

Jesus Church Troutbeck



Parish Magazine April 2020

www.troutbeck.org or www.sikchurches.org.uk/troutbeck

35p

April 2020

Services this month

Due to the outbreak of COVID-19, and in accordance with Government and Church of England guidelines

All public services are suspended until further notice

Churches will remain locked until further notice

You can join us, online, at the St. James Staveley Facebook page for

Morning Prayer at 8.30am

Monday—Saturday

Evening Prayer at 6pm

Monday—Sunday

Morning Service each Sunday at 11am

- this service can also be accessed via Zoom, please contact the curate or vicar for more details.

O God,
help me to trust you,
help me to know that you are with me,
help me to believe that nothing can separate me from your love revealed
in Jesus Christ our Lord.
Amen.

Available to help you

Vicar	The Revd. Canon Shanthi Thompson	01539 821267
	staveleyvicarage@gmail.com	
Curate	The Revd. Jonathan Gillespie	07534 424482
Pastoral Assistant	Mr. Leonard Lambert	43257
Reader	Mr. Christopher Bradbury	46186
Churchwardens	Mr. Robert Smith	43041
	Miss Joan Bland	45636
CC Secretary	Mrs Sandra Britton	44596
Treasurer	Mr. Christopher Bradbury	46186
Organist	Mr. David Lee	

The PARISH OFFICE

The parish office is closed until further notice please contact the Vicar

Church website: www.sikchurches.org.uk/troutbeck

Village Website: www.troutbeck.org

Email address for Carlisle Diocese is communications@carlisediocese.org.uk

Postal Address Diocese of Carlisle Church House, 19-24 Friargate, Penrith. CA11 7XR.

ENQUIRIES: If you wish to arrange a Baptism or Marriage Ceremony please contact the Vicar, she is also available to call on the sick or housebound. *The Vicar usually has Saturday as a rest day.*

Parish News Deadline: The deadline for items for the May edition of the parish news is 20th April 2020. Please e-mail copy to: cochrane.highgreen@btinternet.com Tel. 015394 34421.

Magazine Subscriptions

Subscriptions (£4.20) are due in January for the magazine for 2020 Please give the money to whoever delivers your magazine or to one of the Church Wardens.

If you receive yours by post please include 12 2nd class stamps or the equivalent in cash.

Uncertain Future?

Recently, on advice issued by the Church of England, I had the sad task of cancelling services in our churches for the foreseeable future. As worshipping together as a church family is an intrinsic part of being a Christian and provides fellowship, joy and the opportunity to pray with and for each other, this may seem to a tragic step to take. But the Church, as well as all organisations, must put the health and safety of the most vulnerable in our community above all else.

Just because we cannot meet to worship together, this does not mean that our churches are closed, or our faith is any less strong. I encourage you to keep reading your Bible and praying, alone or with others over the phone, Skype, or the garden fence (whilst exercising social distancing of course)

~~Our churches will be opened daily, as before, and we encourage folk to come and use them as quiet spaces for prayer, reflection and to simply sit and bring all that is happening before God, our heavenly Father.~~

Simple services and prayer resources will be available on our parish website www.sikchurches.org.uk. We will keep our website up to date with information about when we can resume meeting together and with links to other resources. St. James' Facebook page will also we used to share information and you might like to download the time to pray or daily prayer app <https://www.chpublishing.co.uk/apps>. Morning prayer will be said live at 8am each morning and evening prayer at 6pm each evening. Our Sunday service will also be available there and on Zoom – please email me for a link.

Please keep an eye on neighbours and friends, follow government guidelines about self-isolation and treatment. Why not say the Lord's prayer each time you wash your hands and offer all those affected by the Coronavirus to God?

The current situation may feel hopeless and frightening, but God is still sovereign, and his loves still extends to all. We are never alone as His Spirit is with all who call upon his name and by demonstrating His love for others above self, we are living life his way and shining with his light.

Please don't feel you are alone, call on me and on the kindness of this community and together, I pray, we will see kindness defeat selfishness, generosity defeat greed and love triumph over evil.

**Keep us, good Lord,
under the shadow of your mercy.
Sustain and support the anxious,
be with those who care for the sick,
and lift up all who are brought low;
that we may find comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord.
Amen**

Revd Canon Shanthi Thompson

Current Arrangements

- **Please note events in this magazine may be subject to cancellation**
- **All the news from the Bishop of Carlisle and the diocese on what to do in this challenging time can be viewed on enews@carlisediocese.org.uk**
- **Annual General Meeting Jesus Church Annual Parochial Church Meeting has been postponed.**
- **Lunch Club has been cancelled until further notice**

To Those Self Isolating due to Coronavirus

In response to the present crisis a group of volunteers have got together and formed Troutbeck Together that will be available to help others who are self isolating for whatever reason. You hopefully you will have received a leaflet through your door about this but if not please ring Diana Berry on (07967) 054990 if you need help or if you would like to help.

Please remember that Jayne 015394 46318 will deliver milk, cream, oat milk, eggs and juice to your door everyday except Sunday.

James by Divine Permission Bishop of Carlisle to our beloved in Christ Shanthi Hazel Peiris Thompson, Greeting

So begins the wording on the licence handed to me in Carlisle Cathedral on 1st March when I was Collated and Installed as the Thirteenth Honorary Canon of the Cathedral Church of the Holy and Undivided Trinity of Carlisle.

It is an honour, not just for me but for the churches I serve to be made an honorary Canon and I feel duly humbled.

Being an honorary canon does not mean I now have duties at the Cathedral, beyond presiding at midweek communion a few times a year, but it does give me my own stall in the Cathedral, no. 13 and a smart badge to wear on my preaching scarf!



Shrove Tuesday 25th February

Unfortunately the Pancake Races were cancelled due to wind, rain and sleet and our friendly Town Crier, Tony Legge, did not want any hotel staff, residents or holiday makers to come to any harm running on slippery roads.

This was a great pity as Tony, in his Town Crier's outfit and the notorious bell, was claiming this day to be his last appearance at the Races. He and his wife Lesley have cajoled, amused and generally welcomed adults and many children – some from the schools in Windermere - to the Pancake races for 14 years.

A Big Thank You goes from everyone in the village who has witnessed all the hard work that Tony and Lesley have put in over the years.

He is hoping that some good person will carry on the tradition, which Rosemary Hopwood started many years ago.

Zoom Church

The Reverend Jonathan Gillespie sent out links so that anyone could log into the first of our online Morning Services, on Sunday March 21st. It was 'attended' by many folk from various parishes locally, and further afield and even one from the Isle of Man. Please get in touch if you'd like to join next time or see www.sikchurches.org.uk for the link.

Mayor Making

Troutbeck Mayor Making evening event was well supported . The retiring Mayor, Steve Kennedy welcomed everyone. A delicious meal was prepared and served by Liz Clarke. The desserts were made by members of the committee. Neil Salisbury screened an old film showing hounds on the fells, past Masters, Huntsmen and followers. Roger Westmoreland auctioned some items which had been donated. There was a very good quiz and the bar did good trade.

Steve Kennedy announced that the new Mayor was to be Alan Mason, who took his seat in the Mayor's chair and nominated singers. The unaccompanied singing is always a highlight and did not disappoint. It was started by Steve Grundy with D'ye ken John Peel with everyone singing the chorus. Neil Salisbury, Alan Mason, Margaret Lambert, Mike Nicholson and Emma Edgar sang beautifully and Alan and Neil sang a duet with Steve Grundy finishing off.

It was a very enjoyable evening and Nicola and all her helpers are to be congratulated on all their hard work.

On Saturday 29th there was a good crowd at the Queens Head with the new Mayor, Alan Mason, presiding.

In the afternoon there was a Terrier show judged by Doreen Westmoreland and Stick show judged by Mark from the Queen's Head.

The Champion Terrier Doris shown by Sarah Clayton

The Reserve Champion Terrier was Max shown by Lenny Jackson

The Champion Stick rosette was won by Bob Cannan and the Reserve Champion rosette was won by Mike Earl

Tommy Metcalfe won the Stick donated by Bob Cannan

After the event £200 was sent to Cancer Care in Kendal.

More from George Henry Joyce

OUTSIDE PAINTING, &c - 1894. Painting of Spouts and outside of Church, £1. 12s.10d. 1894 (March). Mr. B. Pattinson, Longmire, panelled the Church porch and painted the door and gates of the Church and Churchyard.

1921 (June). Spouts, Doors, Gates, Railings were painted; Windows and Tower repaired; cost £34.

ACCOUNTS. - From 1827 to 1872 parchment was bought almost every year for the Registers, etc, the amounts varied from 2/6 to 11/-.

For scores of years appears the item - "One gallon of wine, 18/-". (In one year they had two gallons). Communion was then only four or five times a year.

In 1869 appears 9 cwt. of coal and 11 1/2 cwt. of slack for 4/1d.

Washing surplus and sweeping chapel, 6/9 d.

In 1832 they bought 13 yards of linen cloth for a surplus, £1.1.8d; making 2/6; in 1865 a new Surplice cost £1.14.0.

The first entry for any collection of Offertories in the Church is for the year ending 1873 (Rev.J.Hudson).

The two boxes for Offerings were placed in the Church in 1880 (Rev. C.E.E. Appleyard).

In the year ending Easter, 1894, there was only one penny in the Church Expenses box. From 1880 to 1921 - 42 years, the total amount taken from the boxes was £29.7s.3d. (average 14/-).

The CHURCH CLOCK was put in the Tower in 1887 in memory of Queens Victoria's Jubilee. Messrs. J. W. Benson of London were the makers. The money was publicly subscribed. The total cost of the Clock, erection and Brass Tablet in the Church was £122.14.7d., given in 168 subscriptions.

There is no mention of any payment for winding the clock till 1894. The contract was £2 per annum for one visit per month. The weekly winding was done voluntarily. The £2 has been paid 19 times; the other years there have been extras, chiefly for cleaning - £1, £1, £1.7s.0,£1.10.0.,£1.15.0.£1.18.0.,£2, £3.10.6d., £1.15.0d.,£12/6.,5/- . In 1914 a new steel rope and fixing cost £2.7.0d.

Women's Institute

Brenda's Thoughts for the day.

These words are taken from a card entitled "Just for today" given to a lady in her nineties by a Doctor. On the back he had written:

God grant me the serenity to accept the things I cannot change and the courage to change the things I can and the wisdom to know the difference.

Congratulations ...

to Alan and Lynn Salter who celebrated their 25th Wedding Anniversary on 4th March with a skiing holiday in Canada. Very best wishes to them for the next 25 years.

Parish Register

Marriage Service

February 29th Melissa Foster and Jordan Marshall

Easter Ledges Pudding for all agers!

This savoury pudding is made using the young leaves of the Bistort plant. Easter-Ledge Pudding, or Dock Pudding, is a traditional Cumberland, Lake District and Yorkshire dish served at Easter and during Lent, (it is sometimes also known as Passion Pudding, Herb Pudding or Bistort Pudding) bistort leaves are commonly cooked with onion, oats, barley, butter and eggs, (various regional recipes also use other hedgerow leaves and ingredients).

It is served as a side dish with lamb at Easter; from April through to May; and at other times eaten with fried bacon, eggs and potatoes. At this seasonal time many of the local villages in Northern England hold competitions to find the best tasting Easter-Ledge (or Dock) Pudding – Hebden Bridge, in the Calder Valley, being the most famous competition. The regional recipes and local traditions of this pudding go back hundreds of years, closely tied to the common Oatmeal Pottage – it is a dish which is traditionally eaten on 'Passion Sunday', the fifth Sunday in Lent.

Recipe for Easter Ledge Pudding

6 large handfuls of young Bistort leaves
3 large handfuls young Nettle leaves
1 onion
120g Pearl Barley (cover and soak in water overnight)
1 Egg
60g Butter (softened)
1 tsp sea salt
1 tsp ground black pepper
(optional) 60g of Oatmeal
(optional) Butter, Lard or Bacon Fat – For Frying

Method:

First wash and chop up finely the Bistort and Nettle leaves add them to a mixing bowl and mix in the onion finely chopped and the soaked pearl barley (drained). Once mixed add this to the centre of a muslin bag or cloth. Sprinkle over some sea salt and black pepper.

Gather up the cloth, pack the pudding into the shape of a ball, twist the excess cloth gathered in at the top, and tie the opening to the muslin bag tightly shut with string. Place this, fully immersed, in a saucepan of water, already brought to the boil, turn the heat down, put on the lid, and simmer for 2 hours.

After boiling for two hours leave the Easter-Ledge Pudding to drain.

In a mixing bowl, beat together the softened butter and the egg, then thoroughly mix in the boiled ingredients from the muslin bag (drained). Add in some extra salt and pepper to season, stirring it in.

Heat a frying pan, add some butter, lard or bacon fat to it and take a large tablespoon of the Easter-Ledge Pudding mix, shape it into little flat cakes and fry, for a couple of minutes on each side. Then serve.

Churchyard Daffodils

The daffodils in the churchyard are as good as they have ever been and definitely worth a visit if you are out walking.

Some of you may remember that in 1981 the late Vic Guy galvanised several families in the village to save bulbs dug up by the new owner of Gallow Howe as he made a new drive way. With the use of a trailer and several pairs of young hands and trowels, bulbs were planted all down the village edges ending at Townend. More have been added over the years but those who took part on that Good Friday 1981 will be very pleased to see them now.

Lakeland Disability Support started life as New Holehird about 14 years ago. The charity was formed to try to save the Cheshire Home at Holehird, when Leonard Cheshire announced that they intended to close the Home. By the time Leonard Cheshire decided, five years later, to keep the Home open, New Holehird had raised well over £1million, so we decided to change direction and use the money to help physically disabled people in South Lakeland, the area in which the money had been raised.

Changing our name to Lakeland Disability Support, the purpose of the Trust is to give grants of financial assistance to help to improve the quality of life for people in South

Lakeland who have a physical disability. Although we have been going for many years now, it would seem that relatively few people have heard of us, despite several publicity drives.

Funding may be given for respite care, day care, equipment and services that will enhance the life of disabled people, and which the applicant or social services are unable to provide. It is not the purpose of the Trust to provide the primary support; that is the responsibility of the local authority. Where there is a shortfall in such support, the Trust may be prepared to assist, each case being considered on its merits. Successful applicants may reapply at some future time but long term funding will not be considered

We meet quarterly (January, April, July and October) and welcome applications from individuals or charitable organisations within the administrative area of South Lakeland. If you are disabled, or know of anyone in the area who would benefit by help from us, do please get in touch with me, either by email (brendarobinson2015@gmail.com) or by phone (015394 42800).

Brenda Robinson (Secretary of Lakeland Disability Support)

Quiz and Bingo Evening

Unfortunately the Q & B Evening has been postponed because of the virus. Hopefully the Social Committee will be able to hold it later in the year.

In the meantime enclosed in this edition is a quiz to pit your wits.

Spring Quiz

How well do you know the village?

All the questions are ways, gates or lanes in and around Troutbeck e.g.

- 1 Colour but not primary (5,4) ...Green lane.....
- 2 This can be a goodfellow, hood, round or bird (5,4).....
- 3 This one is dark (4,4).....
- 4 You cannot relax going up here (3,5)
- 5 Nurse or goat (5,4).....
- 6 Opposite of high, treble and tall (3,4).....
- 7 Lounge, sloth or one from Monty Python (4,4).....
- 8 Messrs Fawkes, Gibson or Mannering (3,4).....

- 9 Facial or geographical feature at north of village (8,4).....
 - 10 Constable painted one of these (4,4).....
 - 11 Named after an Engineering Co. late of Troutbeck Bridge (4,4)
 - 12 Two bridges cross this one (4,4)
 - 13 - - - - - and thousands (8)
 - 14 Patron saint of swineherds whose Day is January 17th.....
 - 15 Companion to Mayfair on the Monopoly board (4,4).....
 - 16 GHLLLYES (Anagram)
 - 17 This goes to Kentmere (7,4).....
 - 18 This lane's bridge was washed away many years ago (3,4)
- Answers on page 14.



I run a small business. It's been a very difficult six months for us - we lost a contract with one of our major clients and I just haven't been able to replace it with new business. Now I've received a huge energy bill. It feels like the last straw and I'm really stressed.

The first thing to do is to call the Citizens Advice consumer service on 0808 223 1133. They can often help to resolve problems with energy suppliers. Do this quickly - if you're on a business contract and you are disconnected, an extra fee can be added to your bill, and another charge for being reconnected.

Check the bill is correct and not estimated. If you are a microbusiness they can't send you a bill dating back longer than a year. If the bill is correct, but you just can't afford it, your energy supplier might agree to a payment plan. The Business Debtline number is 0800 197 6026.

You may find switching energy companies will save you money. You could also try energy efficiency measures such as switching off computers and other equipment overnight, using energy efficient light bulbs or making sure your premises are insulated. 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. We can give detailed advice over the phone – telephone 03444 111 444. For

email see our website: www.southlakescab.org.uk. We have various outlets across South Lakeland if an appointment is required. For Money Advice and for on-going enquiries please call 015394 46464.

"The Taming of the Shrew", Part 1

All you that are assembled here, come listen to my song,
But first a favour I do crave for fear of doing wrong ;
I do intreat this company, that they will silent be,
And then a merry song I'll sing if they'll thereto agree.

The song which I intend to sing, touch women most of all
Yet loth I am that any here should with me scold or brawl;
For I've enough of that at home, at board, and eke at bed,
And once for singing of this song my wife she broke my head.

But if pleased be this company, and pleased be those men,
I'll venture once more a broken pate, and sing it o'er again ;
But first I'll tell you what its call'd, perhaps you'll hear't no more,
Its call'd the Taming a Shrew, not often sung before.

But if that I do sing the rest, your orders I do crave,
Hold up a finger or a thumb that would this song now have;
Then will I sing with all my heart, and on with it will go.
You know my mind, pray let me know if I must sing or no.

Now, now, I see you willing are that I should sing the rest,
And for to please this company I mean to do my best ;
I do perceive now by your looks, no harm to me you think.
So it fell out upon a time, (but first pray let me drink)

Upon a time a lusty lad did court a lively lass.
But long it was e're that he could his purpose bring to pass:
He woo'd her on until at length she granted his petition,
That she would be his married wife, upon this condition,

That she should the breeches wear for a whole year and a day.
And not to be controul'd at all whate'r she did or say.
It was the longest year he thought that came since he was born,
Yet he the matter could not mend, for he thereto had sworn.

But still a year it hath an end, as that you well do know,
And if the day be e'er so long, to evening it will grow.
So it fell out with her at last, her year it was run out,
The sun, the moon, and all the stars, their race had run about.

*by Auld Hoggart of Troutbeck, about 1700 (to be continued)
from jonestheblether*

Answers of Troutbeck Lanes Quiz:

Green Lane, Robin Lane, Mirk Lane, The Slack, Nanny Lane, Low Gate, Idle Lane, Guy Lane, Townhead Brow, Wain Lane, Fell Lane, Ford Lane, Hundreds, Anthony Gate, Park Lane, Ghyllsyke, Garburn Pass, Ing Lane.

ALLELUIA! CHRIST IS RISEN - HE IS RISEN INDEED, ALLELUIA!

This call and response is the very first thing spoken on Easter Sunday morning at worship services across the world, and it has to be one of the best things I get to do as a Vicar. For the last 6 years I have bellowed this, at 6am, across the Kentmere Valley from outside St. Cuthbert's Church. This year I will still announce it. Sadly fewer people will hear me. But Easter will still happen even if we can't celebrate together. Below are a few reflections you might like to follow through Holy Week, as you prepare to celebrate, alone or with others, the resurrection of our Lord and Saviour Jesus Christ.

Palm Sunday—*Jesus rode into Jerusalem on a borrowed donkey to fulfil the prophecy: 'See your king comes to you humble and riding on a donkey'. As he rode along people laid their cloaks and palm branches on the road. They waved palm branches and shouted:*

'Hosanna to the Son of David. Blessed is he who comes in the name of the Lord'.

When the authorities told Jesus to silence his followers, he said: 'I tell you, if they keep quiet, the stones will cry out.' When Jesus saw Jerusalem and wept, He said: 'If you, even you, had only known on this day what would bring you peace – but now it is hidden from your eyes.' From Luke 19

Think about what it might have been like to have been there that day. How would you have been feeling?

The Last Supper—Jesus and his disciples celebrated the Passover Feast in Jerusalem. This time the meal was different. While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying: *'Take, eat this is my body.'*

Then he took a cup, and when he had given thanks, he gave it to them saying: *'Drink this, this is my blood.'*

Jesus was taking every day things and making them special.

What other things help us remember Jesus?

The Garden—Jesus went with his disciples to The Garden of Gethsemane to pray. His disciples fell asleep and he was all alone. He asked God, that if it were possible, he might not have to die. Finally Jesus said 'Your will be done'. Judas came with the authorities to arrest Jesus and his disciples fled.

Jesus felt alone in the garden.

We never have to feel like this; God is always with us.

The Cross— Jesus was subjected to a sham trial. Lies were told about him and hatred spread through the crowd. Jesus was condemned to death. He was beaten and forced to carry his cross to the place of execution. As Jesus was nailed to the cross he asked God to forgive his murderers. The crowd mocked him: 'He saved others; let him save himself if he is God's chosen one!' After 3 hours on the cross Jesus cried out in a loud voice: 'Father, into your hands I commend my spirit'. And he died. His body was placed in a borrowed tomb.

Jesus, an innocent man, died for our sins.

Jesus, the Son of God, can offer us forgiveness.

By his death he won for us eternal life with God.

The Empty Tomb—Very early on the first day of the week friends of Jesus went to the tomb to anoint His body with spices. When they arrived they found that the stone seal, which was very large, had been rolled away. As they entered the tomb, they saw **an angel who told them:**

'Do not be afraid! Jesus is not here. He has been raised from the dead, just as he told you. Go quickly and tell his disciples'.

When Jesus rose from the dead He won everlasting life for everyone who believes in Him.

That everlasting life with God can begin right now and continue when we die. Alleluia!

HAPPY EASTER—Revd Canon Shanthi Thompson