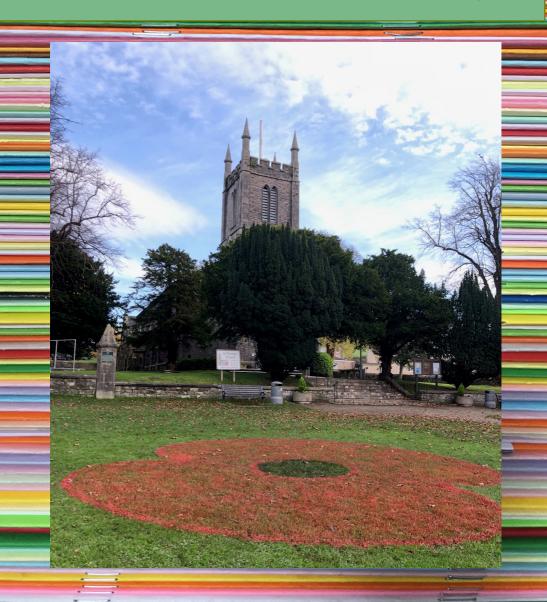
NOV 2023
A free copy for you

Parish News

Levens, Heversham, Milnthorpe



Levens Methodist Church

2.30 - 4.15 pm

Everyone Welcome

Mondays

Would you like a coffee & a chat? please join us.

You can also play dominoes, cards, Rummikub or do a jigsaw

Also bring your knitting, sewing or craft project and have a natter.

Wednesdays & Fridays

Coffee and Biscuits

Milnthorpe Food bank www.milnthorpefoodbank.org Collection boxes in Spar and Churches in Milnthorpe and Heversham

There is an constant need of food & household items so please donate if you can, thank you

Milnthorpe Craft Group

at St Thomas' Church Centre
Mondays at 10am - noon
Pop in for a coffee and come and
say hello whilst we do craft.
Perhaps you will see
something you would like to craft.

All Welcome

Coffee @ St T's Milnthorpe

Every Friday 10 -11.30 am

serving Farrers Coffee and Lakeland Tea Enjoy home made scones, tea cakes

free WiFi & contactless payment available

M:HUB

on Beetham Road, Milnthorpe

Cafe is open every Friday morning from 9.30 am until 12 noon for refreshments.

Meet & Eat Friday 24TH November at Levens Methodist Hall

12 noon - 2 pm £5 Children under school age FREE

Leek & Potato Soup or
Tomato & Pepper Soup or
Carrot & Coriander Soup
& bread roll
Eve's Pudding & custard or
Orange mousse
Tea\Coffee

Tickets available from Coffee Shop or Susan Beckwith 0779 6561810

EVERYONE WELCOME

A TOTAL PROPERTY OF THE PARTY O







Levens Village Hall | LA8 8NL

Levens Art & Film Society. Bar & refreshments available

Fri 1 December 8:00pm

Tickets £12 | Child £6 | 07305 658648 cloggingchris@outlook.com





The HERON theatre

Select your seats & book on line www.theherontheatre.com see website to hire venue

Box Office 015395 64283

3rd Nov – Film 'Hit The Road' 7.30pm

5th Nov – Schubert's music with Soprano Faye Bowness, accompanied on piano by David Battersby & Ken Foster 2.30pm

10th Nov – An evening with Freddie Davies 7.30pm

18th Nov – Folk music with Katriona Gilmore & Jamie Roberts 7.30pm

21st Nov – Klimt and The Kiss – Exhibition on screen 2pm

24th Nov – The Enigma of Edward Elgar – Musical drama with Michael Lunts 7.30pm

For more info on Activities, please contact Diane on 07771 682378 or Lesley on 07816 895021

Enjoyable Dementia friendly walks

with optional refreshments. 10.30 am start. Meet at: 9th Nov Arnside carpark LA5 0HF opp fish & chip shop

23rd Nov Park Road carpark, Milnthorpe LA7 7AD – for deer park walk

Social Table Tennis – at Arnside Educational Institute, Church Hill, Arnside, 10.30 am start, Wednesdays 1st, 15th, 29th November

Woodland Wellness – Being outside is good for us all. Come and join us for engaging activities connected to nature – next to the trees in Cinderbarrow, Tarn Lane, Yealand Redmayne, LA5 9RX or Milnthorpe MHub-bad weather Mondays **6**th **& 20**th **November** 11am – 12 noon

Dementia Embracing Community Singing Group- Silverdale Songsters - Friday mornings between 10.30 – 11.30 am at St John's Church Hall, St John's Church, Silverdale

Monthly Meet Up Tuesday 28th November 10.30 am – 12 noon at Abbot Hall Social Centre, Dowker Lane, Kendal, LA9 4DN

An enjoyable get together designed to engage and support people living with dementia and their carers.

Geoff Woods & Karen Bennett will play their ukuleles and sing



Dignity in

Helping you support people with dementia

Dementia



Please phone for details and to book lunches: Liz Dawes 01539 728118

Gentle Exercise Classes – Milnthorpe Every Tuesday 10.30 - 11.30 am Catholic Church Hall Haverflatts Lane, Milnthorpe LA7 7PS

Gentle Exercise Classes – Levens Every Wednesday 10.30 - 11.30 am Levens Methodist Church Lowgate, Levens LA8 8NL

Levens Lunch Club
The Gilpin Bridge, Levens
LA8 8EP

Fourth Tuesday of the month 12.00 pm please phone to book

Hale Lunch Club The Tavern at Hale, Milnthorpe LA7 7BH Third Thursday of the month meet at 12.15 for 12.30 pm



Managing money – some helpful tips from Citizens Advice.

To take control of your money, the single most useful thing you can do is to make a budget. This is simply a list of all the money you have coming in and everything that is going out. You can use pen and paper, or a spreadsheet, or an app many banks offer budgeting support. Next, set some cash aside whenever you can, for unexpected costs and to avoid getting into debt. This can be as simple as saving your loose change in a jar and then depositing it in the bank. You can set up a separate savings account. Even better, set up a regular standing order into your savings account that coincides with your money coming in. This means that the money won't sit in your current account, tempting you to use it for unnecessary expenses. You could also use an automatic saving app.

If you don't have any spare money after your outgoings, keep an eye out for opportunities to cut back on nonessential areas of your budget. For instance, if you realise there's a subscription you've not used, cancel it and put the money in your savings account. Set a regular time to sort your paperwork and look at your money. This can help you feel more confident and in control of your cash. Be careful about using loans or credit. You are actually agreeing to a legal contract called a credit agreement. If you can't repay, this can affect your credit rating and ability to access borrowing in the future. Credit can also lead to increased risk of overspending. paying more through interest and fees for late payments, getting into difficulty budgeting and getting into debt. If you find yourself with money problems you can't handle, don't put off seeking help. You can find lots of information on the Citizens Advice website. For personal, confidential advice, contact South Lakes Citizens Advice.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. South Lakes Citizens Advice, your local charity, is here for you. How to access:

Call 015394 46464 - this is being staffed from 9:30 - 2pm

- Adviceline: 0808 2787 984
 email advice via our submission page on our website www.southlakescab.org.uk
- Help to Claim (Universal Support): 0800 144 8 444



- Meet friends
- Play games
- Have fun
- Enjoy food
- Have your say
- Join in



Come and tell us what you would like to do in your youth group!

For more information contact your youth worker Terry

07388915283

terrymcloughlin@keyprojectcumbria.onmicrosoft.com

PROVIDING YOUTH WORK IN THE KENT ESTUARY AREA

www.thekeyproject.org.uk

Levens Youth Group Tuesdays 4.30 - 6 pm at Levens Village Hall Year 7+

Milnthorpe Youth Café Wednesdays 3.30pm-5.30pm at M:HUB Year 7+

Storth Youth Group Thursdays 3.30pm-5.30pm at Heron Hall Year 7+

Milnthorpe Senior Youth Group-Thursdays 7pm-9pm at M:HUB Year 10+

Arnside Youth Group Fridays

at the Educational Institute Yr 7-9 6pm -7.30pm Yr 10+ 7.45pm-9.30pm

For more information call our youth workers Terry 07388915283 Emma 07960451542

or email rosiebrown@keyprojectcumbria. onmicrosoft.com



Remember, Remember
the 5th November!
Wrap up Warm
& join us at
St. Thomas' Church,
Milnthorpe
Friday 3rd November
3:15 - 4:45 pm
Bonfire & Bonfire Treats
Burgers and Hot Dogs
Sweet treats,
Crafts and Games
Call in after school or after
shopping, everyone
welcome to join in the fun!



Have you ever tried indoor bowling?
Come along to
Heversham Indoor Bowling Club and give it a go.

We meet Monday's 2pm to 4pm and Friday's 7pm to 9pm from October to the end of March.

£20 membership & £2 per session. with Tea/coffee & biscuits included. Try for free for 2 weeks.

Its a chance to socialise, make new friends and chat having a cup of tea.

And it's fun for all ages!

Let's play Bridge

Join us at the Bowling Club, Leasgill on Thursday afternoons . No partner necessary.

For more information contact Joan on 62600





always enjoyable and worthwhile everybody who uses the churchyard can see the benefit

Meet at the Church gate and once again we will be cutting ivy and pruning trees; tools to bring if you have them are: secateurs, loppers & saw. Come along with or without tools for part or all of the morning, whatever is convenient for you

Any questions contact: Richard Simpson Heversham
Parish Council
asking if anyone
has any selfseeded or other
saplings that
they would be



willing to donate to help develop the **Jubilee Copse on Tristrams.**

The tiny whips donated by the Woodland Trust that we planted earlier in the year to start the copse have suffered at the teeth of rabbits!



We have more of those coming and aim to bring them on a bit before planting, but we would welcome any and all donations if parishioners have anything they are getting rid of.

Offers by email to hevershamparishcouncil@gmail.com
Thank you



Heversham Bowling Club Games Afternoons

Every Tuesday in the Clubhouse
During winter months
2.00 – 4.00pm £2.00 inc refreshments



keep mentally active during the winter months – join us to play board games, dice games, word games, strategy games, paper & pencil games, card games & dexterity games. a variety of games to play, some well-known, others maybe new to you

Everyone Welcome





HEVERSHAM BADMINTON CLUB DALLAM SCHOOL SPORTS HALL, MILNTHORPE.

Mondays. Juniors 6pm - 7pm.
Racquets available.
Seniors 7pm - 9pm.
New members always welcome.

Contact Wendy for more details. 01524 781437 wendycritchley27@gmail.com



No membership, just £2 on the door An Informal Group and Good Fun

First Tuesday in the month 7.30 pm
Church Hall Christ the King Haverflatts Lane, Milnthorpe
Everyone Welcome, just come along Susan 015395 64099





SINGING GROUP
invite you to join
on 2nd MONDAY of every month 10.30 am to 12 noon
9th October, 13th November, 11th December
in Levens Methodist Church Hall



For Singers and non-singers - everyone!

cost £2.00 including refreshments
Please do come along and sample what is on offer: friendship/
singing popular songs/listening/tea/coffee

Children's Society Collection Boxes

The yearly collection boxes will be gathered in in mid November in Levens and can be left in church after the Sunday service or at my house - Gilthrigg or I can collect them if I am contacted on 07732 970815

Thank you, Liz Brown

Dates for Diary: Help to assemble the Christingles 23rd Dec 10.00 am

Invitation to all to the Christingle service at St John's Levens on Christmas Eve at 3.30 pm



HEVERSHAM

Next meeting November 8th 7.30pm in the Athenaeum, Leasgill Board Games Night

Visitors are asked to pay £2 and can now attend for 3 sessions before making a commitment to join. We look forward to welcoming you in the Athenaeum

with Colin James

For further information please contact:

Sue Ellis: 07939 577881

Levens Local History Group

Meetings are third Thursday in Levens Village Hall starting 7.30 pm, unless stated otherwise on the website.

Contact: secretary
Allan Steward via website
https://www.levenshistory.co.uk/

Milnthorpe Christmas Tree Lights

will be switched on Friday 24th November 6pm Check Milnthorpe What's Going on Facebook for details nearer the time



Monday 13th November: 7.30pm in Levens Methodist Church

Conserving Curlews: a tale of dedication and hope.

Barny Sykes and
Susannah Bleakley f
rom Curlew Recovery in South
Lakes will talk about the work of the
local curlew volunteers and how
they are protecting nests and chicks
in the Lyth Valley.



Second & Fourth Thursdays 10:00am at the Athenaeum, Leasgill

9th November: Life of a Poppy Seller

23rd November: Redevelopment of Abbots Hall and Museum, Kendal

Annual membership -12 meetings including refreshments is just £18; guests £2.50 per meeting.

All Welcome

Facebook - Quest-Lecture Group 110942098389216



NSPCC for children for Christmas



Saturday November 18th
Methodist Church Hall
Levens
10.30-12

Cake stall * Craft stall *Toy stall *Tombola-mixed prizes * Raffle Children's books (Donations in good condition appreciated)
Guess the weight of the cake

Entry £2.50 inc refreshments contact 60716— any donations would be welcome for ALL our stalls/raffle prizes and offers of help on the day.





St John's Christmas Fair

Saturday November 25th Levens Village Hall 10.00 – 12.00

Cake stall
Christmas crafts and gifts
Raffle
Tombola
Games and competitions
Seasonal Refreshments

Entry £2

Come and join us for a fun evening with THE FABULOUS

BRYCE ST. STRUMMERS

at

LEVENS METHODIST CHURCH

Friday 1st December
7PM
Including PIE & PEA SUPPER
RAFFLE AND QUIZ

Tickets:£10

Pam 61781 or Angela 61602



Idea!

Would you like to be a member of a choir on Christmas Eve at St Peter's Church Heversham.

Please contact

George Handley tel: 015395 63289 Email:

george.handley121@btinternet.com

Jean Metcalfe

Email: jeanmetcalfe7@gmail.com





Mothers Union

First Wednesday at 2pm St Thomas' Church Centre Milnthorpe

All are welcome to visit and join next meeting is on Wednesday 1st November "St John's Hospice Lancaster" Louise Barker Visitors Always Welcome

1in 3 Women World-Wide will experience domestic abuse in their lifetime. MOTHERS' UNION CAMPAIGN



RESPOND INFORM SUPPORT EMPOWER UNITE PRAY 365 DAYS A YEAR

UN 16 Days of Activism Against Gender Based Violence 2023 25 Nov – Global Day of Activism to

10th Dec United Nations Day

Hold 1 minute silence at 1.03 pm on Sat 25th Nov - pray for end of GBV

Wear purple and a badge to support the MU campaign against 1 in 3



Tel 015395 61448



Dear Friends,

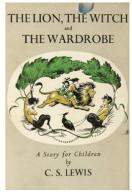
At a road junction in east Belfast called Holywood Arches, you will find an unusual statue. It is a life-sized figure of a middle-aged man in a crumbled suit. He has stood up from his chair and is holding open the door of a wardrobe, gazing at what lies inside. It is a monument to one of Belfast's famous sons, the scholar, author and Christian apologist, CS Lewis, who died sixty years ago this month.



Clive Staples Lewis grew up in Dundela, Belfast, and was a member of the Church of Ireland. Indeed his maternal grandfather was a predecessor of mine in one of my former parishes in County Fermanagh. However, during his student days at Oxford, Lewis was a convinced atheist. It was at the age of 32 that he came to believe there was a God, and then committed himself to this God through a personal faith in Jesus Christ.

During his career as an English scholar CS Lewis held academic posts at Oxford and later at Cambridge. But he applied his intellectual gifts also to speaking and writing about the Christian faith. His wartime radio broadcasts on aspects of Christianity reached a wide audience.

He is probably best known for his Narnia series of books, especially *The Lion, the Witch and the Wardrobe*. The Lion, Aslan, is the true King of Narnia, and he sacrifices himself to release his kingdom from the evil White Witch. Lewis re-imagined the Christian faith, asking what the central message would look like if Christ had entered another world to rescue it.



Lewis did not shirk the difficult questions of evil, temptation and suffering in his defence of the Christian message. He had to watch his wife die from cancer and reflected on it in *A Grief Observed*. He dealt directly with issues of suffering in *The Problem of Pain*. He described pain as an unmistakable way God draws our attention to the fact that there is something wrong with this world, that things are not the way they ought to be, around us and within us: "We can ignore even pleasure. But pain insists upon being attended to. God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is His megaphone to rouse a deaf world."

One of the most famous challenges he posed to an unbelieving world was this: "I am trying here to prevent anyone saying the really foolish thing that people often say about Him [ie. Jesus]: I'm ready to accept Jesus as a great moral teacher, but I don't accept his claim to be God. That is the one thing we must not say. A man who was merely a man and said the sort of things Jesus said would not be a great moral teacher. He would either be a lunatic — on the level with the man who says he is a poached egg — or else he would be the Devil of Hell. You must make your choice. Either this man was, and is, the Son of God, or else a madman or something worse. You can shut him up for a fool, you can spit at him and kill him as a demon or you can fall at his feet and call him Lord and God, but let us not come with any patronising nonsense about his being a great human teacher. He has not left that open to us. He did not intend to. ... Now it seems to me obvious that He was neither a lunatic nor a fiend: and consequently, however strange or terrifying or unlikely it may seem, I have to accept the view that He was and is God."

CS Lewis passed away on 22nd November 1963, the same day that President Kennedy was assassinated. Although a lifelong Anglican, CS Lewis preferred to use the simple title of Christian. One of his most famous books was titled *Mere Christianity*, and as a 'mere Christian' he focused upon the central truths held in common, rather than denomination differences. The clarity of his thought and the imagination in his writings have served the Church well to this day.

Every Blessing, Revd Bryan Kerr Priest-in-Charge of St Thomas', St Peter's, St John's Churches

Next issue - DECEMBER 2023 and JANUARY 2024
print & online
Please email info
by 10th NOV

Afternoon Holy Communion:

Thursday 16th November at 2.00pm at St Thomas' Church, Milnthorpe followed by tea, cake and chat



Tuesday 28th November at 2.30pm (last Tuesday in the month) at St John's Church, Levens

CHILDREN'S SUNDAY SCHOOL Milnthorpe

Sunday School at St Thomas' Church during the 11.15 am service



All Welcome - come when you can



You are welcome at

November Sunday Morning Services at Parish Churches -

8.00 am Holy Communion St Thomas' Milnthorpe 5th & 19th Nov St Peter's Heversham 12th & 26th Nov	 9.30 am St Peter's Heversham 5th Parish Communion 12th Remembrance Sunday - see P24 19th Parish Communion 26th Fellowship Service at Old School
9.45 am St John's Levens 5th Parish Communion 12th Remembrance Sunday - see P24 back page 19th Parish Communion 26th Morning Praise	11.15 am St Thomas' Milnthorpe 5th Morning Praise 12th Remembrance Sunday– see P24 19th Morning Praise 26th Parish Communion

COVER PHOTOS: front and back covers - the poppy and memorial on Milnthorpe Green 2022



Christ the King RC Church Haverflatts Lane Milnthorpe

Sunday Mass celebrated at 10.30am Friday Mass now celebrated at 10 am

Find on You Tube channel and Facebook Group by searching:

Kent Estuary Catholic Churches

Fr Philip Smith 015395 32731 Email:

kentestuarycatholicchurches@gmail.com



Kendal **Methodist** Circuit

Revd Tiras Dainty-Share 01524 963716 Email: tiras.ds@methodist.org.uk Levens Methodist Church 10.30am Services unless stated led by:

5th Revd Richard Bielby

12th United Service at St John's Church

19th Sacrament service led by Revd Tiras Dainty-Share

26th Dr Don Spivey

What's the latest?



www.stthomasmilnthorpe.org.uk &

www.stpetersheversham.org

If you would like an email of the weekly notices please click on 'contact us'

www.levens.org.uk has local info and NEWS and a link to the same archive of Parish News through - in the village St John's page.

https://www.levens.org.uk/st-johns-church

@NEWparishnews

Facebook page. Items posted are forwarded to Milnthorpe What's Going On page too.

Milnthorpe What's Going On

page on Facebook to catch up with what is going on !

And KEY weekly Youth Activities post on this page

www.heversham.org has local info and an archive of over 17 years of Parish News in A4 pdf version.

Nextdoor.co.uk Local info, tips and ideas

Samaritans'

Free helpline number is **116 123**. Calls to this number do not appear on phone bills. This number is free to call from both landlines & mobiles, including pay-as-you-go mobiles. You don't need to have any credit or call allowance plan to call 116 123.

Available round the clock, every single day www.samaritans.org



To sign up to the weekly emailed notices for Parish Churches in Heversham and Milnthorpe please email

'contact us' via the websites.

For regular email updates for St John's Church Levens please email:

jill.butterworth54@btinternet.com

for a pastoral phone call for yourself or for someone you know call:



Heversham & Milnthorpe:

Email via church websites 'contact us' or phone

Linda Cooper 015395 63836

Levens:

Pam Martin 07840 671286

Levens Good Neighbours - You may find it good to know that the support offered by Levens Good Neighbours includes matching with someone to offer friendship.

If you call 07908 004672 any day between 8am and 8pm, this support

can be arranged with you

Can Levens Good Neighbours help with:

A friendly phone call Picking up shopping or library books or prescription Posting mail, Simple handyperson job, Dog Walk, Transport to a local appointment

Ring 07908 004672 8am - 8pm any day

Volunteers are covered by insurance & policies relating to safeguarding and good practice.

Parish News, part of the church in community

is run by 3 Parish Churches

of St Peter's Heversham, St John's Levens & St Thomas' Milnthorpe Volunteer Ed Team:

Jane Cushnie, Jill Butterworth, John Thorley, Margaret Barrow, Wendy Dodds **Distribution Team** of more than 60 volunteers across the three parishes - thanks everyone! E-mail!

parishnews@heversham.org Mrs Jane Cushnie Tel: 015395 64582

Levens News: jill.butterworth54@btinternet.com Mrs Jill Butterworth Tel: 61676

Priest-in-charge of Levens, Heversham & Milnthorpe

The Reverend Bryan Kerr Email: rev@lhmparishes.co.uk Tel 015395 61448

Churchwardens

Levens: St John's Heversham: St Peter's Milnthorpe: St Thomas'

Dr Val Robson 62904 Mr Hal Bagot 60588 Mrs Jane Fell 63174

Mr John Ricketts Mrs Jill Butterworth 01524 761076 61676

PCC Secretaries Mrs Judy Rigg

Mrs Lizzie Fawcett Mrs Julie Marsh elizafawcett@icloud.com 015395 83183

> www.kentestuarymissioncommunity.com for information from churches in our Kent Estuary

01524 761857

Useful Numbers for Room Hire:

Milnthorpe St Thomas' Church Centre www.stthomasmilnthorpe.org.uk

Milnthorpe Christ the King RC Church Fr. Philip Smith 015395 32731

M:HUB, Beetham Road, Milnthorpe Irene McKay 07958 605049

Leasgill Athenaeum www.the-athenaeum.org.uk Clare Lewis 07876 124236

Heversham Tristrams Pavilion / Playing Fields, Email: sports@dallamschool.co.uk

Tom Grindey 07907 286836 Heversham Bowling Clubhouse

Levens Village Hall Helen & Alan Miller 015395 60334

Levens Methodist Hall Jane Jones 07875 163418

Levens Pavilion Alice 07817 200053

To advertise please email for details to: parishnews@heversham.org

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Next issue DEC 2023 JAN 2024 print & online Please email info by 10th NOV 2023

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To the best knowledge of the Editorial Team all info is correct at time of going to press 19.10.23

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Mary Davies

015395 64809

www.oldebluebellcottages.com

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FOOTCARE AT HOME

Tracey Garrett BSc MinstCHp Nail trimming - Ingrown nails Corns - Callus Diabetic foot care & advice Phone 07766 167018 **HOME VISITS**

Green Dental

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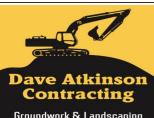
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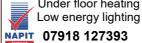
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