



*Have a Very*

*Kirkby*

*Christmas*



# W e l c o m e

## To Christmas 2020!

*As this issue of AKL goes to print, we're all anticipating a very different kind of Christmas to the one we enjoyed last year. One thing we have learned during these difficult times, though, is just how supportive our Kirkby Lonsdale community is. And, while we may not be celebrating in quite the same way, we'll certainly be honouring our age-old traditions in spirit.*

*So let's join together to make it a thoroughly 'Kirkby' Christmas! Let's support our local businesses and share good cheer far and wide—even if it is virtually! Look out for each other and don't be afraid to reach out to the Community Hub on 015242 36404 if you need a bit of help or someone to lend a sympathetic ear.*

*Thanks to all who've helped by contributing to this special guide. Here's to a more hopeful 2021!*



## Have yourself a merry little Christmas

### The familiar rituals

While for many of us, Christmas 'proper' represents a three-day sprint from Christmas Eve nibbles through to Boxing Day leftovers, everyone's traditions are different.

As a child, the festivities chez Nowell began with the bringing in of the tree. I would insist on accompanying my dad to the tree farm, where I'd dutifully inspect several before making my final choice. I'd always pick one that was slightly too tall and dad would indulge me by buying it and having to chop a bit off when we got home. I don't think we decorated the tree till just a few days before Christmas to stop the needles dropping. These days—thanks no doubt to the proliferation of non-drop varieties and realistic artificial trees—people bring their trees in a little earlier. I suspect lots of us will be doing that this Advent to squeeze out a bit of extra cheer.

I had my first festive mood enhancer in November when I baked my cakes—I'll enjoy the scent of Christmas every time I unwrap them to apply a little brandy. And, there'll definitely be some pre-Christmas sampling of Owain's mince pies and other sweet treats (those little puds from Chocolat!).

I love to revisit favourite books—Agatha Christie is a must—and to re-watch classic films. Christmas can't really start till I've scheduled my top trio: *The Bishop's Wife*, *White Christmas* and *Love Actually*. But it's Carols from King's that marks the real beginning of the festivities for me.

I hope you'll enjoy the Christmas reflections and tips from other contributors in these pages. Thanks to Amber, Julie, Kim and Valerie for taking the time to share your thoughts.

Happy Christmas!

Diane





# Icelandic Jólábokaflóð

## Imagine this...

It's Christmas Eve and after receiving a brand-new book from your family, you cosy up in your favourite chair in front of the fire with a mug of hot chocolate and spend the rest of the evening reading.

That's exactly how Icelandic people celebrate the festive season each year. This tradition is known as Jolabokafloð or 'Christmas book flood'.

Jolabokafloð started during World War II, when paper was one of the few things not rationed in Iceland. Because of this, Icelanders gave books as gifts, turning them into a country of bookaholics.

At The Book Lounge we are offering a Book Flood service. For any new book purchased as a Book Flood gift for your family, we will wrap it in traditional brown paper and provide you with a tag for your own message. Choose your own book or put your trust in us to find one for you!

### Valerie

[thebooklounge@lunesdalebooks.uk](mailto:thebooklounge@lunesdalebooks.uk) Or phone 015242 72319



Fiction	The Miseducation of Evie Hepworth	Matson Taylor	Children's	Will you be my friend	Sam McBratney
Fiction	The Silent Treatment	Abbie Greaves	Children's	100 steps	Captain Tom
Fiction	The Betrayals	Bridget Collins	Children's	Ways to say I love you	Marilyn Singer
Fiction	The Thursday Murder Club	Richard Osman	Children's	Jackie Morris Classic Nursery Rhymes	Jackie Morris
Teen	The Book of Hopes	Katherine Rundell	Gift	The Unwinding	Jackie Morris
Teen	Tree Magic	Harriet Springbett	Anthology	Dear NHS	Adam Kay
Teen	The Silent stars go by	Sally Nicholls	Philosophy	Humankind	Rutger Bregman
Young	The Good Bear	Sarah Lean	Biography	The Reacher Guy	Heather Martin
Young	The Wizard in my Shed	Simon Farnaby	Biography	Captain Tom	Captain Tom

# Deck the Halls



In pre-Christian times, evergreens were brought into the house as a winter blessing, a celebration of life in the dark days.

It's also where the tradition of holly, ivy and mistletoe comes from because they're among the few flowering plants at this time of year and so hold special significance.

Pagans in Europe used branches of evergreen fir trees to decorate their homes and brighten their spirits during the winter solstice. Early Romans used evergreens to decorate their temples at the festival of Saturnalia

Bringing evergreens into the house started there and eventually evolved into the Christmas tree we know and love today.

## Amber Mackie from Bumblebee Gallery

This year, the desire for Christmas to feel like Christmas is stronger than ever. However, it is important not to put too much pressure on ourselves; either financially or emotionally.

We should think about the overall atmosphere and traditions of Christmas as a whole, rather than getting too caught up by the detail of what we are unable to do. Whether we are allowed to meet up in person or only able to have 'virtual' gatherings, we can still fill our homes with that festive spirit.

Nothing signals the start of Christmas to me more than passing by homes and seeing lit trees through windows and festive wreaths on front doors.

Lit 'trees' can come in all shapes and sizes; with fairy lights strung from your usual pine tree, to a bunch of dried twigs in a vase, all evoking the same magical feeling. Door wreaths can be created at home from wire hoops filled with moss and crammed with evergreen foliage from the garden.

Garlands can be created in a similar way, and strung around doorways, windows, fireplaces, staircases and picture frames. These again can be made from evergreen foliage and if you add in cinnamon sticks, dried lemons and oranges with cloves you will be enhancing the festive experience with the aroma of Christmas too. With a bit of imagination centre pieces and napkin rings can also be fashioned to create the perfect festive dining experience.

If foraging for evergreen foliage is not your idea of fun, try paperchain garlands, or Christmas bauble wreaths, centre pieces and napkin rings. Either way there are lots of ways for us to ensure that Christmas feels like Christmas this year, no matter what.

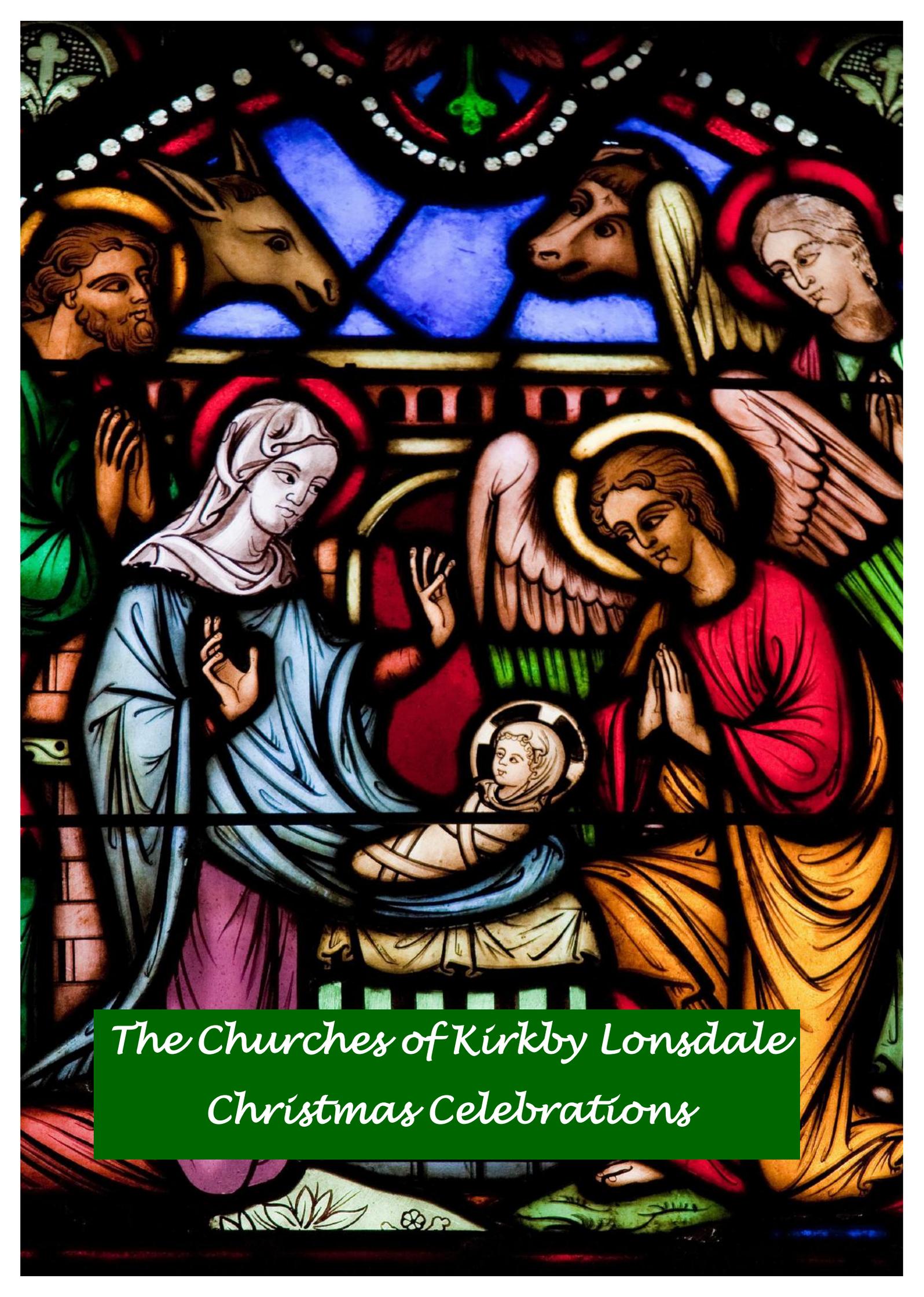
## Julie from Parma Violet

With Christmas being such a busy month for all, I try to find the time to actually enjoy the advent and the run up to the all-important day, otherwise before you know it Christmas is over for another year again! This generally consists of looking forward to my mug of mulled wine in the evenings (1 minute in the microwave is all it takes!) and actually buying a Radio Times to ensure we don't miss out on all the cheesy Christmas films....National Lampoon's Christmas Vacation being a staple every year.

Opening an advent calendar (very nice ones from Parma Violet of course) has also become a lovely tradition even though the children have left home now and our grown-up versions don't contain the terrible chocolates we all remember.

As I always work in the shop on Christmas Eve day, I also try to work it so that I have the day off on the 23rd to do the dreaded shopping but also as an extra special end to the day, I like to look for pine cones on my daily dog walk to decorate the table. This year we are also offering reusable crackers in store and so we will also be using those in an effort to cut back on waste.





*The Churches of Kirkby Lonsdale  
Christmas Celebrations*

# Comfort and Joy



Brett Jordan Flickr: The Christ Child, St Martin-in-the-Fields

One of my favourite bits of Christmas has always been the reading of the first few verses of St John's Gospel towards the end of a traditional carol service – "In the beginning was the Word, and the Word was with God and the Word was God... In him was life; and the life was the light of men. And the light shineth in darkness; and the darkness comprehended it not... And the Word was made flesh and dwelt among us... full of grace and truth."

I hope we will be able to hear those words together in our churches this year but, whatever happens, they will still be heard on the television, on our computers, on whatever other methods we have at our disposal.

A few years ago I went on a bell-ringing trip to London and one of the churches we visited was St Martin in the Fields and I was struck by an unusual sculpture under the portico of the church on the edge of Trafalgar Square. It was of the Christ Child emerging from a block of stone and around the base of stone were the

words from John Chapter 1 – "in the beginning was the word and the word became flesh and lived among us" – the baby is life size and the block of stone is huge. If you are ever in the area do have a look. For me it spoke about the vulnerability of Jesus, God in human form, entering into our world as a tiny baby but also something of the fact that God is an integral part of the fabric of our world – always has been and always will be.

St Martin in the Fields is also famous for its work with the homeless and other vulnerable people in London – the BBC Radio 4 Christmas appeal, which has been going since 1924, and is almost as much a part of a traditional Christmas as turkey and mince pies – always raises money to support that vital work. And that work is just the sort of thing that Jesus would do and wants those who follow him today to do – getting involved with those of the edge of society, those struggling and shunned by others.

But this year, more than ever before, there may be more of us who are feeling alone, disconnected from those around as a result of the constraints placed upon us in an effort to control the spread of the coronavirus. What we need to hold on to is the central message of Christmas – that God is with us – that's what the word "Emmanuel" means – "God with us". And, for me, that is what the sculpture at St Martin in the Fields reminds me of – that God is breaking through, emerging from what is around us, to be with us, wherever we are and whatever we are doing, breaking through the darkness and despair to bring light and hope – fulfilling the age-old message of the angels of peace on earth and goodwill to all.

I hope you and yours are able to experience the light and joy, the hope and peace of Christmas however we are able to celebrate (and do see details of the various things we have planned across the churches and communities to help us celebrate).

HAPPY CHRISTMAS! *Rev'd Anne Pettifor*

## The Big Doorstep Carol Sing

A challenge has been set to create Cumbria's biggest socially distanced Christmas carol sing-along. The Diocese of Carlisle is working in partnership with BBC Radio Cumbria and other churches across the county to run Cumbria's Big Carol Sing on Sunday 20 December. The radio station will broadcast a special programme from 6pm that evening, with as many people as possible being asked to sing the carol Silent Night on their doorsteps at 6.15pm.

BBC Radio Cumbria's Richard Corrie, who will present the show, said: 'This is a wonderful opportunity for the whole county to come together in song and to help lift the mood for everyone after what has been an unprecedented year due to the coronavirus. My hope is that as many people as possible will tune into the programme that night and will sing their hearts out from their doorsteps. We'd encourage all our listeners to let their family, friends and neighbours know so as many people as possible can join in.'

Resources to download including the Lyrics to the Carol will be available on [kl.church](http://kl.church).





## Christmas Tree Festival

Light up the churchyard

Local organisations, businesses, and groups or individuals can place a real decorated Christmas tree (with roots) or tree of their own design/material in St Mary's churchyard. The aim is to decorate in as eco-friendly a way as possible. Please book a pitch via Vicky Hazlett at the Parish Office 015242 71320 or the Rectory 015242 72044

## KL Church Community Carols

In partnership with Kirkby Lonsdale RUFC, supported by the Amibile choir & Kirkby Lonsdale Brass Band

Due to the restrictions of large numbers of people gathering in our church buildings at present we are planning an outdoor carols by candlelight event with the Rugby Club. It will be held on the floodlit pitch, hopefully during the weekend of the 19/20 December. Further information will be available on the Rugby Club website and kl.church website and info will be circulated via our Facebook pages so please keep a look out for updates.

Tickets can be booked through the Rugby Club booking system with a small donation for charity. Social distancing will be observed so please book your space. Food and refreshments will be available to purchase afterwards. This will of course be subject to Covid regulations and the weather conditions!

Access on foot will be via Ruskin's View footpath which will be illuminated. Parking will be available for those travelling in from outside KL or people with mobility difficulties. Please bring a tea light/candle in a clear container.

## Christmas Services

### Christmas Eve

In place of the Christmas Eve Crib Services at Barbon and St Mary's, we are hoping to have outdoor 'Posada' events where Mary and Joseph will be journeying through the communities at around 4pm and 5.30pm, looking for somewhere to stay. Look out for more details.

**11.30pm Christmas Communion in St Patrick's Church**

**11.30pm Christmas Communion in St Mary's Church**

### Christmas Day

Kirkby Lonsdale

**9.30-10.00 am KLMC All Age Christmas in St Mary's**

**with Carols in the Methodist Church Garden afterwards at 10.00am.**

**11.00 am Holy Communion with Carols outside afterwards**

Please look on kl.church and notice boards for updated information and details of services in the other churches.

## Messy Gingerbread

Messy Gingerbread Nativity & Gingerbread Baking. On the 29th November at 2pm some of you will have joined us in making gingerbread and hearing the story of the Gingerbread Nativity. If you missed it and would like to see it and perhaps bake with us at a later date please see our Facebook page: Kirkby Lonsdale Messy Church or email lol@cilfamilyproject.org.

## Jesse Tree at Home

What is a Jesse Tree? The Jesse Tree is a good way to begin to think about and remember Jesus' family on the run up to Christmas. A Jesse Tree helps you remember some of Jesus' family through Christmas decorations and short stories. The idea is that you put these Christmas decorations on your own Jesse Tree, which is a small Christmas tree with a new name, throughout December. Pauline and Annie, two of our local artists, have produced the decorations and stories for you to print out (from kl.church Jesse Tree), make up and put onto your tree. The stories can be rolled up into scrolls!

## Churchyard Nativity Trail

For Children of every Age!

Discover the five different Stations on a trail around the Churchyard telling the Christmas Story...

## Bags of cheer

We will be giving out small gift 'Bags of Cheer' over Christmas to members of our community. If you would like to help and make up a bag the brown gift bags will be in St Mary's Church porch to collect and return your filled bag back to. There will be a list of suggested items to include by the bags. If you would like one to give to a neighbour yourself, Please just fill a bag and deliver. In Giving and receiving bags please remember the Covid advice and quarantine period before using.

## Christmas Carols

We are aiming to hold as many Village Carol Services as we can. To give the opportunity to sing some will be in Churchyards or in locations where it is safe to gather and where we can connect to power. These will be subject to Covid regulations. Please look out on kl.church for updated information. This is the plan at the time of going to press. There is a 'spare' date for the service at each location just in case the service has to be cancelled because of the weather.

**Middleton: Sat 12th (or Sun 13th), 2.30pm, Churchyard**

**Barbon: Mon 14th (or Tue 15th), Village Hall Car Park (time tbc)**

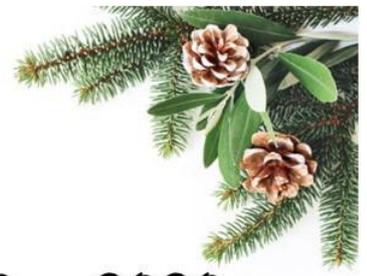
**Mansergh: Mon 14th (or Tue 15th) 7pm, outside Mansergh Community Hall**

**Hutton Roof: Wed 16th (or Thu 17th), Village Hall Car Park (time tbc)**

**Casterton: Fri 18th (or Tue 22nd) 6.30pm, Headmaster's Lawn at Casterton School**

**Preston Patrick: Tue 22nd (or Wed 23rd) 4pm, outside St Patrick's Church**

**Cowan Bridge: Sun 20th 11am, outside the Methodist Church.**



# Kirkby Lonsdale Living Advent Calendar 2020



## We invite you to Kirkby Lonsdale Living Advent Calendar.

Each night at **6pm from the 1st –24th of December** a new window will be unveiled. Each window displayed is based on a different Christmas carol. Windows that are already open will be available to see from **dusk until 9pm each night**.

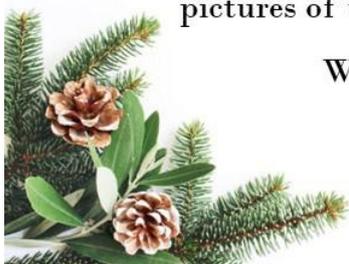
**Pick up a map** showing all the windows from St. Mary's Porch, The Tourist Information Centre or download a map from [Kirky Lonsdale Living Advent Calendar 2020 Facebook group](#).

For more information please be in touch with either

Lol Wood : [lol@cilfamilyproject.org](mailto:lol@cilfamilyproject.org) or Heather Sattin : 07727 845226

Alternatively join our [Facebook group](#) so you can find out more information and see pictures of the different Advent Windows.

When visiting the windows please stay 2m apart at all times.





## Enjoy a Green Christmas!

*Whatever happens in 2021, we know that collectively we need to change the way we are treating our planet. It may all seem a little daunting, and at times a little overwhelming, but by making small changes to your everyday life you will make a huge impact on the planet.*

*Every plastic toothbrush ever created still exists on the earth today - think of how much difference you would make by choosing to use a bamboo toothbrush or recyclable toothbrush heads? Try switching to a shampoo bar or natural deodorant. Why not look at using refillable products instead of purchasing new every time?*

### Top Tips

1. Buy local! You'll not only leave less of a carbon footprint but you are also supporting small independent businesses who depend on you to keep Kirkby thriving.
2. Give a handmade gift. This is a great way to help the environment and to also add that personal touch. So get creative and create something with love. Go one step further; upcycle something and make it unique.
3. Switch to eco-friendly wrapping. On average the UK uses around 227,000 miles of wrapping paper a year. Sticky tape, ribbon and glitter cannot be recycled. Why not try switching to eco-friendly, recycled and recyclable wrapping paper fastened with twine with last year's cards as tags or use fabric bags instead which can be used again and again.

4. Make your own decorations. Use popcorn strung together as a garland; convert kitchen rolls or toilet rolls into gift containers and use them as an advent calendar - there are hundreds of ideas on Pinterest or simply use your imagination.

5. Buy plantable Christmas cards. These are a zero-waste alternative: once you have finished enjoying the Christmas card just plant it in a pot of soil. The biodegradable paper will decompose and the embedded wildflower seeds will grow.

6. Cut food waste. When you're food shopping try and purchase foods that are not wrapped in plastic or are lightly wrapped. And remember to only buy what you need and use what you've bought.

7. Think eco. When purchasing something think about the environmental impact of the product you are buying. Does it contain plastic? Is it environmentally friendly? How many years will it be left on the planet? If we all choose to purchase one thing that is not harmful to the planet, collectively we will make a huge impact.

In short. Give a gift that you have made yourself. Buy local. Recycle something. Re-wear that Christmas jumper - nobody will remember! Donate to charity. This year, more than any, charities have really suffered. By giving, even a little, you could be helping someone a lot. Let's collectively make a difference in 2021 and use less plastic in our lives.

**Kim Bradshaw, The Zero Pantry**

# Have a Very Kirkby Christmas!

With shopping trips off the menu for now, we can all appreciate the benefits of living in Kirkby Lonsdale, where you don't have to wander too far to tick all the treats off your Christmas list. We won't know whether the new restrictions will have lifted before AKL goes to press this month, but we can showcase some of the delights on offer on our high street

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!



As usual, Parma Violet has some delightfully quirky gifts to offer. These luxurious silk pillowcases are heavenly to sleep on – cool and smooth against the skin and hair. The highly-quality silk top is paired with an organic cotton back, making them practical and affordable. Hypo allergenic and free from chemicals. £18 each, available in cool ivory, arctic white, silver grey and shell pink. Order online ([www.parmaviolet.co.uk](http://www.parmaviolet.co.uk)) for delivery or book click and collect from the Kirkby Lonsdale shop 07791 041455. [info@parmaviolet.co.uk](mailto:info@parmaviolet.co.uk).



More luxurious indulgences can be found at Lux Boutique. Throughout December, Lux is offering 20% off all Owen Drew Products, including beautiful candles, hand wash, body lotion, perfume, bath oil, diffusers, soap and room sprays. All come gift wrapped and in a gorgeous gift bag. Products can be ordered for collection or for free delivery within 10 miles of KL. Tel. 015242 73014 or email [luxkirkbylonsdale@outlook.com](mailto:luxkirkbylonsdale@outlook.com).

If you're looking for interior inspiration, there's plenty to see at Bumblebee Gallery. Amber stocks a wide selection of hand-picked, beautifully designed, British-made gifts and



decorations for the home. These beautiful ceramic hares are individually hand made by Karen, at her home studio in Carnforth. Prices range from £25 to £260. Available in store via the website [www.bumblebeegallery.co.uk](http://www.bumblebeegallery.co.uk), email on [info@bumblebeegallery.co.uk](mailto:info@bumblebeegallery.co.uk) or phone 015242 98220. If in lockdown, all purchased items will be available for collection from the Kirkby Lonsdale shop.

Head to Encanto for one-off gifts. The elegant Prune Lampe Berger has a curved, playful and stylish design and comes in a beautiful and elegant gift box making it the perfect present for that special someone.

This comes with 250ml of 'Exquisite Sparkle' fragrance with notes of grapefruit, patchouli, rose, lily of the valley, violet and musk. £40/set.

01524 272288.

Email [kate@encanto.co.uk](mailto:kate@encanto.co.uk), [www.encanto.co.uk](http://www.encanto.co.uk).



Just N So can make up Frenchic gift bags complete with sparkly heart bauble from just £20.00, available through the web-site [www.justnso.com](http://www.justnso.com) and on click and collect through lockdown. Do you have an avid Frenchicer in your family?



Living Home Furnishings at Mansergh have a large range of furniture and some wonderful Christmas accessories and will give KL residents 10% this month: [www.living-home.co.uk](http://www.living-home.co.uk).

Have you thought about a sustainable gift? Zero Pantry membership is the gift that keeps on giving. For just £30 per annum you receive a members-only Zero Pantry jute bag with a selection of sample products, 5% off every order and the person who visits the most throughout the year will receive a hamper at Christmas. Perfect for the eco warrior in the family! Why not save some pennies whilst saving the planet? Phone Kim on 07745 945503 or drop into the shop.

Stuck for festive lights? Sue and Paul at Lunesdale Home and Garden have a large selection of indoor and outdoor LED Christmas string lights, warm white, white and coloured, both plug-in and battery operated, as well as micro pin lights. Also available, Christmas decorations, premium Christmas trees and wreaths. Micro lights start from under £4, with string lights from £6.99

Discerning tea lovers will adore this glass teapot from Number Forty Four. Made of eco-friendly glass, it's elegant, easy to clean and does not absorb the taste of tea. Two-cup capacity, 450ml. £12. Available to buy at Number Forty Four, at [www.tealovers.uk](http://www.tealovers.uk) or send a message on Facebook.



Talking of drinks....The Crossing Point Cafe Wine Shop is currently open for orders through their Facebook page. The shop carries over 100 different wines as well as being the only UK importer for Elodie D. Champagne. A variety of wine gift boxes available for collection or local delivery. Call Helen or Adrian direct on 07841 112457 to discuss your requirements for the festive season in more detail.



Sienna has lots of lovely jewellery in stock that will make wonderful gifts for that special someone in your life. Throughout December, you can enjoy 10% off all purchases plus free gift wrapping.

If you're planning an event, The Little Barn Bar is offering KL residents free hire of their beautiful horse box bar – suitable for parties of 50+ guests – as well as a smaller mobile bar perfect for more intimate parties. Book before April 2021 to get this special offer for free hire of both bars. For more details email [thelittlebarnbar@gmail.com](mailto:thelittlebarnbar@gmail.com) quoting AKL2021.

## Festive Hampers



**Booths Build Your Own Hamper.** Simply buy an empty Booths wicker hamper, hat box or wooden beer carrier (from £5) and fill it to the brim with Booths goodies!



**Borders Greengrocers** are offering a selection of Christmas hampers filled with a delicious selection of fresh fruit and veg—perfect for the festive season and designed to suit 4-6 people, from £12 with free local delivery. Call Sarah on 015242 73817 for more details.

**Dales Traditional Butchers** have an unmissable price on a fabulous Christmas Festival Meat Hamper! The hamper contains 2kg turkey breast, 1kg ham or pork joint, 1kg beef topside, 500g pork sausages, 500g pigs in blankets, 500g back bacon, 500g stuffing and a 450g pork pie—all for just £75! Call to order on 015242 71278 or email at [shop@dalesbutchers.co.uk](mailto:shop@dalesbutchers.co.uk).



**BOOTHS**  
THE GOOD GROCERS

# Kirkby Lonsdale Christmas Opening Hours

13th DECEMBER

7AM - 9PM

14th - 19th DECEMBER

7AM - 10PM

20th DECEMBER

9AM - 4PM

(please note, 9am-10am is for browsing only)

21st - 23rd DECEMBER

6AM - MIDNIGHT

CHRISTMAS EVE

6AM - 6PM

**25th & 26th DECEMBER**

**CLOSED**

27th DECEMBER

10AM - 4PM

28th - 30th DECEMBER

7AM - 10PM

NEW YEAR'S EVE

7AM - 6PM

1st JANUARY

9AM - 6PM

For more information on Booths  
Kirkby Lonsdale, visit [booths.co.uk](http://booths.co.uk)

   @boothscountry