

What does the Lord
require of you

but to



What does the Lord require of you but to do justice,
to love kindness and to walk humbly with your God?

Micah 6: verse 8

VICAR'S LETTER: A KINDER LENT

For many of you the idea of a 'kind Lent' might seem something of an anomaly. Maybe like me you were brought up to recognise Lent as a time of abstinence and giving things up...from chocolate to alcohol and in these later times...screen time...

The thought of giving things up feels particularly challenging this year; there have been times for all of us over the last twelve months when it's felt like life has just required one sacrifice after another! We have had to forego so much that made our lives rich and meaningful; we have faced deep uncertainty; we have grieved the loss of loved ones...to 'do without' in this season seems like the worst sort of Christian asceticism...suffering for suffering's sake!

I have recently come across a book by Katherine May called, 'Wintering: The Power of Rest and Retreat in Difficult Times.' Wintering is something that the natural world seems particularly attuned to...how to survive a season in the cold; how to sustain yourself through fallow times when life is a struggle and we are cut off from the normal sources of nourishment and support. For many of us this pandemic has felt like a time of wintering. It's interesting to note that plants and animals don't fight the winter; they don't pretend it's not happening and attempt to carry on living the same lives that they lived in the summer. They prepare. They adapt. They hunker down. It's not a time for big ventures, but faithfulness to the daily acts that sustain life. I wonder what are those daily small tasks that sustain you? As humans, wintering can offer a time for reflection and recuperation, for slow replenishment, for putting your house in order. Doing those deeply unfashionable things - slowing down, letting your spare time expand, getting enough sleep, resting.

Maybe this year Lent should be less about giving up and more about nurturing and sustaining ourselves through what has, and continues to be, a wintering season. Maybe this year Lent could be a season of 'kind recalibration', an opportunity to reconnect and drink deep of the source that gives life meaning and shape and fulfilment. As the author of the letter to Timothy in the Bible writes, look for the 'life that is really life.' Pursue love and gentleness and what is right. Rowan Williams writes, 'There is heroism in the daily rhythm: making the small differences you can make, at home, online, wherever, in small courtesies and kindnesses, in assuring others that they are not alone'. Maybe this Lent is a time to focus less on the ashes of world-denial or bodily-mortification, but the ashes of transformation, of awakening to beauty and love, of seizing the moment.

I wonder what would a 'kinder Lent' look like for you? Time to nurture spiritual growth through prayer and reflection on scripture; time to offer others small kindnesses and courtesies; time to encourage and affirm whatever is good and wholesome; time to notice the subtle changes of the natural season as the earth wakes to a new season of growth.

I'd like to end with a poem by Mary Oliver entitled, 'The Messenger.'

My work is loving the world.
Here the sunflowers, there the hummingbird -
equal seekers of sweetness.
Here the quickening yeast; there the blue plums.
Here the clam deep in the speckled sand.
Are my boots old? Is my coat torn?
Am I no longer young and still not half-perfect? Let me
keep my mind on what matters,
which is my work,
which is mostly standing still and learning to be astonished.
The phoebe, the delphinium.
The sheep in the pasture, and the pasture.
Which is mostly rejoicing, since all ingredients are here,
Which is gratitude, to be given a mind and a heart
and these body-clothes,
a mouth with which to give shouts of joy
to the moth and the wren, to the sleepy dug-up clam,
telling them all, over and over, how it is
that we live forever.

Rev. Nicki

SUNDAY READINGS

Sunday 7th March: 3rd Sunday of Lent (Purple)

Intercessor if online: Joan Johnston

Exodus 20:1-17

1 Corinthians 1:18-25

John 2:13-22

Sunday 14th March (Purple) 4th Sunday of Lent. (Mothering Sunday)

Intercessor if online: Helen Goldsworthy

Exodus 2:1-10

Colossians 3:12-17

John 19:25b-27

Sunday 21st March (Purple) 5th Sunday of Lent. (Passiontide begins)

Intercessor if online: Debbie Keighley

Jeremiah 31:31-34

Hebrews 5:5-10

John 12:20-33

Sunday 28th March Palm Sunday (Red)

Intercessor if online: Mike Graham

Liturgy of the Palms: Mark 11:1-11

Liturgy of the Passion

Isaiah 50:4-9a

Philippians 2:5-11

Mark 14: 1- end of 15.

Maundy Thursday (Thursday 1st April) Red

Exodus 12:1-4

1 Corinthians 11:23-26

John 13:1-17, 31b-35

Good Friday (2nd of April) hangings removed.

Readings to be announced.

Easter Sunday (Gold/ White)

Intercessor if online: Barbara Robinson

Acts 10:34-43

1 Corinthians 15:1-11

Mark 16:1-8

PLANS FOR HOLY WEEK SERVICES

At the time of writing, we are still unsure as to whether church will remain online for Holy Week and Easter or whether we will be able to worship in our church buildings once more.

My hope is that we will have a short reflective service of night prayer on Monday (29th March) Tuesday (30th March) and Wednesday 31st March at 6pm online.

Maundy Thursday: A reflective service either online or in St. John's church.

Good Friday: There will be an hour at the cross at 3pm either online or at St. John's.

Easter Sunday service will either be online or a joint service at St. Leonard's or the weekly worship pattern of services will resume. Please get in touch with your church warden nearer the time for the most up-to-date plans.

(The reason we are using St. John's for the reflective services is that St. John's enables us to set the chairs out in a more informal setting and also provides enough space to accommodate more people, bearing in mind distance regulations.)

ORDINATION PLACEMENTS

I hope that many of you will have met Deborah Hoddinott, an ordinand training at St. Mellitus College, who has been on placement with us since last summer. Deborah is normally based at All Saints Cockermouth. For a variety of reasons, Deborah hasn't been able to be as present with us as much as she would have liked, but we have valued her contributions to our online ministry. Deborah's placement is drawing to a close in April, and we wish her well and pray our blessings on her continued training for ministry. As from Ash Wednesday, Barbara Robinson, a first year ordinand training locally, is going to join us on placement till June. Barbara is a church warden at Loweswater, Lorton and Buttermere team. You will hopefully see Barbara on the various services we hold on-line and when regulations allow, Barbara will be worshipping with us in person and taking part in services. We look forward to being blessed by her ministry and pray that her time with us will be fruitful and helpful to her in her training for ministry. Please do say "Hi" to Barbara if you happen to meet her online or face to face!

Here is a brief introductory message from Barbara...



Hello, my name is Barbara Robinson. I started my training for ordained ministry in September 2020. I worship at Lorton, Loweswater with Buttermere known as LoLoBU locally.

I was born in Howden, in the York diocese. I attended Howden Minster as a child with my mother before becoming a chorister there at the age of twelve.

In 1975 I moved to Hull to train as a nurse. Here I met my husband, David. We were married in 1981. After our marriage, we moved to Hampshire, where our daughter, Laura, was born. We then moved to Tristan Da Cunha in the South Atlantic Ocean for eighteen months before settling in Leicestershire where our second child, Andrew, was born. David was a GP in Birstall for sixteen years, and I worked in a local GP practice in Loughborough.

In 2002 we moved to Loweswater in Cumbria. My husband was returning to his roots. His family originated from Whitehaven and moved to

Loweswater in 1860. David's father was born in Loweswater and attended school in St. Bees. His great grandfather Oliver was the first curate at St. Paul's, Frizington, so I was really excited to find out that my placement at Crosslacon included St Paul's.

David was a locum GP at Fellview, working mainly at the Egremont and Cleator Moor practices. I worked as a Practice Nurse at the old Wath Brow surgery before moving to the lovely new premises on Birks Road. I am at present the Lead nurse at Cockermouth Heath Centre.

I am really looking forward to meeting and sharing worship (together but apart) with everyone in Crosslacon and having Revd. Nicki as my mentor. Take care and stay safe.

HOLY HABITS IN LENT: REFLECTING ON PRAYER

Don't forget our online Lent Reflection group will be continuing to meet every Monday at 7pm on Zoom throughout March. Using the Holy Habits material, we will be reflecting on prayer.

The link is as follows:

[https://us02web.zoom.us/j/89424369285?](https://us02web.zoom.us/j/89424369285?pwd=MIBDcjNDODBDa1Fob1lxMHhZYTJGQT09)
pwd=MIBDcjNDODBDa1Fob1lxMHhZYTJGQT09
Meeting ID: 894 2436 9285
Passcode: 364422

You can ring on a landline telephone and join in on one of these numbers:

0131 460 1196 United Kingdom
0203 051 2874 United Kingdom
0203 481 5237 United Kingdom
0203 481 5240 United Kingdom

MORNING PRAYER ON ZOOM **EVERY TUESDAY MORNING AT 8:30 AM**

If you haven't joined us yet, please do think about coming along to our weekly Zoom Morning prayer service. You can join us on Zoom or ring in on a landline. The service usually lasts for half an hour. In March we are using the Prayer for the Nation resources that have been developed by the Church of England. The link is as follows:

[https://us02web.zoom.us/j/83240874121?](https://us02web.zoom.us/j/83240874121?pwd=OUR2UnFldkpGcTJDTlZZVlhyYnVsZz09)
pwd=OUR2UnFldkpGcTJDTlZZVlhyYnVsZz09
Meeting ID: 832 4087 4121
Passcode: 546604

Landline telephone numbers:

0203 901 7895 United Kingdom
0131 460 1196 United Kingdom
0203 051 2874 United Kingdom

AND BREATHE

Each week on Thursday evening on Zoom at 5pm we are holding a contemplative prayer time. We meet for about 45 minutes, and this includes a short reflection and a period of quiet prayer. Everyone is welcome. The joining details are as follows:

[https://us02web.zoom.us/j/83439418625?
pwd=NFU1b2N1M2V2T3J5cklQMktFbnFVZz09](https://us02web.zoom.us/j/83439418625?pwd=NFU1b2N1M2V2T3J5cklQMktFbnFVZz09)
Meeting ID: 834 3941 8625
Passcode: 345840
0131 460 1196 United Kingdom
0203 051 2874 United Kingdom
0203 481 5237 United Kingdom
0203 481 5240 United Kingdom

MY FAVOURITE LENTEN HYMN

Many years ago, when in the choir at St. Michael's, at Lent we always sang 'Forty days and forty nights'. It tells of Jesus out in the wilderness. Really it was a sad hymn, but all lenten hymns are sad.

It was always nice on Easter Day to sing 'Thine be the Glory'. Everybody sang with joy. A new year begun!

Today we are all shielding from Covid 19. Hopefully it won't be for much longer, and we can all get back to church, open the doors and sing our joyous hymns and pray to God to keep us all safe.

Nellie Crewdson

AN INVITATION TO BAKE THROUGH LENT

During the weeks of Lent Rev. Becky and I will be concocting creations in the kitchen. We'll be making dishes from recipes that connect in some way with the key events of the Easter story. Follow us on our Crosslacon Parish Facebook page, join in and/or encourage your family to join in too.

We'd love to see the results of your labours so do send in photos that we could upload to Facebook or add your photos on our Facebook post.

Here are all the recipes that we will be using. You will also find these recipes on our Crosslacon Website.

Happy baking! There will be reflections each week to read.



Week 1. Palm Sunday

Gingerbread People...thinking of the people who lined the streets as Jesus entered Jerusalem.

100 g butter

175g brown sugar

4 tbsp golden syrup

1 egg, beaten

350g flour

1 tbsp ground ginger

1 tbsp ground cinnamon

Icing and decorations (optional)

Set oven to 180°C/gas 4 and prepare a baking sheet with baking paper.

- ◆ Cut up the butter and melt in a saucepan over a low heat.
- ◆ Add the brown sugar and golden syrup and stir into the butter until the mixture is smooth.
- ◆ Remove from heat to cool.
- ◆ In a large bowl, sift the flour and add the ginger, cinnamon and baking soda.
- ◆ Stir in the beaten egg to the dry mix.
- ◆ Add in the buttery mixture and stir until combined.
- ◆ Knead it gently until it forms a dough.
- ◆ Roll out the dough to ¼ inch thick. Cut out the men with a cookie cutter and place on the prepared baking sheets.
- ◆ Bake for 8-12 minutes.
- ◆ Allow to cool thoroughly (they harden as they cool) before adding any decorations.



Week 2. Temple Tidy-up

Shortbread Rounds...decorate to look like the coins on the money lenders' tables that Jesus overturned.

1 cup soft butter

½ cup icing sugar

2 cups flour

Set oven to 180°C/gas 4 and prepare a baking sheet with baking paper.

- ◆ Cream the butter and sugar in a large bowl.
- ◆ Add the flour and combine until the mixture forms a dough. It will crumble at first but keep mixing until it forms into a ball in your hands.
- ◆ Dust a flat surface and rolling pin with flour or icing sugar and roll out the dough to ¼ inch thick.
- ◆ Cut into rounds with a round cookie cutter and place on the prepared baking sheets.
- ◆ If you want, use a toothpick to draw coin designs into your soft biscuits.
- ◆ Bake for 12-18 minutes or until they have turned a pale golden brown.
- ◆ Allow to cool.

Week 3. Last Supper

One of the traditional foods at Passover is haroseth, made with chopped apples. To replicate that we thought of making apple blondies (pale brownies) or a sweet take on a flat bread. You might want to eat these with grape juice or any red- coloured squash using some of the suggested prayers.

Apple Blondies

½ cup apple sauce ½ cup butter ¼ cup flour

3-4 tbsp maple syrup ¼ cup brown sugar

Set the oven to 180°C/gas 4 and line a loaf tin with baking paper.

- ◆ In a large bowl combine all the ingredients and mix well until a thick batter forms. You may need to add a bit more flour or a bit more syrup to get the right firm consistency.
- ◆ Transfer to the loaf tin and sprinkle on the brown sugar.
- ◆ Bake in the oven for 30 minutes, or until the top is golden.
- ◆ Remove from oven and allow to cool completely. Refrigerate for at least an hour before slicing.

Blondies are meant to be fudgy in the middle, which looks a bit like the mud-cement, and you can cut them up to look like bricks. I wonder if you can think of any ways that God has helped you? Can you think of any struggles or disappointments that you've managed to get over and rise above?

Week 4. Garden of Gethsemane

Rocky Road...the name says it all...this was a hard rocky time as Jesus' life came to an end

125g butter 2 tbsp golden syrup 2 tbsp cocoa powder

2 tbsp sugar 60g cheap biscuits 60g desiccated coconut

Optional extras: mini marshmallows/raisins/nuts

Line a tin with baking paper.

- ◆ Melt the butter, golden syrup, cocoa powder and sugar together in a saucepan over a low heat to make a chocolate sauce. Are you tempted to try it? Watch out, it's hot! I wonder if you know of any good ways to deal with temptation?
- ◆ Crush up the biscuits into chunky pieces. As you bash, can you think of anything that you feel angry about, upset about or annoyed at?
- ◆ Add the biscuit crumbs and the desiccated coconut into the chocolate sauce, along with any other optional extras.
- ◆ Stir the mixture together to make a thick, stiff paste. Add more dry ingredients if too wet.
- ◆ Pour it into the tin and smooth it out into the corners. Jesus was pouring out all his mixed feelings to God. Is there anything you would like to pray to God about right now?
- ◆ Refrigerate for a few hours to set.

Week 5. Good Friday

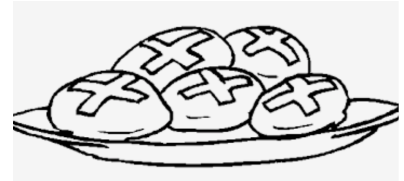
Hot Cross Cookies (A twist on a traditional Good Friday recipe)

200g soft butter 100g light brown sugar 1 egg
250g plain flour 1 tbsp cinnamon 2 tsp baking powder
100g sultanas or raisins

Icing sugar/icing pen/fondant icing/white chocolate

Set the oven to 180°C and line a baking tray with baking paper.

- ◆ In a large bowl beat together the butter, sugar and egg until smooth.
- ◆ Add the flour, cinnamon and baking powder, then combine to make a dough.
- ◆ Add the sultanas or raisins and combine.
- ◆ Roll lumps of dough into balls. Flatten these onto the trays, leaving enough space between each for them to expand.
- ◆ Bake for 10 minutes or until golden.
- ◆ Allow cookies to cool before marking them with a cross.



Week 6. Easter Sunday

Resurrection Rolls...amazing rolls that remind us of the empty tomb!

Ready-made pastry (e.g. Jus-Rol croissant dough)

¼ cup sugar 2 tbsp cinnamon
8-16 large marshmallows ½ cup butter, melted

Set the oven to 180°C and line a baking tray with baking paper.

- ◆ Combine sugar and cinnamon in a small bowl. Smell it! Jesus' body had been covered with strong-smelling spices before being buried, to stop the body from smelling bad.
- ◆ Roll a marshmallow in melted butter and then in the cinnamon-sugar mixture. The marshmallow is like Jesus' body, covered with perfumes and spices.
- ◆ Place the coated marshmallow in the middle of a square cut-out of dough, folding the dough around it until covered by the dough and pinching the seams to seal the roll. Wrapping the marshmallow in the dough is like closing Jesus' body in the tomb.
- ◆ Repeat the process using up the rest of the dough.
- ◆ Place rolls on the baking tray and bake for about 12 minutes (check pastry instructions).
- ◆ Allow to cool a little before opening the roll: it should be hollow inside!

THROUGH THE WINDOW IN LENT

Connecting with creation through Lent even when you can't get outside.

Each Week during Lent we will be focusing on a different part of creation that we can see through our windows...or out on your local walk.

Rev. Margaret Goddard and Rev. Chris Goddard will be sharing their thoughts on what they are noticing about the natural world during their Lent, and their reflections will be uploaded on to the Crosslacon Facebook page and the Crosslacon Website. Please do read their reflections and do send us photos of the things you have noticed. We would love to upload them on to our Facebook page or our Website.

WEEK ONE: TREES

If you have a tree outside your window where you can see it, stand or sit and simply look. If there is not one where you can see it, find a picture of a tree that you like in a book or on the internet, or close your eyes and imagine a tree that you know.

Meditation

Trees are amazing things. Their roots go down into the ground holding them upright and stable and taking precious nutrients from the soil to feed their growth. Moving up the tree the trunk and the branches become thinner and more delicate making patterns against the sky that are often very distinctive. And they support life. Whether there are leaves on your tree or not, there will be creatures living on or under the bark; perhaps birds nesting in the branches; even squirrels or owls hiding away.

Something to think about

Where are you rooted?

What do you need to feed your growth?

What gives you life?

WEEK TWO: FLOWERS

If you have flowers outside your window where you can see them, stand or sit and simply look. Maybe you have a bunch of flowers indoors, but if there are not any where you can see them, find a picture of a flower that you like in a book or on the internet, or close your eyes and imagine your favourite flowers.

Meditation

Flowers are wonderful things. Tiny seeds grow into so many shapes, sizes and colours, and for most of us, they are something that makes us smile. Someone once said "every flower blooms in its own time," and there are flowers that bloom in every season, even the depths of winter. They are beautiful to look at, many are sweetly scented, and some are even good to eat. Some are so tiny that we hardly notice them, but they are all valued by God simply because he made them and he loves them - just like us.

Something to think about

What things are blooming in your life right now?

What would you like to see blooming in your life when the season is right?

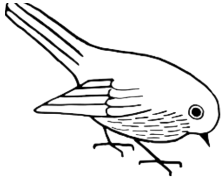
What season are you in at the moment?

WEEK THREE: BIRDS

Have a look and see if you can see any birds from your window. Perhaps on a bird feeder or flying over. If you can, stay and watch for a while. If you can't see any look for a picture in a book or on the internet, or simply close your eyes and imagine.

Meditation

Birds are everywhere whether you live in the country or a city. You don't usually have to watch for long before one flies over going freely wherever it pleases or drops in to look for food. And they can be noisy. Some chatter all the time: one call when they are flying, another when they are looking for a mate, and yet another when they sense danger. It is said that listening to birdsong can reduce stress - perhaps you could open your window for a minute and see what you can hear, and how it makes you feel, or find some birdsong on the internet, close your eyes, and relax.



Something to think about

How do you feel when you watch the birds?

Is there anything that you need to be free from? What helps you to relax?

WEEK FOUR: SKY

Look out at the sky. You won't need to use the book or the internet for this one, because if you have a window to look out of, the sky will be there. You could try this one more than once at different times of the day.

Meditation

Sky: summer sky, blue and clear with fluffy white clouds the way that children draw them. Autumn evening sky the blue of indigo ink. Eyes watch as the sparks from the bonfire shoot upwards then disappear into the darkness.

Stormy winter sky: grey and heavy with rain, clouds scudding across it as if in a hurry to be somewhere else.

Early morning sky: golden pink as the sun rises and floods the world with colour once again. 2am sky: almost black but on a clear night studded with stars and a silver moon: beautiful when sleep evades us. Sky: always there, often unappreciated, always changing, made by an unchanging creator.



Something to think about

What is your favourite sky mood - or does it vary?

Why do you think people have always wanted to explore the sky and beyond?

What does the sky say to you about its creator?

WEEK FIVE: WATER

Unless you can see a river or a pond or the sea from your window, wait for a rainy day for this one. Then, sit yourself down by the window and watch the rain outside and the drips running down your window pane. You could even choose two drips and watch them to see which one gets to the bottom of the windows first.

Meditation

It rains. Farmers and gardeners rejoice as the life-giving water falls on the land. It rains too much. Rivers burst their banks, houses are flooded, people suffer. In low lying countries water levels rise and those who survive move away until it is safe to come back, because they have nowhere else to go. It rains too little, crops die, animals die, famine comes, people suffer.



Someone once said "there is nothing as good as a glass of cold water on a hot day." Water, a simple thing, that we cannot do without.

Something to think about

Thirst is difficult to cope with. Is there anything that you are thirsty for right now?

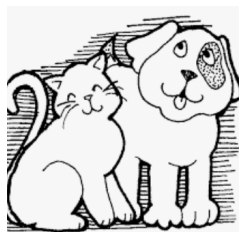
Does rain say anything to you about God? Do you think of water as powerful?

WEEK SIX: ANIMALS

If you have a pet, sit somewhere where you can see it or even have it on your lap if it is that sort of a pet. If you can see animals outside your window, sit where you can see them. If neither of those is possible find a picture of a favourite animal in a book or on the internet.

Meditation

Animals are many and varied, and sometimes we forget that we are an animal too. In more than one creation story the creator puts the human animal in charge, with the expectation that they will take care of the other animals; wanting what is best for them and being kind to them. Sometimes the human animal forgets this. Sometimes we forget to be kind to other animals, and sometimes we even forget to be kind to ourselves even though we are made in the image of a creator who shows unfailing and never ending compassion.



Something to think about

If you have a favourite animal, think about why you like them. How do you show kindness to yourself?

When have others shown compassion to you?

LAPTOPS FOR SCHOOLS

A number of people in the parish have been asking about how they can support our local schools so that all pupils can get access to ICT equipment if they need it, so they can access remote learning from home.

Access to a laptop at home makes a huge difference to the ability of a child to engage in home learning.

While Government is also running a programme of ICT equipment provision we know this takes time, but many children need equipment now. Cumbria County council are working in partnership with Cumbrian school leaders (Cumbria Alliance of System Leaders) to ask businesses and individuals to donate laptops for use by pupils without this equipment at home. We believe around 1500 are needed as soon as possible.

They have already had fantastic support for several businesses and local people, and we hope others will be able to support this initiative.

Laptops can be new or used but must be fully functional, meet a minimum specification, and have all data wiped before donation. All laptops will be checked before they are then loaned to children.

The minimum specification is:

Laptop, not PC

Intel Dual Core i3 processor

4GB RAM

Unfortunately Tablets or iPads do not meet the minimum specification and cannot be accepted.

If you could support this initiative please email education.tcg@cumbria.gov.uk with contact details and an outline of your offer. You will then be contacted for a discussion. If you would like to make a monetary donation to support the purchase of new laptops, you can make payment by BACS/Internet Banking using the following bank details:

NatWest Bank

Sort Code 60-04-30

Account Number 05800307

Please quote ' Schools ICT Donation' in the reference field.

Payment by Cheque - cheques should be payable to Cumbria County Council and write on the back of the cheque ' Schools ICT Donation'.

Please send cheque to:

Financial Services,
Parkhouse Building,
Kingmoor Park,
Carlisle. CA6 4SJ

MY TIME IN LOCKDOWN

When we look back through our lives there are things that stand out, like rationing after World War II (yes, some of us are that old), the coronation of Queen Elizabeth 2nd, the moon landings (whether you believe they happened or not), the assassination of J.F. Kennedy, and where we were when we heard of the horrendous terrorist attack in America, forever labelled 9/11. I'm sure you can add to the list, I certainly can. Well now we can add the Pandemic of 2020/21.

Children as yet unborn will, in the future, ask parents or grandparents "What did you do during lockdown when Covid 19 changed people's lives?" I wonder what your answer would be.

I think people who live on their own will remember:- loneliness; the lack of physical contact with other human beings. For me that would not be top of the list. No! I have learnt to cope with isolation since becoming profoundly deaf so how would I answer? Mmm! Interesting (giggle). Like many others I started the first lockdown by "spring-cleaning" every room in my house. I'm not very house-proud, but it filled my days. I found things I'd forgotten about, and I ended up with a very clean house! Of course, once finished, I had to find other things to fill the days. Mmm!

Next on my list was painting. I love painting in watercolours so decided to challenge myself with a new medium and chose acrylic. Now I have two "loves". Of course when the weeks turn into months there is a limit to the amount of pictures one can paint, so I turned my attention to another medium - glass! I have always been fascinated by stained glass so have worked on small stained glass panels. Is there no end to this woman's talents! Tee-hee! Well, I enjoy new challenges, and will try anything once! Of course we were blessed with wonderful weather in the first "lockdown", so I whiled away long happy hours of contentment gardening.

When I look back I am lucky to have been able to keep positive. At times it has been hard, and sometimes trying, but keep looking on the bright side.

These times WILL pass and life will continue along a new path. Stay safe and carry on!

Tanya Binks

A CRAFTY LENT

Rev. Nicki and Rev. Becky invite you to join in with their 'Crafty Lent' starting on Monday the 15th March. On our Crosslacon Parish Facebook page we will be posting a bit of the Easter Story each day along with a craft challenge for the young and/or the young at heart (apart from Sundays which will be a rest day!).

Do follow us, and like and share the posts. It would be fabulous to encourage as many folks as possible to take part. And we'd love to see your creations too!

UPDATE ON THE ALLOTMENT

With the cold, snow and frost, there has been very little to do in the garden recently. One vegetable I have 'set away' is onion sets. They are in small pots in multi-purpose compost and kept in a cold greenhouse. Every evening they are covered over with fleece. They will be planted out into the garden when conditions allow. Onions form a bulb when the temperature and daylight hours are right which then triggers their growth; until then the onions use the daylight to produce a lot of top growth before they form bulbs, and the more top growth, the bigger the bulb. Once the temperature and daylight hours are right, they stop forming top growth and start forming a bulb. The size of the bulb that forms will depend on the size of the leaves, and the number of them. There will be one ring on the onion for every leaf and the larger the leaf the larger each ring will be. Cheers and stay safe everyone.

Gareth

JOAN'S BANANA LOAF

This is a lovely, moist loaf which really doesn't need to be buttered. It freezes extremely well. Any bananas left in the fruit bowl are ideal for this cake - the riper they are, the better!

Ingredients

100g (4oz) butter, softened	225g (8oz) self-raising flour
175g (6oz) caster sugar	1 tsp baking powder
2 eggs	2 tbsp milk
2 ripe bananas, mashed	

Instructions

You will need a 900g (2lb) loaf tin, 17 x 9 x 9 cm (6½ x 3½ x 3½ in) base measurement.

Lightly grease the loaf tin and line it with non-stick baking parchment. Pre-heat the oven to 180°C/350°F/gas mark 4.

Measure all the ingredients into a mixing bowl and beat for about two minutes, until well blended. An electric mixer is best for this, but of course you can also beat by hand with a wooden spoon. Spoon the mixture into the prepared tin and level the surface. Bake for about one hour, until well risen and golden brown. A fine skewer inserted in the centre of the cake should come out clean. Leave the cake to cool in the tin for a few minutes, then loosen with a small palette knife and turn the cake out. Remove the lining paper and leave on a wire rack to cool completely. Slice thickly to serve.

Joan Rogers

FOOD PANTRY

Cleator Moor food pantry was started in March 2020, in the first lockdown when people were advised to shield. Since then we have evolved to provide food and toiletries to the people who are financially vulnerable. We run from the Phoenix courtyard under the management of Phoenix's Enterprise Centre managers, Joanne Crowe and Grace Sharkey.

Sian Price and Vanessa Butler manage and run the food pantry every Tuesday with thanks to a team of volunteers including Alison Parr, Nicki Pennington, Nina Albertelli, Will Graves and Sue Williamson. At the time of highest demand we were packing 258 bags of shopping on a Tuesday. The majority of the food is delivered from Fareshare once a week, and we also have kind donations of food from local supermarkets. We also use local shops when buying extra meat and dairy to make sure the food pantry is healthy and nutritious to make healthy meals. Companies and people's kind donations allow us to buy these extras alongside the Fareshare food. We have a team of volunteers and drivers that pack the bags and deliver to the person's home. We appreciate all the kindness that people have shown by donating food and money.

If you would like to support this project you can drop off food items, especially items such as cereal, tea, coffee and UHT milk (we're always short of these) at the vicarage or Phoenix centre. You can also offer a financial donation, again at the Phoenix centre or drop it off at the vicarage.

Sian Price and Vanessa Butler

INSPIRED TO MOVE

This month I wanted to tell you about an amazing, inspiring man called Gary McKee, you may have heard of him, he's running 110 marathons in 110 days to raise money for two fantastic charities, Macmillan and Hospice at Home.

This last year has been increasingly hard for charities to raise funds as most fundraising events have halted. We cannot throw our usual coffee mornings and major group events. These have all been cancelled. Unfortunately the illnesses continue.

On the back of Gary taking on this unbelievable challenge we have started a facebook page called "Inspired to move". The idea is to inspire and motivate everyone to move more. If that means going for a walk, great. For some it's about getting out of the chair throughout the day. Whatever you can do to move more, do it. Not only is it good physically, it's great for our mental wellbeing too.

If you want to read the stories about why people aspire to do what they do, then join the page or ask a member of your family to show you it.

If you would like to donate to the Marathon Man you can at www.virginmoneygiving.com/GaryMcKee1 Every penny counts and every story helps to inspire.

Nina Albertelli

CAAS

Copeland Age and Advice Service (CAAS) is a Social Enterprise based in Cleator Moor which launched on 1st October, 2019 that provides information, advice and support to individuals over the age of 55 in relation to financial matters, housing issues and in enabling people to continue to live safely and independently in their own homes, or wherever they choose to live in the Copeland area.

Through our detailed holistic assessments, we support each client to access their full range of needs, all within the comfort of their own home; due to the current restrictions we are carrying out most of our work via telephone and post but are still fully operational.

Our services include Helping over 55s to support themselves & manage financially:

- Advice and help on money matters
- Benefit checks - we are agents for the DWP
- Support to complete applications for relevant benefits
- A form filling service for products and services
- Support in setting up of Lasting Power of Attorney
- Assistance to access bereavement benefits/support
- Support with grant applications e.g. Disabled Facilities Grants
- Support managing utilities
- Liaising with outside agencies/working in partnership/signposting

Understanding & accessing relevant Housing Options

- Helping to make homes suitable for later life
- Providing details of alternative housing, sheltered or residential accommodation
- Support with housing applications and banding
- Supporting with bids and liaising with landlords on a client's behalf
- Liaising with landlords regarding repairs and adaptations
- Providing general information and support

Supporting Independent living:

- Holistic assessments of the home environment by a qualified Trusted Assessor
- Advice on aids, adaptations and equipment to support independent living
- Support with Blue Badge applications
- Referrals to outside agencies including Adult Social Care and relevant Health services
- Wheelchair Hire
- Sale of radar keys and key safes

General advice & information:

- Support around Safeguarding Vulnerable Adults from Abuse
- Support to become more digitally enabled

- Telephone and face to face befriending services
- Help to access local clubs and groups through our social activities booklet
- Support to restore and build confidence
- Advice on all aspects of later life
- Referrals to outside agencies for services and support groups

We have achieved over 1,836 followers on Social Media to date and have supported over 810 clients to access a range of our services since we launched in October 2019.

We have increased the weekly income of over 55s in Copeland by £127,511.10 with backdated monies totalling £166,612.45 paid to over 55s in the area to support them with independent living.

Our services continue to grow and develop, and we are adapting these to meet the needs of our older generation. We are working hard to develop our Dementia support services, working with Cumbria County Council, Dignity in Dementia and the Alzheimer society in relation to working in partnership to deliver vital services to those living with Dementia and their carers throughout Copeland.

We are also supporting our older generation to become more digitally enabled, working with various partner agencies to provide support to over 55s in Copeland to learn how to use IT equipment such as Smart phones, laptops, tablets etc to help them stay connected throughout the pandemic and during the winter months.

We are also part of the Domestic Violence support group and will work alongside relevant agencies to ensure that any older clients that are at risk of abuse are given the support and information they need to access the relevant help they require at that time.

We also run a free telephone befriending service to anyone in Copeland who is lonely or isolated.

We are introducing a new service whereby we will sell, as new, low-level aids and adaptations as part of our Trusted Assessor work. We are working closely with the public and Impact Furniture Services to sell these at an affordable price to our clients, to support them to remain living safely and independently and to reduce the number of items going into landfill.

The team have also undertaken training in ‘scams awareness’ and are now all registered.

CAAS Service Fees:

In order for us to provide this service, we charge a one -off nominal fee as follows:

- £10.00 for completion of Blue Badge application (+£10.00 for the badge itself).
- £20.00 for a holistic assessment including benefit claims, housing options applications and assessment for aids and adaptations.
- £50.00 for Power of Attorney Applications

These one-off fees will ensure that our service is sustainable and continues to support over 55s in Copeland.

Lesley Amor

FUNDRAISING CHALLENGE PACK IN SUPPORT OF HOSPICE AT HOME



Girlguiding Cumbria North which includes Rainbows, Brownies, Guides and Rangers in West Cumbria, has been helping at the Dalemmain Marmalade Festival since its inception 16 years ago. All profits from the Marmalade Festival go to Hospice at Home, but due to the pandemic, the festival will be virtual this year. However, the local Girlguides have decided they would still like to support the charity, so have designed a Marmalade-themed activity pack and badge, with the badge designed by a Ranger from Winder, and the pack created by a Ranger from Whitehaven.

Jane Hasell McCosh, founder of the Marmalade Festival, said “We’re really pleased that Girlguiding is able to continue to support us even in these difficult times. I’m delighted with the challenge pack initiative because I’ve always wanted to have a marmalade badge!”.

The challenge pack has been split into four sections – marmalade, bears, orange, and good turns. It is suitable for children aged 5-17 years, with the young people completing activities from each section to earn their badge. In past years the Guides and Rangers have had the rare opportunity to ‘be Paddington’ with the older girls taking it in turns to don the iconic costume and chaperone Paddington around the Dalemmain estate meeting visitors. One year they even met Prince Charles. Paddington isn’t allowed to speak, so all the answers to Prince Charles’ questions had to be in sign language!

If you would like a free copy of the Challenge Pack, it can be downloaded from the GG website https://girlguidingcumbrianorth.org.uk/latest_news/marmalade-challenge-pack

Anyone (Girlguide or not, & any age) is welcome to try the challenge, and if you would like a badge, details of how to order can be found in the pack.

CHILDREN'S SOCIETY

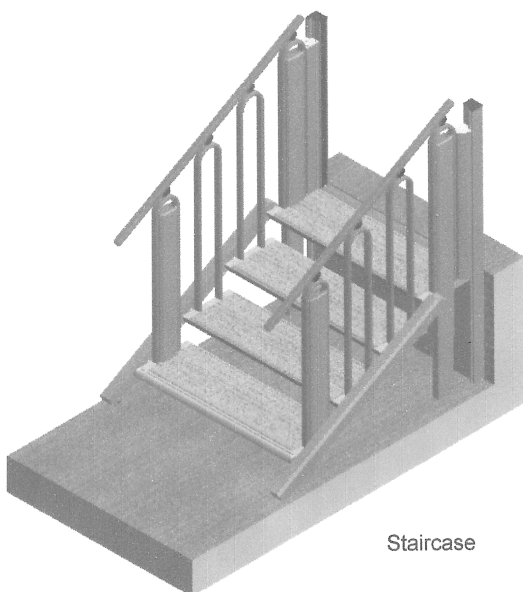
Many thanks to everybody who donated to the Children's Society. The grand total of £356.21 has been donated by Crosslacon.

ST. MICHAEL'S REFURBISHMENT PROJECT

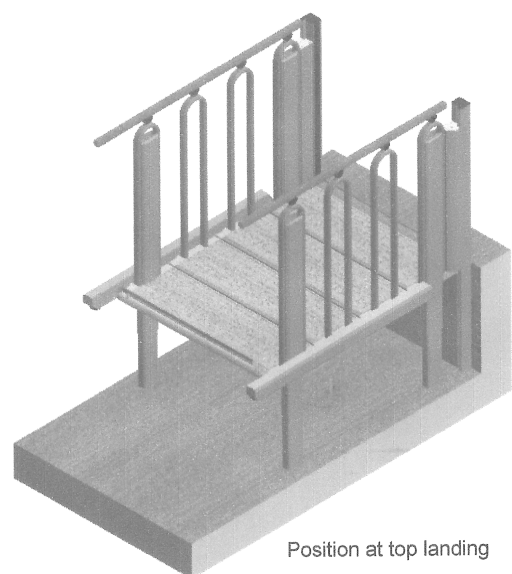
Those passing St. Michael's Church will notice a new poster which has appeared on the gate. This is to inform everyone about some proposed changes to the inside of the church to make it more accessible. The work includes installing a FlexStep lift and screen/projector. The FlexStep is a set of steps which convert to a lift at the press of a button. If this goes ahead, it will replace the stone steps at the back of the aisle. The diagrams below show the lift, and a video clip of it working can be found at: <https://www.youtube.com/watch?v=saveVAFPPa8>

These diagrams are on display on the church railings and the Post Office. The fixed screen and projector have been suggested following positive feedback from the use of a projector as part of the Christmas services. The screen will be hidden behind the Chancel Arch and automatically unfurl when in use.

If you would like more information about these changes, please contact a member of St Michael's Fabric Committee. Committee members are: Rev. Nicki, Louise Elsworth, Ruth McGrady, Mark Hutchinson, Debbie Keighley and Susan Hardy.



Staircase



Position at top landing

LOCKDOWN EXERCISE

Under lockdown, millions of us who rarely walked around our immediate locality are now well acquainted with every nearby driveway, every crack in the pavement, and every pothole in the road. We have developed views on our neighbours' gardens, on their oddly coloured garage doors, and on their dogs, children and cars. If we go out at the same time every day, we may even be saying hello to the same people we don't know.

For many of us, that daily walk has become the high point of our day. After all, it is one of the few liberties we have left. Some of us go early, to enjoy the relative peace and quiet. Some of us go midday, to at least see other people, even if we can't talk to them. Others opt for dusk, the dark comfort of a street with lit houses and stars in the sky.

Whatever time you most enjoy, make sure you do make the time to go for your walk. Your mental and physical fitness can only improve!

STOP STRESS GETTING THE BETTER OF YOU

With the third lockdown, too many of us are facing a torrent of stress over job insecurity, home schooling, isolation, illness, or all of the above!

Stress makes us want to eat badly, exercise less and drink more. It also has a profound effect on our immune system.

While brief or 'acute' stress can spur us on to some specific achievement, the opposite is true of 'chronic' stress, which does only damage. It suppresses our immune system, making us more susceptible to bugs. That is why a stressful event can leave you feeling run down, or trigger a bad cold, shingles, or asthma.

So how do we give our immune systems some help during this crisis?

Eat well: a balanced diet includes at least all six plant-based food groups.

These are fruit, vegetables, wholegrains, legume, nuts and seeds.

Exercise every day: regular moderate exercise helps your immune system.

Get enough sleep: it has been called "the foundation of the immune system." Avoid caffeine in the afternoon and keep devices such as laptops and screens away from you for an hour before bedtime. Instead, stretch and relax, and consider a hot shower or bath.

Finally, don't be mean to yourself. Practise some self-compassion. Give yourself some private time, forget perfectionism, and accept that 'sometimes half-good is good enough.' Be kind to yourself – because even that will help your immune system.

SMILE LINES

Common sense is not a gift. It's a punishment because you have to deal with everyone who doesn't have it.

When two egotists meet, it's an I for an I.

Save the earth. It's the only planet with chocolate.

A bus station is where a bus stops. A train station is where a train stops. On my desk I have a workstation.

Two choir members recently got married. They met by chants.

FRIZINGTON AND ITS ROCK

Until about 20,000 years ago, which is very recently in geological terms, the area where Frizington is located was covered with ice which was approximately a kilometre thick. When the ice eventually melted, it left behind lots of clay, gravel, sand and large stones. This material covers most of the base rock in the area and usually forms heavy soil, so blame the Ice Age if your gardening is hard work!

Main Street roughly separates two types of rock: limestone, with some small pockets of iron ore, to the east, which spreads towards Ennerdale, and sandstone, with some thin seams of coal, to the west, which stretches to the coast at Whitehaven. Both of these rock types are over 300 million years old.

It was the mining of iron ore that shaped Frizington. Local iron ore deposits are a very pure form called haematite or 'kidney ore' which was valuable in the late 19th century, as it was an important input for early steel-making processes. Between 1860 and about 1900 there were at least 10 mines in the area employing hundreds of miners. Frizington grew fast as a place for mineworkers and their families to live. There were several hundred miners who moved into the area, not just from Cumbrian farms but from Cornwall and Ireland. Mine owners built houses for the new workers in the long terraces that form the core of the village. In the 1851 census the total population of the parish of Arlecdon and Frizington was only 643 but by 1881 it had risen to 6,586! The work in the mines was hard and dangerous, with many deaths, but it paid much better than farm work.

There was a group of iron ore mines at the far end of Yeathouse Road: two of these were Margaret Mine, which is over 1,000 feet (300 metres) deep and located on the far side of the old railway line (now the cycle track), and Lonsdale Mine which is located directly underneath Frizington Community Primary School! Unfortunately, deposits of this rich haematite iron ore tended to be quite small and expensive to mine which meant that the mines had 'short lives' and the last iron ore mine had closed by about 1925.

Frizington had one rather small coal mine, Frizington Colliery, which was worked from 1861 until the 1890s. It was on the Whitehaven side of Main Street and its workings extended from behind the Methodist Church past Griffin Close and Mill Street, possibly to beneath St. Paul's Cemetery as well as to Bleak House (farm) and to Fomart Hill ('Tupenny Gate'). It was poor quality coal, very gassy, very wet, full of ash and difficult to mine and not very valuable to sell. Its coal seams (layers) were thin, less than 4 feet thick or so, and often broken by faults which displaced them. This made it harder to mine. The coal mines were better run than the iron ore mines but the mining was still inherently dangerous. It had a number of fatal accidents usually due to gas explosions or roof collapses.

There was one quarry, Crosslacon, which produced good quality red sandstone, (unfortunately this stone absorbs water). It was used as the main building-stone in the village, particularly in the second half of the 19th century when the village was growing rapidly. The majority of the structure of St Paul's Church - completed in 1867 - is of sandstone from the Crosslacon quarry. This quarry is on private land close to the road, that eventually becomes Birks Road, and branches off the Bowthorn road. Yeathouse Quarry, located between the recycling site and the site of Frizington (Yeathouse) railway station, produced limestone. It was particularly important around 1900 when it employed more than 30 men, but by 1920 it had closed. It had a freight rail connection to Yeathouse station which was on the main railway line. This made the movement of the heavy, bulky limestone easier. There were other much smaller limestone quarries, near Scalelands (Parkside), which provided the raw material for the lime kilns producing lime used to improve soils. Just over the parish boundary, to the north of the village, is Eskett limestone quarry which is much bigger than any of the older quarries. Although it is mothballed, it operated successfully from the 1930s until recently. There were several small gravel pits scattered across the parish, one being located just above Moor Place. These were used to supply additional material for house building in the village. The natural resources which promoted Frizington's rapid growth in the late 19th century were not above ground but in the unseen base rocks below ground level.

Mervyn Dodd

FOND MEMORIES

My life as a teacher began at Richmond school in Whitehaven then Ehenside the year after it opened, only leaving when my son, David, was expected. I returned to Ehenside and remained there until I retired. I enjoyed almost every minute of it. The kids were great, and I had very good colleagues whom I remember with affection, some of whom I am in contact with still.

I was lucky enough to teach both cookery and needlework all through my time there, something I was grateful for, as I love both. The boys had to join in both these disciplines but liked the cookery more because they had something to eat at the end of the lesson! The needlework we named 'Textiles' which we thought was less 'feminine sounding'.

Christmas was always a busy, happy time. There was a party for every year group which the cookery department catered for. The staff used to put on a variety show when the kids loved seeing us making fools of ourselves. I remember we did the 'can can' one year, and when we ended our dance, we went down to do the splits. My shoe heel got caught and shot off into the audience.

The band concerts were special, even the beginners playing to an audience for the first time. There was great support for Mr. Atkinson, the first bandmaster, and for Les Parker who ran it for many years until its demise when Ehenside closed. That was hard for me, as I loved Ehenside - a school where you knew all the pupils as individuals.

Ron Morgan and I both retired at the same time, and we had a wonderful send-off. Lots of old pupils came to wish us well, and lots brought gifts; so many that we had to use the minibus to get me home.

By this time, David had become a member of staff at Ehenside too. He arrived at school on the last day with his 2nd child, Thea, who had been born the day before. They brought a beautiful cake which he had made. Even though Ehenside has been demolished, I could go on forever about all the other great memories I have, which cannot be erased!

Nan Wilson

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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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

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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)

