

WHO'S WHO IN THE CHURCH

BENEFICE OF HAWKSHEAD WITH LOW WRAY, SAWREY, RUSLAND AND SATTERTHWAITE

The Vicarage, Hawkshead, Ambleside, Cumbria, LA22 0PD

www.hawksheadbenefice.co.uk

Vicar:	The Reverend John Dixon	015394 36301
Non-Stipendiary Minister (NSM):	The Reverend Dr Nick Hallam	015394 36069
Lay Minister (Reader):	John Dawson	015395 30375

PARISH OF HAWKSHEAD WITH LOW WRAY

Churchwardens:	Judith Gunner	015394 36209
	Peter Irvine	015394 36635
	Tom Macan	015394 36978
	Carole Slater	015395 31991
PCC Secretary:	Mike Maxwell	015394 36972
PCC Treasurer:	Susan Maxwell	015394 36972
Electoral Roll Officer:	John Gunner	015394 36209
Ringling Co-ordinator:	John Gunner	015394 36209
Organist:	Paul Gregson	015394 36717
Link Distributor:	Judith and Alan Marshall	015394 36417

PARISH OF SAWREY

Churchwardens:	Paul Gregson	015394 36717
	Gillian Fletcher	015394 36296
PCC Secretary:	Elizabeth Mallett	015394 36450
PCC Treasurer:	Garry Schofield	015394 36356
Electoral Roll Officer:	Gillian Fletcher	015394 36296
Organist:	Paul Gregson	015394 36717

PARISH OF RUSLAND

Churchwarden:	Sue Benham	01229 860295
Churchwarden and PCC Treasurer:	Giles Wingate-Saul	01229 860300
PCC Secretary:	Helen Adams	01229 860316

PARISH OF SATTERTHWAITE

Churchwarden:	Sue Brooke	01229 860250
Treasurer	Caroline Peet	01229 860302
Churchwarden and PCC Secretary:	Edward Collins	01229 860312

This is a church magazine for the whole community. The church councils of Hawkshead and Sawrey are committed to providing this magazine free of charge to every household in the parish as part of their mission and outreach.

The Link is also available online: www.hawksheadbenefice.co.uk

Printed by Badger Press Ltd, Bowness-on-Windermere. [Tel:015394 45399](tel:01539445399).
www.badgerpress.co.uk

Dear Friends

Recently I did one of the scariest things of my life – I went ‘Go Ape’ – and the occasion was the 30th birthday of our daughter, Beth. First of all we were given a safety lesson. The message was to ‘stay connected’ at all times, and we were given a harness with various clips which ensured that we were always attached by at least one clip. I learnt a few more lessons of my own as we went along. The first was: look ahead, never down. The second was: keep moving (i.e. don’t take time to think too much, or you’ll freeze with fear). The third was: when going down a zip wire, enjoy the ride. Recently I returned to look up at what we had done that day, and I noticed a child doing a lower version of ‘Go Ape’, and running along with no sign of fear. I was reminded that in reality we were safe *all the time*, because if we did miss our footing, then the harness around us, connected to the overhead wire by strong clips, was well able to take our weight. In life, we are safe *all the time*, because God is always with us. So let’s stay connected to God, replace fear with faith, and enjoy the ride.

Kath Dodd (joint minister of Hawkshead Hill Baptist Chapel)

Any comments, articles or queries for the Link should be emailed to: esthwaitelink@gmx.com or given to Kathleen Farnworth or John Dixon

**Deadline for inclusion in the September edition is
Sunday, 14th August**

Items should be no longer than 300 words.

To advertise in the back pages of The Link, please contact:
Peter Irvine: 015394 36635/peterirvine26@talktalk.net

We are grateful to those who advertise in The Link and hope
that readers will use their services.

THE BENEFIT CONCERT, Hawkshead Hill Chapel, raised £270 for equipment for Hawkshead Surgery. Many thanks to those who came, performed, donated, and contributed to a lovely evening

JULY SERVICES

3rd	9.30 a.m.	Morning Worship & Sunday School	Hawkshead
	9.45 a.m.	Holy Communion	Satterthwaite
	11.15 a.m.	Holy Communion	Sawrey
	6.00 p.m.	Evensong	Rusland
	6.00 p.m.	Churches Together Holy Communion Methodist Chapel,	Hawkshead
10th	9.30 a.m.	Holy Communion & Sunday School	Hawkshead
	11.15 a.m.	Matins	Sawrey
	11.15 a.m.	Holy Communion	Rusland
	6.00 p.m.	Evensong	Satterthwaite
	6.00 p.m.	Celtic Evening Prayer	Hawkshead
17th	9.30 a.m.	Holy Communion & Sunday School	Hawkshead
	9.45 a.m.	Service for All Ages	Satterthwaite
	11.15 a.m.	Holy Communion	Sawrey
	6.00 p.m.	Evensong	Rusland
	6.00 p.m.	Celtic Evening Prayer	Hawkshead
24th	9.30 a.m.	Holy Communion	Hawkshead
	11.15 a.m.	Morning Worship	Sawrey
	11.15 a.m.	Holy Communion joint with Satterthwaite	Rusland
	6.00 p.m.	Taizé Style Service	Hawkshead
31st	10.00 a.m.	Joint Benefice Service	Rusland

SERVICE TIMES OF OTHER DENOMINATIONS

July & August - Baptist Chapel, Hawkshead Hill, Sunday 10.30 a.m.

Methodist Chapel:

3rd July 6.00 p.m. Churches Together Holy Communion

10th July 11.00 a.m. Morning Worship

24th July 6.30 a.m. Joint Circuit Service, Carver Church, Windermere

31st July 11.00am Morning Worship

July & August Friends Meeting House, Colthouse, Sunday 10.30 a.m.

AUGUST SERVICES

7th	9.30 a.m.	Morning Worship	Hawkshead
	9.45 a.m.	Holy Communion	Satterthwaite
	11.15 a.m.	Holy Communion	Sawrey
	6.00 p.m.	Evensong	Rusland
	6.00 p.m.	Churches Together Holy Communion Methodist Chapel	Hawkshead
14th	9.30 a.m.	Holy Communion	Hawkshead
	11.15 a.m.	Matins	Sawrey
	11.15 a.m.	Holy Communion	Rusland
	6.00 p.m.	Evensong	Satterthwaite
	6.00 p.m.	Celtic Evening Prayer	Hawkshead
21st	9.30 a.m.	Holy Communion	Hawkshead
	9.45 a.m.	Service for All Ages	Satterthwaite
	11.15 a.m.	Holy Communion	Sawrey
	6.00 p.m.	Evensong	Rusland
	6.00 p.m.	Celtic Evening Prayer	Hawkshead
28th	9.30 a.m.	Holy Communion	Hawkshead
	11.15 a.m.	Morning Worship	Sawrey
	11.15 a.m.	Holy Communion joint with Rusland ...	Satterthwaite
	6.00 p.m.	Songs of Praise, Bowkerstead Farm	Satterthwaite

August - Methodist Chapel:

7th August 6.00 p.m. Churches Together Holy Communion
 14th August 11.00 a.m. Morning Worship

From the Registers

Committal at Barrow crematorium on 10th May Betty Kirkland

Funeral at Lancaster crematorium on 19th May Bob Hesmondhalgh

Ashes buried at Hawkshead on 25th May Frank Atkinson

Funeral at Barrow Crematorium on 13 June Annie Walton

Married at Hawkshead on 21st May Jack Gibbes and Amber Taylor

Married at Hawkshead on 28th May Daniel Hood and Rachel Smoker

RUSLAND & SATTERTHWAITE CHURCHES are holding a Strawberry Afternoon Tea on Saturday, 9th July, at Satterthwaite Parish Room from 2.30 - 4.30 p.m. Come and join us for scones with jam (strawberry of course) and cream, strawberries and cream and, of course, cake. Donations welcomed to aid the work of our churches.

BARBECUE AT THE BRAITHWAITE HALL!
Everybody is welcome to a village barbecue, a great chance for a get together! Bring your food, and drink, to cook at the Braithwaite Hall, Far Sawrey on Saturday, July 9th at 7.00 p.m. Tea, coffee and fruit squash supplied. Enjoy an evening of fun and games with two raffles, you might be a lucky winner!

HAWKSHEAD AND OUTGATE WI.
Because we are having an afternoon event which could be of interest to many people, the WI would like to invite you to come along and join us. On Tuesday afternoon July 12th Wiltshire Farm Foods are coming with a range of dishes from their current brochure. If you would like to hear more please contact Sue Barr on 015394 36510 or Rosemary Horwood on 36005 to give us an idea of numbers for tastings.

On Monday, 18th July, the Evening Group has organised a Cruise on Coniston Water. For anybody wishing to join us please contact Angela McGarr, 015394 36425, for further information on

HIGH WRAY VILLAGE HALL
Saturday, 16th July,
10.00 a.m. - 12.30 p.m.
COFFEE MORNING to raise funds for the upkeep and maintenance of the Hall. Tombola - Quiz - Homemade Cakes - Scones Do come and join us. *And in the evening*
High Wray Village Community & Friends' BBQ starting around 5.00 p.m. Bring your own drinks and food to cook on the BBQ.

THE NEXT BENEFICE WALK will be on Wednesday, 13th July, meeting at 10.30 a.m. in the lay-by on the A5084 at Water Yeat, five miles south of Coniston village (SD 289 891), for a linear walk. We will walk up to Beacon Tarn and climb Beacon where we hope to have an early lunch. We cross the A5084 just below the Land Rover garage at Torver, having walked 3.75 miles, and walk down to Coniston Water and continue to Coniston village, another 3.25 miles. The whole walk is seven miles. However, it is possible to do either one half of the walk or the other (if seven miles is too long.) A walker who would rather do the first part

only could arrange to be picked up at the road crossing point, or the launch calls into Sunnyside jetty at 2.30 p.m., arriving at Coniston Boat Landings at 3.05 p.m. There is a bus back to Water Yeat at 4.15 p.m. - plenty of time to look at Coniston Church! Those who like flat walking could meet us at Sunnyside for the walk along the lake shore. We hope to leave a car at Coniston to take drivers back to Water Yeat to retrieve the cars, to save waiting for the bus. More details from Hilary Collins 01229 860312.

HAWKSHEAD SURGERY EQUIPMENT

The Hawkshead surgery, now part of the Central Lakes Medical Group, will be relocating to new purpose-built premises at Braggfield, North Lonsdale Road, by the end of the year. The surgery needs to purchase new equipment which is not directly paid for by the NHS and the surgery's Patient Participation Group (PPG) is working to raise funds. The target is 20k and as a start the PPG is organising the following fundraising events; a tombola stall at the Hawkshead Show on the 23rd August; an Auction of Promises evening this Autumn, the Christmas Bingo in November and a Quiz Night early next year. Please come along! Also, look out for the collection boxes scattered around the Hawkshead

shops and pubs.

If anyone has any good ideas for fundraising and needs some help to carry them out, PPG members may be able to help (the surgery reception has PPG contact details). Other fundraising ventures which take place will be communicated in The Link and the Facebook page.

Currently all donations are paid into the surgery's Equipment Fund account, which is kept entirely separate from all other accounts and this is safeguarded solely for the Hawkshead Surgery site.

However, the PPG is establishing a charitable trust to make use of Gift Aid tax advantages. The charity will be named the Hawkshead Patients Community Health Fund and all future donations will then go through this.

COULD YOU MAKE A DIFFERENCE?

Claife Parish Council still requires an additional Councillor for Claife Upper Ward (the Wrays and Colthouse) to represent and service the needs of the Ward's parishioners. Meetings are held approximately every six weeks at alternate venues, Braithwaite Hall and High Wray Village Hall, and by reason of being in a tourist area of outstanding natural beauty many varied and interesting issues arise. If you would like to know more do please contact the Chairman, Chris Lane (32127), or the Clerk, Mark Phillips (36287).

HAWKSHEAD PARISH CHURCH MUSIC FOR A SUMMER EVENING

July

Tuesday 5th

Paul Gregson - Organist par excellence

Saturday 9th

Manchester Chorale - Sublime music from this outstanding choir

Tuesday 12th

**Charles Edmondson piano and
Emily Robinson soprano** - A voice to transport you

Tuesday 19th

John Longley piano - A tapestry of jazz, traditional and classical pieces

Tuesday 26th

An Evening of Gilbert and Sullivan -
A taste of the magic of this famous partnership

August

Tuesday 2nd

Sian Carys Allen soprano - Lyrical singing of timeless works

Tuesday 9th

A Lake District Summer Music Concert -
A showcase of talented young musicians

Tuesday 16th

Peter Brown - piano
A variety of entertainment from those fingers of renown

Tuesday 23rd

Linda and Stephen Walsh - piano and clarinet - Bobby Cooper,
compere -
English and Spanish classics

Tuesday 30th

Barrow Male Voice Choir - Choral singing at its best

All performances start at 8.00 p.m.

NO CHARGE FOR ADMISSION -

News Update, from Mission Partner, Garry Ion

Dear John,

I have much to write to you, but I do not want to use paper and ink! Instead, I hope to visit you and talk with you face to face, so that our joy may be complete.

This ended my reading this morning from John's second letter. The verse seems to sum up the last few weeks as I visited the UK to share with friends the joys of serving here in East Africa. Paper and ink doesn't come naturally to me, at least that's what my English teacher used to write on my school report. But in conversation, presentations and fellowship I have been greatly encouraged and remain very thankful for the tremendous support I receive in the UK and further afield.

I hope to visit more supporting groups next Spring, so please get in touch to arrange a date, in May-June 2017.

Many people have asked-after and faithfully prayed for my mum who has been sick with a malignant melanoma, skin cancer, diagnosed last Christmas. The results from the latest CT scan, yesterday, suggest she is now free of cancer. Mum continues to visit Carlisle Infirmary twice weekly to have dressings changed, but over the few weeks I have been home I have witnessed a huge improvement in her health. Together with my sister's family, we were able to celebrate Mum and Dad's Golden Wedding on the 28th May. Thank you again for your prayers which have made it much easier to return to Africa- seeing mum in much better health.

Now back, (like I have never been away!) I am putting together my work programme for the next few months. I hope to visit northern Uganda soon to look over two completed schools, also a health centre and another two schools in South Sudan. From conversations on the phone, it sounds like all the projects are proceeding very well. On Monday my passport goes back to Ugandan Immigration as I renew my immigration stamp. Unlike my Work Permit which can take months to renew, I'm hoping this is just a formality as I need to also start my application for South Sudan, Burundi and Rwandan travel visas.

On that note, I shall sign off! Once again thank you for reading and praying... God bless

THE SAWREY AND CUNSEY SOCIAL GROUP regret they are unable to host the Summer afternoon tea this year. We wish the senior residents from the villages a lovely summer and we look forward to seeing you all when we meet together when we host the lunch in January.

Elizabeth Mallet (Chairperson for the Social Group)

SCHOOL NEWS

Everything sprouts in Spring and it certainly has at Hawkshead Esthwaite Primary School. The start of Spring has been a busy and exciting period for all the children.

Key Stage 1 have learnt about sand dunes and loved an exciting trip to the beach at Roan Head. Key Stage 1 have also been planting sweet peas, sunflowers and other flowers for the Cumbria in Bloom entry. They have had great fun practising their dance for Rose Queen Gala.

Years 3 & 4 visited the Quaker Meeting House at Colthouse. The children highly enjoyed this trip and felt it was a relaxing and peaceful experience. Key Stage 2 created artwork based on the work of David Hockney and beautiful scenes were created from Fletchers Field. Years 3 & 4 took part in a lacrosse festival which the children took great delight in. Year 3/4 also went to the Tri Golf Morning in Kendal and the two school teams came first and second! They had a fantastic time and really enjoyed the experience. The children had great fun creating relish recipes as part of a "Hawkshead Relish Competition" in honour of the Queen's birthday. Maisy Fieldhouse won the Hawkshead Relish Making Competition.

Years 5 & 6 enjoyed a fantastic trip on the train to Edinburgh. During their visit the children saw Edinburgh Castle, St Giles Cathedral, The Cannongate Toll Booth and appreciated a walk along the Royal Mile. Key Stage 3 have enjoyed practicing the art of monoprinting with a resident artist. In lessons they explored relationships and how to approach adolescence with confidence. Years 5 & 6 did extremely well in a cricket tournament in Kendal, winning the whole tournament. The children spent some time in vegetable garden and enjoyed watching a long awaited downpour of rain water their much loved vegetables. The children have started to study Ghana as part of their settlements topic - all very realistic and relevant in the very hot May/ June we experienced. Years 5 and 6 also held a lively and well thought-out debate on the future of Britain in the European Union ahead of the EU Referendum.

The whole school were fascinated during an assembly about vision impairment given by Guide Dogs for the Blind. The children were delighted in meeting the guide dog - a friendly black Labrador - which attended the assembly. All pupils have planted up garden boxes which has resulted in the school grounds looking exquisite and so colourful. The term ended with a sharing assembly where Key Stage 1 shared their fun-filled experience of the seaside, Key Stage 2 children created a photo

sharing about their Quaker House visit, and Key Stage 3 gave a magnificent presentation on their trip to Edinburgh. The sharing assembly was thoroughly enjoyed by many parents and siblings.

The annual Rose Queen Gala was held on Saturday 11th June. The day was organised and run by new PTA Chairman, Sarah Lehel and the PTA members, Governors, teachers and volunteers. Key Stage 1 and 2 children performed fantastic dances in the school grounds before the procession into the village. Crowds enjoyed watching the retiring Rose Queen, Sophie Gill crown the new Rose Queen, Hannah Nicholson, as well as a wonderful May Pole dance performed by Years 5 and 6. The rain did not keep the crowds away - tombola stalls, plants stalls, raffles, family entertainment, cakes and a variety of foods were enjoyed by many visitors. The day was a huge success! Thank you to everyone who supported the school on the day!

HAWKSHEAD VILLAGE PANTOMIME 2016

The first read-through of this year's pantomime will be in the Market Hall on the 1st September at 7.30pm. It will be the first time most of us see the script, so we will read it through and think how to go about making it into a good show.

We do the pantomime for the village, yes, and for the people we call Hawkshead's VIP's at their Christmas meal, but it's also a lot of fun. This year we really need some more new faces, so whether you want to be on stage, or help behind the scenes, or even if you're interested, but not sure, please come along on the night, or contact this year's producer Mike Derry on 01539436094 or e-mail him at mikepatsy2a@gmail.com. You don't have to be bonkers to join in, but it helps.

WELLNESS GROUP

Ambleside Parish Centre, Every 3rd Thursday (4th in September) in the month, Starting Thursday 21 July 16, 11am to 1.00 p.m.

We are delighted to announce that, in partnership with Dignity in Dementia, we will be running a **FREE** monthly Wellness Group in the Wesley Room at Ambleside Parish Centre for twelve sessions.

The group is aimed at **everyone** who lives with **ANY** long term condition - such as Dementia, Stroke or Parkinson's, or cares for someone who does.

Each month for twelve months we will look at a different topic, which we hope will inform, enthuse, support and bring a smile!

The group which will run from 11.00 a.m. to 1.00 p.m. (starting with coffee and ending with a light lunch each time) on the third Thursday of each month (4th in September)

There will be a wide range of topics from information on Advance Directives to laughter yoga, aids and equipment to practicing mindfulness. We hope that this course will be of interest and support to all those who are living with a long term condition or caring for someone who is. For more information about the group please call the Parish Centre Office on 34172

CEDAR COUNSELLING CUMBRIA

Counselling? Is it for me?

You might see the word counselling and think that is nothing to do with me. However, we all have times in our lives when we face things that disturb us, distress us or sometimes defeat us.

At these times we can find that talking things through with an understanding friend is helpful. However if that friend is not available or sometimes things can be too sensitive or difficult to discuss with those close to us, that is where counselling can help by offering that non-judgmental, anonymous listening ear.

We are here to help you in confidence as you think and work through whatever is troubling you. Our service is for anyone facing things such as Depression, Anxiety, Bereavement, Trauma, Abuse, Self Harm, Stress, Problems with Relationships and many other issues, or if you are just in need of someone to talk to outside your immediate circle of family or friends.

Who are we?

We are a group of seven professionally trained counsellors who formed a new charity in 2015 to offer a counselling service to our local community. We have all had years of experience between us working in many different settings.

We offer individual counselling working from our own private Cedar Room downstairs in Ambleside Parish Centre. We also offer sessions to couples seeking relationship counselling.

What next?

If you want any more information you can look at our website or contact us by phone or e-mail. We have an administrator who will be pleased to answer any queries you have and then if you want to request counselling for yourself, will take some brief details and put you in touch with one of our counsellors.

Website : www.cedarcounsellingcumbria.co.uk

Phone : 07502 106582

e-mail : help@cedarcounsellingcumbria.co.uk

We all work as volunteers and so do not make a charge for our service, although we have some basic costs to cover and so ask for a suggested donation of £10 per session.

Citizens' Advice If you are fifty already, it's time to get to grips with your pension.

The average age of people getting guidance with their pension is 61 despite free support being available for anyone over 50. Planning early will help you make the most of your pension.

In April 2015, rules around pensions changed and for the first time, people were able to decide whether they buy an annuity, cash in their whole pension pot, take a lump sum, or a mixture of these options.

The Pension Wise service has been around for over a year now. If you are fifty or over with a defined contribution pension, you can book a free session with a Pension Wise guidance specialist who will advise you on your best options.

To book a face to face Pension Wise appointment in your area call 01900 68981.

To prepare, work out the value of your pension pots, check if there are any restrictions, such as penalties for taking it early, get a state pension forecast - you can find out how to do this from

<https://www.gov.uk/check-state-pension>, gather information on any benefits you receive, and work out your likely living expenses.

HAWKSHEAD AND SAWREY COMMUNITY TRANSPORT. NEED A LIFT?

Perhaps you have an appointment at hospital and getting there is awkward, or you don't have transport to go shopping. If so, **Call 07808 508997** and a friendly volunteer will help you.

The cost is 30p per mile (which covers the cost of petrol and vehicle wear and tear). For example, a trip to Kendal and back from Hawkshead would cost about £11 and to Barrow and back about £16.