



United Benefice of Distington and Harrington with Salterbeck



**October and November 2025
Parish Magazine**

£1

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Cover photo – Our new interns, Katariina and Frannie, at Castlerigg stone circle

From the Rector

Dear Friends

On Remembrance Sunday we will be praying for the peace of the world as we remember those who gave their lives to preserve it. Jesus said, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid"



Easier said than done, you might think, looking around at the world today. As we look on in sorrow at the conflicts of the world – leaders bent on conquest and destruction, dragging their peoples into acts of hatred and violence – we might wonder where the peace is that we were promised. Christmas is not so very far away (sorry for the reminder!), when we celebrate the coming of Jesus "the Prince of Peace", and yet our society seems to be becoming more fractured, more hateful and more intolerant by the day.

It doesn't have to be this way. Each one of us has the choice to be peacemakers within the small circle of our own lives. We can choose to forgive, we can choose to be tolerant, we can choose to speak kindness. Similarly, we can choose *not* to be "keyboard warriors", spouting vehemence and contempt, we can choose *not* to follow the herd, turning on anyone who is different, we can choose *not* to fuel our souls with bitterness and outrage. Will that make a difference? Society is simply the overlapping of these small circles and every circle that is filled with peace soothes those around it.

What of God's promise?

The peace of God is beyond our understanding but is freely given to all who turn to him. God's peace enables us to be calm when all around us is in turmoil, to trust him when our lives seem to be crumbling, and to look forward with hope when the future looks bleak. We pray constantly for peace in situations which seem irreconcilable because in the cross of Jesus, God reconciled the whole world to himself.

I pray that you will find peace in your life and a bright hope for the future.

With best wishes,

A handwritten signature in black ink, appearing to read "Dom de Mattos".

Rev. Dom de Mattos

Benefice Diary

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

* More information elsewhere in this magazine

From the Parish Registers in July and August 2025

Celebrating Weddings at Harrington and Distington

6th July - Claire Temple Alaric Weightman
26th July - Kayleigh Nevinson and Thomas Edmondson



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

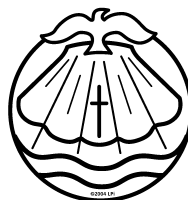
Funerals in Harrington and Distington conducted by our ministers

22nd July - David Hopper at St Mary's church
1st August - Alec Henderson at Holy Spirit, Distington
18th August - Bob Bennett at Holy Spirit, Distington

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

Sharing the Joy of New Life in Baptism

6 th July	at Harrington	Noah Mark Henderson
6 ^h July	at Harrington	Annie Mae Henderson
13 th July	at Harrington	Layla Ann Fraser
20 th July	at Harrington	Mollie Louise Motum
20 th July	at Harrington	Thomas Edward Dunleavey
27 th July	at Harrington	Delilah Amora Isobel Burns
27 th July	at Harrington	Mia Nova Fernandez
17 th Aug	at Distington	Flora Joan Audrey Earle
17 th Aug	at Distington	Remy George Thomas Milligan
17 th Aug	at Harrington	Marley Routledge-Rudd
17 th Aug	at Harrington	Rosa Mary Anne Deans
24 th Aug	at Distington	Frankie Nestor Ronquillo Taylor
30 th Aug	at Harrington	Leo James Fisher
31 st Aug	at Harrington	Rory Scott



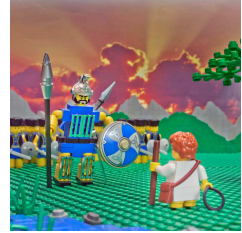
We welcome you
into the fellowship
of Christ

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

Lego

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

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



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 would like to tell everyone how much I enjoy visiting the warm welcome café. I have been a regular since it first opened and can confirm that everyone is indeed given a really warm welcome. Limitless hot drinks are provided along with delicious home made cakes and biscuits.

As well as catching up on all the local news, there is the opportunity to play cards, dominoes, and scrabble. Those who are crafty like to knit, sew or crochet. We have enjoyed making soft toys, blankets and baby clothes which have been given to members of the community.

Susan W.



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

Lost in Translation

Sign on a door in Istanbul: American dentist – 2nd floor. Teeth extracted by a new Methodist.

Courtesy of Parish Pump



Recipe of the Month – October

Our October recipe comes from Estonia, courtesy of Katariina. It is called Rosolje, but as I don't know how to pronounce that, I'll go with "Estonian beet and potato salad"

Rosolje: Estonian Beet and Potato Salad

An exciting hot pink potato salad made with a combo of potatoes, roasted beets and a tangy yogurt-mustard dressing. Suitable for vegetarians

Ingredients

- 2 pounds potatoes of similar size, peeled (4 medium)
- 1 3/4 pounds red beets of similar size, scrubbed (4 medium)
- 1 1/2 cups of 1/4-inch-diced dill pickles or bread and butter pickles
- 1 apple, peeled, cored, and finely chopped
- 1/2 cup finely minced red onion
- 1/2 cup mayonnaise
- 1/2 cup whole milk Greek yogurt
- 1 tablespoon mustard
- 1 tablespoon prepared horseradish
- 2 teaspoons salt, divided
- 1/2 teaspoon freshly ground black pepper



Optional garnish:

- 3 large eggs, hard-boiled, peeled and sliced,
- 2 tablespoons chopped parsley leaves,

Method

Preheat oven to 400°F. Scrub beets and wrap them in foil. Set them on a roasting pan and bake them for 1 hour. When cool enough to handle, (15 min or so) rub off the skins using a paper towel, or use a vegetable peeler. Cut them into 1/2-inch dice.

While beets are baking put potatoes in a large pot and cover with cold water by a few inches. Add a teaspoon of salt. Bring to a boil over high heat. Lower to a gentle simmer. Simmer for 20 minutes until tender all the way through. Drain and cool. Cut into 1/2-inch dice.

In a small bowl combine the dressing ingredients: mayonnaise, yogurt, mustard, horseradish, 1 teaspoon of salt, and pepper.

In a large bowl toss all the chopped ingredients with the dressing. Chill for at least an hour. Garnish with sliced eggs and parsley to taste.

Our Prayer Journey in October and November

In October and November, we pray for those who live, work and commute in:

Month	Church of the Holy Spirit	St Marys
Oct	Pica and the surrounding countryside. We pray for farmers and agricultural workers as they continue to gather in the harvests For those whose work takes them all around the parish, postal workers, care givers, health visitors, delivery drivers, social services and emergency workers.	High Harrington between the church and the Galloping Horse including the Hollins and the Broadacres. We pray for those using the cycle path for commuting, exercise or dog walking All those who live and work at East Croft Grange Care Home in Scaw Road
Nov	Common End, and areas south of the war memorial at Distington	Harrington from the church to the harbour and beyond and for all who live and work at West Winds Care Home, North Shore

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

God is our refuge and our strength *Psalm 46:1*

In Autumn we especially pray for the Bishop's Harvest appeal, and that God will call new vicars and rectors to fill the many vacancies along the West Coast.

Be still and know that I am God *Psalm 46:10*

We pray for peace in the world

God causes wars to end throughout the earth. Psalm 46:9



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

Prayer boxes

By the time you get your new magazine we will have prayer boxes in both of our churches. In Distington this is in the newly formed lady chapel, placed on top of the heater and at Harrington near the memorial book. Both boxes will have some prayer resources in them which are free to take away, and also some prayer cards for anyone to write their prayers on. Please put prayers in the boxes. They will be checked on Thursdays on a weekly basis.



Distington Club for Young People

Looking for somewhere exciting to hang out after school?

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



🌟 Here's what's waiting for you:

🎮 Gaming Stations & Computers

🎨 Arts & Crafts Galore

🎭 Role Play & Chill-Out Zones

🏓 Table Tennis & Pool Tables

📶 Free Wi-Fi

🍔 Hot Food & Tuck Shop Treats

📅 Weekly Raffles

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

📅 Sessions Just for You:

🟣 Phoenix Group (4-11 years)

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

🟢 Wyvern Group (11 years and over)

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

☀️ Holiday Fun!

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

📍 Find us at Distington Club for Young People

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

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

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

Harrington Church Hall is available for Hire



Regular Groups
Classes
Children's Parties



Bouncy Castles Welcome



Capacity to seat up to 80 people

Well-equipped kitchen

Disabled toilet facilities and level access

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

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

Email: **churchhall@harringtonanddistington.org**



Good news on the lottery funding
Vicar....

Three numbers came up for £25!

Amy Dunne

Dip.PRFHC
Foot Health Practitioner.

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

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

DBS checked & fully insured.

Please call to discuss further &
book an appointment.

07515647134

a.helpinghands2022@gmail.com

Dancing for Pleasure

Everyone is welcome at Dancing for Pleasure on Thursday afternoons from 2pm in Harrington Church Hall
Absolute beginners welcome – any age, any agility! Just come and have fun!
There's no charge but donations towards costs are always welcome.

Rev Dom de Mattos



Wear out

Three little boys were bragging about how tough they were. "I'm so tough," said the first boy, "that I can wear out a pair of shoes in a week."

"Well," said the second little boy, "I'm so tough, I can wear out a pair of jeans in a day."

"That's nothing," said the third boy. "I can wear out Nana and Granda in an hour."

Courtesy of Parish Pump

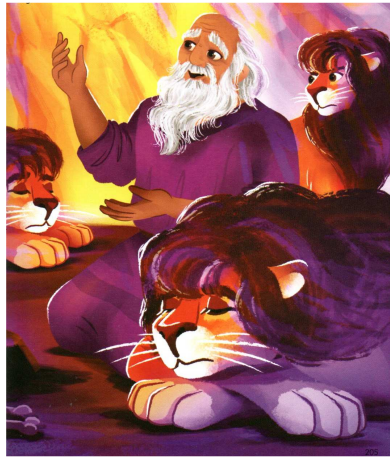
Open the Book

The Open the Book team are busy preparing for our next presentation: "Daniel in the Lion's Den".

We will be visiting Distington Primary on 2nd October and both Beckstone Primary and Westfield Primary on 20th October, so do pray for us, and for the children, that they will be excited and enthused about the sharing of God's word.

We are delighted to welcome a new team member, Jack Knill-Jones who will be playing King Darius, but we are keen to welcome more team members to help carry on this important missionary work.

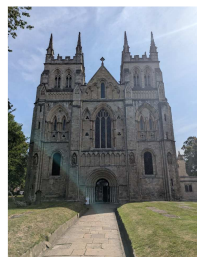
There is no need to learn lines as we use scripts when we tell the story, but a sense of fun (and the ability not to take yourself too seriously) always helps! If you think you would enjoy bringing the bible message to our schools then please do get in touch with Rev Dom or Rev Ruth.



Rev Dom and Rev Ruth

James' Selby Date

James, Parish Organist of St Mary's, went to Selby in North Yorkshire to sing Tenor 1 with Adamas Voces to help celebrate their 10th Anniversary, in 3 services of Choral Evensong, an anniversary concert and in the Sung Eucharist. Previously, James had been invited by Vaughn Richardson, Adamas Voces' Director and Founder to sing in a service of Choral Evensong in Carlisle Cathedral in February and he thoroughly enjoyed making new friends and singing some beautiful choral pieces. So, when the opportunity came to join them on a week's residential in Selby, he had to be there! Some of the pieces that James sang in Selby included CHH Parry's "I was Glad" and a piece by local composer Jonathan Millican called "O Sacrum Convivium". Adamas Voces are performing in a concert and leading in the Eucharist in Our Lady Star of the Sea and St Michael's Banklands and singing Choral Evensong in St Bees Priory in November. For more information on the November concert and services, please don't hesitate to speak to James.



Sunday Readings for October and November

Date	Distington Readings	Harrington Readings
1st Sun Trinity + 16 5 th Oct	3pm Family service Community Centre Luke 17.5-6	10.30am HC 2 Timothy 1.1-14 Luke 17.5-10
2nd Sun Harvest 12 th Oct	9.15am HC Philippians 4.4-9 John 6.25-35	10.30am Parade Service John 6.25-35
3rd Sun Trinity + 18 19 th Oct	3pm Family Communion Hebrews 11.29 - 12.2 Luke 12.49-56	10.30am HC Hebrews 11.29 - 12.2 Luke 12.49-56
4th Sun Trinity + 19 26 th Oct	9.15am HC Romans 15.1-6 Luke 4.16-24	10.30am HC Romans 15.1-6 Luke 4.16-24
1st Sun All Saints 2 nd Nov	10am Lazy Sunday Breakfast in the Community Centre	10.30am HC Ephesians 1.11-23 Luke 6.20-31
1st Sun All Souls 2 nd Nov	3pm Service of Remembering Psalm 23 John 14:1-6a	3pm Service of Remembering Psalm 23 John 14:1-6a
2nd Sun Remembrance 9 th Nov	9.45am Remembrance Psalm 121 Matthew 5:1-12	10.00am Parade Service Psalm 121 Matthew 5:1-12
3rd Sun Advent -2 16 th Nov	3pm Family Comm. 2 Thessalonians 3.6-13 Luke 21.5-19	10.30am HC 2 Thessalonians 3.6-13 Luke 21.5-19
4th Sun Advent -1 23 rd Nov	9.15am HC Colossians 1.11-20 Luke 23.33-43	10.30am HC Colossians 1.11-20 Luke 23.33-43
4th Sun Advent Sun 30 th Nov	9.30am HC Isaiah 2.1-5 Matthew 24.36-44	No Service at Harrington Joint Service at 11.30am at Westfield.

**Come and join us on
Friday 10th October at 7pm for**

CHOCOLATE



Soup, Sandwiches and Cake

Distington Community Centre

Tickets £6 (Children £3) Including free bingo book

All Welcome

Date for your Diary

Our next Chocolate Bingo will be on

Friday 5th December

with turkey baguettes

Distington Evergreens

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



Harrington Men's Breakfast – Last Saturday of the Month

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



Flowers In Distington Church

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



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

Rev Dom de Mattos

Distington 100 Club

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



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

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

Winning Numbers for August and September 2025

October - no.22 - Julia Hoggarth

November - no 11 - Doreen Belford

Name:

Address:

Telephone:

How many numbers would you like?

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



Ladies Club

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

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

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



Messy Mary's

Messy Mary's

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



Messy Mary's

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

Come and join us – and bring your friends.

**We meet next on Saturday 18th October at 4pm
and Saturday 16th November at 4pm**

**There is no Messy Mary's in December as everyone is invited to the Christingle
and Nativity Service at 3pm on Christmas Eve in Harrington church**

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





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)

Listening

While visiting a cathedral recently, I couldn't hear the service over the chatter of the two people sitting in front of me. Finally, I tapped one of them on the shoulder. "Excuse me," I said, "I can't hear."

The reply was swift and indignant. "I should hope not! This is a private conversation."

Courtesy of Parish Pump

Nature Notes – Barnacle Geese

These birds tend to arrive on the Solway from 16th September onwards, that date being consistent across more than 50 years of monitoring, with big numbers typically pushing through by the end of the first week of October. Thousands of these birds arrive from Svalbard, an Arctic island, and one of only three breeding areas in the world.



A great place to see them is the Wildfowl Trust reserve at Caerlaverock, near Dumfries, but if you look up at the autumn skies from our shore areas, you can see skeins of the birds flying over. The V flight pattern is a marvel; constant movement from lead birds as they drop back for a rest allows other birds to take the lead and ensures an easier flight for the whole skein. Its a bit like a Tour de France in the sky, where riders chop and change in the lead to provide easier rides for other racers.

I have had the privilege of seeing these birds in both their environments. The long summer Arctic days are ideal for breeding and the escape from frozen winter ground to the milder climate of the Solway ensures they have the best of both worlds. Their behaviour though is totally different between the two. Svalbard is thinly populated and at the research station of Ny Alesund, it is possible to wander quietly among the nests without causing any great upset to the birds who waddle about followed by a trail of goslings. Once the 4 or 5 eggs have hatched, the chicks leave the nest under the watchful eyes of the parents and take to water if any predators appear.

After making the 1000 plus mile migration flight to the Solway however, there is a change in their behaviour. On the Solway, there is a nervousness among the flock as they graze the fields or salt march, with a few geese alert, heads erect, on the look out for danger.

Wildfowling (the pursuit and shooting of wild ducks, geese, and waders, primarily on coastal marshes and estuaries) is still allowed to licenced shooters, however barnacle geese are not on the permitted list. Before we understood about migration, people were puzzled at the sudden disappearance of the geese when the birds were ready to breed. One theory was that they would cling to driftwood in the sea, by their beak and become enclosed in the shells of barnacles!

Sheila Richardson

Thoughts of a curate

The weather today reminds me that we are moving into autumn, a time of thinking of celebrating God's harvest and thinking about new planting. Autumn leaves, berries, a good crop of apples and a patchwork of fields of green and brown ploughed furrows. I also have a full year of my curacy to reflect on and how the harvest of that deserves celebration.



It is an incredible privilege to be able to celebrate the eucharist with you and to also be able to celebrate it fully in our care homes. I have also been very privileged to baptise a number of children, conduct a number of funerals, celebrate a blessing of a marriage and take a healing service. August was a particularly busy month but I learnt a lot by getting stuck in.

Looking back over the year we have had nearly a year of Open the Book, we have had two years at Harrington Harbour and now have four extra church groups in our residential homes.

We didn't manage to get our Holiday at Home idea off the ground but that is something to think about for another occasion.

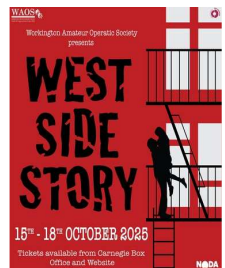
My ordination to priesthood gives Dom and me new ways of being able to work together, so we will be doing some services together and I will also be doing some services on my own. I have already started year 2 of my curacy and there is a lot to look forward to. One of the first things I will be doing will be to assist Dom with our wedding ministry.

Thank you for all your prayers and generosity of spirit as I continue to learn, discover and practice my newly learnt skills

Rev Ruth

West Side Story at the Carnegie Theatre

West Side Story is one of the most iconic musicals, a retelling of Romeo & Juliet set to a beautiful score, including the classic songs 'Tonight' and 'America'. The showings at the Carnegie Theatre on the 15th, 16th, 17th of October start at 7.15pm and the showing on the 18th of October starts at 6.30pm. Tickets are available from the Carnegie Box Office and online.



James Mossop

Flying

I love flying. I've been to almost as many places as my luggage.

Courtesy of the Parish Pump

The Tuesday Gang at Harrington

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



The Tuesday gang at work...

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

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

John Wilkins

The Wednesday Gang at Distington

The Wednesday gang, unfortunately, didn't get off the ground in September but Distington church and church yard are still in need of willing volunteers to keep them in shape. We are going to have another launch on 5th November to give us a chance to get the word out there. The idea is to meet at 9.30am at Distington church, do useful things for a couple of hours, then stop for a cup of tea, a piece of cake and share the crack. Could that be you, or someone you know? Pass the word about. Your help would be really appreciated.

Rev Dom

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.

October and November at Harrington and Distington churches

- 5th October** **Lazy Sunday Breakfast** in the Distington Community Centre – come along and enjoy a cooked breakfast from **10am**.
- 9th October** Distington School will be holding their **Harvest Celebration** in **Distington Church** at **2.15pm**
- 10th October** **Chocolate Bingo**. Come and join us in the **Distington Community Centre** at **7pm** for an evening featuring a light meal, great company and bingo (with chocolate as prizes, of course!)
- 12th October** We will be holding our **Harvest Festivals** at Distington church at **9.15am** and at Harrington Church at **10.30am**. Our service at Harrington will be a Parade Service where we welcome our uniformed groups. You are warmly invited to come and give thanks for the bounty of God's creation. There will also be an opportunity to offer a gift of dried food which will be taken to the local community larder / food bank, or fresh produce which will be used to raise money for the Bishop's Harvest Appeal.
- 
- 13th October** Beckstone Primary School will be holding their KS1 **Harvest Celebration** in **Harrington Church** at **2.00pm**
- 14th October** Our **Harvest Supper** will be pie and pies at £6 per head, with fundraising for the Bishop's Harvest Appeal. There will be entertainment!
- 2nd November** **Lazy Sunday Breakfast** in the Distington Community Centre – come along and enjoy a cooked breakfast from **10am**.
- 2nd November** There will be an **All Saints' Day** service at **10.30am** at Harrington.

2nd Nov

In the afternoon at **3pm** in both churches, there will be an **All Souls Service of Remembering**. This is an opportunity to remember those we have lost, and to light a candle in their memory.



9th Nov

Our **Remembrance Sunday** services will be at **9.45am at Distington** and **10am at Harrington**. (Note the change of time from the usual services). After the Harrington Service, all are invited to the Royal British Legion for hot food and drinks.

22nd Nov

4Front Theatre presents 'Have Ewe Herd' at St Mary's, Westfield at 5pm (see advert below)

30th Nov

We are celebrating the start of Advent with a joint service at **St Mary's, Westfield at 11.30am**, with guest **Matt Britton**. Matt is an exceptional Christian performer, and those who have been to see him previously were blown away by his presentations. (see article below). For those wishing to receive communion, there will be a communion service at Distington at 9.30am, but no service at Harrington

Advent Sunday with Matt Britton

Come to St Mary's Westfield, on 30th November at 11.30am for a very special Advent Sunday service in which Matt will be re-telling the Nativity Story in his own unique way. As a professional actor he embodies the story and fills it with such character. The service is open to everyone, but is particularly an opportunity for the parishes of Distington, Harrington and Westfield to worship God together and to think about the miracle of God coming to us as child and living amongst us.



Rev Dom

Who is God?

During a youth service, the minister asked if anyone could tell her who God is. One youngster waved a hand, and ventured: "Isn't God the man who saves the King?"

Courtesy of the Parish Pump

Have Ewe Herd?

4Front Theatre Christmas Production

St Mary's Westfield – Free of charge.

Saturday 22nd November at 5pm for one hour.

Following a visit from a choir of angels, the shepherds rushed off to see the newborn Saviour...except Jessie, because someone had to stay and watch the sheep. This Christmas join Jessie the shepherdess as she resolves to visit baby Jesus too - with an entire flock of sheep in tow.



4Front presents its most chaotic nativity retelling yet, with plenty of slapstick silliness, toe-tapping original songs, a whole lot of heart, and a whole lot of sheep puppets! The show is suitable for the whole family, with enough fun to keep little ones engaged and enough laughs to keep the grown-ups smiling the whole way through.

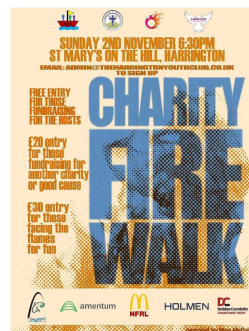
Fire Walk

Are you brave enough to walk the fire?!

We have teamed up with **The Harrington Youth Club** who are putting on a daring fire walk at 6.30pm on Sunday 2nd November outside the church hall. If you are raising money for St Mary's church or one of the other hosts, entry is free. If you are raising money for someone else, entry is £20 and if you are doing it for the fun of it, entry is £30.

Would anyone like to face the flames for the church?

To sign up email admin@theharringtonyouthclub.co.uk



Dates for the Diary

- Tues 2nd Dec – DCS** Christingle service at **6pm** in **Distington Church**
 - Sat 6th Dec – Christmas Fair** from 11.30am to 2pm in **Harrington Church Hall**
 - Tue 16th Dec – Beckstone LKS2 Carol Service** at **2pm** in **Harrington Church**
 - Wed 17th Dec – Beckstone UKS2 Carol Service** at **2pm** in **Harrington Church**
 - Sun 21st Dec – Carol Service** at **3pm** in **Distington Church**
 - Sun 21st Dec – Carol Service** at **6pm** in **Harrington Church**
- Christmas Services on 24th / 25th December will be on the Parish Christmas Cards

All Saints Day

Each year on the Sunday nearest 1st November, we mark All Saints' Day, a festival honouring all saints who have been recognised as martyrs or leading particularly holy lives.



The festival's beginnings can be traced back to the early centuries of the Church, when local communities set aside specific days to commemorate martyrs. By the fourth century, Eastern Christians celebrated a collective feast of "all martyrs," often in spring. The Western Church later adopted a similar practice, but the date of 1 November was firmly established in the early ninth century by Pope Gregory IV, who extended the celebration to the whole Church. The shift to November may have been partly intended to supplant or Christianise older pagan festivals marking the end of harvest and the onset of winter.

In Britain, All Saints' Day has been observed since the early medieval period. Following the Reformation, the festival retained its place within the Church of England's calendar, though stripped of many medieval customs. It is still recognised as a major feast in most Christian traditions.

The day is closely tied to All Hallows' Eve — better known today as Halloween — which was originally a vigil held on the evening before the feast day. Historically, this was a time for prayers and reflection, preparing for the celebration of All Saints.

All Saints' Day continues to serve as a reminder of the enduring Christian belief in the "communion of saints," a fellowship linking past, present, and future generations in faith.

Chatters

The Flame Within

There is a tiny flame in all of us, it's there from our birth.

A precious gift from God on high for the time we spend on earth.

We have free will, the choice is ours how we use this gift from above.

Another name for this precious flame is unconditional love.

Some wrap this gift in materialism, encase it in envy and greed

alienate it with lust and anger; deny their soul its need,

it may be reduced to a tiny spark and buried deep within,

but it can never be extinguished because it belongs to God our King.

So how do we cherish this gift and illuminate our life?

Love God and neighbour as ourselves and let our flame burn bright.

Reg Ayre

Cuppa and Chat Café at Distington

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



Rev Dom de Mattos

Toddler Praise on Thursdays at Harrington



Pre-school toddlers and their carers are invited to a time of songs, stories, prayers and play, not forgetting, of course, the all-important snacks, tea and chat! We meet at **10.30am** on **Thursday** mornings during term time in the church hall at **St Mary's on the Hill, Harrington** until about 11.30am. Coffee and tea available from 10.15am. **There is no charge**, although donations for refreshments are welcome.

Rev. Dom

Cook, Eat, Pray

It does what it says!

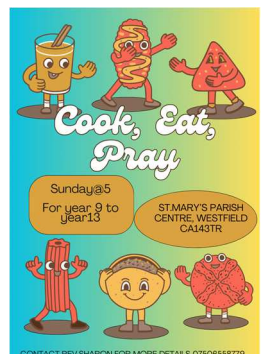
A fun-filled evening each Sunday at 5pm for school Year 9 to Year 13 children

Children cook together, eat together, pray together and play games together

St Mary's Parish Centre in Westfield CA14 3TR

For more details contact Rev Sharon

07606 558779



Distington Lunch Club

**Everyone is welcome
at lunch club!**

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

**Home cooked food at
reasonable prices.**



**The Community Centre,
Church Road, Distington**

No need to book – just arrive before 12 noon

Every second Friday of the month (except August)



Mental Health Support Group

09.30-10.30 at the Parish Centre, St. Mary's Westfield.

Contact Rev. Sharon 07506558779 or

rev.sharonmurphy@gmail.com to book a place.

Prebooked Creche available.

**QUESTIONS
ABOUT LIFE AND
THE CHRISTIAN
FAITH?**

**TO FIND OUT MORE DO
COME AND JOIN US FOR SIX
WEDNESDAY AFTERNOONS,
13.30-2.30 AT ST.MARY'S
WESTFIELD PARISH CENTRE,
STARTING 1ST OCTOBER.**



Distington Rugby Club CASC

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

Look no further than Distington Rugby Club, Grassroads Distington.

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

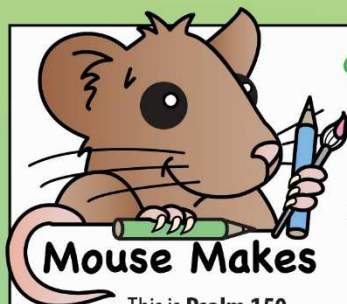
Great prices on drink too.

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

Writers...

Some editors are failed writers....but so are most writers

T.S. Elliot, quoted in the i newspaper



Mouse Makes

This is **Psalm 150**,
a song of praise to God,
it tells us why and how
to worship God.
*How do you praise and
worship God?*

Praise God in His Temple,
Praise Him in His mighty heavens.
Praise Him for His acts of power,
Praise Him for his surpassing greatness.

Praise Him
with the sounding trumpet,
Praise Him
with the harp and lyre,
Praise Him
with tambourine and dancing,
Praise Him
with the clash of cymbals,
Praise Him
with the resounding cymbals.
Let everything that has breath
PRAISE THE LORD!

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

PRAISE • GOD • TEMPLE • HEAVENS • SANCTUARY • POWER • GREATNESS
TRUMPET • HORN • PIPE • FLUTE • HARP • LYRE • LUTE • STRINGS
TAMBOURINE • DANCING • CYMBALS • DRUMS • BREATH • LORD

WARM HUB BASED AT
DISTINGTON CLUB FOR YOUNG PEOPLE

FREE TEA, WEDNESDAYS
COFFEE & FOOD 12-2PM

EVERYONE WELCOME



COME ALONG & MAKE NEW
FRIENDS OR MEET NEW FRIENDS

DISTINGTON SENIOR
CITIZENS REUNION
MONEY BINGO



MONDAYS - 8PM START
DISTINGTON COMMUNITY
CENTRE
ALL WELCOME

PIC-COLLAGE

DISTINGTON CAFE SERVICE



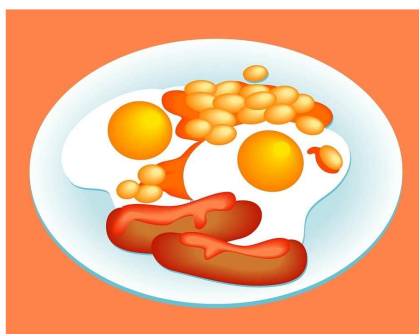
EVERYBODY is welcome!
5th October and 7th December
3pm in the Community Centre



(Note the November service is a service of remembering in the church)

Come and join us at the Lazy Sunday Breakfasts

Spread the word! Lazy Sunday breakfasts are back on the **FIRST Sunday** of the month from **10.00am to noon** in the **Distington Community Centre**. Come and enjoy a cooked breakfast, or if you prefer there will be cereals, or fruit and yogurt. Bring a friend and enjoy a lazy chat or sit and read



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

Book Review

Exploring Lake District Dales

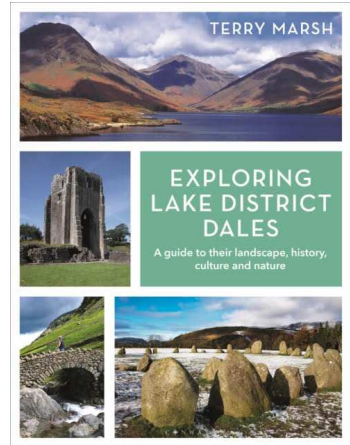
by Terry Marsh.

Published by Conway, 5th June 2025

240 pages.

Indicative Price - £20.00

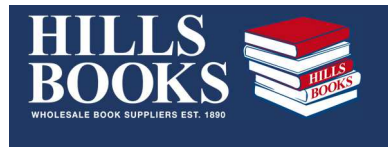
Explore the beauty of the Lake District dales with this enchanting and absorbing guide. Crisp and sharp, fascinating throughout, this book is an outstanding journey through the Lake District which has over 100 dales, many of them tranquil enclaves far from the hectic comings and goings of daily Lakeland life. Among captivating text and stunning photography, Exploring Lake District Dales also provides you with essential visitor information such as transport links, the most inspiring visitor attractions and sights, unmissable restaurants and great places to stay, making this book the complete package for all Lake District admirers.



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.



Distington Coffee Morning

Saturday 22nd November

10 am – 11.30 am

RAFFLE, CAKE STALL

Rebelva, 98a Main Street

EVERYONE WELCOME





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



Oddest

The parish magazine was reporting on a recent parish away-day at the seaside. It said: 'The results of our competition for the oddest item found on the beach were: First prize: Mrs Wainwright; second prize: The Vicar; and third prize, Mr Simpson.'

Courtesy of Parish Pump

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

What a fruitful summer we have had. Apples, damsons, plums and hawthorn berries. The Hawthorn trees in Distington church yard are not cut like other hedgerow trees so in spring they were covered in blossom and now we see the fruits of the labour of the insects that visited them with scarlet berries on every branch.



Unlike many of our flowers, which are actually poisonous, the berries, leaves and flowers of the hawthorn are edible and are thought to have many benefits, however these are not fully researched. I had not realized until I looked up Hawthorn, that it is possible to make Hawthorn tea or cordial and no doubt in the past hawthorn would have been used to relieve a number of ailments. So think kindly of this very prickly bush, whose use in medicines of long ago has largely been forgotten.

Rev. Ruth

Family Services at St Mary's, Harrington

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

The services for the next few months are as follows:

12th October – Harvest Festival in the church

9th November – Remembrance Sunday at 10am in the church and at 10.45am at the war memorial

14th December – Scouts award service in the church



Rev. Dom

If you understand it...

If you ever get to the point where you really understand your computer, it's probably obsolete.

Courtesy of the Parish Pump

All Soul's Day

On 2 November, the day after All Saints Day, Christians mark All Souls' Day — a time of prayer and remembrance for all the faithful departed. Where All Saints' celebrates Christian Martyrs and those who have led a particularly holy life, All Souls' turns our attention to family members, friends, and neighbours who have died.



The origins of the feast go back to the 10th century. It was first widely promoted by St Odilo of Cluny, the abbot of the powerful French monastery, who in 998 ordered that prayers be offered for the dead on 2 November. The practice spread quickly across Europe and was firmly embedded in the medieval English Church by the Norman period.

In medieval Britain, the day was marked by *souling*, particularly in the north-west, when the poor would go from door to door, offering prayers for the souls of the dead in exchange for food, often small spiced cakes known as soul cakes. Families would sometimes set aside extra food or light candles in memory of their departed loved ones, believing such acts might ease their passage through purgatory.

Churches held special requiem masses, and bell ringing was widespread. The sound of the bells was thought both to comfort souls in purgatory and to remind the living to pray. Some communities also kept overnight vigils in churchyards, blending solemn remembrance with lingering folk beliefs about the closeness of the dead at this time of year.

Today, All Souls' Day continues as a major commemoration in Roman Catholic and Anglican calendars, a moment to pause, remember, and pray for loved ones who have gone before.

Chatters

A Service of Remembering

We will be holding our annual All Soul's Service of Remembering in both churches on **Sunday 2nd November at 3pm**. This is a much-loved service in which there is an opportunity to remember those we have lost, and to light a candle in their memory. Everyone is welcome.

Winter Concert at St. Mary's Church, Westfield.

Saturday 22nd November 3pm

featuring
Westfield Community Choir
Rose Finn
and friends.

Donations towards St. Mary's Westfield Roof Fund.
Refreshments.

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

Recipe for November – Braised Pork Rice

Our November recipe comes from Taiwan courtesy of Frannie. A beloved comfort food from Taiwan, this savoury-sweet braised pork dish is traditionally served over steamed rice. It's hearty, aromatic, and packed with umami!



Taiwanese Braised Pork Rice (滷肉飯)

Ingredients (serves 4)

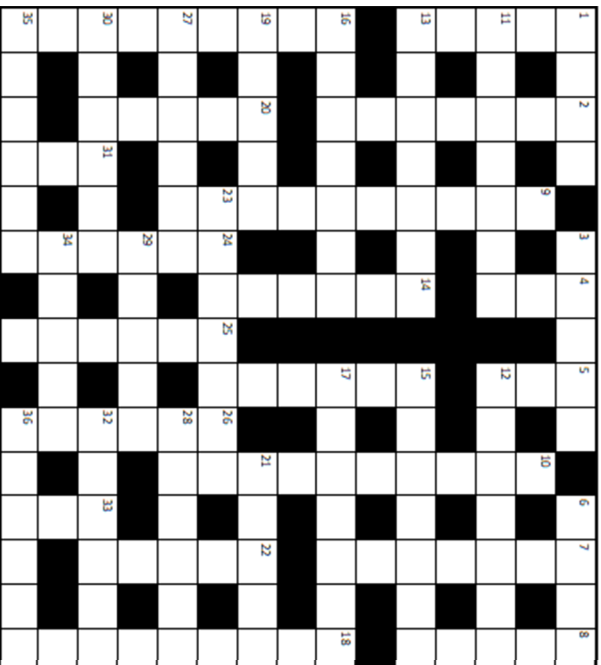
- 500g pork belly (or pork shoulder, finely chopped)
- 1 small onion or 3 shallots (finely chopped)
- 3 cloves garlic (minced)
- 2 tbsp light soy sauce
- 1 tbsp oyster sauce
- 2 tbsp rice wine or dry sherry (Shaoxing wine works great)
- 1 tsp five-spice powder
- 1 tsp sugar (brown sugar preferred)
- 2 boiled eggs (optional, peeled)
- 1 dried shiitake mushroom (optional, soaked & chopped)
- 300ml water or unsalted chicken stock
- Cooked white rice, to serve
- Pickled mustard greens or blanched greens, to garnish (optional)



Method

1. Finely dice the pork belly into small cubes (or mince coarsely). You can trim some fat if you prefer a lighter version.
2. In a saucepan or wok, heat a little oil. Fry the onion or shallots until golden. Add garlic and stir for 30 seconds.
3. Stir in the chopped pork and cook until it starts to brown, releasing some fat.
4. Add sugar, soy sauce, oyster sauce, five-spice powder, and rice wine. Stir to coat the pork evenly.
5. Pour in water or stock and bring to the boil. Add boiled eggs and mushroom (if using). Cover and simmer on low heat for about 45 minutes to 1 hour, stirring occasionally, until the pork is tender and the sauce is rich.
6. Spoon the braised pork over a bowl of hot white rice. Top with half a soy egg and some greens if desired.

Coffee Time Teaser



Coffee Time Teaser

Across

1. Merely (4)
- 3, 15 & 32. Veterans' organisation (5,7,6)
6. Gush forth (4)
11. Gather in (7)
12. Coached (7)
13. Raise up (7)
15. See 3.
16. Matthew, Mark, Luke, John (7)
17. Mark under pressure (7)
19. Go off script (5)
21. Symbol used in texts (5)
23. Records (6)
27. Banished (6)
28. Assault (5)
29. Culinary decoration (5)
30. Compulsive user (6)
32. Roman army division (6)
34. Greek letter (5)
35. Lunch in some places (6)
36. Caught e.g. while fishing (6)

Down

1. Earthy colour (5)
2. Generosity (7)
4. Unconscious (3)
5. Perform e.g. in theatre(3)
7. Toasted ciabatta sandwich (7)
8. Breath (5)
9. Arguable (10)
10. Reused manuscript (10)
14. Followed (6)
15. River crossing (6)
16. Cemetery (9)
18. Became wider or denser (9)
20. Scottish landowner (5)
22. Short necked giraffe with stripy legs (5)
24. Newspaper chief (6)
25. Acquired (6)
26. Sleeve with diagonal seam (6)
31. Hostel, bar (3)
33. Innards (3)

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

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Harder

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

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Easier

N	A	V	E		S	W	A	R	M		P	A	S	S
S		A	P		A		O	P		G		P		
P	I	L	L	A	R	S		B	R	O	C	O	L	I
C		I		R					S		N		R	
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E			O		P	L	A	N	K		U			R
S	O	U	R	C	E		P		A	U	M	B	R	Y

The solution to last issue's crossword

Distington Surgery

Dispensary Home Delivery Service

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

Dispensary line: 01946 833155

ANIMAL CONCERN CUMBRIA

Rehoming companion animals from our centre in Egremont, West Cumbria

Ways to support animals in need:

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

Have you space for a barn cat?

Ways the charity can help you.

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

www.animalconcerncumbria.org 07712 330829

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**JOHN SANDELANDS
Funeral Directors Ltd**

Tel: 01900 602753

**Rest Chapels at:
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South William Street,
Workington
Bridge Street, Cockermouth**

**Brockbank Curwen Cain and
Hall**

Solicitors and Notaries

44 Duke Street, Whitehaven
CA28 7NR

Tel: 01946 692195

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Workington and Keswick**

- **Home Information Packs**
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 - **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.

Full new kitchen available

**For further details
Tel: 01946 834297**

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Lynda Elliot
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Mobile: 07798 648233

YEOWART, GILL AND
RUDD

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

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People committed to a dignified
service at the lowest cost

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(24 hours)

Beware of recommendations that
could be costly!!

TOM EDGAR
Funeral Services

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Benefice Contacts

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

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

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

Curate at Harrington and Distington

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

Churchwardens at Harrington

Charles Murray - 07510 398369

Graham Mudie - 07800 626892

Churchwardens at Distington

Julia Hoggarth - 07747 581390

Helen Finn - 07786 016670

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

Safeguarding

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

Harrington Church Hall

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

Distington Community Centre

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

Magazine Editor

Submissions for the December 2025 / January 2026 edition of the Magazine should be sent to the Editor at editor.handd@gmail.com by the copy date of Monday 10th November 2025.

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