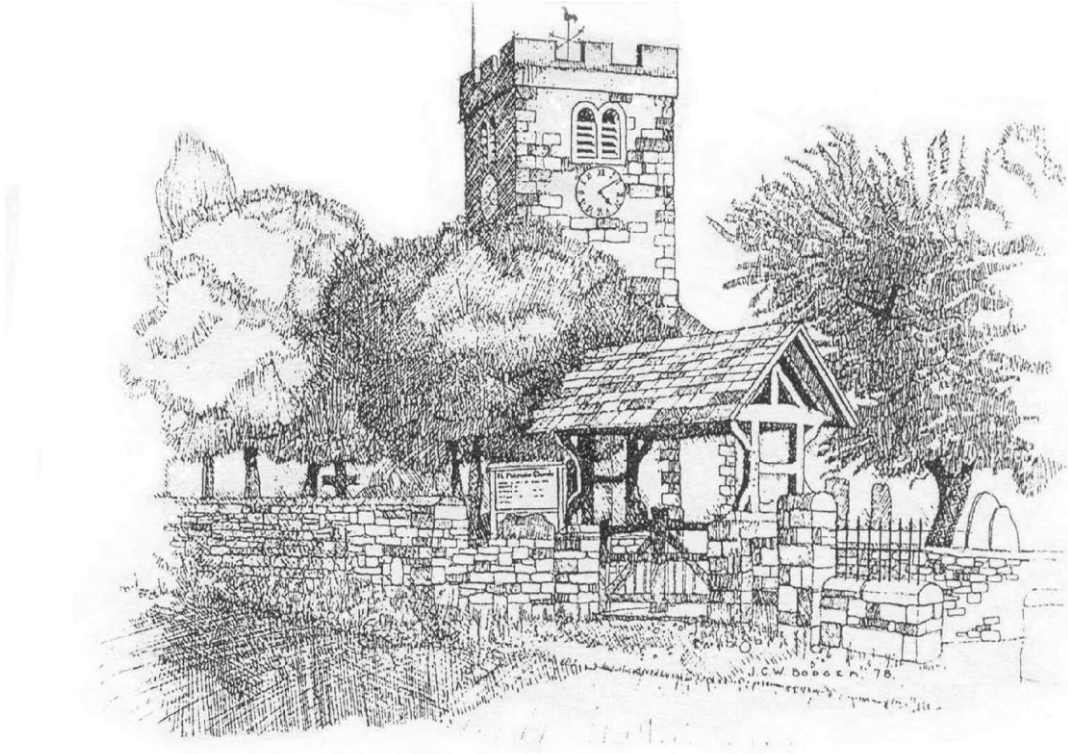


Bampton Parish Newsletter JUNE - JULY 2019



Dear Friends **Collared by God**

I was talking with my hairdresser recently about plans for my upcoming ordination and all the things that had yet to be done like the legal paperwork I have to fill in, the first and second fitting of vestments and the invites I need to send out for family, etc. He was quite surprised and remarked that it sounded more like I was planning for a wedding!

In actual fact that is a rather good analogy, especially as I will also have to make vows of allegiance to the Sovereign and of canonical obedience to the Bishop!

But more than that, I'm making a solemn commitment to God himself to a 'life of visible self-giving' as the ordination service words it. Instead of the giving and receiving of rings the symbol I will wear is, of course, the clergy collar and I will receive the honorary title of Reverend to replace my current one as Mrs Fran Parkinson.

And if all this sounds seriously significant, believe me when I say, I'm feeling it!!

I was reading recently that ordination is a 'holy' calling, and that's a word which makes me nervous as it speaks of saintliness and, if you know anything about my story, you'd know that 'saint' is not a word that would be on my CV!

When God first called my name, at the age of 19, I was a teenager determined to seek out my own life in the world and very soon found myself in a bit of a mess. What I hadn't bargained for was that all the while God was seeking me, and the encounter

we had back then changed my whole thinking about the grace and love of God.

The journey from there to here hasn't been free of troubles either, or further mistakes that I have might have made, but I've realised along the way that the Greek term for holiness, *hagios*, speaks of so much more than being set apart to be 'holy'. It's God's invitation, not just to be good, but to be his.

The grace of God invites me, in all my frailty and weakness, to walk the journey of holiness with him by my side. As one of Paul's letters expresses it, '*God has saved us and called us to a holy calling, not because of our works but because of his own purpose and grace*'. And it's an invitation that is extended to everyone, not just to people like me who are about to take holy orders.

And so it's with a humble and thankful heart that at the end of this month I will have the privilege of wearing a white cassock and stole, rather like the proverbial bride on her wedding day! And I will say 'I do' to God, not because I'm anything special, but because I long to share the grace and love of God that I have found with others. From there I will begin a life of service to God and the people of these Parishes as I serve my title in the High Westmorland Benefice. So, if you should happen upon someone who looks like a 'collared' curate in your community anytime soon, please stop and say "Hi, how's it going?"

Fran Parkinson

*Fran's ordination will take place at Carlisle Cathedral on Saturday 29th June at 2.30pm and all are warmly invited to attend. On the Sunday following there will be a service of celebration at St Oswald's, Ravenstonedale on **Sunday 30th June at 10.30am** followed by a 'bring and share' lunch at Newbiggin-on-Lune village hall.*

Contact Details

Alun Hurd, Vicar	01931 716048
Tony Hall, Church Warden	01931 713204
Kathy Jenkins, Church Warden	01931 714400
Elizabeth Coy, Asst. Church Warden	01931 713211

From the Registers

Interment and Service of Thanksgiving for the life of

John Philip Nicholson (who died 23rd March)

Friday, 12th April

Service of Thanksgiving for the life of

Janis Leedam (who died 25th September)

Thursday, 25th April

St Patrick's Café Church – Come and Join Us

WHAT IS IT? An informal service starting with coffee and cake!!

WHEN IS IT? Normally on the third Sunday of each month starting at **10am**

WHERE IS IT? In the Church Hall

In June (16th) the theme will be "Father's Day"

In July (21st) we will be discussing "Living Together"

St Patrick's Summer Meal

The Summer Meal this time will have a French theme - stripy jumpers and berets are optional! The date is **Friday 19th July at 7pm** in the Church Hall. Please phone Maureen Barber on 713314 if you would like to book your place.

Lent Lunches

The Lent Lunches were again well supported this year, with a splendid variety of home-made soups available, generously prepared by the members of the PCC. No charges for the lunches were made, but voluntary donations from the good folk of Bampton totalled £300.40, with £150.20 each going to the worthy causes of the Red Cross and Bampton Community First Responders."

Drop in for Coffee

Our drop-in dates for the next two months are **Wednesday 12th June** and **Wednesday 10th July**, any time between **10.30am** and **12 noon** in the Church Hall. This is not a fund raising event; it is just an opportunity to get out and meet people so do come and join us. If you would like to come and need a lift, then please contact me. We look forward to seeing you.

Diana Nicholson

Church Bells

Hopefully during the interval covered by this issue of the parish newsletter the final items of the bells project will be completed. Firstly, the painting of the clock faces which has been long awaited and which will be a visible sign of the affection held by many for this central symbol of parish life. Secondly, in order to alleviate for some of the unaccustomed sound of the church bells, a sound control system is to be installed which will have the additional benefit of allowing our bells to gain new friends from visiting bands of bell ringers. Thirdly, there is to be within the body of the church a framed list of sponsors, grant givers and donors. Finally, work is under way to compile a printed illustrated booklet about the entire bells project. It is proposed that one copy will be available within the church and a further copy will be lodged in Tinclar's Library. If anyone would like a copy of the booklet (at just the cost of printing) then ring David Pitt (Tel: 01931 716861) or email him at [*pathfinders2728@gmail.com*](mailto:pathfinders2728@gmail.com)

Bampton PCC

Bowls

The indoor season ended in early April when the outdoor season started. We have enjoyed friendly competitive nights welcoming some new players. Our **Wednesday evening sessions now start at 7pm** with a break midway through the evening for tea and biscuits and a bit more chat! This season saw the introduction of a Knock Out competition for The Malcolm Evans Memorial Trophy, the final being contested by Dave Willett and George Frith. Dave became the first winner and we were pleased that Christine Evans joined us on our final social night to present the Trophy. Bowls will restart on **Wednesday 2nd October at 7pm** when we hope to

see more new players and welcome back bowlers who were unable to play last season. Thanks to everyone who supported the bowls this year. Details for next season will be in the August Newsletter.

Ken Armstrong 713309

Educational Grants: The Bampton Endowed Schools Endowment

Last year the Charity made 11 grants totalling £3,300 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. 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 2019. 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 2019
- 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 2019**.

The Bampton Trust would like to express a huge thank you to Ruth Walters, who has recently retired as a trustee. Ruth served the Trust for many years as Chair, and her expertise will be greatly missed. She has been replaced as trustee by David White.

In addition to providing affordable housing to local people, the Trust also provides educational bursaries and hardship grants and supports local initiatives. For example, along with the Parish Council, we recently helped to fund the extension to the Millennium footpath. We are not just a housing charity, so please do get in touch if you have ideas on how the Trust can help to protect and improve Bampton and the surrounding area as a sustainable community where people can live and work.

A list of all the current trustees is on the village website and you can contact us via email, bamptontrust@gmail.com

Bampton Trust

Bampton Amblers

Another varied programme of spring walks took us to some local old favourites and pastures new – Willdale above Moorahill. Then a trip over to Buttermere rewarded walkers with the beautiful bluebells around Rannerdale; and our muscles were put to the test further by climbing Selside Pike, High Rigg and up to Styhead and Sprinkling Tarns. The weather favoured us, in the main, and good walks were had by all. Forthcoming dates for your diaries are as follows:

Wednesday 5th June Meet at **6.30pm** Alison (713350)

[Easy: See Post Office notice board for details]

Friday 7th June Meet at **9.00am** Mike (713555)

[Hard: Dash Falls: lunch in Mike & Marion's wood – 4¾ miles – 1,800 foa]

Tuesday 18th June Meet at **3.00pm** Alison (713350)

[Easy: See Post Office notice board for details]

Friday 28th June Meet at **9.30am** Katharine (713392)

[Mod: Seatoller to the Lodore Hotel – 5¼ miles – 700 feet of ascent – using bus to get from Lodore to Seatoller so bring your bus passes!]

As several Amblers are on the planned stay in Eskdale no walks are scheduled for this week

Friday 12th July Meet at **10.00am** See PO notice board

Wednesday 24th July Meet at **9.00am** See PO notice board

Tuesday 30th July Meet at **10.00am** Ruth (713197)

[Mod: Burnbanks to Mardale Head – 5¾ miles – 900 feet of ascent]

Meet at the Memorial Hall in Bampton and bring a packed lunch, unless advised otherwise. Please note that start times may vary from those quoted depending on the nature of the walk, so please see the notice board in Bampton Post Office for full details of/changes to all walks. In the event of bad weather please contact the above leaders.

Heather and Alison

Yoga

Wednesday night yoga classes in the Memorial Hall will continue throughout the summer, as and when students want them. These gentle, 90-minute sessions are tailored to suit the students, and cover breathing (pranayama), postures (asanas), some meditation techniques, and relaxation. The atmosphere is fun and informal, and the classes are a great opportunity to take some time out for yourself, increase your flexibility and strength, and recharge your batteries.

For more information, visit www.wildsereneyoga.co.uk, call Olivia on 01931 713351, or pop into Bampton Shop & Tea Room and say hello. To check if a class is running, or to let Olivia know that you'd like to come, call on the above number or *email wildsereneyoga@gmail.com*

Tinclar's Library

The new opening hours for Tinclar's Library have proved popular so the library will continue to be open every **Monday from 12-2pm**. Many thanks to Pat Garside for the very kind donation of a laptop which will enable us to digitalise the catalogue. If anybody has old copies of the parish newsletter they would like to donate we would be very pleased to take them. The first one we have is from 1978 but unfortunately there are some very big gaps! **The library will now be open each Monday throughout June & July in the Church Hall from 12-2pm**

The Trustees

Parish Council

The first meeting of the newly re-elected council took place recently with two vacant seats following the decisions of Mike Jones and Kerry Harmer not to stand for re-election. They are thanked for their valuable contribution to the work of the council and the life of the parish and they will be missed. Jim Campbell was re-elected as Chairman with Mike Dye as Vice-Chairman. A report of activities during the year given by Mr Campbell and financial reports from the Clerk will be available on the village web-site. If you are interested in becoming a councillor please contact me (716054) or any councillor. Thank you.

Earlier in the month the Annual Parish Meeting was held and Rose Lord, a Conservation Officer from LDNPA, gave an interesting presentation on the conservation areas of Bampton and Bampton Grange – what there is of value, the historical basis of the designation and other insights into the whole process. She is carrying out a review of the areas and was hoping to get a lot of feedback from parishioners but unfortunately the meeting was not well attended. If you have any strong views about the value, or otherwise, of conservation in general and of these areas in particular you could contact her via the LDNPA web-site: www.lake-district.gov.org. Planning applications can also be accessed on that site and also on the village web-site.

The green waste skip will be brought once a month until October and just a little reminder – it is no good leaving bags of material beside the skip if it is full. It will not be collected and it is called fly-tipping!

The councillors are: Jim Campbell, Mike Dyke, Ray Bruin, Neil Hughes and India Tuer. The next council meeting is on **Tuesday 23rd July** and everybody is welcome to attend.

Marion Drinkwater (Clerk)

Village Choir

The Village Choir will continue to meet on Monday evenings at Bryham House on the following dates: **Monday 10th June, Monday 24th June, Monday 8th July, Monday 22nd July.** We will then have a break over August and arrange future dates to start in September. Keep singing!

John Garside 713294

Bampton & District Local History Society

We are now entering what is effectively our Summer holiday with no public meetings planned for this period. The previous two months were quite active in every sense of the word with external visits to the Cumbria archive at Carlisle which was both interesting and rewarding thanks to the helpful preparations made by the staff. In May we also visited Truss Gap in Swindale and I must express our thanks to Richard and Jenny for allowing us to visit their interesting and beautiful home. We have an interesting meetings programme planned for the latter part of this year but more news of this in the next newsletter.

Roger Storey roger_storey@btinternet.com (713490)

Bampton CFR

Training has been going on as usual with the team learning about Dementia and its impact on patients, carers and their role as CFR's. North West Ambulance Service have also decided to give all CFR's a tympanic thermometer and a blood pressure machine to help with identification of patients at high risk of sepsis. Early identification is key and by escalating the incident appropriately the patient will receive the right care in line with national sepsis guidelines. Once these have been rolled out, Bampton CFR team will receive appropriate training before being able to use them with patients.

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 NWAS 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 / 01931 713210
christinehillski@gmail.com*

Bampton Pilates

The Physio led Pilates classes times are changing slightly. The classes will be running in the village hall on **Monday evenings at 6.30pm and 7.30pm** from this point onwards.

All welcome, you can attend for blocks or individual sessions as suits your needs. *Please feel free to contact me in advance if there is anything you want to discuss on: penrithpilates@gmail.com or 07411902674*

French Group

The French Group has met regularly once a fortnight since last autumn and its members have enjoyed expanding their vocabulary through numerous challenges. We will be taking a short break over the summer and resuming in September when anyone keen to join in would be most welcome.

Marion Jones

Sports Committee

Although the spring games felt far from spring weather there was a good turn out and both parents and children had a fun afternoon with lots of running around to keep warm!

Just a reminder that this year's summer sports will take place on **Sunday 7th July**. To run the event we need volunteers to help with setting up, running games etc. If you have a few hours to spare please get in touch.

Vickie Haddock 713466

Sports Day

Please can any of you dear ladies help in the main hall to provide afternoon refreshments to visitors and participants in the Sports Day. We need help in the kitchen on the day, and any baking in advance would be much appreciated. Money raised on the day will go towards the New Hall fund. I would be really grateful if you would let me know in advance what assistance you are able to offer. I know you will come up trumps as usual!

Lesley White 713530

Sports Day Tombola

If anybody can offer contributions towards the Sports Day tombola it would be much appreciated. The tombola is usually very popular so it would be great if we could get as many contributions as possible. You can leave any donations with me at the garage. Many thanks

Marilyn Bowness

The third Bampton Plants and Produce Fair for Hospice at Home

The 3rd Bampton Plants and Produce Fair in aid of Hospice at Home took place in the Memorial Hall on 19th May. The weather held fine and the event was a resounding success, raising more than £3500 for Hospice at Home. An increase on the funds raised at the Fair in the previous year. We had a great turnout with lots of local people and many others visiting from further afield.

The Plants stall, run by Jeannie Murray and helpers, was a great success. The excellent Produce stall, run by Vickie Haddock and Jane Storey, was stacked with

much home-baking, preserves, local free-range eggs, speciality foods, home-made chocolates and other treats. Jane and Vickie launched Bampton Bathworks, their own range of lovely hand-made beauty products, there was even a hand massage using the Bampton Bathworks hand cream on offer by Emma Hodgson. Emma Greenshaw of Fellside Flowers came along and made up beautiful hand-tied bouquets of the wonderful flowers she grows from seed not far from here. The café, headed up by Hazel Eccles and Lesley White was ably manned by their team, serving up quite delicious home-made fare which went down a treat. Dalefoot Composts had donated many bags of their excellent product and not one bag was left by the end of the Fair. The Raffle proved a huge success, with excellent prizes.

This year the Fair was able to take part in Barclays Bank's £4£ scheme which matches pound for pound, the first £750 raised by a charitable event. Thanks to Liz Barnes of Cliburn, a former Barclays employee and on the Fair's Organisers Team, who applied for and secured the Barclays contribution

The organisers would like to thank everyone who came along and all the local businesses and people who contributed so generously to the Fair: The Haweswater Hotel, Haweswater, Charles and Juno Lowther of Askham Hall, the George and Dragon and the Queen's Head, Askham, George Bowman, Laura Tuer of Greenwheat Flowers, Penrith, John Relph of T W Relph and Sons Ltd of Yanwath, Hrishikesh Desai of HRiSHi at Gilpin Lodge near Windermere, Christine Longmire, artist of Rosgill, Emma Greenshaw of Fellside Flowers, Jeannie Murray of Jeannie's Kitchen Garden, Jane Storey and Vickie Haddock of Bampton Bathworks, Ben and Charlie Morison of Bampton, Jeannie Murray and Richard Wright of Bampton, J&J Graham of Penrith and Penrith Posters. Many thanks also go to all the people who helped organise the Fair, to Dalefoot for donating their wonderful compost, and to the many locals who provided eggs, baking and plants, not to mention the Bampton Village Choir and Marion Jones, local harpist. Rachael Oakden, Food and Drink Editor at Cumbria Life helped draw the Raffle.

Cara Varty, Fundraiser for Hospice at Home said *'We were absolutely thrilled with this most generous donation from the Bampton Plants and Produce Fair and we'd like to thank everyone involved with this phenomenal local event. Hospice at Home is very fortunate to receive such kind support from individuals and businesses alike and we greatly appreciate the time, effort and hard work that goes into organising a fundraising occasion like this. Thank you!'*

The Fair will enter its fourth year in 2020. The date for that will be noted in a future Newsletter for you to make a diary note.

With thanks to all involved for a stupendous effort in support of such a worthy cause.

The Bampton Plants and Produce Team

Events in Shap

Exhibitions and Events at The Old Courthouse, Shap

10th May – 9th June '100 Squares – A Year in My Life' paper based collage by artist Natalie Burns

The last fortnight of the exhibition will feature work produced by various community groups and individuals inspired by things personal to them or the local area.

Tuesday 25 June 2019 7.30pm An evening with poet and novelist, Katie Hale,

Katie will be talking about her new novel, My Name is Monster. Tickets £2 from the Old Courthouse

13th July – 4th August “The life and source of the Lowther Valley” -

Paintings, photography, ceramics and glass work by local artists.

9th August – 1st September Railway Art exhibition

If you have any ‘railway’ artwork/photographs/items linked to the Shap/Tebay area that you would like to put forward for display then please get in touch with lynne@theoldcourthouse.org asap.

2020 Calendar Photo Competition – We are seeking images for our 2020 calendar that show the habitat or heritage of the area or reflect the community spirit of Shap or any of the surrounding villages and hamlets. Entries close 15th June.

Visit www.theoldcourthouse.org for further information and opening times

‘Close Shave’ Barber’s Shop Quartet, Shap Memorial Hall, Saturday 6th July

Admission Adults: £5, Accompanied children free, Proceeds for St Michael’s Church

Shap Village Show Saturday 31st August – schedules available at The Old Courthouse from 7th June

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 (10.00am)** and leave **Bampton at 10.14am** to arrive (via Morrisons) at **Penrith Bus Station at 10.48am**. 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.

PARISH DIARY (Note MH = Memorial Hall)

JUNE

Sat 1 st	Bell Ringing practice, 11am-1pm
Su 2 nd	Holy Communion with Ian Elliott, 10am
Mo 3 rd	Pilates, MH, 6.30pm and 7.30pm
	Tinclar’s Library Open Day 12-2pm
We 5 th	Bampton Amblers, Meet MH 6.30pm
	Yoga, Small Hall, 6-7.30pm
Fr 7 th	Bampton Amblers, meet MH 9am
Sa 8 th	Orton Farmers’ Market, 9.30am-2pm
	Bell Ringing practice, 11am1pm
Su 9 th	Holy Communion with Alun & Richard Lendon, 6pm

Mo 10th Tinclar's Library Open Day 12-2pm
 Village Choir, Bryham House, 6-7pm
 Pilates, MH, 6.30pm and 7.30pm

We 12th Drop In For Coffee, Church Hall, 10.30am- 12noon
 Yoga, Small Hall, 6-7.30pm

Sa 15th Bell Ringing practice, 11am-1pm

Su 16th 'Café Church', Church Hall, **10am**

Mo 17th Tinclar's Library Open Day 12-2pm
 Pilates, MH, 6.30pm and 7.30pm

Tu 18th Bampton Amblers, Meet MH 3pm

We 19th Yoga, Small Hall, 6-7.30pm

Sa 22nd Bell Ringing practice, 11am-1pm

Su 23rd Holy Communion with Chris Jenkin, **10am**

Mo 24th Tinclar's Library Open Day 12-2pm
 Village Choir, Bryham House, 6-7pm
 Pilates, MH, 6.30pm and 7.30pm

We 26th Yoga, Small Hall, 6-7.30pm

Fr 28th Bampton Amblers, Meet MH 9.30am

Sa 29th Bell Ringing practice, 11am-1pm
 Ordination of Fran Parkinson as a Deacon, Carlisle Cathedral, 2pm

Su 30th United service to celebrate ordination of Fran Parkinson,
 Ravenstonedale, **10.30am**

JULY

Mo 1st Tinclar's Library Open Day 12-2pm
 Pilates, MH, 6.30pm and 7.30pm

We 3rd Yoga, Small Hall, 6-7.30pm

Sa 6th Bell Ringing practice, 11am-1pm

Su 7th Holy Communion with Alun, **10am**
 Bampton Sports. Gates open 12.30pm, official opening 1pm

Mo 8th Tinclar's Library Open Day 12-2pm
 Village Choir, Bryham House, 6-7pm
 Pilates, MH, 6.30pm and 7.30pm

We 10th Drop In For Coffee, Church Hall, 10.30-12 noon
 Yoga, Small Hall 6pm-7.30pm

Fr 12th Bampton Amblers Meet MH 10am

Sa 13th Orton Farmers' Market, 9.30am -2pm
 Bell Ringing practice, 11am-1pm

Su 14th Holy Communion with Alun, Richard & Fran Parkinson, **6pm**

Mo 15th Tinclar's Library 12-2pm
 Pilates, MH, 6.30pm and 7.30pm

We 17th Yoga, Small Hall, 6-7.30pm

Fr 19th St Patrick's Summer Meal 7pm Church Hall

Su 21st 'Café Church', Church Hall, **10am**

Mo 22nd Tinclar's Library Open Day 12-2pm

	Village Choir, Bryham House, 6-7pm
	Pilates, MH, 6.30pm and 7.30pm
Tu 23 rd	Parish Council Meeting, BMH 7.30pm, all welcome
We 24 th	Bampton Amblers, Meet MH 10am
	Yoga, Small Hall, 6-7.30pm
Sa 27 th	Bell Ringing practice, 11am-1pm
Su 28th	Holy Communion by Extension with Diana, 10am
Mo 29 th	Tinclar's Library Open Day 12-2pm
	Pilates, MH, 6.30pm and 7.30pm
Tu 30 th	Bampton Amblers, Meet MH 10am
We 31 st	Yoga, Small Hall, 6-7.30pm

Copy deadline for the August/September issue is 5pm on Tuesday 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.