



United Benefice of Distington and Harrington with Salterbeck



February and March 2025
Parish Magazine

£1

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Cover photo: Courtesy of Parish Pump

From the Rector

Dear Friends

February is a strange, in between sort of time. The snowdrops are flourishing beneath the bare bushes; the spears of daffodils and crocuses are lancing through the earth and the mornings are beginning to be brighter when the alarm drags us into consciousness. On the other hand, snow could return at any time, the rain has a sting in it, and the wind can be ferocious. As I write this, we are waiting to see what wreckage Storm Eowyn might leave in its wake. Winter is battling with Spring for dominion over the earth!



Easter is quite late this year (20th April), so Ash Wednesday will not be until 5th March, starting a six and a half week, in between time we call Lent. Like the February weather it is a time where the past and the future seem to be in sharp conflict. During Lent we are encouraged to look to the past and reflect on the things we might have done better, our failure to be the best version of ourselves, and our tendency to isolate ourselves from others and from God. Many give something up during this time, partly to show sorrow for past failings, but also to help them to remember this process of self-reflection which leads to a renewed hope for the future. That is the other purpose of Lent – to look forward to Easter, and the hope that it brings. In Jesus, we have new life, just as spring brings forth green shoots through the decay of winter and blossom on bare branches.

Sometimes in life we have to face the battering of storms, and the sudden chill of unexpected snow. But always, in the midst of it all, Jesus gives us the promise of spring to come, banishing the darkness of winter past and bringing light, colour and, above all, hope for the future.

With best wishes,



Rev. Dom de Mattos

*"Dad," asked little Arlo, "what does 'a man's better half' mean?"
"Usually," his father said, "she means exactly what she says."*

Courtesy of Parish Pump

Benefice Diary

Day	Harrington	Distington
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 (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 Cuppa and Chat café*
Thurs	9.30am Communion 10.15am for 10.30am start Toddler Praise*	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 Dad's Out?"* 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 November and December 2025

In Memoriam

Funerals in Harrington and Distington conducted by our ministers

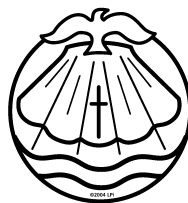
5 th November	– Albert Tuck at Distington Hall crematorium
8 th November	– Gordon Watson at Distington Hall crematorium
20 th November	– Mark Eland at Distington Hall crematorium
27 th November	– Marjery Richardson at Distington Hall crematorium
28 th November	– Janice West at Distington Hall crematorium

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

10 th Nov at Distington	Willow Berwick-Bell
16 th Nov at Harrington	Arthur Shillito
17 th Nov at Distington	Ayden Scurr
17 th Nov at Harrington	Myla-Mae Dakers

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

What is a Benefice?

You will have seen me use the word “benefice” here and there in the magazine – such as the Benefice Diary, on the previous page, and you might have wondered if this is just a fancy word for Parish! The word comes from the Latin *beneficium* ‘favour or support’, from *bene* ‘well’ + *facere* ‘do’, and was once the area which supported the vicar or rector through donations and used to be called the living. Today the word is used when a vicar or rector looks after more than one separate parish. In my case Distington and Harrington are separate parishes, but together they form the benefice that I serve.



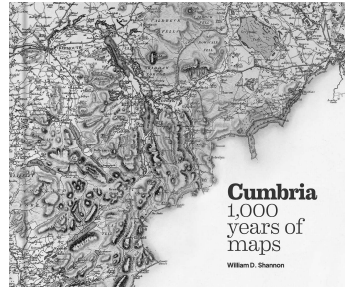
Rev Dom de Mattos, Rector

Book Review

Cumbria – 1,000 years of maps

William D Shannon,

Jake Island Ltd: £29.90



The name Camri first appears on maps in AD1050. Since then, the Lake District and historic counties of Cumberland, Westmorland and Lancashire have been mapped countless times.

Cumbria – 1,000 years of maps features more than 100 charts, surveys and maps from ten centuries of cartography, including:

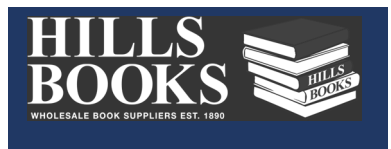
- the earliest maps – when the world fitted onto a single sheet of A4,
- the first ‘county surveys’ – elaborate in detail, destined for gentry parlours,
- tourist maps – from Thomas West’s viewing stations to Alfred Wainwright’s ‘love letters to the fells’,
- historical maps – illustrative trips to the wad mines of Borrowdale and the first attempts to map Roman Britain,
- travel maps – recording the golden ages of canal, rail and road,
- maps of the Ordnance Survey – and the evolution of a military department into the best map-maker of its time.

From geological plots to nautical charts, audacious forgeries to postal itineraries, town surveys to military plans, Cumbria – 1,000 years of maps not only profiles the evolution of Cumbrian cartography, it also celebrates the rich social history of a much-loved landscape.

Hill Books Ltd

Where to buy?

The Recommended Retail Price of Cumbria, 1000 Years of Maps is £29.90, however Hills Books can offer a 20% discount off this price when visiting their showroom on Clay Flatts Estate. This book was their bestseller for 2024 despite only being published in September! Their opening hours are Monday-Thursday 8am-5pm and Friday 8am-12.30pm. Direct Order Line 01900 603031 or 01900 602781.



Recipe of the Month - February

Three Cup Chicken, or “San Bei Ji” is a popular dish in Taiwanese cuisine. The name comes from the original recipe, which calls for one cup each of the three key ingredients used to make the sauce: rice wine, soy sauce, and sesame oil. However, you can always adjust the proportions to suit your taste.

San Bei Ji (Serves 4 - 5)

Ingredients

- Chicken thigh fillet: 400g
- Sesame oil: 30g
- Ginger: 40g
- Basil: 15g
- Soy sauce: 5 tablespoons
- Rock sugar: 30g
- Water: 4 tablespoons
- Cornstarch: 1 tablespoon (optional)



- Rice wine: 5 tablespoons
- Chili peppers: 20g (optional)
- Garlic: 40g

Method:

1. Three cup chicken is always best with RICE. Don't forget to cook the rice before preparing this dish!
2. Cut the chicken into bite-sized pieces. Marinate the chicken with 1 tablespoon of soy sauce, 1 tablespoon of rice wine, and cornstarch. Mix well and wait for 30 minutes.
3. While the chicken is marinating, slice the ginger and chili peppers into thin slices. Peel the garlic.
4. Heat a pan with oil, sear the chicken on both sides until golden brown. Remove the chicken and set aside, while leaving the chicken oil in the pan.
5. Use the chicken oil in the pan to simmer the ginger gently. When the ginger looks a bit dry, it's time to put the garlic in the pan.
6. Once you smell the garlic, add rock sugar and stir on a low heat. Make sure you keep stirring to avoid burning!
7. Add the chicken back into the pan and fry for 2 minutes; the melted sugar will create a beautiful, caramelized coating.
8. Add sesame oil, the rest of the soy sauce, the rest of the rice wine, and water. Simmer on low heat until the sauce thickens.
9. Add chili peppers and basil. Basil is one of the KEY ingredients.
10. TA-DA!! Enjoy your meal (Qíng Xiǎng Yòng)

Vivian Tsai



Confirmation 2025 – 8th June 6pm

I am delighted to be able to announce that Bishop James Bell will be confirming candidates at a confirmation service at the Church of the Holy Spirit, **Distington** at **6pm** on **Sunday 8th June**. This is Pentecost and there could hardly be a more appropriate day for it! This is 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

Distington Club for Young People

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

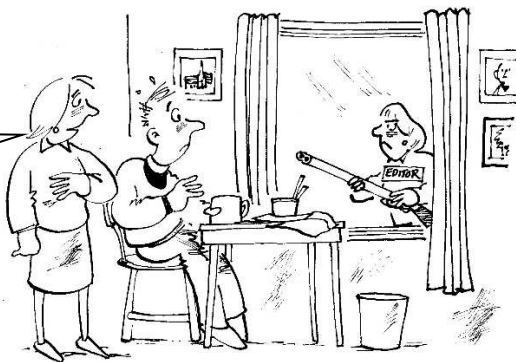
For children between 4-11 years, the club meets Mondays, Wednesdays, and Thursdays between 4pm and 6pm.

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.



Are you late with your "rector's letter" again, dear?



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. Phone Dom de Mattos on 07851 095264 or email editor.handd@gmail.com

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THIS MAGAZINE
ALL YEAR!**

£5 for six issues per year
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or phone 01946 830215



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

The cafe has been running for two years now and remains very popular. 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



Sunday Readings for February and March

Date	Distington Readings	Harrington Readings
1st Sun Candlemas 2 nd Feb	3pm Family service Community Centre Luke 2.22-40	10.30am Communion 1 Corinthians 15.1-11 Luke 5.1-11
2nd Sun 4 th before Lent 9 th Feb	9.15am Communion 1 Corinthians 15.1-11 Luke 5.1-11	10.30am Church in the Hall Luke 2.22-40
3rd Sun 3 rd before Lent 16 th Feb	3pm Communion Jeremiah 17.5-10 Luke 6.17-26	10.30am Communion Jeremiah 17.5-10 Luke 6.17-26
4th Sun 2 nd before Lent 23 rd Feb	9.15am Communion Revelation 4 Luke 8.22-25	10.30am Communion Revelation 4 Luke 8.22-25
1st Sun Next before Lent 2 nd Mar	3pm Family Service Community Centre Luke 9.28-36	10.30am Communion Exodus 34.29-35 Luke 9.28-36
Ash Wednesday 5 th Mar	3.30pm Communion and Ashing	6pm Communion and Ashing
2nd Sun Lent 1 9 th Mar	9.15am Communion Romans 10.8b-13 Luke 4.1-13	10.30am Church in the Hall Luke 4.1-13
3rd Sun Lent 2 16 th Mar	3pm Communion Philippians 3.17 - 4.1 Luke 13.31-35	10.30am Communion Philippians 3.17 - 4.1 Luke 13.31-35
4th Sun Lent 3 23 rd Mar	9.15am Communion Isaiah 55.1-9 Luke 13.1-9	10.30am Communion Isaiah 55.1-9 Luke 13.1-9
5 th Sun Mothering Sunday 30 th Mar	3pm Family Service Exodus 2.1-10 John 19.25-27	10.30 Parade Service Exodus 2.1-10 John 19.25-27

*Blessed are they who can give without remembering,
and take without forgetting.*

Courtesy of Parish Pump

Workington Amateur Operatic
Society Presents



12th - 15th March 2025

Book by
THOMAS MEEHAN

Music by
CHARLES STROUSE

Lyrics by
MARTIN CHARNIN

Original Broadway Production Directed by Martin Charnin

Presented on Broadway by Mike Nichols

Produced by

Irwin Meyer, Stephen R. Friedman, Lewis Allen, Alvin Nederlander
Associates Inc., The John F. Kennedy Center for Performing Arts,
Icarus Productions.

Based on "Little Orphan Annie" ®
by permission of the Tribune Media Services Inc.

This amateur production is presented by arrangement with
Music Theatre International

All authorised performance materials are also supplied by MTI
www.mtishows.co.uk

Tickets available from Carnegie Box Office and Website **NODA**
for every design

My young daughter needed new boots. When her friend arrived one morning in a lovely pair of new boots, I asked where she had got them.

"At the shop," she answered.

"Which one?" I asked patiently.

She frowned and looked down at her boots. "Both of them."

Courtesy of Parish Pump

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.



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 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 on to a Sunday service) along with £12 per number. There is no limit on the number of numbers you can have.

Name:

Address:

Telephone:

How many numbers would you like?

You can also email this information to Barbara Lamb at balamb912@outlook.com, who will send you details to pay by bank transfer.

*A Sunday school teacher was telling her youngsters about Daniel and the Lion's Den. To illustrate the lesson, she drew a picture of Daniel standing, brave and confident, with a group of lions around him. Suddenly, one little girl started to cry. The teacher said, "Don't cry. Daniel will be alright."
The little girl sniffed "I know, but the lions will be so hungry."*

Courtesy of Parish Pump



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 15th February when we will be thinking about being loving
and 15th March when we will be looking forward to Mothering Sunday**

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

My boss calls me 'The Computer'; I go to sleep if left unattended for 15 minutes.

Courtesy of Parish Pump

Church of the Holy Spirit
DISTINGTON COMMUNITY CENTRE
10AM - 11:30AM
Babies & Toddlers with their Parents/Carers



EVERY WEDNESDAY
SCHOOL TERM TIME
Point of Contact -
Julia Hoggarth 07747581390

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)

My neighbour claimed she never had any trouble getting her teenage son out of bed. "I just open the door and throw the cat on the bed," she explained. I was puzzled, and asked how that might help. She grinned "The dog's already there."

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.

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

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.

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 rolls (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 and the next groups are 1st February and 1st March 2025



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

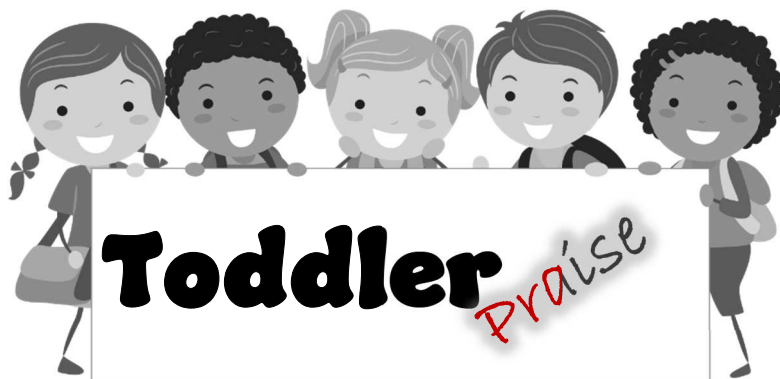
You know it makes sense...

Common sense is not a gift. It's a punishment because you have to deal with everyone who doesn't have it.

Save the earth. It's the only planet with chocolate.

The most welcome guest is the one who knows when to go home.

Courtesy of Parish Pump



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 **10.30am** on **Thursday** mornings in the church hall at **St Mary's** on the Hill, Harrington until about 11.30am. Coffee and tea available from 10.15am.

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 churches at Harrington and Distington become more environmentally aware please come to a meeting at **6.30pm** on **Tuesday 13th May 2025** in the church hall

at **St Mary's**, Harrington. The meeting is open to all residents of Harrington and Distington; church members and non-members alike. (This meeting was originally planned in January but had to be postponed.)

Rev. Dom

The Season of Lent at Harrington and Distington

Lent is a time where traditionally Christians practice a discipline of self-denial. This might mean giving something up – something which is perhaps an indulgence, or it might be giving up some free time to practice a new discipline, to pray more or to read a bible. Perhaps you might consider coming to our Lent Course or reading a book about the Christian faith or Christian living.

Shrove Tuesday (4th March 2025 at 7pm)

The cost is £6 (£3 for children) for a pie and peas supper with pancakes. The supper will be followed by entertainment. Please sign up on the form at the back of either church or phone Rev. Dom on 07851 095264.



Ash Wednesday (5th March 2025 at 6.30pm)

The Ash Wednesday Holy Communion will be at Harrington at 6.30pm. There will be an opportunity to receive the sign of the cross on your forehead using ashes made from last year's palm crosses. This ancient tradition has its roots in the Old Testament and was observed by Christians in the early centuries. Today the practice is observed by Christians of all traditions.



What Gives you Life?

You are very warmly invited to join a small group drawn from the churches at Harrington, Distington and Westfield exploring the gifts with which God has blessed you, and which you feel give you life. We are meeting at the Parish Centre at Westfield (they have the most comfortable chairs!) between **7.30pm and 9pm** on Tuesday evenings during Lent: **Tues 11th March to Tuesday 15th April** inclusive. This is an opportunity to explore your:

- Spiritual Gifts
- Heart's desire
- Abilities
- Personality
- Experience

What if....

*...you could discover
your gifts?*

*...you could live a more
joyful and fruitful
Christian life?*

*...you could love God
more fully?*

*...you could be the
person God has called
you to be?*

Mothering Sunday

Mother's Day was originally called Mothering Sunday, celebrated on the fourth Sunday in Lent, and therefore a different date each year. It was popularised in the sixteenth century when servants were given a day off to visit their Mother Church – the place where they were baptised. It became an opportunity for servants to visit home, and to bring flowers to their mothers, as the chances to do so were few and far between. It is not to be confused with the American Mother's Day, celebrated on the second Sunday in May, which was started by Anna Jarvis after holding a memorial service for her mother in 1907. President Woodrow Wilson made Mother's Day a national holiday in the United States in 1914.



We will be celebrating Mothering Sunday on **30th March** at **9.15am at Distington** and at **10.30am at Harrington**, which will be a parade service, and we look forward to welcoming our scouting organisations. There will be posies available for people to give to mothers, grand mothers or to those who mother them. It is important to recognise that we can all (men and women) be in a mothering role to those we care for, and often that can be our own parents. We are all cared for by different people through the course of our lives and this is an opportunity to give thanks for them.

It is also important to remember that this is a very difficult time for many – those who have lost mothers, those who have lost children, those who were not able to have the children they wished for. We hold them in our hearts, just as God holds us as his children.

Holy Week and Easter

There will be a detailed run down of our services for Easter in the April / May magazine, but for Diary this is what Easter will look like:

13th April – Palm Sunday, with palm crosses for all

14th April – Monday Compline 7pm

15th April – Tuesday Compline 7pm

16th April – Wednesday Compline – 7pm

17th April – Maundy Thursday Supper and Communion at Distington - 6.00pm

18th April – Good Friday 10.30am and 2pm Harrington, 2pm at Distington

20th April – Easter Day – 6am at Shore Hill, 9.15am at Distington and 10.30am at Harrington. There will be Easter eggs!



Thoughts of a curate

Acts of Kindness

Colin and I were delighted to be able to visit one of our sons and family at the New Year. We discovered that in the run up to Christmas our granddaughters had been following a story called 'The Giving Manger' by Allison Hottinger. 'The Giving Manger' pack can be ordered from good bookshops and a very well-known delivery firm. It includes a story book, a manger, bundles of straws and a baby Jesus.



The story book explains the philosophy of the giving Manger. The idea is that instead of perhaps getting chocolate out of your normal advent calendar, you 'give' an act of kindness instead. For each act of kindness you put a straw in the manger and by Christmas Day the manger will be full of acts of kindness at which point you put baby Jesus in the manger. The focus is on giving rather than receiving, and on showing the love and kindness Jesus has shown us.

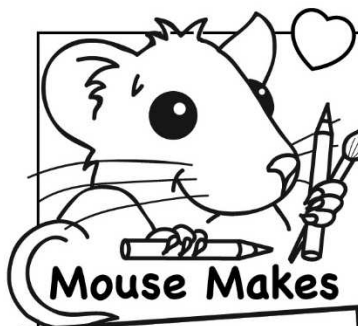
On 17th February it is the global Random Act of Kindness week. Wouldn't it be amazing if everyone could show an act of kindness across the world, not just to friends and families, but to the unknown person, just as the Samaritan did, and particularly in areas where there is conflict.

Jesus told us to love our neighbours. By showing our love, we are reflecting Christ in our lives. Giving and receiving acts of kindness are good for our well-being and our health; we all need encouragement and support at some time or other and it makes us feel positive to do this in return. In the Old Testament book of Ruth, Ruth showed significant kindness to Naomi, this was recognized by Boaz who eventually marries Ruth. In the New Testament, Jesus feeds the five thousand through a gift of bread and fishes, and in Luke chapter 10, a Samaritan rescues a Jewish man from near death.

The Random Act of Kindness Federation suggests we should show an act of kindness every day and as Christians we should not find that hard to do. As Christians, love and kindness should be embedded in all we do. In February, however, you could be more mindful of your acts of kindness and think how you are living your lives through what Christ wants us to do. Let us pray that kindness permeates our world to help make it a better place to live.

Rev Ruth

A vicar protested that the £200 an hour charge to rent a boat on the Sea of Galilee was ridiculous. "Well," replied the owner, "you have to take into account that the Sea of Galilee is water on which our Lord himself walked."
The vicar shook his head. "At £200 an hour for a boat, I'm not surprised!"



Mouse Makes

"Love is

love is _____
 It does not, _____
 it does not _____
 it is not _____
 it does not _____

others, it is not self -

it is not easily _____
 it keeps no record of _____

Love delights in

it always _____

from 1 Corinthians 13:4-7

The steadfast **love** of the Lord never _____;

His _____
 never come to an end;
 they are new every _____

Lamentations 3:20-23



I pray... you will understand...
 the greatness of Christ's **love**,

how _____
 and how _____
 and how _____
 that **love** is.

Ephesians 3:18-19

God is **love**.

whoever _____
 in **love** _____
 in God, and God _____
 in them.

1 John 4:16

Give _____
 to the Lord, for He is _____
 his steadfast **love**
 endures _____

Psalms 136:1

HOW DOES
 GOD LOVE ME?

God sent me a saviour:

He sent His one and only
 Son into the world so
 that we might have
 eternal life through Him.
 1 John 4:9

God gave me His spirit:

He has given you the
 Holy Spirit to fill our hearts
 with His **love**.
 Romans 5:5

God called me His child:

See what great **love** the
 Father has for us that He
 would call us His children.
 1 John 1:3

DID YOU KNOW?

Jesus told us to:

LOVE the Lord your God with
 all your **heart**, all your **soul**
 and with all your **mind**.

Matthew 22:37

LOVE your neighbour the
 same as you **love** yourself.

Matthew 22:39

GOD • LOVE
 PATIENT • KIND
 GRACIOUS • PEACE
 JUST • TRUTHFUL
 TRUSTING • LOYAL
 HOPEFUL
 PERSEVERES
 ENDURES
 HUMBLE
 SELFLESS
 PROTECTS • DEFENDS

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

Our Prayer Journey in February and March

In February and March we pray for those who live, work and travel through:

Month of prayer	Parish of the Church of the Holy Spirit	Parish of St Marys
February	Main Street, north of Church Road and Barfs Road area.	Salterbeck west of Backfields and around the Oval Centre Salterbeck east and north including Holden Road and Moorclose Road.
March	Areas north of Barf's Road, including Lakes College and Lillyhall and areas stretching towards Harrington Gilgarren and surrounding areas	High Harrington, north and east of the Galloping Horse.

Please also pray for...

- the work of the Salterbeck pantry.
- Those who are constructing houses in our parishes.
- The businesses in our parishes.



With Blessings, 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

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. 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. (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

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.

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.



The Tuesday gang at work...



...and enjoying the crack!

John Wilkins

What is an Open Churchyard?

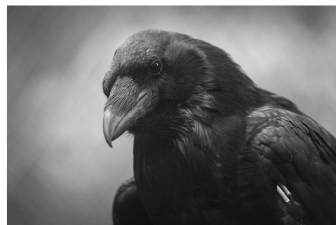
A churchyard is described as open when it has space for burials. The Parochial Church Council (PCC) has the responsibility (and bears the cost) of maintaining it, ensuring the safety of users as far as reasonably practicable, and ensuring that the Churchyard Regulations are followed. Anyone living in the parish has the right to be buried in the churchyard, and the PCC can grant permission to others not living in the parish who have a connection. Graves are not owned by the families of those buried there, and the responsibility of maintaining the graves remains with the PCC. If families help with this maintenance, it is greatly appreciated, but the Churchyard Regulations must be followed.

A churchyard is closed when there is no more space for burials, and the responsibility for maintenance passes to the local civic authority. In the case of Harrington, the churchyard immediately around the church is maintained by Cumberland Council as well as the churchyard to the south of the road as far as the stream.

Rev Dom de Mattos

Nature Notes - Odin's bird, the Raven

The raven is the largest member of the crow family and is also deeply involved in Norse mythology. When the Vikings sailed up Cumbrian rivers over a thousand years ago, the deep throated kronking call must have reminded them of their Norse homeland.



Odin the Norse god of war, had two ravens, named Huginn, meaning thought and Muninn, memory. Each day they flew over the earth and reported back about any troubled area. Battles were frequent and warriors who were killed, provided a food source for the birds. In the Norse belief, that was a means of transporting their souls to Valhalla, their final resting place. They were Odin's eyes looking down on the Earth, in a similar way to our Christian belief, where God is always watching over us.

The raven is one of the earliest birds to start breeding, and with its paired-for-life partner, it starts building its huge nest of sticks in mid-February. The nest needs to be large as there can be four to six eggs laid, and even if they don't all hatch, these large birds need plenty of space.

Ravens are strong fliers, regularly performing tumbling aerobatics in flight. Its all-dark plumage, heavy bill and diamond-shaped tail are distinctive, as is its harsh 'kronk-kronk-kronk' call. Paired birds are territorial and will chase away any intruders. They frequently nest in close proximity to peregrines, as they are no real threat to each other. Ravens feed mainly on carrion, but their diet is varied and includes mammals, birds and eggs, insects and other invertebrates.

Before the days of bird protection, many parishes offered a bounty on a raven's nest, paying 3 pence or 6 pence for the removal of eggs or chicks, as farmers feared for their loss of livestock.

Probably the most famous ravens are those safeguarded at the Tower of London, where legend has it that if the ravens leave the tower, the city of London will fail.

But you don't need to travel to London to see ravens; just take a walk into Ennerdale, Wasdale or along the sea cliffs of St Bees to catch sight of these magnificent birds going through the acrobatics of their courtship display. While you listen to their guttural kronks, let your mind drift to our Viking ancestors, to recall that maybe there's more than God watching over you.

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.

Why wear shamrocks on St. Patrick's Day? Regular rocks are too heavy.

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 Pews sheet...

This being Easter Sunday, we will ask Mrs Lewis to come forward and lay an egg on the altar.

Courtesy of Parish Pump

Church of the Holy Spirit

Chocolate



Come and join us on **Friday 28th March at 7 pm**

For Soup, Sandwiches and Cake

At the **DISTINGTON COMMUNITY CENTRE**

Tickets £6 (children £3) including free bingo book

ALL WELCOME

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

I got a package envelope in the mail the other day which said, 'Photographs: Do Not Bend. Underneath someone had written: "Oh yes they do."'

Courtesy of Parish Pump

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

In our early months of spring we can see the new shoots emerging from the ground. The bulbs have stored the energy through the year to support the new growth. Emerging from the winter soil the daffodils, crocuses and cyclamen that we can see in our churchyards remind us that there is hope. Harriet Beecher, author of Uncle Tom's Cabin wrote this poem about planting crocus bulbs. If you are planting crocus bulbs then plant with care and keep dogs away from the plant.



Crocus flowers

The Crocus

Beneath the sunny autumn sky,
With gold leaves dropping round,
We sought, my little friend and I,
The consecrated ground,
Where, calm beneath the holy cross,
O'ershadowed by sweet skies,
Sleeps tranquilly that youthful form,
Those blue unclouded eyes.

Around the soft, green swelling mound
We scooped the earth away,
And buried deep the crocus-bulbs
Against a coming day.

"These roots are dry, and brown, and
sere;
Why plant them here?" he said,
"To leave them, all the winter long,
So desolate and dead."

"Dear child, within each sere dead
form

There sleeps a living flower,
And angel-like it shall arise
In spring's returning hour."

Ah, deeper down cold, dark, and chill
We buried our heart's flower,
But angel-like shall he arise
In spring's immortal hour.

In blue and yellow from its grave
Springs up the crocus fair,
And God shall raise those bright blue
eyes,
Those sunny waves of hair.
Not for a fading summer's morn,
Not for a fleeting hour,
But for an endless age of bliss,
Shall rise our heart's dear flower

Rev. Ruth

There will always be death and taxes; however, death doesn't get worse every year.

Courtesy of Parish Pump

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:



9th February – Family Service in the church hall

9th March – Family Service in the church hall

30th March – Parade Service for Mothering Sunday

Rev. Dom

Saint of the Month St Valentine on 14 February

St Valentine's Day, many believe, was named after one or more Christian martyrs and was established by Pope Gelasius 1 in 496 AD. Valentine of Rome was martyred about 269, and this day usually 'belongs' to him.



The first recorded association of Valentine Day with romantic love (1382) is from Geoffrey Chaucer. He wrote, 'For this was Saint Valentine's Day, when every bird cometh there to choose his mate.' This poem was in honour of the first anniversary of the engagement of King Richard II of England to Anne of Bohemia. Valentine Day is also referred to by Ophelia in Hamlet (1600-1601).

*To-morrow is St Valentine's day
All in the morning betime
And I a maid at your window
To be your Valentine.*

Courtesy of Parish Pump

Sign of the times...

Due to the present financial situation, the light at the end of the tunnel will be turned off at weekends.

Courtesy of Parish Pump

Recipe for March – Quick Tomato Soup

Our March recipe is a simple warming soup from Rev Ruth.

Ingredients

- 1 chopped onion
- 1 grated carrot
- 1 tin of chopped tomatoes
- 1 pint (600ml) vegetable stock
- Bay leaf
- Oil or butter

Additional Seasoning to taste:
Garlic, chilli, Italian seasoning
or tomato puree if needed.

Method

1. Soften the onion and grated carrot in a pan with butter
2. Add the tomatoes and stock
3. Simmer until vegetables are tender.
4. Add the bay leaf and seasoning of your choice
5. Cool
6. Remove bay leaf
7. Blend
8. Reheat and serve



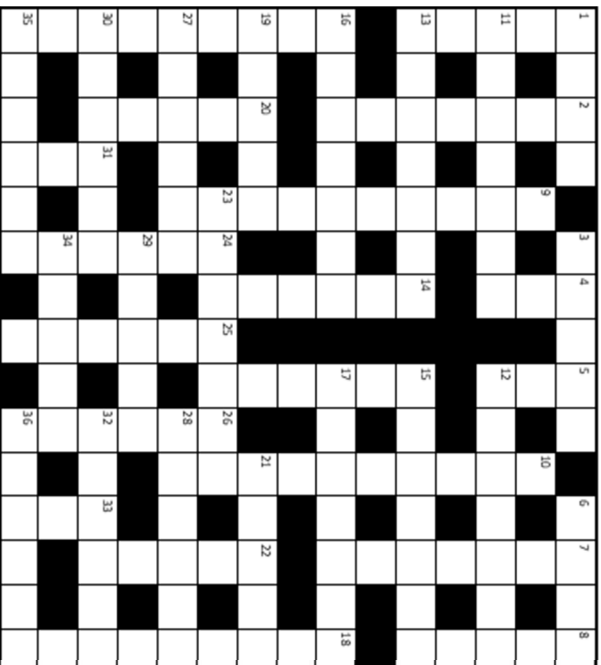
A Call to Prayer

Bishop Rob writes “Whilst it is tempting to give a list of things to pray for, initially I want to ask everyone to pray that God would **give us a heart to pray** and that **God would strengthen us for service**. In order that we might pray as much together as possible, please will you set an alarm to pray for these things for just 5 minutes at 12 noon each Monday?

The process of appointing a new Bishop of Carlisle begins again with shortlisting later this month and interviews on the 13th and 14th March. We hope that there will then be an announcement sometime in May. Please pray for this appointment regularly over the coming weeks. It does not matter how we pray. It matters entirely that we do.”

Rev Dom de Mattos

Coffee Time Teaser



Coffee Time Teaser

Across

1. 5 March 2025 to 19 April 2025 (4)
- 3.&6. Shrove Tuesday (5,4)
6. See 3.
11. Christ, the chosen one (7)
12. Chatter aimlessly (7)
13. Needs a drink (7)
15. Spiky or tart (7)
16. _____ Munroe, Actress (7)
17. Pass every stich over a join (7)
19. Speed (mus.) (5)
21. Change (5)
23. Reversely willful (7)
27. Use up, pay out (6)
28. Friend of Pooh (6)
29. Innards (5)
30. Located within a building (6)
32. Add on (6)
34. Force out(5)
35. Talented (6)
36. Moses' age when he spoke to Pharoah (6)

Down

1. Boundary (5)
2. More unpleasant (7)
- 4.&18. First Day of 1. (3,9)
5. Depression (3)
7. Ceremonial practices (7)
8. Odour (5)
9. Holywood (derog.) (10)
10. Pretence (10)
14. See 16. (6)
15. Fear (6)
- 16.&14. 30 March 2025 (9)
18. See 4.
20. Felt dejected (5)
22. Call to mind (5)
24. Loved (6)
25. Floated along (6)
26. Have a rapport with (6)
31. Dismissed (eg caught)(3)
33. Hog (3)

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	3			2		7		

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Medium

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

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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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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
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<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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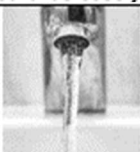
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Benefice Contacts

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

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 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 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 April and May 2025 edition of the Magazine should be sent to the Editor at editor.handd@gmail.com by the copy date of Monday 9th March 2025.

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