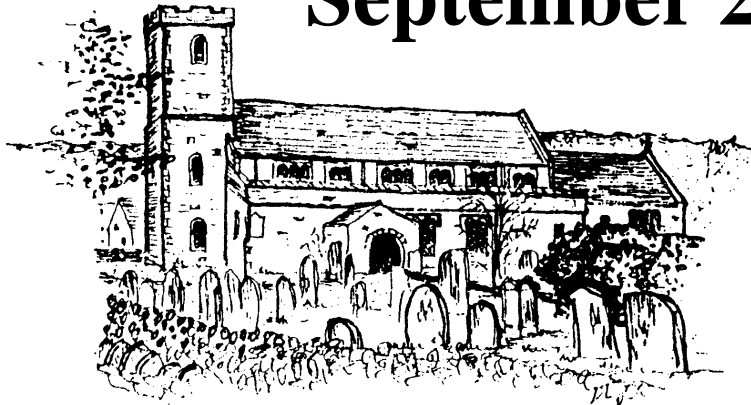




**September 2010**



St Kentigern's Caldbeck



St Mary's Sebergham



St Kentigern's Castle Sowerby

**Parish  
Magazine**

## **CHURCH STAFF AND CONTACTS**

**FOR WEDDINGS, BAPTISMS AND FUNERALS:**

**Priest-in-Charge:** Rev Norman Robinson 016973 43723

### **CALDBECK - St Kentigern's**

<b>Churchwardens</b>	Mrs E Boydell Mr R Brough Dr R Davie	
<b>Treasurer</b>	Mrs C Hine	
<b>Secretary</b>	Mrs S Beale	016974 78353

### **CASTLE SOWERBY - St Kentigern's**

<b>Churchwardens</b>	Mrs M Edmondson Mr J Foster	
<b>Treasurer</b>	Mr B Mallinson	
<b>Secretary</b>	Jean Mallaband	016974 78143

### **SEBERGHAM - St Mary's**

<b>Churchwardens</b>	Mrs M Mattinson Mrs E Luck	
<b>Treasurer</b>	Mr J S Hollins-Gibson	
<b>Secretary</b>	Mrs H Holgate	016974 76478

### **PARISH MAGAZINE CONTACTS**

**Editor:** Mrs Roberta Bowen

**Tel:** 016974 78100 **Email address:** drbowen@btinternet.com

*(please put 'magazine' in the subject)*

**NOTE:** Copy deadline **15th September** for inclusion in October's magazine.

**Treasurer and Contact for Advertisers:** Mr Stephen Hollins-Gibson

**Tel:** 016974 76276 **Email address:** js.hollinsgibson@ukonline.co.uk

**Subscription & Distribution Enquiries:** Mr Stephen Hollins-Gibson

## *Your Priest-in-Charge Writes*

Dear friends,

September is the month in which the schools and colleges start up again after their summer break. New faces and fresh challenges await many students as they leave home for the first time, or move up from the primary school to the greater numbers of a secondary school. Please remember them in your prayers along with teachers and support staff. Talking of schools and funny exam answers here are some more like last month:

- Use the word “information” in a sentence: “Geese sometimes fly information”.
- Use the word “judicious” in a sentence: “Hands that judicious can be as soft as your face”.
- Where was the Magna Carta signed?: “At the bottom”.

Here are some teasers about Science:

- “If I melt dry ice, can I swim without getting wet?” Steven Wright.
- A man is playing Trivial Pursuit. He rolls the dice and lands on Science & Nature. The question is, “If you are in a vacuum and someone calls your name, can you hear it?” The man thinks for a moment before asking, “Is the vacuum on or off?”

Learning is not something we only engage in up to the age of 22 or so before we go on to the work situation. There is an increasing focus in the workplace upon the idea of “Lifelong Learning.” The followers of Jesus were called “disciples” which means “learners, or students” of Jesus their Teacher. And, like having to care for puppies, being a disciple of Jesus is not just for Christmas but for life! To help in this I will be putting on a series of Bible studies on the Book of Revelation as indicated in last month’s magazine. I am also inviting people to come on a course for those wishing to explore being a Lay-Led worship leader. Response sheets are at the back of each church.

In the “prophetic messages” given by the glorified Christ early on in the Book of Revelation to seven churches in the Roman Province of Asia Minor, the refrain at the close is this: “Let anyone who has an ear listen to what the Spirit is saying to the churches.” Can we too learn the skill of *listening* to what God the Holy Spirit is saying to the churches today? We

live in a culture full of many competing voices that clamour for our attention. Listening to others properly and to God's calling is rarer as is silent prayer as waiting upon the Lord. This is an area I would like to explore with anyone who would like to do so, preferably in groups of three.

Every blessing in Christ

Norman Robinson

**Listed Places of Worship Grant Scheme to close  
Save Our Scheme**

Since this scheme was introduced in 2001, churches that are also listed buildings have had VAT refunded to the value of over £100 million. The scheme comes to an end in March next year when the rate of VAT will also have risen to 20%. An eligible repair to our churches in Caldbeck, Castle Sowerby, Sebergham and Welton that might cost £5,000 today will cost £6,000 this time next year. In Caldbeck this will include the repair work necessary following the theft of lead from the roof. A church in a neighbouring Deanery is facing a repair cost of £60,000 for work on its tower and roof, and it will now need to raise an extra £12,000. Please sign the petition in church to **Save Our Scheme**. Please do this as soon as possible as the petition forms must be returned to Church House before 30 September. Alternatively you can sign a petition on-line at:

<http://www.gopetition.co.uk/petitions/listed-places-of-worship/sign.html>

The loss of the Listed Places of Worship Grant Scheme will be the second financial blow we face in 2011. The change to the basic rate of income tax reduced the amount we can recover in Gift Aid. There has been transitional relief, but this ends in March next year, so the amount we get back from the Inland Revenue will fall by 11.3%. To put this into perspective, it means a loss of nearly £1,000 a year for the churches in our team, and £100,000 a year across the diocese. Geoff Hine

**ST KENTIGERN'S CHURCH, CALDBECK  
HARVEST SERVICE  
SUNDAY 3 OCTOBER 2010  
11.00am**





#### **HARVEST FESTIVAL FLOWERS**

If anyone would like to help, please come along at 10.00am on  
Saturday 2 October.

*If you are unable to help but would like to bring flowers,  
garden produce or any items for the Harvest Sale, please  
leave these in the church porch*

#### **ST KENTIGERN'S CHURCH, CALDBECK**

##### **HARVEST LUNCH**

**Sunday 3 October 2010**

**Caldbeck Parish Hall**

**12.30 for 1.00pm**

*Tickets: £10 per head. Available in church at service times or  
from the Post Offices in Caldbeck and Hesket Newmarket*

*Ingredients sourced locally and fair traded, as far as possible*

#### **THE PARISH REGISTERS**

##### **Funerals**

Christopher ('Kipper') Elliott

*5th July 2010*

St Kentigern's Church, Castle Sowerby

Burial of Ruth Davis

*9th July 2010*

St Kentigern's Church, Caldbeck

Eileen Henderson

*10th August 2010*

St Kentigern's Church, Caldbeck

##### **Weddings**

John Dowling & Sophie Hunter

*24th July 2010*

St Kentigern's Church, Caldbeck

Christopher O'Donnell & Lucy Cartmell

*14th August 2010*

St Kentigern's Church, Caldbeck

**CALDBECK METHODIST CHAPEL  
HARVEST THANKSGIVING SERVICES**



*The Harlequin Choir*  
**Saturday 25 September at 7.00pm**

**Harvest Service**  
**Sunday 26 September at 2.30pm**  
**Rev P Ormerod**

**Sale of Produce**  
**Monday 27 September at 2.00pm**

**COME AND JOIN US—EVERYONE WELCOME!**



**MOTHERS' UNION**  
**Tuesday 21 September**  
**2.00pm**  
**Caldbeck Methodist Church Room**  
**'Samaritan's Purse'**  
**Speaker: Mr Ian Taylor**

**Take time for prayer!**  
The ecumenical prayer group meets each Tuesday morning at 8.45am in the back of Caldbeck Church to pray for the needs of our community and the world.  
Why not join us?  
**ALL WELCOME!**

**STILL STUDYING? FUNDING AVAILABLE FOR BOOKS ETC.**  
**Haltcliffe School Trust Fund**  
**Grant Distribution 2010**

- : Application forms for these grants can be obtained from the Secretary, Mrs
- : J Stobart, Ritchie Ghyll, Hewer Hill, Hesket Newmarket, Wigton, CA7 8HZ.
- : Tel: 016974 76575.
- : The forms must be returned by 30 September 2010.
- : Distribution of interest will be made following a Trustees' Meeting to be
- : held on 13 October. Individuals and groups who successfully applied for
- : grants last year may reapply this year for further consideration. Parish
- : groups may apply each year, but individuals may only make application
- : twice.
- : The Trustees shall apply the income of the Charity in promoting the
- : education, including social and physical training, of persons resident in the
- : parishes of Caldbeck and Castle Sowerby. In allocating benefits, the
- : Trustees shall have regard to the promotion of education in accordance
- : with the principles and doctrines of the Church of England and the
- : Methodist Church.

### **THE CHURCH OF ST MICHAEL AND ALL ANGELS, ISEL**

To celebrate the completion of all the restoration work, after the November floods of last year, and to celebrate Isel Church's rededication, the Church and Churchyard will be open on Saturday afternoon and Sunday afternoon, on the 2nd and 3rd October, from 12.00 noon until 4.00pm.

The Church will be decorated for our Harvest Festival Service (10.00 a.m. on Sunday 3<sup>rd</sup>.), and some of our beautiful altar hangings, which are normally kept stored away in a cupboard for safekeeping, will be out on display. Several other items and articles of interest in the Church and Churchyard will also be featured with explanatory notes. Local musicians will provide background music at times during the afternoons and refreshments will be available throughout the afternoon. There will also be a display of photographs to illustrate the extent of the flood damage and the repair work.

The afternoons are not guided, but if you do have any questions, our stewards will be on hand to answer whatever they can! This is a unique opportunity to come along and enjoy the beauty and history of this Grade 1 listed Norman Church. We promise you a very interesting afternoon.

**Ladies' Bright Hour**  
Tuesday 7 September  
at 2.00pm  
Roslyn Denholm

### **THE COFFEE SHOP**

at

#### **Mosedale Meeting House, Mosedale, near Mungrisdale**

is open from Thursdays to Saturdays, 10.00am-5.00pm  
and Sundays, 2.00pm-5.00pm until 5 September.

*Exhibition and sale of local art and craft work.*

*Bric-a-Brac in the barn.*

**Come and enjoy a warm welcome, coffee, tea, ice cream, home-made cakes, light lunches, including home-made soup.**

In aid of Northern Fells Group funds

[www.northernfellsgroup.org.uk](http://www.northernfellsgroup.org.uk)

Boltons, Caldbeck, Castle Sowerby, Ireby & Uldale, Mungrisdale,  
Sebergham & Welton, Westward & Rosley civil parishes.



**FRIENDS OF FELLVIEW**  
**Mr & Mrs & Dancing**  
Cumbrian Cheeses & Wine  
£12.50 per ticket  
Saturday 2 October, 7.00pm for 7.30pm  
Caldbeck Parish Hall  
**To book your tickets or a table**  
**Contact Lynn 016974 78141**

**MAD HATTER'S TEA PARTY**  
**Sunday 19th September 2010 at Millhouse Village Hall.**  
Come and join us for an afternoon of splendiferous nonsense and fun.  
Wear your maddest hat, bring your friends and enjoy an afternoon of total indulgence and delight !!  
Sherry or wine reception at 3pm. Mad Hat judging at 4pm. Followed by a wildly extravagant, hugely indulgent, scrumptious tea!  
**Booking is essential, individual tickets £6, table for 6 people £35, table for eight people £45.**  
Please contact Philippa Groves on 016974 78555  
or Diane Scott on 016974 78312.  
All proceeds to Millhouse Village Hall.

**Caldbeck Multi-Purpose Tennis Court**  
Social Tennis: Mondays and Thursdays from 5pm to 6pm. A warm welcome to anyone who would like to come along and play tennis. Just turn up at 5pm at the Court!  
**Fees 2010:**  
Children, 16 and under: 20p each child per hour.  
Adults: £1 each adult per hour  
Students and Unwaged people: 50p each person per hour  
***Please book at the Booking Board at the Garage before you play and wear soft-soled shoes.***  
'Pay as you go' moneybox at the Garage for fees.  
**Annual season ticket.** Play as often as you like with no additional payment. Obtainable from the Treasurer: Antoinette Ward, 016974 78220  
Children, 16 and under: £5 per year  
Adults, 17 and over: £15 per year  
The tennis court is situated on the school field at Fellview School. It is open to all, subject to booking a slot on the booking sheet at the Garage, and putting the fee in the honesty box at the Garage.

**what's on for young people**

**SPORTSREACH SOCCER AND NETBALL DAY**

For boys and girls aged 7-14 years

Saturday 25 September

10.00am-4.00pm

Fellview School Playing Field, Caldbeck

followed by family BBQ

(parents invited from 2.00pm for World Cup Matches)

Cost £5 per child which includes quality coaching, a T-shirt and trophies for the competition winners

Please complete application forms by 22 September,  
available from:

Helen 016974 78669, Chris 76646, Esther 76183

Sponsored by Heskett Free Church/Castle Sowerby Chapel  
and Stockdalewath Free Church

Sportsreach is a Christian sports organisation that uses  
football and netball in a variety of ways to spread the  
message of Jesus Christ all over the world

[www.sportsreach.org.uk](http://www.sportsreach.org.uk)

**Caldbeck Toddler Group**

will continue to meet in  
Heskett Newmarket Free Church  
Rooms

until the October half-term

FRIDAYS

9.30am-11.30am

Tel: Helen Stobart 016974 78669

for further information

**DISCOVERY  
CLUB**

will commence on

Tuesday 12 October, 3.15—5.00pm

Caldbeck Parish Hall

For all primary school

children (children are

escorted across to the hall from school)

Tel: Helen Stobart 78669





**HESKETH-NEW-MARKET AGRICULTURAL SHOW**

at Throstle Hall, Caldbeck

(by kind permission of Mr & Mrs R Mounsey)

**Saturday 4th September 2010**

**Show Field Opens 8.30am**

*Horses, Cattle, Sheep, Dogs, Poultry, Rabbits,  
Vintage Vehicles, Terrier and Jack Russell Race,  
Pony Sports, Tug-Of-War and Fell Race*

*Cumberland & Westmorland Wrestling, Horticultural and Industrial Section, Crafts,  
Children's Fancy Dress and much more.*

Stands and Side Shows.

Schedules and Enquiries – Helen Greenbank 016974 78125

Entries Close 20th August 2010

A good day out for all the family!

**Caldbeck & District Local History Society**

**N.B. CHANGE OF PROGRAMME**

The Society welcomes back the ever-popular local historian and speaker

*ASHLEY KENDALL*

who will give an illustrated talk on

'THE CARLISLE LANES'

**Wednesday 15 September 2010 at 7.30pm**

**in Caldbeck Parish Hall**

Tickets: Members £2; Visitors £3 (Refreshments included)

**\*Tickets (£10) for AGM & Supper**

**on 20 October will be on sale**

**CALDBECK WI**

Wednesday 1 September

Caldbeck Parish Hall

7.30pm

Programme suggestions for next  
year

**Speaker: Trudy Whalley**

**'The History of Dixon's Mill'**

Competition: A 1970's item

**Caldbeck & District Local History Society**

**SUPPER**

at DENTON HOUSE, HNM

**Wednesday 20 October, 2010**

**6.30 for 6.45 pm**

To be followed by

AGM


**at 8.15 pm (approx.) also at Denton House**

**Admission to Supper by ticket only (£10)**

[Vegetarian meals available by prior request]

\*\*\*\*\*

**\*\* Tickets on sale at Society's meeting on  
15 Sept. & thereafter from Evelyn Tickle  
(016974 78380). Deadline Friday, 15 Oct.**



We would like to invite you to join us for our eighth Annual General Meeting of the

***Northern Fells Group***

in

**Millhouse Village Hall**

**Monday 20 September 2010 at 7.30pm**

**AGENDA**

1. Apologies for absence
2. Minutes of the last AGM, 30th September 2009
3. Matters arising
4. Chairman's Report
5. Treasurer's Report
  - Adoption of Accounts
  - Appointment of Independent examiners.
6. Reports from Group and all service Co-ordinators.
7. Election of Officers and Committee: Chairman, Vice Chairman and Honorary Treasurer, and 12 other members. Each of the seven parish councils is entitled to nominate a committee member who shall also be eligible for election as an officer.
8. Election of Secretary.
9. Fixing of annual subscription and date for membership renewal.

**Refreshments**

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**MILLHOUSE CAKE COMPETITION**

Get your baking tins out (again after Heskett Newmarket Show !) and join in the fun of **Millhouse's own cake competition**. There are classes for everyone this year and, for the first time, we are doing classes for children. Watch out for the entry forms which will be out at the beginning of September. Anyone who would like to help with this event please contact Philippa Groves on 016974 78555 or Diane Scott on 016974 78312 All offers gratefully accepted.

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**AN EXHIBITION OF PAINTINGS**

***'Animals—Domestic and Exotic'***  
**by Wendy Graham**

from 20 September to 3 October  
at Watermill Café, Priest's Mill, Caldbeck

.....

**Sponsored Run**

Jim Cox thanks everyone who sponsored him so generously for the Great North 10k Run in Sunderland on 18 July.

**He raised £1,700 for the Northern Fells Group.**

**Thank you!**

.....

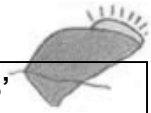


**LAUNCH OF THE NEW NORTHERN FELLS MINIBUS**

The Launch of the new Northern Fells Minibus on the 17 July 2010 was a very happy occasion with about a hundred people at Millhouse Village Hall. There were Volunteers, Passengers, Co-ordinators, Trustees, parish, district and county Councillors, Funders, and many supporters from the seven parishes. Rory Stewart, MP, cut the ribbon and gave an interesting speech following Jim Cox's equally good speech about the Northern Fells Group and its work. Jim made an appeal for less bureaucracy around fundraising bids – unfortunately Lord Wei from the Government's 'Big Society' Office had been delayed so missed the speech, but Jim hoped the main points of his speech would be relayed to Lord Wei by Rory Stewart and the Parliamentary Assistant present. Anyway Lord Wei did arrive safely in the end and everyone enjoyed the home-made refreshments.

Rory Stewart and Lord Wei then went on to the Coffee Shop at Mosedale Meeting House to meet Volunteers and Passengers from the Mungrisdale area. Special thanks to Lesley Smith and to everyone who helped in any way at Millhouse and the Coffee Shop – too many to mention but you know who you are!

The Minibus continues to provide a flexible service for anyone of any age who does not have their own transport, has limited access to shared transport, cannot drive their own cars temporarily, or needs disabled access. In addition, Sunday and Evening Outings can be arranged for any Northern Fells Residents.



**NORTHERN FELLS GROUP 'HAPPENINGS'**

Our new minibus will be at the Hesket Newmarket Show on 4 September. We look forward to seeing everyone. We shall be on a membership drive, along with lots of info all about the group. Also we shall have a cake and jam stall with a tombola.

Also, watch this space - the minibus will be visiting a parish like yours in the near future on its Autumn Road Show. Dates to be arranged. We will try and liaise with other events happening in your parishes. Let Sue know of any so that we can sort out a programme:  
[sue.clarke@northernfellsgroup.org.uk](mailto:sue.clarke@northernfellsgroup.org.uk) or telephone 016974 78094.  
Many thanks!

Northern Fells Group Calendars, blank cards AND CHRISTMAS cards are on sale at Mosedale (until 5 September - why not drop in for a coffee? - Thursday/Friday/Saturday 10.00am-5.00pm or Sunday 2.00-5.00pm) and in local shops. Please telephone Sue on 016974 78094 if you have a venue you would like to sell them at or wish to buy any.

Northern Fells Group Lend-a-Hand have a Soup Recipe book on sale for £3 to help funds for the service. Contact our co-ordinators or Doreen Glead for a copy on 016973 71947.

Local Village Agent for Caldbeck/Sebergham/Welton Parishes :  
Julia Trotter Tel: 0797 652 9275  
E-mail: [julia.trotter@northernfellsgroup.org.uk](mailto:julia.trotter@northernfellsgroup.org.uk)  
Local Village Agent for Mungrisdale /Castle Sowerby Parishes : Philippa Groves  
Tel: 016974 78555 / 07816 246 305  
E-mail: [philippa.groves@northernfellsgroup.org.uk](mailto:philippa.groves@northernfellsgroup.org.uk)

**MOBILE LIBRARY ROUTE AND DATES**

<b>Route G</b>						
Hesket New Market	11.00-12.00					
Caldbeck Pub	12.05-13.00					
Long Lea Farm	13.45-14.00	18	22	27 Oct	-	1
Fellside	14.10-14.30	Aug	Sept			Dec
Caldbeck School	14.45-15.45					
Branthwaite Cottages	16.00-16.10					



#### CALDBECK PLAYERS

Caldbeck Players' next production in November will be 'Great Expectations', a dramatisation of the book by Charles Dickens. The director will be Frank Cosgrove. If you would like to be involved with this production, on stage or back stage, please contact Frank on 01697478024 by 3 September. It is expected that the first rehearsal will be on Monday 6 September, with rehearsals being on Mondays and Thursdays thereafter. Frank is particularly looking for the following people:

Young Pip.....between 10-13 years

Young Estella.....between 10-15years

Pip, Herbert, Estella.....between 20-35 years

Pauline Woolfenden  
Secretary

## CALDBECK & DISTRICT LOCAL HISTORY SOCIETY

### Outing to Lowther Church and Shap Abbey

The second of the summer outings for members organised by the Caldbeck & District Local History Society was to Lowther Church and Shap Abbey in July.

The weather forecast had been gloomy but this only made the constant sunshine on the day itself all the more appreciated, and was an important factor in the enjoyment of a very successful outing.

En route to Shap Abbey, members visited Lowther Church and churchyard, where there was much of interest to be seen: the 10<sup>th</sup> century hogback gravestones in the porch; the interior of the church itself, with memorials and burial places of the Lowther family dating back to 1607; and the huge mausoleum in the churchyard where generations of Lowthers rested, alongside the more recent, humbler graves of those Lowthers simply buried in the churchyard grounds.

After passing through Lowther Park and taking in the view of the ruined Lowther Castle, the party made its way to Shap Abbey, armed with valuable

background information from a talk by Harry Hawkins at a recent Society meeting in Caldbeck.

Nestled in a sheltered valley, the ruins of the 13<sup>th</sup> century Abbey made a fine picture, with the Mardale hills in the distance and the river running by. The huge tower, built between 1460 and 1520, dominated the current site, where it was possible to explore and discuss the extensive ruins, and imagine the former glory of this ancient monument, which fell into disrepair after the Dissolution of the Monasteries in the reign of Henry VIII.

After leaving the peace and tranquillity of Shap Abbey, members returned to their cars, soon to enjoy an ice-cream stop, where president Ron Davie thanked Lesley Kingham for arranging such an informative and enjoyable outing.

Please see notices on page 10 for details of our next meeting & Supper/AGM

<b>CALDBECK SURGERY FLU CLINICS 2010</b>	
<i>We will be holding flu vaccination walk-in clinics on the following dates:</i>	
<b>Monday 4<sup>th</sup> October</b>	<b>1:30pm – 6:15pm</b>
<b>Tuesday 5<sup>th</sup> October</b>	<b>8:10am – 6.15pm</b>
<b>Thursday 7<sup>th</sup> October</b>	<b>1:30pm – 6:15pm</b>
<b>Monday 11<sup>th</sup> October</b>	<b>1:30pm – 6:15pm</b>
<b>Tuesday 12<sup>th</sup> October</b>	<b>8:10am – 6.15pm</b>
<b>Thursday 14<sup>th</sup> October</b>	<b>1:30pm – 6:15pm</b>
<b>Monday 18<sup>th</sup> October</b>	<b>1:30pm – 6:15pm</b>
<b>Tuesday 19<sup>th</sup> October</b>	<b>1:30pm – 6.15pm</b>
<b>Thursday 21<sup>st</sup> October</b>	<b>1:30pm – 6:15pm</b>
<b>Monday 25<sup>th</sup> October</b>	<b>1:30pm – 6:15pm</b>
<b>Tuesday 26<sup>th</sup> October</b>	<b>8:10am – 6.15pm</b>
<b>Thursday 28<sup>th</sup> October</b>	<b>1:30pm – 6:15pm</b>

*Influenza and pneumococcal vaccinations are recommended if you are aged 65 years and over or suffer from any of the following:*

Heart disease	Lung disease
Diabetes	Liver disease
Absent or malfunctioning spleen	Kidney disease

**If you have any queries, please contact the surgery and ask to speak to a nurse or doctor.**

### ST KENTIGERN'S, CALDBECK, CHURCH DUTIES

	<b>Welcomers' Rota 8.30am</b>	<b>Sanctuary Duty (8.30am unless specified)</b>	<b>Sidespersons' Rota 11.00am</b>
<b>September 5</b>	<i>no service</i>	(11am) Margaret Tinniswood	Dick & Penny Bird
<b>12</b>	Diana Greenwood	Liz Boydell Diana Greenwood	Charlie Rolfe
<b>19</b>	Liz Boydell	Liz Boydell	Gwen Coulthard
<b>26</b>	Joan Todhunter	Shirley Rolfe Joan Todhunter	

### ST KENTIGERN'S, CALDBECK, READING ROTA

<b>DATE</b>	<b>SERVICE</b>	<b>READINGS</b>	<b>READER</b>
<b>September 5</b> Trinity 14	HC 11.00am	<b>Philemon 1</b> vv 1-21 <b>Luke 14</b> vv 25-33	Margaret Hellon
<b>12</b> Trinity 15	HC 8.30am MP 11.00am	<b>1 Timothy 1</b> vv 12-17 <b>Luke 15</b> vv 1-10	Ron Davie  Peter Sageman (same Readings both services)
<b>19</b> Trinity 16	HC 8.30am FP 11.00am	<b>1 Timothy 2</b> vv 1-7 <b>Luke 16</b> vv 1-13	Liz Boydell  TBA (same Readings both services)
<b>26</b> Trinity 17	HC 8.30am	<b>1 Timothy 6</b> vv 6-19 <b>Luke 16</b> vv 19-31	Joan Todhunter



### CALDBECK MOTHERS' UNION

The Annual General Meeting of the Mothers' Union was held in the Guildhall in Preston. Members gathered from all over the British Isles, as well as some from overseas, for a very full and exciting day. We were welcomed by the Bishop of Burnley, the Lord Mayor of Preston and Rosemary Kemp skill, the World-wide President of the MU. The President told of her visits during the year, sharing issues affecting members in different parts of the world, as well as enjoying fellowship and seeing growing faith amongst our enormous Christian family of over four million members in 81 different countries.

Our Chief Executive, Reg Bailey, always produces a special theme for the

Meeting, and this year was no exception. We were each given a Snakes and Ladders board. The head of each of the four units used this to report on the various 'Ups and Downs' of the year, especially the effect of the global recession on the poorest and most vulnerable in society. Against this, on the very positive side, has been the Parenting Programme and the Literacy and Development Programme in the Sudan, Malawi and Burundi, with 54,000 having now passed their literacy exams. Many (mainly women) are able to take on new roles within their homes and communities tackling health, education and family issues, and forming self-help groups. Comic Relief gave a further £1.5 million over the next four and a half years for this project in Sudan. We were challenged again by a verse from the Bible. In Proverbs it says that "where there is no vision, the people perish", and so we are to go on fighting poverty, gender issues, social justice, the trafficking of women for sex, and domestic services.

Reg Bailey is not just Chief Executive of the MU but also a member of the Magic Circle, so it was no surprise when snakes and ladders popped up on the stage.

Mrs Margaret Sentinu, the wife of the Archbishop of York, was the afternoon speaker. She spoke of her personal faith journey and relationship. Growing up in Uganda where her father was one of the first governors, she had a privileged upbringing. She and John met through the Christian Union in University before having to flee, reluctantly, from Uganda under threats from Idi Amin. She talked of the challenge, with great humour, of arriving in Britain, and of the subsequent life in south and east London. She spoke of Relational Leadership and the accountability to God, about prayer and Benediction.

The meeting finished with a short service, with the final hymn 'The Servant King' and the Blessing, before we headed off after a very inspirational day.

Our next branch meeting is on 21 September about Samaritan's Purse and the Shoebox Appeal. Ann Wade

***A Cumberland Sausage BBQ Evening Thank You***

The BBQ began at 6.00pm on 14 August and the sun began to shine at 5.00pm! The wonderful sum of £300 was raised for charity due to the generous donations of our guests, and those who were unable to attend and wanted to. "Same again, please!" was the resounding chorus, so we may repeat this event on a beautiful sunny evening next year!

John and Isabel Braithwaite

## DIARY OF EVENTS 2010

### September

- 1st Caldbeck WI, '*The History of Dixon's Mill*', Trudy Whalley, 7.30pm, Caldbeck Parish Hall.
- 4th Heskett Newmarket Agricultural Show.
- 9th Thursday Club, '*Cycling along the Danube*', Norman Godfrey, 2.00pm, Caldbeck Parish Hall.
- 14th Sebergham WI, '*Winter Tarn Cheeses*'.
- 15th History Society, Ashley Kendall, '*The Carlisle Lanes*', 7.30pm, Caldbeck Parish Hall.
- 15th Sebergham Parish Council, 7.30pm, Welton Village Hall.
- 21st Mothers' Union, '*Samaritan's Purse*', Ian Taylor, 2.00pm, Caldbeck Methodist Church Room.
- 27th Caldbeck Parish Council, 7.30pm, Caldbeck Parish Hall.
- 29th Heartstart, 7.30pm, Millhouse Village Hall.

### October

- 2nd Friends of Fellview, '*Mr & Mrs*'.
- 6th Caldbeck WI, '*Physiotherapy*', Liz Hunter, 7.30pm, Caldbeck Parish Hall.
- 12th Sebergham WI, '*Christmas Decorations*' Mrs Mary Watson, 7.30pm, Sebergham Old School.
- 13th History Society, Business meeting, 7.00pm, at Valerie Woodcock's.
- 14th Thursday Club, Luncheon Outing.
- 19th Mothers' Union, Guest Afternoon, '*The fire engine and other Balkan experiences!*', Mrs Willis, 2.00pm, Caldbeck Methodist Chapel Room.
- 20th History Society, *AGM and Supper*.
- 21st Sebergham WI Quiz, 7.30pm, Sebergham Village Hall.
- 22nd Musicians, Howden Jones, 7.30pm, Millhouse Village Hall.
- 25th Heartstart, 7.30pm, Millhouse Village Hall.

### November

- 3rd Caldbeck WI '*Christmas Crafts*' Sandra Mortimer, 7.30pm, Caldbeck Parish Hall.
- 8th Caldbeck Parish Council, 7.30pm, Caldbeck Parish Hall.
- 9th Sebergham WI '*Acupuncture*' Jenny Craig, 7.30pm, Sebergham Old School.
- 11th Thursday Club, '*Sailing on Endeavour*' Ian Roufell, 2.00pm, Caldbeck Parish Hall.
- 16th Mothers' Union, '*Making a Difference!*', Rev Ann Roberts - Zambian Link, 2.00pm, Caldbeck Methodist Chapel Room.

- 17th History Society, Tim Padley, 'Edward I', 7.30pm, Caldbeck Parish Hall.  
30th Heartstart, 7.30pm, Millhouse Village Hall.

### **CALDBECK SURGERY**

[www.caldbecksurgey.co.uk](http://www.caldbecksurgey.co.uk)

#### ***Staff Training Afternoons***

The surgery will be closed in the afternoon for staff training:

Tuesday 21 September

Wednesday 20 October

Thursday 18 November

**On these afternoons the surgery (including the dispensary) will close at 1.00pm. All calls will be redirected automatically to the out of hours service.**

*Art in the Waiting Room this month by John Sibson*

### **CHOC**

#### ***Cumbria Health On Call***

The new number for the out-of-hours service CHOC (*Cumbria Health on Call*) for patients in North Cumbria is 03000 247 247. Calls to the surgery out of hours are automatically redirected to CHOC.

Hearing impaired users who need to contact CHOC please call (Typetalk) 18001 03000 247 247.

### **Early bird & twilight surgeries**

If you find it difficult to see a doctor during normal surgery hours 8.30am - 6.00pm (eg if you work unsocial hours) please ask for an appointment in one of our early bird or twilight surgeries.

Please note: these appointments are not available with practice nurses

**ST MARY'S CHURCH, SEBERGHAM, READING ROTA**

<b>DATE</b>	<b>SERVICE</b>	<b>READINGS</b>	<b>READER</b>
<b>September 5</b>	MP	<b>Jeremiah 18</b> vv 1-11 <b>Luke 14</b> vv 25-33	Richard de Robeck Margaret Mattinson
<b>12</b>	HC	<b>Jeremiah 4</b> vv 11-12 & 22-28 <b>Luke 15</b> vv 1-10	Poppy Hollins-Gibson
<b>19</b>	<i>no service</i>		
<b>26</b>	Harvest	<b>Deuteronomy 26</b> vv 1- 11 <b>Philippians 4</b> vv4-9	Peter Weston Elizabeth Luck

**Into The Silence.**

*Written after the sermon on Sunday at Sebergham.*

**Into the silence**

**Your silence drops deeper**

**Reaching the summit**

**Your pathway runs steeper**

**Branding my soul**

**Is the breath of Your fire.**

**Flying, I find**

**That Your love reaches higher.**

**Staff of my sanity.**

**Sovereign and friend.**

**Christ is my Now.**

**My beginning. My end.**

**J. de R.**

**01.08.10.**

## ST MARY'S CHURCH, SEBERGHAM

The weather was kind so the rain held off long enough for visitors to enjoy the open garden afternoon at Thackwood Nook, Raughton Head, by kind invitation of Mr Bill Hogg.

The event was held in aid of St Mary's Church, Sebergham, and visitors were able to enjoy the variety of areas which make up this beautiful garden. The woodland walk, the pond and water features, and the well-stocked borders were much admired by all who attended.

Teas were served and various stalls had goods on offer. There was a treasure hunt for the children. Winners of the raffle were Mrs Judith Cowx, Mrs Joyce Wetherell, Mrs Sarah Ashburner and Mr Robert Peace.

Grateful thanks were expressed to Mr Hogg for allowing the use of his garden, and for all the preparations he had made - and also to all who supported the event.

£470 was raised for church funds.

### ST MARY'S CHURCH, SEBERGHAM FLOWERS & CLEANING ROTA



DATE	NAME
September 5	Mrs C Hine
12.19	Mrs Holliday
26 October 3	Mrs P Hollins- Gibson

SEBERGHAM WI  
Tuesday 14 September  
**'Winter Tarn Cheeses'**  
Competition: Cheese board, or plate, with knife

## Sebergham Weather Recordings

### Rainfall

**July 2010** 93.70 mm ( 3.69 ins)  
Aggregate for year 333.37 mm (13.14 ins)

**July 2009** 142.20 mm (5.60ins)  
Aggregate for year 473.85 mm (18.61ins)

*This year continues to be the second driest year on record here at Sebergham and it was drier in 1996 for the 7 months to the end of July and then we only recorded 250.30 mm (9.85 ins) and by the end of that year the total was 628.77 mm (24.75 ins), which is still the driest year here on record.*

*It is interesting to look at the wettest period and that was in 2002 when we recorded the total rain for the first 7 months of that year 714.30 mm (28.12 ins) and we finished the year with a total of 1179.70 mm (46.45 ins) but it wasn't the wettest year here on record, as in 2000 the total for the year was 1261.71 mm (49.67 ins).*



### Temperatures

The average maximum day temp for the month 67.20°F (19.56°C)

The average minimum temp for the month 54.07°F (12.26°C)

The warmest day was Thursday 1st July 76.00°F (24.45°C)

The coolest night was Thursday 22nd July 41.00°F (5.00°C)

*July was 1°F cooler than June this year.*

*In 2006 the July average for the month was 72.61°F (22.56°C) some 5.41°F warmer than this July.*

**RF deR.**



## SEBERGHAM WI QUIZ NIGHT

Sebergham Village Hall on Thursday 21 October at 7.30pm  
Admission: £2.50 - to include refreshments

***Teams of four, if possible (but not essential)***

Everyone welcome - not confined to WI members

**For queries, or to book a table, ring Christine: 016974 76410**

## **SEBERGHAM WI REPORT, JULY 2010**

Margaret Mattinson welcomed a packed room of Sebergham members and visitors from Castle Carrock, Mungrisdale and Scotby WIs. Our speaker, John Cowan from Cranstons butchers, was introduced. John, who has been with Cranstons for 20 years, gave us a brief history of the business, and of how the two brothers, Roger and Philip, who had come from a farming background, had used their skills of farming, animal husbandry and business acumen to succeed in developing the Cranstons shops we know today.

Over 180 people are employed in both the shops and the production site in Penrith, where the sausages, pies and meat products are made. Approximately four thousand rings of Cumberland sausage and 25,000 pies are made each week.

John then produced half a lamb which he deftly butchered and explained which part the different cuts were from and which were best suited to different cooking methods.

It was very interesting to learn about a successful local business and to watch the skill of a master butcher at work. We had all learnt something and had thoroughly enjoyed his demonstration. He was thanked by Poppy Hollins-Gibson.

Our competition was for an ornament of an edible animal, which caused some amusement, as someone had brought a model horse! This was judged by John. For the visitors, first prize went to Pamela Hargreaves (Scotby), with Margaret Teasdale (Mungrisdale) coming second. The horse didn't win! For Sebergham, Christine Rule was first, with Carol Foster coming second.

A most delicious supper followed with everyone sampling a wonderful selection of puddings.

A quiz was organised with the contestants in pairs and all the answers were numbers, which then had to be totalled for a final sum. The answers were all very varied and the winners were Anne Ludlam and Nancy Hullock.

After a farewell to our friends, the business meeting followed with plans for another guest night in September. We were told the good news that Sebergham had come first in the co-operative craft class at the WI County Event at Greenhill. Special thanks went to Margaret

Mattinson and Doreen Ward for all their hard work.

Our Group meeting is to be held at Rosley Village Hall on Wednesday 15 September, and the group competition will be five items from the 1920s.

Following the August holiday, we meet again in September in Sebergham Village Hall and all members will provide something for the refreshments. The speaker is from Winter Tarn Cheeses.

Poppy Hollins-Gibson      Press Secretary

## **SEBERGHAM & WELTON PARISH COUNCIL**

The Parish Council met on 21 July 2010. Copies of the draft minutes from the meeting are on the notice boards in Churchtown and Welton. They are also on the website.

The Parish Council are very concerned about the state of the road that runs alongside the Caldew beside Sebergham Bridge. We understand that a licence from the Environment Agency is required before the highways people can start the repairs. We have written to the Environment Agency stressing the urgency of getting this work done before the winter and pointed out that the width of the road is having a negative effect on local businesses. To reinforce our concerns we have been in touch with Rory Stewart in the hope that he can put additional pressure on to get this work moving.

The Parish Council are not in favour of the plans for a wind turbine at Chalkside Farm and have sent their objections to Allerdale.

The Parish Council are attempting to forge closer ties with the local Police. We have invited them to all our Parish Council meetings and asked for their input when the Speed Indication Devices are located in the Parish. We are hoping to get some additional speed traps done in the next few weeks. We have noticed that vehicles coming off Sebergham Bridge travelling towards Penrith are going well in excess of 40mph when they reach the top of the bank. We have asked for an additional 40 message to be painted on the road as a reminder to vehicles that this is a 40mph area.

The road through Welton will be closed for 2 weeks from 23 August for resurfacing.

The next Parish Council meeting will be on 15 September.

Ms P L Gauntlett, Parish Clerk



**ST KENTIGERN'S CHURCH, CASTLE SOWERBY  
HARVEST**

**Thursday 7 October:**

Decorating the church from 1.00pm, or any other time

**Friday 8 October:**

Harvest Celebration at 7.30pm, with visiting speaker

**Sunday 10 October:**

Harvest Festival at 11.00am with Rev Norman Robinson.

**Monday 11 October:**

Harvest Sale in Millhouse Village Hall at 7.30pm, with a  
visiting opener



**ST KENTIGERN'S CHURCH, CASTLE SOWERBY  
PCC MEETING**

The next meeting of the Parochial Church Council will take place  
on  
Monday 27 September  
at  
7.45pm  
in  
Millhouse Village Hall

**CASTLE SOWERBY PARISH COUNCIL**

The bi-monthly meeting of Castle Sowerby Parish Council met in Millhouse Village Hall on 30 July 2010. The Chairman, Mr John Foster, welcomed Parish Councillors, District Councillor, Gordon Savage, two parishioners and Mr Malcolm Johnston, Eden District Council Planning Officer.

Mr Johnston explained the planning procedure in detail. He said the guidelines for planning were strict and had to fit in with the local plan. He said it was advisable to consult the planners before an application was made to find out what would be allowable. He was asked why decisions taken by Eden planners were different from the Parish Council's view. He said planning had to be by guidelines and that he would leave a document explaining what would be allowable.

The Chairman thanked Mr Johnston.

**Housing Trust.** The Clerk had received a letter offering help from the Housing Trust people. It was decided to invite their representative to a future meeting.

**Roads.** Councillor Richard Little reported drain problems and roadside verges are now repaired at Bridge House.

**Planning.** A retrospective planning application for siting and use of a wooden hut at Castlehow, to be used as temporary accommodation and storage during the restoration of Castlehow, was discussed. It was decided to support the application with a time limit for its removal within four and a half years.

**District Councillor Report.** District Councillor, Gordon Savage, reported on the Penrith Squares development. The scheme seems to be moving forward. He had also attended Millhouse for the launch of the new Northern Fells Community Bus. He said it had been a very interesting morning. MP, Rory Stewart, had also been present. The community bus is available for people in the surrounding villages: Boltons, Caldbeck, Castle Sowerby, Ireby and Uldale, Mungrisdale, Sebergham and Welton, Westward and Rosley civil parishes. Anyone needing help contact Philippa Groves on 016974 78555.

**CASTLE SOWERBY PARISH COUNCIL**

The next meeting of the Parish Council will be on

*Thursday 30 September*

*at*

*7.30pm*

*in*

*Millhouse Village Hall*

**Parishioners most welcome!**

**Caldbeck Area Community First Responders**

Registered Charity No 1108013

In Association with North West Ambulance Service

If you have a medical emergency, **dial 999 or 112**

(Please note that you cannot call First Responders direct)

If appropriate, the Ambulance Service will call the First Responders as well as (not instead of) an ambulance



**HARVEST CONCERT WITH HENRY OLONGA**

**Saturday 11 September 2010**

**7.30pm**

**Caldbeck Parish Hall**

Henry Olonga was Zimbabwe's first black Test cricketer - and the youngest ever to play for his country. Henry was propelled to fame when, along with fellow Test cricketer, Andrew Swift, he wore a black armband in protest against the excesses of the Mugabe regime, an action which has effectively exiled him, and his wife, Tara, from his homeland. He is, apart from being a canny cricketer, a professional singer, and will be singing a wide selection of songs and talking about, well, possibly, cricket.

**Tickets £5 each to include light refreshments**

**(all ticket proceeds will be donated for relief/rural development in Zimbabwe)**

**Tickets available from Hesket and Caldbeck Shops**

**FAMILY HARVEST SERVICE**

**Sunday 12 September at 11.00am,**

**Caldbeck Parish Hall.**

Everybody is welcome to come!

Further details: Helen Stobart 016974 78669 or Roger Dix 017684  
83233

These events are organised by Hesket Newmarket Chapel as part of Harvest Thanksgiving Weekend.

## **CALDBECK METHODIST CHAPEL**

### **Services at 6.30pm**

5 September	Mr G Denholm
12 September	Rev K Hurst
19 September	Mrs D Tomkins
29 September, Harvest Service at 2.30pm	Rev P Ormerod

## **CASTLE SOWERBY FREE EVANGELICAL CHAPEL**

Sunday School each Sunday	10.30am
Sunday Evening Service	6.30pm

## **HESKET NEWMARKET FREE CHURCH**

Sunday Morning Service - 10.30am with Communion on the first Sunday  
Junior Church - 10.30am. All children welcome.

## **QUAKERS: MOSEDALE MEETING HOUSE**

From the beginning of April until the end of October, Meeting for Worship  
will be held every Sunday at 10.30am.  
*Everyone is heartily welcome to attend.*

## **ROMAN CATHOLIC: ST CUTHBERT'S, WIGTON**

Sunday Mass: 9.00am and 6.00pm

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<p align="center"><b>LOFTERS HAIR DESIGN</b>  <b>CALDBECK</b>  Appointment times:  Tuesday 8 am -12 am  Wednesday 9 am - 4 pm  Thursday 2 pm - 8 pm  Friday 9 am - 4 pm  Saturday 8 am - 2 pm  <b>Barbara Mitchell 016974 78609</b></p>	<p align="center"><b>JOHN MURCHISON</b>  <b>Electrical &amp; Plumbing Services</b>  <i>For all your electrical  and plumbing installation and repairs.</i>  ECA Approved Electrician  Oftec Oil Registered Technician  Tel/fax 016974 78201  Mobile: 07775 691867</p>
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<p align="center"><b>MONKHOUSE HILL COTTAGES</b>  Award-winning holiday cottages  In a courtyard setting, sleeping 2-14  Please visit our website  www.monkhousehill.co.uk or  Contact Jennifer or Andrew Collard  016974 76254</p>	<p align="center"><b>ODDFELLOWS ARMS INN</b>  <b>CALDBECK</b>  Good Beers, Good Food  Ensuite Accommodation  Weddings &amp; Private Parties  Contact: Allan  016974 78227  Fax: 016974 78056</p>

<p align="center"><b>ON THE SHELF Bookshop</b> Priest's Mill Caldbeck Tel: 016974 78770 dorothychalk@mail.com Open mainly afternoons, usually Wednesday and Friday</p>	<p align="center"><b>SEBERGHAM SERVICES LTD</b> <b>Churchtown, Sebergham</b> Vehicle repairs and MOT testing Services and diagnostic tuning Gas and mig welding/resprays Insurance accident repairs 016974 76234</p>
<p align="center"><b>THE OLD CROWN INN</b> <b>HESKET NEWMARKET</b> Offering Real Ale and home-cooked traditional food. Also Brewery Tours in partnership with <b>HESKET NEWMARKET BREWERY</b> For Brewery Tours and meal bookings: <b>Tel: 016974 78288</b></p>	<p align="center"><b>ARRON JACKSON</b> <b>PLASTERING CONTRACTOR</b> All aspects of plastering work undertaken, internal and external 21 Summerfields, Dalston <b>Tel: 07506218671</b> <b>Email: Arronjackson17@hotmail.com</b></p>
<p align="center"><b>ANN PARRY</b> For all your outside catering: Weddings, Christenings, Buffets, Parties and Funeral Teas. Home-made food using local produce <b>Tel: 016974 78417</b></p>	<p align="center"><b>A. STEADMAN &amp; SON</b> Warnell, Welton, Carlisle CA5 7HH Manufacturers of composite panels, box profile and corrugated sheeting, galvanised purlins &amp; gutters, flashings, insulation &amp; fittings Phone 016974 78277 <a href="http://www.steadmans.co.uk">www.steadmans.co.uk</a></p>
<p align="center"><b>PROFESSIONAL FOOT HEALTHCARE</b> Carol Lee MCFHP, MAFHP Nail trimming, thickened nails, corns &amp; hard skin removed, ingrown toenails, fungal nail infection For a home visit contact 016973 43834/07801 785366</p>	<p align="center"><b>ALLAN STOBART</b> <b>LUBRICANTS AND FUELS</b> Derv, tractor diesel, heating oil, lubes, tanks, hoses, etc. <b>Tel: 016974 76575</b> <b>Fax: 016974 76577</b></p>
<p align="center"><b>RMT SLATING/TILING LTD</b> <b>ROOFING CONTRACTOR</b> Todghyll, Brocklebank, Wigton, Cumbria CA7 8DH Tel: 016974 78570/07711 256243 E-mail: <a href="mailto:rmtslating@btinternet.com">rmtslating@btinternet.com</a></p>	<p align="center"><b>J STOBART &amp; SONS LTD</b> Manufacturers and Retailers of Newlands Quality Farm Foods Newlands Mill Hesket Newmarket 016974 78261</p>

<p><b>JOE STRONG &amp; SON CLOGMAKER</b></p> <p>Boot and Shoe Repairs - only the best materials used - <b>Open:</b> Mon to Friday: 9am to 5pm Closed for lunch Monday &amp; Friday 12.1-15pm Shop Tel: 016974 78225 Home Tel: 016974 78424</p>	<p><b>ANDREW WARD, BSc IT Systems Computer Technician</b> <b>Website Designer &amp; Technician</b></p> <p>Hardware &amp; software installation, upgrades, problem solving. Websites for small businesses &amp; organisations. Maintenance &amp; aftercare. <i>Home and Office visits</i> Tel: 016974 78220 Email: a.ward@wam-design.co.uk</p>
<p><b>THERAPEUTIC MASSAGE</b> <b>Karen Royall Dip ITEC</b></p> <p><i>Ease away aches, pains and stress and discover the ancient art of massage.</i></p> <p>HEAL THE BODY SOOTHE THE MIND STRENGTHEN THE SPIRIT tel: 016974 78443 Email: kzmorgan37@hotmail.com</p>	<p><b>WATERMILL CAFÉ LTD</b> Priests Mill, Caldbeck, Wigton, Cumbria CA7 8DR 016974 78267</p> <p>ANNUAL SHUT DOWN - Mon 5th January Open Again Saturday, 14th February 9.00am — 5.00pm (until 2nd Nov) 9.00am—4.30pm (until Xmas) Closed Christmas day, Boxing Day, 27th December and New Year's Day</p>
<p><b>CALDBECK TREE FELLING &amp; MAINTENANCE</b></p> <p>Fully qualified. Ten years' experience. Very competitive rates. <i>Call Alan or Justin</i> Tel: 016974 78178 Mobile: 07905 409851</p>	<p><b>ANDREW WHITE</b> Professional Driving Instructor D.O.T. Approved, Long-established. GRADE 6. Excellent Pass Rate. Car - Car + Trailer - Mini bus - LGV - PSV Friendly &amp; Patient Tel: 016974 78605</p>
<p><b>VIOLIN TUITION</b></p> <p>Beginners of all ages to Grade 4 Music theory to Grade 5 Mrs Rosemary White B Ed Hons(Music) Greystoke Rectory, Greystoke, nr Penrith Tel: 017684 83293 Years of experience in school, private tuition at my home Individual lessons from £10.00</p>	<p><b>THE WOOL CLIP</b> Priests Mill, Caldbeck A local co-operative selling a wide range of locally made woollen goods. <i>Open:</i> 11am-5pm Easter to Oct 31st 11am-4pm Mid-February to Easter, Nov and Dec, Jan 2nd - 5th <i>Closed:</i> Jan 6th to Mid-February 016974 78707</p>
<p><b>THE FAIR WORLD SHOP</b> Fairly traded foods, teas and coffees, unusual crafts and gifts.</p> <p><b>Weekdays (except Mondays)</b> March 30 to Oct 31 11.00am-4.00pm Nov 1 to Dec 24 1.00pm-4.00pm <b>Saturdays &amp; most Sundays</b> April - Dec 2.00pm-4.00pm <b>Contact: Lynette 016974 78544</b></p>	<p><b>WRAGG MARK-BELL SOLICITORS</b></p> <p>To assist with: residential, commercial &amp; French property; small businesses; wills; employment &amp; immigration; crime &amp; road traffic offences. <b>Gaynor Wragg 01228 711728</b></p>

## CHURCH SERVICES IN SEPTEMBER 2010

### Sunday 5 September

<i>Caldbeck</i>	8.30am
	11.00am
<i>Castle Sowerby</i>	11.00am
<i>Sebergham</i>	11.00am

### Trinity 14

*no service*  
 Holy Communion  
*no service*  
 Lay led Morning Prayer

### Sunday 12 September

<i>Caldbeck</i>	8.30am
	11.00am
<i>Castle Sowerby</i>	11.00am
<i>Sebergham</i>	11.00am

### Trinity 15

Holy Communion  
 Morning Prayer  
 Holy Communion  
 Matins (BCP)

### Sunday 19 September

<i>Caldbeck</i>	8.30am
	11.00am
<i>Castle Sowerby</i>	11.00am
<i>Sebergham</i>	11.00am

### Trinity 16

Holy Communion  
 Family Praise  
*no service*  
*no service*

### Sunday 26 September

<i>Caldbeck</i>	8.30am
	11.00am
<i>Castle Sowerby</i>	11.00am
<i>Sebergham</i>	11.00am

### Trinity 17

Holy Communion  
*no service*  
*no service*  
 Harvest Service

