



RUSLAND & SATTERTHWAITE
NEWSLETTER

DECEMBER 2024 / JANUARY 2025

317th

This issue is sponsored by Rusland with Bouth WI

THE PASSING OF THE YEAR

A big thank you to all our contributors in 2024, also our sponsors, advertisers, volunteers and of course our readers!

With all good wishes for Christmas and the New Year from The Newsletter Team.

CAROLS IN SATTERTHWAITE

Come and sing at the traditional All Saints Church carol service at 4pm on Sunday 22 December, where there will also be some additional local musical input, and again around the Christmas tree on the green, 6.00pm on Christmas Eve, organised by Mhari and David Ham. Wrap up warm, bring torches and plenty of cash for the bucket collection in aid of the Children's Society.

WINTER'S EVENINGS TALKS

Friday fund-raising presentations in aid of the Oxen Park Reading Room at the Carthouse Cinema.

Friday 10th January - "Riding for the Disabled" Karen Hanks talks about her experiences with horses and people illustrating it with lots of equipment. 7.30 at The Carthouse Community Cinema.

£5 on the door but please book in with Carol - email crimoneill@gmail.com

24th or 31st (TBC) "Farming Life for a Wife" A panel of farming ladies discuss and tell us how farming is for them.

Look out for other Friday presentations coming up in February and March. All £5 plus a raffle.

SATTERTHWAITE CHRISTMAS TREE

Thank you in advance to Tim Gill for providing the tree for the village green, and to Phil Southworth for being the custodian and chief putter-upper of the lights. If anyone can lend a hand to put the tree and lights up, please contact Tim (860315) and/or Phil (860469).

RUSLAND VALLEY HORTICULTURAL SOCIETY POTATO DAY

Sunday 19th January 2025 10am -2pm

GREENODD VILLAGE HALL

Admission £1 (children free)

HOMEMADE SOUP AND CAKES!

Sale of 120+ varieties of seed potatoes, fruit bushes & trees, seeds, onions, flower bulbs and tubers, and more! (supplied by Brighter Blooms Nursery, Preston)

See Brighter Blooms website for lists of produce available:

www.brighterblooms.co.uk

THANK YOU SATTERTHWAITE !

The collection at the Midlife Crisis concert at the Eagle's Head on 23rd November raised over £333 for Alzheimer's Research, so thank you to all who supported the evening and donated. And thank you to Gary for hosting and to the band for another great evening.

THE RUSLAND VALLEY COMMUNITY TRUST

The trust has a small pot of money which is available to help activities within our community. We have helped various clubs, schools, nurseries and organised some courses. All of which have been successful. If you need any financial help, please contact Angus on anguslighthall@gmail.com

DIARY DATE

Saturday 7th December - Grizedale Stages Rally - on BOTH sides of the Forest, so all paths closed.

OXEN PARK CINEMA CLUB

Films coming up in December and January are:

3rd December - *Anatomy of A Fall*

14th December **AND** 15th - 7.30 *The Holdovers*

28th December - *Toy Story* - 2 shows, 4pm and 6.30pm

7th January - *The Zone of Interest*

18th January - *Dune Part Two*

For all seats book on line

- www.oxenparkcinemaclub.org.uk

With the most popular films or you find yourself on a waiting list look out for an extra Sunday showing

RUSLAND WITH BOUTH W I

The WI met on a freezing evening for their Annual Meeting at the Rusland Reading Rooms. Our three officers, Sally Lister President, Rachel Lumsden Secretary and Judy Shaw Treasurer, were all re-elected. Then followed a session of "all shall have prizes" when the President presented the Secretary and Treasurer with a novelty Christmas gift and the Treasurer presented the President with a large bouquet of flowers. Hilary Collins retired after 28 years on the committee and she was also presented with a bouquet of flowers. Marguerite Calvert won the Dorothy Ham trophy for the most points in competitions, Penny Seeds won the Nancy Butchart trophy for the flower of the month competitions and the Rose Bowl was awarded to Elspeth Cooper as the highest scoring newcomer. Our member Meg Fletcher showed us photographs of the gorillas of Rwanda which she has visited many times and seen six of the seven family groups living there. By the time you read this, 20 members will have visited Pure Lakes and the Walking Group will have met at Wray Castle for their monthly walk.

The next meeting is our Christmas party at Bouth on Tuesday, 10th December and the January meeting, on zoom in case of inclement weather, will be a speaker from France whose subject is *Pearls*.

SATTERTHWAITE PARISH COUNCIL

The Parish Council is going to hold another Games Night on 7th February 2025 5pm-7pm in the Eagles Head. Which will hopefully give you all something to look forward to on a dark winter evening.

We would like to wish everyone a Merry Christmas and a happy and healthy 2025. The next meeting is on Monday 2nd December at 7pm. In Satterthwaite Parish Rooms. January's meeting will be on 13th at pm.

CITIZENS ADVICE

Be alert for scams - they are on the increase! These are the top five to look out for:

1. Fake texts and emails, known as 'friend-in-need scams' - these are messages from unknown numbers claiming to be from your relatives/children, asking you for money. Be suspicious! It is okay to take your time. Try to contact them directly on a known number. Only consider the request if you are 100% sure it is genuine.

2. Home Improvement scams - if you're being pressured to pay upfront for work, or the company adds on additional costs before completing the work, it might be a scam. Research the company first, do not be rushed, and get a written agreement of the work before it starts. Pay by card, which gives you greater protection.

3. Online shopping scams - watch out for fake adverts. If it looks too good to be true, it may well be! Protect yourself by reading reviews from different websites, find the company's details on the Companies House website, check their terms and conditions, and pay by card.

4. Used car scams - when buying a car, avoid scammers by using an established firm with a good reputation. Check the car's history. Inspect the car and take a test drive. Avoid buying at auction or online - you have less protection.

5. Financial scams - if you are contacted for an investment opportunity unexpectedly online it could be a scam. Get advice from a trusted source and do not be rushed into making any quick decisions. Never give money, passwords or bank details to someone you do not know or have only met online. For more help, visit www.citizensadvice.org.uk or 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. How to access:

- Call 015394 46464 (9.30am - 2pm, Monday - Friday)

- Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am - 1pm, Tuesday and Thursday)

- Advice line: 0808 2787 984 (9am - 5pm, Monday - Friday) - email advice via the submission page on our website www.southlakescab.org.uk

THREE WISE WOMEN

would have asked directions
Arrived on time, delivered the baby, cleaned the stable, made a casserole.....
And there would have been Peace on Earth (just a thought!)

CHURCH NEWS

Dear Friends,

Imagine eternity from God's point of view. I know that is a difficult thing to ask. You may not believe in God, or if you do it seems like such an audacious thing to do, to imagine being God. But give it a go. Your whole being is love because God is love. But that love had nowhere to go. So God creates the universe. But God has still got more love to give. So God creates life, and makes humanity, makes us. But God has got yet more love to give. So God comes among us as a tiny baby. The Word, which was with God and was God becomes flesh. Christmas is when we find out why the universe was created. Because at Christmas we discover the universe was created for us to be the place where God's love could go. One thing that I often hear around this time of year is 'Don't you think Christmas has got too materialistic?' I think, as an ordained person I am meant to be quite cross about it. However, if we take the word 'materialistic' literally, over-literally perhaps, we can say that Christmas is and ought to be completely materialistic. Christmas is the celebration that God became material. God was wrapped in the material of swaddling clothes when Jesus was laid in a manger. It does not get any more material than that. Christmas is about materialism. That is exactly what we are celebrating. Christmas is about God becoming part of the material world in Jesus. And the word has more to give. The word matter meaning stuff comes from the same root as the word matter meaning important, as in that really matters. Our world matters. Our world is made from God's love, which means that somehow all the evil and death- and there is plenty of that right now- all the evil and death in the world cannot have the final word. At Christmas God is speaking to each one of us, as gently, unthreateningly, passionately and disarmingly as we can possibly imagine. And what God is saying, through taking the material of our life, are the words that matter more than any we will ever hear: 'You matter. You matter right now. You matter to me. You matter forever.' Please do join us to celebrate this at our Christmas services.

John

CHURCH SERVICES FOR DECEMBER 2024 TO JANUARY 2025

Sunday	Colton	Rusland	Satterthwaite
Dec 1st		5pm Celtic Evening Prayer	
8 th			11.15 Holy Communion
15 th		5pm Evensong	
22 nd			4pm Carol Service
25 th		9.30 Holy Communion	11.00 Holy Communion
29 th			10.30 Holy Communion
Jan 5 th		5pm Celtic Evening Prayer	
12 th			11.15 Holy Communion

Sunday	Hawkshead Church	Hawkshead Hill Baptists	Sawrey
Dec 1 st	9.30 Morning Worship	10.30 Morning Service	11.15 Holy Communion CW
8 th	9.30 Holy Communion	10.30 Morning Service	11.15 Matins
	4 pm Lego Church		
15 th	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion BCP
22 nd	9.30 Holy Communion	10.30 Morning Service	11.15 Morning Worship
	6pm Christingle		
24 th	11pm Midnight Mass		6pm Carol Service
25 th	9.45 All Age Worship		11.15 Holy Communion
Jan 5 th	9.30 Morning Worship		11.15 Holy Communion
12 th	9.30 Holy Communion		11.15 Matins
	4pm Lego Church		

ROOKHOW NEWS

GRANTS FOR COMMUNITY GROUPS

Over £7,000 has been recently allocated to the following groups for a subsidised stay at Rookhow: Good Things Collective, Morecambe; Drop Zone Youth Projects, Barrow; Transpirational Wellbeing; Silloth Scouts; Women's Community Matters, Barrow; Wise Up Workshops, Morecambe; Autus Cumbria and Worldies Official.

Many thanks to the individuals and local Quaker Meetings who continue to support this fund. We also add at least 5% of Rookhow's bookings income to the scheme. The next round will be in April 2025. <https://rookhow.org.uk/charitable-work>

RECONCILIATION & CONFLICT TRANSFORMATION WEEKEND AT ROOKHOW

Booking is now open for our first retreat of 2025: a weekend exploring reconciliation and conflict transformation to become more equipped as reconcilers in our personal contexts. Using some of the learning in the Journey of Hope pilgrimage and other useful tools and models for working well with conflict. We'll also draw on natural inspiration from Quakers' Wood.

18 spaces. You can stay at Rookhow or go home each night and join us for all the sessions and meals.

Contact Sue Nicholls, Rookhow Development Manager for more information and to book a space. Holy Communion CEmail- contactrookhow@gmail.com Tel 07377 971783

Rusland Reading Rooms

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REQUIRED

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(WHAT 3 WORDS' LOCATION: SPEEDILY LAKES DIAL 1)

CALL KIRSTY 07766090106

VOLUNTARY CAR SCHEME WESTMORLAND AND FURNESS COUNCIL

We are in need of additional drivers. Would you be someone who could occasionally drive someone to a hospital appointment, GP, train station, shopping or social event? If you would like to know more about voluntary driving (petrol costs are reimbursed) I would be happy to have a chat.

Marguerite Calvert 01229 885498

DALE PARK WEATHER

The October total rainfall was 8.89" and 13 dry days (2023 8.03", 6 dry). November to the 21st was .66" but the 22nd measured 2.1" but it is still the driest month of the year with 13 dry days so far. In 2022 November was the wettest month of the year with 11.13" and only 3 dry

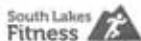
Copy date for Jan/Feb 2025 edition: 5thth January 2025. Please send to: - Liz Cringle - 01229 860274 liggerc@hotmail.com; Frances Townsend - *Pepper House, Satterthwaite* Tel: 01229 860206, pandftownsend@gmail.com; Carol McNeill - *crimcneill@gmail.com*



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"There is no doubt
a new phase
is in body under
circumstances"
- Michael Ondaatje

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Yoga is known to have many benefits to health & well-being. The sessions I offer are tailored to the various needs of groups & individuals.

If you're interested in finding out more about classes, 1-1 or bespoke sessions please contact Jenny on:- 07866545760

All proceeds go to the
'Revival of Satterthwaite Parish Rooms'
Project

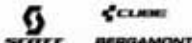
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Life can be tough at times. As a fully qualified BACP registered counsellor / psychotherapist, I can offer you a caring, compassionate and confidential space to explore your worries.

Please contact me for a free, no obligation, 20 minute consultation. I offer face to face, 'walk and talk' and online sessions.

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