



United Benefice of Distington and Harrington with Salterbeck



August and September 2025
Parish Magazine

£1

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Cover photo – After Rev Ruth Illman's ordination as priest on 28th June

From the Rector

Dear Friends

The cover picture was taken outside Carlisle Cathedral, immediately after Ruth's ordination as priest on Saturday 28th June. A little wind and rain couldn't dampen the joy of the occasion, and it was real honour to be a part of such a special day.



As a priest, Ruth is now able to pronounce God's absolution or forgiveness of sins; she can anoint with oil for healing, give God's blessing and consecrate bread and wine at Holy Communion. But becoming a priest is not really a change of job description. What a priest does flows from who they are, and becoming a priest fundamentally changes who we are. It is said that a priest represents God to the people and the people to God. This does not, of course, mean that a priest suddenly becomes perfect, far from it. (oh, if only that were the case!) My congregations know this to be true; a priest is just as fallible as anyone else. It is not by human merit or endeavour, but by the unfathomable grace of God that a priest stands in that holy space.

It is a joy and privilege to hold the congregation and community in prayer before God, and to seek his will for them. Likewise, to share God's love and compassion with the community we are called to serve, and to bring his kingdom near through worship and the sacraments is truly a blessing of the Spirit that no priest feels worthy to receive.

This may sound a mile away from ordinary everyday life; after all, when there's a house to manage and kids to sort out, a job to do and finances to wrestle with, the grace of God can feel a bit irrelevant. But nothing could be further from the truth. We live in an uncertain world and we are bombarded with tragedy and the worst of human nature. The cry goes up "where is God?" The answer lies in God's call to his people to love as Jesus loved us – and to bring his light into the darkness, his peace into conflict and his joy into despair. We can only do that by the grace of God, which is so freely given.

I pray that you will experience the love, joy and peace of God's grace in your life.

With best wishes,



Rev. Dom de Mattos

Benefice Diary

Day	Harrington	Distington
	Both churches are open during the day from Mon to Thurs*	
Mon	10am – 11.30am Baby and Toddler Group* 2pm – 4pm Warm Welcome café in the church hall*	8pm Distington Reunion Bingo in the Community Centre*
Tues	9.30am – noon Tuesday Gang (maintaining the church and churchyard – all welcome)*	
Wed		10am – 11.30am Toddler Group* 2pm – 3.30pm Cuppa and Chat café*
Thurs	9.30am Communion 10.15am for 10.30am start Toddler Praise*	
Fri	7pm First Friday Film club*	12 noon Second Friday Lunch club at the Community Centre*
Sat	9.30am Last Saturday Men's Breakfast at the Hunday Manor*	
	4pm – 6pm Third Saturday Messy Marys*	
Sun	Sunday morning services are at 10.30am* 4pm Second Sunday Healing Communion service	9.15am communion Second, Fourth and Fifth Sundays* 10.00am First Sunday Lazy Sunday breakfast in the community centre.* 3pm First and Third Sundays (First Sunday café service is in the Community Centre*)

* More information elsewhere in this magazine

From the Parish Registers in May and June 2025

Celebrating Weddings at Harrington and Distington

- 17th May - Julie Gearing and Carl Hewitson
24th May - Kirsty Bonner and Johnathan O'Leary
31st May - Briony Hewer and Jacob Moore



We wish them God's blessings on their lives together and pray that their home may be filled with love, joy and peace.

In Memoriam

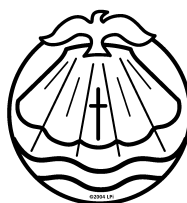
Funerals in Harrington and Distington conducted by our ministers

- 5th May - George Graham at St Mary's church
9th May - Kathleen McKenna at St Mary's church
13th May - Ian Earl at Distington Hall Crematorium
20th May - Colin Hughes at Distington Hall Crematorium
12th June - Katherine (Jean) Berwick at St Michael's church
23rd June - James (Pat) Taylor at Holy Spirit, Distington

We pray for peace and comfort for all their family and friends, and rest for their souls. May they know eternal joy in the presence of God.

Sharing the Joy of New Life in Baptism

- | | | |
|-----------------------|---------------|--------------------------|
| 4 th May | at Harrington | Avie Faye Bryan |
| 4 th May | at Harrington | Keaton Ren Kilgour |
| 25 th May | at Harrington | Cary Joseph Smith |
| 25 th May | at Harrington | Macie-Leigh Moor |
| 25 th May | at Harrington | Aria Louise Robinson |
| 1 st June | at Harrington | Noah Edward Blackburn |
| 8 th June | at Harrington | Emily Florence Aldersey |
| 8 th June | at Harrington | Amelia Kathleen Aldersey |
| 22 nd June | at Harrington | Freya Elaine Bonner |



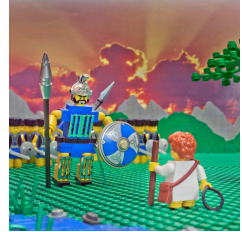
We welcome you
into the fellowship
of Christ

If you would like to arrange a christening for your child this year, please do get in touch with Rev. Dom de Mattos on 01946 830215.

Lego

A huge thank you to our generous Lego donors! We now have a good assortment of pieces for our new brick church at 4pm on the First Saturday of the month at Harrington church hall, starting on 4th October.

We would love even more Lego so that we can accommodate more master builders. Please do contact Rev Dom on 07851 095264 if you have some to spare.



Warm Welcome Café Monday 2pm - 4pm at St Mary's Harrington

The warm welcome café has continued to grow in popularity and is a highlight of many people's weeks. But don't just take our word for it!



I would just like to say how much I enjoy going to the club on a Monday afternoon at Sy Mary's church hall. It is mostly people like myself who are on

their own and enjoy the company.

The dominos table is full of fun, the scrabble table takes it more seriously, and some of the ladies love to knit and chat.

We also get a cup of tea or coffee and a lovely piece of cake. I would just like to thank everyone for making it a lovely afternoon. **Kath**



So if you have time on your hands do come along and see what you think, we would love to see you. Transport can be provided if needed.

Pam Douglas, Churchwarden

Drama

I asked my daughter why she didn't like the play she'd been to see.

"So... did it have an unhappy ending?"

"Oh no – everyone was glad when it was over."

Courtesy of Parish Pump

Welcome to our New Interns, Frannie and Katariina

We are so looking forward to welcoming our two new interns for 2025 – 2026, Frannie Wang and Katariina Petermann. They will be arriving in late August and will be with us until the end of July 2026. Frannie is from Taiwan and so, like Vivian and Selena before her, she will have to get used to the change from the tropics to the Cumbrian



weather. Frannie is musical and has studied drama at high school. She has been involved in mission through drama workshops and has designed and lead children's camps. She studied for her degree at the department of counselling and clinical psychology in Hualien County on the east coast of Taiwan. We think she will be a natural for our Open the Book presentations at our local schools!

Katariina is from Tallinn in Estonia and has just finished her secondary school education. She is also very musical (how blessed we are!), she sings and plays the flute as well as the guitar. She might be described as "determined, compassionate and all-in for Jesus" and is really looking forward to forming lots of new friendships here in Cumbria.

We are so looking forward to seeing what God might do through these two very enthusiastic ambassadors for God's kingdom in the year ahead. Please do pray for them as they leave their families behind and come to work with us in response to God's call upon their lives.



Walk for Lloyd – In Memory of Lloyd Sutton

In October 2023, Lloyd, who lived with his family in Broadacres, was cruelly taken from us, aged just 18, after contracting bacterial meningitis.

Lloyd was a member of Harrington Scouts having joined as a Beaver and continued right through to Explorers. He also attended Beckstone Primary School and Workington Academy.



Since his death, Lloyd's family and friends, headed by AJ Pearson, have completed all 214 Wainwright Fells during the first 9 months of 2024, raising money for Meningitis Now, a charity whose vision is “a future where no-one in the UK loses their life to meningitis and everyone affected gets the support they need to rebuild their lives.”

Last month a Summer Ball was held in memory of Lloyd and 5 of the group also successfully completed the National 3 Peaks 24 hour Challenge. They were ably assisted by 3 leaders from Harrington Scouts, Andrew Brown, Andrew Hardy and Simon Martin who did the driving for them in their scout bus.

In March 2026, nine of the Walk for Lloyd group are undertaking a 50km trek in the Sahara Desert, in an event organised by Meningitis Now.

Since Lloyd's passing the group have raised over £55,000 for Meningitis Now as well as considerable awareness of the disease. Lloyd's parents, Tony and Louise, would like to thank everyone who has supported them and the group during the last 20 months.

If you would like to donate towards their Sahara Trek, they have set up a JustGiving page which can be accessed via a link on their Walk for Lloyd Facebook page. For those not on Facebook the address is:
www.justgiving.com/page/walk-for-lloyd

To find out more about meningitis and the excellent work that Meningitis Now do then please go to www.meningitisnow.org

Tony Sutton

Recipe of the Month – August

In honour of Lloyd, we reprint here his contribution to the scout cookbook produced as a fundraiser for the Harrington Scouts a few years ago. You can guess how many from Lloyd's photo!



Lloyds
Chicken Tikka Strips

STARTER & SNACK

4 pers. 5mins 6-10 mins

METHOD

~ Put the chicken fillets in a bowl and stir in the tikka paste, yoghurt, a pinch of salt and a good grind of black pepper. Cover and leave to marinate for 1 hour.

~ Arrange the chicken pieces on a rack over a grill pan, lined with foil. Cook the fillets under a preheated grill for 6-10 minutes without turning, until lightly browned and cooked through.

Lloyd Sutton

DIFFICULTY: 😊 😊 😊

INGREDIENTS :

- 325g chicken breast mini fillets
- 1 tbsp tikka curry paste
- 4 tbsp fat-free natural yoghurt
- flaked sea salt
- ground black pepper

05

Lost in Translation

The foreign student fell in love, and wanted to say: "I am bent on seeing you..." but instead he wrote: "the sight of you doubles me up."

Courtesy of Parish Pump

Our Prayer Journey in August and September

In August and September, we pray for those who live, work and commute in:

Month	Church of the Holy Spirit	St Marys
August	Gilgarran and surrounding area. We pray that the harvest is plentiful for our farmers.	Salterbeck west of Back Fields including roads around the Oval centre. We pray for the Coastguard and members of the RNLI
Sept	Areas north of Barfs Road including Lakes College and Lillyhall. We pray for the for college students and for West Cumbria Learning Centre as they restart after the summer break.	Salterbeck east and north of Back Fields including north of Holden Road and Moorclose Road north of the school. We pray for all who work and learn at St Mary's primary school

We ask you Lord to be a presence with those who live in these parts of our parish and that they know the love and peace passed on by the prayers from St Mary's and Holy Spirit, Distington.

We give thanks for the hospitality of our petrol station and cafes and pray that customers will pause to be thankful too.

We give thanks for Beckstone Primary and Distington Primary; for the pupils and staff and pray they have a safe summer and return refreshed in autumn. We pray for all children who are moving to a new school in September that they will settle in well and make new friends quickly. We pray too for those finishing their education journey and who are looking for employment or who are taking a gap year.



We pray for those suffering the effects of extreme weather event, think especially of those going hungry after failed harvests and those who have lost loved ones in fires or floods.

Lastly, If you wish to talk about any of these prayers, please get in touch with Rev Ruth

Prayer boxes

We are always happy to receive requests for prayers
The power of prayer is a mystery, but we firmly believe in it. Prayers are not always answered immediately but they are always heard.

Please add your prayers to the prayer boxes in each church. Please fill in the slip of paper about your prayer and pop it into the box. Your request will be held in our prayers for four weeks. After that time, message Rev Ruth to renew your prayer if you think you need to.



Distington Club for Young People

Looking for somewhere exciting to hang out after school?

Distington Club for Young People is *the* place to be – packed with fun, friendship, and activities for *everyone*. We're proud to be an inclusive, welcoming space where young people can relax, explore, and thrive.



★ Here's what's waiting for you:

🎮 Gaming Stations & Computers

🎨 Arts & Crafts Galore

🎭 Role Play & Chill-Out Zones

🏓 Table Tennis & Pool Tables

📶 Free Wi-Fi

🍔 Hot Food & Tuck Shop Treats

🎟 Weekly Raffles

... and **so** much more!

📅 Sessions Just for You:

🟣 Phoenix Group (4-11 years)

- Mondays: 4pm–6pm
- Wednesdays: 4pm–6pm
- Thursdays: 4pm–6pm

🟢 Wyvern Group (11 years and over)

- Mondays: 6pm–8pm
- Tuesdays: 5pm–7pm
- Fridays: 5pm–7pm

☀️ Holiday Fun!

During half terms and summer holidays, our schedule changes to include trips out and special activities – keep an eye on our Facebook page for updates and booking info!

📍 Find us at Distington Club for Young People

☎ Call us on **01946 832882** or **07761781992**

📱 Follow us on Facebook for the latest events & updates!

Come along, bring a friend, and make some amazing memories. Everyone's welcome!

Harrington Church Hall is available for Hire



Regular Groups
Classes
Children's Parties



Bouncy Castles Welcome



Capacity to seat up to 80 people

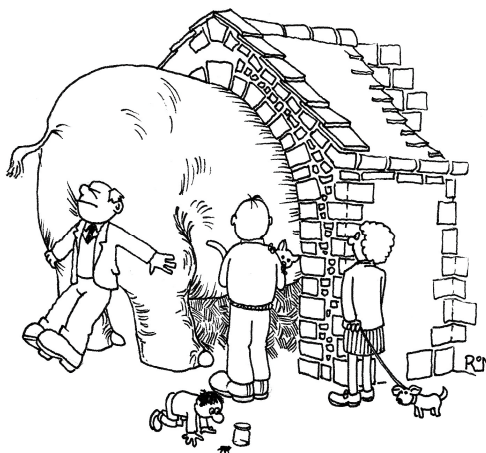
Well-equipped kitchen

Disabled toilet facilities and level access

Only £12 per hour (plus £8 booking fee)

Hirers must include set up and pack away time in their hire

Email: **churchhall@harringtonanddistington.org**



Eventually they decided to hold the
pet service outdoors

Amy Dunne
Dip.PRFHC
Foot Health Practitioner.
(Offering home visits in & around
the West Cumbria area)

- *Routine nail cutting & filing.
- *Thickened nail reduction.
- *Fungal nail treatment.
- *Ingrowing nail assessment/
treatment.
- *Corn & Callus treatment.
- *Verucca consultation &
treatment plans.
- *Heel care.
- *Diabetic foot care.

DBS checked & fully insured.

Please call to discuss further &
book an appointment.

07515647134
a.helpinghands2022@gmail.com

Dancing for Pleasure

**Everyone is welcome at Dancing for
Pleasure on Thursday afternoons from
2pm in Harrington Church Hall (Starting
on 11th September).**

Absolute beginners welcome – any age,
any agility! Just come and have fun!
There's no charge but donations towards
costs are always welcome.

Rev Dom de Mattos



PCC

The vicar was ill in hospital and so the churchwarden went to visit. Trying to cheer him up, the churchwarden said: "We missed you at PCC last night. We even put forward a resolution to wish you a speedy recovery. It was passed by 14 votes to 12."

Courtesy of Parish Pump

Open the Book

In our last Open the Book presentation of the term Saul became Paul. Paul lost his anger and turned to Jesus. Children learnt how anger is not part of God's plan.

A year 5 teacher told us how the Year 5s were really enthusiastic about Open the Book and loved it when Open the Book was happening in their school.

Our Open the Book team are now visiting Distington Primary, Beckstone Primary and Westfield Primary, and are loving it! It is so uplifting to see the joy on the

children's faces and to have fun telling the good news of God's word.

We need new team members to help carry on this important missionary work.

There is no need to learn lines as we use scripts when we tell the story, but a sense of fun always helps! If you think you would enjoy bringing the bible message to our schools then please do get in touch with Rev Dom or Rev Ruth.

Rev Dom and Rev Ruth



Fraudsters are targeting

older & vulnerable people in Cumbria

We would urge people to always be on their guard against scam phone calls from fraudsters.

Sometimes the fraudsters pretend to be officials, such as bank fraud teams, police officers or HMRC officials.

The police or bank will:

Never contact you to withdraw cash or transfer money to help secure your account.

Never phone and ask you for your PIN or banking information.

Never ask to send cash or other expensive goods via post for safekeeping.

Report to Action Fraud

If you think you have been a victim of fraud, contact your bank immediately and report it to Action Fraud online or call 0300 123 2040.



In the new sheet...

Churchyard maintenance is becoming increasingly difficult, so it will be appreciated if parishioners cut the grass around their own graves.

Courtesy of Parish Pump

Sunday Readings for August and September

Date	Distington Readings	Harrington Readings
1st Sun Trinity + 7 3rd Aug	3pm Family service Community Centre Led by Rev Sharon	10.30am HC Colossians 3.1-11 Luke 12.13-21
2nd Sun Trinity + 8 10 th Aug	9.15am HC Hebrews 11.1-3,8-16 Luke 12.32-40	10.30am Church in the Hall Luke 12.32-40
3rd Sun Trinity + 9 17 th Aug	3pm Family Communion Hebrews 11.29 - 12.2 Luke 12.49-56	10.30am HC Hebrews 11.29 - 12.2 Luke 12.49-56
4th Sun Trinity + 10 24 th Aug	9.15am HC Hebrews 12.18-29 Luke 13.10-17	10.30am HC Hebrews 12.18-29 Luke 13.10-17
5th Sun Trinity + 11 31 st Aug	Joint service at 10.30am at Harrington to welcome our new interns (Holy Communion) Hebrews 13.1-8,15,16, Luke 14.1,7-14	
1st Sun Trinity + 12 7 th Sept	3pm Family Service Community Centre Luke 15.1-10	10.30am HC Philemon 1-21 Luke 14.25-33
2nd Sun Trinity + 13 14 th Sept	9.15am HC Philemon 1-21 Luke 14.25-33	10.30am Church in the Hall Luke 15.1-10
3rd Sun Trinity + 14 21 st Sept	3pm Family Comm. 1 Timothy 2.1-7 Luke 16.1-13	10.30am HC 1 Timothy 2.1-7 Luke 16.1-13
4th Sun Trinity + 15 28 th Sept	9.15am HC 1 Timothy 6.6-19 Luke 16.19-31	10.30am HC 1 Timothy 6.6-19 Luke 16.19-31

Getting ready

Two children watched their grandmother reading her Bible. "Why does she do that?" whispered one. "I expect she's studying for her final exams," came the reply.

Courtesy of Parish Pump

Distington Evergreens

The Evergreens are a group of old, and newly made friends, who meet weekly in The Distington Club for Young People each Thursday from 1 p.m. until 3 p.m. We have enjoyed lots of different activities as we chat, including writing about our childhoods (which, of course, bears no resemblance to today's children!) We have painted pottery at the crafty workshop in Workington and learned how to do Christmas door decorations. We plan to write a recipe book of favourite recipes. We go out to places for a meal, to concerts or shows. Why not come and join us? Laughter is the best medicine they say and as sure as sure, there is lots of laughter ... give it a go. A warm welcome awaits. Give Pat a call on 07981360996.



Harrington Men's Breakfast – Last Saturday of the Month

The Men's breakfast meets at **The Hunday Manor** on the **last Saturday of each month** at **9.30am** and finishes by 11am. There is a cooked breakfast available (£11) and usually a talk or other entertainment. If we have sparked your interest, please do come and try it – we will make you very welcome. For more information phone Richard Wilkinson on (07974) 437874.



Flowers In Distington Church

Flowers are displayed in Distington Church each week, (apart from during Lent, when we don't have flowers in church), and many are placed there in memory of loved ones. Could you help us to keep the church looking beautiful for visitors and worshippers alike? Many people come to the church for those special services in life and every contribution, of whatever size, will help us to make sure that they appreciate the church as much as I know you do.



If you can help please contact Barbara Lamb 07425 792 995 or e-mail to balamb912@outlook.com. Thank you.

Rev Dom de Mattos

Distington 100 Club

**It's never too late to enter the 100 Club draw!
Were you a winner last year? No? Well it **MUST**
be your turn this time (maybe!) Remember you
must be in it to win.**



The cost of a number is £12.00 for the year. If we have 60 people entering, the prize money each month would be £30.00 and the remaining £30.00 would go to Distington Church funds. (The draw however is not limited to Distington residents!)

If you are interested, please complete the slip below and return it to any member of the Distington PCC (or bring it to Distington church between 4pm and 5pm on a Thursday or to a Sunday service) along with £12 per number. There is no limit on the number of numbers you can have.

Winning Numbers for August and September 2025

August - No. 9 Rhoda Robinson

September - No. 34 Joan Blacklock

Name:

Address:

Telephone:

How many numbers would you like?

If you would like to take part please return the slip above to Barbara Lamb c/o Distington Church (the church is open Monday to Thursday 9am to 5pm approx.) **OR** email Barbara at balamb912@outlook.com, with your name, address, telephone number and how many number you would like and she will send you details to pay by bank transfer.



Ladies Club

**HARRINGTON LADIES CLUB
MEET EVERY TUESDAY AFTERNOON IN THE
COMMUNITY CENTRE ON CROOKLANDS
AVENUE, HIGH HARRINGTON
FROM 2PM TO 3.30PM.**

**SOMETIMES THEY HAVE A SPEAKER OR A
MUSICAL AFTERNOON OR A TRIP AND MEAL.
OTHER TIMES THEY HAVE DOMINOES CARDS
OR BINGO AND ONCE A MONTH THEY HAVE
THEIR VERY OWN PERSONAL TRAINER WHO
DOES CHAIR EXERCISES.**

**THERE IS ALSO A RAFFLE EACH WEEK WITH
THREE PRIZES. EVERYONE IS WELCOME!**



Messy Mary's

Messy Mary's

Messy Church is held on the third
Saturday of every month in St Mary's
Church Hall in Rectory Close from
4pm to 6pm, during term time.



Messy Mary's

Messy Church is for all the family and includes a
number of craft activities, songs, a story and some
prayers all based on the theme for the day.
We then finish with a shared meal together.

Come and join us – and bring your friends.

**We meet next on Saturday 20th September at 4pm
and Saturday 18th October at 4pm**

(Please note that all children must be accompanied by an adult)



Faith is not idle; it works while it waits. – Ronald Dunn.

Courtesy of Parish Pump



Could you be a part of our Toddlers Team?

Distington Baby and Toddler Group meets every Wednesday during term time 10am-11.30. We welcome all children and their carers from birth until the children start school. Parents and carers are provided with tea or coffee and the children are given a snack. We are looking for volunteers to help in the kitchen (it would not be every week). If you feel you could help, please contact Julia (07747 581390) or Doreen (07488 319695)

Move it

A South London clergyman who was appointed to another living received a letter from a firm of furniture removers. It assured him: "Dear Sir, we would like to remove you. In the last year we have removed 40 South London clergymen, to the entire satisfaction of all concerned."

Courtesy of Parish Pump

Nature Notes – Kestrels

This edition of Nature Notes has more of a personal input than usual. A recent visit to Camerton Church brought back a memory of an interaction with the kestrels nesting in the church tower. Years ago, my husband and I were very much involved in bird protection and the rehabilitation of injured birds. We received a call from the Camerton vicar. The kestrels that were nesting in the church tower, were at risk from egg collectors; was there anything we could do to help? Accompanied by two 13 year old lads, who were members of the Young Ornithologist Club (Junior branch of the RSPB) we went on a site visit. We asked them to show us how they would get to the nest. They quickly pointed out a nearby drainpipe, “Shin up there” was the reply. We discussed a possible solution with the vicar, which was to cover all the drainpipes with grease. My husband, Ben, worked at the steelworks at the time and had access to copious amounts of the most repulsive looking black gooey stuff imaginable. We loaded the car with bucketfuls of the stuff, and having warned the lads to wear their oldest clothes, set off for the church. Each drain pipe was liberally smeared with a thickness likely to deter any potential thief. It proved to be successful and the adults went on to rear four healthy chicks that subsequently fledged and left their tower home. We had been given legal access to the church tower and so supplemented the kestrels’ diet with dead day old chicks that we bought in from a Lancashire hatchery, to feed the owls and hawks that we were rehabilitating. The local paper got wind of what was going on, and ran a feature about it. Of course, we did clean the drain pipes up once the kestrel chicks fledged and were no longer coming back to the tower.



When we took Margery’s ashes to the church, my eyes automatically lifted towards the tower and I saw that the slats in the turret had been boarded over. No longer is it a nest site. It also reminded me that with our demand for energy conservation, we are denying many birds nesting opportunities, as we fill in roof spaces with loft insulation, thus denying access to swifts, swallows, house sparrows and other birds who would like to share our homes.

Sheila Richardson

Thoughts of a curate

My priesting

What a wonderful and blessed day we all had on Saturday 28th June at Carlisle Cathedral for my priesting. The year between making promises as a Deacon and then affirming those promises as Priest has gone very quickly, I have learnt a great deal about ministry and our parishes.



I am mindful of part of Psalm 118 verse 105 which says

Your word is a lamp to guide my feet and a light for my path

I've promised it once and I'll promise it again.

We won't be attending the Cathedral at Petertide next year but on Maundy Thursday I will be joining the service of chrism where I will reaffirm my promises. My journey continues in ministry guided by the words of scripture and liturgy and my continued learning. We all continue on that journey together with renewed purpose into the second year of my curacy.

One of my little gifts I was given was a little standing cross which says Hope on one side and Faith on the other. Hope and Faith are so intrinsically linked. To have Faith brings Hope and Hope is the bedrock of our faith. Our bible readings in the last few weeks have been about how Jesus brought hope to many through recognizing their own faith in God. I would like to think that my ministry will bring hope and strengthen people's faith in this coming year.

Thank you so much for everyone's prayers, best wishes, cards and for just being there both on the Saturday and then for our second exciting service on Sunday when I presided for the first time; supported by Dom and Julia. Thankyou also to everyone who contributed in any way to the buffet afterwards and for taking the time to celebrate my priesting together as a church family.

Rev Ruth

A long chat

Two professors were sitting chatting on a veranda overlooking the sea, watching the sun set. The history professor asked the psychology professor,
"Have you read Marx?"

"Yes," said the professor of psychology replied, "It's these pesky wicker chairs."

Courtesy of Parish Pump

August and September at Harrington and Distington churches

3rd August

Rev Sharon will be taking the **café service** at Distington Community Centre at **3pm**.

23rd August

Harrington and Distington churches will have a marquee at the **Harbour Fun Day** (see the advert on page 12). We will be making kites again, by popular demand! There will be other activities to enjoy too. Come and find us.



31st August

We will be welcoming our new interns Frannie Wang from Taiwan and Katariina Petermann from Estonia.

7th September

Distington church will be starting our **Lazy Sunday breakfasts** from **10.30am** on the first Sunday of the month in the Distington Community Centre. (see advert)

Christian symbols

At some time in our lives most of us will have belonged to an organisation that has a badge or icon, worn perhaps on a lapel or jacket. Christianity is no exception. We understand that the first Christians used the symbol of the ichthys fish.



Other symbols used are

- The dove, representing the Holy Spirit and Gods promises
- The lamb for Christ, the good shepherd and Jesus as the son of God sacrificed for us
- An Anchor, a symbol of hope
- A Vine which represents Christ and Christians as its branches
- The letters Alpha and Omega representing Christ's eternal nature.
- The scallop shell which is a sign or badge of pilgrimage

Quite a few of these symbols can be seen in our stained-glass windows, so take time to spot them when you are next in church.



Dates for the Diary

- 9th October** Distington School will be holding their **Harvest Celebration** in **Distington Church** at **2.15pm**
- 10th October** Chocolate Bingo. Come and join us in the Distington Community Centre for an evening featuring a light meal, great company and bingo (with chocolate as prizes, of course!)
- 12th October** We will be holding our **Harvest Festivals** at Distington church at **9.15am** and at Harrington Church at **10.30am**. Our service at Harrington will be a Parade Service where we welcome our uniformed groups. You are warmly invited to come and give thanks for the bounty of God's creation. There will also be an opportunity to offer a gift of dried food which will be taken to the local community larder / food bank, or fresh produce which will be used to raise money for the Bishop's harvest appeal.
- 14th October** We will be sharing a meal together at our Harvest Festival in the church hall at St Mary's, Harrington. There will be entertainment after the meal.



Celebrating the Confirmation at Distington

We were delighted to welcome Bishop James Bell to Distington church on Sunday 8th June, to confirm four candidates, two from our own congregation – Marcey Curtis and Steven McAllister. Please do continue to pray for them and for Babak Sandiani and Sam Schofield as they continue their Christian journey.



Rev Dom de Mattos

Saints Day for August – Pope Sixtus II

Saint Pope Sixtus II. Feast Day 6th August

There was a severe persecution of Christians under the Roman Emperor Decius, and many Christians fell away at this time. These Christians were known as *Lapsi* (Lapsed). A huge controversy broke out over whether these Lapsi should be re-admitted to the church. The Novationists refused to re-admit Lapsi into the church at all and were declared heretics by the Church in Rome, following letters St Cyprian wrote against them. St Cyprian took a middle line, saying that the Lapsi should undergo public penance before being re-admitted. Pope Sixtus II's view was that they should be shown leniency and be re-admitted. Pope Sixtus also took a conciliatory view concerning the validity of baptisms by those considered heretics by the Catholic Church. Cyprian vehemently opposed this view, saying the baptisms were worthless, and had had a sharp disagreement with Sixtus' predecessor. Despite their opposing views Sixtus was able to restore relations with the North African church headed by Cyprian.



A fresh persecution of Christians broke out under the Roman Emperor Valerian and Sixtus was martyred, along with some of his deacons, by Roman soldiers on the 6th August in 258. He was killed with a sword while preaching, just a year after he was elected pope. He asked that in this time of persecution we all may think of immortality rather than death. There is plenty of evidence for his early 'cult' and he became one of the most popular of all the Roman martyrs.

Rev Ken Wright

Cuppa and Chat Café at Distington

Everybody is welcome at our café on Wednesday afternoons from 2pm until 3.30pm at the Distington Community Centre on Church Road. There's free tea, coffee and cake, and it's a great chance to meet others in a relaxed, supportive atmosphere. We have a light-hearted quiz each week for the adults, and children are always welcome.



Rev Dom de Mattos

Please can you help Distington Church?

The church here in Distington is a very important and beautiful building but more importantly it is the house of God.

Like all houses it needs to be cared for.

Could you give a little time once a

month to help keep the church clean

and tidy and well cared for? Our small

band of willing helpers is struggling to keep on top of the jobs that need doing, especially the cleaners and so we are appealing for your help.



It would not be every week, and as the saying goes; "More hands make light work." If you feel you could help in any way please get on touch with Dom (07851 095264), Barbara (07425 792995) or Doreen (07488 319695).

God bless

Distington Lunch Club

**Everyone is
welcome at lunch
club!**

**Come and meet
old friends or
make new.**

**Home cooked
food at reasonable prices.**



The Community Centre, Church Road, Distington
No need to book – just arrive before 12 noon
Every second Friday of the month (except August)

Church at Home

We are fortunate that we are able to livestream most of our Harrington Sunday services at 10.30 for anyone to join in with from home or to watch later through our face book page (We don't stream services involving children). Increasingly, so many churches are no longer doing this and

several people have asked about other services that they may tune into.

The Church of England has a range of online services which can be accessed through videos, apps or podcast. The link is

<https://www.churchofengland.org/prayer-and-worship/church-online> but if you google Church of England Church on-line you will find it.

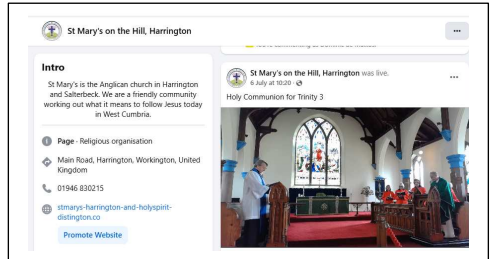
The very popular Songs of Praise continues on BBC 1 at 12.30 on Sundays coming to us from different venues and often helping us learn about the call to faith experienced by other people.

There is also

- Sunday Worship on Radio 4 at 8.10 a.m.
- Daily worship on Radio 4 at 9.45 a.m.
- Choral Evensong on Radio 3 at 3.00pm on Wednesday, repeated on Sunday.

All services can be listened to through iPlayer.

If you are using Church online then do let Dom or Ruth know as we can add this information to our mission returns.



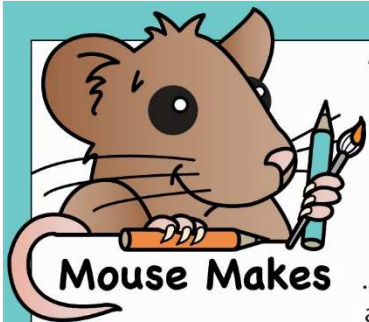
Rev Dom and Rev Ruth

Toddler Praise Thursdays at Harrington



Pre-school toddlers and their carers are invited to a time of songs, stories, prayers and play, not forgetting, of course, the all important snacks, tea and chat! We meet at **10.30am** on **Thursday** mornings during term time in the church hall at **St Mary's on the Hill**, Harrington until about 11.30am. Coffee and tea available from 10.15am. We restart on Thursday 11th September.

Rev. Dom



Mouse Makes

"Just as a **body**, though **one**, has **many** parts, but all its many **parts** form one body, so it is with **Christ**. For we were all baptised by one **Spirit** so as to form one body... Even so, the body is not made up of one part but of many..."

...Now you are the body of Christ, and **each** one of you is part of it."

from 1 Corinthians 12:12-27



Just as the different parts of our body need each other to make a **whole**, living person so Christians need each other to make a whole living church!



K N E E S
J O W H O L E
T E E T H H Q J V
E A F H E A D O E
Y C F M A N Y I R
H E B O D Y N Y
C E Y E S D E F
H T K C P M D I
R U Q U I O I N
I N F T R U F G
S I M O I T F E
T O G E T H E R
O N O S E A R S
N G D B Q I E N
G I W O U A N F
V U F A P A R T S M
K E T L R L M V Y D
B W S L E G S Q E B

Look in the Bible verses for the words written in **bold** then look for these words too!

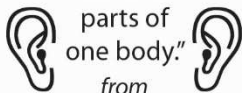
GOD • TOGETHER • EQUAL • ALL • EVERY
HEAD • EYES • EARS • MOUTH • TONGUE
TEETH • NOSE • ARMS • HANDS • FINGERS
LEGS • KNEES • FEET • TOES • GIFTS



"Though we are many, we are one body in **union** with Christ, and we are **joined** to each other as **different**

parts of one body."

from Romans 12:1-7



WARM HUB BASED AT
DISTINGTON CLUB FOR YOUNG PEOPLE

FREE TEA, WEDNESDAYS
COFFEE & FOOD 12-2PM

EVERYONE WELCOME



COME ALONG & MAKE NEW
FRIENDS OR MEET NEW FRIENDS

DISTINGTON SENIOR
CITIZENS REUNION
MONEY BINGO



MONDAYS - 8PM START
DISTINGTON COMMUNITY
CENTRE
ALL WELCOME

PIC-COLLAGE

The Tuesday Gang at Harrington

The Tuesday Gang is an enthusiastic, friendly and hugely appreciated group of volunteers who maintain the open churchyard across the road from the church, as well as carrying out all sorts of maintenance work around the church and church hall, particularly over the winter months when excuses not to brave the weather are always welcome.



The Tuesday gang at work...

At 11.30am the gang stops for tea and cake, a well-earned rest and some great conversation.

Anybody out there wanting to help? Come and join our merry team - you would be more than welcome! The Tuesday gang meets from 9am to 12 noon every Tuesday (obviously!), and you can come for all or part of that time.

John Wilkins

The Wednesday Gang at Distington

OK, I admit, it isn't wholly original, but I reckon if we have a winning formula, why change it?! Distington church and church yard is just as much in need of TLC as Harrington. So starting on September 10th we are appealing to local volunteers to form a Wednesday gang at Distington. The idea is to meet at 9.30am at Distington church, do useful things for a couple of hours, then stop for a cup of tea, a piece of cake and share the crack. Could that be you, or someone you know? Pass the word about. Ask any of the Tuesday gang at Harrington – it's a great way to spend the morning!

Distington Library link

Opening hours

Monday: 10am to 2pm

Tuesday: 10am to 2pm

Wednesday: Closed

Thursday: 10am to 2pm

Friday: 10am to 2pm

Tel. 01946 506400



The Distington Mobile Service Post Office visits the Community Centre on Thursdays between 11am and 12:30pm and provides many Post Office services.

DISTINGTON CAFE SERVICE



EVERYBODY is welcome!
3rd August and 7th September
3pm in the Community Centre

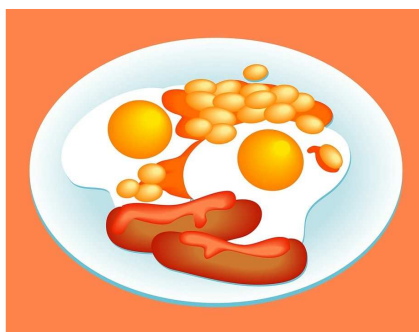


The Welcome Return of Lazy Sunday Breakfasts

Spread the word! Lazy Sunday breakfasts are making a come back on the **FIRST Sunday** of the month from **10.00am to noon** in the **Distington Community Centre** starting on 7th

September. Come and enjoy a cooked breakfast, or if you prefer there will be cereals, or fruit and yogurt. Bring a friend and enjoy a lazy chat or sit and read our newspapers in peace! **Eat**

what you like, pay what you can. The breakfasts are open to everyone, and everyone is welcome. If you would like to volunteer to help cook or serve (free breakfast included of course!) please contact Rev Dom on 07851 095264 or email rev.domdem@gmail.com. Training provided.



Book Review

The Hotel at the Heart of the Lakes

by Ellie Wood

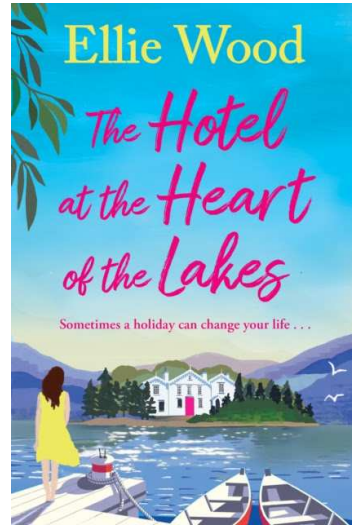
Published by HarperNorth, 27th Mar 2025

320 pages.

Indicative Price - £9.99

Sometimes a holiday can change your life...

Welcome to the Lake Island Hotel, on a small island in the centre of beautiful Derwentwater, offering an escape from it all like no other destination. With a 360-degree view of the hills, and the water lapping at your feet on the private shore, you can't help but be enchanted. Anna bought the hotel with her husband five years ago, and has lovingly transformed it from a near-ruin to a must-visit luxury destination, with its seven stylish rooms and a sister restaurant to the renowned Hesta.



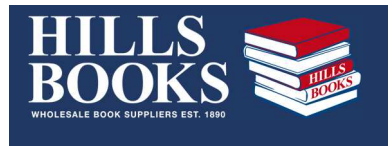
The guests who come here to unwind see only the stunning views and the five-star service – but behind the scenes are the team who work hard to make relaxing seem easy. On an island this small, it's inevitable that tempers will fray, hearts will break, romances will bloom – and above all, if you think you've got a secret, it won't stay that way for long.

Ellie's previous titles include *The Restaurant at the Heart of the Lakes* and *The Wildwater Women*.

Hill Books Ltd

Where to buy?

This book is available online and at the Hill Books showroom on the Clay Flats Estate. Their opening hours are Monday-Thursday 8am-5pm and Friday 8am-12.30pm. Direct Order Line 01900 603031 or 01900 602781.



When I was young, I was poor. But after several years of hard work, I am no longer young.
Courtesy of Parish Pump



Can YOU be a Baby and Toddler Group Volunteer?

We are looking for new volunteers to help serve refreshments at the Baby and Toddler group on Monday mornings (from 10am to 11.30am). The hall is usually set up ready, and volunteers provide toast and juice for the children, together with tea and coffee to the parents or carers who are with them. Currently volunteers are on duty one week in three, but with extra volunteers we hope to reduce this to one week in four.

If you can help, or would just like to find out more without any commitment, please contact Rev. Dom de Mattos on 07851 095264 or email him on rev.domdem@gmail.com



Off to school

*Mother to her son after first day at school: "Well, dear, what did they teach you today?"
Son: "Not much. I've got to go back again tomorrow."*

A chrysanthemum by any other name would be... much easier to spell...

Courtesy of Parish Pump

Holiday at Home week

Summer is a time of holidays, seeing friends, meals out or garden visits, but Rev Dom and Rev Ruth are aware that for some, going out is not easy. Transport is difficult, or they need a helping hand.

For the first time ever Dom and Ruth are planning a Holiday at Home week in the first week of September (**Monday 1st to Thursday 4th**) when the days will hopefully still be warm, and the nights are not too dark .

We plan to offer transport to enable people to go out for lunch, perhaps visit a garden centre or shops, or watch a film together. We will be fitting in with our normal weekly activities, so no one will be missing out. Rev Ruth has a few ideas (A cream tea, a BBQ, Lakes garden Centre and cafe, Oily Johnny's for lunch, Wellington Farm cafe for a cuppa and cake (This is near Mitchells auction mart)). These places are all flat and easily accessible but we would also like to know what you would like.

If you would like to know more or can offer transport with room in the boot for rollators and walkers, please fill in a form as soon as possible (available in church and at our activities). Places will be limited by transport offers, so if you are interested then get your name down quick!

Rev Dom and Rev Ruth

What to look for In Spring in Gods Acre; our Churchyards

Along the margins of our churchyards, in a hidden corner or near the compost heap you are likely to come across the humble but often distained stinging nettle. The greenish flowers are often not noticed but its sting definitely is. The hollow stinging hairs are sharp. We may not love our stinging nettles but they are the delight of several moths and butterflies.

The young leaves can be picked to make a herbal tea. Nettles have been a source of medicines and in Saxon times a raw material for making textiles.

So – have a heart for our nettles and notice the flowers and wild life they support, every plant created has a purpose.



Nettle

Rev. Ruth

Family Services at St Mary's, Harrington

Come and join our St Mary's family services at 10.30am on the second Sunday of each month. The services are either a parade service in church with the Explorers, Scouts, Cubs and Beavers, or they are more relaxed café style services in the church hall. There is something for everyone, and everyone is welcome.

The services for the next few months are as follows:

10th August – Café Service in the Church Hall

14th September – Café Service in the Church Hall

12th October – Harvest Festival in the church



Rev. Dom

Saint' Day for September – Saint Adam

Saint Adam. Feast Day 15th September

Saint Adam was Bishop of Caithness from 1213-122. (At least it is nearer to Cumbria than Pope Sixtus.)

Adam became a Cistercian Monk when a young man and was later abbot of Melrose. William, king of Scotland appointed him as bishop to a remote area when his own power was weak and that of the Norse earls strong. Adam attempted to enforce law and order, including canon law, and the payment of tithes. The customary offering of a span of butter for twenty cows was increased by Adam to one for every 15, then one for 12 and finally one for ten. The people revolted, forced an entry into the bishop's house at Halkirke. and burnt him and his followers to death. His body, although 'roasted with fire and livid with bruises was found under a heap of stones and buried honourably in the church'. An unofficial cult grew up. It is interesting that both St Pope Sixtus and Saint Adam created 'cults'. I think we have a different understanding of what a cult is to-day..



Rev Ken Wright



brings to you.....



Harrington Marina Day

Saturday 23rd August 2025

10am till 4pm

Raffle

Emergency services

Food/drink



Inflateable hobby
horse races

Fairground ride

Live music

Westfield Community

Choir

Melaphibia

Karma Theif

Ged Hagan

Adam Amor

Cerys Fleming

Inflatables

Local
stallholders

BJ Childrens
entertainer

American
police
car

Slushes

Ice
cream
vans



GIFT BAGS
FOR THE
KIDS



Arts and
crafts

Sand pit

COME ALONG, MAKE MEMORIES!
LAST



Lifts to Church

If you would like to come to church but don't have any transport then please let Rev Dom know. (07851 095264)

If you are able to offer a lift to someone then please also let Rev Dom know.

We would like to give as many people as possible the opportunity to come to church.

Rev. Dom de Mattos



Visiting and Home Communion

Would you, a friend or a neighbour appreciate a visit from the Rector or Curate, with or without receiving home communion? If so, please can I urge you to contact me on 07851 095264, or email rev.domdem@gmail.com? I really want to hear from you!

There are quite a few parishioners who, for one reason or another, are unable to come to church but are still very much a part of the church community, and I would love to meet them. However, you don't have to be a church member to request a visit, I am hoping to hear from anyone in Distington, Harrington or Salterbeck who would like to see the Rector or Curate over a nice cup of tea!

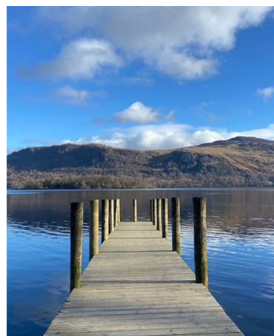
Rev Dom de Mattos



We need your photos for our front covers!

This beautiful picture on last edition's cover was submitted by reader Gill Fletcher. It's lovely to showcase our local talent, and we would like to build up a bank of photos for future editions so that we can select one that is suitable for the season. If you can help with this then please email your photos to

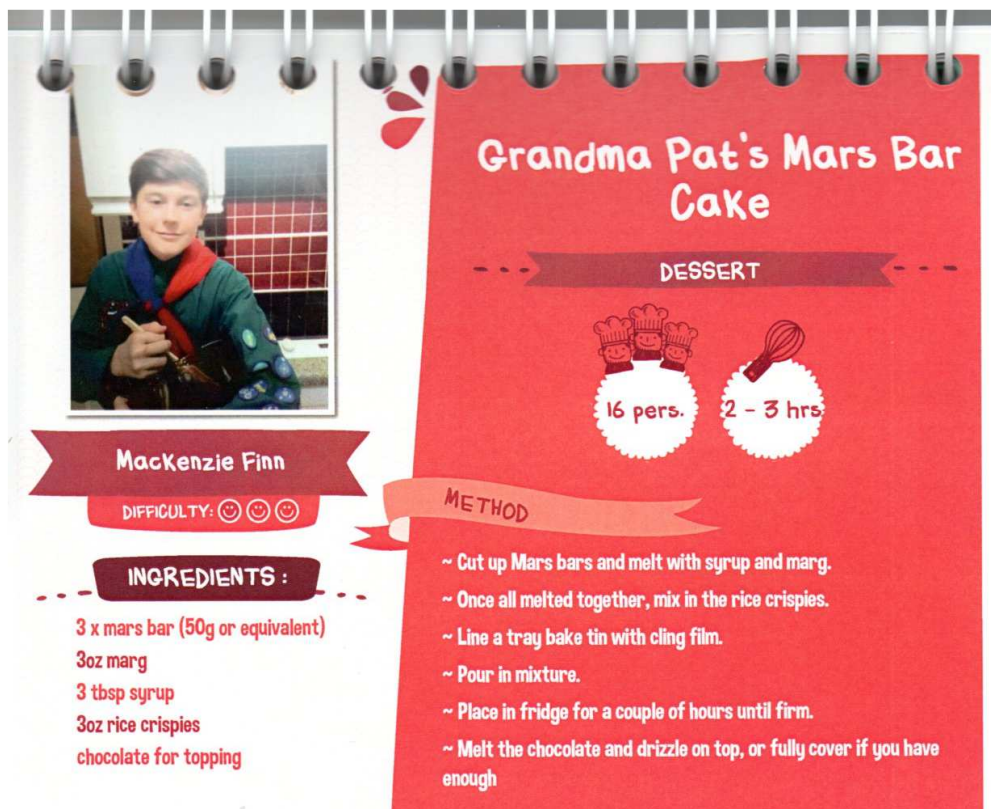
editor.handd@gmail.com. (The photos will need to be a good resolution and will ideally have the subject interest in the upper or lower two thirds). Portrait pictures work best.



Rev. Dom de Mattos

Recipe for September – Mars Bar Cake

Here is another recipe from the Harrington scouts cook book. This one is from a very young looking Mackenzie!



Mackenzie Finn

DIFFICULTY: 😊😊😊

INGREDIENTS :

- 3 x mars bar (50g or equivalent)
- 3oz marg
- 3 tbsp syrup
- 3oz rice crispies
- chocolate for topping

Grandma Pat's Mars Bar Cake

DESSERT

16 pers. 2 - 3 hrs

METHOD

- ~ Cut up Mars bars and melt with syrup and marg.
- ~ Once all melted together, mix in the rice crispies.
- ~ Line a tray bake tin with cling film.
- ~ Pour in mixture.
- ~ Place in fridge for a couple of hours until firm.
- ~ Melt the chocolate and drizzle on top, or fully cover if you have enough

Distington Rugby Club CASC

Looking for somewhere to hire for a party, or celebration of any sort?

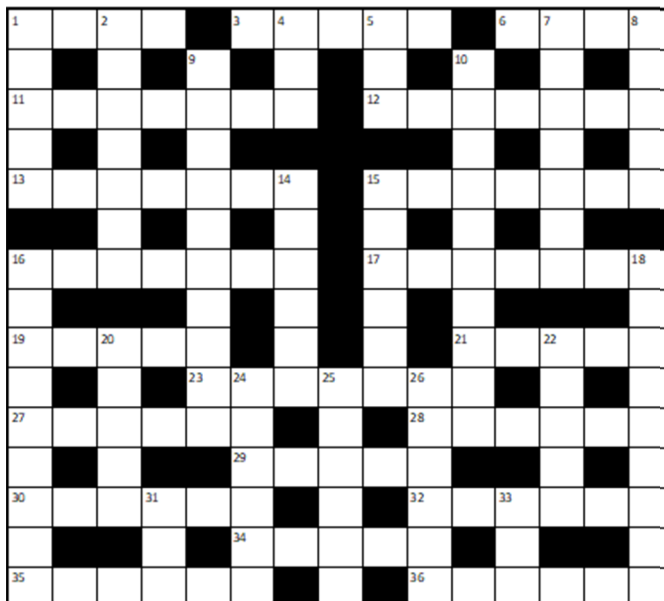
Look no further than Distington Rugby Club, Grassroads Distington.

Ample parking, lovely setting, newly refurbished and lovely staff.

Great prices on drink too.

Contact Distington ARL & CASC on Facebook or call **01946 830124** if you would like to enquire about booking their function room for a celebration.

Coffee Time Teaser



Coffee Time Teaser

Across

1. The main body of the church (4)
3. Teem (e.g. bees) (5)
6. Overtake (4)
11. Vertical supports(7)
12. Vegetable (7)
13. Between 1. and 18. (7)
15. Lace together (7)
16. Try (7)
17. A series of operations (7)
19. Long legged wader (5)
21. Slim and fine featured (5)
23. Of long-legged apparel (6)
27. Thinly spread (6)
28. Lacking in fairness (5)
29. Where the belfry is housed (5)
30. Robing room (6)
32. Corrections (6)
34. e.g. Scaffold board (5)
35. Fount (6)
36. Cupboard for sacraments (6)

Down

1. Children's charity (1,1,1,1,1)
2. Brave (7)
4. Used to be (3)
5. Steal from (3)
7. Consider deeply (7)
8. Steeply sloping roof of 29 (5)
9. Pages of lower quality vellum (10)
10. Cultural movement of late C20th(10)
14. e.g. Central American (6)
15. Banishes (6)
16. Glues (9)
18. Area around the altar (9)
20. Thunders (like a waterfall) (5)
22. Animal life (5)
24. Input from keyboard again (6)
25. Open (e.g. present) (6)
26. "I have it" *Archimedes* (6)
31. Small hill (especially in Devon) (3)
33. Strange (3)

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	9			7			4
5		9		2			
					4		2
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1	3		5			2	
				4	5		

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Medium

			8			3		
9		1	4	3				
7		3				2	1	4
		8	1				3	
1	3	4	5		6	7	8	2
	7				8	5		
4	2	7				8		3
				5	3	9		7
		5			4			

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Easier

W	I	N	E		H	E	D	G	E		T	O	M	B
O		A		T		G		E		G		T		R
R	E	S	T	I	N	G		T	O	E	S	H	O	
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E			G		C	R	O	S	S		U			G
N	A	B	O	T	H		N		T	O	N	G	U	E

The solution to last issue's crossword

Distington Surgery

Dispensary Home Delivery Service

If you would like to have your medication delivered to your home. please call the dispensary to discuss delivery dates and times.

Dispensary line: 01946 833155

ANIMAL CONCERN CUMBRIA

Rehoming companion animals from our centre in Egremont, West Cumbria

Ways to support animals in need:

Adopt – Leave a legacy – Donate - Volunteer – Fundraise.
Join our lottery - shop with Amazon smile!

Have you space for a barn cat?

Ways the charity can help you.

Rehoming – guidance and support
TNR Ferals – Peppa's pot
supporting food banks

www.animalconcerncumbria.org 07712 330829

AB AAT Licensed Accountant Angela Black is licensed and regulated by AAT under license no. 1008505 ANGELA BLACK NAAT AB Accountancy Solutions Accounting, bookkeeping and payroll services. Tel: 07879 414927 angela@abaccountancysolutions.co.uk	JAMES A MURRAY CARPENTRY AND JOINERY (Time served tradesman) loft ladders – garden sheds fencing – traditional floorboards doors and architraves Tel: 01900 829791/07394915010 3 Lawson Garth, Brigham, Cockermouth CA13 0SX
LESLIE CLEELAND See our large range of beds, suites, carpets, occasional furniture and bedroom furniture 61-65 Main Street Cockermouth CA13 9JS Tel: 01900 823005	JOHN SANDELANDS Funeral Directors Ltd Tel: 01900 602753 Rest Chapels at: Main Road, Seaton South William Street, Workington Bridge Street, Cockermouth
<u>Brockbank Curwen Cain and Hall</u> <u>Solicitors and Notaries</u> 44 Duke Street, Whitehaven CA28 7NR Tel: 01946 692195 Also at Cockermouth, Maryport, Workington and Keswick • Home Information Packs • Residential and Commercial Conveyancing • Wills and Probate • Court or Protection • Personal Injury • Matrimonial • Crime • Employment www.brocklands.co.uk	DISTINGTON COMMUNITY CENTRE The centre runs training events and other community-based activities including public meetings The Mable Knowles room is a committee room available for small meetings – capacity 25. The main hall is available for events, activities and private parties etc – capacity 100. <u>Full new kitchen available</u> For further details Tel: 01946 834297

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Spares / Appliances
Solid Fuels Bottled Gas
Tel: 01946 830353

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Tel: 01946 830504
Mobile: 07798 648233

**YEOWART, GILL AND
RUDD**

**Chapel of Rest, Low
Monkway**
**Prop: John, David & Margaret
Yeowart**

The Family funeral service
People committed to a dignified
service at the lowest cost

GOLDEN CHARTER
Pre-paid Funeral Plan
Details available on request

Tel: 01946 693819/692939
(24 hours)

**Beware of recommendations that
could be costly!!**

TOM EDGAR
Funeral Services

Caxton House, 13 Brow Top
Workington, CA14 2DP
Private Chapels of Rest
Tel: 01900 603388

Email:
tom.edgar1@btconnect.com

24 HOUR SERVICE



CC Plumbing

No job too small
All plumbing work undertaken
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Benefice Contacts

Rev. Dom de Mattos (Rector of Harrington and Distington)

Landline 01946 830215 Mobile 07851 095264 rev.domdem@gmail.com

Please contact the Rector for information about christenings, weddings or funerals, and if you would like a pastoral visit for yourself, a friend or a relative.

Curate at Harrington and Distington

Rev. Dr Ruth Illman - email rev.drruthillman@gmail.com

Churchwardens at Harrington

Charles Murray - 07510 398369

Graham Mudie - 07800 626892

Churchwardens at Distington

Julia Hoggarth - 07747 581390

Helen Finn - 07786 016670

Please contact the churchwardens if you have any questions about the services or events at the churches, or if the Rector is unavailable.

Safeguarding

We take the safety of all at our church very seriously. If you have any concerns about the safety or welfare of anyone at church, please contact the Parish Safeguarding Officer Mrs Alisha Kilgour on 07545 499094 or at psa@harringtonanddistington.org

Harrington Church Hall

To make a booking please contact James Mossop at churchhall@harringtonanddistington.org

Distington Community Centre

The Distington Community Centre is run by the Distington Community Centre Association rather than the church. To book please contact Alexander Tomlinson on 07907 462644 / dcomc@yahoo.co.uk

Magazine Editor

Submissions for the October and November 2025 edition of the Magazine should be sent to the Editor at editor.handd@gmail.com by the copy date of Monday 15th September 2025.

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