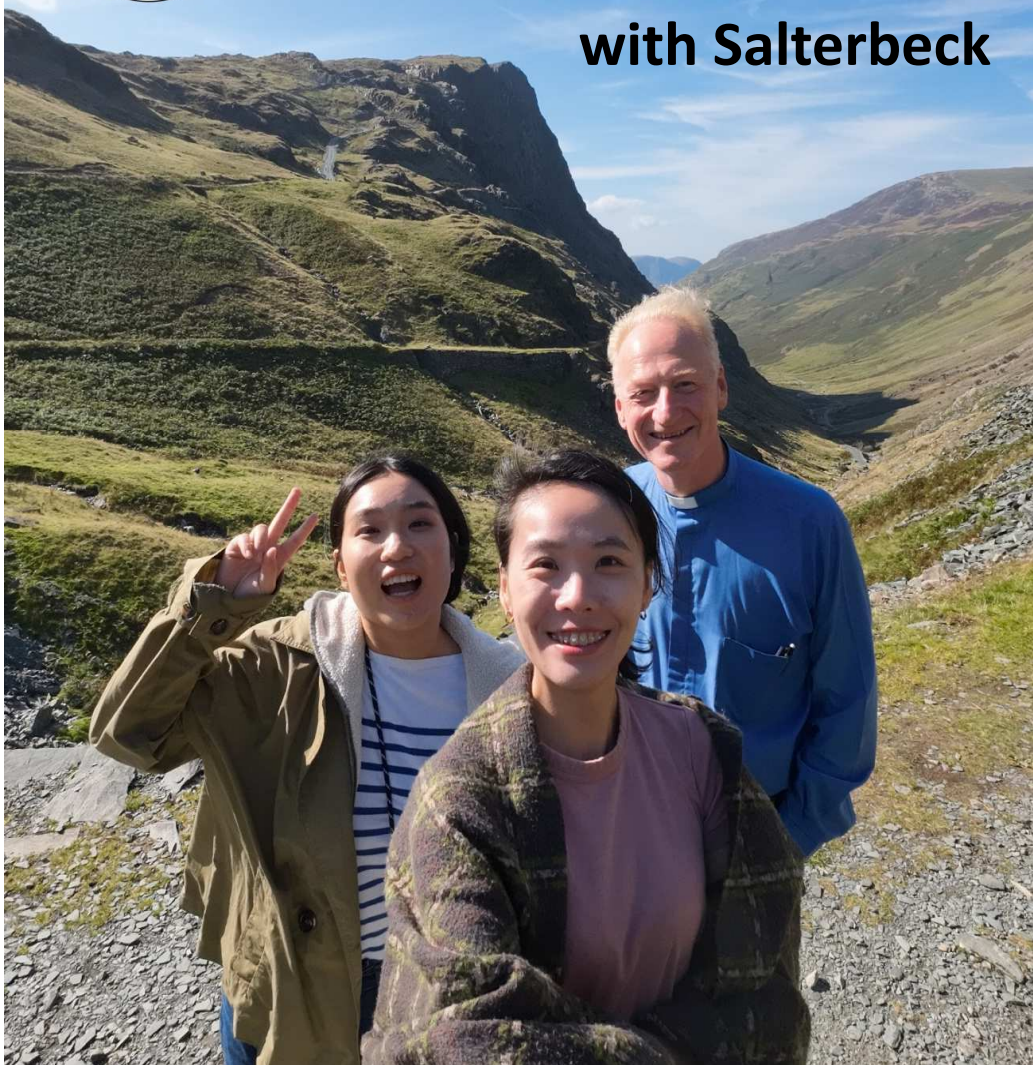




United Benefice of Distington and Harrington with Salterbeck



**October and November 2024
Parish Magazine**

£1

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 Charlie Douglas-Brown on (07808) 473792 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 December 2024 and January 2025 edition of the Magazine should be sent to the Editor at editor.handd@gmail.com by the copy date of Monday 14th October 2024.

Cover photo: Rev. Dom with interns Selena and Vivian at Honister Pass - taken by selfie!

From the Rector



Dear Friends

I hope those of you lucky enough to have something edible growing in your garden, whether it be a patch of brambles, a tomato plant or an apple tree, will have enjoyed the fruits of your labours by now. Although, of course, it's the plants that have done most of the hard work! It reminds me of the story of a vicar walking past a particularly beautiful garden, and spotting the gardener hard at work, he called a cheery "Good morning, what a beautiful garden," and added "I imagine when God created the Garden of Eden, it would have looked like this." The gardener grunted and said, "I don't know about that; you should have seen it when He was in charge!"

There is such beauty in God's creation, patiently shaped over the long history of the Earth. Beauty and bounty too, and we have much to be thankful for. Sadly, the bounty of the earth is rarely shared fairly and sometimes not at all. That is why it is so important to remember that all we have ultimately comes from God, and that in giving thanks to him, we are reminded of the need to share.

If October is a time to remember what we have, November is a time to remember those we have lost. As usual we will have a service of remembering for those dear to us that we see no more. (See dates and times in this magazine for the services at Harrington and Distington). On Remembrance Sunday (10th Nov), we will remember those who gave their lives in the world wars, and in the many conflicts since.

Jesus' death and resurrection remind us that death is not the end, and that in laying down his life for all humanity, he defeated death itself. In giving his life for us, Jesus demonstrated the true depth of God's love for us, and that God's love for us is stronger than death itself.

With best wishes,

Rev. Dom de Mattos

Benefice Diary

Day	Harrington	Distington
Mon	10am – 11.30am Toddler Group* 2pm – 4pm Warm Welcome café in the church hall*	8pm Distington Reunion Bingo in the Community Centre*
Tues	9.30am – noon Tuesday Gang (enthusiastic DIYers maintaining the church and churchyard – all welcome)	
Wed	The church is open every day from approx. 9am to 5pm Mon to Thurs until 31 st Oct – then Wednesdays 4-5pm*	10am – 11.30am Toddler Group* 2pm – 3.30pm Tea and Chat café*
Thurs	9.30am Communion	The church is open on Thursdays from approx. 4pm to 5pm* (Summer opening hours have now finished)
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* 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 July and August 2024

Celebrating Weddings at Harrington and Distington

10th August - Michelle Stuart and Gary Hardy

We wish them all 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

15th July – Ruth Douglas at Harrington church

2nd August - Desmond Fitzgerald 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

6th July at Harrington Jaco Malcolm-Ronnie Gullen

7th July at Harrington Mia Grace Simm

14th July at Harrington Hunter Lee Light

21st July at Harrington Bodhi Thomas Ponsonby

11th Aug at Harrington Lottie Joan Williamson

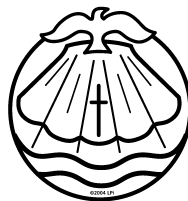
11th Aug at Harrington Olivia-Bo Hardy

18th Aug at Distington Arlo Paul Hewer

18th Aug at Distington Kodi Jay McCombe

25th Aug at Harrington Arabella Elizabeth Bridgewood

25th Aug at Harrington Cody Stephen Bedford



We welcome you
into the fellowship
of Christ

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

From the Sunday Notice Sheet...

Would the person who took the church step ladder last week please bring it back, or further steps will be taken.

Courtesy of Parish Pump

Book Reviews

Have You Ever Wondered? – Finding the Everyday Clues to Meaning, Purpose & Spirituality

By Andy Bannister and Gavin Matthews, 10Publishing, £7.99

Have you ever looked at a landscape and wondered why we are drawn to beauty? Or wondered why we are so insatiably curious about our universe? Or have you ever simply looked up at a million stars in the vast night's sky and just wondered...



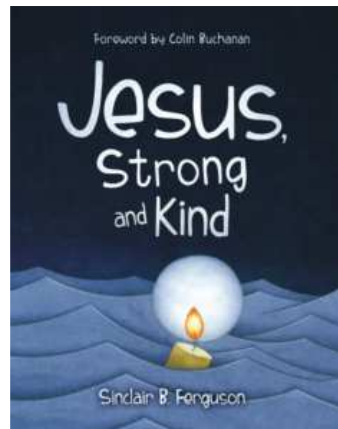
This book includes contributors from a range of backgrounds in science, law, linguistics, theology, bioethics, history, and more. They reflect on how their questions have, in some cases unexpectedly, led them to a compelling Christian spirituality and a profound sense of meaning and purpose in life.

Courtesy of Parish Pump

Jesus, Strong and Kind

By Sinclair B Ferguson, 10Publishing, £10.98

This book uses the words of the popular children's song to help children understand that they can always run to Jesus, even when they feel lost or scared or weak. The author shows that God is powerful and merciful, good and faithful. With some very attractive colour illustrations by Angelo Ruta, the book will be a helpful addition to any family's library.



Courtesy of Parish Pump

Pets Service Sunday 11th August 2024

35 adults, 4 children and 8 dogs from a combined congregation of Distington and Harrington met up in glorious sunshine for our first pets' service. Thankfully it was less chaotic than the one experienced by the Vicar of Dibley!



The promised tent was abandoned (it was too small for the number of people who came!) in favour of sitting on a circle of chairs on the grass in front of the Church Hall, under a beautiful blue sky and a fierce sun.

The dogs were so well behaved and Dom asked their owners to introduce them to the rest of us. "How many of you have pets and haven't brought them?" asked Dom. A few hands shot up. "How many of you have ever had a pet?" he asked, and nearly every hand there went skywards. "Who has ever had an unusual pet?" was the next question. "Gecko, stick insect, mice" came the response. We never did find out whether the mice had actually been uninvited guests!

The service was a combination of prayer, nature related hymns and readings and short talks by Dom, who asked about our relationship with our pets and what our responsibilities to them might be. From the responses, what sticks in my mind is that the love, care, and companionship that we lavish on our pets reflects the loving care, comfort and companionship that we receive from God.

Hallowe'en...

My six-year-old son was excited about choosing his Halloween costume. "I'm going to be the Pope," he announced proudly. I had to explain that he couldn't be the Pope, because he wasn't a Catholic. "You're Church of England," I explained

My son was silent for a few moments, while he considered his alternatives. "Well," he asked. "Is Dracula Church of England?"

Courtesy of Parish Pump



Recipe of the Month - October

October's recipe comes from Vivian, one of our Taiwanese interns, who gives us this great Taiwanese favourite.

Pork Belly

Ingredients:

600g pork belly,
1 whole bulb of garlic*
3 spring onions,
A splash of soy sauce,
Sprinkling of granulated sugar,
Sesame oil,
White pepper,
Rice wine (1/2 cup)



Method:

1. Cut the pork belly into the size you like.
2. Simmer the pork belly gently in a pan lightly oiled with sesame oil. When the surfaces start to turn crispy, add sugar to bring some caramel flavour!
3. Pour the pork belly into a pot. Add soy sauce, white pepper, rice wine, garlic and finely chopped spring onions. Add water to cover the pork belly.
4. Braise on the lowest heat for 1 hour or pressure cooker for 25 minutes
5. Enjoy the pork belly with rice!!

*(editor's note – Taiwanese cooking uses a LOT of garlic – you may wish to use discretion here!)

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.





Is he trying to attract the youth, or can't we afford the winter heating this year?

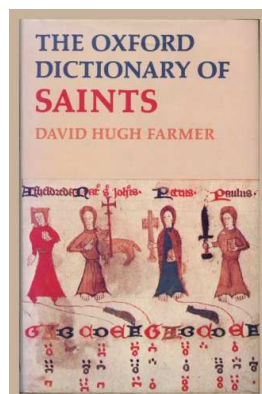
Saints of the month

Looking for different ideas to “educate, entertain and inform” our readers, the suggestion was put forward that we should include a regular piece about the saints. Rev. Ken Wright was approached to take this on board and he willingly agreed.

He said “I've been asked to write a little about Saints for each month. To my surprise, I had about 30 to choose from each month.”

The Oxford Dictionary of Saints is a fascinating book which draws a pen picture of almost 400 saints from all sorts of different backgrounds. Using this as a guide, Ken will introduce us to the well-known, the mysterious and the obscure, many of whom will be totally new to most of us. So watch this space. Elsewhere in the magazine you can read Ken's piece about St Francis.

We hope you enjoy this new feature



From the Sunday news sheet...

We are always happy to have you sue our facility.

Courtesy of Parish Pump

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

The cafe has been running for over 18 months now and goes from strength to strength. A wide range of people come along and take part in a variety of activities.

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

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

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

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

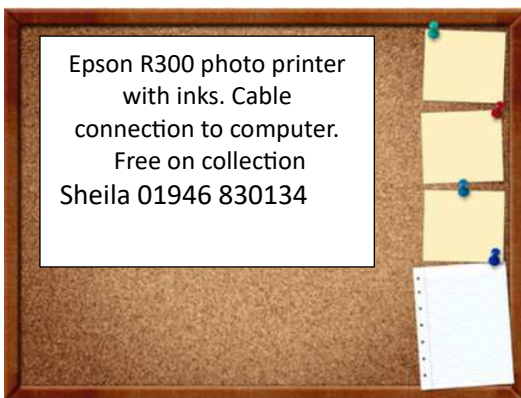
Pam Douglas, Churchwarden



Community Noticeboard

Do you have anything that you think someone else could use, then why not advertise on our Community Noticeboard? Contact the editor for more information.

editor.handd@gmail.com



Readings for October and November

Date	Distington Readings	Harrington Readings
1st Sunday Trinity+19 6 th Oct	3pm Family service in the Community Centre Mark 10.13 - 16	10.30am Holy Communion Hebrews 1.1-4; 2.5-12 Mark 10.2-16
2nd Sunday Trinity+20 13 th Oct	9.15am Harvest Festival (Family Communion) 1 Timothy 2.1-6 Matthew 6.25-33	10.30am Harvest Festival Parade Service 1 Timothy 2.1-6 Matthew 6.25-33
3rd Sunday Trinity+21 20 th Oct	3pm Family Communion Hebrews 5.1-10 Mark 10.35-45	10.30am Holy Communion Hebrews 5.1-10 Mark 10.35-45
4th Sun Bible Sun 27 th Oct	9.15am Holy Communion Isaiah 55.1-11 John 5.36b-47	10.30am Holy Communion Isaiah 55.1-11 John 5.36b-47
1st Sun All Saints / All Souls 3 rd Nov	9.15am All Saints Holy Communion Revelation 21.1-6a John 11.32-44 3pm All Souls	10.30am Holy Communion Revelation 21.1-6a John 11.32-44 6pm All Souls
2nd Sun Remembr- ance Sun 10 th Nov	9.45am Special Service Isaiah 40:28 – 31 John 15 : 9-17	10.00am Parade Service Isaiah 40:28 – 31 John 15 : 9-17
3rd Sun 2 nd before Advent 17 th Nov	3pm Family Communion Heb 10.11-14, 19-25 Mark 13.1-8	10.30am Holy Communion Heb 10.11-14, 19-25 Mark 13.1-8
4th Sun Christ the King 24 th Nov	9.15am Holy Communion Daniel 7.9-10,13,14 John 18.33-37	10.30am Holy Communion Daniel 7.9-10,13,14 John 18.33-37

St Mary's, Harrington Window Restoration

In the last magazine I had to bring you the bad news that we had found that substantial additional work was needed to the stonework of the church, including the installation of new leadwork. I am delighted to be able to tell you that the work has now been completed, due to the generosity of the trustees of the Benny Walker Trust who have covered the additional cost of the work, bringing their total grant to £34,054. The East Window now shines again, and our Archdeacon the Ven. Stewart Fyfe re-dedicated the window at a joyous service on 1st September.



Rev Dom de Mattos

Flying High at Harrington Harbour

The overnight rain and blustery wind did not dampen the spirits of children and families visiting Harrington Harbour Family Fun Day on August Bank Holiday Saturday. Dom, Sue and Ruth helped children to make 134 kites and gave their new owners some hints and tips about how to fly them. The kites spoke for themselves and flew perfectly, although some came back for repairs! We met families from Leeds, Maryport and Workington as well as Harrington and Distington.



Kites are often used as a symbol of Jesus's ascension to heaven, and also how we can be free in the love of God.

We are already planning for next year so put the date in your diary and come and join in the fun.

Rev. Ruth

From the Sunday news sheet...

Our visiting monster today is the Revd Jack Bains.

Courtesy of Parish Pump

Harrington Men's Breakfast – Last Saturday of the Month

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

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



Distington Library link

Opening hours

Monday: 10am to 2pm

Tuesday: 10am to 2pm

Wednesday: Closed

Thursday: 10am to 2pm

Friday: 10am to 2pm

Tel. 01946 506400



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

Distington 100 Club Winners

October - No. 23 Kathleen Wilson

November - No. 21 Christine Hewitt

To join the 100 club please contact one of the PCC members at Distington or email **editor.handd@gmail.com**. Numbers are £12 each for the full year which enters you into 12 monthly draws.

Growing up...

You know your child has grown up when he no longer asks you where he came from and instead refuses to tell you where he's going!

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 19th October where we will be thinking about harvest and
16th November when we will be thinking about being kind and generous.**

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



May the Force be with you...

*Duct tape is like the Force. It has a light side and a dark side, and it holds the
universe together.*

Courtesy of Parish Pump

Tea and Chat Café at Distington

Everybody is welcome at our café on Wednesday afternoons from 2pm until 3.30pm at the Distington Community Centre on Church Road. There's free tea, coffee and cake, and it's a great chance to meet others in a relaxed, supportive atmosphere.

We have a light-hearted quiz each week for the adults, and children are always welcome.

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



Rev Dom de Mattos

Lifts to Church

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

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



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)

You know it's true...

Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.

Good judgement comes from bad experience, and bad experience mostly comes from bad judgement!

Courtesy of Parish Pump

Please can you help Distington Church?

The church here in Distington is a very important and beautiful building but more importantly it is the house of God. Like all houses it needs to be cared for and therefore, we are asking if you could help by volunteering to help care for it. Our small band of willing helpers is struggling to keep on top of the jobs that need doing, especially the cleaners and so we are appealing for your help.



It would not be every week, and as the saying goes; “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.

Church Festivals at Harrington and Distington

We have a number of special services over the next couple of months to which you are very warmly invited.

Harvest Festival

“Come ye thankful people come, raise the song of harvest home” as the favourite hymn tells us. The Harvest Festival is a time to give thanks to God for his goodness to us. We tend associate harvest festival with fruit and vegetables, being the most obvious and visible produce of the land, but there is so much for us to give thanks for. Our land is rich in natural resources, and the seas produce a bountiful harvest too. Then there is the harvest of human ingenuity, through which God continuously blesses us. Do come and join us, and everyone, young or old is encouraged to bring a contribution. Our joint benefice Harvest Supper is on 15th October at 7.00pm – see elsewhere for details.



So do come on **Sunday 13th October 2024** at either **9.15am at Church of the Holy Spirit**, Distington or **10.30am at St Mary's**, Harrington (which will be a parade service with our Explorers, Scouts, Cubs and Beavers).

Rev. Dom de Mattos

Harvest Supper at St Mary's, Harrington

Do join us for our joint benefice Harvest Supper on **Tuesday 15th October** at 7.00pm for a traditional Pie and Peas supper. Coffee, tea and squash will be available, or you can bring your own drinks. There will be music and entertainment, and of course unmissable Cumbrian crack!



The cost will be £6 per head. Please could you add your name to the list at the back of church or email the Rector on rev.domdem@gmail.com by Thursday 10th October.

There will be a raffle, (any donations of raffle prizes would be gratefully received), and fresh harvest produce will be auctioned off; proceeds of which will be shared between the church and the Bishop's Harvest appeal. Over the last four years the Diocese of Carlisle's Bishop's Harvest Appeal has collected nearly £85,000 to fund the work of Christian Aid in the Holy Land and the Mothers' Union in the Democratic Republic of Congo (DRC).

Service of Remembering – 3rd November



This is a beautiful service where we remember those near to us who have died. It is held close to All Soul's Day and this year it will be on **Sunday 3rd November**. The service will be at **3pm at the Church of the Holy Spirit, Distington** and at **6pm at St Mary's, Harrington**. The names of those who have died will be read out, and

there will be an opportunity to light a candle in memory of your loved one. If you would like us to include the name of those you would like to remember, please add their name to the list at the back of the church or email the Rector on **rev.domdem@gmail.com** stating their names and at which church you would like their names to be read.

Remembrance Sunday – 10th November

At **St Mary's Harrington**, the service will start at **10am**, with the service concluding at the war memorial in St Mary's churchyard, with a reading of the names of the fallen in the two world wars and the two minute silence at 11am.

At the church of the Holy Spirit Distington, the service will start at 9.45am and at 10.30am the congregation will travel to the War Memorial on Main Road, opposite Beck Green. The service will continue at the war memorial and will conclude with the 2 minute silence at 11am.



Rev Dom de Mattos, Rector

Bishop's visit...

A bishop visited a primary school in his full episcopal attire – with his mitre, robes and bishop's crook or crozier. A little lad's mother asked him later what he had thought of the bishop's visit to his school. The little boy replied: "It was great – now I know what a real crook looks like!"

Courtesy of Parish Pump

THE
CarNegie
SINGERS

THE
MESSIAH
PROJECT

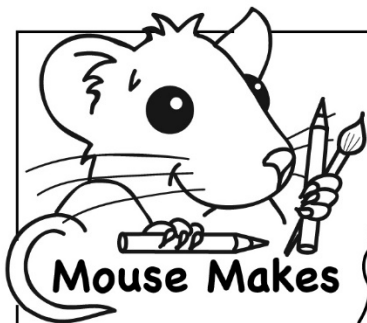
Highlights from Handel's Messiah

SAT 23 NOV
7:00 PM

St Mary's on the Hill
Harrington

Tickets £12 from Choir
Members or St Mary's Church





WALK WITH THE LORD

"Teach me your way,
O Lord, that I would
walk in your _____."

Psalms 86:11

"For we **walk** by

not by sight."
2 Corinthians 5:7

"**Walk** by the

_____"
Galatians 5:16



Jesus said:
"I am the light
of the world.
If you

me you won't
have to **walk**
in darkness
because
you have
the light
that leads
to life."
John 8:12



GOD • JESUS • LORD • WALK

WAYS • STEP • FEET • PATH • GO • TEACH • KNOWLEDGE • LIGHT

"**Walk** in

as Christ loved
us and gave
himself up for us."
Ephesians 5:2

"**Walk** in
a manner

worthy of the
Lord, fully pleasing
to him, bearing

in every good work
and increasing in
the knowledge
of God"
John 8:12



is everyone who
fears the Lord,
who **walks** in
his ways."
Psalms 128:1



Find the words from the questions too!

Journeys in prayer by Rev Ruth.

In our last magazine I talked about us being on a journey together. A part that journey is about prayer and, how we can act as church communities even when we are not together through prayer. The disciples were the first community of believers who prayed together; remember how the disciples asked Jesus to teach them how to pray in Luke 11 verse 1 and Jesus responded by giving us all the Lord's prayer? We continue to use that prayer in all of our services and in our private lives.



I believe that prayer is very important and when we all pray together it is very powerful. Sometimes people say that they don't know how to pray but pray is no more complicated than having a conversation with God or with Jesus or the Holy Spirit or all three at the same time, and everyone can do it. In church and through prayer we often ask for God's care of the world, to guide leaders in making decisions, for world peace, for clean water for all countries, for those who are sick, for the protection of our families and friends, those suffering loss, for the challenges life brings and, also for ourselves. When we pray it is often a good idea to find a quiet place to be but equally you may be 'on the go'.

If you see me sitting on the steps at Holy Spirit then I will be listening to what is happening in our community and will be praying for what I can see around me, if I am on the train I will pray for the things I pass which could be farms, businesses, or children going to school and for other travellers.

You might want to start your prayers by choosing where you will pray and what you want to pray for, this may be about saying thank you, or by telling God how worried you are about something or for asking Him for guidance. God will be listening.

One part of my prayers is for our parishes on an area by area basis. Dom and I have discussed this and want to invite you to join in that cycle of pray. You may want to do this physically by actually walking along the parts of the parish we have identified for each month, or in your mind from the comfort of your armchair, or even by using something like Google maps. You may even want to keep a prayer diary. We would like to hear how you get on.

Rev Ruth

Our prayer areas

Month of prayer	Parish of Holy Spirit	Parish of St Marys-on-the-hill
September	Gilgarran and surrounding area	High Harrington, north and east of the Galloping Horse
October	Pica and surrounding area	High Harrington between the church and the Galloping Horse including The Hollins and Broadacres
November	Common End and areas south of the war memorial	Harrington from the church to the harbour and beyond
December	Main Street from war memorial to Church Road, including Hinnings Road area	Salterbeck south of Salterbeck Drive and Holden Road, including St Mary's Primary School and Moorclose Road south of the school
January	Main Street north of Church Road including Church Road and Barfs Road area	Salterbeck west of Back Fields including roads around the Oval centre
February	Areas north of Barfs Road including Lakes College and Lillyhall and areas stretching towards Harrington	Salterbeck east and north of Back Fields including north of Holden Road and Moorclose Road north of the school

In Autumn we will also pray for

- Our schools and especially about our Open the Book project.
- Our warm spaces and welcoming cafes.
- Our fund raising
- Vivian and Selena, our interns
- New forms of worship at St Mary's Westfield.

We also join the Diocese in praying for

- Peace between Ukraine and Russia, Israel and Gaza
- Visitors to our area
- The Bishop's Harvest appeal
- Bishop Rob, and all churches and their work across our diocese.

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

WARM HUB BASED AT
DISTINGTON CLUB FOR YOUNG PEOPLE

FREE TEA, WEDNESDAYS
COFFEE & FOOD 12-2PM

EVERYONE WELCOME

COME ALONG & MAKE NEW
FRIENDS OR MEET NEW FRIENDS

A promotional graphic for a warm hub at the Distington Club for Young People. The background is a dark green textured surface. At the top, the text 'WARM HUB BASED AT DISTINGTON CLUB FOR YOUNG PEOPLE' is written in a white, typewriter-style font. Below this, a central rectangular area with a scalloped orange border contains a photograph of a brown paper coffee bag labeled 'CAFE', a white cloth, and scattered coffee beans. Overlaid on the left side of this central area is the text 'EVERYONE WELCOME' in a white, stylized font, oriented diagonally. At the bottom of the graphic, the text 'COME ALONG & MAKE NEW FRIENDS OR MEET NEW FRIENDS' is written in the same white typewriter font.

Nature Notes - Squirrels...friend or foe?

There are two species of squirrel in our country, the red and the grey. But why is one a villain to be captured and humanely destroyed and one to be cherished as part of our indigenous wildlife?



The native red squirrel must be one of our most attractive wild mammals. Maybe our earliest introduction to it was through reading Beatrix Potter's "Tale of Squirrel Nutkin", written when she and her family stayed at a large country house on the shores of Derwentwater.

There were many more red squirrels to be seen over a 100 years ago when it was common throughout the country, but with the introduction of the American grey squirrel in the 1870s, the number of reds declined. But why? You may ask.

There are two main causes. Competition for food in the form of nuts and berries in deciduous and mixed woodlands and the transmission from grey squirrels of a disease called 'squirrelpox', which is lethal to red squirrels.



While most folk can easily identify a picture of reddish brown creature with its tufted ears and bushy tail as our native animal, it can be more difficult in the wild, where a fleeting glance is all you may get. The grey squirrel is still a cute little animal, which will come close to people to be fed. There are reddish tinges in its grey coat, but its bigger size and tuftless ears are identifying features.

Cumbria is one of the few counties where the red can still be seen, but even here it is under threat. Thanks to the efforts of volunteers who monitor the status of the red squirrel and the intervention of pest control to cull the greys, the tide is slowly turning. Reds can be seen locally at the Cumbria Wildlife Trust nature reserve, and on the cycle path between Distington and Harrington. Some local folk are providing feeders which are only accessible to reds, to help their survival.

The more knowledge there is about the distribution of both reds and greys the better; it provides the opportunity to encourage one and control the other.

The Red Squirrel Survival Trust, Cumbria Wildlife Trust would be glad to hear of your sightings - contact the local support group copeland.rsg@hotmail.com <https://watch.terryabraham.com/products/cumbrian-red-saving-our-red-squirrels>

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.

How do you fix a broken website? With stick e-tape.

Courtesy pf Parish Pump



Can YOU be a Baby and Toddler Group Volunteer?

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

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



From the Paish Bulletin...

~ The Rector is on holiday this month. Local clergy will be celebrating with us all the Sundays that he is away."

Courtesy of Parish Pump



Recipe of the Month – November

November's recipe comes from Selena, also one of our Taiwanese interns, who gives us this quick and easy dish popular in China.

Stir fried tomato and scrambled eggs.

Ingredients

2-3 medium tomatoes
3 eggs, beaten
A pinch of salt
¼ teaspoon white pepper
Spring onions (number to individual taste)
A little water
1 teaspoons of ketchup
1/2 teaspoon of soy sauce



Method

1. Cut tomatoes into small wedges. Chop the spring onion.
2. Crack eggs into a bowl and season with salt, and white pepper, and then stir.
3. After the pan is heated, add some oil to the wok/pan.
4. Stir fry the spring onion in the wok after the oil is heated.
5. Stir fry the eggs over a low heat until scrambled and remove from the wok immediately.
6. Stir fry tomatoes. Add some water and cook until they are softened.
7. Set aside and season with salt to taste and add ketchup soy sauce.
8. Add scrambled egg, stir well, and your dish is done.

Front cover photos

We have had some great front cover photographs but these would be even more special if taken by our church members. We would like to build up a bank of photos for future editions so that we can select one that is suitable for the season. If you can help with this then please email your photos to **editor.handd@gmail.com**. (The photos will need to be a good resolution and will ideally have the subject interest in the upper or lower two thirds). Portrait pictures work best.

Rev. Dom de Mattos

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

As autumn approaches we can see that many of our summer flowers have got to the stage of seeding, particularly the red champion, the ox-eye daisies, rosebay willow herb, and self-heal but if you look closely, not all flowers have faded. As the taller growth dies back you will still be able to see buttercups and daisies once again.



Our popular common daisy is a low growing plant. It is like two flowers in one as the centre is made up of small tight round petals surrounded by a ring of longer more oval, white ones. The name daisy is thought to come from the words 'daes eag' meaning 'days eye' as the flower opens up at dawn to reveal a bright yellow centre – just like the sun. The daisy represents purity and innocence. Our common daisy belongs to the largest single group of flowers. It has edible leaves and in the past was used as a remedy for coughs, indigestion and back ache!

Rev. Ruth

Family Services at St Mary's, Harrington

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



13th October – Harvest Parade service in the church (see page 18)

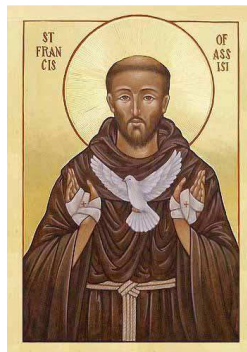
10th November – Remembrance Sunday Parade Service in church

8th December – Scouting Awards Parade Service in church

Rev. Dom

Saint of the Month Saint Francis of Assisi (1181-1226)

The life of St Francis of Assisi is celebrated on the 4th October. While we know of his love for animals and birds, there was far more to his life than that. So, here's a few more facts that maybe you didn't know. He was working for his father who was a wealthy cloth manufacturer, when he enlisted in the army which was fighting a war between Assisi and Perugia. He was captured, became seriously ill and was eventually released after a year. He then left the army fearing he would be called a coward.



He already had regard for the poor and the ill when he had a vision to rebuild a derelict church. To raise funds, he sold some of his father's cloth, which led to a breakdown in their relationship. Francis renounced his inheritance, even his fine clothes and began a new life which eventually resulted in the Order of Franciscans being recognised.

He became one of the most venerated figures in Christianity and was canonized by Pope Gregory IX on July 16th, 1228. He is usually portrayed wearing a brown habit with a rope tied round his waist. The rope has 3 knots symbolising the Franciscan vows of poverty, chastity and obedience.

It has become customary for churches to hold services of blessing animals on his feast day, which has also become World Animal Day. By the time this is published we will have had our own pet service!

Ken Wright



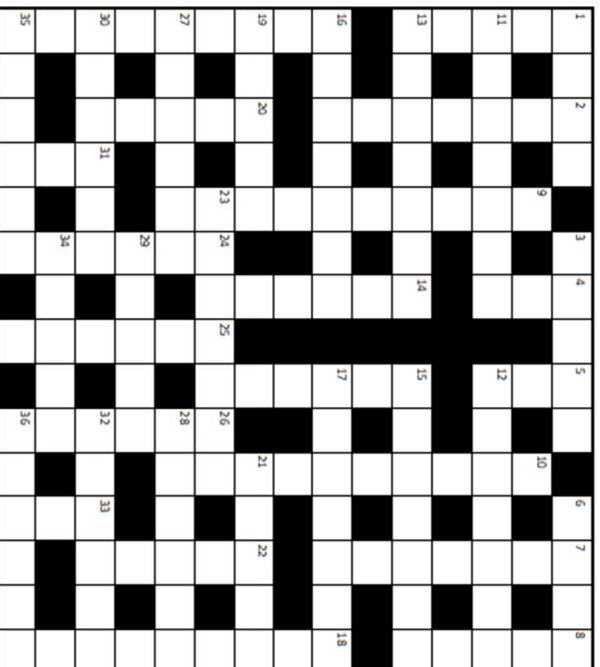
Teddy Bears Picnic at Distington

We had a wonderful time at our annual Teddy Bears picnic. This year we had a very special visit from Julie and the Primary Puppets. The puppets told us the story of The Lost Sheep and we joined in various activities before enjoying our delicious picnic. Our thanks to all who helped us have a great time. Hope to see you and your teddy next year.



Doreen Belford

Coffee Time Teaser



Coffee Time Teaser

Across

1. SI units of resistance (4)
3. Royal British Legion symbol (5)
6. Brother of Cain (4)
11. A gathering in (7)
12. Kitchen preparation area (7)
13. Went in (7)
15. Turned (7)
16. Many sided shape (7)
17. Pleasant (in manner) (7)
19. Musical theatre (5)
21. Rental agreement (5)
23. Gerald _____ Author (7)
27. e.g.Eden (6)
28. Eagles' nests (6)
29. Cuttlefish ink (5)
30. Continent (6)
32. Flower of Asteraceae family (6)
34. Take part in duelling sport (5)
35. Mourn (5)
36. Lines of mountains (6)

Down

1. Brownish yellow colour (5)
2. Of a marriage (7)
4. e.g. bowled or caught (3)
5. Church seat (3)
7. Recepticle for washing (7)
8. Ran with long strides (5)
9. Directed backwards (10)
10. Thankfully (10)
14. More solid (6)
15. Band assistant (6)
16. Capital of North Korea (9)
18. Recipients of Paul's epistle (9)
20. Mistake (5)
22. Spirit in *The Tempest* (5)
24. Dangerous (6)
25. Seek forgiveness (6)
26. One in front (6)
31. Slang for diamonds (3)
33. Layer of eggs (3)

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		1					8	
			4		5			
	7					3		
	1	3				8	6	
	6			7	8	4		
					6			

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Medium

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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

ANIMAL CONCERN CUMBRIA

Rehoming companion animals from our centre in Egremont, West Cumbria

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Ways the charity can help you.

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TNR Ferals – Peppa's pot
supporting food banks

www.animalconcerncumbria.org 07712 330829

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LESLIE CLEELAND See our large range of beds, suites, carpets, occasional furniture and bedroom furniture 61-65 Main Street Cockermouth CA13 9JS Tel: 01900 823005	JOHN SANDELANDS Funeral Directors Ltd Tel: 01900 602753 Rest Chapels at: Main Road, Seaton South William Street, Workington Bridge Street, Cockermouth
<u>Brockbank Curwen Cain and Hall</u> <u>Solicitors and Notaries</u> 44 Duke Street, Whitehaven CA28 7NR Tel: 01946 692195 Also at Cockermouth, Maryport, Workington and Keswick • Home Information Packs • Residential and Commercial Conveyancing • Wills and Probate • Court or Protection • Personal Injury • Matrimonial • Crime • Employment www.brocklands.co.uk	DISTINGTON COMMUNITY CENTRE The centre runs training events and other community-based activities including public meetings The Mable Knowles room is a committee room available for small meetings – capacity 25. The main hall is available for events, activities and private parties etc – capacity 100. <u>Full new kitchen available</u> For further details Tel: 01946 834297

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