



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

**February and March 2026
Parish Magazine**

£1

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Our cover photo of Loweswater was taken by Gill Fletcher last month.

From the Rector

Dear Friends

How quickly the seasons of the church's year turn! The season of Epiphany follows on from Christmas and lasts until Candlemas on 2nd February, when we remember the presentation of Jesus at the temple. We then have barely two weeks to catch our breath before it is Ash Wednesday (18th February) and the start of Lent.



Lent is a time for preparation and self-examination before we celebrate Easter. Some churches cover their ornaments and icons with a purple gauze, our altar frontals and vestments are a subdued purple, and our hymns tend to be more in a minor key. It can feel quite gloomy! The reason for this time of introspection is that without Jesus' death on a cross on Good Friday, there is no Easter, no resurrection. It is the Christian belief that though his death, Jesus wins for us forgiveness, reconciliation and eternal life. It is fitting therefore that we examine our lives and offer to God all the things that we regret, in the faith that Jesus' cross will restore us, and that God will grant us the strength to do better.

So, Lent has become associated with self-denial and discipline, which is why many people give something up for Lent (even people who have no church association at all!) The idea of giving up something that we enjoy, is that whenever we miss it, we will remember the reason why we gave it up in the first place. Perhaps we might give to charity any money we save through our self-denial. One thing though - we do not give things up to earn God's favour! God's love cannot be earned, it is freely given and depends only on his loving nature, not on our merit.

Perhaps this year you might try a positive discipline. Instead of giving something up – try doing something positive each day. You could try One Random Act of Kindness, or spend five minutes in prayer (perhaps using the ACTS framework – see page), or read one chapter of Mark's Gospel, and/or one of Paul's letters (Ephesians, Galatians, Philippians etc). I pray your Lenten journey will be a real blessing to you.

God be with you.

With best wishes,



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 November and December 2025

Celebrating Weddings at Harrington and Distington

8th Nov Matthew Thistlethwaite and Charlotte Aspinall
15th Nov Catherine Williams and Andrew Wilson



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

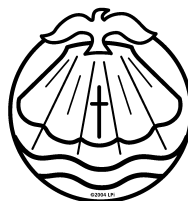
Funerals in Harrington and Distington conducted by our ministers

22nd December - Jean Hyde 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

16 th Nov	at Harrington	Elijah Ellis Hodgson
16 th Nov	at Harrington	Margot Barbara Carol Watson
30 th Nov	at Distington	Evie Jane Oakes
30 th Nov	at Harrington	Alfie David Stephen Webb
21 st Dec	at Distington	Alexander Thomas Berwick



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.

It hurts!

A little girl told her mother one day before lunch that her stomach was hurting. Her mother replied: "That's because it's empty; you have to put something into it!"

That evening the minister and his wife came for dinner. The minister looked a bit rough and explained that his head was hurting him. "Oh!" Said the little girl. "That's because it's empty; you have to put something into it!"

Courtesy of Parish Pump

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!

“ *This is the kind of place where everyone can smile and just soak up all the warmth and friendliness which radiates around – a place where it is a pleasure to attend. You can feel the welcome as soon as you enter the building. As soon as you take a seat, several ladies offer a choice of tea or coffee [we could run to hot chocolate and squash if you prefer! Ed.] and a plate of delicious looking (and tasting) home-made cakes is placed at the centre of the table. I joined the ladies who were either knitting or crocheting. Snippets of conversation and humorous tales flow gently over the tables and everyone takes an interest in how much or how little “homework” had taken place during the previous week. The groups playing boardgames are quiet and concentrating, while the rattle of dominos and the occasional cheer of a winner makes everybody smile. Truly a lovely way to spend an afternoon in such a friendly atmosphere.* **Molly**



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

Liturgical Colours for February and March

We have four different colours for February and March!

The first Sunday in February is Candlemas when we remember the presentation of Jesus in the temple, and this marks the end of the Season of Epiphany, a season of rejoicing and celebration, so the colour is white. We then have two Sundays where we are in 'ordinary time' when the liturgical colour is green. Then from Ash Wednesday we are in Lent and the liturgical colour is purple, a sign of penitence and preparation. Finally on the last Sunday of March the liturgical colour is red for Palm Sunday. Watch out for the changing vestments, altar frontals and veils (the embroidered cloth over the communion silver) and other hangings.

Rev Dom

Recipe of the Month – February

Taiwanese New Year Dumplings (Jiaozi)

Our February recipe comes from Taiwan and is for traditional Lunar New Year dumplings, or Jiaozi. On New Year's Eve, families gather to make dumplings together, celebrating reunion and welcoming a fresh start. Shaped like ancient gold ingots, dumplings symbolize wealth, good fortune, and prosperity. Making them by hand is a way to wrap blessings and share warmth, bringing family members closer and spreading hope for a happy, abundant year ahead. This year Chinese New Year is Tue, 17 Feb – Tue, 3 Mar 2026

Ingredients

Dough

400 g Plain flour

200 ml Water

Filling

1 head Cabbage

500 g Pork mince

1 large clove (finely chopped) Garlic

Salt, pepper



Method

Place the flour in a large bowl and gradually add the water, mixing to form a smooth dough. Cover with a damp cloth and rest for 20 minutes. Roll the dough into a long strip, cut into small pieces and roll each piece into a thin round wrapper.

Finely chop the cabbage, sprinkle with a little salt and squeeze out excess water. Mix with the pork mince, garlic, salt and pepper to make the filling. Place a spoonful of filling in the centre of each wrapper. Moisten the edge with water, fold in half and pinch firmly to seal.

Bring a pot of water to the boil and add the dumplings. Stir gently to prevent sticking. When the dumplings float to the surface, add a cup of cold water and bring back to the boil. Cook until tender and fully done.

Enjoy!

Frannie Wang

Our Prayer Journey in February and March

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

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

Please also pray for...

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



With Blessings, Rev Ruth

Country Wisdom - Things Nana used to say...

I am sure that we can all remember those old sayings that our grandmothers and grandfathers used to tell us. Old wives' tales they used to call them, but perhaps country wisdom is fairer! I remember this one that Gill Fletcher shared with me:

Two men looked out from prison bars, One saw mud, the other stars.

If you would like to share some of your own country wisdom, do tell me, or email them to rev.domdem@gmail.com.

Here's another from Gill:

If you don't eat your crusts, your hair won't grow curly.

Gill comments that she did eat her crusts...but her hair's still straight!

Rev Dom

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!

Political leadership

“Don’t worry about your son, he is set to become a great politician,” the teacher said. The parents were delighted and asked how she could tell. “Well, he can say more things that sound well and mean nothing at all than anyone else in the class.”

Courtesy of Parish Pump

Harrington Church Hall is available for Hire



Regular Groups
Classes
Children's Parties



Bouncy Castles Welcome



Tables and chairs to seat up to 72 people

Well-equipped kitchen

Disabled toilet facilities and level access

Only £15 per hour

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

Email: **BookThisHall@gmail.com**



Oh yes, Malcom is making a real effort for Lent – he’s given up the TV remote and is walking to the TV!



**DISTINGTON COMMUNITY CENTRE
is looking for
COMMITTEE MEMBERS**

Can you give some time to join a team of committed people?

**Meetings are bi-monthly
(Third Tues in the month)**

**IF YOU ARE INTERESTED,
PLEASE CONTACT**

**Alec Tomlinson on
01946 834297 or
doreenbelford@yahoo.co.uk**

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



Pews News Typo

*We apologise for the following typo in last Sunday’s bulletin: ‘Lunch will be gin at 12:15.’
Please correct it to read ‘12 noon.’*

Courtesy of the Parish Pump

Sunday Readings for February and March 2026

Date	Distington Readings	Harrington Readings
1st Sun Epiphany 4 1 st Feb	3pm Family service Community Centre Luke 2.22-40	10.30am Holy Communion Hebrews 2.14-18 Luke 2.22-40
2nd Sun 2 nd before Lent 8 th Feb	9.15am Holy Communion Genesis 1.1 - 2.3 Matthew 6.25-34	10.30am Church in the hall Matthew 6.25-34
3 rd Sun Next before Lent 15 th Feb	3pm Family Communion 2 Peter 1.16-21 Matthew 17.1-9	10.30am Holy Communion 2 Peter 1.16-21 Matthew 17.1-9
Ash Wednesday Ashing service 18 th Feb	6.30pm Ashing and Holy Communion (United service at Distington) Isaiah 58.1-12 Matthew 6.1-6,16-21	
4th Sun Lent 1 22 nd Feb	9.15am Holy Communion Genesis 2.15-17; 3.1-7 Matthew 4.1-11	10.30am Holy Communion Genesis 2.15-17; 3.1-7 Matthew 4.1-11
1st Sun Lent 2 1 st Mar	3pm Family service Community Centre John 4.5-42	10.30am Holy Communion Genesis 12.1-4a John 3.1-17
2nd Sun Lent 3 8 th March	9.15am Holy Communion Isaiah 60.1-6 Matthew 2.1-12	10.30am Holy Communion (Not a Parade Service) Isaiah 60.1-6 Matthew 2.1-12
3rd Sun Mothering Sunday 15 th Mar	9.15am Family Communion (NOTE CHANGE OF TIME) Colossians 3.12-17 Luke 2.33-35	10.30am Parade Service (Not Holy Communion) Colossians 3.12-17 Luke 2.33-35
4th Sun Lent 5 22 nd March	9.15am Holy Communion Ezekiel 37.1-14 John 11.1-45	10.30am Holy Communion Ezekiel 37.1-14 John 11.1-45
5 th Sunday Palm Sunday 29 th Mar	9.15am Holy Communion Matthew 21.1-11 Passion narrative	10.30am Holy Communion Matthew 21.1-11 Passion narrative

**Come and join us on
Friday 20th March at 6pm for**

CHOCOLATE



with shepherd's pie and cake

Distington Community Centre

**Tickets £6 (Children £3) Including free bingo book
with raffle and tombola**

All Welcome

Pews News Bloopers...

...Any church member aged over 18 can join our lay ministry programme. It requires a minimal amount of training and time. The first course is six weekly classes of about 200 hours each Tuesday night.

...The Seniors group will have a picnic on Saturday. Each person is asked to bring either a friend or a vegetable in a covered dish.

Courtesy of Parish Pump

Distington Evergreens

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

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!

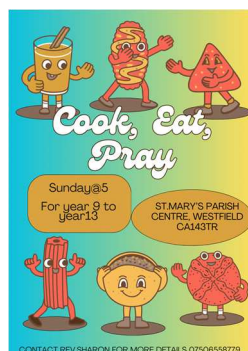
A fun-filled evening each Sunday at 5pm for school Year 9 to Year 13 children

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



Nature Notes – The Big Garden Birdwatch

Did you take part in the Big Garden Birdwatch?

The idea was that lots of people across the country would spend an hour watching for birds in their garden, in the park or somewhere convenient and record what they saw and then send in the data.

In preparation I filled my birdfeeders on Thursday only to find that most of the seed had been eaten by Friday and the variety of birds I would have expected to see had obviously gone somewhere else! We usually will have eleven out of the fourteen species given on the birdwatch chart with the addition of a wren, treecreeper, nuthatch, and lesser spotted woodpecker. We will occasionally have a visiting magpie and woodpigeon.

Our garden is partially wooded and attracts a lot of small birds – I just wonder what other birds visit your gardens especially if you live in town or near the shore. I don't think many of us can say we have resident pheasants like Dom!

This reminded me that the Big Garden Birdwatch is not just for one day in the year. It is something for everyday where we pay greater attention to the created world around us and find hope and joy in what we see.

If you have some nature note thoughts then please send them in ready for our next magazine.



Rev Ruth

Dogs on leads are welcome!

Our churchyards are places of welcome to all and are shared by those visiting graves as they remember and mourn those they have lost, those who visit to enjoy the peace and quiet, as well as those who are out and about for exercise. The space can be shared because of the mutual respect and consideration shown by all who visit. This is why we ask dog owners to keep their dogs on leads. Not only is it easier to clear up after your dog, but it is a kindness to other visitors. You may know that your dog wouldn't harm a fly, but others do not and the sight of a happy, excited dog can be alarming and has put people off visiting graves. Please be considerate and keep your dogs on their leads when visiting or passing through the churchyards.



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 email Barbara at balamb912@outlook.com, with your name, address, telephone number and how many numbers you would like and she will send you details to pay by bank transfer. (or phone Rev Dom on 07851 095264)

There is still time to buy numbers for this year's draw – all numbers bought before the end of FEBRUARY will be entered for all the 2026 monthly draws. ACT NOW to avoid disappointment.



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 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 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 21st February at 4pm

Saturday 21st March at 4pm

Good Friday Messy Marys on 3rd April at 10.30am (NOTE TIME!!!)

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

Church of the Holy Spirit

**DISTINGTON COMMUNITY CENTRE
10AM - 11:30AM**

Babies & Toddlers with their Parents/Carers



**Baby & Toddler
GROUP**



**EVERY WEDNESDAY
SCHOOL TERM TIME**

**Point of Contact -
Julia Hoggarth 07747581390**



DISTINGTON CAFE SERVICE



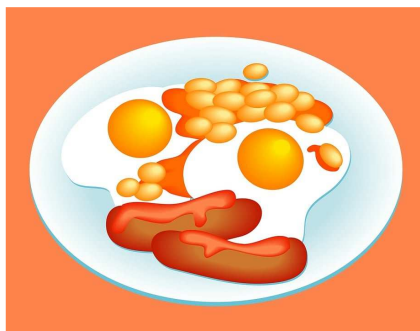
EVERYBODY is welcome!
First Sunday of every month
3pm in the Community Centre



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.



Lent and Easter at Harrington and Distington

Lent is a time where traditionally Christians practice a discipline of self-denial. Giving up an indulgence is an tradition, but giving up time for God is also a way of practicing self-discipline. Why not take time to pray, or read the bible and come along to one of our Lent and Easter services and events

Shrove Tuesday (17th February 2025 at 7pm)

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



Ash Wednesday (18th February 2025 at 6.30pm)

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



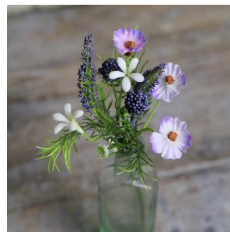
Lent Retreat Day

Our retreat day will be from 10am to 2pm on Saturday 27th March at the Westfield Community Centre. A light lunch will be provided. There is no charge, but any donations will go to Westfield church to thank them for their hospitality. The day will be focussing on the theme **A Rich Faith in a Poor World** and there will be a variety of opportunities for reflection, discussion, personal development and mutual encouragement. You are encouraged to set aside a little time for God this Lent, so do come and share and build one another up in the faith.



Mothering Sunday

We will be celebrating Mothering Sunday on **15th March** at **9.15am at Distington** and at **10.30am at Harrington**, which will be a parade service where we look forward to welcoming our scouting organisations. There will be posies available for people to give to mothers or to those who mother them and this is an opportunity to give thanks for them.



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

Palm Sunday (29th March) with distribution of Palm

Crosses for all

9.15am Communion at **Distington**

10.30am Communion at **Harrington**



Monday of Holy Week (30th March)

Compline **7pm** in **Harrington** church (also streamed on Facebook)

Tuesday of Holy Week (31st March)

Compline **7pm** in **Harrington** church (also streamed on Facebook)

Wednesday of Holy Week (1st April)

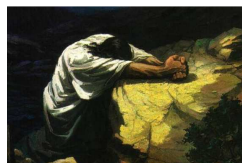
Compline **7pm** in **Harrington** church (also streamed on Facebook)

Maundy Thursday (2nd April)

Seder meal at **6pm** in **Harrington Church Hall** (This will be similar to a traditional Jewish Passover meal, to remind us of the meal Jesus shared with his disciples.)

The meal will be followed by a communion service in

Harrington church at **7.30pm**.



After the service there will be an hour Gethsemane Watch, to remember Jesus asking his disciples to ‘watch one hour’ while he prayed. We will listen to Stainer’s Crucifixion as we wait and pray.

A Life Lesson

So, it turns out that being an adult is mostly just googling how to do things.

Courtesy of Parish Pump.

Good Friday (3rd April)

10.30am in **Harrington church hall** Messy Mary's style service, with crafts for children of all ages. We will be thinking about the story of Good Friday in an accessible way.

2pm in **Harrington church** – 'Watch by the Cross' a meditative service to mark Jesus' last hour.

2pm in **Distington church** - 'Watch by the Cross' a meditative service to mark Jesus' last hour.



Easter Day (5th April)

6am Churches Together dawn service at the cross on top of **Shore Hill**, overlooking Workington.

9.15am communion at **Distington**

10.30am communion at **Harrington**. There will be an Easter egg hunt after the service.



Alleluia.
Christ is risen!
He is risen indeed.
Alleluia!

Another Date for the Diary

Sethra Brss

Do put a note in your diary to come to Distington church on 12th June for an evening of entertainment by Sethra Brass. This evening has been very popular and hugely enjoyed by all who have attended in the past.



As the saying goes...

Time flies like an arrow. Fruit flies like a banana.

Courtesy of Parish Pump

Family Services at St Mary's, Harrington

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



8th February – café style Church in the Hall

15th March – Mothering Sunday parade service

12th April - café style Church in the Hall

10th May - café style Church in the Hall

Rev. Dom

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.

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.

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

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

Accordion

A church youth group leader who plays the accordion is driving home late one night after a youth event. He's tired and hungry, so he stops at a late-night café for a bite to eat. Halfway through his meal he realizes that although he locked his car doors, his accordion is in the back seat, in plain sight! He rushes out to his vehicle, but he is too late. The windows are already smashed, and someone has thrown in two more accordions.

Courtesy of Parish Pump

Thoughts of curate

Many years ago I was an acolyte (a candle bearer) in church. When I was introducing new people to the task I told them to imagine themselves in a medieval church with limited light and then to think about how important the light of their candle was. Darkness and shadows would be all around them. The light of their candle would have helped the clergy and churchgoers focus on the service. The candles lighting the altar and the consecration of the bread and wine (the elements) helps us think about what Jesus did for us all. The light of the candles help us in finding our way through the darkness and shadows of life's challenges by bringing us into the light. The light given to us by Christ.



Candlemas day falls on 2nd February. It is a significant time of the month as it is the day that is half way between the shortest day of the year and the spring equinox. It is the fortieth day of the Christmas season and marks the end of Christmastide. Candlemass was traditionally the day on which all the candles which were due to be used on church in the coming year were blessed. In effect it was a festival days of candles. I give thanks for the light of Christ which shows us the way.

Happy Candlemas

Rev Ruth

An old saying about Candlemas

*"If Candlemas Day be fair and bright, Winter will have another flight
But if it be dark with clouds and rain, Winter is gone, and won't come again."*

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



Saint of the Month - Our Lady of Lourdes – 11th February

A Feast of Healing and Hope

Each year on 11 February, the Church remembers Our Lady of Lourdes, a feast that draws our attention to prayer, healing, and God's compassionate presence among the sick and the poor.

The feast has its origins in a series of apparitions reported in 1858 by a fourteen-year-old girl, Bernadette Soubirous, in the small French town of Lourdes. Bernadette was from a poor family and in fragile health herself. While collecting firewood near a grotto by the River Gave, she experienced visions of a “beautiful lady”, who later identified herself as the Immaculate Conception. Over the course of several months, the Lady called people to prayer, repentance, and trust in God.



One of the most enduring aspects of Lourdes is the spring of water that emerged at the Lady's instruction. Since then, countless pilgrims have visited Lourdes seeking healing — physical, emotional, and spiritual. While only a small number of cures have been formally recognised as miraculous, many more speak of finding peace, strength, and renewed faith through their pilgrimage. Lourdes has become a place where suffering is not hidden away, but met with dignity, compassion, and prayer.

For Anglicans, the feast of Our Lady of Lourdes sits naturally within our love for Mary as the one who points us always to Christ. Mary does not draw attention to herself; rather, she invites us to listen, to trust, and to place our lives in God's hands. The date in February is kept close to Candlemas, reminding us that Christ is the light of the world, even in times of darkness and illness.

On this feast day, the Church especially commends to God those who are sick, those who care for them, and all who long for healing. It is a day that gently reassures us that God's grace meets us where we are, and that hope can spring up even in the most unexpected places.

Chatters

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)

Thursdays

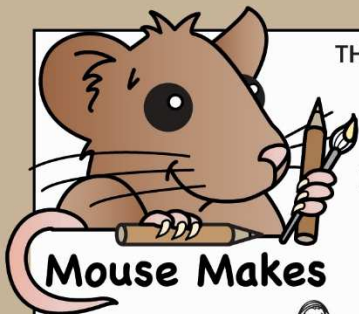
ALL THE SMALL THINGS

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.



Mouse Makes

Read the story in
Luke 4:1-13



SECOND TEMPTATION

THE
DEVIL SAID:

"I will give you power
and wealth if you worship me."

JESUS REPLIED:

"Worship the Lord your God
and serve only Him."

Read Deuteronomy 6:13

WE LEARN:

Put God **first**
Worship **only** Him.

1

THE TEMPTATION OF JESUS

After Jesus was
baptised in the River
Jordan where did the
Holy Spirit lead him to? v1

How many days was
Jesus being tempted
by the devil? v2

What did Jesus eat? v2

What did the devil tempt
Jesus to turn a stone into?

What did Jesus say? v3-4

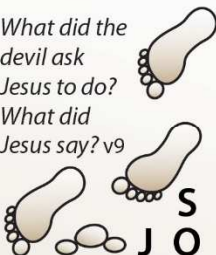
What did the devil offer
Jesus if He worshipped him?

What did Jesus say? v7-8

What did the
devil ask

Jesus to do?

What did
Jesus say? v9



FIRST TEMPTATION

THE
DEVIL SAID:

"If you are God's Son order
this stone to turn into bread."

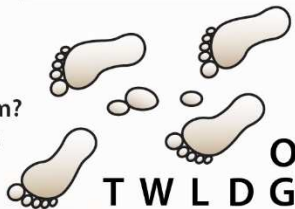
JESUS REPLIED:

"Man shall not live on
bread alone."

Read Deuteronomy 8:3

WE LEARN:

Read the Bible
Learn God's word.



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



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

JESUS • BAPTISED • RIVER • JORDAN • HOLY SPIRIT • LED
WILDERNESS • DESERT • FORTY DAYS • HUNGRY • DEVIL
TEMPTATION • STONE • BREAD • WRITTEN • SON • WORLD
KINGDOMS • GLORY • WORSHIP • SERVE • GOD • HIGH

JERUSALEM • TEMPLE • SON • JUMP • DOWN • LIFT • FOOT • LORD • TEST • LENT



THIRD TEMPTATION

THE
DEVIL SAID:

"If you are God's Son throw
yourself down, the scriptures
say God will take care of you."

JESUS REPLIED:

"Do not put the Lord
your God to the test."

Read Deuteronomy 6:16

WE LEARN:

God cares, **trust**
Him do not test Him.



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MONDAYS - 8PM START
DISTINGTON COMMUNITY
CENTRE
ALL WELCOME

PIC-COLLAGE

Book Review

Little people, BIG DREAMS: Beatrix Potter.

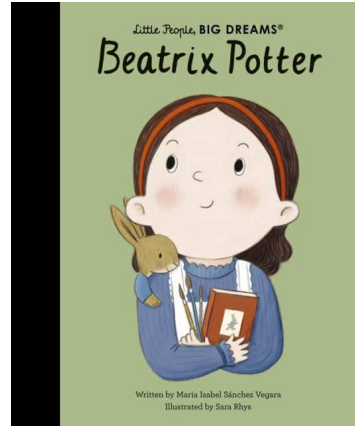
RRP £9.99

Frances Lincoln Children's Books

(published 6th February 2026, (32 pages)

Suitable for Reception – Year 2

Learn about the inspiring story of Beatrix Potter, the legendary author, illustrator and protector of nature. During her childhood in London, little Beatrix loved to draw. She drew everything she came across, and particularly loved drawing animals and other things that she spotted in the natural world around her. As an adult, she began writing and drawing her own stories, and she created a story about a naughty little rabbit named Peter.



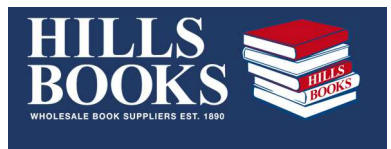
That story, which she decided to publish with her own money, became *The Tale of Peter Rabbit*, which today is a true classic. She went on to create other beloved animal characters, such as *Jemima Puddle-Duck* and *Mrs Tiggy-Winkle*, enchanting readers with her timeless tales set in the English countryside. Her beautifully illustrated stories, filled with mischief and adventure, inspire readers with a love of nature and storytelling.

Little People, BIG DREAMS is a bestselling biography series for kids that explores the lives of outstanding people, from designers and artists to scientists and activists. All of them achieved incredible things, yet each began life as a child with a dream. This empowering series of books offers inspiring messages to children of all ages, in a range of formats.

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.





Please can you help Distington Church?

The church here in Distington is a very important and beautiful building but more importantly it is the house of God. Like all houses it needs to be cared for. Could you give a little time once a month to help keep the church clean and tidy and well cared for? Our small band of willing helpers is struggling to keep on top of the jobs that need doing, especially the cleaners and so we are appealing for your help. We have had one offer of help, for which we are very grateful, but we do need more helpers so that no-one is on their own



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).

The person who never makes a mistake must get tired of doing nothing. – Anon
Courtesy of Parish Pump

The Feast of Saint David – 1st March

St David's Day: Faith Rooted in the Land

St David's Day, celebrated on 1 March, honours the life and witness of St David, the patron saint of Wales, whose quiet faith and pastoral wisdom continue to inspire the Church today.

David lived in the sixth century, a time of great upheaval and uncertainty. He was a monk, teacher, and eventually bishop, founding monastic communities across Wales and beyond. These communities became centres of prayer, learning, and hospitality, shaping Christian life in the Celtic lands for

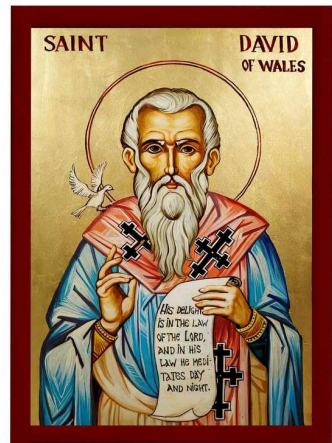
generations. David's faith was deeply rooted in the rhythms of prayer and work, simplicity and discipline.

Perhaps St David is best remembered for the way he lived rather than for dramatic miracles. Tradition tells us that he urged his followers to live simply, to care for one another, and to remain faithful in small, everyday acts. His most famous saying, still cherished in Wales, was: "Do the little things." These words reflect a spirituality that values faithfulness over fame and service over self-importance.

There is a story that during one of David's sermons, the ground beneath him rose up so that all could hear him speak. Whether taken literally or symbolically, the story points to the power of a life rooted in God: when faith is grounded in humility and truth, it is lifted up for others to see.

St David died on 1 March, which is why this date became his feast day. It is kept not only as a celebration of Welsh identity, symbolised by daffodils and leeks, but as a reminder of the enduring strength of Christian witness shaped by place, community, and prayer.

As we mark St David's Day, we are invited to reflect on our own calling: to live faithfully where we are planted, to serve God and neighbour in ordinary ways, and to trust that, in God's hands, even the little things can bear great fruit.



Recipe of the Month - March

Taiwanese Breakfast Egg Pancake, or Dan Bing.

Egg pancakes are a beloved morning treat in Taiwan, often enjoyed with family or friends. The soft, thin pancake filled with green onions, bacon, or cheese is flavourful and comforting, making it a perfect start to the day. Dan Bing represents warmth, care, and the simple joys of home-cooked meals.

Ingredients (Serves 2-3)

150 g plain flour
50 g corn flour
340 ml water
Spring onions, to taste
Salt, to taste
Oil, for cooking
Optional fillings: bacon, cheese, etc.
Soy sauce



Method

Make the batter: In a bowl, mix flour, corn flour, chopped spring onions, and a pinch of salt. Gradually add water while stirring until smooth.

Cook the pancake: Heat a little oil in a frying pan. Pour a portion of batter into the pan, spreading it thinly like a pancake. Cook until the bottom sets and the edges lift, then flip and cook the other side.

Add fillings: Place egg, bacon, cheese, or other toppings on the cooked pancake. Drizzle with soy sauce and the roll or fold the pancake and enjoy immediately.

Enjoy!

Frannie Wang

God made us

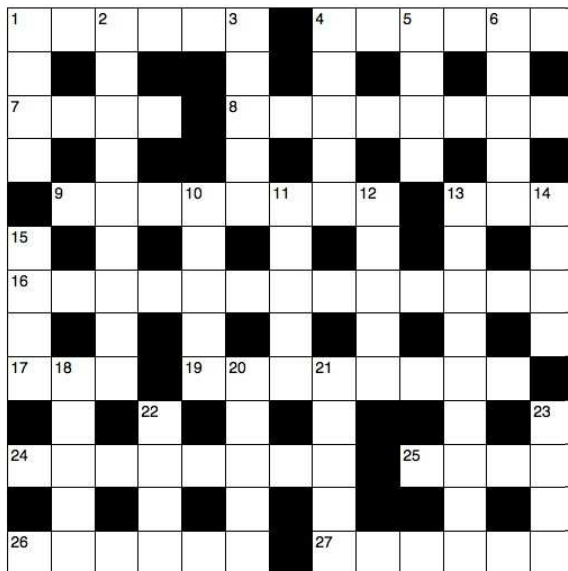
A little girl sitting on her grandfather's lap reached up to touch his wrinkled cheek. "Grandpa, did God make you?"

"Yes, sweetheart," he answered, "God made me a long time ago."

"Oh," she paused. "Grandpa, did God make me too?" Her grandfather assured her that He had. She felt his wrinkled cheek again. "God's getting better at it, isn't He?"

Courtesy of Parish Pump

Coffee Time Teaser



Coffee Time Teaser

Across

- 1 'If you love those who love you, what — is that to you?' (Luke 6:32) (6)
- 4 'They threw the ship's — overboard' (Acts 27:19) (6)
- 7 The first murderer (Genesis 4:8) (4)
- 8 He was the head Levite in charge of the singing (1 Chronicles 15:22) (8)
- 9 Samson was noted for this (Judges 16:6) (8)
- 13 Solicit money or food (Acts 3:2) (3)
- 16 What William Booth's Christian Mission became in 1878 (9,4)
- 17 Alliance of Religions and Conservation (1,1,1)
- 19 'I will praise your name for ever and ever. — — I will praise you' (Psalm 145:1-2) (5,3)
- 24 Simon had (anag.) (8)
- 25 Desperate (Deuteronomy 28:48) (4)
- 26 Elisha witnessed the do this seven times (2 Kings 4:35) (6)
- 27 The belly and thighs of the statue in Nebuchadnezzar's dream were made of this (Daniel 2:32) (6)

Down

- 1 'Before the — crows, (Matt 26:75) (4)
- 2 Relating to the books of the Bible between Acts and Revelation (9)
- 3 'They have — the Lord' (John 20:2) (5)
- 4 Belief (5)
- 5 '250 shekels of fragrant — ' (Ex 30:23) (4)
- 6 'Do not — Jerusalem' (Acts 1:4) (5)
- 10 A seer (anag.) (5)
- 11 'Even there your hand will — me' (Psalm 139:10) (5)
- 12 The wild variety was part of John the Baptist's diet (Mark 1:6) (5)
- 13 A non-Greek speaker who was looked down on by civilized people (Col 3:11) (9)
- 14 Famous 1950s musical — and Dolls (4)
- 15 The province from which Paul wrote to the Corinthians (1 Cor 16:19) (4)
- 18 'He was ... measuring — — his hand' (Ezekiel 40:3) (3,2)
- 20 'Today, if you hear his — , do not harden your hearts (Heb 3:15) (5)
- 21 Jericho prostitute (Heb 11:31) (5)
- 22 'faith, — and love. (1 Cor 13:13) (4)
- 23 Word meaning numbered (Dan 5:26) (4)

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Harder

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Answers to last issue's crossword

Easier

Distington Surgery

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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 April / May 2026 edition of the Magazine should be sent to the Editor at editor.handd@gmail.com by the copy date of Monday 9th March 2026.

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