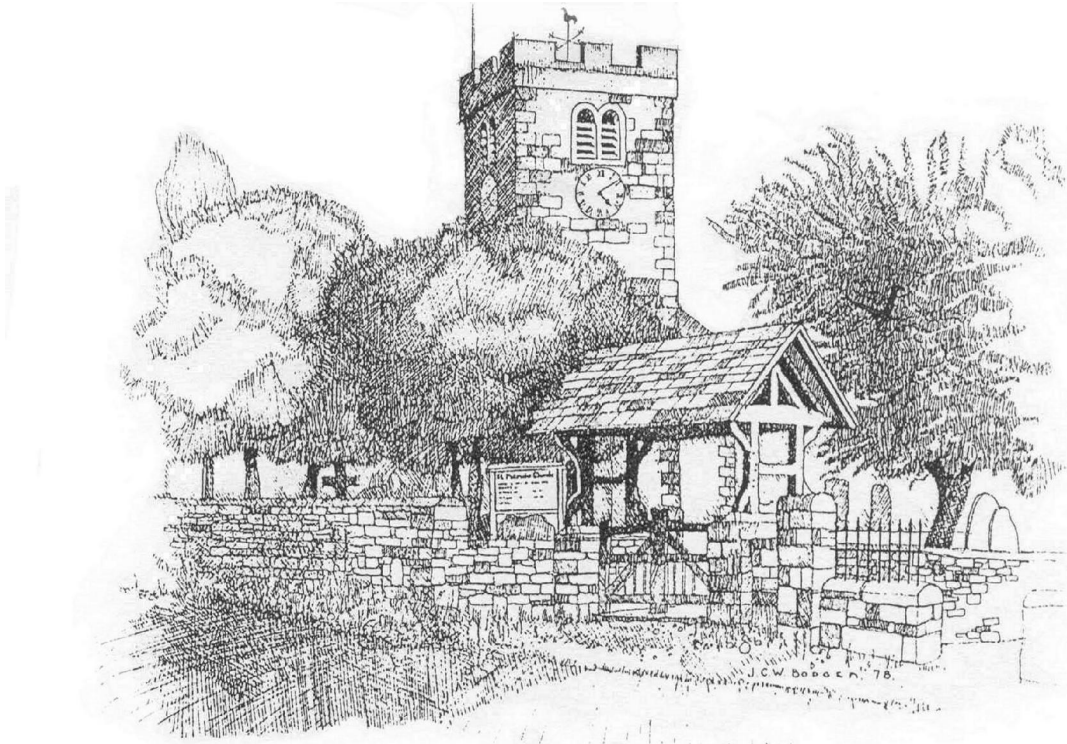


BAMPTON PARISH NEWSLETTER JUNE - JULY 2020



Dear Friends

Recently I heard someone say that the coronavirus pandemic is all about breath. We are striving to practice social distancing (and self-isolation for the more vulnerable) in the knowledge that this deadly virus is spread largely through coughing, sneezing, breathing (as well as through infected surfaces – which has led us to focus more on hand-washing than we normally do).

When someone becomes infected the virus attacks the lungs primarily – though not exclusively – so that the issue of having sufficient ventilators available to meet the demand has featured regularly in news reports in the media. One of many inspiring stories to come out of the pandemic is that of Father Giuseppe, an Italian priest in his 70s whose congregation raised money to provide him with a ventilator, but who later died of the virus having passed that ventilator on to a younger man who desperately needed one.

Breath as a fundamental component of life features significantly in the Bible also. Right at the beginning of the story we find the delightful picture of God taking a fistful of dust and breathing into it so that it/he becomes a living being. The book of Psalms culminates in a call to “everything that has breath” to join

in praising the God to whom we owe our very existence – “when you give them breath, they are created; you give new life to the earth”. But it is also realistic in facing up to our mortality – “when you take away their breath, they die and go back to the dust from which they came.”

This awareness of our physical existence as a gift of God forms the backdrop to a deeper understanding of the significance of breath and breathing. It is rooted in the fact that in the original languages of the Bible a single word is used for our words “breath”, “wind” and “spirit”. God’s Spirit, Jesus said, is like the wind – unseen and mysterious, but definitely powerful (as residents of Cumbria know all too well!). When he appeared to his followers after rising from the dead, we are told that he breathed on them and said “Receive the Holy Spirit” – that is, Receive the life of God himself into your own life.

At a time when we find ourselves surrounded by all manner of fears and longing for a confident hope to steer us through a future full of uncertainty, the unfailing love of God for each of us offers just such a hope – a hope described in the Bible as “sure and certain”, an “anchor of the soul”. Such a hope really *is* a possibility because the perfect love of God “casts out fear” as one of Jesus’ closest friends wrote.

So why not try a simple ‘breathing exercise’ sometimes? As you breathe in, quietly ask God to breathe his Spirit of life and love and hope into your life. Then breathe out your fears and frustrations and anxieties, asking him to remove them and, through Jesus Christ, to fill you instead with his peace, which is beyond all our human understanding.

Ian Elliott

Contact Details

Alun Hurd, Vicar	01931 716048
Fran Parkinson, Curate	015396 23393
Tony Hall, Church Warden	01931 713204
Kathy Jenkins, Church Warden	01931 714400
Elizabeth Coy, Asst. Church Warden	01931 713211

Church Services

We are all very anxiously awaiting reopening of the church but in the meantime an online service is held every Sunday morning on Zoom.

Everyone is most welcome to join in the service. Simply send an email to the vicar the Revd. Alun Hurd alunjurd@gmail.com and he will send you the link together with instructions on how to connect to Zoom.

Over sixty people throughout the High Westmorland Benefice currently join in these regular Sunday services at 10.00am and in this time when many are self-isolating a lovely community spirit is emerging.

Bampton PCC

Bampton Plants and Produce Fair in aid of Hospice at Home – Plan B

We were very disappointed that we had to cancel the Plants and Produce Fair in May this year due to the Coronavirus pandemic, particularly as Hospice at Home's resources will be greatly stretched now and over the coming months.

A donation to Hospice at Home has been made by Jeannie's Kitchen Garden, the sponsor of the Fair, that amount of money which normally contributes to the costs incurred in the staging of the Fair. This year that donation was £500 and was sent to Hospice at Home at the end of April.

Jeannie's Kitchen Garden will continue to have a stall outside the Old Chapel in Bampton where you can purchase preserves and a wide array of home-grown plants: vegetable, herb, annual and perennial. From every jar of preserve and every plant sold, Jeannie continues to make a contribution to Hospice at Home. If you don't want to, or can't come out, call Jeannie at home on 01931 713620 and she will be happy to deliver locally.

If you would like to make a donation directly to Hospice at Home, you can do this on the 'Donations' section of their website – www.hospiceathome.co.uk

The Bampton Plants and Produce Fair Team: Jeannie Murray, Vickie Haddock, Jane Storey, Hazel Eccles, Lesley White, Liz Barnes

Bampton REMOTE Cinema

We hope you are all still enjoying watching films at home since all cinemas closed in mid- March. Film distributors have quickly taken advantage of digital platforms like Amazon Prime and Curzon Home Cinema to stream new film releases to audiences.

But there are numerous on-line platforms available to explore for free, no doubt you have come across these already but a few examples are:

Cine North: <https://www.edenarts.co.uk/projects/cine-north>

BFI You tube channel: <http://player.bfi.org.uk/britain-on-film>
<https://culturefix.digital>

BBC2 and BBC iPlayer are currently showing silver screen classics from Hollywood's golden age; check out what's on Film4 channel also, especially the 9pm film slot nightly.

For modest rental, CinemaParadiso.co.uk has a big library of films to choose from on actual DVD format, posted to you. They say they have devised ways of cleaning the DVDs appropriately.

We hope the near future will make things clearer for the way ahead but in the meantime we remain your Bampton cinema committee:

*Hazel (713311), Katharine (713392), Mike (713555), Vickie (713466)
David (713586) Bampton REMOTE cinema committee*

Educational Grants: The Bampton Endowed Schools Endowment

Last year the Charity made 7 grants totalling £2,100 to local young people. These awards were mainly to help them financially while they took part in a variety of post-secondary school courses at college or university or while undertaking apprenticeships.

Despite the current situation, the Trustees now invite applications for financial support from those who will be undertaking courses at any University, college or institution of higher or further education in autumn 2020. Consideration will also be given to applications from those who will be taking part in other forms of post-secondary education (including the study of music or other arts) to prepare for entry into any occupation, trade or profession.

To be eligible the applicant must be:

- Under the age of 25 on 1st September 2020
- Resident in the civil parish of Bampton, Cumbria or to have attended Bampton Endowed School

An application form can be obtained from: David Cooke, Mill Craggs, Bampton, Penrith, CA10 2RQ (01931 713392) or by email from cooke856@btinternet.com

Completed application forms must be received by **30th September 2020**.

Bampton Pilates

In these times of social distancing I am pleased to report that our online Pilates has taken off well and is enjoyed by those joining in. I am delighted to have some new online faces joining us alongside my regulars. If you would like to join in these classes they are taking part on Monday and Thursday evenings at 7pm – or you can catch up for a few days following in your own time. Please contact me on 07411 902674 or penrithpilates@gmail.com if you would like to join in – you will need ZOOM on your system.



I am also very pleased to announce that our Pilates Marathon raised £3,176.59 for Hospice at Home – so thanks to all those that participated and those that sponsored others.

As much as I look forward to seeing you all in person, it will probably be a while – so please come and try online Pilates.

Alexis 07411 902674 www.penrithphysiopilates.co.uk

Spring to Sea. Our Parish is connected to our oceans

Bampton Parish and Plastic Pollution:

In March and April to keep me sane 😊 and to exercise I slowly litter picked all the verges and roadsides of Bampton Parish and a bit beyond. I found the following:

- Litter louts still exist! Who is the Costa Coffee Quaffer and the can-chucking Pepsi pig?
- Much of the litter was 'old' and had been in situ for a long time buried in the verges.
- Much of the litter was plastic, made up from single use drink bottles, bags, buckets, film, tape, string, bits of cars, tie wraps, and many very small pieces on the road having been pulverised by our vehicle tyres.

This indicates the following:

- No one has been taking responsibility for this. With austerity there has been no spare money for Eden District Council and now with Covid 19 even less money will be available.
- The light plastic and small pieces will make their way by wind, flood and drains with our heavy rainfall to pollute our beautiful becks, rivers and onward to the Solway Firth and Irish Sea.
- Plastic left on the ground will break up and eventually become incorporated into the soil as irreversible micro plastic pollution.

So what can we do?

- We can take responsibility. Empower ourselves. Form a community group to tidy plastics and other litter off our Parish. Share the task. People power! I know some of you already feel worried or annoyed and litter pick. I actually find it relaxing!
- We can tend to our own patch. Check our gardens, compost heaps, drives, yards, drains, ditches, fields, fences, trees, everywhere for any plastic left out. If you feel overwhelmed and/or need help, ask the group.
- We can check and manage any tree guards. Sun and weather break them down.
- We can think about reducing our use of plastic. Look at City to Sea website <https://www.citytosea.org.uk/> and Break Free From Plastic <https://www.breakfreefromplastic.org/> which deals with the real source of the global plastic pollution crisis.

If you want to get involved please email cat_glendingning@yahoo.com and baggy your fave stretch of road or path 😊!

I would like to thank all the kind folk who have cheered me on, smiled and waved and helped with rubbish bags, especially my neighbours.

And finally, who is the secret Dark Fruit Strongbow Cider drinker of the concrete road????!! 70 empty cans of that sweet alcoholic beverage were picked up there on one litter pick!

<https://www.youtube.com/watch?v=xLx4fVsYdTI> for inspiration from Sir David and friends.

<https://www.youtube.com/watch?v=IW3jEIYBFzg>

Catriona Glendinning, 'Spring to Sea' (713653)

It's going well on Bomby Green

Not only is the green showing some lovely Spring colour but twice in recent months we have been asked for advice. In fact, Lowther propose to harvest the hay this year to spread the wildflowers on their project land further along the valley. It has taken a few years for the green to be in such good condition and involved a lot of volunteer work so it's nice to feel we are appreciated.

In a recent walk plenty of spring flowers were to be seen. I saw lots of bright green crosswort, pink campion coming into its own, germander speedwell, wild garlic and pignut. Despite its unattractive name this is a delicate creamy white plant – it is named from its root which pigs love to eat. There will be lots more, so why not take a stroll along the path by the river. Please, if you are taking your dog, remember to pick up after it.

Katharine Cooke for the Bomby Green management committee

Summer Sports

In line with government recommendations we have decided not to hold this year's Summer Sports event. We hope that with the relaxation of restrictions we may be able to hold a sport day in the recreation field to allow the kids to run about and burn off some energy, and allow the adults time to catch up. Watch this space.

Vickie Haddock (713466)

Rainfall 2020 at Mill Craggs

This year will be the 28th that I have kept rainfall records for Mill Craggs. I have been looking back over the years to see if we experienced a very wet January to March (almost double the average) and then a very dry period from April onwards, 30% of average, May 50% of average. 75% of May's rain fell Friday to Sunday 22nd to 24th, 33mm.

Could there be a repeat of 1995, very wet January to March then the driest April, June and July on record? In fact the 9 months April to December 1995 was also the driest 9 month period I have recorded. There followed 1996 which was the driest year and the only one below 1,000mm.

If history is repeated how will Haweswater cope?

David Cooke

The Bampton Trust

The trustees would like to hear from anyone, within our local community, who may be experiencing financial hardship due to the planned changes in the Government's Covid 19 employment support scheme. Please do contact any of the trustees to discuss what support is available.

Trustees:-

Susan Bowman – 713327; Gillian Dickinson – 713227; Mike Jones – 713555; Thomas Thompson – 713348; Stead Bowness – 713226; David White – 713530; Kerry Harmer – 713127; Mike Dyke – 713478

Village Choir

Still no meetings but I thought that these musical links might be fun.

First the Kings Singers and although it's not May it is a great choral piece even if several hundred years old:

Now is the Month of Maying. Thomas Morley

<https://youtu.be/LJ7VirCScp0>

Second, something that might remind you of a very small part of the last Village Panto:

Piano Man. Billy Joel

<https://youtu.be/Y1hKQJAIFxg>

And last a wonderful piano improvisation that is great for quiet contemplation:

Peace Piece. Bill Evans

<https://youtu.be/Nv2GgV34qIg>

Hope you enjoy these and that we can all whistle up some songs before too long

John Garside

Tinclar's Library

In library will be open as normal as soon as possible. For further information please ring either Sue (713434) or Margaret (713325).

The Trustees

Bampton Bathworks



The Bampton Bathworks kitchen is still open for business if you need a gift for somebody, or perhaps if you just want to treat yourself.

We have lovely creams, soaps, oils, lip balms and face cream. If you would like any further information contact Jane or Vickie at bamptonbathworks@gmail.com or check us out on Facebook.

Extracts from in the Herald

'100 Years Ago' – May 1920

Cold and wet except 16th – 21st and from 26th. Swifts and Cuckoos back by 26th. Whit Sunday (23rd) was wet.

Public pressing for better houses and wages; the Government forced the farmers to pay their staff more.

Bampton Cricket Club's dance in Bampton School, Friday 7th at 8.00pm, entry 1s 0d (now £4), refreshments extra (for BCC's funds).

Mr A B Spark, Carrier, of Rose Cottage, Great Strickland, departs Bampton in his motor every week at 9.00am on Tuesdays and Fridays. Has a 1 ton lorry for haulage (Notice, Saturday 1st, page 6)

Bampton's Welcome Home to its ex-Army lads will be on Saturday 29th in the School, 8.00pm, free for them but 2s 6d for others – includes supper (now £10)

Married at Bampton Church, 21st April, Thomas Thompson, of Eastward, Bampton, to Jane Ann, daughter of the late John and Miss Moss, of Helton.

Died at Bampton Grange, Tuesday 18th, Rachel Harrison, née Ion (an old Bampton family), 95, widow (5 years ago) of Holliday Harrison, farmed at Hunger Hill for years. Retired to Scroggs (Bampton), thence Gatefoot. Buried at Bampton, Friday 21st

'150 Years Ago' – May 1870

Rustlers at Mardale – 100 Herdwicks and 100 Blackfaced sheep were stolen: they belonged to Mr William Dargue of Thornthwaite Hall, Bampton.

Jeremy Godwin

The local bus

The bus is run by Fellrunner and operates every **Thursday** – please note this new variation to the route. The bus will go down **Rosgill Hill at 9.47am**, then travel via **Bampton Grange (9.53am)** to **Burnbanks (10.00 am)** and leave **Bampton at 10.14am** to arrive (via Morrisons) at **Penrith Bus Station at 10.48 am**. The return bus will leave **Penrith Bus Station at 2.00pm** to arrive back in **Bampton at 2.32pm, Burnbanks at 2.46pm and Rosgill at 3.00pm** (subject to passenger requirements). Bus passes can be used and children under 16 years travel free.

Bampton Village Website - www.bamptonlakedistrict.org.uk

Please send any updates for the website to Chris Cant on chris@phdcc.com or 713240. Any new photos very welcome.

Copy deadline for the August/September issue is 5pm on Saturday 23rd July. Please send all items to Heather Pitt (Tel no: 01931 716861) pathfinders2728@gmail.com; Jane Storey (Tel no: 01931 713490) roger_storey@btinternet.com; or leave at the Post Office. Thank you.

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If I'm in the shop is open!! We have a variety of cuts.

Please call Laila on **01931 713280**

<p>J Henderson Forestry & Gardens All aspects of tree work undertaken, also grass cutting, spraying, hedge cutting, soft landscaping & general garden tidy up Contact Jordan on: 07703 318277 or e/m:jordanhenderson2511@gmail.com</p>	<p>MPH Plumbing & Heating <i>GAS SAFE and OFTEC registered</i> <i>WRAS PLUMBING approved</i> <i>All plumbing & heating installations,</i> <i>servicing & repairs incl.</i> <i>LPG, OIL & NATURAL GAS</i> <i>Martin at Butterwick: 07795085811</i></p>
<p>Motor repairs, Fuels, Oils, Gas, & Taxi Bridge End Garage 01931 713226 (JS & MG Bowness)</p>	<p>Fell View Hair and Beauty For all your hairdressing and beauty needs, from cutting and colouring to waxing and nails Open 'til 9pm Tue, Wed & Fri 01931 716069 or 07527863034</p>
<p>Plumbing, Heating, Boiler Servicing Alan Twentyman 1, Gate Foot, Bampton, 01931 713292</p>	<p>Chimney Sweeping - Brush and Vac. Alan Morton 4, Burnbanks, Bampton 01931 713699</p>
<p>Gillian's Mobile Hair Services All your hairdressing needs taken care of at home Tel: 01931 713360</p>	<p>Vertigo Roofing Contractor Slating, tiling, lead, gutters. Fully insured; all work guaranteed (and we don't charge VAT) 713675 or (m) 07840 674196</p>

<p>Walkers <i>Funeral Directors</i> Tynefield House, Bridge Lane Penrith CA11 8HY 01768 892211</p>	<p>Roofing Contractor Building Services DAVID RICHARDSON Naddlegate West, Bampton 01931 713120</p>
<p>Graham White Interior and exterior decorating All types of decor undertaken, including tiling. 01768 484695 or 07834 690619</p>	<p><i>Haweswater Hotel</i> <i>Open all day, every day for tea/ coffee/lunches & evening meals served in the warm atmosphere of the Golden Eagle Restaurant or in the bar. 01931 713235</i></p>