AUG & SEPT 2024 A free copy for you

Parish News

# Levens, Heversham, Milnthorpe



### **Levens Methodist Church**

### **COFFEE SHOP**

Mon, Wed, Fri 2 - 4 pm Everyone Welcome

## Mondays

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

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

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

### Wednesdays & Fridays

**Coffee and Biscuits** 

Village Coffee Time Third Tuesdays (not in August) Tuesday 17th SEPT 10 - 11.30 am at the Old School, Heversham \*Everyone Welcome \* \*All Ages\* Simply coffee & biscuits & chat

A warm welcome - Do call in !







Come and See the Community Rooms

and enjoy Coffee @ St T's Milnthorpe

Every Friday 10 -11.30 am

free WiFi & contactless payment available

## Meet & Eat

Friday 30th August at Levens Methodist Hall 12 - 2 pm

> Home Cooked Ham or Cheese Baked Potato Coleslaw

Eton Mess or Trifle Tea /Coffee

Please add your name to the list at Coffee Shop or phone Susan Beckwith 0779 6561810

Everyone Welcome Children under school age free

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# the HERON theatre

www.theherontheatre.com

Box Office & Room Hire 015395 64283



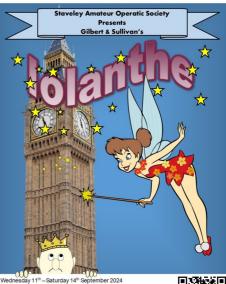
#### **August & September Performances**

- 2<sup>nd</sup> Aug Film **The Old Oak** a moving drama about loss, fear and finding hope. Directed by Ken Loach
- 16th Aug Film **Cabrini** In 1889, the Catholic nun, Francesca Cabrini, arrives in New York on a mission.
- 6<sup>th</sup> Sept **Film Wicked Little Letters** Based on a true story set in a small seaside town shortly after the end of the First War, when residents begin to receive obscene scandalous anonymous letters.
  - 8<sup>th</sup> Sept **Encore Opera** Music Special unforgettable sound.
- 13<sup>th</sup> Sept **Austen's Women: LADY SUSAN** – Drama Lady Susan: charming, scheming, witty, and powerful; taking on society and making it her own.

### 17<sup>th</sup> Sept – Exhibition on Screen – **My National Gallery:** London

From security guard to director, everyday visitors to celebrities and members of the royal family, share what the Gallery means to them.

- 21<sup>st</sup> Sept Music with **Ben P Williams**, a Manchester based singersongwriter
- 27<sup>th</sup> Sept **The 39 Steps** Drama Jonathan Goodwin writes and performs this brand new stage adaptation of the classic Edwardian spy thriller by John Buchan.



Wednesday 11<sup>th</sup> – Saturday 14<sup>th</sup> September Staveley Village Hall 7:15pm Tickets: Adults £15 Children £5 Available from Staveley Pharmacy Or call: 01539 722820 Or visit: www.ticketsource.co.uk/saos Or scan the QR Code:



### **Staveley Amateur Operatic Society**

have been performing shows since 1954, only missing 1964 and the Covid year.

Many of their current members have been performing with them for decades and the age group within the society now range from 8 to 80+ including members from this area. Celebrating their 70<sup>th</sup> Anniversary this year with Gilbert & Sullivan's lolanthe, which seemed an appropriate nod to the election,. it is a colourful, fun show with a slight twist for those who may have seen it before. Please come and support this fantastic bunch of people and have a great evening out.

If you are interested in joining the Society, whether on the stage or behind the scenes, SAOS is a very warm and friendly society and we would love to see you. Just speak to a member of the cast or message us on Facebook.

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



### Enjoyable Dementia friendly <u>Walks</u> 10.30 am start.

1<sup>sf</sup> Aug
 15<sup>th</sup> Aug
 15<sup>th</sup> Aug
 29<sup>th</sup> Aug
 29<sup>th</sup> Aug
 Morecambe prom from the Battery car park, LA3 1HQ
 12<sup>th</sup> Sept
 26<sup>th</sup> Sept
 Cockshot Point, Windermere, LA23 3HE

**Woodland fun** – 11am—noon Being outside is good for us all. Come and join us for engaging activities connected to nature.

Cinderbarrow Picnic area for August Session on **Monday 12<sup>th</sup> August** back to Silverhelme Scout Activity Centre, The Row, Silverdale, LA5 0UG againon 9<sup>th</sup> & 23<sup>rd</sup> September

<u>Social Table Tennis</u> – at Arnside Educational Institute, Church Hill, Arnside, 10.30am-noon., Wednesdays - 7<sup>th</sup> & 21<sup>ST</sup> Aug, 4<sup>th</sup> & 18<sup>th</sup> Sept

**Dementia Embracing <u>Community Singing Group</u>** Silverdale Songsters -Friday mornings between 10.30 – 11.30 am St John's Church Hall, Silverdale

<u>Zoom Poetry Group</u> – Thurs 1.30 – 2.30pm 8<sup>th</sup> & 22<sup>nd</sup> Aug & 5<sup>th</sup> & 19<sup>th</sup> Sept The group choose the theme and Dignity in Dementia search out poems which are then emailed to group members. Then we read them together.



# citizens advice South Lakes

Contact your local Citizens Advice immediately to get help with this. Your father is not alone – Citizens Advice nationally has seen a rise in My elderly father has received huge bills from his energy supplier which are completely wrong. We have tried to phone the company, but they never take any notice and they have now sent a letter saying they are sending his details to a debt collection agency. He is worried sick. What can we do?

poor practice from energy companies over the past year. In your father's case, this is clearly a mistake, but Citizens Advice is helping increasing numbers of people who are in energy debt. We have seen a surge in harmful debt collection practices, with some suppliers not offering affordable debt repayment plans, using Debt Collection Agencies while consumers are still trying to agree a repayment plan, and taking people to court to recover the money, which causes distress and significantly increases the debt. Court enforcement may increase now that Ofgem has introduced tougher rules on force fitting of prepayment meters. Some providers do support their customers well, but Citizens Advice is asking Ofgem to protect the most vulnerable consumers, by enforcing the provision of affordable repayment plans, issuing guidance on the use of Debt Collection Agencies, and limiting court action and enforcement where this puts people at risk of harm.

If you are having problems with your energy supplier, or are struggling with debt, contact South Lakes Citizens Advice for free confidential help.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. How to access:

Call <u>015394 46464 (</u>9.30am – 2pm, Monday – Friday)

Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 2pm, Tuesday and Thursday)

 Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday) email advice via the submission page on our website <u>www.southlakescab.org.uk</u>

### Rock and stone in St Peter's Churchyard.

We have a considerable amount of undressed rock in the churchyard that would be ideal for building or for rockeries. The picture only shows a sample and there are some very large rocks amongst them.

Rock is available to be collected for a donation to church funds. If you would like any please contact me, Richard Simpson, on 07867 643 405





Home Instead

### St Thomas' Church Milnthorpe

## Let's brighten your day with our *Companionship Cake!*

Getting older can sometimes make us feel a bit isolated, but here's the good news you're not alone!

Come and mingle over a FREE hot drink and scone with jam and cream!

We can chat, lend an ear and provide valuable insight on local activities and support groups.

#### The next dates are:

- Wednesday 31st JulyWednesday 11th
- September Wednesday 23rd
- October • Wednesday 11th December (Christmas Themed)
- From 1.30-3pm



### QUEST

A friendly group, meeting at the Athenaeum , Leasgill, LA7 7ET Thursday 26th Sept ~ Pat Ascroft 'Cycling from the Red Sea to the Dead Sea'

All meetings are on Thursdays, starting at 10am. Annual subscription for 12 meetings £18. Guest tickets for a meetings £2.50. Tea/coffee included. No need to pre-book. Enquiries to Adrian Tayler: aptayler@gmail.com 01539 564030



No need to book but if you would like more information please call **01539 267220** 



HEVERSHAM BADMINTON CLUB

Dallam School Sports Hall. Starts Monday 2nd September

Juniors 6pm - 7pm Racquets, shuttles and guidance provided Seniors 7pm - 9pm

New members always welcome. First night free.

Phone Wendy 07901 379 005 wendycritchley27@gmail.com

# It's time for a Macmillan

Coffee Heversham WI warmly welcome you - bring your friends

# and you're invited

Let's do whatever it takes

Saturday September 21st 10am - noon Athenaeum in Leasgill £5 pp for coffee and cake (children free) Donations of raffle prizes most welcome.

contact Maggie Hart on hevershamw.i.24@gmail.com

CANCER SUPPORT



Saturday 3rd AUG 7 pm (not in September) in the NEW Community Rooms All welcome for this brain teaser.

Form a team with friends (max 4 per team) Bring Your Snacks £10 per team in aid of



All Welcome

Milnthorpe Food bank www.milnthorpefoodbank.org Collection boxes in Spar and Churches in Milnthorpe and Heversham

There is an constant need of food & household items so please donate if you can, thank you

The Food Box in St John's Church Levens is open at most hours: for King's Food Bank, Kendal. a check list of items most wanted currently appears on their website -<u>https://kingsfoodbank.org.uk/</u> All contributions are greatly valued

The Food Box in Levens Methodist Church is open when the church building is open



### **Tuesday Club at Levens**

10th September 2pm Levens Village Hall

Speaker Colin Kendal "Blood Bikes"

Tea/coffee and cakes

Free for members , Visitors Welcome £2



FOR ALL YOUNG PEOPLE 11YRS+ FROM THE SOUTH LAKES AREA

BUST EACH DAY IS FULLY FUNDED FOR THOSE WHO RECEIVE FREE SCHOOL MEALS OR A SUGGESTED DONATION OF UP TO £30

LUNCH PROVIDED EACH DAY!

# TUESDAYS-FRIDAYS 30TH JULY-23RD AUGUST

**KEY'S** 

RENTINES





INCLUDING A FAMILY DAY WITH **ARNSIDE SAILING CLUB ON** 

SATURDAY 17TH AUGUST!

## BOOK NOW USING THE LINK OR QR CODE

HTTPS://FORMS.OFFICE.COM/F/Y6XKB7RNPM

FOR MORE INFORMATION CALL FMMA 07960451547 OR FMAIL ROSIEBROWN@KEYPROJECTCUMBRIA.ONMICROSOFT.COM





Westmorland



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Department

for Education

### Mothers Union Milnthorpe with Heversham MU

Friday August 9th at 2pm Deanery Mary Sumner Day service At St Thomas' Church, Milnthorpe

Wednesday September 4th at 2pm at St Thomas' Church Community Room, Milnthorpe Ian Fishwick - 'A funny thing happened on the way to the crematorium'

All are very welcome to visit and join us at both of these events



# 

Next meeting: Wednesday 11th Sept Speaker: Dennis Moore Topic: Laughter is the Best Medicine Competition: A Good Joke

Venue: Athenaeum, Leasgill Time: 7.30 pm

Visitors are most welcome, are asked to pay £2, and can now attend for 3 sessions before making a commitment to join.

For further information please contact Maggie Hart on

hevershamw.i.24@gmail.com



## Bring clean Bottles, all welcome with or without fruit

As the last few years, the Apple & Pear pressing equipment has been booked for: Friday 27th and Saturday 28<sup>th</sup> September 2024 -



Friday morning outside on the grass at St Thomas' Church Milnthorpe for everyone 10.30am-1pm



Friday evening for members of Milnthorpe and District Allotment Association

Saturday morning in Levens on the grass outside St John's Church Levens for everyone 10am-1pm







Then the apple mush is enjoyed by local pigs in Hincaster & Silverdale If you know of any other local pigs who would be happy to eat some apple mush, please email: parishnews@heversham.org



### St. Peter's Churchyard

Good progress has been made by the Working Party in St Peter's churchyard over recent weeks. In addition to our usual tasks of cutting ivy, elder and other such plants we have had a couple of quite large fallen branches to remove and we appreciated assistance from our neighbour Alan in helping with an awkward one.

When a large yew had to be felled for safety reasons a few years ago the branches and brash were left against the boundary wall at the east of the churchyard. It was left there at the time as it was clear that it would be a major task to remove it all and, of course, the size of the task increased over the years as grass, nettles and other plants grew through the branches. At our last meeting we managed to drag most of the branches out, cut them up and burn them. The remaining waste was dealt with the following week. That end of the churchyard is in much better shape now.

The Churchyard Working Party won't meet in July or August but a September meeting is expected, date to be confirmed closer to the time. Anybody who would like to contribute to the upkeep of the churchyard is very welcome to join us. We meet on irregular Saturday mornings from 9.30am - 12.00 noon, dates are published as widely as we can on social media, news-sheets and the next-door app. There is no need to feel that you have to attend on time and stay to the end, we all do what we can and it is fine to arrive when it is convenient and to leave when you have to.



To view the Parish News on a website in larger format please see :

https:// stthomasmiInthorpe.org.uk/ publications/

### Next issue -OCTOBER 2024 print & online Please email info by 10th Sept

\*Whilst the Church is most grateful for the support of magazine advertisers no automatic endorsement of products or services can be assumed.

To the best knowledge of the Editorial Team all info is correct at time of going to press 19.7.24

# Note to Advertisers:

Now there is a break for printing I will post out the invoices for annual adverts

Please note our invoices are posted mainly unless specifically email requested.

We do not email out a form for you to pay online please be SPAM aware

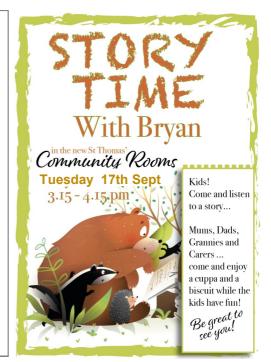
If unsure phone 01539564582 include code or email me at parishnews@heversham.org

## St Thomas's Church Bells

For four days in August (two hours each day) the bells will be used for a training course for bell ringers. About 15 churches in the area are similarly going to be used by participants in the residential course based at Borwick Hall. It is our understanding that Milnthorpe bells will be used for those who are in the early stages of change-ringing.

Apologies in advance to those who dislike the sound of church bells!

The dates for the course are Thursday 8 August 7.00 - 9.00 p.m. Friday 9 August 2.00 - 4.00 p.m. Saturday 10 August 2.00 - 4.00 p.m. Sunday 11 August 2.00-4.00 p.m.



**St Peter's Church, Heversham:** The NEW display boards around the cross shaft under the tower summarise a fuller text about the coming of Christianity and the significance of the cross shaft. The full text, written by Revd Colin Honour, is on <u>https://www.stpetersheversham.org/about-us/</u> <u>christianity-comes-to-heversham/</u>. The info can also be accessed with the QR code

which will be displayed in church.

Roger Bingham has written a new guide to St Peter's, highlighting how the building has evolved with changing patterns of worship. His text is on the website at <u>https://</u> www.stpetersheversham.org/about-us/ st-peters-through-time/

The info can also be accessed with the QR code which will be displayed in St Peter's Church, Heversham





Email: rev@lhmparishes.co.uk

Tel 015395 61448

Dear Friends,



One hundred years ago, Paris hosted the Olympic Games, as it does this year. The events of the 1924 Games may be familiar to us from the Oscar-winning film 'Chariots of Fire'. One of the athletes featured was Scotsman Eric Liddell. While at the University of Edinburgh, Eric became famous for being the fastest runner in Scotland. By 1924, Liddell was seen as the natural choice to run the 100 metres, 200 metres and relays for Great Britain. However, he had chosen to withdraw as these events included Sunday heats. Liddell's Christian convictions didn't allow him to run on a Sunday.

One option remained, the 400 metres. Unlike today, in 1924 nobody sprinted the whole race. Eric changed all this. Liddell ran the first 200 metres as hard as he could, stunning the spectators. And then he ran the next 200 metres harder. He passed the tape four metres ahead of his nearest competitor. His finishing time of 47.6 seconds was an Olympic and World Record.

In the film, Liddell explains his motivation for running: God "made me fast, and when I run, I feel his pleasure."

Liddell loved to run but it wasn't his entire life. He knew that, win or lose, ultimately his worth wasn't dependent on his performance on the track. He believed his sporting ability was a gift from God that brought him great joy, rather than something that defined his life. While he is famous today as an athlete, the greater part of his adult life was spent as a missionary. He went to China in 1925 and served as a teacher until 1943. He was also ordained as a Congregational minister in 1932.

In 1943 Liddell was interned by the Japanese forces. He became a leader and organiser at the POW camp, helping the elderly, taking Bible classes at the camp school, arranging games, and teaching science to the children, who referred to him as 'Uncle Eric'.

Sadly, Eric had an inoperable brain tumour, and overwork and malnutrition may have hastened his death. He died on 21 February 1945, five months before liberation. Eric was buried in the garden behind the Japanese officers' quarters; his grave marked by a small wooden cross. The site was forgotten until it was rediscovered in 1989

In 1991, the University of Edinburgh erected a memorial headstone at the former camp site in Weifang. The simple inscription came from Isaiah Ch 40 verse 31 – *"They shall mount up with wings as eagles; they shall run and not be weary."* 

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



# You are welcome at AUG SEPT Sunday Morning Services at Parish Churches -

<ul> <li>8.00 am Holy Communion (BCP)</li> <li>St Thomas' Milnthorpe</li> <li>4th &amp; 18th August</li> <li>1st &amp; 15th September</li> </ul>	<ul> <li>9.30 am St Peter's Heversham</li> <li>Aug</li> <li>4th Parish Communion</li> <li>11th Morning Praise</li> <li>18th Parish Communion</li> <li>25th Fellowship Service</li> </ul>
St Peter's Heversham 11th & 25th August 8th & 22nd September	Sept 1st Parish Communion 8th KEMC Service 10.30 St Thomas 15th Parish Communion 22nd Morning Praise 29th Parish Communion
<ul> <li>9.45 am St John's Levens</li> <li>Aug</li> <li>4th Parish Communion &amp; Baptism</li> <li>11th Morning Praise, united at Methodist Church</li> <li>18th Parish Communion &amp; Baptism</li> <li>25th Morning Praise</li> </ul>	<b>11.15 am</b> St Thomas' Milnthorpe Aug 4th Morning Praise 11th Parish Communion 1th Morning Praise 25th Parish Communion
Sept 1st Parish Communion 8th KEMC Service 10.30 St Thomas 15th Parish Communion 22nd Morning Praise 29th HARVEST	Sept 1st Morning Praise 8th KEMC Service 10.30 St Thomas 15th Morning Praise 22nd Parish Communion 29th Morning Praise

### CHILDREN'S SUNDAY SCHOOL Milnthorpe

Sunday School will take a break during the summer holidays and restart on Sundays, 15th and 29th Sept at 11.15 during the morning service.

Then Sunday School will continue to meet on a fortnightly basis.

When there is no Sunday School, there will be quiet activities for children in the children's corner in church.



What's the latest?



www.stthomasmilnthorpe.org.uk &

### www.stpetersheversham.org

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

www.levens.org.uk has local info and NEWS and a link to the same archive of Parish News <u>https://</u> www.levens.org.uk/st-johns-church

### @NEWparishnews

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

### Milnthorpe What's Going On

page on Facebook to catch up with what is going on ! And KEY weekly Youth Activities post on this page

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

Nextdoor.co.uk Local info, tips and ideas

## Samaritans'

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

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

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

'contact us' via the websites.

For regular email updates for St John's Church Levens please email: jill.butterworth54@btinternet.com

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



### Heversham & Milnthorpe:

Email via church websites 'contact us' or phone Linda Cooper 07794 599212

Levens: Linda Cooper 07794 599212

Levens Good Neighbours - You may find it good to know that the support offered by Levens Good Neighbours includes matching with someone to offer friendship. If you call 07908 004672 any day between 8am and 8pm, this support can be arranged with you



### Can Levens Good Neighbours help with:

A friendly phone call Picking up shopping or library books or prescription Posting mail, Simple handyperson job, Dog Walk, Transport to a local appointment **Ring 07908 004672** 8am - 8pm any day

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



### Useful Numbers for Room Hire:

Milnthorpe St Thomas' Community Roomswww.stthomasmilnthorpe.org.ukMilnthorpe Christ the King RC ChurchFr. Philip Smith 015395 32731Leasgill Athenaeumwww.the-athenaeum.org.ukClare Lewis 07876 124236Heversham Tristrams Pavilion / Playing Fields, Email: sports@dallamschool.co.ukHeversham Bowling ClubhouseVera Alderson 01539 897160Levens Village HallLevens Methodist HallJane Jones 07875 163418Levens PavilionAlice 07817 200053

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	E: info@cnpassociates.co.uk	
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Alterations ~ Extensions ~ Plastering Roofing ~ Patios ~ Stonework ~ Tiling	CNP Associates Ltd, 3 Market Square, Kirkby Lonsdale, LA6 2AN	015395 63017 chaplows@hotmail.com
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# MILNTHORPE & DISTRICT ALLOTMENT ASSOCIATION ANNUAL



# HORTICULTURAL & CRAFT SHOW St Thomas' Church, Milnthorpe

# Saturday 7th September 2024 from 1pm

Admission by donation Refreshments and Raffle

Baking & Preserves, MAMMOTH VEGETABLES, Wines & Beers, Floral Art and Children's Classes

# Cups and Medals presented at 3pm Auction of Produce after show

Plenty of categories to enter - Have a Go!

Schedules available in local Garden Centres, online on the website for the Milnthorpe and District Allotment Association, and is attached to the online version of the Parish News