

THE CROSSLACON HERALD

**DECEMBER 2020/
JANUARY 2021**

40p



**A peaceful and blessed Christmas and a Happy New Year
to everyone in the Crosslacon Parish.**

Dear Friends,

There's no getting away from it, this Christmas is going to be different. In years gone by, during the weeks leading up to Christmas, we would have been gathering for parties, there'd be the numerous get togethers for Christmas dinner socials, our town centre streets would be full of people shopping, we'd be meeting up with friends, and in the background, we might hear the sound Christmas carols playing...

One of my favourite carols begins with the line,

'In the bleak midwinter...'

Those words seem especially meaningful this year...times may feel bleak for many of us...Town centres may feel subdued and sparsely populated. We may not be able to meet up with those we love or care about, and even if we can, we will certainly be keeping at a physical distance from many of them. Christmas dinner get togethers will be limited and restricted. We, or others we know, may be sick. Loved ones may have died during this year and we are facing the first Christmas without them. Jobs are uncertain, money tight and people in the frontline roles are hard pressed. It all feels pretty bleak.

I guess times were similarly bleak that first Christmas. The Bible tells us that the country in which Jesus was born was occupied by a despotic empire. The poor were getting poorer, there was unrest in the nation, and many were forced to flee their land to seek safety abroad...sounds somewhat familiar. But things were about to change...Another of my favourite carols... 'Once in Royal David's City...' describes the amazing world-changing event that took place that first Christmas:

*'he (Jesus) came down to earth from heaven,
Who is God and Lord of all,
And his shelter was a stable and his cradle was a stall:
With the poor and mean and lowly
Lived on earth our Saviour holy.'*

Let's not romanticise it. That stable in Bethlehem would have been far from serene and calm. It would have been a dirty, smelly barn where a young woman gave birth to a child far from home. Mary and Joseph probably felt frightened, confused, and insecure. And yet into this messy chaotic scene came the baby Jesus. God entered the scene. God did and does not stand far off, watching from a distance. God comes to us in all the mess and mayhem. His coming changed everything, for it showed us that the power of love could, and does, change the world. We have seen that this year, in the many acts of care and compassion, in the generosity and courage of those who have given so much in support of those in need. That's the sort of love we see in

Jesus Christ. A love that gets stuck in, that is open and generous and that makes a difference.

And so, as another favourite carol: 'Hark the Herald Angels Sing' puts it...

Hail the heaven born Prince of Peace!

Light and life to all he brings,

Risen with healing in his wings

So this Christmas...when we feel up against it...let's remember the first Christmas story...the truth that God is with us and God's love did, does and will change the world. Let's hum the chorus of the carol:

'God rest ye Merry Gentlemen'...quietly, and under our breath...

And it's tidings of comfort and joy,

Comfort and joy,

Yes, it's tidings of comfort and joy...

May you know God's comfort and love, whatever your circumstances, and be surprised by God's joy this Christmas.

Rev. Nicki

COME AND JOIN US FOR OUR CHRISTMAS SERVICES **OVER THE CHRISTMAS PERIOD**

Sunday 6th December

9:15 St John's Holy Communion

3:00pm St Michael's Evening Prayer

Sunday 13th December

9:15 am St Paul's Advent Service

11:15am St Leonard's Holy Communion

4pm All Age Second Sunday Christmas Service on Zoom (Contact Rev Nicki for the link to join in)

Friday 18th December

5pm. All Age Christingle Service (This will be streamed live on the Crosslacon Parish Facebook page and later uploaded on to the Crosslacon.net website)

Sunday 20th December:

9:15am St John's: Holy Communion

3pm St Michael's: Service of Lessons and Carols

6pm Door-Step Carols. Listen to Cumbria Radio FM and sing along with the carols on your doorstep. Look out for more details on how you can take part on our Crosslacon Parish Facebook page.

Thursday 24th December:

The **Cleator Moor Carol Podcast** will be released from today and you can listen to the **CMBBB podcast** on Podbean and Spotify. We will be sharing the link on our Crosslacon Parish Facebook Page. Listen to members of our

community and the children from our schools share their favourite carols whilst you are peeling sprouts for your Christmas dinner! Or whatever else you do on Christmas eve.

4pm Online Crib Service (This will be streamed live on the Crosslacon Parish Facebook page and later uploaded on to the Crosslacon.net website)

7pm Christmas Night Communion at St John's (This will also be streamed live on the Crosslacon Parish Facebook page and later uploaded on to the Crosslacon.net website)

9pm Christmas Night Communion at St Leonard's

9pm Carols and Lessons at St Paul's (This will also be streamed live on the Crosslacon Parish Facebook page and later uploaded on to the Crosslacon.net website)

Friday 25th December:

10 am Christmas day Morning Praise St Michael's

Sunday 27th December

10:30am Parish Holy Communion at St Leonard's

Sunday 3rd January

9:15 am St John's Holy Communion

3pm St Michael's Evening Prayer

Sunday 10th January

9:15 am Morning Prayer at St Paul's

11:15am St Leonard's Holy Communion

For the face to face services, given restrictions on space due to the requirements of ensuring the required physical distancing, we are requesting that people wishing to attend church to book a place. Please contact:

Peggy Robinson (01946 811464) if you wish to book a place at St John's.

Marilyn Graham (01946 810984) if you wish to book a place at St Paul's

Doreen Hocking (01946 810660) if you wish to book a place at

St Leonard's

Susan Hardy (01946 861154) if you wish to book a place at St Michael's

Whilst we hope that the face to face services we have planned will take place, we cannot discount the possibility of further lockdown restrictions. Please do check with the above people if you have any questions about whether the services will go ahead. Many of the services planned as face to face will also be streamed on our Crosslacon Parish Facebook page, so if you are unable to join us face to face, please do connect with us on Facebook.

You can also contact Rev. Nicki on email: revnickipennington@gmail.com

SERVICES AND READINGS

We will always have the gospel reading and (at Communion) one other reading at each service. Readers please check with Rev Nicki for services at St. John's, St. Michael's and St. Paul's and Rev. Becky for services at St. Leonard's regarding which other reading they would want to read at the service.

6th December (2nd Sunday of Advent, Purple)

Isaiah 40: 1-11

2 Peter 3:8-15a

Mark 1:1-8

13th December (3rd Sunday of Advent, Purple)

Isaiah 61:1-4, 8-end

1 Thessalonians 5:16-24

John 1:6-8, 19-28

20th December (4th Sunday of Advent, Purple)

2 Samuel 7:1-11, 16

Romans 16:25-end

Luke 1:26-38

24th December Christmas Eve (White/ Gold)

Isaiah 9: 2-7

Titus 3:4-7

John 1:1-14

25th December Christmas Day (White/ Gold)

Isaiah 9:2-7

Titus 2:11-14

Luke 2: 1-14, (15-20)

27th December 1st Sunday of Christmas (White /Gold)

Isaiah 61:10-62:3

Galatians 4:4-7

Luke 2:15-21

3rd January Epiphany (White/ Gold)

Isaiah 60:1-6

Ephesians 3:1-12

Matthew 2:1-12

10th January Baptism of Christ Epiphany 1 (White/ Gold)

Genesis 1:1-5

Acts 19:1-7

Mark 1:4-11

LOOKING OUTWARDS

During this time of lockdown we continue to think of those for whom this will affect the hardest...those lonely and isolated in the community; those whose families are struggling financially. Please do let me know if you have concerns for anyone in the parish....

In order to do something that might make a small but significant difference, I'm inviting you to join me in responding to two initiatives to bring some joy and hope to others.

CHRISTMAS DECORATIONS

We are encouraging members of our congregations to make home-made Christmas decorations that we can share with those who reside in our residential homes and those who are isolated at home...so get your creative hats on and think what you could make that might bring others a bit of cheer. There will be some ideas of what you could make later on in this edition of the magazine.

We need approximately 130 decorations...in order to ensure that everyone in the residential settings is able to receive one.

UNWRAPPED CHRISTMAS PRESENTS FOR CHILDREN IN NEED IN OUR LOCAL COMMUNITY.

Also, we are asking members of our congregation if they would be willing to donate a Christmas present to children in need in our community this Christmas. We will be arranging drop off details nearer the time. Age ranges: 2-4, 4-6, 7-9, 10-12

A CLEATOR AND CLEATOR MOOR POSADA

Taking inspiration from the Las Posadas festival,)a Mexican tradition where statues from the church progress around the village, replicating Mary and Joseph's journey to Bethlehem, staying at different houses before arriving back in church on Christmas Eve. Last year we invited the children in our Church of England primary school Montreal, to host knitted Mary and Joseph characters for the night. This year that won't be possible due to covid but Mary and Joseph are not deterred... they are already preparing to set off on their journey around Cleator and Cleator Moor...Watch their progress on the Crosslacon Parish Facebook page!

KEEP ON CAROLLING!!!!

Carols are an important element in our Christmas celebrations. Whilst we may not be able to have a carol service where we can all crowd together and belt out our favourite carols we have come up with some great alternatives....



JOIN IN WITH CUMBRIA'S BIGGEST SOCIALLY DISTANCED
CHRISTMAS CAROL SING-A-LONG!
20TH DECEMBER FROM 6:15 ONWARDS...
ON YOUR DOORSTEPS!

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, 20th 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 will be shared across social media platforms and websites – including at www.bigcarolsing.co.uk - in the coming weeks with people able to download the lyrics to the carol.

Carol singers will be encouraged to share selfies and videos of their rendition of Silent Night on various social media channels under the hashtag #cumbriasbigcarolsing.

You will be able to listen to the special programme on BBC Radio Cumbria from 6pm on Sunday, 20th December by tuning into the FM frequencies: North, East and West 95.6 FM. South 96.1 FM, Whitehaven and Keswick 104.1 FM, Kendal 95.2 FM, Windermere 104.2 FM.

Alternatively you can listen live via the BBC Sounds app if you miss the actual thing. Why not listen in whilst you peel the sprouts on Christmas Eve. Get in the festive mood and sing along.



GETTING CONNECTED

The connectivity sessions which we have run in St. John's in the hall (getting people connected on social media) continued through lockdown and have been greatly appreciated. We had a list of folks waiting to go on the next course, so we will be repeating the sessions in January 2021.

Beginning on 12th January, for four weeks, the sessions will enable you to connect with friends and family on facebook, whatsapp, zoom. They will show you how to set up an email address and how to safely search the internet. If you would like to sign up for the next course please ring Skills for You on 01946 814576. The course has been thoroughly risk-assessed to make it as covid-safe as we can.

ONE-OFF INTRODUCTION TO ZOOM SESSION ON 8TH DECEMBER AT ST. JOHN'S

You will probably have noticed that we are holding a lot of meetings on Zoom these days. I'm aware that many folks in the church would like to get connected but are unsure how to go about it. We are, therefore, running a one-off introduction to Zoom session with a tutor from the Community Learning and Skills department on the 8th December. Again, this is at St. John's for folks connected with church. The course will be run in the morning (10-12) and afternoon (1-3). Please contact Nicki if you would like to book a place.

ADVENT COURSE: LIGHT IN THE DARKNESS A 4 WEEK COURSE ON ZOOM ON MONDAY EVENINGS STARTING AT 7PM ON MONDAY 23RD NOVEMBER, 30TH NOVEMBER, 14TH DECEMBER, 21ST DECEMBER.

This Advent, the night sky will offer something special. If you look to the southwestern horizon on a clear evening, soon after sunset, you should see two bright lights: the planets Jupiter and Saturn. Each evening, they will move slightly closer. Just before Christmas, Jupiter will pass in front of Saturn: what astronomers call a 'Great Conjunction'. On the longest, darkest night of the year, the two will seem to merge into a single light that shines with truly exceptional brightness. This course aims to help us reflect, at the darkest time of the year, on our calling to be Lights for Christ. We'll consider what that means and looks like; how that light may shine more brightly at the close of this year.

These sessions help us to reflect on our experience during an extraordinary year which is now drawing towards its close. In doing so, we also look forward as we enter a new season and new year. Each session is standalone and will explore and reflect up 4 words which have been central to many people's experience during all the upheavals of 2020.

DISTANCE • SAFE • TRUST • NORMAL

Please find the Zoom Details below:-

Join Zoom Meeting

[https://us02web.zoom.us/j/89924238526?](https://us02web.zoom.us/j/89924238526?pwd=Mm1VdHMzMitRa0E4L01vek91MmhLZz09)

pwd=Mm1VdHMzMitRa0E4L01vek91MmhLZz09

Meeting ID: 899 2423 8526

Passcode: 045161

If you would like to join us on a landline please use one of these numbers below.

0203 901 7895 United Kingdom

0131 460 1196 United Kingdom

0203 051 2874 United Kingdom

0203 481 5237 United Kingdom

0203 481 5240 United Kingdom

A PRAYER FOR PUTTING ON A FACE MASK

Creator God, as I prepare to go into the world, help me to see the sacramental nature of wearing of this cloth. Let it be a tangible and visible way of living

love for my neighbours, as I love myself.

Christ Jesus, since my lips will be covered, uncover my heart, that people would see my smile in the crinkles around my eyes. Since my voice may be muffled, help me to speak clearly, not only with my words, but with my actions.

Holy Spirit, as the elastic touches my ears, remind me to listen carefully and caringly to all those I meet.

May this simple piece of cloth be shield and banner, and may each breath that it holds, be filled with Your

love. In Your name and in that love, I pray.

Amen.

Rev. Richard Bott, Moderator
Presbyterian Church of Canada

APPEAL FOR BUTTONS

I am knitting twiddle muffs and have run out of suitable buttons to embellish them. If anyone has either big, unusual shaped or textured buttons or toggles they don't want, can you let me know, and I will collect them.

Thank you.

Peggy Robinson 811464



ARLECDON ADVENT WINDOWS

From the 1st December until the 24th December throughout the village of Arlecdon different advent windows will be released on each of the advent days.

Each of the windows will represent either a Christmas carol or Christmas song..... you have to work out what the name of the song or carol is.

The final window will be released on the 24th December at St. Michael's church. You can come and view the window between 1 and 3 pm and complete your sheet.

The sheets will be available from Arlecdon post office from Tuesday, 1st December. Good luck!



FRIZINGTON ADVENT TRAIL

The season of Advent, which begins on Sunday, 29th November this year, is the time when we prepare for the birth of Jesus Christ, God in human form. We thought that during the Advent season, it would be a good idea to involve the children in our local primary school in an Advent event so the Frizington Advent trail came into being.

The schoolchildren will be given a fun 'quiz' sheet to work on, and this will involve solving some clues to find the locations of 15 important words relating to the Christmas story. One of these words will be visible, for example, in a shop window or the window of a well-known building in Frizington. Before the end of the school term the children will be given the Christmas story, but it will contain 15 spaces, one for each of the words they have discovered. Their final task will be to put the words in the correct spaces to complete the Christmas story.

On the last day of term, the children will be given 'Christingle bags' so that they can assemble their own Christingle when they get home. On the evening of the same day, Nicki will hold a Christingle Service which will be streamed 'live' on the Crosslacon page of Facebook so the children can join in with their Christingles.

We hope and pray that this will go ahead, but all will depend on the measures that may have to be put in place to reduce the spread of the Corona virus.

Let's hope that everyone keeps to the very simple basic rules – wash hands regularly, wear a facemask and socially distance - to keep everyone safe.

CHRISTMAS SUPPORT AVAILABLE

With Christmas fast approaching, this year's festivities are looking quite different for a lot of us, but for many, December 25th is just another day.

Sadly, not everyone has family or friends to spend Christmas with, for them it's not an exciting time of watching grandchildren open presents under the tree or sharing a meal with loved ones.

In the UK, over half of the population aged 75 and above live alone. Many elderly people don't have children or family living nearby and often they only have contact with their children over Skype or phone calls, instead of a visit in person. At holiday and festive times, loneliness can be amplified by the lack of having anyone to spend time with.

Statistics state that nearly a MILLION elderly people feel more lonely at Christmas.

This Christmas the CAAS team want to reach out to those individuals who may be lonely or isolated and ask them to contact us to find out about the Free support available to them during the festive season.

Please contact the CAAS team on 01946 552166 if you, or someone you know is worried about being alone this Christmas 

Website - [Www.caasteam.com](http://www.caasteam.com)

Email referrals@caasteam.com

AND TO MAKE YOU SMILE **THE END IS NEAR**

Sean is the vicar of a Protestant parish in western Newfoundland, and Patrick is the priest at the Roman Catholic Church across the road.

One day they are seen together, erecting a sign which says:

"THE END IS NEAR. TURN YOURSELF AROUND NOW
BEFORE IT IS TOO LATE."

As a car speeds past them, the driver leans out his window and yells,
"Leave people alone, you religious nutters. We don't need your lectures."

From around the next curve they hear screeching tyres and a big splash.

Shaking his head, Father Patrick says "Dat's da terd one dis mornin'."

"Yaa," Sean agrees, then adds, "Do ya tink maybe da sign should just say
"BRIDGE CLOSED"?"

HOLY IN ONE

Two men were enjoying a round of golf when along the road at the end of the course a funeral cortege slowly passed. One of the men put down his putter, bowed his head and crossed himself reverently.

When the last car had passed, his companion said: 'Well I am really impressed.

You don't see that sort of respect much these days.'

'It's the least I could do,' replied the first man. 'She was always a good wife to me.'



Winter Warmth Fund

Helping older people in Copeland stay warm and healthy with the aim of reducing excess winter deaths and numbers of older people living in cold homes across Cumbria.

Who can apply?

- Individuals aged 60 or over who reside in Cumbria and who receive a state pension and/or pension credit or
- Struggle to maintain a basic acceptable standard of living during the winter due to the cost of heating their home and the restrictions of cold weather
- Savings of less than £5,000

How much can you apply for?

Grants will normally be £150, or £250 in exceptional circumstances.

How to apply?

Give us a call on 01946 552166 or email referrals@caasteam.com

Documents needed for application: Bank Statement and Proof of Address

For more information contact:

01946 552166

Email: referrals@caasteam.com

Website: www.caasteam.com



ADVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Worship Advent 1 What word or words from worship today have found a home in your heart? Share these words with a friend or family member.	2 Go Take time to listen closely to someone you may not ordinarily take seriously, or who has a different perspective than you. Pray to hear them as God hears them.	3 Learn Read Luke 1:30. What are you afraid of that keeps you from saying "yes" to God?	4 Pray Set a timer for three minutes. Silently repeat this prayer: "Here I am, God."	5 Bless The angel blessed Mary with the gift of presence. To whom can you give the gift of presence this week?	6 Turn In giving generously, St. Nicholas turned from a sense of scarcity to a posture of abundance. What do you need to turn from in order to be generous of heart?	7 Rest From what could you rest in order to receive renewed life? Take as long as you are able to find that rest today.
8 Worship Advent 2 What part of gathering for worship fills your heart with hope?	9 Go Read or watch your local news. Where is reconciliation needed? Pray for healing.	10 Learn Read Luke 1:45. Consider how your faith is a blessing. Share your faith story with a friend.	11 Pray Offer a prayer of thanks for each person you encounter – both stranger and friend – silently or aloud.	12 Bless Call or write a family member with whom you desire a closer relationship. Share with them how they are a blessing.	13 Turn Reflect: Where have I fallen short this week? How can I make amends? Give thanks for the gift of fresh starts that we have through God's grace.	14 Rest Set aside 30 minutes to rest, pause, and breathe deeply with a friend or family member. Give thanks for the restorative power of love in relationship.
15 Worship Advent 3 Pray for each person as they receive communion. Imagine who you would like to see at church next week. Invite them to join you.	16 Go Choose to take a different route to work, to school, or to play today. Who or what did you encounter differently?	17 Learn Read Luke 1:64. When Zechariah could finally speak, he began by praising God. For what can you praise God? Share on social media or with a friend.	18 Pray Keep a lookout for anyone who might seem lonely, stressed, or sad. Offer this simple invitation: "May I pray for you?" Then offer prayers – silently or aloud – on their behalf as you move through your day.	19 Bless Identify a blessing you have that you could give away. Share this blessing with your church, a local ministry, or your community.	20 Turn Turn away from the busyness of the week and turn toward someone who gives you life or to whom you give life. Give thanks.	21 Rest In Genesis 1-2, God calls the creation "good" and rests. What can you proclaim to be "good" instead of "not enough" as a witness to God's love for the world today?
22 Worship Advent 4 Linger before leaving worship today. Ask God to prepare and send you on a journey into the world to witness to God's love	23 Go Go out into your neighborhood today. Where do you see God at work? What attributes of God's love are visible? Ask God to show you how you can celebrate and join that love.	24 Learn Read Luke 2:8-10. When has God surprised you? Share with a friend.	25 Pray Christmas Day Read Luke 1-2. Give thanks for the birth of the Christchild. Pray that you may follow Christ Jesus on his Way of Love with your whole heart, mind, body, and spirit.			

LINCOLNSHIRE CHRISTMAS PUDDING

This recipe is a hybrid and varies according to what I have forgotten to buy, but it started in a "Good Morning Sunday" cookery book in 1990. The contributor called it "Lincolnshire Christmas Pudding" and said it was a very old recipe. She also said the carrots darkened the pudding and the potato lightened the texture.



12 oz dried fruit (currants, raisins, sultanas). I tend to put a few Lexia raisins in as they have an amazing taste.
6oz brown sugar
3oz mixed peel (I don't like it so I put chopped dates in)
6oz grated carrot
6oz grated potato
4oz soft breadcrumbs
4oz suet (I use vegetarian suet)
1 teasp ground nutmeg (I put lots in and also cinnamon and allspice. I never measure it)
1 egg
juice of a lemon and orange with grated peel (this is my addition)
cheap brandy (no idea how much)
most of a can of beer.

Mix it all together and if it is very wet (too much brandy etc.) add a little flour.

Pour into a basin and put in wrapped threepenny bits at intervals; I make sure there are fewer than the number of diners, which gives a greater thrill to finding one.

Steam for 4 or 5 hours, with greaseproof paper and foil on top.

Between now and Christmas I will feed it with rum and then steam it for another couple of hours on Christmas Day. Turn it onto a metal dish to serve, pour brandy over it and ignite.

No great skill involved but my family seem to like it.

Judith Cobb

THE CHILDREN'S SOCIETY

Each year Crosslacon Parish hold Christingle services and the money raised at the services goes towards supporting the work of the Children's society. The Children's Society was founded in 1881 by Sunday School teacher Edward Rudolf. For the last 139 years The Children's Society has supported millions of this country's children and restored hope to their lives. The story below highlights some of the work that the charity do with young people and children in the UK

Jamie's story

At school, Jamie faced bullying from his classmates who would often take his money and force him to buy things for them. Then at college his mental health declined further when he began to struggle with anxiety.

'My life circumstances were not great. I kept on leaving classes. I feel like I didn't want to live at that time', said Jamie.

Jamie was referred to CAMHS (Child and Adolescent Mental Health Services), where he began receiving treatment. But he still struggled as between these appointments, as he had no one he could rely on or talk to. It was only when he was signposted to The Children's Society by his college tutor that he received the support he needed.

At the easy-access drop in service for under 25's run by The Children's Society, trained mental health practitioners provide immediate mental and emotional health support for young people, families, and professionals seven days a week.

'I am glad I got help, because my life was a downward spiral', Jamie told us. At our service, Jamie was given a safe space where he was able to talk about his emotions and how he was feeling with someone he could trust. He was also given practical support and methods that he could use at home to help him manage his anxiety, and had access to the participatory groups where he could make friends and find support from the other young people who attend. Jamie has been coming to The Children's Society drop-in service for three years. He has made friends, gained confidence and has somewhere to talk to people about how he is feeling. He also regularly attends various workshops including creative writing and 'Hot Topics', a group where young people who may be feeling isolated can meet others and socialise.

Jamie said, 'Friends are always good to have when you are down. Sometimes having that one person to talk to is really good so you can get your emotions out there like how you are feeling.'

* Jamie's name has been changed in order to protect his identity.

This year our Christingle service is going online and so we won't be taking a collection during the service but you can still give in support of the work for the Children's society. In each of our church services In December we will have a separate plate on which you can place any donations. Alternatively, you can send them a cheque by post payable to The Children's Society to:

Freepost RSYH-HEEE-XZEG

The Children's Society

50 Banner Street

London

EC1Y 8ST

Or you could go online and give over the internet:

<https://www.childrenssociety.org.uk/how-you-can-help/donate>

DECEMBER FITNESS CHALLENGE

THE SQUAT!

The squat is an amazing exercise that works the big muscles in the legs and bottom, the quads and the glutes. People think you need to squat deep to gain results but that's not true. You need to squat as deep as you can. Not what someone else can.

To do a squat, stand with your feet over shoulder width apart and put your hands out in front or to the side. You don't want to push on your legs while you are doing it.

Push your bottom back and bend your knees as though you are going to sit back in a chair then stand up. Start easy and build up. If you feel safer you can do this over a chair, or hold onto something like the worktop .

The challenge....

Day One do 10 squats

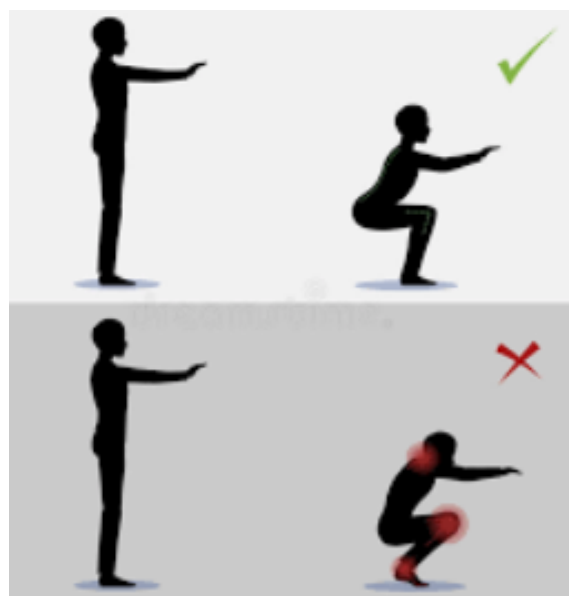
Day Two do 11 squats

Day Three do 12 squats

Increase by one squat each day for ten days. By day ten you should be doing 19 a day.

You can restart the challenge after ten days but start with 20 on day one.

Good luck.



Nina

THE ORIGIN OF THE WORD 'CROSSLACON'

Nicki mentioned the other day that a number of people have asked her why our Parish was given the name 'Crosslacon Parish' so here is a little bit of information about the history of Crosslacon.

The actual name refers to an ancient sandstone Cross which dates back to the Plantagenet period (between 1154 and 1399). It was originally located in the Rheda area, beside what would have been a rough track.

At the time when this Cross was erected, our area of northern England was very sparsely populated, and the economy of the area was based on agriculture, so any settlements - if there were any - would be no more than hamlets. This meant that for many years there were no local churches, and the nearest church with consecrated land was the priory in St. Bees.

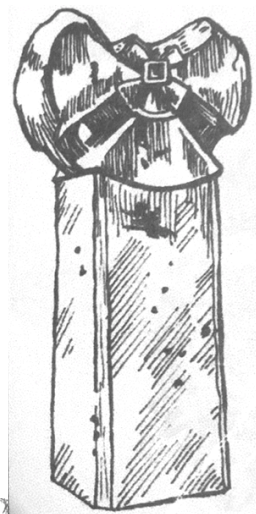
As a result, when someone died in this area, their corpse was taken to the final resting place in St. Bees, accompanied by mourners, and possibly monks from Calder Abbey. Locally, there were a number of 'coffin routes', and there is evidence of one leading from the area of Lamplugh, down to Arlecdon, Frizington, Bowthorn and on to St. Bees where the corpse was interred. The journey was long and tiring, so along the route there were a number of 'resting places' marked by crosses, or sometimes, simply large boulders. At each of the 'resting places' the coffin was laid down as the bearers and mourners rested. Then a portion of the Burial Service may have been read by a monk, before continuing along the 'coffin route' to St. Bees.

The Cross of Crosslacon was removed from the roadside in 1911 (following damage to it caused by local stone throwers) and relocated in the grounds of Rheda Hall (also known as Rheda mansion) for its safety. The Cross can still be seen today, but it is in a private garden in the residential area of Rheda Park (photos of front and back below).

The Cross itself is about 3.5 feet in height, and the head is a wheel cross, but sadly the top of the head has long since broken off and the stone lost.

This is only the basic history of Crosslacon but perhaps goes some way to explaining why 'Crosslacon' was chosen as the name for the new Parish, bringing together

St. Michael's Arlecdon,
St. Paul's Frizington,
St. John's Cleator Moor and
St. Leonard's Cleator.



ANOTHER SUPER RECIPE FOR YOU TO TRY

DATE LOAF

12oz chopped dates	2 level teaspoons bicarbonate of soda
1¼ cup of boiling water	2oz melted margarine
3 cups of plain flour	1½ cups of sugar
1 large egg	

Place dates and bicarb in mixing bowl. Add the water, stir well, then add melted margarine, flour, sugar and the egg. Mix well.

You can use a 2lb loaf tin or 2 x 1lb loaf tins.

Cook at 180°C or gas mark 4 for about 30 minutes. If not cooked, leave in for a bit longer. Don't eat for a couple of days to allow it to mature.

This recipe is an old one, at least 3 generations I know of and a great favourite with my family. Remember to let it mature for a couple of days.

You can eat this loaf buttered or plain. I personally like it buttered.

I hope you enjoy it. Please let me know what you think.

Jacqueline Cameron

AND SOME FESTIVE ONE LINERS

Why did Santa get a parking ticket on Christmas Eve? He left his sleigh in a snow parking zone!

What do you call Santa living at the South Pole? A lost clause!

What part of the body do you only see during Christmas? Mistletoe!

What do the elves cook with in the kitchen? Utinsels!

What's the difference between Santa Clause and a knight? One slays a dragon, the other drags a sleigh!

What do you call cutting down a Christmas tree? Christmas chopping!

Where do Santa and his reindeer go to get hot chocolate while flying in the sky? Star-bucks.

What do sheep say at Christmas? A Merry Christmas to Ewe!

Why is everyone so thirsty at the north pole? There's o well, no well!

Which football team did the baby Jesus support? Manger-ster United!

What do you get if you cross a Christmas tree with an apple? A pineapple!

Why is winter a snowman's favourite time of year? Because they can camouflage!

What do vampires sing on New Year's Eve? Auld Fang Syne!

What athlete is warmest in winter? A long jumper!

What do you get if you cross a bell with a skunk? Jingle Smells!

What do you get when you cross a deer with rain? A reindeer!



THANKFUL

ALPHABET

Can you think of something for every letter that you are grateful for?

Maybe you can spot things on a wander or through the window.

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z

Knitted Christmas Trees

Here is an idea for the decoration for the residential homes, if there are any knitters out there who would like to give them a go.

The pattern doesn't give a needle size, so we recommend 4mm (8).



EASY

MEASUREMENTS

Approx 3½" [9 cm] wide x 6" [15 cm] tall.

GAUGE

20 sts and 26 rows = 4" [10 cm] in stocking stitch.

INSTRUCTIONS

Solid Version

Tree (make 2)

Cast on 18 sts.

1st row: (RS). Knit.

2nd row: Purl.

3rd row: K1. ssk. Knit to last 3 sts. K2tog. K1.

4th row: As 2nd row.

Rep last 4 rows to 4 sts.

Next row: Purl.

Next row: ssk. K2tog.

Next row: P2tog.

Break yarn, pull through rem loop and fasten securely.

Stem

Cast on 4 sts.

Knit 5 rows (garter st). Cast off.



Striped Version

Tree (make 2)

Work as given for Solid Version, working in Stripe Pat as follows:

Work 4 rows in A.

Work 4 rows in B.

These 8 rows form Stripe Pat.

Stem

With B, work as given for Solid Version.

FINISHING

With WS tog, sew around side and bottom edges of Tree. Sew Trunk to bottom edge of Tree as shown in picture. Sew star shaped button to point and attach ribbon for hanging loop as shown in picture.

Solid Version only: Embellish Tree with your choice of buttons, sequins, ribbon or rick-rack trim.

CLEATOR MOOR'S VERY OWN **LITTLE IRELAND FAVOURITE CAROLS**

Some of you will have been following the Cleator Moor Born and Bred Broadcast....CMBBB which you can listen to on Spotify or find a link on the Cleator Moor Born and Bred group. In partnership with our friends in the community, we are going to be recording a special Carol Service podcast which will be released on Christmas Eve. We will hear from folks from around our community, including the children in our local schools, who are willing to share their favourite carols with us. If you listen closely, you may hear our very own Joan Johnston and Doreen Hocking sharing their favourite carols with us, along with other familiar folks from the Cleator and Cleator Moor Community.

ADVERTS

If you would like to place an advert, please contact Marilyn (810984) or Susan Hardy (861154). Costs are as follows (per edition - 10 editions per year - payable in advance):-

£1 - quarter page

£2 - half page

£4 - full page



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BENEFICE OF CROSSLACON TEAM MINISTRY

TEAM CLERGY

Rev. Nicki Pennington
Tel. 07462194549 and 01946 451257
Website: <https://crosslacon.net/>

MISSION STATEMENT

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

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

Churchwardens: Harold Blair 812143
Sheila Richardson
P.C.C. Ms. Peggy Robinson

ST LEONARD'S, CLEATOR

Churchwarden: Mr. Mike Graham (seconded from St. Paul's)
Dep. Churchwardens: Mrs. Carol Martin 811908
Mrs. Sue Robinson
P.C.C. Mrs. Kathryn Lee

ST. MICHAEL'S, ARLECDON

Churchwardens: Mrs. Louise Elsworth Barnes 07590380575
Mrs. Ruth McGrady
P.C.C. Mr. Mark Hutchinson
Mrs. Debbie Keighley
Mrs. Nan Wilson

ST. PAUL'S, FRIZINGTON

Churchwarden: Ms. Marilyn Graham 810984
Dep. Churchwardens: Mrs. Alison Parr
Mr. John Parr
P.C.C. Mrs. Judith Watson 810497
Mrs. Joan Jackson

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

