

The True Spirit of Kirkby Lonsdale...



Merry Christmas

Welcome

To Christmas 2022!

Kirkby Lonsdale is the picture-perfect backdrop to every kind of Christmas.

Festivities kick off at the Christmas Fair (1-4 Dec), but shopping on Kirkby's famous Main Street, Market Street and Market Square is a draw throughout December. And, however you plan to celebrate Christmas this year, we hope you'll find time to join us at one of the many special church services taking place across the Rainbow Parish.

Sending all good wishes for a wonderful Christmas and a peaceful New Year from the team at AKL!



The Christmas Spirit

The Joy of Small Things

In the dark days of winter, Christmas acts as a beacon of light, warmth and comfort, an opportunity to reconnect with friends and family in the spirit of goodwill.

For some, it's a grand production, while for others, it heralds a period of relaxation and reflection – or a time for fun and games.

Treats and indulgences are a must – but they don't have to break the bank.

Simple things can often be the most pleasurable. Wrapping up for a bracing walk on a frosty day – before heading home for a cup of hot chocolate. Singing your heart out at a candlelit carol service. Settling down under a cosy blanket with a good book (or a gripping podcast).

I hope this special supplement will help to foster your Christmas spirit. My thanks to everyone who's contributed, especially to Kim Bradshaw from The Zero Pantry and Valerie Laycock from The Book Lounge for sharing their festive ideas.

Happy Christmas!

Diane





It was a dark and stormy night...

Ghost stories for Christmas

The Most Wonderful Time of the Year

*"There'll be parties for hosting
Marshmallows for toasting
And carolling out in the snow.*

*There'll be scary ghost stories
And tales of the glories
Of Christmases long, long ago."*

The tradition of telling ghost stories in the winter became popular in Victorian times, the precise origin of telling ghost stories at the end of the year is unknown, largely because it began as an oral tradition without written records.

The long dark winter nights meant people had to stop work early, then would spend their evenings huddled close to the fire, the fire and candlelight giving the perfect atmosphere for ghost stories.

The belief that the winter solstice is the time of year when the veil between worlds is thin, making it a perfect time for ghosts, coupled with the fact that it simply gets darker earlier, makes the end of December the prime time for ghost stories.

The tradition of telling ghost stories, passed down from generation to generation, changed with the development of printing presses, and the improvement of literacy meant that the stories were now being printed and read instead of recited.

Valerie Laycock, The Book Lounge



Classic Victorian Ghost Stories

Charles Dickens, 'A Christmas Carol'

Elizabeth Gaskell, 'The Old Nurse's Story'

Charlotte Riddell, 'The Open Door'

Oscar Wilde, 'The Canterville Ghost'

M. R. James, 'The Story of a Disappearance and an Appearance'

Henry James, 'The Turn of the Screw'

A selection of ghost stories are available at The Book Lounge for you to rekindle this tradition.

During December we will be offering free gift-wrapping.

Stockings are hung by the chimney with care...

Once upon a time, a widowed father of three daughters had fallen on hard times. Although the girls were beautiful and accomplished, he worried that their impoverished status would make it impossible for them to marry. (Nope, it's not a very progressive view of women's place in the world but, sadly, pretty typical of most fairy tale tropes.)

Enter good old St Nicholas who, on hearing of the family's plight, quietly and anonymously filled the girls' stockings – or clogs, in some versions of the story – with gold coins. (In my version of the story, the sisters use the money to go to university, get great jobs and buy lots of books.)

Whatever its origins, the tradition of filling stockings with gifts at Christmas is a long-standing one. It's easy to see why: stockings or socks are everyday items, regardless of wealth or status, easily repurposed for secret gift giving and handy for hanging over the corner of a bedframe, ready for discovery on Christmas morning.



These days, however, most children have more presents than can be reasonably accommodated in a stocking, so they've taken on more symbolic significance and are often used in a purely decorative capacity. That said, stockings can still offer a traditional option for gifting on a smaller scale.

Choose your stocking

Ready-made stockings are available in lots of sizes and styles – just pick one to suit your mood and you're ready to go. Alternatively, you could make your own using scraps of fabric, ribbons, buttons and beads. It's a nice crafting activity to do with children.

Select your giftee

Stockings are a great idea if you want to rein back spending – especially for friends and adult family members – while still creating a thoughtful and imaginative gift. Perhaps agree on a sensible budget with others so you can swap gifts with less stress.

Pick your fillers

The obvious choices are sweet treats, like wrapped chocs, candy canes and gingerbread. Other small indulgences can be matched to the recipient – lip balms, nail polish, playing cards, scented tea lights, gloves, face masks etc. A satsuma and a handful of shell-on nuts are essential. And, just maybe, scatter in a handful of gold (chocolate) coins as a nod to St Nick!

Diane Nowell, Editor, AKL

The Churches of Kirkby Lonsdale



Christmas Celebrations



Follow The Star THE GREAT INVITATION

Wise men still follow...

A few weeks ago, we received a surprise invitation to a wedding. It is always exciting to be invited to a special occasion, especially if you weren't expecting it. Equally it can be painful if you're not invited to something you had really hoped to be a part of. Some invitations are for simple everyday things like going for a coffee with a friend. Others have the potential to be life changing, like a first date or job interview! Whatever the nature of the invitation, there is always the moment where a decision has to be made whether to accept or not!

This year the National Christmas theme of the Anglican church is 'Follow the Star – The Great Invitation' and remind us of the particular nature of the Nativity story, inviting us to look again at the extraordinary events of the birth of Christ.

The Shepherds out on the hillside receive their invitation first. We are told they were somewhat bewildered and not surprisingly terrified by the visitation of heavenly beings who announce the birth of the Saviour, the Messiah. Luke's gospel tells us that following the announcement a discussion ensued, one can use the imagination about what was said.

"What was that all about, do we go and see, or should we just keep our noses out, it might be dangerous? Who are we anyway to imagine we would be welcome?"

They knew they were the 'unwashed', low of status and generally ignored by their society. But we all know the story, the Shepherds do go and discover for themselves

the welcome, the wonder, the mystery, the unexpectedness of witnessing the child that would change the course of history. The child that would tear down the barriers between peoples and speak truth to power.

The other visitors according to St Matthew were the Magi. Their invitation had come through study and reading the signs; that they chose to follow the star is an extraordinary act by anyone's book. The visit of the Magi or 'Epiphany' represents the revelation of Christ to the Gentiles, symbolising that Jesus came not just for his own people but for all peoples.

The National Christmas theme of the Methodist church this year is 'There is room': there was no room for the Christ child to be born in a normal place, so God found room in a place of humility and poverty amongst the animals. There is room for everyone in God's story.

In a time of great global uncertainty, The Nativity invites the questions, who am I, who or what do I follow, and what do I believe?

This year might you consider accepting 'The great invitation'? To explore again the possibility of discovering faith and entering into relationship with the God who chose to come to us in person, love incarnate, in humility, setting aside his glory that all peoples would know his welcome, love, peace, and restoration.

Peace and blessing

Rev Wendy Thornton

Christmas in Kirkby Lonsdale

THURSDAY 15 DECEMBER

See & Know Christmas Special for little ones! from 9.30am Methodist Hall (Fun, stories, and Christmas treats!).

SATURDAY 17 DECEMBER

Brass Band Carol Concert 4.30pm in St Mary's Church.

SUNDAY 18 DECEMBER

10.30am Informal Christmas Reflections, music and readings in Kirkby Lonsdale Methodist Chapel.

6.00pm United Community Carol Service in St Mary's Church.

THURSDAY 22 DECEMBER

Carols 11.00am in St Joseph's followed by Mince pies and refreshments.

CHRISTMAS EVE

Crib Service St Mary's Church 5.00pm.

Midnight Holy Communion, St Mary's Church 11.30pm.

CHRISTMAS DAY

All Age Christmas Celebration, Methodist Chapel 10.30am.

Christmas Holy Communion, St Mary's Church 11.00am with Archdeacon Vernon Ross.

The Mass of the Nativity of the Lord at 9.00am St Joseph's Catholic Church.

ST JOSEPH'S CATHOLIC CHURCH

18 December Mass at 9.00am

22 December Carol Service 11.00am followed by mince pies and refreshments.

WELCOME TO THE NEW YEAR!

Churchyard Trail from 9 January.

27 NOVEMBER FIRST SUNDAY OF ADVENT

10.30am Rainbow Parish Service at St Patrick's.

SATURDAY 3 & SUNDAY 4 DECEMBER

'Unwrapping Advent', refreshments and bric-a-brac in St Mary's Church. Craft stalls and café in Methodist Church Hall (see overleaf for details).

13 DECEMBER TO EPIPHANY 6 JANUARY

Nativity Churchyard Trails at Kirkby Lonsdale in St Mary's churchyard, and at Barbon in St Bartholomew's churchyard.

WEDNESDAY 14 DECEMBER

'Meet to Eat' Christmas fun, friends and food! 12.00 noon in the Methodist Hall (booking essential).

Around The Village Churches

Barbon

18 December United Carol Service 10.30 am

Christmas Eve Crib Service 4.00 pm

Christmas day Service 10.30 am

Casterton

19 December Carol Service (see notice board for details)

20 Reserve date (weather contingency if outdoors)

Christmas Day Communion Service 10.30 am

Hutton Roof

21 December Carol Service with Kirkby Lonsdale Brass Band, 7.00pm

Christmas Day Communion Service 11.00 am

Mansergh

20 December Carol Service 6.30pm

Christmas Day Communion Service 11.00 am

Lupton

18 December Nativity Service at 2pm (tbc)

Christmas Eve Holy Communion 11.30 pm

St Patrick's

5 December 'Coffee & Christmas Cheer' Endmoor Village Hall Carols 7.00pm

18 December Carols in the churchyard, 4pm

Christmas Eve Crib Service 4.00 pm

Holy Communion 11.30 pm

The Great Invitation!



Unwrapping Advent

As part of the Kirkby Christmas Fair celebrations, there are craft activities, things to make and take home (free event) in St Mary's Church from 11.00am to 3.00pm. There will also be refreshments and bric-a-brac stalls on Friday 2 and Saturday 3 December from 10.00am to 5.00pm and on Sunday 4 December from 12.30pm to 5.00 pm.

You can find stalls with crafts, stocking fillers, homemade produce and a pop-up café in the Methodist Church on Saturday from 10.00am to 4.30pm and Sunday from 12.30 to 4.30pm, proceeds to CRMI Uganda.

Kirkby Lonsdale Reverse Advent Calendar 2022

Aluna Explorer Scouts will be putting together Advent Trees in St Mary's Church porch and the entrance to The Royal Barn.

Each day of Advent, a new food item card will be placed on the tree and we are inviting the community to donate any of these requested items if they are able. The items are staples for our own Community Cupboard along with Kings Food Bank and The Trussell Trust at Morecambe. As many are aware, the calls on food banks this Autumn has been unprecedented and all food items donated will be shared amongst our local Food Banks to replenish their low stocks and give them a good start for the new year ahead.

Reverse Advent Lists will be available from the Tourist info shop if you would like to put together your own collection, just call the Hub if you would like this collecting or leave at the collection points on Christmas Eve.

Thank You in advance!

1	Jelly	2	Long Life Milk	3	Tinned Fruit
4	Jam	5	Peanut Butter	6	Toothpaste
7	Honey	8	Tea	9	Coffee
10	Baked Beans	11	Tinned Meat	12	Chocolate Treats
13	Spaghetti Hoops	14	Instant Mash	15	Toilet Rolls
16	Cheese Crackers	17	Instant Hot Chocolate	18	Cereal
19	Porridge	20	Fruit Juice	21	Biscuits
22	Instant Oats	23	Squash	24	Vegetable Oil

The Christmas Tree Conundrum

For many of us, Christmas is not Christmas without a tree – but are you wondering which is the more sustainable, environmentally friendly option?

Fake Tree vs Real Tree

It is estimated that around 7 million real trees are bought each year in the UK to adorn our homes, which contribute to an extra 5 million tonnes of waste over the festive period. However, this is not all bad. The Carbon Trust has found that real Christmas trees have a smaller carbon footprint than artificial trees when disposed of correctly.

A natural 2m Christmas tree that does not have roots and is disposed of in a landfill has a carbon footprint of around 16kg of carbon dioxide. Whereas a 2m tree with roots, which is properly disposed of has a carbon footprint of around 3.5kg of carbon dioxide. Properly disposed of in this sense means burning it on a bonfire, re-planting it or having it chipped by the local Council.

Whereas a 2m artificial tree made from plastic has a carbon footprint of around 40kg of carbon dioxide. When compared to a real tree, disposed of properly, that would mean a fake tree would need to be used for at least 10 years to be greener than a real tree.

Is your Christmas decoration eco-friendly?

The most sustainable Christmas decorations are the ones you already have. However, if you feel you need a change, why not search out second-hand decorations or make your own from sustainable materials? Swap your lights for LED. They use less energy and look just as good. Also, switch your lights off at night – it's safer and will save the pennies.

How can I make my own decorations?

There are lots of great, fun ways to decorate your tree which don't cost the earth.

Why not string coloured popcorn together instead of tinsel? How about making your own gingerbread tree or salt dough decorations? Or get the whole family involved and challenge each person to bring a decoration to hang on the tree? Turn it into a tradition and every year new decorations will appear which will mean something.

To make salt dough follow the link below or come and pick up a pack from The Zero Pantry. <https://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe>. Bring this article in and receive a 10% discount.

Kim Bradshaw, The Zero Pantry



Have a Very Kirkby Christmas!

Please do consider shopping local this year. All our businesses help to make our town what it is. You'll get great quality, outstanding customer service and the joy of knowing that you've made a small business owner very happy!



Fabulous Roger La Borde pop'n'slot Advent Calendar from **Information & Gift Shop**. £12. Available throughout December.

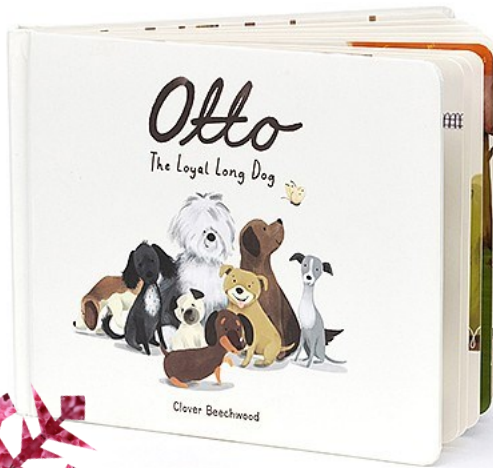


This Elodie Gift Box from **The Crossing Point** pairs a bottle of Premier Cru champagne with a bottle of Offley Tawn Port for £57.



Elegant Zagara Gift Set by Ortigia from **Abrahams**. £40.

Cute Otto Sausage Dog (£24) plus matching book (£10.50) from **The Card Gallery**.



Set of three wax candles from **Lunesdale Home & Garden**. Clear £22.99; smoked glass £24.99.



Royal Hotel Gift Card valid for 12 months at any James' Places hotel. £10-£400.



Booths 175th Anniversary Edition vintage port. £25.



Dales Traditional Butchers Christmas Festival Meat Hamper: 1.8kg turkey breast, 750g ham or pork joint, 750g beef topside, 500g pork sausages, 500g pigs in blankets, 500g back bacon, 500g stuffing and a large pork pie—all for just £85! Call to order on 015242 71278 or email at shop@dalesbutchers.co.uk. Free local delivery.



BOOTHS

THE GOOD GROCERS

Kirkby Lonsdale Christmas Opening Hours

18TH DECEMBER

9AM - 4PM*

19TH - 23RD DECEMBER

7AM - MIDNIGHT

CHRISTMAS EVE

7AM - 6PM

25TH & 26TH DECEMBER

CLOSED

27TH - 30TH DECEMBER

7AM - 10PM

NEW YEARS EVE

7AM - 6PM

1ST JANUARY

10AM - 4PM

For more information on Booths
Kirkby Lonsdale, visit booths.co.uk



boothscountry

