



# United Benefice of Distington and Harrington with Salterbeck



**June and July 2025**  
**Parish Magazine**

**£1**

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*Cover photo courtesy of Gill Fletcher*

## From the Rector

### Dear Friends

Our confirmation service at the Church of the Holy Spirit is at 6pm on 8<sup>th</sup> June, the day we celebrate the coming of the Holy Spirit at Pentecost, otherwise known as the Festival of Weeks. The festival was celebrated in the Jewish calendar seven weeks after the Passover – Pentecost being the fiftieth day. Fifty days after Jesus' death and resurrection, Jerusalem was filled with devout Jews who had journeyed to Jerusalem for the festival and the crowds were astonished to see and hear the manifestation of the Holy Spirit in the early disciples. So powerful was the witness that three thousand people were added to the church that day.

But what is the Holy Spirit, and why did the outpouring of the Holy Spirit make such a difference? Christians believe that the Holy Spirit is an integral part of God – a bit like the way we have a body, a mind and a spirit – each distinct and different, but each a part of who we are. So, receiving the Holy Spirit is to receive God himself; he is described as our comforter (and which of us does not need comfort from time to time?), our guide, our teacher, and the one who empowers us to do God's will. The action of the Holy Spirit in our lives enables us to grow in love, joy and peace – to be kinder, more forgiving and, dare I say, contented.

When Bishop James confirms the candidates on 8<sup>th</sup> June, he will lay his hands upon them and confirm them in the Holy Spirit. We pray that they will know the Holy Spirit's life-giving, joyful and affirming presence in their lives. But the Holy Spirit also comes to all who ask – all who open their hearts to welcome him. Jesus said, "If you...know how to give good gifts to your children, how much more will your Father give the Holy Spirit to those who ask." Ask and you shall receive.

The story of Pentecost is that the Holy Spirit appeared as tongues of flame that settled on the head of each disciple, and because of this fire has become a symbol of the Holy Spirit. It reminds me of my favourite prayer, which I say each morning at morning prayer... and it is my prayer for everyone.

*"As we rejoice in the gift of this new day, so may the light of your presence, O God, set our hearts on fire with love for you; now and for ever."*

With best wishes,



Rev. Dom de Mattos



## Benefice Diary

| Day          | Harrington                                                                                     | Distington                                                                                                                                |
|--------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
|              | <b>Both churches are open during the day from Mon to Thurs*</b>                                |                                                                                                                                           |
| <b>Mon</b>   | 10am – 11.30am Baby and Toddler Group*<br>2pm – 4pm Warm Welcome café in the church hall*      | 8pm<br>Distington Reunion Bingo in the Community Centre*                                                                                  |
| <b>Tues</b>  | 9.30am – noon Tuesday Gang (maintaining the church and churchyard – all welcome)*              |                                                                                                                                           |
| <b>Wed</b>   |                                                                                                | 10am – 11.30am Toddler Group*<br>2pm – 3.30pm Cuppa and Chat café*                                                                        |
| <b>Thurs</b> | 9.30am Communion<br>10.15am for 10.30am start Toddler Praise*                                  |                                                                                                                                           |
| <b>Fri</b>   | 7pm First Friday Film club*                                                                    | 12 noon Second Friday Lunch club at the Community Centre*                                                                                 |
| <b>Sat</b>   | 9.30am Last Saturday<br>Men's Breakfast at the Hunday Manor*                                   |                                                                                                                                           |
|              | 2pm – 3.30pm First Saturday "Who Let the Dad's Out?"*<br>4pm – 6pm Third Saturday Messy Marys* |                                                                                                                                           |
| <b>Sun</b>   | Sunday morning services are at 10.30am*<br>4pm Second Sunday Healing Communion service         | 9.15am communion Second, Fourth and Fifth Sundays*<br>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 March and April 2025

## Celebrating Weddings at Harrington and Distington

19<sup>th</sup> April - Anne Marie Hodgson and Gary Armstrong

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



## In Memoriam

### Funerals in Harrington and Distington conducted by our ministers

13<sup>th</sup> March - Roick Curtis at Distington Hall Crematorium

29<sup>th</sup> April - Margaret (Mandy) Todhunter at the Church of the Holy Spirit

30<sup>th</sup> April - Heather Bowness at St Mary's Church

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.

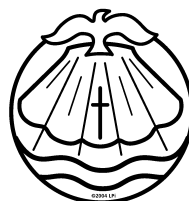
## Sharing the Joy of New Life in Baptism

2<sup>nd</sup> Mar at Distington Oakley Walter Lucas

23<sup>rd</sup> Mar at Harrington Xian Harrison Shaw

20<sup>th</sup> Apr at Harrington Ayla Adlard

27<sup>th</sup> Apr at Distington Abel William Stewart

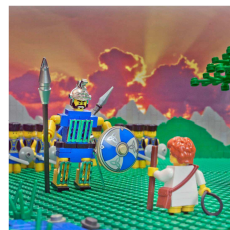


If you would like to arrange a christening for your child this year, please do get in touch with Rev. Dom de Mattos on 01946 830215.

We welcome you into the fellowship of Christ

## Lego

Rev Dom and Rev Ruth would love to hear from anyone who has some lego or duplo they are willing to donate. Telling stories through Lego is a powerful way of bringing scripture to Lego lovers of all ages. Contact Rev Dom. (see contact page at the back of this magazine)



## Colin Hughes 1987 – 2025

We were deeply saddened by Colin's sudden death and the crematorium chapel was filled with mourners as we bade him farewell on 19<sup>th</sup> May. Colin was clearly gifted; bright and dedicated but with a mischievous streak that was always ready with a gentle wind up. His colleague Andy Hazell spoke of his important work at the Defence Science and Technology Laboratory at Fareham, and the respect that he had earned from his colleagues. His daughter Florence's poem 'Notes to her Dad' was read at the service and is printed here with the family's permission.



### Florence's Note to her Dad

Whenever I was troubled or sad, he was there,  
For all of us, he was there,  
Happy, loving, playful, described him,  
No matter what they're in our hearts forever and ever,  
Sometimes it's hard, you feel life isn't fair,  
Sometimes you have to accept your future and fate,  
You can't always choose what happens even if you really want to,  
We do hard things that we don't like,  
But from that we get hope, love and respect,  
We have to remember that nothing lasts forever.  
With that remember all things that you loved about him,  
Although we can't see him, he is always with us.

By Florence Hughes

Aged 10, 19<sup>th</sup> April 2025

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### New life...

*A certain bishop had a fondness for using Bible quotations whenever he visited a function. When he arrived to open a new maternity ward, the bishop smiled at the babies and said: 'We shall not all sleep, but we shall be changed!'"*

*Courtesy of Parish Pump*

## Bereavement Bears

Members of Harrington Church Warm Welcome Café have been busy knitting Bereavement Bears for children who are bereaved because of the loss of a parent, grandparent or brother or sister. These bears cannot bring back a loved one, but they are there for a hug when needed most. Hugs and prayers come together, and each bear is made with much love and care to help children on their bereavement journey. Rev Dom, Rev Ruth and Richard are here to support families in their loss of a loved one, or to bring prayers to someone who is near to the end of their earthly life and near to their taking up of one of the many rooms Jesus has prepared for us in his father's house. (John 14: 2-4).



Florence Hughes with her bereavement bear

*Rev Ruth and Rev Dom*

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

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

**“** *I've been going to the Warm Space cafe since it started. It's the highlight of my week and I enjoy actively helping on the rota. The cafe has gone from strength to strength. There is a dominoes table, two Scrabble tables and a craft table. We enjoy sharing our skills with one another on the craft table, chatting as we go, with home-made cakes and a hot drink too. I've made some new friends along the way as well as enriching the friendship of people I know already. It has a lovely, friendly atmosphere.* **Jackie**



**”**

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*

## Farewell to our Interns, Vivian and Selena

We have become used to the enthusiastic presence of Vivian and Selena at our many activities – from our warm welcome spaces to our toddler groups, taking part in services and supporting our school ministry through Open the Book. They have embraced our Cumbrian ways and even the Cumbrian weather – a far cry from the tropical weather of Taiwan!

While Selena has been mainly based at Westfield, Vivian has principally been working in Harington and Distington. She has been responsible for the planning and preparation of our new Toddler Praise on Thursday mornings and our Who Let the Dads Out on the afternoon of the first Saturday of the month. She has supported our toddler groups on Monday and Wednesday mornings (and the toddler group at Westfield on Tuesdays) as well as the warm welcome café at Harrington on Monday afternoons and the Cuppa and Chat at Distington on Wednesday afternoons. She and Selena treated us to some wonderful Taiwanese



cooking at the Lent course. A huge thank you to them both for all they have done and for the life their ministry has brought among us. There will also be a farewell party on 20<sup>th</sup> July at Westfield Parish Centre for Vivian and Selena from 3pm to 6pm – please do come along.

## 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.

## Recipe of the Month - June

### Pavlova

#### Ingredients

4 large egg whites  
225g (8oz) caster sugar  
½ tsp salt  
½ tsp white wine vinegar  
1 tsp cornflour  
½ tsp vanilla essence  
4 Tbsp boiling water  
600ml Whipped cream,  
Fresh fruit such as kiwifruit, passionfruit, or strawberries



#### Method:

1. Pre-heat oven to 150°C / 140°C fan / 300°F
2. Beat the egg whites until smooth and stiff.
3. Continue beating mixture adding the sugar a spoonful at a time until soft peak forms when lifting beater (approx 12 minutes).
4. Gently fold in the cornflour, vinegar and vanilla
5. Place on baking paper on tray in a circle approx.. 20cm diameter.
6. Bake in middle of oven for 1 hour until the base and sides are crisp but not browned.
7. Turn off oven and leave to cool in oven.
8. When cooled add a layer of cream.
9. Scatter most of the fruit and add another layer of cream
10. Decorate with the remainder of the fruit.
11. Serve and enjoy!

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### Hole for one

*A golfing priest, after having been beaten by an elderly parishioner, returned to the clubhouse somewhat depressed. "Cheer up," said the layman. Remember, you'll eventually be burying me some day."*

*"Yes," said the priest. "But it will still be your hole!"*

*Courtesy of Parish Pump*

## Our Prayer Journey in June and July

In June and July, we pray for those who live, work and commuting in:

| Month | Church of the Holy Spirit                                                                                                                                                       | St Marys                                                                                                                                                                  |
|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| June  | Main Street from the war memorial including Church Road, and Hinnings Road<br><br>Everyone who uses the railway line.                                                           | Salterbeck south of Salterbeck Drive and Holden Road, and Moorclose Road, south of the school<br><br>All bus drivers and passengers                                       |
| July  | Main Street north of Church Road, including Church Road and Barfs Road and staff and customers at our businesses<br><br>The staff and users of the Shell garage and little Asda | Salterbeck, west of Back Fields including roads around the Oval Centre.<br><br>The staff who work at the Oval Centre and the Salterbeck Tenants and Residents Association |

### World events

Please pray deeply for peace in the world and the well-being of women in countries where women and girls are exploited and have no voice.

### The Church

Pray for Bishop Rob as he moves into his new role as Bishop of Carlisle and for our Rural Dean Canon Bryan Rothwell as he retires. Don't forget to pray for our amazing mission and outreach activities

### Our Benefice

Please pray for the apprentices at Lillyhall and all those young people sitting exams at UTC and the college and that the Holy Spirit leads them to a future which fits with the talents they have been given.

Please also hold in your prayers all our children who are in Year 6 preparing to leave their primary schools to move to secondary school and for every child moving into a new year group in September including our toddlers going into nursery.

Please pray for our children at the Autism academy and the PRU as they finish this year and prepare for next year.

Please pray for families to enjoy the summer break together.



## Care Homes

Please also pray for our Church in the Care Homes congregations (Eastcroft and Westwinds, Rosecroft and Fairways), for staff and residents, those who minister there and visitors.

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

## Prayer boxes

We are always happy to receive requests for prayers

The power of prayer is a mystery, but we firmly believe in it. Prayers are not always answered immediately but they are always heard.

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



## 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.



---

## Baptism

*A couple took their five-year-old young daughter to church. During the service, the minister conducted the baptism of a tiny infant. The little girl watched wide eyed as he held the baby, said solemn words, then poured water over its head, carefully wiping it dry. Without taking her eyes off the scene, she tugged her father's sleeve. "Daddy, Daddy," she whispered. "He's brainwashing the baby."*

*Courtesy of Parish Pump*



brings to you.....



# Harrington Marina Day

Saturday 23<sup>rd</sup> August 2025

10am till 4pm

Raffle

Emergency services

Food/drink



Inflateable hobby  
horse races

Fairground ride

*Live music*

Westfield Community

Choir

Melaphibia

Karma Theif

Ged Hagan

Adam Amor

Cerys Fleming

Inflatables

Local  
stallholders

BJ Childrens  
entertainer

American  
police  
car

Slushes

Ice  
cream  
vans



GIFT BAGS  
FOR THE  
KIDS



Arts and  
crafts

Sand pit

COME ALONG, MAKE MEMORIES!  
LAST





There seems to be some unclaimed lost property following last week's baby and toddler group...anyone?

## Amy Dunne

Dip.PRFHC

### Foot Health Practitioner.

(Offering home visits in & around the West Cumbria area)

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

DBS checked & fully insured.

Please call to discuss further & book an appointment.

07515647134

a.helpinghands2022@gmail.com

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### Decisions, decisions

*The vicar was discussing a rather bruising PCC meeting with his church warden: "About their charge that I'm indecisive – I don't know whether I should refute it, complain to the Bishop or just let it go."*

*Courtesy of Parish Pump*

## Open the Book

Do you think it is important to tell bible stories to the children in our local primary schools in a way that excites them and captures their imagination? I hope so, because that's exactly what we are doing! We take our Open the Book presentations to school assemblies at Distington Primary School, Beckstone Primary School, and Westfield Primary School.



**Please do join the team** – anyone and everyone can take part – age and experience are no barriers! If you could spare a few hours and would love to engage children in learning about the bible, or perhaps help make some costumes or props, then please get in touch with rev Dom or Rev Ruth.

*Rev Dom and Rev Ruth*

# Church of the Holy Spirit

## *Coffee Morning*

5th July 2025  
10am-11:30am

Rebelva, 98a Main St  
Distington

Donations welcome  
for Coffee & Scones

Cake Stall & Raffle  
All Welcome



## Sunday Readings for June and July

| Date                                                     | Distington Readings                                             | Harrington Readings                                                              |
|----------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------------------------------------|
| 1st Sun<br>Sun after<br>Ascension<br>1 <sup>st</sup> Jun | <b>3pm Family service<br/>Community Centre</b><br>Acts 16.16-34 | <b>10.30am HC</b><br>Acts 16.16-34<br>John 17.20-26                              |
| 2nd Sun<br>Pentecost<br>8 <sup>th</sup> Jun              | <b>9.15am HC</b><br>Acts 2.1-21<br>John 14.8-17                 | <b>10.30am Parade Service</b><br>Acts 2.1-21                                     |
| 3rd Sun<br>Trinity<br>15 <sup>th</sup> Jun               | <b>9.15am HC</b><br>Romans 5.1-5<br>John 16.12-15               | <b>10.30am HC</b><br>Romans 5.1-5<br>John 16.12-15                               |
| 4th Sun<br>Trinity + 1<br>22 <sup>nd</sup> Jun           | <b>9.15am HC</b><br>Galatians 3.23-29<br>Luke 8.26-39           | <b>10.30am HC</b><br>Galatians 3.23-29<br>Luke 8.26-39                           |
| 5th Sun<br>Trinity + 2<br>29 <sup>th</sup> Jun           | <b>Harrington only</b>                                          | <b>10.30am HC<br/>Celebration service</b><br>Galatians 5.1,13-25<br>Luke 9.51-62 |
| 1st Sun<br>Trinity + 3<br>6 <sup>th</sup> July           | <b>3pm Family Service<br/>Community Centre</b><br>Luke 10.25-37 | <b>10.30am HC</b><br>2 Kings 5.1-14<br>Luke 10.1-11,16-20                        |
| 2nd Sun<br>Trinity + 4<br>13 <sup>th</sup> July          | <b>9.15am HC</b><br>2 Kings 5.1-14<br>Luke 10.1-11,16-20        | <b>10.30am Church in the Hall</b><br>Luke 10.25-37                               |
| 3rd Sun<br>Trinity + 5<br>20 <sup>th</sup> July          | <b>3pm Family Comm.</b><br>Genesis 18.1-10a<br>Luke 10.38-42    | <b>10.30am HC</b><br>Genesis 18.1-10a<br>Luke 10.38-42                           |
| 4th Sun<br>Trinity + 6<br>27 <sup>th</sup> July          | <b>9.15am HC</b><br>Genesis 18.20-32<br>Luke 11.1-13            | <b>10.30am HC</b><br>Genesis 18.20-32<br>Luke 11.1-13                            |

### Garden produce

*A toddler was found in the garden by the steps, chewing on a slug. After the initial surge of disgust his mother asked, "Well . . . what does it taste like?"*

*He thought a moment. "The worms by the garage."*

*Courtesy of Parish Pump*

## Distington Evergreens

The Evergreens are a group of old, and newly made friends, who meet weekly in The Distington Club for Young People each Thursday from 1 p.m. until 3 p.m. 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

## Harrington Men's Breakfast – Last Saturday of the Month

The Men's breakfast meets at **The Hunday Manor** on the **last Saturday of each month** at **9.30am** and finishes by 11am. There is a cooked breakfast available (£11) and usually a talk or other entertainment.

If we have sparked your interest, please do come and try it – we will make you very welcome. For more information phone Richard Wilkinson on (07974) 437874.



## Flowers In Distington Church

Flowers are displayed in Distington Church each week, (apart from during Lent, when we don't have flowers in church), and many are placed there in memory of loved ones.

Could you help us to keep the church looking beautiful for visitors and worshippers alike? Many people come to the church for those special services in life and every contribution, of whatever size, will help us to make sure that they appreciate the church as much as I know you do.



If you can help please contact Barbara Lamb 07425 792 995 or e-mail to [balamb912@outlook.com](mailto: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.

**Winning Numbers for June and July 2025**

**June - No. 6 Mckenzie Finn**

**July - No. 16 Marlene Pettit**

---

**Name:**

**Address:**

**Telephone:**

**How many numbers would you like?**

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

---

**Aspirin**

*I had a slight headache this morning but felt much better after following the instructions on the aspirin bottle: 'Take two and keep away from children.'*

*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 Saturday 21<sup>st</sup> June at 4pm** when we will be remembering the  
coming of the Holy Spirit at Pentecost,

**and Saturday 19<sup>th</sup> July at 4pm** when we will be having our Summer Party!

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

---

*A chicken crossing the road is poultry in motion.*

*Courtesy of Parish Pump*



### **Could you be a part of our Toddlers Team?**

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

---

#### **Real responses to school science exam questions:**

*Genetics explain why you look like your father, and if you don't, why you should.*  
*Water vapor gets together in a cloud. When it is big enough to be called a drop, it does.*

*Momentum is something you give a person when they go away.*

*Courtesy of Parish Pump*

## Nature Notes – Natterjack Toads

We are staying on the coast for this months notes, but leaving the cliffs for the dune areas. It is here that the natterjack toad can be found. There are only about half a dozen areas in England where this creature breeds, and we are lucky to have them in a number of dune locations. Of course the habitat has to be suitable for them. This amphibian breeds in warm, shallow pools on sand dunes and sandy heaths.



They are mainly nocturnal, and on spring nights the males all sing together to attract females; their calls can be heard up to a mile away! Adults emerge from hibernation during March or April and breeding takes place onwards into the summer. Males wait by the edge of the pond making loud rasping noises, to attract females who lay single strings of spawn, unlike the double string of the common toad.

Natterjack tadpoles are slightly smaller than common toad tadpoles and have a grey spot on the throat. The identifying yellow stripe on the back becomes obvious as the tadpoles start growing legs. One clutch of spawn can contain up to 7,500 eggs. It takes six to eight weeks for the young natterjack toadlets to develop from the spawn. While they are spawn and tadpoles, natterjacks are a valuable food source for other amphibians and invertebrates. The tables are turned when the tadpoles develop into toads, for then, prey becomes predator, and they will eat the creatures who once tried to eat them!

Natterjack toads are known as the ‘running toad’ because they actively chase their prey. They don’t hop or jump like frogs or the common toad. They have a weak, toothless jaw and no claws, so Natterjack toads are generally more peaceful than other toad species.

They can live up to 12 years in the wild, while some which have been kept in captivity have survived 3 years longer. They are afforded protection under the Wildlife and Countryside act, so if you come across these fascinating little creatures, its a case of look but don't touch.

*Sheila Richardson*

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*The main page of the Internet web site for the Evangelical Lutheran Church in Canada proclaimed “In a show of near anonymity, the convention approved full communion with the Anglican Church of Canada.”*

*Courtesy of Parish Pump*

## Thoughts of a curate

‘I alone know the plans I have for you’.

This quotation from Jeremiah 29 is on my Bible Society calendar and with my priesting on the horizon at the end of June, it is very apt and reminds me of how much we need to put our trust in God for what we are being called to do. We do not have crystal balls but God knows all and we are in His hands, walking with the Holy Spirit to find our way.



We have just had Vocations Sunday, an opportunity to reflect on what we give in the name of Jesus, not in money terms but of ourselves. It is a time to reflect and ask ourselves how are we serving him? Every one of our ministries is important because they are all a part of the offer from the whole bodies of our churches, and every role we undertake is valued. In the last few weeks, we have heard how Peter and Paul were called to serve the Lord as leaders and evangelists, and then we have learnt how Tabitha had a ministry in her care of the poor and those in need, providing coats to widows. Ministry may come in the form of presiding at services and also in the making of coffees. We have many ministries across our churches in terms of us of looking after our churches, toddlers, warm spaces, prayer spaces, flower arranging, music and coffee making to name just a few. We also have a substantial ministry of befriending and home visiting which goes unseen. Our ministries define us as Christian communities for which we are blessed.

I hope you will be able to join me at Carlisle Cathedral for my priesting; the next step in my journey, at 11am on Saturday 28th June and also at 10.30am on Sunday 29th June at St Mary's Harrington. This will be the first time presiding at a communion and Rev Julia Powley will be making a return visit to preach. We will follow the service with a bring and share lunch in St Mary's church hall.

Rev Ruth

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## US Holiday

*A couple with three young children went on holiday to America, and eventually ended up waiting in line at San Francisco's Pier 41, to purchase tickets for a boat trip to Alcatraz. Others watched with varying degrees of sympathy and irritation as the young children fidgeted, whined, and punched one another. The frazzled parents reprimanded them, to no avail. Finally, they reached the ticket window. "Two return tickets, please," the father said. "and three singles."*

*Courtesy of Parish Pump*

# June and July at Harrington and Distington churches

## Pentecost – 8<sup>th</sup> June

**9.15am Holy Communion at Distington and**

**10.30am Parade Service at Harrington**



If you have read my Rector's letter this month you will know why we celebrate the coming of the Holy Spirit at Pentecost. It is a joyful occasion as we celebrate the continuing presence of God among us.

## Confirmation 2025 – 8<sup>th</sup> June 6pm at Distington

A reminder that Bishop James Bell will be confirming candidates at a confirmation service at the Church of the Holy Spirit, **Distington at 6pm on Sunday 8<sup>th</sup> June**. At the time of writing, we have seven candidates from churches across the Workington area and all are welcome to attend the service. Please do come and support the candidates and pray for them as they take this important step in their Christian journey.



## Trinity – 15<sup>th</sup> June

**10.30am Holy Communion at Harrington and**

**3pm Holy Communion at Distington**



Trinity Sunday is when we give thanks for God as Father, Son and Holy Spirit. One God, but three persons who invite us to join in their eternal relationship of life giving and unconditional love. The Trinity is one of the many paradoxes that define our Christian faith. How can God be one God, but three distinct persons? St Patrick is said to have used the shamrock as an example – one leaf with three lobes. I prefer to see the Trinity reflected in

humanity; God making us in his own image – body, mind and spirit.

## **Priesting at Carlisle Cathedral – 11am on 28<sup>th</sup> June**

### **Celebration service at 10.30am on 29<sup>th</sup> June at Harrington**

Rev Ruth will be priested at the cathedral at 11am on 28<sup>th</sup> June and we are planning on taking a minibus to Carlisle. If you would like a lift please contact Rev Dom. This service marks a very significant milestone in Ruth's journey. Ruth says: *"This is an awe-inspiring step to take. Not only to follow in the footsteps of Jesus but also of those very early leaders of The Way; Peter and Paul in particular. Am I ready? Yes, I am ready to take this step and hope to serve our community well. This is a loving service, and I continue to invite everyone to be on the journey with me. It will be a great joy to preside at my first communion and it will probably be quite an emotional experience."*



Please do join us for our Sunday morning service at 10.30am on 29<sup>th</sup> June, at Harrington when Ruth will be presiding at Holy Communion for the first time. Rev Julia Powley will be returning to preach at this service and we will have a bring and share lunch in the church hall afterwards.

### **Pet Service – 10.30am on 13<sup>th</sup> July at Harrington...**



Following the great success of last year's pet service, we will be holding this year's pet service on 13<sup>th</sup> July. We will be outside (weather permitting!) and everyone is welcome to come and go as their pets demand. It will be an opportunity to thank God for our furry (and not so furry!) friends, and to pray for all God's creation.

### **...followed by a parish picnic / bar-b-que.**

After our pet service we will share a picnic and bar-b-que and all are welcome – you don't have to come to the service first. It will be a chance to relax in good company and for children of all ages to join in some outdoor games.



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*Whoever said "Out of sight, out of mind" never had a large spider disappear in the bedroom.*

*Courtesy of Parish Pump*

## Patron Saints - St George

We all know that St George is England's Patron Saint and that he slew a dragon. However, his real life is shrouded by the many myths that surround what has been recorded over many years. We don't know where or when he was born but he died in AD 303. We believe he was a Roman soldier which doesn't quite fit with the slaying of a dragon!



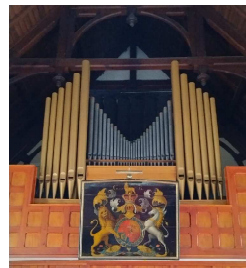
According to the legends, a dragon was terrorising the local population and was only appeased by human sacrifices. When it came to the princess's turn to be sacrificed, naturally our saint set out to fight the dragon. Having pierced it with his lance, he led it with the Princess's girdle, as if it was perfectly tame. George told the local population that if they were baptised, he would get rid of the dragon once and for all. When fifteen thousand people complied, he slew the beast. He refused to accept any reward but rather asked the king to maintain churches and show compassion to the poor.

An enthralling story, but all we really know is that he was put to death during the persecution by the Roman Emperor Diocletian. His fame spread through the world, and he became known in England during the 7th and 8th centuries. It was sometime later that he was made England's Patron Saint.

*Rev Ken Wright*

## Celebrating 40 years of the Harrington Organ

To celebrate the forty years since the organ was rebuilt in its current form, the Carnegie Singers are coming to our 10.30am service of Holy Communion on Sunday 22<sup>nd</sup> June. They will join our own choir to sing the hymns and an anthem to the glory of God. Do join us afterwards for a tea or coffee and a piece of celebratory cake.



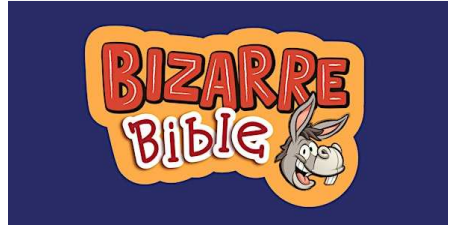
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*Tell me how it is that in this room there are three candles and but one light, and I will explain to you the mode of the divine existence.*

*John Wesley*

## Bizarre Bible

4Front Theatre's production Bizarre Bible is a high-energy theatre show for kids and families with plenty of laughs, catchy songs and some of the weirdest and wackiest stories the Bible has to offer. This production is at St Mary's parish centre, Westfield at 3.30pm on Sunday 15<sup>th</sup> June. Join us for a fun-filled hour of energetic live theatre for all the family. Whether you're familiar with the stories of the Bible or you've never picked one up in your life, we'd love you to join us for this exciting and entertaining event. Refreshments will be served after the show.



Tickets are free of charge – just visit <https://www.4front-theatre.com/tour-dates> choose Workington. Donations are welcome at the end of the show and will be split between 4Front Theatre and Churches Together in Workington and District. There is no obligation to donate.

## 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

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## Solar power

*Somebody finally invented a solar-powered laundry dryer.  
It's called a 'clothes-line'.*

*Courtesy of Parish Pump*

# WHO LET THE DADS OUT?

This is a 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 7<sup>th</sup> June and 5<sup>th</sup> July 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](http://cff.org.uk/wltdo)

*Rev. Dom*

## **Two for £25 Dad's Night 6pm on Wednesday 16<sup>th</sup> July at the Brewery House**

Calling all dads! Come to a dad's night at 6pm on Wednesday 16<sup>th</sup> July - £12.50 a head with a free drink. (See the two for £20 menu on the Brewery House menu – unfortunately it's going up next month!). Come and have some fantastic food with great company. Please let Rev Dom know if you'd like to go so that places can be booked.



## 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.



VE Day celebrations at the lunch club

## Toddler Praise Thursdays at Harrington

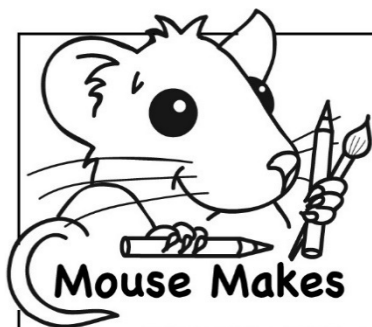


Pre-school toddlers and their carers are invited to a time of songs, stories, prayers and play, not forgetting, of course, that all important snacks, tea and chat! We meet at **10.30am** on **Thursday** mornings during term time in the church hall at **St Mary's** on the Hill, Harrington until about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

*Rev. Dom*

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*A mistake is proof that someone was at least trying to accomplish something.*



## Mouse Makes

PENTECOST • WIND • FIRE  
 HOLY • SPIRIT • TONGUES • RESTED  
 JERUSALEM • JEWS • GALILEANS  
 HEAR • LANGUAGE • ARAMAIC • GREEK  
 HEBREW • PARTHIANS • MEDES  
 ELAMITES • MESOPOTAMIA  
 JUDEA • CAPPADOCIA • PONTUS  
 ASIA • PHRYGIA • PAMPHYLIA  
 EGYPT • LIBYA • CYRENE  
 ROME • CRETANS  
 ARABIANS • GOD



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It was fifty days since **Passover**, and Jews from many countries had come to **Jerusalem** to celebrate Passover. As the **Apostles** were gathered together the **Holy Spirit** came upon them and they began to speak in other **languages**

as the Spirit enabled them. The crowd that were listening were amazed as they heard about God in their own language.

*How many people heard, believed and were baptised that day?*

**DID YOU KNOW?**

The Bible or parts of the Bible have now been translated into over 3,000 different languages since it was first written in Hebrew, Aramaic and Greek.

## 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](mailto: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*

## Church at Home

Church at Home is when someone watches an on-line service or perhaps says a service to themselves because they cannot get to church.

We often livestream our Harrington Services but as well as this Rev Ruth is trying to compile a list of services you might be able to join, and would love to hear about your favourite on-line services.

Rev Ruth and Rev Dom are in the process of creating a Worship at Home booklet for you to use. If you want help in joining an on-line service, having prayer and worship in your own home or would like a Worship at Home booklet then please get in touch with Rev Dom or Rev Ruth. (see contact page at the back of this magazine)



*Rev Dom and Rev Ruth*

# **DISTINGTON CAFE SERVICE**

**3pm in the Community Centre**  
**EVERYBODY is welcome!**  
**1<sup>st</sup> June and 6<sup>th</sup> July**



## **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 and disabled toilet facilities. The cost of hire is £18 per hour, including quarter of an hour either side to set up / pack away.

Contact James Mossop on  
[churchhall@harringtonanddistington.org](mailto:churchhall@harringtonanddistington.org)

## **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.

*If a painter crossed a Pekinese with a Lhasa Aps, would he get a Peekasso?*

Courtesy pf Parish Pump

## Book Review

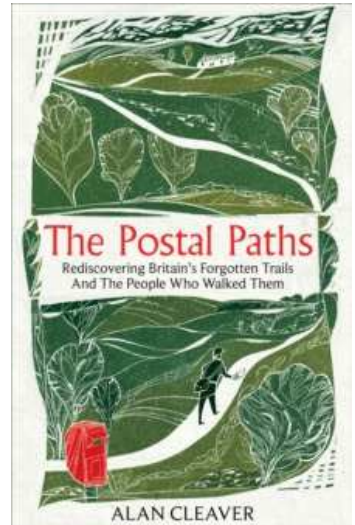
### Postal Paths

by Alan Cleaver a local author from Whitehaven. ,

Published by Monoray, 24<sup>th</sup> April 2025

Indicative Price - £17.99

For over 200 years, postmen and women have delivered post to homes across Britain on foot, no matter how remote. A chance remark by a farmer about a Postman's Path led Alan Cleaver on a quest to discover more about this network of lanes, short-cuts and footpaths in the British landscape. From the rolling fells of Cumbria to Kent's shingle coast, he walked in the footsteps of 20th Century posties.

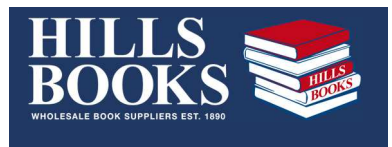


And what he found, through conversation and painstaking research, was not just beautiful scenery. It was an incredible, forgotten slice of social history - the tales and toil of rural postmen and women trudging down lanes, over fields, and even across rivers to make sure the post always came on time. From women like Hannah Knowles, who began her job delivering letters in 1912 and would only miss three days through illness over the next 62 years of service, to a WW1 veteran who completed his 9-mile delivery route on one leg, Postal Paths paints a vivid picture of people who not only served communities but brought them together, one letter at a time.

Hill Books Ltd

### Where to buy?

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



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*When W A Gilbert arrived at a provincial hotel to stay the night, he was alarmed to find it filled by clergymen attending a theological conference. He confessed: "I felt like a lion in a den of Daniels."*

*Hesketh Pearson, Gilbert & Sullivan*

**Every Monday during term time  
from 10am until 11.30am**

Toast and juice

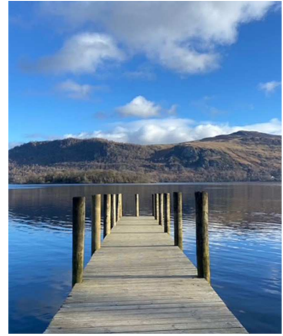
## Tea and Coffee

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.

*Edmund Fuller*

## We need your photos for our front covers!

The beautiful picture on this month's cover was submitted by reader Gill Fletcher. It's lovely to showcase our local talent, and we would like to build up a bank of photos for future editions so that we can select one that is suitable for the season. If you can help with this then please email your photos to **editor.handd@gmail.com**. (The photos will need to be a good resolution and will ideally have the subject interest in the upper or lower two thirds). Portrait pictures work best.



*Rev. Dom de Mattos*



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### Staying power

*Hospital patients' comment about the new minister: "He can stay longer in an hour than most people do in a week."*

*Courtesy of Parish Pump*

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

I was busy looking around our churchyards thinking about what to bring to your attention for this magazine and the answer was at my feet at the vestry door at The Church of the Holy Spirit at Distington; the tiny ivy leafed toadflax. This beautifully formed little mauve flower with white and yellow added in, resembles a mini snapdragon. It was originally introduced to this country in the C17th as a garden plant but is often now seen in the wild, growing in or along walls or pavements. One of our smaller flowers in our Gods acre gardens but very worthy in reminding us that the smallest of things are beautifully and intricately formed by God.



Creeping Toadflax

*Rev. Ruth*

DISTINGTON SENIOR  
CITIZENS REUNION  
MONEY BINGO



MONDAYS - 8PM START  
DISTINGTON COMMUNITY  
CENTRE  
ALL WELCOME

PIC-COLLAGE

## 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:

8<sup>th</sup> June (Pentecost) – Parade Service in the church

13<sup>th</sup> July – Café Service in the Church Hall

10<sup>th</sup> August – Café service in the Church Hall



*Rev. Dom*

## Patron Saints - St Andrew

We know a lot more about St Andrew, Scotland's patron saint, than we do about St George. He was an apostle and martyr, brother of Simon Peter. A fisherman by trade he became a disciple of John the Baptist before becoming an apostle of Christ. In all the Gospel lists of apostles his name is always in the first four; he is especially mentioned in the feeding of the five thousand and the episode of the Greeks who wished to meet Jesus.

It is not certain where he preached after Jesus' death, resurrection and ascension, where he died or even where he was buried. However, the most ancient tradition links him particularly with Greece. Patras in Achia claimed Andrew was preaching there two days before he was crucified.

He was adopted as Patron Saint in several countries, but St. Andrew's connection to Scotland stems from the legend that some of his relics were kept in the area that is now the town of St Andrews. He is represented in many church windows by Scotland's Saltire Cross and sometimes a net.



*Rev Ken Wright*

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*Never cross a Terrier with a Bulldog – the result would be Terribull.*

*Courtesy of Parish Pump*

## Recipe for July – Apple Betty. A post war recipe for VE Day

With thanks to Ruth for this old favourite

### Ingredients

- 2 tablespoons of melted butter or margarine
- 2 cups of soft breadcrumbs
- 1 lemon (grated rind and squeezed juice needed)
- ½ cup of caster sugar
- ¼ teaspoon of grated nutmeg
- ¼ teaspoon of ground cinnamon
- 3 cups of chopped apples
- ¼ cup of pineapple or orange juice



### Method

1. Mix butter with breadcrumbs
2. Make spice mixture by combining lemon rind with sugar, nutmeg and cinnamon.
3. Put a quarter of the crumbs in the bottom of a dish.
4. Cover with half of the apples
5. Sprinkle with sugar and spice mixture
6. Add another quarter of the crumbs, the rest of the apples and the spice mixture.
7. Combine lemon juice and pineapple juice (or use orange juice or apple juice instead). Sprinkle on the mixture
8. Cover with remaining crumbs. Cover and bake at 350° for about 45 mins. Remove cover and brown for 5 minutes.
9. Serve with custard or cream and enjoy!

Why not substitute gluten free bread for ordinary bread for a gluten free alternative?

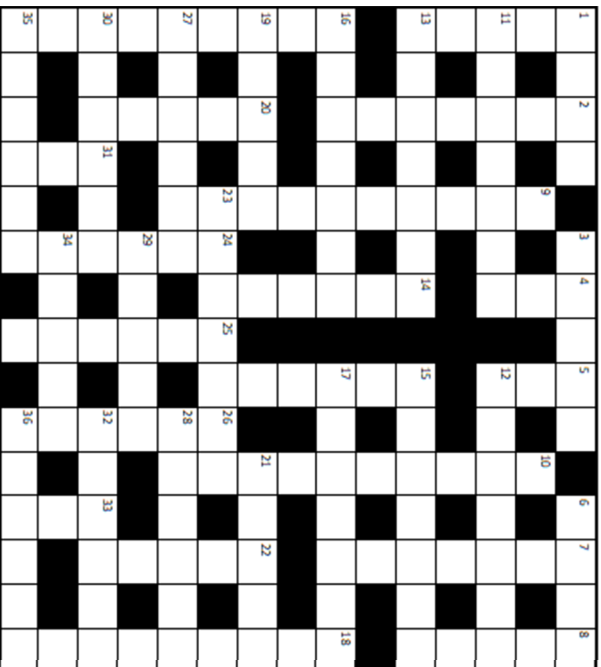
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### Parking space

*Angus was driving down the street worried because he had an important meeting and couldn't find a parking place. So, looking up toward heaven, he said "Lord, take pity on me. If you find me a parking place I will go to church every Sunday for the rest of my life and give up whisky." A moment later, miraculously, a parking place appeared. Angus looked up again and said, "Never mind. I found one."*

*Courtesy of Parish Pump*

# Coffee Time Teaser



# Coffee Time Teaser

## Across

- 1.&35. One of the 7 (4,6)
3. The flat between risers (5)
6. Remnant e.g. of a candle (4)
11. Anonymous(7)
12. Henry \_\_\_\_\_ composer (7)
13. Raise up (7)
15. Controlling food intake (7)
16. Sofas (7)
17. Light winds (7)
19. Take again (5)
21. Culinary topping (5)
23. Tournament records (7)
27. Monastic buildings (6)
28. Restorer of health (6)
29. Rabbit (5)
30. Covering for a record (6)
32. Subject to death (6)
34. Relation (5)
35. See 1.
36. Chinese steamed dumpling (3,3)

## Down

1. Dwelling (5)
2. Holding back punishment (7)
4. Liturgical colour for Pentecost. (3)
5. Weaponise (3)
7. The Godhead (7)
8. Convey here (5)
9. Very soon (10)
10. Undertaking (10)
14. Followed (6)
15. Impair vision with light (6)
16. Overtakes (9)
18. Tchaikovsky's dancing fairy (9)
20. Heraldic colour (5)
22. Cove (5)
24. Journey upwards (6)
25. Peril (6)
26. Ended with matching phonemes (6)
31. Organ (3)
33. Edge (3)

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

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Medium

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

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Easier

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

The solution to last issue's crossword

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|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
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## **Benefice Contacts**

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

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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](mailto: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](mailto:psa@harringtonanddistington.org)

### **Harrington Church Hall**

To make a booking please contact James Mossop at [churchhall@harringtonanddistington.org](mailto:churchhall@harringtonanddistington.org)

### **Distington Community Centre**

The Distington Community Centre is run by the Distington Community Centre Association rather than the church. To book please contact Alexander Tomlinson on 07907 462644 / [dcomc@yahoo.co.uk](mailto: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](mailto:editor.handd@gmail.com) by the copy date of Monday 14<sup>th</sup> July 2025.

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