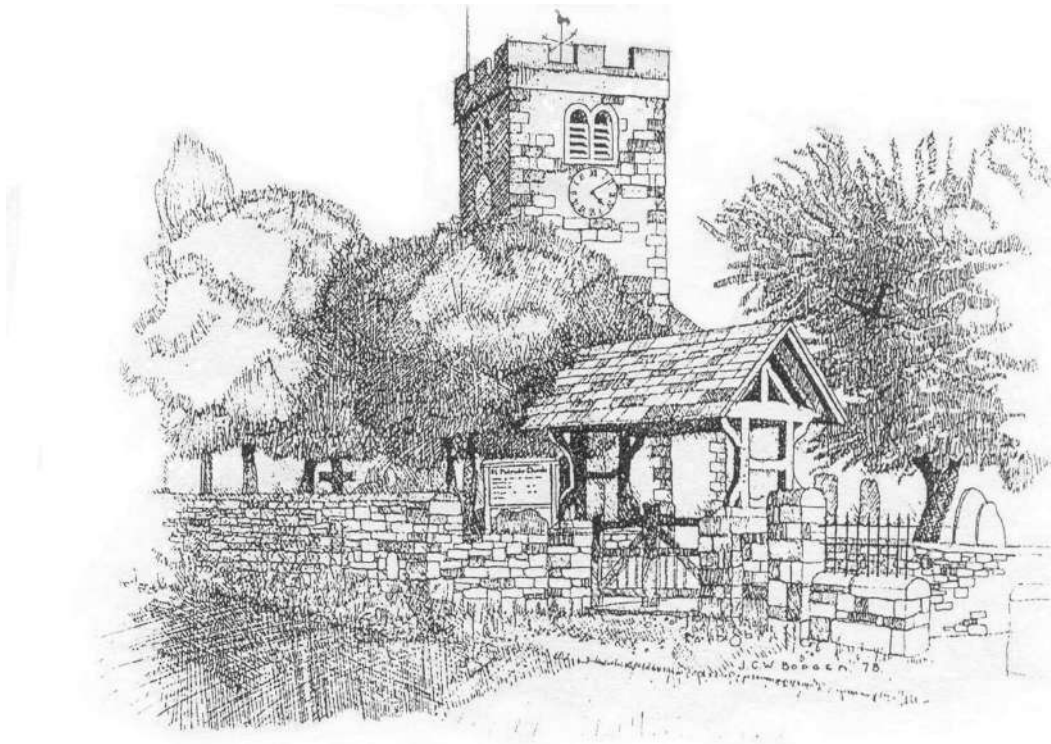


# BAMPTON PARISH NEWSLETTER APRIL – MAY 2023



*Hello,*

In recent weeks, the publication of Matt Hancock's WhatsApp messages by the *Daily Telegraph* has forced us to relive some of the politics of 2020. It's not a time which many of us want to revisit, but that hasn't prevented the scandal from selling newspapers and generating endless commentary. How like human beings! For reasons of political expediency, we have not yet conducted an official exercise in learning the important lessons of that time, and yet here we are, raking over the minutiae of one aspect, in the full glare of publicity.

Three years ago, we were afraid, because we faced the unknown. In late March 2020, I had a telephone conversation with a friend in his mid-90s (whose funeral I was unable to attend later that year, due to restrictions). He enumerated all the 'bad times' through which he had lived: the Second World War; flu pandemics in 1957 and 1968; the snowbound winter of 1962/3; the Cuban Missile Crisis; the oil crisis; the drought of 1976 and the Winter of Discontent. The worst, he thought, depended upon who you asked: how they were individually affected. We were surprised at how many 'bad times' he could name. We might have felt differently about the 1980s, he said, if we had lived in a mining community. Looking back,

*“none of these things was the end of the world,”* said my friend, *“although I was afraid that some of them might be, at the time.”* Bad times are personal. For some of us, 2020 was the worst of times. For others, different years have brought worse.

Easter in the Gospels captures this fear. Three women approach the tomb of Jesus, their spiritual leader, who has been horribly put to death two days earlier. All that he promised seems to have come to nothing. As they reach the tomb, they are horrified to find that it has been desecrated. The heavy stone used to close the entrance has been removed. A mysterious stranger, sitting by the entrance, tells them, *“he has been raised; he is not here ... go, tell his disciples.”*

We retell the Easter story as one of hope, but Mark’s Gospel (unlike the other three) seems to have ended with these words: *“Trembling and bewildered, the women went out and fled from the tomb. They said nothing to anyone, because they were afraid.”* The Gospel message is not that everything will be rosy. It is a message of hope told in the face of real fear, real grief and real suffering. The Bible does not pretend that the world can easily be made a perfect place.

For most of us, in this fortunate society, reality is ordinarily benign. It comes as a shock whenever that benevolence is temporarily suspended. But there is plenty to make us anxious; to fear being afraid. Like my friend looking back, even the very worst times eventually acquire a perspective. Fear and grief are natural, but let us pray for release from anxiety.

Bad times are also testing times. We find afresh our capacity to give and (importantly) receive help. Adversity, and the necessity it creates, can be the mother of invention: *“look how many technologies advanced during the Second World War,”* observed my friend.

Despite the everyday expression, these things are not sent to try us, whether by God or anyone else. It would be wonderful, it might even be better, if there were no bad times. But we know that they have come; they will come again. The answers are faith and hope: Faith in God, in each other and in the fact that we are “fearfully and wonderfully made”, with the capacity to overcome our troubles. The hope of the Gospel is that we will one day look back together, from the perspective of eternity.

*Stephen*

### **Contact Details**

Kathy Jenkins, Church Warden

01931 714400

Elizabeth Coy, Church Warden

01931 713211

## **Church service times**

Please note that with effect from April all Sunday services will now begin at **9.45am**: this will enable our new vicar to take an 11.15am service at Askham afterwards. All times will appear, as usual, in the diary section at the end of the newsletter.

**COME AND JOIN US**  
at **9.45am** in the Church Hall for  
**ST PATRICK'S CAFE CHURCH**  
On **Sunday, 16<sup>th</sup> April**  
there will be a quiet meditative Taize service  
On **Sunday, 14<sup>th</sup> May**  
Suzanne Stolberg from Butterwick will talk about her Jewish faith

## **Easter Services**

**Good Friday 7<sup>th</sup> April at 10am**

Morning Worship with Kathy & Diana.

**Easter Sunday 9<sup>th</sup> April at 9.45am**

Holy Communion with Sheila Clark.

## **Annual Parochial Public Meeting**

The annual meeting of St. Patrick's PCC will be held on **Tuesday 18<sup>th</sup> April at 7pm** in the Church Hall. It is hoped that as many people as possible will attend, to learn what the Church has done during 2022 and proposes to do within the parish in the future.

## **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.

## **Eden Live Youth Group**

Starts **Tuesday 18<sup>th</sup> April 3.30-5pm.** In Morland Village Hall. £1 entry.

Games, crafts, talk, make new friends. Snack and drink.

Open to all young people year 6 up from Crosby, Newby, Morland and surrounding villages.

For details and registration form please contact Rachel Milburn – 07920186673 or email [rachel.milburn@carlisle-diocese.org.uk](mailto:rachel.milburn@carlisle-diocese.org.uk) or [stephen@northwestmorlandchurches.org.uk](mailto:stephen@northwestmorlandchurches.org.uk)

## **Thank you!**

The PCC would like to thank the Memorial Hall Committee who has very kindly agreed to make an annual contribution towards the cost of production of the Newsletter.

*Bampton PCC*

## **Bampton Family Fun Day**

After several years without a summer event we are planning to change the summer sports into more of a Family Fun Day. There will still be lots of the old favourites: the children's races; tug of war; afternoon tea etc. In addition there will be a competition tent to get your creativity going, craft stalls and much more. So put **Sunday 18th June** into your diary – it's Father's Day so there will be some special Father's Day events.

We will be looking for volunteers to assist on the day: please contact Vickie Haddock 713466 or [shoequeen346@btinternet.com](mailto:shoequeen346@btinternet.com)

## **Bampton Parish Council**

Forthcoming dates for your diary:

- Boon Day **Saturday, 22<sup>nd</sup> April**, meet in the Village Hall car park at **10am**  
Equipment will be provided.
- Parish Council Elections will take place on **Thursday, 4<sup>th</sup> May**
- **Tuesday, 23<sup>rd</sup> May** Annual Parish Meeting at **7pm** followed by the Annual Parish Council Meeting at **7.30pm**
- **Tuesday, 18<sup>th</sup> July** at **7.30pm** Parish Council Meeting. Please contact the Clerk with any items to be considered

### Polite reminder to pick up after your dog

The Parish Council has received reports of dog faeces being left along footpaths throughout the village.

Please help keep your parish clean and tidy and pick up after your dog.

### Did you know?

You can report potholes and other problems to Highways via the Cumbria County Council website. Before you start you will need:-

The location of the problem, you can either plot the location on a map on the website, use the closest postcode or use the what3words app.

If you have photographs or supporting documents these can also be uploaded via the website on your computer phone or tablet.

<https://cumbria.gov.uk/roads-transport/parkingroadsandtravel.asp>

You can also report a problem by phone: 0300 303 2992 Monday to Friday 8.30am to 5pm.

*Sandie Watson, Clerk to Bampton Parish Council*  
[clerkbamptonpc@gmail.com](mailto:clerkbamptonpc@gmail.com)

## Le groupe français

Les membres du groupe continuent d'explorer la langue française à travers une panoplie d'activités – certaines plus réussies que d'autres! Si vous souhaitez apporter des idées, rejoignez-nous. Le français est une bonne introduction si vous manquez de pratique. Vous trouverez les dates de nos rencontres à la fin de la newsletter.

*Marion Jones (713555; [mjoneskili@gmail.com](mailto:mjoneskili@gmail.com))*

## 50/50 Club 2023

The February and March draws have taken place. Congratulations to the lucky winners so far. The monthly winner names are also now posted up in the pub.

	<b>February 2023</b>	<b>March 2023</b>
1 <sup>st</sup> Prize: £20	No 61 Diana Nicholson	No 71 Sue Bletcher
2 <sup>nd</sup> Prize: £12	No 83 Sue Bletcher	No 34 Stead & Marilynn Bowness
3 <sup>rd</sup> Prize: £10	No 100 Carole Lucas	No 17 Jean Mounsey

Best wishes to the future winners of 2023 and thank you for your support of the village hall.

*Lucinda Weymouth, 713245, [info@cumbriahorsetrials.com](mailto:info@cumbriahorsetrials.com)*

## Norbrock House Plans

In the last Newsletter, we, Bampton Trust (BT) and Bampton Valley Community Pub (BVCP), introduced our joint ideas around the future use of Norbrock House.

With Dan and Justin having unfortunately resigned their tenancy of Norbrock House in August 2022, Trustees started to look at options for new tenants to take over the building to most importantly, retain a shop facility for the Valley community.

At the end of 2022, with no other parties identified to take over Norbrock House, BVCP approached the Trust with the idea of taking over the full lease of Norbrock House and agreeing a sublet for the shop area to Askham Stores.

Plans are continuing to progress with the expectation that the new model for Norbrock House will be up and running over the next month or so. The target is that BVCP will run the two letting rooms as an annex to the four rooms currently being refurbished in The Mardale Inn. Askham Stores will run a shop with consistent seven day a week opening hours. Additionally they will maintain a small sit-down cafe facility serving hot and cold drinks, pies, sandwiches and cakes.

*Bampton Trust and Bampton Valley Community Pub*

## **Mardale Inn Update**

Firstly, thank you to so many of you locally who have supported your community pub, The Mardale Inn, through our first winter. We were deliberately cautious in our trading expectations but saw early proof of the value of having a Valley hub for people to visit on dark winter days. The ‘Bampton Valley Seniors Friday Winter Lunches’ proved to be very popular and we plan on hosting something similar again in Winter 23/24.

Our recent ‘big news’ is that we have been fortunate to receive a grant for £65,100 from Inspiring Eden (the economic development fund of Eden District Council). This is enabling us to progress refurbishment of bedrooms with a particular focus on local sourcing, for instance by re-insulating the loft space using a locally sourced sheep’s wool based product and installing locally manufactured new windows and doors in the pub to further improve insulation. We are optimistic that we will be hosting guests again in The Mardale in mid-May.

At the recent BVCP Annual Members Meeting, we introduced our operating principle of being a ‘community hub first’. Our food and drink offer is proving to be popular with much appreciated endorsements. We are very conscious however of not becoming a ‘destination gastropub’ at a cost to our local community of not being able to pop by for a casual drink and chat.

Operating as a ‘community hub first’ also underpins our initiative around Norbrock House and subletting to Askham Stores at a low rent to help maintain a shop and cafe in the Valley. We recognise that time needs to prove the model but we are optimistic that with good local customer support, the Valley will be able to retain the key assets of a shop, pub and complementary cafe for the long term.

Regarding upcoming events, we will continue to post notices around the Valley and our website at [www.themardaleinn.com](http://www.themardaleinn.com) hosts all the latest information. We are all looking forward to Coronation Weekend. With the events on **Saturday 6<sup>th</sup> May** in the Memorial Hall, the main pub event will be on **Sunday 7<sup>th</sup> May**. The road outside The Mardale will be closed. Laila’s ‘Lakeland Valley Catering’ will be outside during the afternoon serving a selection of home-produced food including Brisket of Wagyu Beef and Gloucester Old Spot Pork. We are planning on some live music and other activities too.

During April, we will be hosting a number of other events including a Charity Pub Quiz on **Easter Monday 10<sup>th</sup> April evening**, as well as ‘The Rhubarb Thieves’ in our popular late afternoon music slot on **Sunday 16<sup>th</sup> April**. See you soon!

*Bampton Valley Community Pub*

## **Soup & Pudding Lunches**

Lunch has now finished for this winter; we will back in the autumn. We hope you all enjoyed our lunches and I would just like to say a big thanks to all our cooks and helpers. As a result we have raised over £300 which has gone into the hall funds with the idea that this will, hopefully, go towards the purchase of a microwave which will be a great help.

If anyone would like to get involved in cooking or just lending a hand please contact Vickie Haddock 713366 or [shoequeen346@btinternet.com](mailto:shoequeen346@btinternet.com)

## **Bampton REMOTE Cinema**

**15<sup>th</sup> April Mrs Harris goes to Paris (2022) 1 hr 56 min, PG**

The final film for the season **Mrs Harris goes to Paris** tells a humorously heart-warming tale about London char lady Ada Harris (Lesley Manville) who thinks her lonely life might turn around if she can become the owner of a Christian Dior gown. Why not escape from it all and enjoy this “Paris in the spring” inspirational tale?

Tickets (if you wish a pre-film meal plus film) will be on sale from **Wednesday 29<sup>th</sup> March to Wednesday 12<sup>th</sup> April**, courtesy of The Mardale Inn. **Adult meal + film: £12; U16 meal + film: £9. Supper** is served at **6pm** at Bampton Memorial Hall and the **film** starts at **7:30pm**. Tickets are on sale at the door on the night for film only: **adults £5; U16s £2**. It's very useful for us all to have a contact list for those buying a supper ticket plus film so please record that when you buy tickets. If you wish a vegetarian option that can be recorded then too. We have a bar for soft drinks, beers and wine and Abbott Lodge ice-creams available at the interval, only £1:50.

Thank you so much for your support since September 2022 on monthly Saturday nights at your cinema on the doorstep; huge thanks to Bampton Memorial Hall for the splendid venue facilities and the bar, and to all the voluntary cooks who have excelled with splendid meals throughout. We can't do it without you! See you in the autumn.....

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

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

## **Tincler's Library**

The library will be open every Monday **from 12 noon until 2pm** during April and May, with the exception of the Coronation Bank Holiday Monday. During this time we will be displaying Haweswater books and maps of the pipeline route, together with local scrapbooks. Tea and coffee will be served for a small fee, so please come along and have a browse – there is something for everyone! We look forward to seeing you there.

*The Trustees*

## **Bampton & District Local History Society**

The 2022/2023 season of meetings of the Bampton & District Local History Society (BDLHS) continued on 7th February with a talk by Dr. William Shannon on "Cumbria and the Jacobites", and on 7<sup>th</sup> March, a presentation by Mrs Sue. Bletcher on the Tinclar Parish Library.

The next meeting of the BDLHS will be held at Bampton Memorial Hall on **Tuesday 4<sup>th</sup> April at 7.30pm**, when Mr. Andy Lowe will be giving a talk entitled "Bank Barns, Boskins, and Beeboles". Refreshments will be served after the meeting.

The final meeting of the season will be an outdoor visit and guided tour of Shap Abbey, led by Mr. Harry Hawkins, a renowned expert on the Abbey. The meeting time/place will be **Tuesday 2<sup>nd</sup> May** at the Shap Abbey car park at **7.30pm**.

Meetings of the BDLHS are open to members and visitors. Anyone interested in joining the Society should make contact with the Membership Secretary, Heather Pitt (716861).

*Andrew Yates, Chair BDLHS*

## **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](mailto:christinehillski@gmail.com)*

## **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](mailto:penrithpilates@gmail.com)



## The Village Choir

Sadly we have lost Joan Bruin from our group. She enjoyed her singing very much and was a stalwart member of both the church and village choirs. She claimed she couldn't read music and just followed when the notes went up or down! Whatever method she used, she picked up melodies very quickly and with her lovely soprano voice gave a strong lead to others. We will miss her.

Friday has not proved to be a good day for many of us to meet up so, for April we will try to get together on Wednesdays in the church hall and see if that works better. Please see the dates and times in the diary section and come along if you would like to join in. The dates can be very fluid so please contact me if you want the latest update.

*Marion Jones (713555; [mjoneskili@gmail.com](mailto:mjoneskili@gmail.com))*

## Rainfall 2023 - Mill Craggs – Bampton – A Mixed Bag

Last month the doomsayers were predicting drought and water shortages as we experienced the driest February since 1993. But Mother Nature must have heard and at time of writing March has produced 150mm of rain of which 100mm has been in the last week. This followed a “cold snap” between 7<sup>th</sup> and 10<sup>th</sup> when the overnight temperature dropped to -9.2% the coldest I have recorded for a March.

The forecast for March and into early April is rain every day! Haweswater should be filling.

I met a lady the other day from Devon staying in the village who said she read my annual article with interest.

	<b>Rainfall mm</b>	<b>% of Average 1993-2022</b>	<b>Min Temp</b>
January	258	143	-7.1c
February	22	14	-4.9c
March (23 <sup>rd</sup> 11am)	150	140	-9.2c
<b>January-March</b>	<b>430</b>	<b>96</b>	

*David Cooke*

## The Coronation of King Charles III

The Coronation of King Charles III will take place on **6<sup>th</sup> May**. The whole event, starting at **10am** will be shown on a big screen in the Memorial Hall. The Hall will be open to anybody who would like to see the event. Tea, coffee and fruit juice will be supplied but if you prefer to celebrate with a glass or two you are welcome to bring your own alcohol!

From **6pm to 10pm** the Hall will be open again for further entertainment. There will be music and singing and Billy will be playing to entertain us. The bar will not be open, but once again you are welcome to bring your own alcohol. Crisps and popcorn will be provided. Come along and enjoy a relaxing evening, singing and dancing.

*Maureen Barber*

## **Shap Medical Practice**

### **Current Procedures**

The Doctors at the Practice continue to operate an initial telephone triage system. If a face to face consultation is necessary the Doctor will book you an appointment later that day. Please contact the surgery at **8.30am** to arrange a telephone triage appointment. When attending an appointment at the Practice, face masks must be worn when in a consultation room and it is advised to continue to wear one throughout the rest of the building.

### **Dispensary**

Medication will be available to be collected from Dispensary at Shap **3 working days** after the prescription has been handed in. Patients will receive a text message to confirm their medication is ready to be collected. The opening hours for the Dispensary are as follows:

**9am – 1pm and 3pm – 6pm Mon, Tues, Wed & Fri**

**9am – 1pm Thursday**

### **Protected Learning Dates**

The Practice and Dispensary will be closed for training from 1pm on the following dates:

- **Thursday 20<sup>th</sup> April**
- **Wednesday 17<sup>th</sup> May**
- **Thursday 15<sup>th</sup> June**
- **Wednesday 12<sup>th</sup> July**

### **Surgery Patient Participant Group**

On **Saturday 22<sup>nd</sup> April** the Surgery will be open to all our patients for a coffee morning between **9.30am – 11am**. We will have current members of the PPG in attendance along with Practice Manager, GP and Nurse to talk about the developments of the Surgery and PPG, and will demonstrate equipment that has been purchased through the equipment fund. Refreshments are free to all our patients.

*Wendy Hancock, Practice Manager*

## **Extracts from ‘100 Years Ago’ in the Herald – March & April 1923**

March: Rain, sleet, snow. Farm – slump. Jobs and houses scarce.

Easter 1<sup>st</sup> April.

Akham is organizing a Flower Show and Sports on Saturday 8<sup>th</sup> September, for entries from the district too, including Bampton. The schools to be in on it.

The RDC proposes to drain the beck that floods the road outside Bampton School and pipe it into the field opposite, if Mr. Stacey agrees. It would cost £140 (now £11,200), of which the School Managers will give half.

Married at Bampton Church (date illegible) Charles Collinge, of Manchester, to Jane Elizabeth, daughter of the late Mr. & Mrs. Joseph Gibson.

Apr: Cold easterlies all month. Blizzard at Shap on 24<sup>th</sup>. BST 22<sup>nd</sup> April – 16<sup>th</sup> September.

The Fell Pony Stallion Show at Kirkby Stephen was won by Wallthwaite Ranger, whose owner Mr. T. H. Relph, Drybarrows, Bampton, received the Government’s £60 prize (now £4,800).

The Fell Pony Stallion Show at Appleby was won by a Lyvennet horse; 2<sup>nd</sup> Mr. M. Mawson, Widewath Mill’s Black Jack.

*Jeremy Godwin*

### **The local bus**

**Face masks are now optional** on the Fellrunner bus weekly **Thursday** service. The bus will go down **Rosgill Hill at 10.10am**, then travel via **Bampton Grange (10.18am)** to **Burnbanks (10.25am)** and leave **Bampton at 10.34am** to arrive (via Morrisons) at **Penrith Bus Station at 11.05am**. The return bus will leave **Penrith Bus Station at 1.15pm** to arrive back in **Bampton at 1.42pm**, **Burnbanks at 1.53pm** and **Rosgill at 2.08pm** (subject to passenger requirements). Bus passes can be used and children under 16 years travel free.

### **Bampton Village Website [www.bamptonlakedistrict.org.uk](http://www.bamptonlakedistrict.org.uk)**

Please send any updates for the website to Chris Cant on [chris@phdcc.com](mailto:chris@phdcc.com) or 713240. Any new photos very welcome.

**Copy deadline for the June/July issue is 5pm on Tuesday 23<sup>rd</sup> May.** Please send all items to **Heather Pitt (Tel no: 01931 716861) [pathfinders2728@gmail.com](mailto:pathfinders2728@gmail.com) or Jane Storey (Tel no: 01931 713490) [roger\\_storey@btinternet.com](mailto:roger_storey@btinternet.com).** Thank you.

## PARISH DIARY

(Note MH = Memorial Hall)

### APRIL

- Sa 1<sup>st</sup> Bell Ringing practice, 11am-1pm
- Su 2<sup>nd</sup>** Palm Sunday: Holy Communion with Stephen, **9.45am**
- Mo 3<sup>rd</sup> Tinclar's Library, Church Hall, 12-2pm  
Pilates, MH, 5.30pm and 6.30pm
- Tu 4<sup>th</sup> BDLHS, MH, 7.30pm. Talk on "Bank Barns, Boskins, and Beeboles" by Mr. Andy Lowe.
- We 5<sup>th</sup> Village choir, Church Hall, 4-5pm
- Th 6<sup>th</sup> Maundy Thursday: Joint service with Stephen at Shap 6.30pm
- Fr 7<sup>th</sup> Good Friday: Morning Worship with Kathy & Diana, **10am**
- Sa 8<sup>th</sup> Bell Ringing practice, 11am-1pm
- Su 9<sup>th</sup>** Easter Day: Holy Communion with Sheila Clark, **9.45am**
- Mo 10<sup>th</sup> Tinclar's Library, Church Hall, 12-2  
Pilates, MH, 5.30pm and 6.30pm
- We 12<sup>th</sup> French Group, Small Hall, 2.30-3.30pm
- Sa 15<sup>th</sup> Bell Ringing practice, 11am-1pm  
Bampton Cinema, MH. "Mrs Harris goes to Paris". Doors open 7pm
- Su 16<sup>th</sup>** 'Café Church', Church Hall, **9.45am**
- Mo 17<sup>th</sup> Tinclar's Library, Church Hall, 12-2pm  
Pilates, MH, 5.30pm and 6.30pm
- Tu 18<sup>th</sup> Annual Public Meeting of Bampton PCC, Church Hall, 7pm
- We 19<sup>th</sup> Village choir, Church Hall, 2-3pm
- Sa 22<sup>nd</sup> Shap Surgery Coffee Morning, 9.30-11am  
Boon Day, meet in the Village Hall car park at 10am  
Bell Ringing practice, 11am-1pm
- Su 23<sup>rd</sup>** Holy Communion with James Bell, **9.45am**
- Mo 24<sup>th</sup> Tinclar's Library, Church Hall, 12-2pm  
Pilates, MH, 5.30pm and 6.30pm
- We 26<sup>th</sup> French Group, Small Hall, 2.30-3.30pm
- Sa 29<sup>th</sup> Bell Ringing practice, 11am-1pm
- Su 30<sup>th</sup>** Joint Holy Communion with Stephen at Crosby Ravensworth, **11am**

## MAY

- Mo 1<sup>st</sup> Tinclar's Library, Church Hall, 12-2pm  
Pilates, MH, 5.30pm and 6.30pm
- Tu 2<sup>nd</sup> BDLHS, guided tour of Shap Abbey by Mr. Harry Hawkins.  
Meet at Shap Abbey car park, 7.30pm
- Th 4<sup>th</sup> Parish Council elections
- Sa 6<sup>th</sup> Screening of Coronation of King Charles III from 10am  
followed by entertainment 6-9pm, MH  
Bell Ringing practice, 11am-1pm
- Su 7<sup>th</sup>** Sunday service, **9.45am**
- Mo 8<sup>th</sup> Pilates, MH, 5.30pm and 6.30pm
- Sa 13<sup>th</sup> Bell Ringing practice, 11am-1pm
- Su 14<sup>th</sup>** 'Café Church', Church Hall, **9.45am**
- Mo 15<sup>th</sup> Tinclar's Library, Church Hall, 12-2pm  
Pilates, MH, 5.30pm and 6.30pm
- We 17<sup>th</sup> French Group, Small Hall, 2.30-3.30pm
- Sa 20<sup>th</sup> Bell Ringing practice, 11am-1pm
- Su 21<sup>st</sup>** Sunday service, **9.45am**
- Mo 22<sup>nd</sup> Tinclar's Library, Church Hall, 12-2pm  
Pilates, MH, 5.30pm and 6.30pm
- Tu 23<sup>rd</sup> Annual Parish Meeting at **7pm** followed by the Annual Parish  
Council Meeting at **7.30pm**
- Sa 27<sup>th</sup> Bell Ringing practice, 11am-1pm
- Su 28<sup>th</sup>** Sunday service, **9.45am**
- Mo 29<sup>th</sup> Tinclar's Library, Church Hall, 12-2pm  
Pilates, MH, 5.30pm and 6.30pm
- We 31<sup>st</sup> French Group, Small Hall, 2.30-3.30pm

### **The Abbey Kitchen**

Main Street, Shap, Penrith, CA10 3NQ

Tel: 01931 719177 Email: [info@theabbeykitchen.co.uk](mailto: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](mailto:stephen.burke.mail@gmail.com)**

