

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

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Dear parishioners and friends,

In the last edition of Writings on the Wall I wrote about Mary Magdalene who is associated with the church at Gilsland. This month I want to talk a little about Cuthbert who is associated with Nether Denton church.

Cuthbert was born in Northumberland around 634 at Dunbar (Now in Scotland, but in the Kingdom of Northumbria at that time). He is seen as the Patron Saint of Northumberland today. He grew up around Lauderdale and near Old Melrose Abbey which was a daughter house of Lindisfarne – again in an area now just within Scotland but not so then.

On the night that Aidan, the founder of Lindisfarne died, in 651 Cuthbert saw a vision and decided to become a monk. He spent some time in the monasteries at Ripon and Melrose before moving to Lindisfarne as prior in about 665. He was made Bishop of Lindisfarne in 684 but resigned from this position two years later as he felt that he was about to die, and he wanted to return to his hermitage on the Farne Islands.

Cuthbert was tireless as a travelling priest, spreading the Christian Gospel to the people of remote villages throughout the North of England. He was brought up in the Celtic tradition, but was able to embrace Roman ways when they were adopted following the Synod of Whitby in 664.

His way of life was austere – when he could he lived the life of a hermit, although he would still receive many visitors. It is reported that he was associated with many miracles throughout his life – even from quite a young age. His asceticism was complemented by his charm and generosity to the poor, and his gifts of healing and insight led many to consult with him. He became known as 'Wonder Worker of Britain'.

There is so much more to say about Cuthbert – but I will save that for another day.

Best wishes to you all.

Revd Angela

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

Benefice of Lanercost with Walton, Gilsland & Nether Denton

Sunday Services in October and November 2023

OCTOBER

Lanercost: 11am

- 1st Morning Worship
- 8th HARVEST FESTIVAL
with Holy Communion
- 15th Holy Communion with Baptism
- 22nd Morning Worship
- 29th 10am Benefice Holy Communion
at Walton (no service at Lanercost)

Walton: 11am

- 1st HARVEST FESTIVAL
with Holy Communion (CofE)
- 8th No service
- 15th Morning Worship
- 22nd No service
- 29th 10am Benefice Holy Communion
(Bible Sunday)

Gilsland: 9.30am

- 1st No service
- 8th 4pm HARVEST FESTIVAL
with Bishop Rob of Penrith
- 15th No service
- 22nd Holy Communion
- 29th 10am Benefice Holy Communion
at Walton (no service at Gilsland)

Nether Denton: 9.30am

- 1st Holy Communion
- 8th No service at Nether Denton –
invited to join at Gilsland for
4pm Harvest Festival
- 15th Morning Worship
- 22nd No service
- 29th 10am Benefice Holy Communion
at Walton (no service at N. Denton)

NOVEMBER

Lanercost: 11am

- 5th Holy Communion (All Saints' Day)
- 12th 10.50am Remembrance Sunday
- 19th Holy Communion
- 26th Morning Worship (Christ the King)

Walton: 11am

- 5th Holy Communion (Methodist led)
- 12th 10.50am Remembrance Sunday
- 19th No service
- 26th No service

Gilsland: 9.30am

- 2nd 6pm Thursday "In Memoriam"
with the Taizé Choir (All Souls' Day)
- 5th
- 12th No service
- 19th 10.50am Remembrance Sunday
- 26th No service
Holy Communion (Christ the King)

Nether Denton:

- 5th 10am Holy Communion
with Baptism
- 12th 10.50am Remembrance Sunday
Join with Gilsland Church
(No service at Nether Denton)
- 19th No service
- 26th No service

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

Our Comfort Cafe In Brampton Community Centre



Our Comfort Café run by Eden Valley Hospice and Jigsaw Cumbria's Children's Hospice will provide a safe, friendly space for bereaved people to meet monthly for a couple of hours on a weekday morning.

Our space provides a comfortable and social atmosphere for individuals to connect and enjoy delicious coffee and light refreshments.

Bringing people together to share stories, feelings and coping strategies can play a vital role in that management process as you find your new tribe, forging new friendships as you move forward with hope and resilience.

This doesn't have to be a recent bereavement, we understand healing does not necessarily have a time scale.

The first café session will take place on **Thursday 26th October** between **10.00am and 12.00pm** at Brampton Community Centre.

This is planned to be a regular monthly event on the fourth Thursday of each month

To find out more please email

EVH.Jigsaw@nhs.net or call **01228 810801**.

From the Registers

Lanercost

Wedding: 23rd September - James Michael Crabtree and Ellen Sara Reed

Gilsland

Wedding: 27th August - Kevin Seymour and Lisa Ann Bone

Baptism : 27th August – Luca Wray McDonald

Christmas Craft Fair

Lanercost Dacre Hall

Thursday 23rd – Monday 27th
November 2023
10am – 5pm

Adult Admission £1
Accompanied children free – dogs welcome
Many lovely stalls to browse
Home made refreshments
Cash & Card accepted
Free parking next to the Priory

 For further information
email dacrehallcraftfair@gmail.com
or call 07494 872946 

We look forward to seeing you there!

ST MARY MAGDALENE

In Memoriam

with

Carlisle Cathedral

Taizé Choir

Thursday 2nd November 6pm

Come and join us in the twilight
peace of Gilsland Church
on the evening of All Souls' Day
to remember all those we love who
have died.

You will be very welcome.

Treading Lightly — St Mary's Churchyard, Walton—update

We thought we would give you an update of what is going on in St Mary's Churchyard to improve it as an environment for wildlife. Since the last newsletter there have been two wildlife activities in the church firstly a moth survey carried out by Rob Pickett. He set up his moth trap, overnight, in the churchyard and the following morning he went through his haul and released them. He estimated that he caught about 400 moths and he identified 67 different types. They all had amazing names such as September Thorn, Lesser Swallow Prominent and Common Footman, apparently the Victorians were very imaginative when it came to naming moths.

The second activity resulted from the success of the first, when the moth trap was operating in the churchyard it was seen that there was a lot of bat activity, so Rob's wife Hazel offered to lead a bat walk around the village the following week. She brought with her a number of bat detectors that allowed us to hear the ultrasonic sounds that the bats use to find their way around and catch insects. About 16 people came on the walk, we started in the churchyard and then walked to parts of the village where bats have been seen before. Initially with little success but when we returned to the churchyard at about 10:15 pm we were entertained by a display of a number of bats that seemed to have been brought out by the improving weather. They flew close to us and we could see them and listen to the sounds they make. The bats were mainly Common or Soprano Pipistrelles; we may have heard Noctules, but they fly higher and are less likely to be seen.

We would like to thank Rob and Hazel Pickett for two most fascinating activities which we hope to repeat next year, as they will give us an idea of how we are managing to enhance the environment in the churchyard.

Work is continuing in the churchyard, we have installed a raised bed close to the entrance which has been planted with spring bulbs, foxgloves, bergamot and scabious. We are now cutting the grass in some of the unmown areas so that we can encourage the growth of wildflowers. A holly tree close to the entrance to church has been cut down to allow other trees and bushes some

room to grow, the intention is to use the branches and logs from the holly tree to make wildlife habitats around the churchyard.

We are grateful for the help and enthusiasm of Elaine, Keith & Anna Nightingale and Anna's children Seb and Nina who are working towards their Duke of Edinburgh awards. As well as helping with maintaining the churchyard they have carried out a survey of wildflowers and are cataloguing the gravestones. The intention is to produce a booklet listing the gravestones, if anyone has stories associated with the gravestones we would be happy to hear them to include them in the booklet.



What's living in Gilsland Churchyard?

Following on the success of the churchyard project at Walton, Gilsland is looking to move towards managing our churchyard for wildlife. The first stage is to find out what we already have living there.

The oldest part of the churchyard is bordered by a deep wooded valley managed by the Woodland Trust and already we have allowed the farthest parts of that area to grow wild with a fabulous array of wild flowers including primroses and violets in the spring followed by orchids in summer. The area buzzes with pollinators.

Rob Pickett kindly set his moth trap one evening in late summer and was able to observe a "good varied catch for the time of year" (55 species), including *Cydia fagiglandana*, the beech moth, which is something of a newcomer to Cumbria.

We hope to begin a systematic catalogue of species living in the churchyard in 2004.

130. The Ocean of Life

Here we are, each seemingly a small drop
In the infinite ocean of life on Earth.
We see ourselves and others with a
Multitude of separate features; this or that, with
Our five senses, which segregate rather than integrate.
From birth to death, always doing.

By living in the world through the body, identifying
Ourselves with it, we become subject to past memories,
Backgrounds, cultures, patterns of thinking or feeling.
The result of a highly developed egotistical mind.
Fear, consciously or not, dominates our life.
But we are not our body, not subject to birth or death.

In reality, we are no-thing, and there is nothing to do.
In awareness of just being, the mind is de-cluttered
And flooded with the light of emptiness.
The world of illusions is left behind.
Fear, too, has gone, and suffering ends.
We are at peace, here and now, needing nothing.

When we stay open, still, silent and mindless,
We die to the world, and the universe
Becomes our body. Freedom is complete.
The self-seeking has been replaced by Self-awareness.
This seems to be a point of nothingness;
But this absolute consciousness is full of energy.

This energy is the life force. Magnetic waves of
Differing amplitude and frequency, pulsating in rhythm,
Harmonised, synchronised, throughout the universe.
This is the irresistible nature of life, held by
Love, the Creator, in an infinite dimension.
The ocean of life is all.

We do not live a life. Together, we are life itself.

Bob Morley, June 2023

James the Deacon

Holy day 11th October

James the Deacon is the saint for any lay person who has stepped in to lead their church when the clergy are far away.

In fact, an historian has called James the Deacon 'the one heroic figure' in the Roman mission to Northumbria. No wonder – in a time of political chaos, with the king murdered and even the bishop fleeing for safety, James the Deacon stood firm.

It had begun when Pope Gregory the Great sent Paulinus, Bishop of York, to take Roman Christianity to Northumbria. James the Deacon, almost certainly an Italian, was among those who went with Paulinus.

The mission began well, and Edwin the king of Northumbria was converted. Roman Christianity in Northumbria took root and began to grow. But then in 633 Edwin fell in battle with Penda, the ruthless pagan king of Mercia. A pagan backlash began. The queen and her son fled for Kent, with the bishop Paulinus going south with them.

All that was left of Roman Christianity in Northumbria was James, now a solitary deacon.

But James was made of stern stuff, and despite the danger from Penda, James stayed on at a village near Catterick, often risking his life as he cared for the Christians, and continued to preach the gospel.

His success was discovered when the Northumbrian mission returned five to ten years later, and found an active Christian community still in Northumbria. James had been a faithful servant.

After Penda died, and Christian rule was re-established in Northumbria, James turned to teaching music, especially Gregorian Chant, to the fledgling churches in the region. Bede praised him for his honour and integrity. James was present at the Synod of Whitby in 664, which met to discuss the differences between the Celtic Northumbrian Church of the North, and the Roman Church of the South.

When James died sometime after 671, he was deeply mourned by the ordinary Christians of Northumbria, both Celtic and Roman. He had never deserted them.

Skellig Michael

Skellig Michael is a tiny island 7 miles off the coast of Co. Kerry in south-west Ireland. It houses a monastery, founded in the 6th century, which, for some 700 years, was home to a community of 12 monks. For the past six years or so, it had been an aim of mine to visit the island. Finally, in September this year, I was able to do so, in the company of two of my sons. Their company added considerable to the sense of joy and fulfilment.

<https://youtu.be/dOrLSP-ulB0?si=r0BPvOSKHBdWrY29>


Mist-shrouded
Mystical
Mysterious
Home to monks in ages past
Rock of ages cleft for ... whom?
For those who come to wonder,
wonder at the vision,
the drive,
the grit,
determination
that drove them to create a stairway,
a stairway of six hundred steps
to reach an eminence
on which they built
a monastery,
their home,
a place of worship.

Was it because
they found it close to heaven,
near to which they wished to live?
Or far from the world
whose ravages, whose carnality
they wished to flee
to live a life
of quiet contemplation?

I contemplate
and listen to the silence,
the rasping wind,
the crash of breaking waves,
and I start to feel
that those holy men
knew something
that I have yet to grasp.

David Bamford





Capontree Veterinary Centre
Veterinary Surgeons

Longtown Borders Business Park Brampton Rd, Longtown Carlisle, Cumbria CA6 5TD	Brampton Greenhill Brampton Cumbria CA8 1SU	Haltwhistle 4 Station Court Haltwhistle NE49 9HN
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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/>

BRAMPTON FOLK SESSIONS
AT
THE HOWARD ARMS
'Live Music by Real People in the Community'

We meet every **third Tuesday of the month** at **8:00pm** and welcome singers, instrumentalists, story-tellers, poetry reciters and anyone who would just like to sit with their pint and listen!

Find out more at www.laverocks.org.uk

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Parkinson's disease

Unfortunately, both my wife and I suffer from Parkinson's disease. Margaret was diagnosed in 2007 and I not until 2018 although two previous unexplained falls might have heralded the onset. Surprisingly, the disease was first medically described as a neurological syndrome as early as 1817 by James Parkinson. Much earlier, traditional Indian texts from approximately 1000BC and ancient Chinese sources also provide descriptions that suggest Parkinson's disease.

Parkinson captured the clinical picture with the following quote from an Essay on the Shaking Palsy :

" Involuntary tremulous motion with lessened muscular power, in parts not in action and even when supported with a propensity to bend the trunk forward and to pass from a walking to a running pace: the senses and intellects being uninjured"

This last bit of the quote categorically states that the disease is not a dementia and does not affect the mind except that in its later stages the drug treatment can cause confusion, delusion and hallucinations. The disease is not terminal but some of its symptoms can be uncomfortable, in fact, up to 40 symptoms have been attributable to Parkinson's disease but you don't get them all, thank goodness.

The main symptoms are:

- Involuntary movements of parts of the body, particularly a hand, but can also be a complex movement.
- Slow movement and sometimes no movement, "freezing" when the brain can't communicate with usually, the muscles for walking, over a period of several minutes.
- Loss of balance with a tendency to fall.
- Cramps in the limbs and back which last much longer than normal cramps.
- Drooling and uncontrolled loss of mucus from the nose.
- A shuffling gait.

It has been shown that the disease is caused by the loss of cells in part of the brain called the substantia nigra which produce a chemical called dopamine, a neuromodulator. Why this occurs over time, usually in the elderly, is not known. In order to treat the disease, dopamine is increased in the brain by the taking tablets of L-dopa, a precursor of dopamine, and benserazide which prevents the breakdown of L-dopa so that more dopamine can get to the brain.

My wife and I are still going but slowly!

Phil Knowles.

Harvest Pie and Pea Supper

Nether Denton PCC will be holding the annual entertaining 'Autumn Fundraiser'
a harvest pie & peas supper (& pudding)
in the Taylor Institute, Low Row Village Hall
on Saturday 28th October starting at 7pm.

Tickets: £10 per adult, £4 per child

Tickets and further information from:

Amanda Nixon Tel.
07968 983664



or Linda Tunnicliff
Tel. 016977 46300

Update from Gilsland C E Primary School

The start of another academic year is upon us once again! The staff were very excited to welcome the children- some old, some new- through the school doors. We have had a strong start; all the children came back motivated and ready to learn. Here are some things that we are looking forward to this year:

RE Week, with a focus on women in the Bible

Talkin Tarn Cross Country Run

Our famous Christmas Performances- keep your eyes peeled for ticket information, coming soon!

Community Pantomime Trip

Twelve weeks of gymnastics, with specialist coaches, at Morton Academy

Six weeks of swimming at Haltwhistle Pool

Lanercost Cross Country

Exciting sports events with William Howard School

And much more!



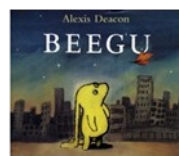
The children had so much fun at our new Craft After School Club

Would you like to be more involved with Gilsland School?

We currently have local governing body vacancies and space on our PTA. For further information, please do not hesitate to get in touch.



The books we are studying this half-term:



EY/KS1



Yr 3/4



Yr 5/6

The date for the next community lunch is **Wednesday 8th November 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



Away From It All (AFIA) at St. Bees

As our first summer season of being able to offer an AFIA break in the Mothers' Union 6 bedded caravan at St. Bees draws to a close, I would like to share with you just how much of a success it has proved to be.

At Seacote Holiday Park, by St. Bees Head and with stunning sea views, our caravan has provided either weekend or week-long breaks for 16 families between June and October. 54 children and 39 children from extremely disadvantaged backgrounds have enjoyed quality time together, away from their everyday stresses and challenges.



It is thanks to the initiative of our Carlisle Diocese Mothers' Union president, the generosity of the owner of the holiday park and the fundraising of our Carlisle Diocese MU members, that we have been able to provide these much needed breaks. Many of the families have never had a holiday.

On arrival, a small hamper of basic foods is awaiting each family, kindly donated by the local su-

permarket. There are games and toys in the caravan for children to play with. Free tickets for each family to take a train ride on La'al Ratty have been donated. A small gift is given to each child as they leave the caravan at the end of their holiday as a memory of their stay. The toys and gifts have been donated by a well known toy shop.

The families have nothing to pay for apart from their own personal expenses for food etc. There is a lovely cafe on site overlooking the beach.

I can't emphasise enough just how much this has meant to the families, disadvantaged for a variety of reasons, The feedback from them has been very humbling and has proved how worthwhile something like this can be.

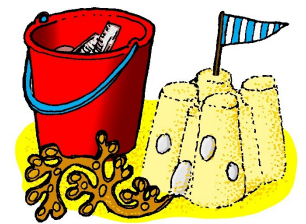
Next year, we hope to be in a position to offer similar AFIA breaks away if our funding allows.

Thank you to those in our Benefice community who have generously donated. All donations are gratefully received!

Elaine Nightingale

CDMU AFIA coordinator

0169773070



ST MARY MAGDALENE
Gilsland
Sunday 8th 4pm
HARVEST FESTIVAL
with Bishop Rob of Penrith
followed by harvest tea at
Gilsland Methodist Chapel
Come and join us!

Lanercost Church of England Primary School

Woodland Tots

Every Tuesday Term Time 9.00-9.50

Woodland School sessions for children who are independently walking.

Join us, with your little one, in our school woodland for den building, exploring nature, crafts, games and lots more fun in the outdoors. £2.50 per session

Starting Tuesday 26th September

SCAN ME

Care. Believe. Achieve

Book by emailing secretary@lanercost.cumbria.sch.uk

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

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

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.

Want to find out more about local events?

Request a

BRAMPTON ARTS UMBRELLA

email newsletter

from Tim Coombe

timothycoombe@damhead.me

Brampton and Fellside Repair Cafe

woodwork, sewing, jewellery and electrical repairs on the last Saturday of each month

1pm –4pm at the Community Centre.

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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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.

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CHURCH OFFICE-HOLDERS

Vicar		Rev'd Angela Hughes	016977 2478	ahughes@webleicester.co.uk
Reader with Permission to Officiate		David Bamford	01697 508157	
Local Lay Ministers with permission to officiate		Sheila Goodliffe Jo Grundy	016977 41211 01228525284	sheilafg@btinternet.com
Retired Clergy		Rev'd John Smith	Emeritus	
		Rev'd Malcolm Riches	016977 42761	
Wardens:	Lanercost	Chris Angus	Burtholme East, Lanercost CA8 2HH	016977 41504
		Barbara Riches	13 Edmondson Cl, Brampton CA8 1GH	016977 42761
	Walton	Philip Knowles	6 Woodleigh, Walton CA8 2DS	016977 41232
		Charlotte Shaw	The Old Vicarage, Walton, CA8 2DH	016975 43002
	Gilsland	Alison Higgs	Alison.gilsland@gmail.com	016977 47409
	Nether Denton	Amanda Nixon	Amanda.nixon@tiscali.co.uk	07968 983664
		Allan Cathers	Allergarth, Banks, Brampton CA8 2JH	016977 41645

Safeguarding Officers for Children and Vulnerable Adults

Lanercost with Walton

Charlotte Shaw 016975 43002

Gilsland:

Keith Nightingale 07736725143

Nether Denton

Amanda Nixon 07968 983664

Carlisle Diocese Safeguarding Advisor

Joanna Van Lachterop 07458 016884

USEFUL PHONE NUMBERS

SAMARITANS	116 123
Age Concern (Brampton)	01228 536673
Brampton Medical Practice	016977 2551
Repeat prescriptions	016977 41500
Brampton Primary	016977 42158
Community Centre	016977 45023
Brampton Junior School	016977 2653
Brampton Parish Council	016977 3382
Brampton Sub Post Office	016977 2301
Brampton Memorial Hospital	01228 608345
Church House Penrith	01768 807777
Citizens Advice Bureau	01228 633900
Cumberland County Council	01228 606060
Cumberland Infirmary	01228 523444
Gilsland CofE P. School	016977 47302
Lanercost CofE Primary	016977 2702
Walton and Lees Hill CofE Primary. School	016977 2577
William Howard School	016977 45700

**Deadline for submissions to
December/January issue is
20th November**

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