

The Esthwaite Link



A Local Magazine covering the
Parishes of Hawkshead, with Low Wray and Sawrey,
Rusland and Satterthwaite

September 2013

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
Lay Minister (Reader):	Frances Stride	015394 36423

PARISH OF HAWKSHEAD WITH LOW WRAY

Churchwardens:	Andrew Duncan	015394 36658
	Peter Irvine	015394 33520
	Tom Macan	015394 36978
	Carole Slater	015395 31991
PCC Secretary:	Mike Maxwell	015394 36972
PCC Treasurer:	Frances Stride	015394 36423
Planned Giving Officer:	Frances Stride	015394 36423
Electoral Roll Officer:	John Gunner	015394 36209
Ringling Co-ordinator:	John Gunner	015394 36209
Organist:	Paul Gregson	015394 36717
Link Distributor:	Elizabeth Riggs	015394 36673

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:	Gillie Dobson	01229 860241
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

TO ADVERTISE IN THE LINK, PLEASE CONTACT
F. stride@btinternet.com

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

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Dear Friends,

Sanctuary is possibly not a word in our everyday vocabulary. It sounds archaic, old-fashioned, and conjures up images of medieval abbey ruins, of abbots and monks opening vast wooden doors and offering shelter to those in dire need.

So what has this to do with a more modern concept of sanctuary?

Our lives have changed rapidly and completely out of recognition with those of our ancestors, but there is still a huge need and yearning for peace, tranquillity and shelter - space to breathe and reflect away from the very modern stresses and strains of life.

Many visitors, indeed, many people who move to live in the Lake District, would look to the beauty of the fells and the lakes to find peace and comfort. I would like to mention another place - Hawkshead's beautiful and ancient Parish Church. This little church has stood for hundreds of years overlooking the village, primarily offering a place of coming together to worship to the glory of God. But in addition it has also stood out as a beacon to the thousands and thousands of visitors and people passing through over the years - as a place of welcome and refuge, offering space, peace and solitude for rest and being in the presence of something greater than ourselves. The many messages left by our visitors - whether prayers for family and loved ones, help for the lost and lonely, for troubled times, thankfulness for blessings, or even just appreciation for an ancient monument - all stand testament to the peace and sanctuary that can be found in the silence, mystery and awe of God.

Maybe the words of a family from York sums it up better than I can:

"We return again and again to this peaceful church, where our grandson was baptized and our eldest daughter loved the peace of this place. May we find the peace at home that we find here."

Frances Stride

Reader (Licensed Lay Minister)

Parish Church of St Michael and All Angels, Hawkshead

Eco Congregation Award Presentation by Bishop Robert

SUNDAY, 8TH SEPTEMBER, AT 9.30 A.M. ALL WELCOME

This will be only the second awarded to an Anglican Church in Cumbria.

The children from our school received special mention with *"astonishing projects, showing ability and skills well beyond what is normally expected from their age group."*

The churchyard management was judged to be *"outstanding with its wildlife conservation."*

Another strong impression was the strength of the links with the ecumenical and village community. Within Church life there is *"significant integration of the theme of creation care and its worship, with many imaginative special services"*

We can't rest on our laurel though. We will be reassessed in three years so any suggestions/help will be gratefully received!

September Services

1st	8.00 a.m.	Holy Communion	Hawkshead
	9.30 a.m.	Service for All Ages	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.	Healing & Wholeness Service	Hawkshead Methodist Chapel

8th **9.30am At Hawkshead - Holy Communion, Sunday School and Eco Congregation Award Presentation by Bishop Robert - ALL WELCOME**

11.15 a.m.	Matins	Sawrey
11.15 a.m.	Holy Communion	Rusland
6.00 p.m.	Evensong	Satterthwaite
6.00 p.m.	Evensong	Hawkshead

15th	9.30 a.m.	H.C. with 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.	Evensong	Hawkshead

22nd	9.30 a.m.	H.C. with Sunday School	Hawkshead
	11.15 a.m.	Morning Worship	Sawrey
	11.15 a.m.	H.C. joint with Satterthwaite	Rusland
	6.00 p.m.	Evensong	Hawkshead

29th 10.00 a.m. Harvest Festival (Benefice Service) Hawkshead

Normally, Wed. 10.00 a.m. weekly - Holy Communion at Hawkshead

Service Times of Other Denominations

Baptist Chapel, Hawkshead Hill, Sunday 10.00 a.m.

Methodist Chapel: 1st September 6.00 p.m. Service of Healing & Wholeness

8th September 11.00 a.m. Morning Worship

6.30 p.m. Circuit Service at St Mary's Parish Centre, Ambleside

Society of Friends (Quakers) Meeting House, Colthouse, Sunday 10.30 a.m.

From the Registers

Baptised at Hawkshead on 21st June

Baptised at Hawkshead on 7th July

Married at Hawkshead on 22nd June

Married at Hawkshead on 29th June

Married at Sawrey on 6th July

Married at Hawkshead on 6th July

Married at Hawkshead on 13th July

Married at Hawkshead on 3rd August

Funeral & burial at Hawkshead on 12th July

Burial at Hawkshead on 31st July

Juno Lee

Amy Jessica Greenwood

Christopher Bourne and Emma Dalton

Anthony Hollinshead and Rachael Battersby

Robert Gilfillan and Anna Lawrence

David Wood and Nicola Shepherd

Duane Fletcher and Katrina Watson

Denis Costello and Toni Sankey

Barnaby Cringle and Charlotte Bone

Richard Barton (Bart) Woodwoodhouse

Barbara Magee

Macmillan Coffee Morning

The Braithwaite Hall, Far Sawrey Friday
27th September, 10.30 a.m. - 12 noon,
Bring and buy, home produce, raffle
Donations and any help will be much
appreciated - please contact
Mrs Linda Shuttleworth, Tel 42813.

The Braithwaite Hall Annual General Meeting

will be held at 7.30 p.m. pm. of
Wednesday, 16th October, 2013, at
The Braithwaite Hall, Far Sawrey.
Members of the public are invited to attend.

Hawkshead and Sawrey Community Transport Need a lift? Call 07808 508997

Perhaps you have an appointment at hospital and getting there is awkward, or don't have transport to go shopping. If so, we can help! A friendly volunteer will help you. The cost is 30p per mile (which covers petrol and vehicle wear and tear).

HERITAGE OPEN DAYS 2013

Heritage Open Days (HODs) runs from Thursday, 12th to Sunday, 15th September. HODs is (are) for everyone, locals and visitors alike. And they're free!

During HODs, places not usually accessible to the public open their doors; some places which are accessible lay on special events. And there's no entry charge.

In Cumbria, 74 sites are open over the four days - see <http://www.heritageopendays.org.uk/directory/county/Cumbria>.

Across Hawkshead and Claife, four sites are on the list:

- The Hawkshead Market Hall on Sat 14th from 1400 - 1630. Opportunity to see the newly refurbished Assembly Room plus a small exhibition of items connected with Hawkshead's historic market.
- Hill Top in Sawrey will be open from 1030 - 1600 on Sat 14th . Usual exhibition of Beatrix Potter's treasures.
- Hawkshead Hill Baptist Church will be open throughout with special guided tours at 1400 on Saturday and Sunday.
- St Michael's Church, Hawkshead, will be open throughout. 'Heritage' will be the theme of the 0930 service on Sunday followed by guided tours at 1100 and 1200.

HODs 2013 is your opportunity to learn about the county's rich heritage, all for free.

Don't miss it.

Tom Macan

Any comments, articles or queries for the Link should be mailed to
jjcedixon@btinternet.com or given to John Dixon

The dead-line for inclusion in the October edition is Sunday 8th September. Items should be no longer than 300 words. 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**

A SEASON OF PILGRIMAGE - SEPTEMBER 2013

In November 2011, the Diocese of Carlisle, Cumbria District of the Methodist Church and the United Reformed Church in Cumbria signed a declaration of intent that commits those churches to a closer working relationship and life together as an ecumenical county.

This series of related events celebrates that commitment highlighting the diverse nature of Christian spirituality and the different expressions that life as a disciple of Christ can take. These events are open to all.

Please see any Church noticeboard for a full list of events taking place across Cumbria. However, there is an event taking place right on our doorstep:

Hawkshead Pilgrimage: Thursday, September 19th.

Andrew and Kath Dodd will lead a walk to four historic places of worship. The walk starts at Hawkshead Hill Baptist Chapel and then takes in Colthouse Friends' Meeting House, Hawkshead Parish Church and Hawkshead Methodist Chapel. At each location there will be a short act of worship, a brief history and the opportunity to look around. A member of each local congregation will be available to answer questions. The pilgrimage involves approximately 2 hours of walking (some of which is fairly steep), through the beautiful landscape around Hawkshead. Please bring suitable walking gear, (including waterproofs), and a packed lunch. A donation is invited to cover expenses.

Parking is available on the cottage drive and on nearby side roads. The day begins and ends at Hawkshead Hill Chapel (LA22 0PW) and runs from 10.00a.m. to 4.00p.m. Drinks will be available at several locations throughout the day. For more information, and to book a place, contact Andrew and Kath Dodd on 015394 36451 or kath.dodd@btinternet.com

21st September, 'Finding Your Voice', the annual Celebrating Together of Churches Together in Cumbria, 10.00 a.m. – 4.00 p.m., Wigton Road Methodist Church, Carlisle

These pilgrimages reach their climax in Carlisle, when we invite you to gather together with members of local churches, churches together groups and all interested in 'celebrating together'. John Bell, regular 'Thought for the Day' broadcaster, musician and liturgist, and member of the Iona Community, will be leading our day. Lunch, networking, a chance to meet with our Church Leaders and time to worship together, will all be part of the day. Donations of £10 per person are suggested. To book, please contact Ruth Harvey at rctic@phonecoop.coop, or 0740 363 8339.

On Sunday, September 29th at 6pm a Taizé-style service will be held in Hawkshead Hill Chapel. Parking on drive. All welcome.

Hawkshead and Outgate WI - Meetings in September

Tuesday, 10th September at 2.00p.m. in the Market Hall: Lynn Shamal will speak about 'Dragon Boats and Breast Cancer'. All welcome.

Monday, 16th September at 7.30p.m. in the Primary School: Rachel Flanders will tell us about her Atlantic Row and about being an Olympic Torch-bearer. Admission £5.00 in aid of pre-school, payable at the door.

Advance notice: Tuesday, 8th October at 7.00p.m. in the Market Hall - an Open Meeting with Wine-Tasting and homemade finger foods to complement the wines. This will also be the 'launch' of our new programme of two meetings a month - our traditional Tuesday afternoons plus a monthly evening meeting to accommodate those who have daytime commitments. Admission £5 to include wine and food samples.

Hawkshead Medical Practice & Coniston Medical Practice

Since 1st April 2013 the Government has imposed changes to the GP Contract which threaten the existence of Small Rural GP Practices. We are not alone and are aware of practices in the Yorkshire Dales National Park and the Trough of Bowland that are also feeling the impact of these changes.

The Government's aim is to move the funding of GP practices to a pound per registered patient payment irrespective of size and local requirements.

Both Hawkshead and Coniston medical practices have small lists due to their geographical isolation. However the populations they serve do not just cover those registered, but the large influx of tourists throughout the year who continue to require medical assistance whilst staying in our area.

A simple pound per registered patient payment structure does not reflect the fixed costs of running a GP Practice and providing a vital service to the local community.

Our practices are already under-resourced in terms of premises and staff compared to more affluent urban practices. Reducing the payments further will lead to inevitable closure of practices in the short to medium term.

Residents already have to travel long distances to access Secondary Care. To have to travel long distances to access day-to-day Primary Care would result in a second class NHS for the people of South Lakeland.

Our local MP, Tim Farron, is aware of the issue and supportive of our position. However, central government is unresponsive at present.

We are therefore making as many of our local organisations aware of this very real threat to our area in the hope that the wider community will add to the pressure for urgent change. If you have any thoughts of how you may help in this process then please do not hesitate to contact us.

A public meeting is to be held at John Ruskin School, Saturday, 31st August, at 10.30a.m.

Tim Farron will be there and all are welcome to attend.

You can also help the Campaign by:
Writing to Tim Farron, MP, Acland House, Yard 2, Stricklandgate, Kendal, LA9 4ND
or tim@timfarron.co.uk

Writing to The Secretary of State for Health, The Rt.Hon. Jeremy Hunt, MP, Richmond House, 76 Whitehall, London, SW1A 2NS

Signing an e-petition at:

<http://epetitions.direct.gov.uk/petitions/51875>

Signing the petition at Surgery reception.

WANTED - CLAIFE PARISHIONERS

to come and join us at the next meeting of Claife Parish Council, on Thursday, 12th September 2013*, 7.30p.m. at Braithwaite Hall, Far Sawrey, to let us have your views on the following:

1. Coaches in Near and Far Sawrey
2. Increased traffic between High Wray and Colthouse
3. Control of motor boats on Lake Windermere
4. Future communication by your Parish Council.

The Council also needs your help in formulating an appropriate response to the Secretary of State for Health with regard to the threatened closure of the Doctors' Surgery in Hawkshead.

Sawrey Marrow Show

Sunday, 15th September, 2013

12 noon - 6.00-ish at

The Tower Bank Arms, Near Sawrey
Booking in until 2pm. Judging at 3pm.

Marrows aren't the only exhibits, so if you've grown it yourself and it is large, beautiful or unusual there will be a class for it!

**Teas will be served. Stalls and Raffle
Donations welcome.**

**All proceeds to Braithwaite Hall.
See posters around the villages.**

All welcome.



Tips on managing debt

If you're in debt, don't panic. It can be easy to overspend, get into debt and feel overwhelmed. It's important to do something sooner rather than later, because the problem won't just go away. Here are some tips on how to tackle money problems.

- Think carefully before borrowing any more money to pay off your debts - perhaps it is time to get advice
- If you have lost your job or are off work because of illness check to see if your payments are covered by payment protection insurance
- Check if you are eligible for any benefits and tax credits
- Make a list of all the money you owe (these are your 'Creditors'). Don't ignore calls or letters from Creditors but contact them to explain why you're having problems
- List all the income and expenses for your household over the year. Be honest and make sure that the amounts are realistic
- Contact your Creditors, tell them how much you have available and see if you can agree a repayment plan. Make sure to tackle 'Priority Debts' first, these are the

debts with the most serious consequences, like losing your home, having gas or electricity cut off, or owing Council Tax. Then deal with the non-priority debts.

Remember it is never too late to get help and advice from Citizens Advice.

Our advice is free, confidential and impartial. Contact the Windermere office by phone **015394 46464** for an appointment, we have various outlets across South Lakeland and can also give advice over the phone. Or, if you prefer to look online, more advice is available here:

http://www.adviceguide.org.uk/england/debt_e/faq_index_debt/faq_debt_debts_getting_out_of_control.htm

Free, confidential advice and help is available from Citizens Advice on any aspect of debt, benefits, housing, employment and any other problems.

If you don't need us for advice, how about helping us by becoming a volunteer or making a donation? Not many people realise that we are a charity - see our website for details www.cumbriaruralcab.org.uk.

Ambleside Kirkstone Rotary Club

The Club is a mixed gender club which meets at the Salutation Hotel in Ambleside on Tuesdays at 7.45 p.m. We are a friendly group and have interesting talks on a wide range of subjects. We have recently started a monthly walking group for those who enjoy a not too strenuous walk, and usually end up for a pub lunch to round it off.

We would like to encourage new people to the area to come along and see what Rotary can offer; you will find a warm welcome, make new friends and know that you are making a contribution to worthwhile causes while having fun along the way.

Please contact us for more information or to come along and meet us.

Secretary@amblesidekirkstone.rotary1190.org or Tel: Judy Fry 015394 44680

Ambleside & District Choral Society Welcomes New Members

Rehearsals in the Kelsick Centre, St Mary's Lane, Ambleside, Mondays 7.30 - 9.30p.m. from 2nd September. Come to a rehearsal or ring Dee Lacy **015394 35041** or Jean Lane **015394 32096**.

Next Concert - 14th December 2013 - a programme of French Choral Music plus Carols for Choir & Audience.

Musical Director: Hugh Davies www.amblesidechoralsociety.org.uk

NEWS FROM THE ARMITT

The new permanent exhibition on the life of Beatrix Potter has now opened, titled 'Beatrix Potter: Image and Reality'. Beatrix Potter was a member of the Armitt almost from its foundation and is its major benefactor. During her lifetime she gave books watercolours and other ephemera, and on her death bequeathed her portfolios of natural history watercolours and her personal copies of her 'little books'. These have all been brought together to explore her extraordinary life story - scientist, storyteller, artist, farmer, sheep breeder, estate manager, conservationist, this is the story of one of the South Lakes iconic figures. We are hosting a series of ten two-hour lectures by Percival Turnbull FSA 'An Introduction To British Archaeology' 6.30 to 8.30pm commencing Wednesday, 18th September. The fee is £50 including light refreshments. The illustrated talks will cover the archaeology of Britain from the earliest appearance of Palaeolithic man through to the Middle Ages. To enrol or for further information contact Deborah or Sue on 015394 31212 or info@armitt.com.

Ambleside Community Choir Weekly harmony singing group

Come and join a lively group of singers singing songs from Britain and around the world in 2, 3 and 4 part harmony. No previous experience of singing or ability to read music is necessary - all the songs taught by ear. Words of songs displayed and help with pronunciation of foreign songs. Recordings available for home practice.

Mondays from September 16th 2013,
7.30 - 9.30pm, Ambleside Parish Centre.

Cost for 10 - 14 week term: £49 (or £7.50 per session) which often includes singing outings. Programme of weekend and week-long singing events: www.lakelandvoice.co.uk
Singers can also sing with our sister choirs: Lakeland Voices in Kendal on Tuesdays and Penrith Community Choir on Thursdays.

David Burbidge, Smithy Cottage, Farfield, Sedbergh, Cumbria. **015396 21166**



BRATHAY
EXPLORATION GROUP

The Brathay Exploration Group Trust (BEG) is based on the Brathay Estate, Ambleside. We are separate from the Brathay Trust and are run by volunteers and a part time administrator. BEG is an environmental education charity that provides UK and worldwide exploration opportunities for young people - it has a long and proud history. Since 1947 we have taken 10,000 young people on over 700 expeditions. They learn about the environmental, team working, develop leadership skills and our work helps them reach their potential in life - something we are passionate about. BEG has gone through a difficult period - funding and activity have suffered. We are focusing our efforts on fundraising, increasing exploration activity and building partnerships - such as with the University of Cumbria, Newton Rigg College in Penrith and Brathay Trust. We will also provide exploration opportunities for disabled children. Some of our buildings on the Brathay Estate are dilapidated and urgently need replacing - to create an office, meeting room and accommodation for our volunteer leaders. We want to build up a fund to provide bursaries to those local children who cannot afford to go on our trips. A lot of work is being done by few people and we need extra support! We are seeking new Trustees, a treasurer and any help that people feel able to give. We have a three year fundraising target of £150,000 and are organising local fundraising events:

- 17th October 2013 - 'Ladies Clothes Party' at Brathay Church Hall - refreshments included.
- 14th December 2013 - Evening of music Ambleside Parish Centre - food included.
- 31st January 2014 - Local group 'PaNiKaTaK' will be performing at Ambleside Parish Centre, food will again be included. These are always fun evenings!

Further information is on our website: www.brathayexploration.org.uk, Tel 33942 or Email admin@brathayexploration.org.uk.



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