

A NEWSLETTER  
FROM THE ANGLICAN  
CHURCHES OF  
LANERCOST WITH WALTON,  
GILSLAND AND  
NETHER DENTON

## Inside this Issue

<b>Northern Cross 2023</b>	<b>3</b>
<b>Reflections</b>	<b>5</b>
<b>A Shameful Truth</b>	<b>8</b>
<b>Deanery Synod</b>	
<b>Call the Chaplain</b>	<b>11</b>
<b>School Reports</b>	<b>10,15,16</b>
<b>Seven Sleepers of Ephesus</b>	<b>12</b>
<b>Away From It All</b>	<b>13</b>
<b>Lord, for the Years</b>	<b>14</b>

Dear Parishioners and Friends

At last - the sun is shining and things are warming up a bit. After the prolonged wet and cold weather of the last few weeks it is a very welcome change! All around us we see the signs of new life as plants begin to grow and flower again. Perhaps it is no coincidence that it is at this time of year that we have been celebrating the Easter Season in church, leading towards the weeks of Trinity through the summer. As we look at and enjoy all the signs of new life around us, let us rejoice in our own calling to new life.

As we move into the season of Trinity let us just pause for a moment to consider what we know about this aspect of God. First let us note that the Bible bears very few references to the Trinity itself, although there are many references to the Father, the Son and the Holy Spirit as individuals. The account of Jesus's baptism is probably the best known account demonstrating the principal of Trinity – We have Jesus, the Son, emerging from the river. The voice of the Father is heard speaking approval and encouragement. Finally there is the Holy Spirit, as a dove, present to complete the group. Can you think of any other instances where we can find a reference to all three members of the Trinity being present together!? Although the Holy Trinity is often talked about in church circles, most people have very little understanding as to what it is about.

Watch this space for more details about the individual members of the Trinity in future issues.

May your hearts and your lives be filled with joy and blessings as we move into the summer months!

Best wishes

*Revd Angela*

Vicar: Revd Angela Hughes: 0169772478 ahughes@webleicester.co.uk

## Subscriptions 2023

**If you have not already subscribed this year, please see page 19 for instructions**

# Benefice of Lanercost with Walton, Gilsland & Nether Denton

## Sunday Services in June and July 2023

### JUNE

#### Lanercost: 11am

- 4<sup>th</sup> Morning Worship  
(Trinity Sunday)
- 11<sup>th</sup> Holy Communion
- 18<sup>th</sup> Holy Communion with Baptism
- 25<sup>th</sup> Morning Worship

#### Walton: 11am

- 4<sup>th</sup> Holy Communion (CofE)  
(Trinity Sunday)
- 11<sup>th</sup> No service
- 18<sup>th</sup> Morning Worship
- 25<sup>th</sup> No service

#### Gilsland: 9.30am

- 4<sup>th</sup> No service
- 11<sup>th</sup> Morning Worship
- 18<sup>th</sup> No service
- 25<sup>th</sup> Holy Communion

#### Nether Denton: 9.30am

- 4<sup>th</sup> Morning Worship  
(Trinity Sunday)
- 11<sup>th</sup> No service
- 18<sup>th</sup> Holy Communion
- 25<sup>th</sup> No service

### JULY

#### Lanercost: 11am

- 2<sup>nd</sup> Holy Communion
- 9<sup>th</sup> Holy Communion
- 16<sup>th</sup> Holy Communion
- 23<sup>rd</sup> Morning Worship  
(Mary Magdalene)
- 30<sup>th</sup> 10am Benefice Holy Communion

#### Walton: 11am

- 2<sup>nd</sup> Holy Communion (Methodist led)
- 9<sup>th</sup> No service
- 16<sup>th</sup> Morning Worship
- 23<sup>rd</sup> No service
- 30<sup>th</sup> 10am Benefice Holy Communion  
at Lanercost

#### Gilsland: 9.30am

- 2<sup>nd</sup> No service
- 9<sup>th</sup> Morning Worship
- 16<sup>th</sup> No service
- 23<sup>rd</sup> Holy Communion  
(Mary Magdalene)
- 30<sup>th</sup> 10am Benefice Holy Communion  
at Lanercost

#### Nether Denton: 9.30am

- 2<sup>nd</sup> Holy Communion
- 9<sup>th</sup> No service
- 16<sup>th</sup> Morning Worship
- 23<sup>rd</sup> No service
- 30<sup>th</sup> 10am Benefice Holy Communion  
at Lanercost

*10am every Wednesday: a short service of Holy Communion is held at Lanercost Priory*

**All are welcome at any of the services**

**Vicar: Revd Angela Hughes (016977 2478)**

**[ahughes@webleicester.co.uk](mailto:ahughes@webleicester.co.uk)**

## Northern Cross 2023

Since I had been linked to Northern Cross for a number of years, through providing the pilgrims with their evening meal in Lanercost at the end of their first day, and having acquired a taste for long distance walking through the pilgrimage to Santiago de Compostela last year, I decided to join the Northern Cross pilgrimage from Carlisle to Lindisfarne in Holy Week this year.



I joined the group at the Methodist Church on Wigton Road in Carlisle on Saturday morning, 1st April, the morning after finishing the run of a play in the Tithe Barn. We set off, nine of us, of different ages, the large majority previously unknown to each other, to walk the 105-odd miles to the Holy Island of Lindisfarne, on the north-east coast, over the next seven days, sleeping on the floors of church and village halls, catering for ourselves or being fed by local communities.

On the flyleaf of his *Pilgrim Guide to the Camino de Santiago*, which was my guide during last year's walk, author John Brierley writes, 'From student gap year to retirement, pilgrimage is an idea whose time has come round again. In the busyness of our secular lives, dedication to a spiritual path opens a space that allows for profound personal transformation. Within the crucible that is pilgrimage a remarkable alchemical reaction takes place that burns away the dross we have collected in our lives, so that, over time, only the purest gold remains.'

So it is. On this pilgrimage, more than on the other three which I have undertaken, I was able to appreciate the truth of this statement. In the first place, the Northern Cross pilgrimage is conceived as a spiritual journey. The concrete sym-

bol of the cross is carried, giving meaning to the injunction to 'take up one's cross daily.' Coffee, lunch and tea stops along the way are accompanied by an act of reverence for this load and a brief reflection, known as a 'station.' There are acts of worship at the beginning and end of each day, culminating in an Easter vigil, beginning with a bonfire on the beach opposite St Cuthbert's Isle on Lindisfarne, processing to St Mary's Church, and a joyful service of celebration on Easter morning, when the crosses borne by the different 'legs' of the pilgrimage, decorated with spring flowers, are carried into the church, then processed through the village.



For this pilgrim, the most affecting aspect of this pilgrimage was the human interaction: the relationships of friendship and mutual respect that develop among the members of the group and the love and hospitality shown by people who welcome us along the way. We were looked after with great kindness, fed and watered. The most moving moment was one morning, during a wet trudge across muddy Northumbrian farmland, when, on reaching a farm track, we found a woman, Mo, clad in wet weather gear, waiting for us with a box of shortbread as a gift. She wanted to take us in and give us refreshment, but time did not permit. Our leader said that he'd make sure the group stopped at the farm next year. Thus are friendships made and sealed. This is the essence of pilgrimage: the bond that is formed between the pilgrim and the provider of shelter and sustenance along the way.

*David Bamford*



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**Café Scientifique Brampton**

Meetings take place *simultaneously live* at Brampton Community Centre and via Zoom **on the last Thursday of the month**. Doors open 7pm for 7.30pm start (ends approx. 9.30pm) **Cost: £4.00** (plus 0.35p booking fee) or £5 on the door. ( includes a glass of wine and nibbles)

For more information and tickets visit <https://www.bramptoncc.org.uk/regular-activities/cafesci/>

**GILSLAND SCHOOL**  
**MONTHLY COMMUNITY LUNCHEES**  
**12.10pm in the school hall**  
**Wednesdays July 11th**

Cost: £6 per person, open to any members of the community and family members. Please contact the school to let us know if you'd like a place.  
016977 47302 admin@gilsland.cumbria.sch.uk



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## Further Reflections

Nothing stands still, with Annual Parish Meetings happening – signing off a year in the life of the Church. Since I last wrote, the Selection Panel for the Dean of Carlisle met to interview the four candidates and we were able to unanimously put forward a name to 10 Downing Street and the Palace – by the time that you read this the announcement may already have been made. The Vacancy in See Committee has completed its work following the announcement of the retirement of Bishop James. It has produced a Statement of Need describing the Diocese and what we want to see in our new Bishop, and it has elected six of its members to sit on the Crown Nominations Committee or CNC. It is the CNC that is responsible for the process of selecting and interviewing candidates, and sending the name of the successful candidate forward. It consists of the two Archbishops, six permanent members elected from and by General Synod, and the six members elected to represent the views of the Diocese. I think that the process to date has brought it home to all of us on the Vacancy in See Committee what a great diocese it is to be part of. At the Priory we are looking forward to welcoming Bishop James to celebrate Pentecost with members of the Benefice in what will be his last visit to us before his retirement.

In the Deanery we continue to look at how we and our fellow Methodists will organise ourselves in the future, the Steering Group will be meeting in the next few days and will be reporting on progress at the next open meeting of Deanery Synod. Diocesan Synod is also meeting shortly – we will be hosted by the Rose Castle Foundation and will be able to tour our former Bishops' residence. It will also be the last meeting of the Synod to be attended by Bishop James, so there will be some farewells.

In July, General Synod will be meeting in York for a group of sessions spread over five days. In the run up to that, there can be quite a lot of work – not least in having to read and absorb scores of documents setting out the business that will be conducted. For the last year I have been part of a General Synod Reference Group tasked with reviewing recommendations for a new Mission

and Pastoral Measure (the legislation that is responsible for the processes associated with overseeing changes to our parishes, benefices, deaneries and archdeaconries, and with how we handle the 'closing' of churches and their future use). Those recommendations have now been accepted by the Church Commissioners and by the House of Bishops, they will now come to General Synod as the final step before drafting the legislation. As I write this, I am about to attend (by Zoom) a meeting of the Rule Committee, the body responsible for most of the Church's secondary legislation. You will almost certainly have picked up on the battles in consistory courts over the removal of monuments to people with connections to slavery. We are updating the Faculty Jurisdiction Rules to cover the issue of what is now known as 'contested heritage'.

The last few weeks seem to have been particularly busy, but it doesn't do to get bored.

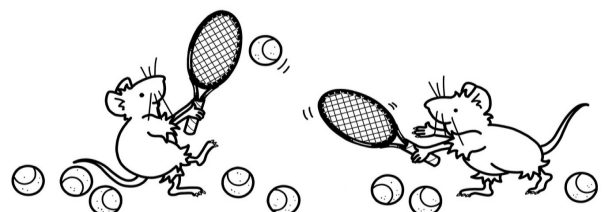
*Chris Angus, Churchwarden, Deanery Lay Chair & Diocesan Lay Chair*

## Lees Hill WI

We held our AGM in April, with members bringing supper and holding a discussion about the future for our WI, – followed by a good chat!. We are willow weaving with Jackie Carnell in May. Our June meeting, on the 21 st , will be a visit to see the garden at the Tithe Barn, Laversdale and have afternoon tea. The details for the July meeting have yet to be confirmed.

We normally meet on the third Wednesday of the month at Walton and Lees Hill School at 7.30pm. Visitors are always welcome at our meetings and new members are also very welcome.

Please contact Rose Riches, 016977 41201; [roseanddick04@talktalk.net](mailto:roseanddick04@talktalk.net) for more information.



Groups for young people  
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## After School Drop-in

Art & crafts  
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Thursdays 3.20- 5.00pm  
Green Door Centre  
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**Friday Nights**  
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For secondary school  
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*Each time there is some spiritual food for thought*

For more info contact: Ruth Hutchinson, Green Door Centre,  
Main street, Brampton, CA8 1RS. Office: 01697 742123

## Need a Cleaner?

Cleaner, living in Low Row,  
has hours available on a  
Friday.

Please contact Diane on  
07597948635 for more  
information

# Summer Craft Fair

## Lanercost Dacre Hall

Saturday 22<sup>nd</sup> – Monday 31<sup>st</sup> July 2023  
10am – 5pm

**Adult Admission £1**  
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*We look forward to seeing you there!*

## Interested in Local History?

The newly renovated waiting  
room at Haltwhistle Station is  
host to an poster exhibition of  
local history. Each village in the  
Haltwhistle area has provided a  
fascinating, illustrated poster  
of one unique aspect of their  
history.

From the Spa hotel in Gililand  
to Featherstone POW camp  
you are sure to find something  
to surprise and delight you.  
Drop in if you're passing  
or come on purpose!

## Support National Week of the Ocean 4<sup>th</sup> – 10<sup>th</sup> June

The National Week of the Ocean is held each year during the second week of June. It aims to spotlight the threats faced by marine habitats and species, and also to offer some solutions on how to solve them.

The health of the oceans is critical to the health of our planet. The ocean makes up about 70% of the world's surface, and supplies about 50% of oxygen in the world. It acts as a vital source of carbon and even regulates the weather. It is the main source of protein for more than a billion people around the world, and as such, is essential to the economy of many nations, with an estimated 40 million people likely to be employed by ocean-based industries by 2030.

More information at:

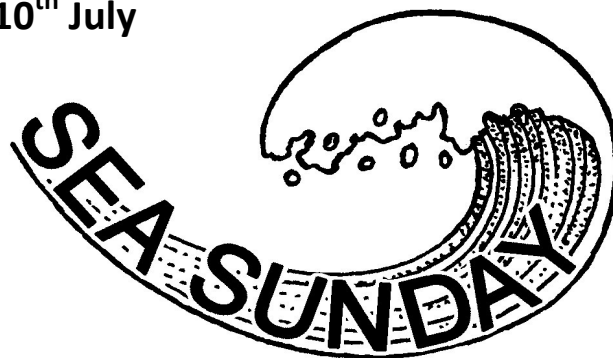
<https://worldoceanday.org>

### The Bible in 50 words

God made  
Adam bit  
Noah arked  
Abraham split  
Joseph ruled  
Jacob fooled  
Bush talked  
Moses balked  
Pharaoh plagued  
People walked  
Sea divided  
Tablets guided  
Promise landed  
Saul freaked  
David peaked  
Prophets warned  
Jesus born  
God walked  
Love talked  
Anger crucified  
Hope died  
Love rose  
Spirit flamed  
Word spread  
God remained.

- anon

10<sup>th</sup> July



Look around your home. How much of the contents in your cupboards, wardrobe, rooms, and even garage came to you over the seas, via the great merchant ships? What would your home be like without them?

Yet when did you last give a thought to the people who bring them to you?

It is a curious fact that seafarers are one of the most important, and yet invisible, people groups in our society. We all of us depend on them to fill our homes and businesses with an endless variety of goods, and yet we never see them, never speak to them, and rarely even remember their existence.

It suddenly makes Sea Sunday seem good sense: an annual opportunity to give thanks for the seafarers of the world, and to pray for their personal well-being. For going to sea is a lonely occupation. It separates families for months on end. It can sometimes be dangerous, and it is always physically demanding work.

So this month, on Sea Sunday, let's pause and give thanks to God for the seafarers of the world. Let's remember how their work so enriches our lives. Let's pray for them, for their families, and let's support the organisations that offer them care and support through their chaplaincy work.

In doing so, we will join with thousands of other Christians, from London to Lagos, Manila to Melbourne and Durban to Dunkerque, who each year remember the seafarers who make our prosperity possible.

*There are several Christian organisations who work with seafarers, and who need your support in their chaplaincy work. They include: Mission to Seafarers, <https://www.missiontoseafarers.org/> and Apostleship of the Sea, <http://www.apostleshipofthesea.org.uk/> and Sailors' Society, <https://www.sailors-society.org/>*

## Treading Lightly — A shameful truth

*Lauren Harrison of Willowford Farm in Gilsland has uncovered a disturbing fact about the River Irthing.... (First published in Gilsland Village Magazine)*

After watching Paul Whitehouse's BBC programme, *Our Troubled Rivers*, about the state of our rivers since utilities were privatised, we wanted to know how this related to us in Gilsland. We were shocked to discover that the Gilsland waste water treatment works storm overflow spilled 109 times in 2021, discharging untreated sewage into the Irthing for a total of 651 hours. This is the equivalent of discharging continuously for almost the whole of February or nearly 2 hours every single day, and puts it in **the worst category across the UK.**

The purpose of storm overflows is that during extreme downpours, sewage works can discharge into rivers to prevent flooding from overwhelmed sewers backing up. Clearly the Gilsland storm overflow is being regularly used outside extreme weather events. This suggests a chronic lack of infrastructure spending which has left the sewage works unable to keep up with long term changes to our village.

We asked United Utilities, who are responsible for the Gilsland waste water treatment works, what plans they have to upgrade the sewage works to prevent this discharge in the future. Kevin Sayer told us that, unfortunately, there is nothing concrete at present, although Gilsland is one of the sites included in their spending plan for 2025 to 2030. If this is approved by Defra, United Utilities will then produce detailed proposals for future works.

United Utilities supplied over 200,000 households and brought in a revenue of £1.86 billion in the year ending March 2022, with a reported profit of £610 million. Their CEO, Steve Mogford, was paid nearly £3.2 million in the same year and the company paid over £4.2 million in bonuses. Company business plans, including executive pay and bonuses, are regulated by Ofwat. Some of these bonuses are supposed to be for rewarding good environmental performance, which seems at odds with the shocking stories related in *Our Troubled Rivers*, and indeed the performance of the treatment works in Gilsland.

Both of our local Conservative MPs, Guy Opperman and Neil Hudson, voted in January to allow water companies to continue dumping sewage into our rivers and seas for another 15 years.

Elizabeth Radford, CEO of the Eden Rivers Trust says:

"Waste water effluent is the second largest pollution source for the River Eden after agricultural run off, and there are serious deficiencies in the water cleaning process across the whole of Eden's river catchment. Considering this is a site of special scientific interest and one of international conservation significance this really is not good enough.

The nutrients and sediment in the sewage cause several problems. Too many nutrients in water cause blooms of algae and fungus, when bacteria decompose this algae they take oxygen from the water causing insects, crayfish and fish to die, this will have a knock on effect on the food chain. The fine sediment and fungus smothers the river bed blocking light and changing important gravel and stony habitat. Sewage waste also contains harmful bacteria and viruses. Together this persistent cocktail of pollutants and contaminants slowly overwhelms and destroys the river."

What can we do to try to improve the situation? We might as individuals, consider writing to our MPs, Ofwat, the Environment Agency and United Utilities itself.

Useful contacts / resources:

The Rivers Trust <https://theriverstrust.org/together-for-rivers>

Guy Opperman MP <https://members.parliament.uk/member/4142/contact>

Neil Hudson MP <https://members.parliament.uk/member/4853/contact>

Ofwat <https://www.ofwat.gov.uk/contact-us/>

Environment Agency <https://www.gov.uk/government/organisations/environment-agency>

United Utilities <https://www.unitedutilities.com/help-and-support/contact-us/>

*Our Troubled Rivers*

<https://www.bbc.co.uk/iplayer/episode/m001jw6p/paul-whitehouse-our-troubled-rivers-series-1-episode-1>

*Lauren Harrison*



## The Deanery Synod

The Deanery Synod, composed of its officers: Chair, Lay Chair, secretary, treasurer and network youth co-ordinator, the Deanery clergy and a lay representative from every PCC, in theory, is a sort of buffer body between the churches in the deanery and the diocese, representing both to the other. Its role may be summarised as being to keep the church vibrant and in tune. It is a useful forum for lay involvement in deanery and diocesan matters. It has a framework of quarterly meetings and others when the need arises.

The Deanery Synod met on 28th June, 20th October and 16th March. The last of these was an open meeting, with an invitation extended to any/all in the Deanery. The Rt Revd Rob Saner-Haigh, Bishop of Penrith, was invited to attend in order to address this meeting. There was, in addition, another open meeting, held on 31st January in the Methodist Church Hall in Brampton, at which the Venerable Richard Pratt, Archdeacon, addressed us on the subject of Mission Communities. There is to be a follow-up meeting to this on Thursday 20th April. This will be held in St Paul's Church, Holme Eden at 7:30 p.m.

Chris Angus, Lay Chair of the Deanery Synod, has encouraged us to think about what we want from the body and what should be its role as a conductor between parish and diocese. This is closely linked to the God For All initiative in the diocese and the continuing drive towards Mission Communities, which has been hampered, as has much else in the country, by the pandemic. It will, possibly, be further complicated in the Deanery by the fact that the leaders of two of the three Mission Communities in the Deanery are to retire in the course of the year. Both the Bishop of Penrith and the Archdeacon have made it clear that the diocese is committed to the drive towards Mission Communities. It is therefore incumbent upon church members, at every level, to do what we can to help to turn the dream into reality.

The next meeting of the Deanery Synod is scheduled for Thursday 29th June, venue to be decided. It is intended that this should be a social event. We shall be joined by the Revd Nicky Smith, Diocesan Director of Ministry Education.

*David Bamford*

## The beginning of Islam

Some 1400 years ago, on 16<sup>th</sup> July 622, the Islamic calendar began, when Muhammad and his followers migrated from Mecca to Medina to escape religious persecution (an event known as the Hejira) and established the first Muslim community.

The new religion spread quickly: Muhammad's men attacked trading caravans and in 630 an army of 10,000 forced Mecca itself to surrender. Though Islam, like Christianity, also looks back to Abraham, its military method of expansion was in marked contrast to the initial spread of Christianity.

Years in the Islamic (Hijri) calendar are designated either H or AH, which stands for the Latin term Anno Hegirae. It is a lunar calendar tied to the phases of the moon and based on astronomical observation, usually by an authorised person: the new month can only begin after a waxing crescent moon is observed shortly after sunset. For this reason, a month can begin on different days in different countries.

This lunar calendar should not be confused with the solar Hijri calendar used in Iran and Afghanistan. Turkish Muslims use an Islamic calendar which is calculated several years in advance by the Turkish Presidency of Religious Affairs.

The current Islamic year, 1443 AH, ends this July. Islamic years are not in sync with the Gregorian calendar because they fall about 11 days short of the solar year. The Hijri calendar cannot therefore be used for seasonal activities like agriculture, and most Muslim countries use the Gregorian calendar for non-religious purposes.

The Hijri calendar was established in 638 by Caliph Umar in Basrah, who complained because documents he received contained no date, which made it hard for him to know which were most recent. He decided the Muslim calendar should start when Muhammad arrived in Medina.

*Tim Lenton*

## Phases of the Moon





The trees are beginning to bloom with beautiful blossom and all the flowers in our school grounds are growing every day, just like the minds of all our pupils here are Walton and Lees Hill. The term ahead once again is filled with so many exciting opportunities for all of us here at school.

Back in March, on the last day of term before the Easter Holidays, we celebrated by hosting an afternoon of Easter themed crafts where we welcomed parents and carers into the school for coffee, cake and Celebration Worship. We also had our Scholastic book fair in school for the last week of term. It was lovely to have so many exciting books in school and we would like to thank everyone who came along to support these events.

If we cast our minds back to Easter Sunday itself, we celebrated together at the Church in Walton, with pupils reading and singing together. Mrs Stobbart played the accordion and as always, we were all in awe of her fantastic abilities. This was a lovely service, and it was wonderful to see so many members of our school family, and the wider community, gathered together.

At the end of April, we hosted an exciting PTFA Family Quiz Night Fund-raiser. This was a well-attended evening, and a great night was had all round. We would like to say thank you to everyone who came along to support our school and to all those who worked hard behind the scenes to make the night happen!



This term we have started a *Grow Your Own Grub* club after school, where pupils have been planting vegetables as well as cooking and baking some fantastic food! This club is a great way to for pupils to learn about growing their own food and developing their cookery skills.



Pupils have also been making the most of the warmer weather by getting out and about in the local area. We recently went on a walk exploring the local area, looking for features on maps and talking about the plants, trees and wildlife we could see. This was a lovely afternoon out and it was fantastic to explore the countryside that we're lucky to have surrounding school.

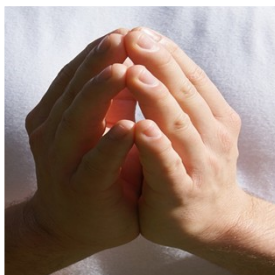


On Friday 5<sup>th</sup> May, we celebrated our Kings Coronation with an action-packed day. Pupils came dressed in red, white and blue clothes and in the morning, we planted an apple tree to mark to occasion. In the afternoon we had a Coronation party with lots of delicious party food. Thank you to everyone who brought in tasty treats for the party tea and to the PTFA for helping serve food and drinks. Parents and carers also came along to join in the celebrations with us and it was lovely to see so many in attendance.

There are already lots of events on the calendar for the rest of the Summer Term, including a trip to Beamish, a KS2 Residential, Sports Day and our Leavers Assembly. We are looking forward to continuing to learn, grow and experience lots of new things together as a school family over the forthcoming term!



## Call the Chaplain



You've heard of "Call the midwife!" but "Call the chaplain!" may be more relevant at times to those who serve as chaplains in many areas in Cumbria, such as hospitals, HM services, cadet services, agriculture, the emergency services, prisons & probation services, the universities and nuclear establishments, but there are issues relevant to all areas and I will focus on some aspects of my work as a hospital chaplain

### Hospital Chaplain

In the last 12 years, after over 40 years working in NHS hospitals or voluntary hospices in various parts of the country, I have had the privilege of contributing to the spiritual care provision for patients, their relatives & friends as well as to staff as a chaplain, both at the Cumberland Infirmary, Carlisle until the covid pandemic and in the Community Hospital in Brampton where I continue to visit weekly.

In healthcare settings with pressures on budgets, the importance of providing **spiritual care** to patients, relatives, friends and indeed staff has not always been a priority and it took a Covid pandemic for some health authorities to recognise the important work of chaplains, especially to support their staff under such stress and where they were not always recognised before.

Basic spiritual care needs are

- Being listened to
- Being respected, affirmed & valued
- Being given emotional support
- Being understood
- Being allowed to simply 'be' without judgment
- Being given access to religious support where required

Chaplains may be paid or work on a voluntary basis, but training is essential and whether ordained or not, good recruitment is important as not everyone can cope with patients suffering serious illness, pain and approaching death, and including supporting relatives and friends where appropriate .

I think the most important thing is to **listen** – go to see a patient, introduce yourself, explain what a chaplain is & it's not just for those who go to church etc. – a senior, experienced chaplain who trained me said that someone arriving wearing a

clerical collar can sometimes mean the patient pretending to be asleep as they 'were not religious'!

I don't have that issue being a lay minister but after introducing myself, I get a chair, sit down and slow down – and try to put the patient 'in charge'. I have met some lovely people who can talk about what matters to them – "and the nurses are so busy" and they are. I try to quickly recognise either to include a visitor in the conversation if any are there, or to suggest I come back when the visitor has gone - or indeed the visitor sometimes would like a separate chat to off-load their worries. A chat with a member of the nursing team may also be appreciated by them during my visit.

Where a patient tells me about their Church, I am always pleased to offer to bring Holy Communion which I am authorised to give - or to arrange for a priest to visit in the case of a RC patient - and it is so good where a patient may say they can't get to Church now, but miss this so much and it is rewarding to offer this.

Prayer with all patients before I leave is offered and 'tailored' to follow on from our conversation and I usually leave them this printed verse, " The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged"

Deuteronomy 31:8

*Sheila Goodliffe, Lay Minister*



## Columba of Iona, missionary to the UK

Columba (c. 521 -97) was born in Donegal of the royal Ui Neill clan, and he trained as a monk. He founded the monasteries of Derry (546), Durrow (c.556) and probably Kells. But in 565 Columba left Ireland with twelve companions for Iona, – a tiny island off Mull, in the Western Highlands. Iona had been given to him for a monastery by the ruler of the Irish Dalriada.

Why would a monk in his mid-40s go into such voluntary exile? Various explanations include: voluntary exile for Christ, an attempt to help overseas compatriots in their struggle for survival, or even as some sort of punishment for his part in a row over a psalter in Ireland. Whatever the reason, Columba went to Iona and spent the rest of his life in Scotland, returning to Ireland only for occasional visits.

Columba's biographer, Adomnan, portrays him as a tall, striking figure of powerful build and impressive presence, who combined the skills of scholar, poet and ruler with a fearless commitment to God's cause. Able, ardent, and sometimes harsh, Columba seems to have mellowed with age.

As well as building his monastery on Iona, Columba also converted Brude, king of the Picts. Columba had great skill as a scribe, and an example of this can be seen in the Cathach of Columba, a late 6th century psalter in the Irish Academy, which is the oldest surviving example of Irish majuscule writing. In his later years Columba spent much time transcribing books.

Columba's death was apparently foreseen by his community, and even, it seems, sensed by his favourite horse. He died in the church just before Matins, and it is a tribute to this man that his traditions were upheld by his followers for about a century, not least in the Synod of Whitby and in Irish monasteries on the continent of Europe.

*Here is a prayer of St Columba:*

Christ With Us  
My dearest Lord,  
Be Thou a bright flame before me,  
Be Thou a guiding star above me,  
Be Thou a smooth path beneath me,  
Be Thou a kindly shepherd behind me,  
Today and evermore.

## The Seven Sleepers of Ephesus – proving a nap is good for you!

Do you tend to avoid conflict? When you feel stressed, do you crave sleep? Then the Seven Sleepers of Ephesus would be good patron saints for you. But - you may find it hard to copy their successful method of avoiding trouble!

Legend has it that The Seven Sleepers were third century Christians who lived in Ephesus during the persecutions of the Roman Emperor Decius. When things got very bad, the Seven Sleepers decided to 'go to ground'. Literally. They found a cave on the outskirts of the city and walled themselves in. The story goes that then God simply put them to sleep.

200 years later they woke up and peeped out of the cave again. Things had changed: Ephesus had converted to Christianity. Unfortunately, the Seven Sleepers did not get much time to enjoy the new freedoms, because within a short time they all died – of extreme old age.

The story was popularised in the 6<sup>th</sup> century by Gregory of Tours and Jacob of Sarugh, who venerated the Seven Sleepers as saints. But it was challenged by Baronius and many scholars since. It is sometimes called a Christianised pagan or Jewish legend akin to Rip Van Winkle.

A possible moral for anyone today is that when you find yourself in a storm of conflict, you don't have to fight all the battles yourself. You can indeed seek refuge in God. He may not put you to sleep for 200 years, but He will be a safe hiding place for your soul.



## Away From It All (AFIA)

For over 50 years Mothers' Union members across Britain and Ireland have been providing Away From It All (AFIA) breaks for families and individuals who are experiencing challenges times. The AFIA scheme offers beneficiaries the space to make positive memories, gives quality time for families to relax together in a different environment, the chance to build relationships and to hopefully strengthen family bonds.

AFIA breaks take many forms because the needs of people are different. We aim to fund or part fund the most suitable break or appropriate means of support for a family or an individual. Options include:

- A few days at an AFIA caravan - here in Cumbria our caravan is at St Bees.
- Family weekends away.
- Day trips to the coast.
- Transport costs for coach trips.

### Who is eligible for AFIA breaks?

The scheme is open to any extremely disadvantaged family or individual who has met with real adversity. This may be for one of a variety of reasons, such as severe debt through no fault of their own, lack of appropriate housing, victims of domestic violence, carers needing respite or someone experiencing loneliness. Applications can be submitted by families or individuals, supported by a professional referring agent, such as a member of the clergy, doctor, head teacher or social worker or charity support worker. Applicants do not have to be a member of a church.

### How do we fund our AFIA breaks?

All the money raised is by our dedicated Mothers' Union members having coffee mornings, Bring and Buy sales, and sponsored events and through subscriptions and donations. For example, in one month during Covid, our then Carlisle Diocesan Mothers' Union president, Janice Eadington, completed a 480 mile sponsored pilgrimage walk around Cumbria for AFIA. She visited each church where there is a Mothers' Union branch in the Diocese.

**To find out more**, please visit our website at: [AFIA@carlisediocesemothersunion.org.uk](mailto:AFIA@carlisediocesemothersunion.org.uk)

Perhaps you know of a family or individual who could well benefit from our AFIA scheme. If so, contact [elainenightingale@btinternet.com](mailto:elainenightingale@btinternet.com). Each application for an AFIA break is treated with the utmost confidentiality.

Elaine Nightingale.

Carlisle Diocese Mothers' Union AFIA coordinator.

**FIND OUT MORE NOW**

**FROM THE SECRET AGENT'S ACADEMY HOLIDAY CLUB**

**Secret Agents are wanted!**

If you are primary school age and want some games, challenges, craft, fun, snacks, and a mystery to solve - we'd love to see you at the Secret Agent's Holiday Club!

**Who?** Reception -Year 6

**Where?** Brampton Methodist Church (near the Co-op)

**When?** Monday 24th July-Thursdays 27th July 2023.  
10:00am-12:00pm

**FREE event!**

*Led by the combined churches of Brampton & supported by Churches Together in Brampton*

**faith4kids**

## The story behind the HYMN: Lord, for the years

*Lord, for the years your love has kept and guided,  
urged and inspired us, cheered us on our way,  
sought us and saved us, pardoned and provided:  
Lord for the years, we bring our thanks today.*

*Lord, for that word, the word of life which fires  
us,  
speaks to our hearts and sets our souls ablaze,  
teaches and trains, rebukes us and inspires us:  
Lord of the word, receive your people's praise.*

*By Timothy Dudley Smith*

This well-loved hymn was written in 1967 by the Revd Timothy Dudley Smith, who later

became Bishop of Thetford. He later confessed: "I wrote it on a train when I was very pressed for time. I'm thankful if something I write gets picked up, but I suspect anyone who does something in a rush later regrets that they didn't find time to apply the sandpaper a bit more!"

Dudley Smith had been asked to write a hymn for the centenary service of the Children's Special Service Mission, now Scripture Union, in St Paul's Cathedral. His commission was to write words that could be fitted to Jean Sibelius's *Finlandia*, as it was to be accompanied by an orchestra with this tune in their repertoire. And so – 'Lord for the years' was written.

Dudley Smith need not have worried about lack of time – his lyrics were a 'hit' in the cathedral on the day, and went on to become so well-loved that George Carey chose the hymn to be sung at his consecration as Bishop of Bath and Wells, and then again later, in 1991, at his consecration as Archbishop in Canterbury Cathedral.

The hymn continued to be widely sung and loved, until in 2002 Timothy Dudley Smith was asked to write an extra verse for it so that it could even be sung around the time of the Queen's Golden Jubilee.

Many of the words in the hymn were true for the Queen herself. She did indeed thank God 'for the years your love has kept and guided, urged and inspired us, cheered us on our way'...

The 'extra' verse, added for the Queen, can now become our prayer and hope for King Charles.

*Lord for our hopes, the dreams of all our living,  
Christ and his kingdom one united aim,  
Rulers and peoples bound in high thanksgiving,  
Lord of our hopes, our trust is in your Name.*

## One Man's Walk



If you've read David Bamford's account of his conquering of the Camino de Santiago which appeared in this magazine then you will now just what an achievement it was and how erudite and amusing David can be.

David did the walk over two periods of time starting in May 2022 and then another 3 weeks in September 2022. His son accompanied him for the final 4 days.

You can come and hear David recount his adventures in person, see his photographs and ask your questions on Friday 16<sup>th</sup> June 2023, starting at 7pm in Brampton Community Centre.

Tickets are £6 (which includes a drink and nibbles) - everyone is welcome.

Please purchase tickets either by contacting Brampton Community Centre (016977) 45023 or contact Amanda Nixon on 07968 983664.

**Any funds raised will be given to a local charity.**

## Lanercost CofE Primary

One of the most joyous events has been the Kings coronation celebrations. The class 4 children helped to decorate the car park with flags and bunting for the event where we invited the whole community to come and enjoy cakes, milkshakes & ice-creams, face paints, glitter tattoos and a general lovely time. It was a wonderfully calm and relaxed atmosphere where we had many of the wider community come to join us-even the mayor! A huge thank you to everyone who came in support, especially the Dacre Hall committee who donated some amazing cakes! Within school, art and design has had a great presence throughout the year which has been ever growing.



On top of our skills and knowledge-based curriculum where the children can focus on practising and understanding art and design techniques, they have half termly enrichment sessions with Abby. She brings in her specialist knowledge to enhance the unit of learning through a variety of different guises. These have ranged this half term



from sketching and painting using photo-realism to felting abstract maps to creating Paddington using a multitude of techniques including forks! Further to the fantastic offer within school, we have

provided opportunities for the children to embrace other genres of art.

A highlight has been the visit from Liz Million the illustrator/author.

Liz brightened each class with a different workshop based on how she creates and draws her characters. The children loved creating their own. Art and design is really blossoming all over school!



During the rest of the summer term, we have many different and ranging opportunities for the children. They

are looking forward to their Roman adventures exploring the local area to deepen their historical understanding, as well as carrying on their cricketing and athletics practise and enjoying their whole curriculum in school. How exciting!

*Mrs Wilkinson*

Headteacher, DSL, Maths, Science and DT Lead  
NCETM Maths Mastery Specialist

**Want to find out more about local events?**

**Request a  
BRAMPTON ARTS UMBRELLA  
email newsletter  
from Tim Coomb  
timothycoombe@damhead.me**



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for more information or to book

## Brampton and Fellside Repair Cafe

woodwork, sewing, jewellery and electrical repairs on the last Saturday of each month  
1pm –4pm at the Community Centre.

## Could you help with this magazine?

We need someone to manage the advertising revenue. The task involves communicating with advertisers, generating invoices and co-ordinating with the editor and treasurer. If you feel you could do this job please email Alison on [lanercosted@gmail.com](mailto:lanercosted@gmail.com)

## ‘Yes, I’m an atheist churchgoer’

An English vicar had a regular church attender who came to church on average twice a month, and who volunteered to keep the church hall tidy. He also frequently helped out by doing practical repairs or improvements. But – he didn’t believe in God, in Jesus or the Bible!

In another church, while the PCC was discussing worship, the lady church treasurer suddenly said, “Yes, that’s all very well, but what about those of us who don’t believe?”!

An American university survey undertaken in 2022 by the Public Research Institute found that 29% of people who said they were atheists “sometimes” went to church. Another survey by *Christian Today* found that 1% of atheists went to church regularly, even weekly!

The obvious question to these findings is “Why does someone who clearly doesn’t believe in God go to a church set aside for the worship of God?”

An article published in *Backyard Church* on 3<sup>rd</sup> April 2023 suggested three reasons:

- 1) Some go to keep their spouse happy, usually the wife dragging the husband along.
- 2) Some go for the sake of their children, to increase family bonding.
- 3) Some go because they want to feel part of a community, and church communities are usually very friendly, welcoming and open.

In the 2021 Census, while 37% of English people said they had No Religion (which is not the same as being an atheist), just 14,000 (0.02% of the population) wrote in the word ‘Atheist’ in answer to ‘other religion’.

Sadly, no survey in Britain seems to have ever asked atheists if they go to church!

In a 2011 study, 12% of the UK population said they were spiritual AND religious, and 34% said they were spiritual but NOT religious. Clearly this is a debatable topic!

*Peter Brierley*



## What makes June so special

June is the month of light – the month of the summer solstice, when millions of people in northernmost Europe stay out late to enjoy the sight of the midnight sun. To have light and glory where there is usually darkness is something we celebrate, we welcome.

In John: 9 Jesus said: “I am the light of the world.” He wasn’t comparing Himself to the summer solstice, but preaching at a Jewish occasion which celebrated light every bit as much. It was the Feast of Tabernacles (John 7:14), which was a celebration not only of God’s provision of water, but also of the light of God’s presence with the Israelites in the wilderness.

During the Feast of Tabernacles there was a joyful celebration. The priests would light four huge lamps in the Court of Women. The flames would reach as high as the temple walls and would provide a light that could be seen all throughout Jerusalem. Men of deep piety would dance throughout the night for the entire week of celebrating. A choir, accompanied by an orchestra, would sing psalms like Psalm 27, which declare “The Lord is my light and my salvation.”

At the height of this grand celebration, the Lord Jesus had the temerity to stand and say that HE was the light that was foreshadowed by the light for the Israelites in the wilderness.

The Jewish leaders were furious, and tried to stone Him to death. Jesus did not fight back, He simply illustrated His claim to be the Light of the World by immediately giving sight to a man born blind. (John 9).

In the 20 centuries since then, the Word of God, when it is proclaimed, has drawn people out of the darkness and into the light of Jesus. The Word is, as the psalmist said, “a lamp to my feet and a light for my path” (Psalm 119:105). David said, “In your light we see light” (Psalm 36:9b). Today, by the light of the Word of God, we can see Jesus as He is: truly the Light of the World.

*The Revd Dr Roger Roberts, pastor of  
International Baptist Church Brussels*

## The Lectern

Why not have a good look at the lectern in your church, to see what it was made from and if it has a particular design.

There seem to be two distinct styles for lecterns, either a ‘simple’ plain book holder or one in the shape of a bird. Both styles are usually made from either wood or gilt metal (brass).

The bird is an eagle - often holding the world in its talons. The intention being that the eagle is known as the most powerful bird, which can fly the highest and longest without pausing and so can take the Word of God - the Bible that it holds - to all the places in the world.

There are 44 mentions of eagles in the Bible, but just two to include here:

In Exodus after the Israelites have left Egypt and crossed the Red Sea they camp in the wilderness, where they are not surprisingly worried about what will happen next. Shall we say ‘there’s a bit of grumbling and groaning’ going on?

So God calls to Moses with words to encourage them, *‘The Lord called to him from the mountain, saying, ‘Thus you shall say to the house of Jacob, and tell the Israelites: You have seen what I did to the Egyptians, and how I bore you on eagles’ wings and brought you to myself.’* (Ex 19: 3- 5)

And the second is one to uplift us all when we are in need of support:

Isaiah in chapter 40 is trying to describe how awesome and powerful God is and concludes that even our youth will grow weary in comparison. However, *‘those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.’* (Is 40: 30 – 31)

So perhaps as we hear the words of the Bible passage read to us from that symbolic figure we are reminded to both trust in the Lord and to gain inner strength.

*This month*

As you hear the Bible passages read from the lectern during this coming month, listen not just to the words themselves but reflect on their intention to encourage you.

*The Revd Dr Jo White*

## Update from Gilsland C E Primary School

The staff and children at Gilsland have been pleased to see some sunshine so far this summer term-long may it continue! Thank you to all who sponsored the children in the Sponsored Read- we managed to raise £330. This will go towards adding new books to our libraries across Early Years, KS1 and KS2. Across the summer term, the children go swimming; they have had a great start, with some children already doing lengths in the deep end! We have also been visiting Talkin Tarn every Wednesday morning, learning new skills like canoeing, firelighting, archery, orienteering and much more! Head over to our Facebook page to see some great photos, including when we were canoeing in the rain! Carlisle United are visiting us every week for summer term; they are helping us learn about teamwork, resilience and good communication.



School had great fun celebrating the Coronation; we learnt all about King Charles, made crowns, had a picnic (though inside due to Cumbrian weather!) and had a parade. After school, the PTA hosted a fantastic Coronation Fete, raising money for the residential trip.

Year 2 and year 6 made us so proud with how hard they worked during SATS. Now that they are over, we are looking forward to things like a tag rugby festival at Tynedale, a KS1 sports morning at William Howard and a residential at Robinwood!

The date for the next community lunch is **Wednesday 7<sup>th</sup> June at 12.10pm**. This will be £6 per person, open to any members of the community and family members. Please contact the school to let us know if you'd like a place.  
016977 47302 admin@gilsland.cumbria.sch.uk



### COLLECTING USED POSTAGE STAMPS FOR CHARITY

A box for collecting used postage stamps is now back on the shelves by the hymn books in the Priory Church (or leave them on the gift stall table).

It helps if you can separate them into British and foreign stamps. (Those from the Channel Islands and the Isle of Man count as foreign!) Also, it is recommended that you leave about a centimetre (or half an inch) of envelope or packaging around each stamp.

Thank you for your help.

## Regular Events

### Walton

WI 7.30 Walton Village Hall 1st Wednesdays of the month

Book Club every second Thursday of the month 7pm at the The Old Vicarage Brewery  
More information from Emma Brocklebank 01697 745 409

### Gilsland

( all activities in Gilsland Village Hall unless stated otherwise)

#### **Mondays**

Community Coffee Break 10.30 -12pm  
Gilsland Youth Club 6 - 8.30pm 47371

#### **Tuesdays**

G&G Knitting Group House of Meg 1pm -3pm 47361

Post office in Village Hall 1pm - 4pm

#### **Wednesdays**

Community Lunch at Gilsland School 12.30  
Monthly May 3rd, June 7th and July 11th  
Craft Group 1pm-4pm 47607

Yoga (Chair) 10.30, Adult Ballet, 6.15pm Hatha  
Flow Yoga 7.30pm

#### **Thursdays**

Post office in Village Hall 9.30 -12.30  
Coffee Break Methodist Chapel 10.30 -12 noon  
Vinyasa Flow Yoga 6pm -7pm

**Fridays** Post Office in Village Hall 9.30 -12.30

Enquiries about yoga classes 016977 47828

Email: [info@greencroftonthewall.com](mailto:info@greencroftonthewall.com)

Community Lunch bookings 016977 47302

Hall Booking Janet Gordon 4743

Hall phone 47968

Please send details of regular events to the editor if you would like them to be included in the next edition.

### Priory Gift Stall

We are looking for volunteers to welcome visitors to the Priory.

This is a very enjoyable and interesting activity.

The season runs from Easter Monday until the end of September, but we don't expect people to commit to being present every week.

If you could spare an hour or two, or would like to know more, please get in touch.

Linda Warnes

email: [slwarnes@gmx.co.uk](mailto:slwarnes@gmx.co.uk)

## Magazine Subscriptions for 2023

If you purchased this copy of the magazine from the priory and would like to take out a **subscription** for the rest of the year, please subscribe as detailed below.

**Electronically: this is a two stage process!**

1. **Transfer £5 by BACS to Sort Code: 40-13-19 Account Number: 41023322 reference: Mag. and your name**
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**Please state whether you want a paper version or digital (PDF) version. Both are available. Make sure to include an address for delivery/collection or email address as appropriate**

### DONATIONS OF BOOKS

Donations of books, particularly paperback novels, clean and in good order, are always welcome. Please leave them at the gift stall table in the Priory Church. Thank you.

### Tutoring Service:

Does your child need extra support to help them understand things and help them to close the gap?

If so contact Mrs. Alison Clarricoats - teacher with 35 years of experience and proven track record of making a difference.

Call Mobile Number: 07887594508

## CHURCH OFFICE-HOLDERS

<b>Vicar</b>	Rev'd Angela Hughes	016977 2478	ahughes@webleicester.co.uk
<b>Reader with Permission to Officiate</b>	David Bamford	01697 508157	
<b>Local Lay Ministers with permission to officiate</b>	Sheila Goodliffe Jo Grundy	016977 41211 01228525284	sheilafg@btinternet.com
<b>Retired Clergy</b>	Rev'd John Smith Rev'd Malcolm Riches	016977 41114 016977 42761	
<b>Wardens:</b>	<b>Lanercost</b>	Chris Angus Barbara Riches	East Burtholme, Lanercost CA8 2HH 13 Edmondson Cl, Brampton CA8 1GH
	<b>Walton</b>	Philip Knowles Charlotte Shaw	6 Woodleigh, Walton CA8 2DS The Old Vicarage, Walton, CA8 2DH
	<b>Gilsland</b>	Alison Higgs	4 Stanley Crescent, Gilsland CA8 7BH
	<b>Nether Denton</b>	Amanda Nixon Allan Cathers	Low Houses, Low Row, CA8 2JB Allergarth, Banks, Brampton CA8 2JH

### Safeguarding Officers

#### for Children and Vulnerable Adults

#### Lanercost with Walton and Gilsland:

Keith Nightingale 07736725143

#### Nether Denton

Amanda Nixon 07968 983664

#### Carlisle Diocese Safeguarding Advisor

Joanna Van Lachterop 07458 016884

[safeguarding.adviser@carlisediocese.org.uk](mailto:safeguarding.adviser@carlisediocese.org.uk)

**Deadline for submissions to  
August/September issue is  
20th July**

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Brampton Junior School	016977 2653
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Carlisle City Council	01228 817000
Church House Penrith	01768 807777
Citizens Advice Bureau	01228 633900
Cumbria County Council	01228 606060
Cumbria Social Services	01900 706325
Gilsland CofE P. School	016977 47302
Walton and Lees Hill CofE Primary. School	016977 2577
Lanercost CofE Primary	016977 2702
William Howard School	016977 45700

### From the Registers

#### Lanercost

**Baptism** : 16<sup>th</sup> April 2023 Albie, Freddie and Lyra Bell

#### Gilsland

**Burial of ashes**: 28<sup>th</sup> April 2023 Marjorie Pinfold  
**Funeral and Burial** : 11<sup>th</sup> May 2023. Eric Nicholson