidance.

(The type of service may change after AKL goes to print. Please check church notice boards and website for up to date information)

Scouting restrictions ease

In line with national guidelines we're now able to get together again and enjoy the great outdoors. We still need to socially distance, no nights away, and indoor meeting very limited, but it's beginning to feel like normal. One of the #SkillsForLife that scouting builds is teamwork; learning how you can get more done by working together.

And that is better learnt doing fun challenges together. So that's what we'll be doing; guiding our young people to help others using their strengths, whilst working with others to overcome their weaknesses. We might even also tie a few knots.

One surprise was that restrictions on meeting sizes outdoors have been removed, so we are very much open for new members aged 6 to 80+ to join the sixty or more of us each week.

Skip, (Nigel Bradshaw)

kirkby_lonsdale_scouts@live.co.uk

Plant Sale

Tunstall Church

Saturday May 8th 10.30am to 1.00pm

The Tunstall Church Trust is organising a plant sale in aid of the church on Saturday May 8th from 10.30am to 1.00pm in the churchyard. Our previous plant sales have been well stocked and the prices are competitive, so please put this date in your diary for a really nice morning at our beautiful church, with lots of plants on sale as well as a produce stall, refreshments and a raffle (Covid rules permitting).

KL Library

Kirkby Lonsdale library is now open to the public every Tuesday afternoon 2pm-5pm for browsing, borrowing and PC use. If you can't make it at this time but would still like to borrow books our Select and Collect Service is still available, please ring 01539 713524 for more information.



Photo by Jeanette Lawrence 2021

Rev'd Wendy's Sabbatical

Dear friends,

I just thought I would make you aware that I will be on Sabbatical from 19th April to 19th July. Contrary to popular opinion a sabbatical is not a holiday! It is a time for Ministerial development, reflection and renewal. A ministerial sabbatical is also for the purpose of pursuing an 'approved programme of study, research, work or experience'. Sabbaticals are opportunities to 're-train, refresh and renew the very base from which future activity may spring. (That's what it says in the book!)

The focus for my sabbatical is 'Story telling'. I recognise the power of stories and especially the 'Story of God' which for generations was passed on by the oral tradition (Oral Torah). So I hope to explore, understand and develop the principles, methods and craft of telling stories and their spiritual, psychological and emotional impact. To bring a breadth and creativity to preaching and develop communication skills.

I know we have some great storytellers in our community. So, storytellers; if you are willing, please get in touch with me or signpost me to resources and events that you know of so I can connect and learn! I probably won't be as active on Facebook but please do message me or share anything you come across, THANK YOU!

I will be around and about as initial plans for residential courses of study were curtailed due to restrictions. So, I plan to take full advantage of the fact that I have some time and can sit and read in our lovely cafés and hostels! Don't feel you have to cross the road to avoid me, if you see me around possibly on my REV1 mobility vehicle, (wonky leg still needs fixing), please say hello or give me a wave!

Practicalities!

Services

The Methodist congregation is continuing to meet in St Mary's at 9.30 am on Sundays for the time being until the ventilation issue is resolved in the Sanctuary in the Methodist church. The Hall has re-opened for small support groups, prayer and for groups which are allowed to proceed under Government Covid guidance.

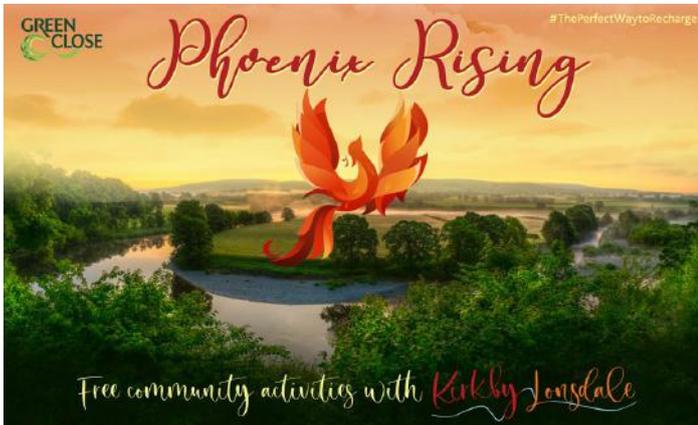
Cowan Bridge is open for services at 11.00am on most Sundays, see the service plan or Newsletter on the website kl.church for the most up to date service information.

Pastoral cover

Obviously, my Rainbow Parish colleagues will continue to provide pastoral cover as usual. My Methodist Kendal Circuit colleagues will also provide support where necessary and if you need to contact a Methodist Minister, please get in touch with Rev Richard Snow or Rev Anne Pettifor who will be able to direct you to my Methodist colleagues Rev Melanie Greenall (Kendal) or Rev David Stretton (Arnside).

Community link

In my absence the community link person for Kirkby Lonsdale Methodist Church and Cowan Bridge will be our Steward, Peter Gregson on 07484 751160. Please get in touch with Peter if you have a Hall booking query, event or need other information.



Personally Plastic Free

When we think 'plastic free' we sometimes just assume that this only refers to food packaging or cleaning bottles. Have you ever taken a good look in your bathroom and noticed how many things come in plastic? From the bars of soap that come in plastic wrappers to the hundreds of different types of shampoo and conditioners, disposable razors and makeup that we use daily.

There is an alternative :

Shampoo and Conditioner: Replace your bottles with bars that last longer and have no waste. If you'd rather use bottled products, choose refillable options.

Shower Gel: Swap it for soap! And while you're at it, trade your plastic shower scrunchie for a soap saver bag. The bag acts as an exfoliator and when finished, just hang it up to dry, ready for your next wash.

Oral hygiene: Every plastic toothbrush ever made is still on the planet today! By changing your plastic toothbrush to a wooden one, think of how many you will be saving going forward. Have an electric toothbrush? There are recycled alternatives to replace these as well. Toothpaste now comes in a variety of different forms: in paste, powder and tablet form.

Deodorant: Consider using a natural deodorant which can be applied with your finger tips or rolled on from a cardboard tube. Why not go one better and use a crystal – they really do work and can last up to three years!

Make up: Possibly the biggest amount of plastic in your bathroom will be in your make-up bag. There is still a long way to go to make this sector completely plastic free. In the meantime, why not change your cleanser to a soap bar or natural cleansing scrub? Choose washable make-up remover pads instead of disposable.

Shaving: Ditch the disposable razor in favour of a traditional model. Match it with shaving soap instead of foam and away you go – plastic-free shaving.

Periods: We have an amazing company right on our doorstep that offers cloth sanitary pads. Honour Your Flow is based at Mansergh, Kirkby Lonsdale so please check them out if you want to find out more. There are also period pants, moon cups and sponge options to name a few.

With a little bit of research you can find a plastic-free alternative to almost everything. The initial cost can sometimes be more expensive but you often find that the natural products last longer which save you money in the long run. At the end of the day though, this isn't all about money. It is about doing what we can to help save the planet - one plastic-free item at a time.

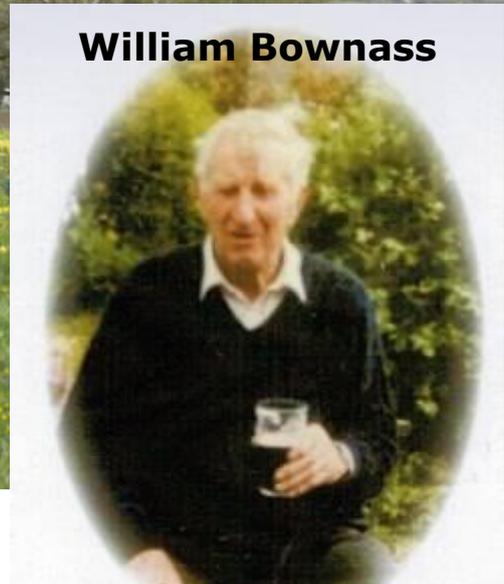
Kirkby Lonsdale CIC is working with Melling visual arts organisation Green Close to bring free art and wellbeing taster workshops to Kirkby Lonsdale as part of a new programme called Phoenix Rising. One of only 37 organisations nationally to have received a Thriving Communities grant from the National Academy for Social Prescribing, Arts Council England, Natural England and Historic England. The town has never seen an initiative like this before, which puts health at the heart of living and working in the community and will give locals the opportunity to socialise and recharge in a safe and welcoming creative space as Lockdown restrictions ease.

The Phoenix Rising Art Taster workshops will help to support the community beyond lockdown, especially as tourists return to the destination town and residents ready themselves for a busy post-lockdown summer. They precede the year-long Phoenix Rising programme of workshops which will be delivered by Green Close working with Lancashire Wildlife Trust, Mandala Preston yoga centre and The Gathering Fields eco-retreat, across North and Central Lancashire and South Cumbria from June. The taster programme in Kirkby Lonsdale is a special opportunity for LA6 residents to make space for their wellbeing needs, trying something creative that they have never done before.

The Phoenix Rising art tasters will take place online at first, starting with the four-week photography workshop Gratitude Gallery on Friday 30th April led by Ginny Koppenhol and the two-week map-making workshop Myths & Legends on Sunday 2nd May led by Kremena Dimitrova. The face-to-face workshops will begin in May, taking place at Lunesdale Hall in line with government guidelines. These will include a series of wellbeing drawing and making workshops exploring what makes our area special to us called Kirkby Towntastic from Sunday 23rd May led by Danielle Chapell-Aspinwall and some clay making workshops making your own candlestick called Tree of Life from Saturday 5th June led by Sue Flowers. Further details and booking information can be found on the www.KirkbyLonsdale.info website or by enquiring at the Kirkby Lonsdale Tourist Information & Gift Shop on Main Street.

Phoebe Rodway

Kim Bradshaw, The Zero Pantry



William Bownass

Carpets of Flowers

St Patricks church, Crooklands, the church on the hill with the illuminated cross known to thousands from the M6.

Those that tuned in to BBC Radio Cumbria on Saturday 13th March were delighted to hear Tony Mason, warden of St Patricks church talking with BBC presenter Simon Yaxley on the work done to St Patricks grounds. Like many churches these had become neglected over the years, and moves to clear away ivy, bushes and self-seeded trees from the ancient graves had been going on for several years.

Recently, lockdown has resulted in many people responding and it has developed into a spectacular event.

Simon asked Tony to explain what had been achieved.

This included rebuilding a drystone wall, this done by a younger community group that turn up on Saturdays.

With many more helping the grounds are now absolutely beautiful with snowdrops, celandines, carpets of crocuses, followed by Lakeland daffodils. Something to look forward to will be the following English bluebells.

That this developed into a community event was something good to behold, and it is hoped other churches are blessed with the same spirit.

Frank Sanderson

Bill was born in Crook but moved to Middleton Head when he was two years old. He attended Middleton School, travelling by bus in the morning and walking the two miles home in the afternoon. He attended QES, leaving school at 15 to work on the farm with his father and brothers, where he lived for the rest of his working life till he was 78 years old.

He had joined Kendal Wrestling Academy as a youth and when farming activities permitted he took part in contests; often successfully travelling on his BSA motor bike locally and further afield. He enjoyed rugby and was a keen supporter of Kirkby Lonsdale Rugby Club. He also went on the Lions tour to New Zealand, which he found very enjoyable, although he didn't like flying! Sheepdog trialling was another interest and he took two or three days holiday to attend events both locally and even as far away as Ireland. Bill took great delight in seeing spring flowers and wildlife.

In February 2020 his family were able to celebrate his 90th birthday with him. Due to the coronavirus pandemic, they had not been able to see him again, and he died in November. Bill's funeral was held at the graveside in Middleton. This meant that there was lots of room for social distancing and friends and neighbours were able to reflect and reminisce on Bill's life, with lots of amusing stories! He was an amazing and well-liked man and will be greatly missed.

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Lancaster and Morecambe u3a is a self-help learning organisation with over 1300 members. We are open to anyone no longer in full time employment looking for opportunities to meet with like-minded people wanting to learn and participate in activities of mutual interest.

At the moment we have over 100 Interest groups, including art, geology, birdwatching walking, yoga and dance. The variety increases as members start new groups that reflect their own interests. We hold monthly meetings in both Lancaster and Morecambe, with a talk on a topic of general interest. Our members also organise outings to museums, theatres, parks and other places of interest. Social interaction is an integral part of what we do, so nobody in the u3a needs to feel lonely!

Wednesday, 3 June, is National u3a day. Activities are taking place across the United Kingdom to celebrate the activities of over 1050 u3as with over 4 million members. Research shows u3a's have positive, cost-effective and sustainable impact on the wellbeing and future of retired people in the UK.

More information can be found on our website, Facebook and YouTube.

Anyone interested in learning more is also welcome to contact the chair at llmu3athechair@gmail.com.

Mary Waters, Chair

Lune Valley Swimming Pool

The Hornby pool re-opened to the public as a planned on Monday 12th April and is proving to be very popular.

It is of course currently operating under Covid roadmap schedules with social distancing and advance booking procedures in place. But moving forward we plan to be able to offer adult exercise classes – Aqua fit/Swim for Fitness and Gentle Exercise from 17th May.

Please check out our website for updates and revised operating guidelines and timetables.

Above all come back and enjoy your pool , we so look forward to seeing you.

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citizens advice

“My energy bill really shot up last month. I don’t feel like I’ve been using any more heating or electricity than usual, so I’m worried I’m being overcharged. I’ve tried to contact my energy supplier for support, but no one ever seems to answer the phone or respond to my emails. I’ve waited on hold for nearly an hour several times before giving up. What should I do?”

It’s normal for your energy bills to change depending on the time of year and how much gas and electricity you’re using. But if your bills seem strangely high, then it’s important to investigate why.

Firstly, check your [meter](#) is working properly and your usage has definitely not gone up, even accidentally. Also check what heaters you have and whether you’re using them correctly. Night storage radiators and immersion heaters in particular can cause very high bills if used incorrectly.

There are [a few things](#) worth looking into. It could be that your bill is an estimate, in which case you need to give your supplier a new meter reading. If it’s not an estimate, check your last meter reading to see if it matches the one on your bill. If you still don’t have an answer, your supplier might have raised their prices. In any case, you’re doing the right thing to contact them.

Customer service varies between suppliers and unfortunately we hear of many bad experiences similar to yours. We also know the problem has worsened during the pandemic. If you’re struggling to get through to them, you could make a formal complaint. We offer advice on [how to do this](#) and things to consider first.

We publish a [comparison table](#) every three months which rates suppliers’ customer service, based on things like telephone wait time, email response time and the accuracy of their bills. Have a look for yours to see how they fare against others. If they’re low on the list, consider switching to a different one.

If you’d like to talk it through with someone, contact South Lakes Citizens Advice.

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Helping The Bees

During what has been a difficult time for us all, I am sure, like me, you have been looking forward this spring to seeing the buds coming out on the trees and the return of bird song. I have been especially looking forward to the sight of wildflowers again.

A couple of months ago I approached the local Council seeking permission to be allowed to plant more wildflowers around the town’s green spaces, which could naturalise and self seed in time. I am pleased to say that this idea was well received and a new project for this is underway.

Many of you will be aware of the plight of our bees and pollinators that are fast becoming low in numbers or threatened by extinction, so any additional wildflowers will be helping them as well as bringing enjoyment to us all.

We would very much welcome help from anyone interested in growing plants from seed, or assisting with planting. Alternatively, any donations would be greatly appreciated and will go towards the purchase of either established or plug plants that would help us achieve our

goal that much quicker. The project is organised in partnership with the Community Cupboard and other local organisations, so please contact Rosie Bradshaw for more details and how to get involved at coordinator@klcommunity.co.uk

If you would like a list of the suitable plants that will be needed, we can forward this to you by email.

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Tony Higham

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A stroll around Kirkby Lonsdale – from St Mary’s Church along Fairbank to Underley

In the August and September 2020 editions of AKL I described two strolls around Kirkby Lonsdale – from the Market Square to Devil’s Bridge, then along the River Lune to Mill Brow, and from St Mary’s Church through Lily Wood to Underley Business Park. Until last month, the circular route back to town meant walking along the road. However, the Underley Estate has now generously created a footpath between the drive down to the Business Park and the former western gatehouse to the Estate.



The walk from St Mary’s to the business park is about $\frac{3}{4}$ mile.

With the church tower behind you, head up Fairbank, passing The Orange Tree - reopening 17th May 😊. Look above the door to see an arm holding a rugby ball. Kirkby Lonsdale’s rugby club was established in 1877, and when rugby fans from the town go to watch England play at Twickenham, they meet up at The Orange Tree in Richmond. Many England players have stayed at Kirkby Lonsdale’s Orange Tree over the years.



Next on the right is The Gables, which used to be home to the Underley Estate

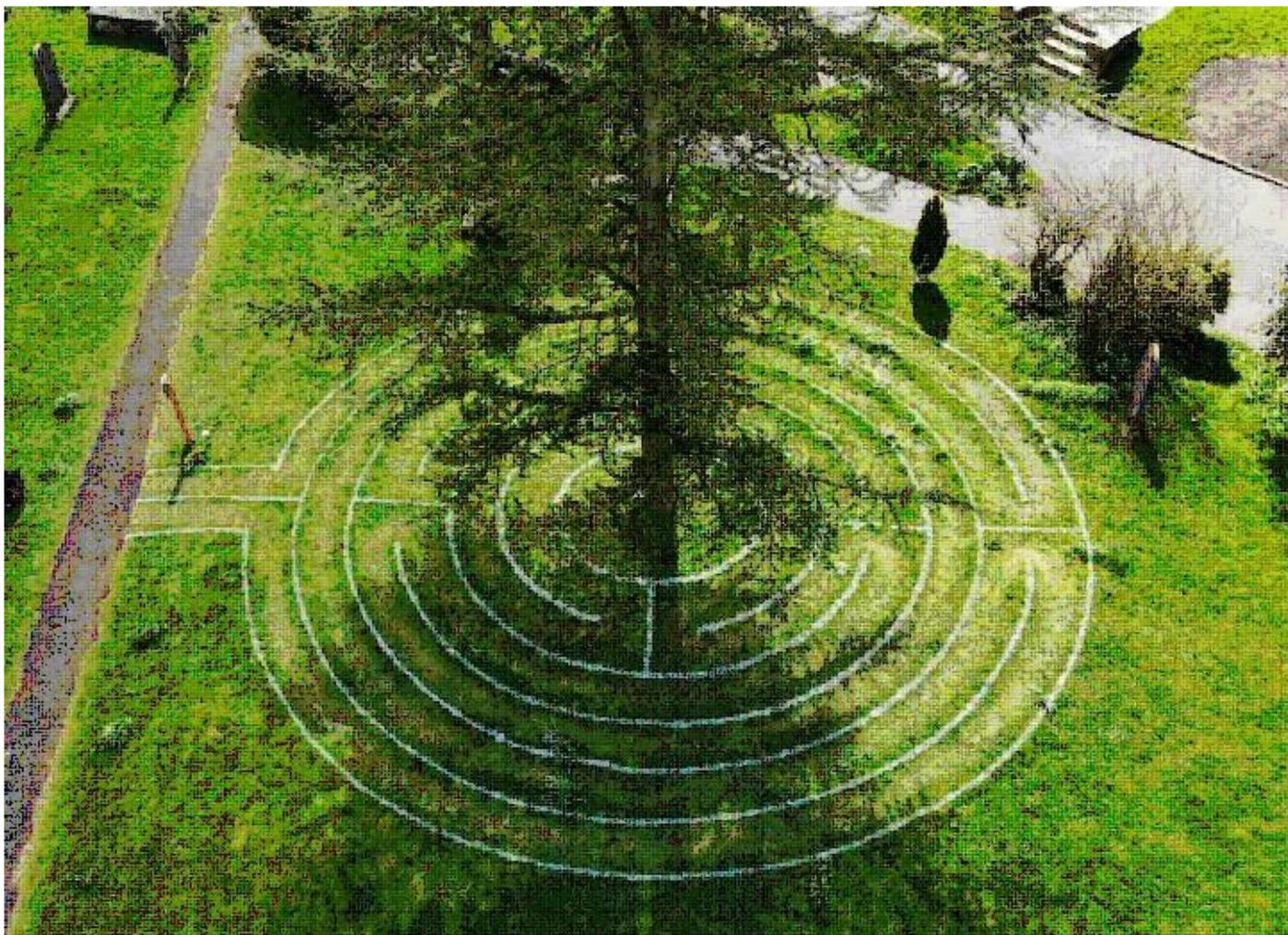
Agent’s house. Opposite is Jonty Wilson’s former smithy. Look at the old doors and you’ll see where people have carved their initials while waiting for their horses to be shod!



Once out into the countryside, you’ll see that the farmer has been hedging recently, and then you’ll come to the former gatehouse of the estate, opposite which is the start of the new stretch of footpath, with fine views east to the Barbon Fells. At the end of the footpath take care crossing the road and you’ll see a footpath sign pointing down the drive back to Kirkby Lonsdale.



Tess Pike, Blue Badge Tourist Guide



Labyrinths

Unless you have suffered from labyrinthitis, the word 'labyrinth' will probably make you think of a Greek myth. The labyrinth was an elaborate prison constructed by the great inventor Daedalus to contain a flesh-eating monster known as the Minotaur. Young men and women were sent into this disorienting maze-like structure as sacrifices. The myth tells of how one of these sacrificial victims, Theseus, conquered the labyrinth and killed the Minotaur with the help of a ball of thread and a sword given to him by Ariadne, the king's daughter. He tied one end of the thread to the entrance of the labyrinth and unwound it as he followed the twisting path to the centre. He killed the Minotaur, retraced his steps by rewinding the thread, and escaped.

No one knows what lies behind the mythical prison but ancient labyrinth designs occur in many cultures and in many different places in the world. There are labyrinth structures and representations on rock carvings, jewellery, pottery and coins.

Today, the word labyrinth refers to an enclosed area with an entrance in the boundary, usually containing a single winding path leading to the centre after twisting and turning in such a way as to fill the space. To return to the starting point you simply retrace the path. (You may be wondering why Theseus needed a ball of string since, unlike a maze where there are many paths, you

cannot get lost in a labyrinth! The answer is that in the ancient world the word 'labyrinth' was used for both mazes and labyrinths. It didn't differentiate between the two).

Interestingly, from late antiquity to the Middle Ages, one of the places where you could find a labyrinth would be in a church or cathedral. Why? Because people saw that the labyrinth told the Easter story. Christ was like Theseus; he had entered the maze of the world from outside. He had achieved a victory and escaped from the prison of death. The safest way to journey through the world was to follow Christ. To give you an idea of the scale of some of these church labyrinths the largest surviving one is in Chartres Cathedral. It is over 12m in diameter and the total length of the winding pathway is 294m! (If you 'Google' Chartres Cathedral you will find pictures of it).

In recent years labyrinths have become very popular and rediscovered as playful, peaceful and prayerful places by all ages. The temporary labyrinth that was created in St Mary's churchyard for the Easter season was based upon a design which originally came from a fountain in Damascus.

Don't worry if you didn't get chance to experience it; it will be back!

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KL Golf Club

Kirkby Lonsdale Golf Club has set up a range of 'Stay and Play' offers with local hotels. The staycation packages include accommodation, meals and rounds of golf at the club, which is situated between Casterton and Barbon. There is also a special promotional leaflet - 'Destination Kirkby Lonsdale' - aimed at encouraging people to visit the area and take in a round of golf at the same time.

PGA Trainee Professional Ellie Broome runs regular Saturday classes and school holiday golfing camps when Covid restrictions allow. The club has a six-hole Academy course for use by juniors and those beginning to learn the game. Ellie and Head PGA professional John Twissell are also running two 'Get into Golf' beginners' classes: a ladies group and a mixed group. The club has applied to Golf England to be able to help deliver its Girls Golf Rocks initiative.

The club was established in 1906 and has been at its present site since 1991. The layout provides two nine-hole loops out and back to the clubhouse. Drinks and food can now be served on the terrace of the Clubhouse. A variety of membership deals are available and people can book to play even if they are not members.

If anyone would like to book a round or join as a member, they should contact the Pro Shop on 015242 76366 or book a tee time on the website <https://www.kirkbylonsdalegolfclub.com/>

Casterton WI

Casterton WI met virtually on 7th April, when members watched a fascinating Zoom presentation by Joanna O'Neill, entitled 'Bite Sized Journal Quilts'. Journal quilts are small samples of quilting, based on a particular theme, which are produced regularly over a period of time, say weekly or monthly, so that at the end of a year they can be put together to form a single image. Joanna's work is inspired by natural shapes such as trees, leaves, flowers and berries, or, in some cases, medieval tiles. An outstanding feature of her work was her brilliant use of colour.

All members had been cheered by the seasonal gift from Casterton WI of miniature Easter eggs wrapped inside a small felt rabbit.

This year's Annual Resolution focuses on the importance of detecting early signs of ovarian cancer, and members were asked to read the relevant article on the National Federation website so that an informed decision can be made when voting. Members were reminded that next month the meeting will take place a week later than our normal meeting date, and at a slightly earlier time: 12th May at 7 p.m. This will be another Zoom presentation when Gordon Fletcher will be speaking about 'Ice Caps and Icebergs' in Greenland.

Barbon WI

Annual Report for 2020

Our Centenary Year was certainly one to remember but not for the right reasons! We WERE to share in memories and experiences from far flung parts of the world, and Barbon, indulge in talks about history, farming and nostalgia and have parties in gardens AND a Centenary Afternoon Tea! In reality most of that didn't happen!

Our year began with a very interesting talk, from Robin Sandys Clarke, all about his wonderful Alpacas Our second meeting was a lovely evening at the ice cream parlour in Kirkby Lonsdale. In March we were transported to South America by Janet Rodber and looked at Hill Farming and amazing photographs of their mountaineering experiences. A brilliant start which was so suddenly halted by you know what!

Since then, we have kept in contact via emails and popping round with the WI newsletters and phone calls and get-well cards. Our Committee, last month, even experienced a Zoom, meeting, proving the person who commented that ladies talk too much for Zoom meetings absolutely wrong as we managed to plan Barbon WI Show in one go! (Well nearly!!) We have tended the troughs around the War Memorial with Summer flowers and Spring bulbs The Show date is hopefully, 31st July so get thinking about your entries!

If you are not already a member this is the year to join as we are subsidising the Membership fee, for this year only, to encourage new members and make up a little for last year. We have an interesting programme and are really looking forward to our first get together at the Village hall on Tuesday 6th July at 12 noon when we are bringing our own picnic lunch and chatting the afternoon away! Past and new members are most welcome so do come along and join in.

Card Gallery

Over the lockdown period we placed Mother's Day cards and 2021 Calendars outside the shop with an honesty charity box. The total raised for The Children of Hope charity was an amazing £558.96. Thank you to the wonderful people of Kirkby Lonsdale.

Mark Nelson

Audrey Whitaker

Marian & Lucy wish to thank family, neighbours, friends, Lunesdale Surgery & the N.H.S. for their expressions of sympathy on Audrey's passing away.

Many Thanks

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