



**United Benefice of
Distington and Harrington
with Salterbeck**

PEACE ON EARTH



**December 2024 and January 2025
Parish Magazine**

Benefice Contacts

Rev. Dom de Mattos (Rector of Harrington and Distington)
Landline 01946 830215 Mobile 07851 095264
rector@harringtonanddistington.org

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
Pam Douglas	-	07511 731560

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 Rector on 07851 095264 or at psa@harringtonanddistington.org

Harrington Church Hall

To make a booking please contact James Mossop at
stmaryshallbooking@gmail.com

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 February and March 2025 edition of the Magazine should be sent to the Editor at editor.handd@gmail.com by the copy date of Monday 13th January 2024.

Cover photo: Courtesy of Parish Pump

From the Rector

Dear Friends

What could be more unremarkable than a homeless, migrant couple laying their newborn baby in a pile of hay because no-one would give them shelter for the night? What could be more ordinary than a poor family suffering persecution by the powerful, and fleeing as refugees to a foreign country, forced to eke out a living amongst strangers? There have been countless such babies over the centuries, born into a world largely oblivious and uncaring of their plight.

At Christmas, we give one another presents, we decorate our houses, we feast and celebrate, but do we pause and reflect on why we celebrate at all? Are we merely celebrating the celebration, or are we celebrating something truly significant, something that has shaped the very fabric of our society?

The truth is that we celebrate Christmas because of the birth of one of those migrant, refugee babies who was truly remarkable, despite his humble birth to poor parents. In this baby, God reached out to humanity to heal the broken relationship between heaven and earth. In this baby, we discover just how much God loves all he has made and that includes us. How we respond to this love is up to us.

The birth of Jesus in a stable more than 2000 years ago, still resonates today. Perhaps in the midst of the Christmas dazzle you might find a moment to wonder at the depth of God's love for you and to thank God that Jesus came not because the world was perfect, but because he wanted to walk with you in all its brokenness.

With best wishes,

Rev. Dom de Mattos



What did Adam say in the Garden of Eden on December 24?
It's Christmas, Eve.

Courtesy of Parish Pump

Benefice Diary

Day	Harrington	Distington
Mon	10am – 11.30am 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 (enthusiastic DIYers maintaining the church and churchyard – all welcome)	
Wed	The church is open Wednesdays 4pm - 5pm*	10am – 11.30am Toddler Group* 2pm – 3.30pm Tea and Chat café*
Thurs	9.30am Communion 10.15am Toddler Praise* (New from 9 th January)	The church is open on Thursdays from 4pm to 5pm*
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 Galloping Horse* 2pm First Saturday "Who Let the Dads Out?"* (New from 4 th January) 4pm – 6pm Third Saturday Messy Marys*	
Sun	Sunday morning services are at 10.30am* 6pm Second Sunday Healing Communion service	9.15am communion Second, Fourth and Fifth Sundays* 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 September and October 2024

In Memoriam

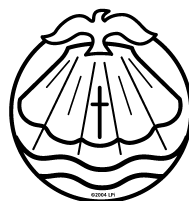
Funerals in Harrington and Distington

10 th September	– Jean Bigg at Harrington church
17 th September	– Audrey McAvoy at Harrington church
26 th September	– Norma Lofthouse at Distington church
10 th October	– Marjorie Robinson at Distington Hall crematorium

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

1 st Sept	at Harrington	Cayden Hall
15 th Sept	at Harrington	Parker Williams
21 st Sept	at Harrington	Arlo Sibbald
22 nd Sept	at Harrington	Finley Pritt



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.

We welcome you
into the fellowship
of Christ

Confirmation

I am very much hoping that we will be able to hold a confirmation service at the Church of the Holy Spirit, Distington in 2025. The exact date will depend on the Bishop's diary. This will be open to both adults and children from across the Workington area. There is no minimum age for children, but children must be able to understand the promises they are to make and the faith in which they are to be confirmed. For this reason, children are usually Year 6 and above. If you would like to know more, or register your interest, please contact the Rector, Dom de Mattos on 07851 095264 or email rector@harringtonanddistington.org



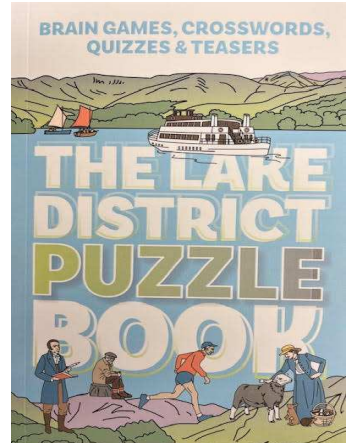
Book Review

The Lake District Puzzle Book

Inspired by Lakeland, £10

Take a puzzle journey through the Lake District with 100 logic, trivia, word and memory challenges. Scale the fells, visit tourist honeypots, book a train ride and dip into dialect as you pit your wits against an exclusive selection of fun filled puzzles ranging from easy to fiendish.

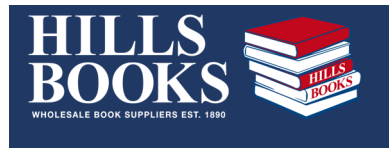
Packed with anagrams, word searches, code breakers, crosswords, riddles and more, The Lake District Puzzle Book is a treasure trove of rainy-day brainteasers to challenge and entertain the whole family. Available in good bookshops across Cumbria and also at Hills Books with a 20% discount!



Hill Books Ltd

Hills Books Ltd

You may have seen the fascinating article in the Cumbria Life magazine about Hills Books Ltd based in Workington on the Clay Flatts Industrial Estate, CA14 2DR. They have the largest book showroom in Cumbria and can offer a next day ordering service. They supply an extensive range of books, maps, guides, text books and teaching resources to schools, colleges, libraries and a variety of retail outlets across Cumbria, and welcome general public sales at their showroom. Their opening hours are Monday-Thursday 8am-5pm and Friday 8am-12.30pm. Direct Order Line 01900 603031 or 01900 602781.



Stuffed...

He ate so much over Christmas that he decided to quit cold turkey.

Courtesy of Parish Pump

11th Workington (Harrington) Scouts.

We have had another eventful couple of months at Harrington Scouts, with various camps and activities with for all of our sections (Beaver 6-8 yrs, Cubs 8-10 yrs, Scouts 10-14 yrs, Explorers 14-18 yrs).



In May, we held our Annual Group Camp at Ratlingate near Carlisle. It was a 'Taskmaster' themed weekend with the young people competing in groups at various challenges. Throughout the summer months we have seen each section



getting out and about, on various activities including paddleboarding, raft building, car treasure hunts, hiking, gardening and wide games. During the summer holidays we went to Great Tower for our summer camp.

Despite the very wet Cumbrian weather, we had a brilliant time! Our activities during the week included crag climbing, crate stacking, leap of faith, Jacob's ladder, canoeing and

ghyll scrambling! The Explorers section have once again continued to work towards their Duke of Edinburgh awards with expeditions planned for next year.

If your child is interested in joining the group please get in touch. We have places for children from ages 6-18 years old. If you would like more information about your child joining our group please get in touch via our Facebook page, 11th Workington (Harrington) Scouts.



Ellen Brown, Group Leader

Recipe of the Month - December

December's recipe comes from Betty Holmes. If you fancy a break from the usual Christmas fare, how about trying this delicious warming soup.

Courgette and Cashew Nut Soup

Ingredients:	2oz roasted cashew nuts
1lb sliced courgettes	1 tbl olive oil
1 diced potato	1oz butter
1 chopped onion	Seasoning
1 pint stock	



Method:

1. Heat the oil and butter and sauté the onion for 5 minutes
2. Add potato and courgettes and sauté for another 5 minutes
3. Stir in 1 pint of stock and the nuts.
4. Liquidise and add seasoning
5. Single cream or yoghurt may be added when serving

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-COLLAGES




**United Benefice of
Distington and Harrington
with Salterbeck**



**February and March 2025
Parish Magazine**

£1

SUBSCRIBE TODAY

**YOU CAN ENJOY
THIS MAGAZINE
ALL YEAR!**

£5 for six issues per year
email.editor.handd@gmail.com
 or scan the QR code

or phone 01946 830215



We hope you are enjoying this magazine. Why not subscribe now and receive each issue of the magazine delivered to your home. Your subscription will help us to continue to serve the community in so many ways.

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

The cafe has been running for nearly two years now and goes from strength to strength. A wide range of people come along and take part in a variety of activities.

We have a very active craft group who are happy to welcome new people to crafting and are very willing to share their expertise.

We now regularly have two scrabble games on the go and have space for new players. If you have never played, come along and give it a try. The domino table continues to be a noisy, happy group who would love to welcome some new players. There are always magazines, puzzles or just a quiet corner if that is more to your liking.



Tea, coffee and cake are provided by a small group of willing volunteers, we are always looking for more volunteers and if you are able to help, please do contact me or come along any Monday afternoon. A regular attendee brings FairShare produce which is free for anyone to take away.

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

Distington Club for Young People

For information on the club please contact Christine Pattinson on 01946 832882 or 07761 781992.

For children between 4-11 years, the club meets Mondays, Wednesdays, and Thursdays between 4pm and 6pm.

For young people over the age of 11 years the club meets on Mondays, Tuesdays, Thursdays, and Fridays between 6pm and 8pm.

There is also holiday provision – contact Christine for more information.



Sunday Readings for December and January

Date	Distington Readings	Harrington Readings
1st Sun Advent 1 1 st Dec	3pm Family service Community Centre Luke 1:5-17	10.30am Communion Jeremiah 33.14-16 Luke 21.25-36
2nd Sun Advent 2 8 th Dec	9.15am Communion Malachi 3.1-4 Luke 3.1-6	10.30am Parade Service Malachi 3.1-4 Luke 3.1-6
3rd Sun Advent 3 15 th Dec	3pm Family Communion Philippians 4.4-7 Luke 3.7-18	10.30am Communion Philippians 4.4-7 Luke 3.7-18
4th Sun Advent 4 22 nd Dec	9.15am Communion Micah 5.2-5a Luke 1.39-55	10.30am Communion Micah 5.2-5a Luke 1.39-55
Christmas Eve 24 th Dec	11.30pm Midnight Communion Hebrews 1.1-4 John 1.1-14	9.30pm Bethlehem Mass Hebrews 1.1-4 John 1.1-14
Christmas Day 25 th Dec	9.15am Family Communion Titus 3.4-7 Luke 2.1-7	10.30am Communion Titus 3.4-7 Luke 2.1-7
5 th Sun 1 st Christmas 29 th Dec	9.15am Communion 1 Samuel 2.18-20,26 Luke 2.41-52	10.30am Communion 1 Samuel 2.18-20,26 Luke 2.41-52
1st Sun Epiphany 5 th Jan	3pm Family Service Community Centre Matthew 2.1-12	10.30am Communion Isaiah 60.1-6 Matthew 2.1-12
2nd Sun 1 st Epiphany 12 th Jan	9.15am Communion Acts 8.14-17 Luke 3.15-17,21,22	10.30am Church in the Hall Luke 3.15-17,21,22
3rd Sun 2 nd Epiphany 19 th Jan	3pm Family Communion 1 Corinthians 12.1-11 John 2.1-11	10.30am Communion 1 Corinthians 12.1-11 John 2.1-11
4th Sun 3 rd Epiphany 26 th Jan	9.15am Communion 1 Corinthians 12.12-31a Luke 4.14-21	10.30am Communion 1 Corinthians 12.12-31a Luke 4.14-21

Christmas at Distington Community School

At DCS, Christmas is a vibrant time full of joy and activity, filled with opportunities for our students to engage in meaningful and festive experiences. Each year, we celebrate with our traditional Nativity, where children bring the Christmas story to life through drama and song.



Additionally, students explore how different cultures celebrate Christmas around the world, learning about the rich diversity of holiday traditions. In our fully equipped kitchen, children get hands-on experience baking Christmas treats, further enhancing their festive spirit.

This year, we are especially excited to offer an entrepreneurial project for our Year 3 and 4 students. They are creating a special Christmas recipe book, sourcing affordable and locally sourced ingredients. Alongside this, students enjoy making Christmas cards and writing letters to Santa, tapping into the warmth and magic of the season. Our annual Christmas Fayre is another highlight, featuring class stalls where festive items, such as “Make Your Own Reindeer Food,” can be purchased. We share special times with the church and our children play a role in the annual Christingle service. This vibrant blend of creativity, learning, and community spirit makes Christmas at DCS a truly special time.

As part of our Christmas celebrations we would warmly welcome all members of the community to join us at some special events including;

Christingle service at the Church of the Holy Spirit,
Distington, Tuesday 3rd December at 6pm.

Distington Community School Christmas Fayre at
school on Tuesday 17th December at 1.15pm.

Carol service at the Church of the Holy Spirit,
Distington on Thursday 19th December at 10.30am.

We look forward to welcoming members of our community and all the Staff, Governors and children at Distington Community School wish you a Happy Christmas.



Distington Community School

Harrington Men's Breakfast – Last Saturday of the Month

The Men's breakfast meets at **The Galloping Horse** 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.



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.

Flowers In Distington Church

Flowers are displayed in Distington Church each week (apart from the period of Lent when no flowers are displayed) and some are donated in memory of loved ones. Would you like to donate flowers or money as a tribute to someone?



We have the following weeks available for next year:

Week commencing 11th January, 8th February,

15th February, 3rd May, 10th May, 17th May, 5th July, 23rd August, 11th October, 29th November and 13th December

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

Barbara Lamb

Distington 100 Club Winners

December - No 30 Kirsty Daniel

It's that time again - time to enter the 100 Club draw!

(You must pay by 31st December)

Were you a winner last year? No? Well it MUST be your turn this time. 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 how many numbers you can have.

Name:

Address:

Telephone:

How many numbers would you like?



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 18th January where we will be thinking about star gazers and
15th February when we will be thinking about being loving**

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



Christmas Appeal...

Why is turkey so popular at Christmas?

Because the weather is a lot warmer over there.

Courtesy of Parish Pump



Could you be a part of our Toddlers Team?

Distington Baby and Toddler Group meets every Wednesday during term time 10 - 11.30am. 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)

That January feeling...

I'm on two diets. I wasn't getting enough food on one.

Courtesy of Parish Pump

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 and therefore, we are asking if you could volunteer to help care for it? 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; “Many hands make light work.” If you feel you could help in any way please get on touch with Rev Dom (07851 095264), Barbara (07425 792995) or Doreen (07488 319695).

God bless

Distington Lunch Club

In 2015 a group of enthusiastic ladies decided to form a lunch club for the residents of Distington and the local area. The idea was to provide a good quality, home cooked meal at a reasonable price and enable people to meet each other and chat in a friendly atmosphere.

Some funding was secured from Distington Big Local and the Copeland Community Fund to purchase table linen, cutlery and crockery. The Community Centre on Church Road is the chosen venue and the lunch takes place on the **second Friday** of every month.



The menu offers soup, a choice of main course and a choice of dessert. Current prices are £2 for soup, £3 for main and £2 for dessert. A raffle generates extra income and helps to maintain low prices. This is a non-profit organisation who have also made donations to charity.

There is no need to book – just turn up before **12 noon**.

Celebrating Christmas and 2024 at Beckstone Primary



The end of the calendar year and run up to Christmas is my favourite time of year in school. The build up of excitement in the children (& the staff!) is a wonder to behold. The lovely lights that make the dark afternoons bright and sparkling are a particular favourite and my office always looks like Santa's Grotto!

We teach the children the importance of Christmas and the coming of Jesus and how it isn't just about presents and party food but a celebration of Jesus' coming to light up the world.

This involves teaching all about the Nativity story, celebrating in song and taking the Good News message to the Community. This year we are

singing for parents of Lower Key Stage 2 and

Upper Key Stage 2 in Church. Nursery and Reception are performing Nativities for parents and we are also Carol Singing in many community venues. We are taking our singing to Victoria Square (just by the railway bridge) on Friday 20th December at 10.30am and all are more than welcome to join us.



This is the time of year when one is inclined to think back over the year that has just passed. It has been a very busy and successful year for Beckstone Primary. It has included a successful Ofsted inspection, outstanding sporting achievements and successes that have resulted in a 'School Sport Platinum Award' and many events and activities. The school has held

residential trips to Liverpool and Edinburgh for its older children, has hosted a planetarium visit and the choir travelled to Manchester to take part in a 'Young Voices' concert alongside

many other varied and exciting activities that take place

over the school year. Everyone at the school works hard to enrich the experiences for all the children, so every week is busy and fun packed. Alongside all these events the children work so hard and our statutory outcomes in 2024 were some of the best we have ever had and were well above local and national comparisons.



Recently we have had 'Takeover Day' where the Year 6 children take on the role of adults at the school and it is an experience in which the children thrive, as it introduces them to the world of work.



If you would like to keep in touch with life at the school our monthly newsletter and back copies are available on our web site under the 'news' icon or can be found following this QR code.



Finally all the pupils, staff and Governors would like to wish all our community a very happy Christmas and a wonderful festive season. Please give all the children in your lives your presence over and above any presents you plan to buy. Time is the most wonderful gift you can give them and time with our friends and families creates lasting memories. Let us hope 2025 will be a memorable and excellent year for the Harrington & Salterbeck community.



David Warbrick, Head of Beckstone Primary School

Christmas Card Tree

This year we will have a Christmas Card Tree in each of the churches from 1st Dec. The idea is to pin up one Christmas card to convey your Christmas greetings to the whole church rather than send many cards and end up missing someone. Whether or not you use the tree, you are invited to make a donation to Time To Change West Cumbria, a charity that seeks to tackle local homelessness and poverty (see <https://www.ttcwestcumbria.org/>). If you pay any sort of direct taxation (income tax or tax on investments or savings) please use one of the gift aid envelopes, which will give TTC West Cumbria an extra 25p for every pound you give. Cheques should be made payable to 'Time To Change West Cumbria'.



Rev Dom

Christmas and Epiphany at Harrington and Distington

You are very warmly invited to our Christmas services – I do hope you will find time to join us at least once during this season, because without Jesus there is no Christmas!

Christingle Services

The Christingle originated in the Moravian church in Germany and has been adopted by the Children's Society as a way of celebrating Christmas and raising money for their amazing work. Each child receives a Christingle, and the collection goes to the Children's Society.

Our Christingle services this year are at
Distington on Tuesday 3rd Dec at 6pm and at
Harrington on Christmas Eve at 3pm



Christmas Fair at Harrington

This year's Christmas Fair is on Saturday 7th December from Noon to 2pm in the church hall at St Mary's on the Hill, Harrington. There will be games, a raffle, and lots of stalls where you might find the perfect Christmas Present!

Carol Services

Our carol services will follow the traditional pattern of nine lessons and carols by candlelight. This year the Westfield Community Choir will join with combined singers from Harrington and Distington at Distington. The services will be on

Saturday 21st December at 5pm at Distington
Sunday 22nd December at 6pm at Harrington



Nativity Service at Distington

Children are invited to come to the traditional **Nativity Service at Distington** dressed up as someone from the Christmas Story. (There will be some additional costumes at the church). We will explore the Christmas Story with Christmas Carols at **5pm on Christmas Eve**



Bethlehem Midnight Mass at Harrington

Our late Christmas Eve communion service at St Mary's Harrington will be at **9.30pm on Christmas Eve.**

The service is timed to coincide with midnight in Bethlehem, which is 10pm here in the UK.



Midnight Mass at Distington

If you prefer a midnight communion at a more traditional time, Midnight Mass at **Distington will be at 11.30pm on Christmas Eve**

Christmas Communion

Our Christmas Communion services will be at **9.15am at Distington** and **10.30am at Harrington on Christmas Morning.** A time to give thanks for the birthday of Jesus and to pray for the peace of the world.

Epiphany

Epiphany is the celebration of the visit of the magi to Bethlehem to bring gifts of gold, frankincense and myrrh. It is important because it shows us that Jesus did not just come to be the saviour of God's people, the Jews, but of people of the whole world, represented by the gentile wise men.



Epiphany is on 6th January and this year we will be celebrating it on the nearest Sunday, 5th January at 10.30am at Harrington and at our 3pm café style service in the Distington Community Centre.

Rev Dom de Mattos, Rector

Christmas Decorations...

*I never have Christmas decorations up after twelfth night.
After that they're Epiphany decorations!*

Thoughts of a curate

Love came down at Christmas.

We are fast approaching Advent and Christmas and Channel 52 is back with us with end-to-end Christmas movies, just in time for Colin and I to watch on our week away!



The theme in each film has the same basics; two people come together and eventually fall in love, they have to make choices about what to do for their futures and this generally means one of them giving up a dream job or new opportunity. Christmas trees, parcels and the wisdom of children or grandparents all come into play, along with a possible Santa Claus figure. The most certain thing in the end is that love prevails and there is, of course, a happy ending.

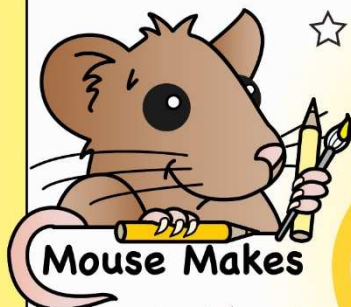
In one of the films a Broadway director is reluctantly drafted in to direct a small town Christmas pageant which is based on the nativity. She gets drawn into the local events and eventually realizes where her heart lies, but the most memorable thing for me, from this film, is her view on the way Mary and Joseph are portrayed – for her this the greatest of all love stories.

As she coaches the actors in how to present the nativity scene she talks about how this is a scene full of different emotions; rejection, disappointment, relief and then in the stable; tenderness and simplicity.

We have our two people, Mary and Joseph who have come together. Joseph, a man of an un-determined age, has said yes to Gods' will and as a result accepts his responsibilities. He cherishes Mary, cares for her and protects her. In lowly circumstances Jesus is born. We are told how his birth is celebrated but when the shepherds, angels and men of wisdom have all gone away then what is left is the love of a mother and a dedicated earthly father. They have, like other families, to face dangers and to make difficult decisions. They become refugees, escape to Egypt and have to find a new place to live and work.

Our shops are already full with the trappings of Christmas. By mid-December our towns and villages will be looking very festive, but the real value of Christmas comes after Santa Claus has finished his rounds, the parcels have been opened and everything is packed away. That is when the love of the Christ mass really starts; in the quietness following the celebrations, when that love surrounding the birth of Christ is there, waiting for us to accept in our hearts as the greatest love story of all.

Rev Ruth



Mouse Makes



GOD'S PROMISE

Isaiah 9:6-7

CHILD • BORN • SON
GIVEN • WONDERFUL
COUNCELLOR
MIGHTY • GOD
EVERLASTING
FATHER • PRINCE
PEACE • LORD



AN ANGEL MESSENGER

Luke 1:26-38

ANGEL • GABRIEL
JOSEPH • MARY
FAVOUR • SON
JESUS • GREAT

THRONE • REIGN
FOREVER • HOLY
SERVANT • WORD

ADVENT
comes from
the Latin
'AD VENTO'
which means
ARRIVAL

In Advent we
celebrate Jesus' birth
and look forward to
the time when Jesus
will come again.



A LONG JOURNEY

Luke 2:1-20

BETHLEHEM
REGISTER • BIRTH
MANGER • INN
SHEPHERDS • FLOCK
ANGELS • JOY
GOOD NEWS • PRAISE
SAVIOUR • CHRIST



THE BEST GIFT OF ALL

John 3:16

GOD • SO • LOVED
WORLD • HE • GAVE
ONLY • SON
WHOMEVER • BELIEVES
ETERNAL • LIFE

V	R	P	R	I	N	C	E	L	R	O	D
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Our Prayer Journey in December and January

Month of prayer	Parish of Holy Spirit	Parish of St Marys-on-the-hill
December	Main Street from the war memorial to Church Road, including the Hinnings Road area	Salterbeck south of Salterbeck Drive and Holden Road, including St Mary's Primary School and Moorclose Road south of the school
January	Main Street north of Church Road including Church Road and the Barfs Road area	Salterbeck west of Back Fields including roads around the Oval Centre

Please also pray for all of our congregations

Everyone who comes to church midweek or on a Sunday.
The residents and staff of our residential homes.
Those who join us from home to watch our on-line service.
And our children from our schools.

We pray for those who travel in and out of our parishes
and those who will be working through our festive season

We pray for peace on earth everywhere.



Rev. Ruth

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. The group gives each other support and friendship and provides a warm venue for 2 hrs, although we are hoping to extend the time and provide a lunch.....thereby saving you heating in your own home!



We extend a warm invite to you....give it a go and combat loneliness!! We hope you will enjoy our company.

Contact: Pat 07981 360996

Tea 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.

Toys and colouring sheets are available for children of all ages!



Rev Dom de Mattos

Lifts to Church

If you would like to come to church but don't have any transport then please let Rev Dom know on 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

CHOCOLATE BINGO

**DISTINGTON
COMMUNITY CENTRE**

*Turkey Baguettes
and Trifle*

Tickets £6 (children £3)

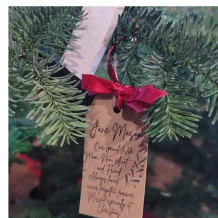
**FRIDAY
29TH NOVEMBER
7PM**

THE CHURCH OF THE
HOLY SPIRIT



Remembering Loved Ones at Christmas

Each year our tree at the Church of the Holy Spirit, Distington is decorated with wooden candle decorations and tags dedicated by members of the community to the memory of those they love but can no longer see. For a donation of £5, anyone who wants to remember a loved one at Christmas can write a tribute to them on a label and fix it to a wooden candle decoration on the tree. It is a lovely reminder of all the happy memories that have been shared over the years, as well as a way of showing that we still miss them. If you would like to write a dedication, pop up to Distington Church between 4pm and 5pm on a Thursday, or when the church is open on a Sunday. You can also ring or message me on 07851 095264 and I can arrange to meet you at another time.



Rev Dom de Mattos

WHO LET THE DADS OUT?

This is a new group for dads, grandas, uncles or indeed any male carer and their kids from 0 to 4 years old (for the moment at least – we are hoping to work on provision for older children!). It's a safe space for children to play and do crafts with their dads, but it's also a space for dads to chat and build friendships.

...and then there's the bacon butties! We provide free tea, coffee and bacon (although you can make a donation if you wish), with juice and toast for the children.



The group meets in the Church Hall at St Mary's on the Hill from 2pm to 3.30pm on the FIRST Saturday of each month starting on Saturday 4th January 2025

So why not start the New Year with a new activity and come and have fun!



Who Let The Dads Out? is part of Care for the Family, A Christian initiative to strengthen family life, offering support to everyone. Care for the Family is a registered charity (England and Wales: 1066905; Scotland: SC038497).

Find out more at cff.org.uk/wltdo

Rev. Dom

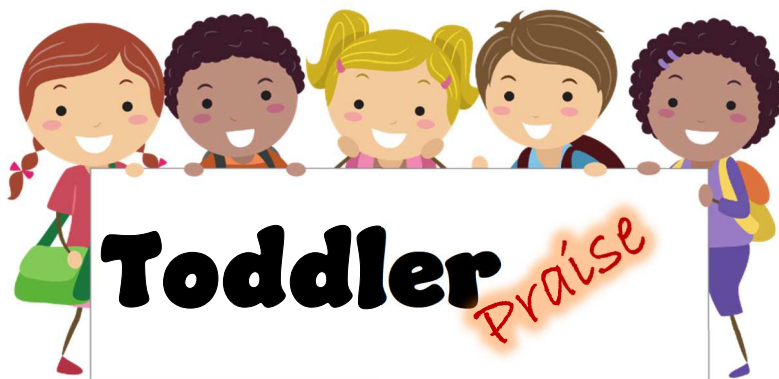
Lost in Translation...

Romania: The lift is being fixed for the next day. During that time, we regret you will be unbearable.

Russia: If this is your first visit to the USSR, you are welcome to it.

Spain: Our wine list leaves you with nothing to hope for.

'Lost in Translation: Misadventures in English Abroad' by Charlie Croker (Michael O'Mara Books)



Pre-school toddlers and their carers are invited to a time of songs and stories, puppets and prayers and, of course, that all important tea and chat! We will meet at **10.15am** on **Thursday** mornings in the church hall at **St Mary's** on the Hill, Harrington until about 11.30am, and our first session will be on **Thursday 9th January 2025** – put the date in your diary now!

Rev. Dom

Eco Church is an initiative run by a Christian Environmental group called A Rocha UK. It is a way of encouraging churches to think, plan and act in a more environmentally responsible way. It also encourages us as individual Christians to think more carefully



about the Diocesan God For All imperative to “Tread Gently” in the way we live our own lives, and in the way we encourage others to do so. The scheme revolves around a survey of church practice and the more questions we can answer positively, the higher the standard we have achieved. There are bronze, silver and gold awards to achieve to show how far we have come.



If you are concerned about our care of the environment and would like to help the church become more environmentally aware please come to a meeting at **6.30pm** on **Tuesday 14th January 2025** in the church hall at **St Mary's**, Harrington.

The meeting is open to all; church members and non-members alike.

Rev. Dom

Nature Notes - Holly

Ilex, or Holly, is a large family of mainly evergreen plants that includes up to 600 separate species. Mature specimens, sometimes over 200 years old, were often left in the countryside when hedges were grubbed out, as marker or boundary trees.



The native British holly has long been associated with Christmas but before its Christian symbolism, holly was always seen as a powerful magical plant, with uses ascribed to it ranging from preventing ringworm to having power over horses. Hollies were grown near a home as it was believed this would keep its inhabitants safe from witchcraft and lightning strikes. The tree was also seen as a fertility symbol and a charm against witches, goblins and the devil. It was worshipped by the druids and In ancient Rome, holly was also considered sacred, and twigs were placed on doors to ward off evil spirits.

But the most widely recognisable symbolism for this shrub is of Christian origin. The spiky leaved twigs represent the crown of thorns which Jesus Christ wore at his crucifixion and the vivid crimson berries remind us of drops of His blood. In fact, the German word for Holly is “christdorn” which means Christ’s thorn.

Male and female flowers occur on different trees, so for a female tree to produce berries, it is beneficial for a male tree to be close by. The flowers bloom any time between early spring and the beginning of summer.. They are white with four petals. They provide nectar and pollen for insects and eventually develop into the familiar scarlet berries. The leaves are eaten by different species of caterpillars and moths, while the smooth leaves found higher up are browsed by deer. It has been discovered that the tree can respond to this foraging or changing environments by producing more prickly leaves to ward off the attack.

While the berries might be toxic to humans, wildlife thrives on them. Birds such as robins, chaffinches and brambling, rely on these juicy crimson berries as a food source in winter. The mistle thrush is known for pugnaciously guarding holly berries against other would be diners. Fallen berries are appreciated by small mammals such as wood-mice.

So as you prepare this Christmas to “Deck the halls with boughs of holly” or hang a wreath on your front door, bear in mind there’s more to this plant than red berries and pricked fingers

Sheila Richardson



St Mary's, Harrington Church Hall



The church hall is available for hire for groups and parties with the capacity to seat up to 80 people. There is a well-equipped kitchen, disabled toilet facilities. The cost of hire is £18 per hour.

Contact James Mossop on
stmaryshallbookings@gmail.com

Distington Rugby Club CASC

Looking for somewhere to hire for a party, 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.

Two choir members recently got married. They met by chants.

Courtesy pf 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



From the Paish Bulletin...

"Pram Service this Sunday in church. Followed by a talk about the wind."

Courtesy of Parish Pump

Recipe of the Month – January

January's recipe comes from Rev Ruth. This cake has an unusual ingredient - Weetabix. It is also low in fat (depending on the milk you use) and sugar free. It has the texture of a fruity tea bread

Weetabix Cake.

Ingredients

2 Weetabix
1/2 pint milk
8 oz mixed fruit
2 beaten eggs
7 oz self raising flour



Method

Soak the Weetabix with the fruit in the milk overnight.

Add the two beaten eggs.

Add the flour and stir well

Put into a loaf tin and bake at about 150 for about 1 hour and 15 mins.

We need your photos for our front covers!

We have had some great front cover photographs but these would be even more special if taken by our readers. 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

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

As Autumn moves towards winter we can see that there are plenty of berries this year and the thrushes and fieldfares have certainly been busy in our garden enjoying these fruits of the season. However, but not all berries are in bushes and trees. Look closely in the bottom of our hedgerows and under some of our yew trees and you may spot the bright red berries of the Wild Arum, sometimes called Cuckoo Pint, Jack in the pulpit, Lords and Ladies, and a range of other names. As with many plants it is poisonous to humans and dogs but the root was apparently used to make starch for ruffles in the C16th and C17th centuries.



Wild Arum or Cuckoo Pint

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:



8th December – Scouting Awards Parade Service in church

12th January – Family Service in the church hall

9th February – Family Service in the church hall

9th March – Family Service in the church hall

30th Marh – Parade Service for Mothering Sunday

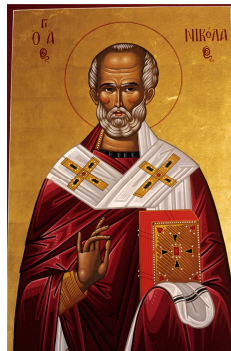
Rev. Dom

Nothing ruins your Friday like realising it's only Wednesday.

Courtesy of Parish Pump

December Saint of the Month St Nicholas. (4th Century, Bishop of Myra) on 6 December

Although he is one of the most universally venerated Saints both in the East and West, we know virtually nothing of St. Nicholas' earlier life. Nevertheless, by the sixth century his following was well established in the West. It was helped by a fictitious biography by Methodius!



Nicholas was Bishop of Myra in AD 325 at the time of the First Council of Nicaea and when he died, he was buried in Myra. When Myra was captured in 809 by Abbasid troops, Nicholas' relics were spirited away by sailors to Bari where there were many Greek immigrants. A new church was built to house them. St Nicholas' reputation as a wonder worker spread rapidly. He is patron saint of countries such as Russia, Ukraine Greece and many others. Children, sailors, unmarried girls, merchants, pawn brokers, apothecaries and perfumiers also claim him as their patron. He was reputed to have given three bags of gold to three girls for their marriage dowries to save them from prostitution. That is why the three gold balls is shown outside pawn brokers to-day. The number three figures in many of the stories about St Nicholas such as three boys raised to life after being murdered and saving three unjustly condemned men from death.

From his shrine in Bari there came a substance sometimes called manna or fragrant myrrh which attracted numerous pilgrims and explains his patronage of perfumiers. In England over 400 churches are dedicated to St Nicholas with many stained-glass windows dedicated to him. But the most obvious thing he is famous for is Santa Claus. It is his patronage of children that gave rise to the custom of giving presents on 6th December, his feast day. It was Dutch protestants in North America who tied the custom to the Nordic folklore legends of a magician who both punished naughty children and rewarded good children with presents.

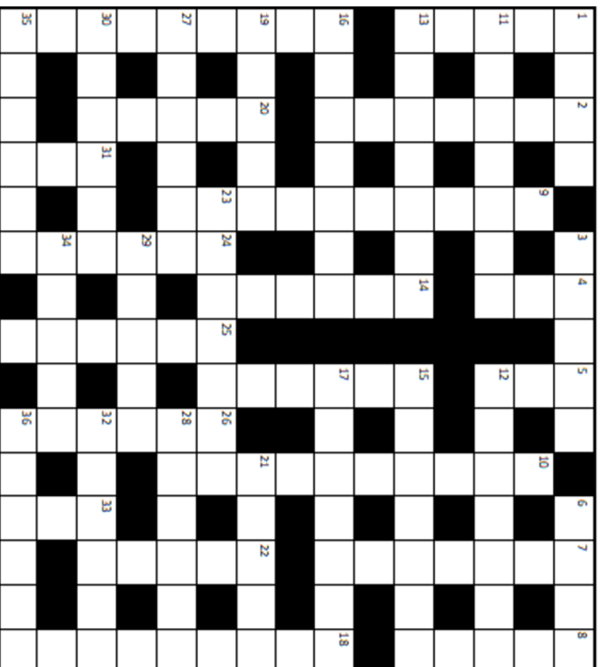
So now St Nicholas is associated with Christmas and must be one of the best known saints throughout the world. I hope all our children have been good and get presents this Christmas!

Ken Wright

When I look at chocolate, I hear two voices in my head. The first one says, 'You need to eat the chocolate.' The second one says, 'You heard. Eat the chocolate.'

Courtesy of Parish Pump

Coffee Time Teaser



Coffee Time Teaser

Across

1. "Most highly favoured Lady" (4)
3. Joyful (5)
6. Notice (4)
11. In danger of receiving coal? (7)
12. Inspect (7)
13. Urges (7)
15. By way of (7)
16. coffee shop worker (7)
17. Jesus' language (7)
19. In that place (5)
21. overlay (5)
23. Lead sleigh puller (acc. to song) (7)
27. Most recent (6)
28. Egyptian god (6)
29. Bishop's headwear (5)
30. Placed at this location(6)
32. Belief in a god (6)
34. Desert crossed by the Israelites(5)
35. Humble (6)
36. Why 1A went to 16D (6)

Down

- 1.&5. Festive bake (5,3)
2. More coarse (7)
4. Unrestricted choice (3)
5. see 1D
7. Spring flower (7)
8. Points on a saw (5)
9. Singers (esp. church) (10)
10. e.g. Abraham and Jacob (10)
14. Remained (6)
15. Do not remain (6)
16. Birthplace of King David (9)
- 18.&31. Busy night for Santa (9,3)
20. Go in (5)
22. Composer 1813-1901 (5)
24. Ultimate (6)
25. Daytrip (6)
26. Lyrically evocative (6)
31. See 18D
33. Age (3)

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

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Medium

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Easier

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G	R	I	E	V	E		T		R	A	N	G	E	S

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

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Ways the charity can help you.

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supporting food banks

www.animalconcerncumbria.org 07712 330829

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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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