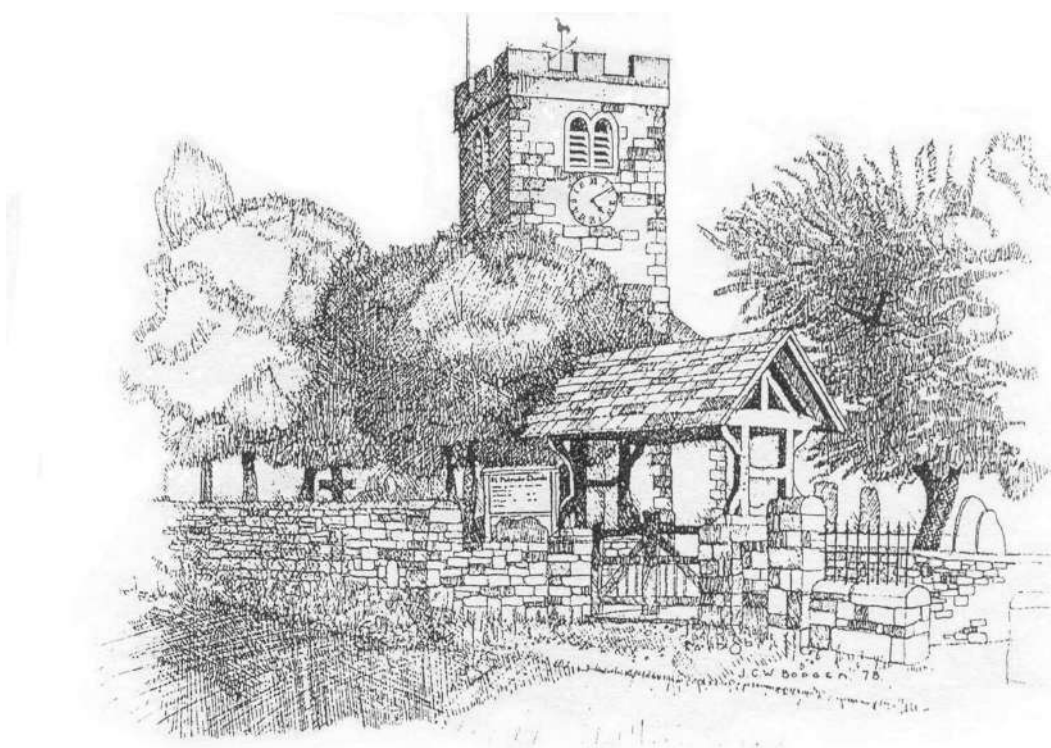


BAMPTON PARISH NEWSLETTER AUGUST – SEPTEMBER 2022



Dear Friends

“The bow of promise above a storm-tossed world”

“God is our refuge and strength, an ever-present help in trouble ... nations are in uproar, kingdoms fall; he lifts His voice, the earth melts! The Lord Almighty is with us” (Psalm 46 v 1,6)

Reflecting on the issues of the moment that grab our attention on the news (political turmoil at Westminster, war in Europe in Ukraine, assassinations, unrest, earthquakes, floods, fires, refugees) it seems like a never-ending round of strife and worry. Yet the vast majority of the 8 billion people in the world will have a good, if unremarkable, day. Of course, we live in a blessed country, compared to many, and we live in wonderful Cumbria, where, on a clear day, we can see Blencathra, Cross Fell and beyond! However, even here, there is still trouble and, with rises in the cost of living, a measure of increasing anxiety about what the autumn and winter might bring.

The Psalmist wrote, *“God is our refuge and strength; an ever-present help in trouble”* – reminding us that we can find and know peace, in these challenging times, though God in Christ.

I recently came across this poem by Catherine James – entitled “Rainbows”:

Rainbows are not only for the sky,
They lie ... concealed, shimmering in dark places.
Autumn ignites trees to fire; seas and sky exchange blue
and diamonds glitter on the grass, refracting light into colour.

Creator God, who threw the bow of promise above a storm-tossed world,
You paint its spectrum into our lives, our passing seasons among their clouds.
Help us to see their beauty and find You, too, in the rainbows of each day.

In our lounge we have a painting called “Master of Storms”, which depicts Jesus standing next to the mast of the boat, on a turbulent sea, with a dark and brooding sky all around; a parting is glimpsed in the clouds and the first ray of light streams through it on to the figure of Jesus!

The Psalmist writes, “*Be still and know that I AM God*”

Peter writes in the greeting of his second letter, “*Grace and Peace be yours in abundance through the knowledge of God and of Jesus our Lord*”.

When navigating our way through this world can sometimes feel like a trip on the Titanic after the iceberg, Peter confidently states that GRACE and PEACE can be ours **in abundance** – not just ‘some’ peace but ‘abundant’ peace through our knowledge of God and Jesus our Lord! What a promise!

For me, there are two areas, where we can find that ‘knowledge’ of God. Firstly, we see creation itself – the beauty, the variety and the splendour of the world in which we live. Secondly, there is that personal knowledge and inner peace that comes from a life transformed by Jesus our Lord when we trust in Him. As the hymn writer puts it, “No guilt in life, no fear in death; this is the power of Christ in me” (from ‘In Christ alone’).

Peter’s greeting first uses the traditional Greek greeting – ‘grace’, a kind of ‘hello’; but for the Christian ‘grace’ is a word that resonates with the loving forgiveness of God for humans. The second word used is the Hebrew ‘shalom’ – peace, peace from God in life, in families, in work, in relationships and peace with God.

Rev Stephen Radford

Contact Details

Kathy Jenkins, Church Warden

01931 714400

Elizabeth Coy, Asst. Church Warden

01931 713211

From the Registers

Interment of ashes and Service of Thanksgiving for the life of

Marian Harrison

Saturday, 9th July

COME AND JOIN US

at

ST PATRICK'S CAFE CHURCH

6pm on Sunday, 14th August in Chizzer’s interesting garden at Aragon

Please come and share our fellowship with a bring and share supper to follow

On Sunday, 11th September at 10am in the Church Hall

Kristy and Dan Pattimore, Pioneer ministers in our Deanery,

will talk about their work at the Wellbeing Café

Do come and join us

Thank you

The PCC would like to thank the advertisers who have kindly contributed to the cost of producing the newsletter. Their help is much appreciated.

Bell Ringing

Visiting ringers and anyone who might be interested in learning how to ring are always welcome. Practice dates (see Diary Dates) are subject to change. Please contact the Tower Captain in advance on Tel: 01931 716822 in order to confirm a date and time before your visit. Thank you.

Bampton PCC

News of an old friend

Some of you will well remember Maureen Cummings, who lived at Gatefoot for a number of years. Whilst she lived here, she was involved in lots of activities in the village and was known for her hearty laugh and kindness.

She was responsible for the running of the Hospice at Lancaster for a number of years then on her retirement, when she could have taken a step back from her commitments, she chose to spend a year with Voluntary Service Overseas, helping to establish palliative care services in Russia. This took her to Siberia; not a choice which many would have made.

She was a member of the PCC for 10 years, taking on the role as a very diligent secretary for a number of those. She was also a very 'hands-on' school governor at Bampton Endowed, bringing to the role her strengths which included positivity, honesty, listening skills and the ability to 'tell it as it was' without causing any offence. She was extremely supportive of staff and pupils, especially when rapidly changing government initiatives needed to be implemented. She took a particular interest in the teaching of Maths, undergoing several courses of training in the latest methods.

Maureen loved Bampton and its community. Indeed one of her twin daughters was married in St. Patrick's Church and her son Laurence, a renowned international organist, played in the church on a number of occasions.

After moving to St. Albans and subsequently to London to be near her family, Maureen kept in touch with a number of Bampton residents. She died at her home in the middle of July after a short illness and will be greatly missed by many.

Alison Jones and Margaret Pearson

Le groupe français

C'est l'été et le groupe français profite du beau temps. Nous espérons jouer aux boules devant la salle des fêtes. Si vous passez, merci de venir arbitrer! Les dates de nos rencontres sont dans l'agenda en fin de newsletter. À bientôt.

Marion Jones 713555

Memorial Hall Committee – Vacancy

Due to my standing down as Chair, we need to see if anyone would be willing to come onto the committee as Chairperson. We would welcome anyone in the village, old or new to the area – we are a friendly bunch and would love you to come on board. You can get in touch with me Lesley White on 01931 713530.

Tinclar's Library

Open most **Mondays, 12-2pm** – please see diary for details. Amongst the many books is the Haweswater collection including maps and details of the plans to flood the valley. We have an extensive collection of scrap books dating from the 1860's, property sale details, copies of the census and much more.

The Trustees

Bampton REMOTE Cinema New Season

It's cool to be back for another season of films! We kick off on:

Saturday 17th September: *The Duke* (12A, 2020 95minutes): This film is a moving true story that celebrates a man who was determined to live a meaningful life. Set in 1961, it follows the story of Kempton Bunton, a 60 year old Newcastle taxi driver who stole Goya's portrait of the Duke of Wellington. Jim Broadbent and Helen Mirren make it a class act.

Tickets will be on sale at Bampton Post Office and Shop from **Wednesday 31st August to Wednesday 14th September** if you wish **supper + film**; tickets are on sale at the door on the night for film only as usual. It's useful to have a contact list for those buying a supper ticket plus film so we will continue to record that. If you wish a vegetarian option that can be recorded then too.

Cinema dates from then on will continue to be **on the third Saturday of every month (except December and January) as follows: October 15th; November 19th; December 10th; January 14th; February 18th; March 18th and April 15th.** Film titles will be given in the October/November newsletter for the autumn/winter season.

We have had to increase the price of tickets for supper plus film as follows:

Adult meal + film: £12; U16 meal + film: £9. Film tickets remain the same price, **adult: £5; U16:£2.** Abbott Lodge ices will continue to be sold at £1:50 at the short interval. As always there is the bar, courtesy of the Village Hall, with the finest wines known to humanity, beers and soft drinks. **Supper** is served at **6pm** and the **film** starts at **7:30pm** (December 10th film will be a family friendly matinee with no meal; time to be decided).

We're really looking forward to sharing our eleventh year of Bampton Cinema with you. See you there!

Call Hazel (713311) or Dave (713586) for any questions about cinema matters.

*Bampton REMOTE cinema committee: Hazel, Mike, Vickie,
Sue and Dave*

The Heat Fund from Fuel Bank Foundation

The Heat Fund provides fuel to households who live off the gas grid, rely on bulk fuel deliveries and are unable to keep warm this winter. The scheme helps prevent self-disconnection where a household cannot afford to pay for their fuel and has been deemed as in 'crisis need' by Fuel Bank Partners. The Heat Fund ensures that people are not left without energy for basics like heating and hot water.

If you rely on oil, LPG, coal etc and cannot afford fuel, the Citizens Advice Energy Team can help with completion of an application to The Heat Fund – max £500 and amongst other criteria you will need to produce a bank statement. You can contact the local Citizens Advice on 03300 563037.

The Village Panto

We are considering the possibility of returning to the biennial panto, the aim being to stage the next one in January 2023. If anybody is interested in taking part, either ‘treading the boards’ or helping out in any other way, please ring either of us on the numbers below. An initial meeting will be held in the Memorial Hall on **Tuesday 13th September at 7.15pm** and we look forward to seeing as many of you there as possible.

Heather (716861) & Alison (713350)

The Bampton Endowed Schools Endowment

This is just a reminder that the closing date for applications for an educational grant this year is **30th September 2022**.

The Trustees invite applications for financial support from those who will be undertaking courses at any university, college or institution of higher or further education, or at sixth-form level, in Autumn 2022. Consideration will also be given to applications from those who will be undertaking other forms of education (including the study of music or other arts) to prepare for entry into any occupation, trade or profession.

To be eligible to apply for a grant the applicant must be:

- Under the age of 25 on 1st September 2022 and
- Resident in the civil parish of Bampton, Cumbria or to have attended Bampton Endowed School.

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

Bampton Valley Community Pub

As most will be aware, The Mardale Inn reopened on July 1st. The refurbishment of the bar area that happened in May and June demonstrated outstanding support from the Valley with many volunteering their time to get it ready on time. It’s been really rewarding since to see so many of our local community visiting and to hear positive comments on the work done to date.

While the bar area only is open currently, we are delighted to be able to move onto the next phase of refurbishment as the Prince’s Countryside Fund has recently confirmed a £23,000 grant to fund a new kitchen.

Our bid was based on The Mardale Inn kitchen being a place in the Valley where on-demand evening meals would again be available. This is important for tourism income, e.g. for visitors to accommodation such as Bampton Village Shop, but also for permanent residents who may live on their own and would appreciate a local place to meet and eat with friends. We don’t expect food to be available until October but are aiming for The Mardale Inn kitchen to then be another great example of the outstanding work that the Prince’s Countryside Fund does to empower family farms and rural communities to ensure their future.

Our current opening hours are online at www.themardaleinn.com and on signs at parking places around the Valley. Please visit us whenever you are able and share any feedback on email at feedback@bvcp.info or by phone to 01931 338754.

Phil Sweetland – Chair BVCP

Bampton Village Shop



Post Office

Unfortunately, this week, the Post Office has decided to close Bampton Branch. For us this was an essential part of the service we provided to support the community and I operated the Post Office every day, rather than restricting the hours because it was an essential service and for some a vital link. I and the community have worked tirelessly to support its development and growth over the last two years and I am sure that I am not alone in being deeply saddened by this move. A replacement service will be announced soon, and an update circulated with further information.

Shop

Without vital local support, the Café and Village Shop also face a similar uncertain future. Primarily the services we provide solely benefit our immediate community, then secondly visitors and tourists alike. Our primary focus is and remains to serve the community. We work hard to provide products of quality and offer value for money. It saddens us greatly not to see more of you using the shop and the facilities it has to offer. It is open to all, and everyone is welcome.

When we came in June 2020, the Country was being ravaged by the start of COVID-19 and we supported many of the most vulnerable in the area who were self-isolating, by providing groceries along with moral support.

The Bampton Trust performed a survey analysing a broad spectrum of the local community. This survey looked at the wants and needs of the residents in the area specifically looking at what they wanted in a village shop. With these findings in mind, we set about taking steps to address these requests and actualising them. We developed the shop; opened a Café and updated the services in direct response to the feedback.

As the business is struggling we desperately need community support. But as part of this we want your feedback and opinions. If you are interested and would like to take part, we will shortly conduct a survey of our own which will be available online and from the shop. The results of this survey will be published in the parish newsletter.

As always, we have a debt of gratitude to those who support the shop and cafe. But a huge thank you to all who used and supported the Post Office.

From August 1st our opening hours are changing.

www.bamptonvillageshop.co.uk

Monday	Closed
Tuesday	08:30 - 17:30
Wednesday	08:30 - 17:30
Thursday	08:30 - 17:30
Friday	08:30 - 17:30
Saturday	08:30 - 17:30
Sunday	Closed

We do not want to be in a position where we have no choice but to reduce our operational hours but if there is no custom, hours will have to be amended as appropriate, especially with energy costs etc.

Dan and Justin

Macmillan Coffee Morning

This great event is going ahead again on **Friday 30th September**. I would love to see everyone from **10am until 12 midday**. The usual cake stalls, White Elephant stalls, raffle and games.

If you are turning out anything for the White Elephant stalls (books, ornaments etc); if you could make a cake; or give something for the raffle: anyone who is willing to help I would be very grateful.

Thanking you all in advance.

Lesley White

Jubilee Weekend

We would like to thank the people who helped and donated to the Jubilee weekend together with all the people who attended the events.

Firstly, it was nice to see the beacon on Thursday evening (sorry about the rain!) Then the Friday evening celebrations in the Memorial Hall were enjoyed by everyone; and the get-together on Sunday afternoon with field games went well too. Lastly, the bring-and-share tea finished off the weekend celebrations in a good spirit. Thank you to everyone.

Maureen and Lesley

Bampton Trust

As you will have seen, the shop has been repainted, and is looking very smart, both inside and outside. Alongside the Trust's input, Dan and Justin have made many improvements to the shop and café. The rising costs of fuel and goods mean that all small businesses are facing difficulties at the moment, so it is important for all the community to rally round and support this vital local amenity. Please consider doing a proportion of your weekly shopping, however small, in your local shop – it really does need and deserve your support.

We currently have a vacancy for a Trustee. If you think you would like to join us and help to run this local charity, please talk to any of the Trustees, or contact us via our email address, bamptontrust@gmail.com

Current trustees are David White, Susan Bowman, Mike Dyke, Gill Smith, Stead Bowness and Mike Jones.

Duck Race

This race will take place on **Sunday 28th August** after the raft race approx **3pm** at the swing bridge. Ducks are £1 each and you can put your name on the sheet, Dan & Justin have kindly said they will sell them at the Village Shop, or you can buy one on the day near the river.

Lesley White

Bampton Pilates



Pilates is continuing in Bampton Memorial Hall at **5.30pm and 6.30pm on Monday evenings**. Every class has a different focus, and we use different equipment to facilitate improving our strength, mobility and flexibility. All equipment is provided. Please contact Alexis on 07411 902674 or penrithpilates@gmail.com.

A Big Thank You

To Stead Bowness, Mark Bousfield and Colby for building the Beacon for the Jubilee, lighting it on a very wet night and clearing up afterwards.

We on the Bampton Hall Committee thank you.

Raft Race 2022

Ahoy! So who is up for the raft race? Well I hope there are a few who are looking forward to it. The afternoon of fun will take place on **Sunday 28th August at 2pm.** If you are not participating please come and cheer on these intrepid adventurers.

I really hope that we have some good weather but just a gentle reminder that this is a fun event which you enter at your own risk.

Young rafters should be equipped with a buoyancy aid and accompanied by a responsible adult. The event is always run subject to the state of the river so let's hope for ideal conditions.

As ever I would welcome any help on the afternoon and if you feel that you could help out it would be greatly appreciated. Just give me a call.

I saved the bad news until the end...regrettably I am going to have a price increase to accommodate the costs of food. When I took this over from Colin in 2011 entry was £2 per head and it has never changed. But, sorry I will have to increase it to £3 per head. I hope it does not put you off!

Look forward to seeing you there – and then in the Mardale afterwards!

Tim Ward 713127

Bampton Community First Responder Team

If you think you'd like to join the team and help provide essential emergency cover for the local community please feel free to get in contact with me for an informal chat or look at the NWS CFR page <http://www.nwas-responders.info/> All applications are submitted through the web page and are confidential.

If you feel unwell and think it is a medical emergency DIAL 999 or 112 and ask for AMBULANCE. Any on call CFR's will then be tasked by Ambulance control to attend if appropriate. CFR's will not be tasked to attend all 999 calls but will be asked to attend the following type of emergencies: abdominal pain, severe allergic reaction, breathing problems, fitting, diabetic emergency, chest pain, stroke, loss of consciousness, collapse, cardiac arrest, respiratory arrest, some trauma. We will not normally be tasked to any incident involving children under 12.

Christine Hill, Bampton CFR Team 07771934996 christinehillski@gmail.com

'Understanding Ullswater' – Evening Talk by Lee Schofield

Lee Schofield, RSPB Senior Site Manager at Haweswater since 2013 and author of *Wild Fell* that was published to great acclaim earlier this year, will give the talk on **Thursday 4th August at 7.30pm in Parkin Memorial Hall, Pooley Bridge** and on ZOOM. The talk is free, but we are happy to receive donations, 50% of which will go to FOUW and 50% to the charity of Lee's choice. Individuals can register for the talk and obtain the ZOOM link by contacting me at info@ullswaterheritage.org I will send out the link a couple of days before the talk.

Tim Clarke, FOUW (Friends of the Ullswater Way)

The local bus

Face masks are now optional on the Fellrunner bus weekly **Thursday** service. The bus will go down **Rosgill Hill at 9.47am**, then travel via **Bampton Grange (9.55am)** to **Burnbanks (10.02 am)** and leave **Bampton at 10.11am** to arrive (via Morrisons) at **Penrith Bus Station at 10.40 am**. The return bus will leave **Penrith Bus Station at 1.00pm** to arrive back in **Bampton at 1.27pm**, **Burnbanks at 1.38pm** and **Rosgill at 1.53pm** (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 October/November issue is 5pm on Friday 23rd September. Please send all items to Heather Pitt (Tel no: 01931 716861) pathfinders2728@gmail.com or Jane Storey (Tel no: 01931 713490) roger_storey@btinternet.com. Thank you.

PARISH DIARY

(Note MH = Memorial Hall)

AUGUST

Mo 1 st	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
Th 4 th	Bell Ringing practice, 2-4pm & Saturdays by prior arrangement
Su 7th	Holy Communion, 10am
Mo 8 th	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
We 10 th	French Group, Small Hall, 2.30-3.30pm
Th 11 th	Bell Ringing practice, 2-4pm & Saturdays by prior arrangement
Su 14th	'Café Church', Church Hall, 6pm at Aragon
Mo 15 th	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
Th 18 th	Bell Ringing practice, 2-4pm & Saturdays by prior arrangement
Su 21st	Holy Communion by Extension with Diana, 10am
Mo 22 nd	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
We 24 th	French Group, Small Hall, 2.30-3.30pm
Th 25 th	Bell Ringing practice, 2-4pm & Saturdays by prior arrangement
Su 28th	United Benefice service at Bampton led by Sandra, 10.30am Raft Race, 2pm followed by Duck Race. Water permitting!
Mo 29 th	Pilates, MH, 5.30pm and 6.30pm

SEPTEMBER

Th 1 st	Bell Ringing practice, 2-4pm & Saturdays by prior arrangement
Su 4th	Service, 10am

Mo 5th Tinclar's Library, Church Hall, 12-2pm
Pilates, MH, 5.30pm and 6.30pm

We 7th French Group, Small Hall, 2.30-3.30pm

Th 8th Bell Ringing practice, 2-4pm & Saturdays by prior arrangement

Su 11th 'Café Church', Church Hall, **10am**

Mo 12th Tinclar's Library, Church Hall, 12-2pm
Pilates, MH, 5.30pm and 6.30pm

Tu 13th Panto meeting, MH, 7.15pm

Th 15th Bell Ringing practice, 2-4pm & Saturdays by prior arrangement

Sa 17th Bampton Cinema, MH, "The Duke". Doors open 7pm

Su 18th Service, **10am**

Mo 19th Tinclar's Library, Church Hall, 12-2pm
Pilates, MH, 5.30pm and 6.30pm

We 21st French Group, Small Hall, 2.30-3.30pm

Th 22nd Bell Ringing practice, 2-4pm & Saturdays by prior arrangement

Su 25th United Benefice service at Ravenstonedale, **10.30am**

Mo 26th Tinclar's Library, Church Hall, 12-2pm
Pilates, MH, 5.30pm and 6.30pm

Th 29th Bell Ringing practice, 2-4pm & Saturdays by prior arrangement

Fr 30th Macmillan Coffee Morning, MH, 10am-12 midday

The Abbey Kitchen

Main Street, Shap, Penrith, CA10 3NQ

Tel: 01931 719177 Email: info@theabbeykitchen.co.uk

CAFÉ TAKEAWAY GIFTS

JENNY AND THE TEAM LOOK FORWARD TO SERVING YOU

Wednesday to Saturday 8.30am to 4.30pm

Sunday 10.00am to 3.00pm

Music Lessons

Face-to-face or online tuition in percussion, drums, piano, brass and theory. 20 years experience teaching (Guildhall, Royal College of Music, Trinity/Laban) and performing (London Symphony Orchestra, Philharmonia, Adele, Kanye West and the Kings Consort). Beginners, advanced students and those who want to brush up their skills are all welcome!

Steve and Katie 01931 716749 Rosgill

stephen.burke.mail@gmail.com

Penrith Physio Pilates

Experienced physiotherapist Alexis Dykes, specialising in injury rehabilitation, scarwork, pelvic and spinal pain, myofascial release and 1:1 Pilates.

Clinic based in Motherby; CA11 0RJ. Contact Alexis on: **07411 902674**

penrithpilates@gmail.com www.penrithphysiopilates.co.uk