

BAMPTON PARISH NEWSLETTER FEBRUARY – MARCH 2024



Hello,

I wonder if you made any New Year resolutions? Are you still keeping to them? If you are, congratulations on your self-discipline!

New Year resolutions are often about personal betterment: do, eat or drink more of what is good; do, eat and drink less of what is bad. Give up behaviour that is unhealthy but tempting; take on something good but less beguiling. Two years ago I was ill over Christmas and got prodded by doctors a great deal. With embarrassment, I remembered how much more exercise I took, and how much less food I ate, when I had a conventional 'desk job'. Not for the first time, I resolved to do better. I've done that twice since then, with little more than shame to show for it. My wife thinks that I should donate to charity for every pound that is shed, or do some outlandish form of sponsored exercise. She thinks that only the threat of public shame will be sufficient to motivate me.

To some extent, our health depends on the way we live as a society, from which it is often hard to stand apart. Many diseases, fatal in the past, are now trivial thanks to modern medicine. However, since the 1970s, it has

been known that a number of serious conditions are overwhelmingly diseases of the affluent West, arising from our diets and patterns of exercise. I once attended a dinner in an Oxford college, to support a friend who had just begun teaching there. It was a daunting affair, seated opposite a well-known TV psychiatrist and next to an eminent geneticist. The latter suggested that, whenever I was thinking about humanity, I should remember that in rough terms our bodies stopped adapting to circumstances, by evolution, during the stone age. Did I eat what my stone-age ancestors ate? Did I take the exercise they took? Did I limit myself to the moral questions known to them? Well then, I should not be surprised to find modern life difficult, or unhealthy! He went on to explain how (like everything else) it wasn't quite that simple, but I often find the point useful. It reminds me that the advantages of modern life, in which I enjoy sharing, may be a trade-off against disadvantages. Some of these, like ubiquitous microplastic pollution, we do not yet fully understand.

Even positive and effective resolutions may have a downside. Vishvapani Blomfield, a Buddhist contributor to *Thought for the Day*, wondered whether resolutions for self-betterment are part of a “*wider cultural current ... the constant effort to keep up, be productive and get ahead*”. Trying to do better may itself be a source of stress, rather than its cure.

Christianity is not about personal betterment, or wellness. Believing that the gift of life is ultimately from God should make us respect our bodies and minds, but Jesus taught his followers to focus on others, rather than themselves. We should avoid selfish things like vanity or excessive consumption (not just of food), but the Bible isn't too fussed about weight, resting heart rate, or complexion. Jesus encouraged us not to judge others, and appearance is certainly among the most trivial grounds for judgement. Resolutions often involve sacrificing one thing for something better. We find that hard, even when seeking our own benefit. How much more difficult it is when the sacrifice is all our own, and the benefit is all for someone else! Making the ultimate sacrifice, laying down one's life, is the example of Jesus. But you don't need to be a believer to ponder what sacrifices we ought to make for the good of others, or how hard that might be.

Stephen

Contact Details

Stephen Tudway, Vicar	01931 719210
Elizabeth Coy, Church Warden	01931 713211
Maureen Barber, Church Warden	01931 713314

From the Registers

Service of Thanksgiving for the life of

Derek James Ion (who died 31st October)

Thursday, 23rd November

Thank you!

The PCC would like to thank Ann Taylor for her generous donation towards the cost of production of this edition of the newsletter.

COME AND JOIN US

for

ST PATRICK'S CAFE CHURCH

at 9.45am on Sunday, 11th February when the theme will be
'What you give you gain'

And on 10th March please join us for Mothers' Day

Easter Services

Good Friday 29th March at 10am

Morning Worship with Kathy & Diana.

Easter Sunday 31st March at 9.45am

Holy Communion with Sheila Clark.

The World Day of Prayer

The service is on **Friday, March 1st at 2pm at St Michael's Shap.** This year the service has been prepared by the Christian Women of Palestine which seems very appropriate, as does the title "I beg you, bear with one another in love."

Everyone is welcome, both men and women.

Lent Lunches

The PCC at St. Patrick's has decided not to produce Lent Lunches this year. Instead, £200 will be sent to the International Red Cross, continuing the tradition of supporting charities through donations from the parish.

Lent Discussion Group

The PCC have also decided there will not be a parish Lent Discussion Group this year. However, there will be a series of discussions led by Rev. Sheila Clarke using "God has no favourites" by Carmody Grey. Meetings will be held **each Wednesday for 5 weeks starting on 21st February.** The group will meet immediately after the 10am Communion service (in church) in the upper room of the café in Morland. All will be welcome.

Food Bank

The rising cost of living, together with increased fuel and energy prices, is causing much concern to all of us, our family and friends, and to the wider community. The Salvation Army in Penrith has seen demand for help soar and is appealing for donations to their food bank. If you would like to donate food or household items but don't want to travel to Penrith you can now leave non-perishable donations in the porch at St. Patrick's. The church is unlocked during the day so you can drop items off easily when you are passing. We will ensure the donations are taken up to Penrith.

Christmas Coffee and Gifts Morning

Once again this event, with its coffee and cakes, Christmas gifts across a wide range and the usual raffle, was a very successful one – so important as this continues to be the most significant event in our financial year. The church has, of course, to be self-sufficient and that it owes thanks to the unending generosity of our parishioners and visitors.

So, a big 'thanks' to all our friends and neighbours in the parish and, of course, to all the tireless voluntary workers on the day, who helped to make this enjoyable event so successful and achieve a very good result of £703.

Christmas Eve Carol Service with Holy Communion

The collection at this service was divided between The Children's Society and UK for HNHCR (a charity for refugees) with each receiving £100. Many thanks to all who supported these worthy causes.

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

Le groupe français

Même si les journées d'hiver sont sombres et humides, nous continuons à nous retrouver et à profiter de la langue française. Nous venons de terminer la traduction d'une histoire pour enfants qui a beaucoup élargi notre vocabulaire. Les dates de nos réunions figurent au dos du bulletin. N'hésitez pas à nous rejoindre si vous êtes intéressé.

Marion Jones (713555) mjoneskili@gmail.com

Bampton & District Local History Society

The December meeting of the Bampton & District Local History Society (BDLHS) was held at the Mardale Inn, Bampton, where the speaker, Phil. Sweetland, Chairman of the Bampton Valley Community pub, introduced the subject of "The Path to Community Ownership". Following his presentation, an interesting afternoon of reminiscences followed.

The January meeting received a presentation from Jean Scott-Smith, the local historian from Shap, on "Folklore, Traditions and Customs in the Lake District".

The next meeting of the BDLHS will be held in the Bampton Memorial Hall at **2pm on Tuesday 6th February**. The speaker will be Rob David, and his subject will be "Holidays in the Lake District during the 1940's and 50's". On **Tuesday 5th March**, the meeting will be in the Memorial Hall commencing at the regular time of **7.30pm**. There will be a presentation on the results of the recent archaeology survey carried out by volunteers, and led by the Lake District National Park.

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 (01931 719187).

Andrew Yates, Chair BDLHS

Bampton Community First Responder Team

The team have not undertaken any training over the Festive Season but are always available to help the local community if needed. Training will restart in February to keep our skills up to date.

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*

50/50 Club 2024

Thank you to everyone who has purchased numbers for this year's 50/50 club, may you have a 'Lucky Number'. Your numbers are displayed in the Post.

The January draw has taken place. Congratulations to the lucky winners so far.

1st Prize: £20 No. 85 Sue Bletcher
2nd Prize: £12 No. 58 Maureen Barber
3rd Prize; £10 No. 40 Christine Evans

and best wishes to the future winners of 2024

Please do get in touch if you would still like to purchase a number, there is a draw around the 15th of each month. What happens to the money? 50% of the entry monies received is given in prizes and 50% is donated to Bampton Memorial Hall. The amount of the monthly cash prize is worked out depending on the number of Numbers purchased, with a bigger cash prize for the December Draw. (£57, £25, £20)

Lucinda Weymouth, 713245, info@cumbriahorsetrials.com

Half Marathon

Sunday, 3rd March, 2024 is the date set for the Half Marathon starting from Bampton Memorial Hall. Setting up time is from 8am and finishes at 4pm. So if you have cars parked in the hall car park please remove them the night before, this allows all emergency vehicles to get into position.

Portable toilets will be erected at the back of the hall on Friday, 1st March. Signage for the run will be erected in good time. As you know the hall is involved with food throughout the day, so if anyone can help on the day I would be most grateful – an hour or two would be fabulous, for helping with refreshments.

Lesley White 01931 713530

Recycling

Please would everyone help in keeping the recycling area tidy: I know it is a big ask, but if people could recycle in appropriate bins this would help. If you do not have green bags to put plastic in please get in touch with the council and they will send you some out. Then this way we will not have so much plastic to sort out down at the hall. It is the plastic that gives us the biggest headache. The green bags are emptied every other week at a road end. Food or polystyrene is not to be left at the recycling; please put this in your blue bags for collection every week on Thursdays.

Since the CCTV has been installed, and with the help of the Parish Council, we have had some convictions. So we thank everyone involved.

Bampton Memorial Hall Committee

Rainfall 2023 – Mill Craggs – Bampton

A Mixed Bag of Highs and Lows

The year just ended was the 31st of recording rainfall for Mill Craggs and was the 9th wettest at 1,672mm. However, there was a wide variance in monthly totals, **14mm in May**, driest on record, to **258mm in January**. **September at 239mm** was the highest total recorded for that month as was **546mm for the period of July to September**. The monthly average ranged between **14% in February to 224% in September**, with only 4 months having below average rainfall.

The first 2 weeks of January were wet, windy and fairly mild with floods on the 10th – 252mm of rain. There followed nearly a week of ante cyclonic dry days and chilly nights with the temperature falling to -7.1c on 17th. Unusually for January only 6 days recorded below zero temperatures. February was the driest since 1993 but brought Storm Otto mid-month though overall was mild, with only 5 days registering sub zero temperatures.

March started mild but from 5th to 11th temperatures as low as -9.2c were recorded. Heavy rain on and off was the story for rest of the month with 106mm from 21st to 25th. 10 days registering below zero temperatures.

April saw Storms Antoni and Noa and a mixture of frosts, sleet, showers and the occasional sunny spells and not very spring like. May on the other hand was dry except for the 6th and 7th. Warm days cool nights and no rain from the 14th. Driest on record.

June was hot, dry initially, wet mid month and unsettled thereafter. Only 61% of average rainfall. July, August and September – a washout for summer. October reversed the trend, except for Storm Babet around the 20th when very windy. 5 days below freezing.

November Storms Ciaran and Debi. December finished the year with Storms Elin, Fergus, Pia and the violent Gerrit with over 100mm in the last 7 days of the month. After cold 1st to 6th, temperatures as low as -8.9. Storm Henk was threatened but didn't breach the Red Wall as 2024 dawned, a mere 25mm was recorded on 1st and 2nd. We are forecast a hotter year after snow in January.

	Rainfall mm	% of Average 1993-2022	Min Temp
January	258	181	-7.1c
February	22	22	-4.9c
March	208	207	-9.2c
January-March	488	109	

April	81	109	-3.7c
May	14	17	2.4c
June	53	61	1.3c
April-June	148	60	
July	171	198	6.6c
August	136	128	4.6c
September	239	224	1.7c
July-September	546	299	
October	81	51	-3.0c
November	175	101	-6.2c
December	234	117	-8.9c
October-December	490	92	
January-June	636	92	
July-December	1,036	125	
TOTAL 2023	1,672	110	

Note: Driest Year 1996 952mm. Wettest 2,154mm 2015.

Storm Isha: After a placid 2 weeks January 16th brought slow and sub-zero temperatures for 3 days, but clear skies and great views. All that changed on 20th as Storm Isha made its way through the valley. 150mm (6 inches) of rain fell on 20th and 21st accompanied by ferocious winds being stronger and more sustained than normal. Inevitably there were flooded roads and much debris, more potholes and a rare power cut. Storm Jocelyn is lined up to tax us next.

David Cooke

Community Lunches

The monthly Community Lunch in the Memorial Hall will continue on the dates below. We will be offering a choice of soup and pudding, home-made bread, tea or coffee and chocolates – and the price has remained the same as last year at £5.00 per person. The dates are as follows:-

13th February

12th March

Doors open at 12 noon.

If you would like to join us but cannot get a lift, please contact Jane Storey on 01931 713490. We look forward to seeing you all again.

Bampton REMOTE cinema

17/02/2024 Wild Rose (2018, 15, 101 mins)

16/03/2024 Oppenheimer (2023, 15, 180mins)

20/04/2024 The Blues Brothers (1980, 15, 133 mins)

Music, drama and the greatest car chase in film history coming your way! Outstanding performances from lead Jessie Buckley and supporting Julie Walters, *Wild Rose* is a gritty star-is-born story with brilliantly performed country music at its heart. *Oppenheimer* has recently taken major awards at the Golden Globes: best film, best performance from lead Cillian Murphy (Peaky Blinders) and has many nominations pending for the BAFTAs. Another engrossing achievement from director Christopher Nolan (Dunkirk), the film tells the story of J. Robert Oppenheimer who, recruited to work with the US army in World War 2, oversees the “Manhattan Project” which creates and tests the first atomic bomb. After the war, an advocate for arms control, he is investigated in a security hearing.

The Blues Brothers is the car chase one! Get ready for a great soundtrack with cameo appearances by blues and soul greats. The brothers, Jake and Elwood set out to raise money to save the orphanage they grew up in from closing, convinced they can earn it by getting their old band back together. But they make several enemies along the way, including the police. Can they deliver the money on time?

Tickets will be on sale at **Bampton Stores** for *Wild Rose* from **Wednesday 31st January to Wednesday 14th February**. Tickets are on sale at the door on the night for film only as usual. Do please take advantage of the vegetarian option available as we are happy to provide for that. **Look out for the film posters around the village for all these film and ticket dates: adult meal + film: £12; U16 meal + film: £9. Film ticket price: adult: £5; U16:£2.**

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** in Bampton Memorial Hall and **the film starts at 7:30pm**. Ice-creams at the interval: Just Jersey, Blackcurrant, Mango Sorbet and Chocolate for only £2. Thank you for continuing to support your cinema on the doorstep. See you soon!

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

Hazel, Mike, Dave, Sue: Bampton REMOTE Film Committee

Tinclar's Library

The Trustees give **notification of the AGM to be held at 1pm on 12th February** in the library. The library will be open **every Monday from 12 noon until 2pm** during February and March – weather permitting!

Sue Bletcher, Trustee

Join local people who have set up offering care and support to their neighbours

Community Catalysts are offering support to help local people get set up working for themselves, offering help at home in Eden.

Lots of people in your local area need some extra help to live the way they want to, perhaps because they are older, disabled or have a long-term health condition. Could your new career be offering support to help people in our community to live more independently? You don't need any care or business experience, just to know what good care looks like.

Our help is free to you, as the project is funded by Westmorland and Furness Council. Please get in touch for an informal chat to find out more.

Call 07435 943 901 or email hannah.turner@communitycatalysts.co.uk

Hannah Turner

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

The School Concert – The Herald, 17th February 1923

A visitor from a Northern city was staying in Bampton, and his host suggested he come with him to see the School Concert. The visitor did, though such events in his area were endurance tests, and he thought this one would be, too.

But he was wrong. The stage's curtains did not stick, and the lights were good; the hall was packed and happy. The curtain rolled back and revealed a band of kiddies 60 strong. Out rang 'The Soldiers' Chorus' from 'Faust', followed by a comedy sketch, drawn to the life and "bang went my city reserve." Then came a dance scene in 1840s costume, an Alpine scene, an operetta, and a panto, finishing with 'Auld Lang Syne'. He went on the second night too. The proceeds were for the Children's

Games Fund. “Now I have a good story to carry back to Lancashire, to correct wrong ideas there.”

Early Glimpses of Bampton (in Nicholson and Burn Vol I 1777)

Bampton Church was given to Shap Abbey c1170, one of whose monks would act as its paid vicar (Shap Abbey's income was too small to pay him). The Abbey saw to all other expenses, e.g. repairs. He was allowed one lay assistant. By 1362 there was in or near Bampton Church a Chapel of St. Thomas, long gone by 1777. In the 1370s the then Vicar, John de Bampton, let things slide and get decrepit. His successor William de Wicliffe got the Bishop to send some gentlemen to see what the repairs would cost John's executors (not William). The Vicar from 1698 – 1742 was the Rev. Thomas Wearing, M.A. (the parish's first graduate); he preached the sermon when St. Andrew's, Penrith, was officially reopened in mid-March 1723. In 1726, during his time, Bampton Church was rebuilt on the old one's site. He wrote his own epitaph (in Latin, the language of scholars and gentlemen), leaving a blank for the date of his death. He died aged 95 in 1742. He also rebuilt Bampton School founded, in 1623 by Dr. Thomas Sutton, a native of Bampton parish. The Master there for 44 years arrived aged 20, and died aged 64 in 1719. His name was Thomas Jackson. His pupils included the brothers Gibson (one became Bishop of London, the other the Provost of Queen's College, Oxford). Both were farmer's sons from High Knipe. Great oaks from little acorns grow. Perhaps they did plough in Latin.

Jeremy Godwin

Bampton Mobile Post Office

Bampton Post Office operates from the Memorial Hall on **Wednesdays between 9.00 – 10.30am**: most postal services continue to be available from this mobile unit.

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

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 April/May issue is 5pm on Saturday 23rd March. Please send all items to Heather Pitt (Tel no: 01931 719187) pathfinders2728@gmail.com or Jane Storey (Tel no: 01931 713490) Jane_storey@btinternet.com. Thank you.

PARISH DIARY (Note MH = Memorial Hall)

FEBRUARY

Th 1 st	Bell Ringing practice, from 2pm
Su 4th	Holy Communion with Stephen, 9.45am
Mo 5 th	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
Tu 6 th	BDLHS, MH, 2pm
We 7 th	French Group, Small Hall, 2.30-3.30pm Indoor Bowls, MH, 7pm
Th 8 th	Bell Ringing practice, from 2pm
Su 11th	'Café Church', Church Hall, 9.45am
Mo 12 th	Tinclar's Library AGM, Church Hall, 1pm Pilates, MH, 5.30pm and 6.30pm
Tu 13 th	Community Lunch, MH, from 12 noon
We 14 th	Joint Benefice Ash Wednesday service with Stephen at Shap, 6.30pm Indoor Bowls, MH, 7pm
Th 15 th	Bell Ringing practice, from 2pm
Sa 17 th	Bampton Cinema, MH, "Wild Rose". Doors open 7pm
Su 18th	Holy Communion with Sheila, 9.45am
Mo 19 th	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
We 21 st	French Group, Small Hall, 2.30-3.30pm Indoor Bowls, MH, 7pm
Th 22 nd	Bell Ringing practice, from 2pm
Su 25th	Holy Communion with James Bell, 9.45am
Mo 26 th	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
We 28 th	Indoor Bowls, MH, 7pm
Th 29 th	Bell Ringing practice, from 2pm

MARCH

- Fr 1st The World Day of Prayer, 2pm, St. Michael's, Shap
Su 3rd Haweswater Half Marathon, MH, 8am-4pm
Holy Communion with Stephen, **9.45am**
- Mo 4th Tinclar's Library, Church Hall, 12-2pm
Pilates, MH, 5.30pm and 6.30pm
- Tu 5th BDLHS, MH, 7.30pm
- We 6th French Group, Small Hall, 2.30-3.30pm
Indoor Bowls, MH, 7pm
- Th 7th Bell Ringing practice, from 2pm
- Su 10th** 'Café Church', Church Hall, **9.45am**
- Mo 11th Tinclar's Library, Church Hall, 12-2pm
Pilates, MH, 5.30pm and 6.30pm
- Tu 12th Community Lunch, MH, from 12 noon
- We 13th Indoor Bowls, MH, 7pm
- Th 14th Bell Ringing practice, from 2pm
- Sa 16th Bampton Cinema, MH, "Oppenheimer". Doors open 7pm
- Su 17th** Holy Communion with Stephen, **9.45am**
- Mo 18th Tinclar's Library, Church Hall, 12-2pm
Pilates, MH, 5.30pm and 6.30pm
- We 20th French Group, Small Hall, 2.30-3.30pm
Indoor Bowls, MH, 7pm
- Th 21st Bell Ringing practice, from 2pm
- Su 24th** Palm Sunday: Morning Worship, **9.45 am**
- Mo 25th Tinclar's Library, Church Hall, 12-2pm
Pilates, MH, 5.30pm and 6.30pm
- We 27th Indoor Bowls, MH, 7pm
- Fr 29th Good Friday: Morning Worship with Kathy & Diana, **10am**
- Su 31st** Benefice dawn service at the Millennium Stone with Stephen,
7am
Easter Day: Holy Communion with Sheila, **9.45am**

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 07946 328806 Shap
stephen.burke.mail@gmail.com

Interested in the history of your family, house, or land?

Cumbria-based historian providing archival and online research, help with brick-walls, reading old documents, and more.

Associate of the *Association of Genealogists and Researchers in Archives*, Associate Fellow of the *Royal Historical Society* and doctoral researcher at the *University of York*.

Contact Joe: joseph6.saunders@outlook.com / www.josephsaundershistory.co.uk

G.A Electrics

All aspects of electrical work carried out. From installing power and lighting circuits, alterations, to fault finding. Emergency call outs available.

Contact George on 07521662071.