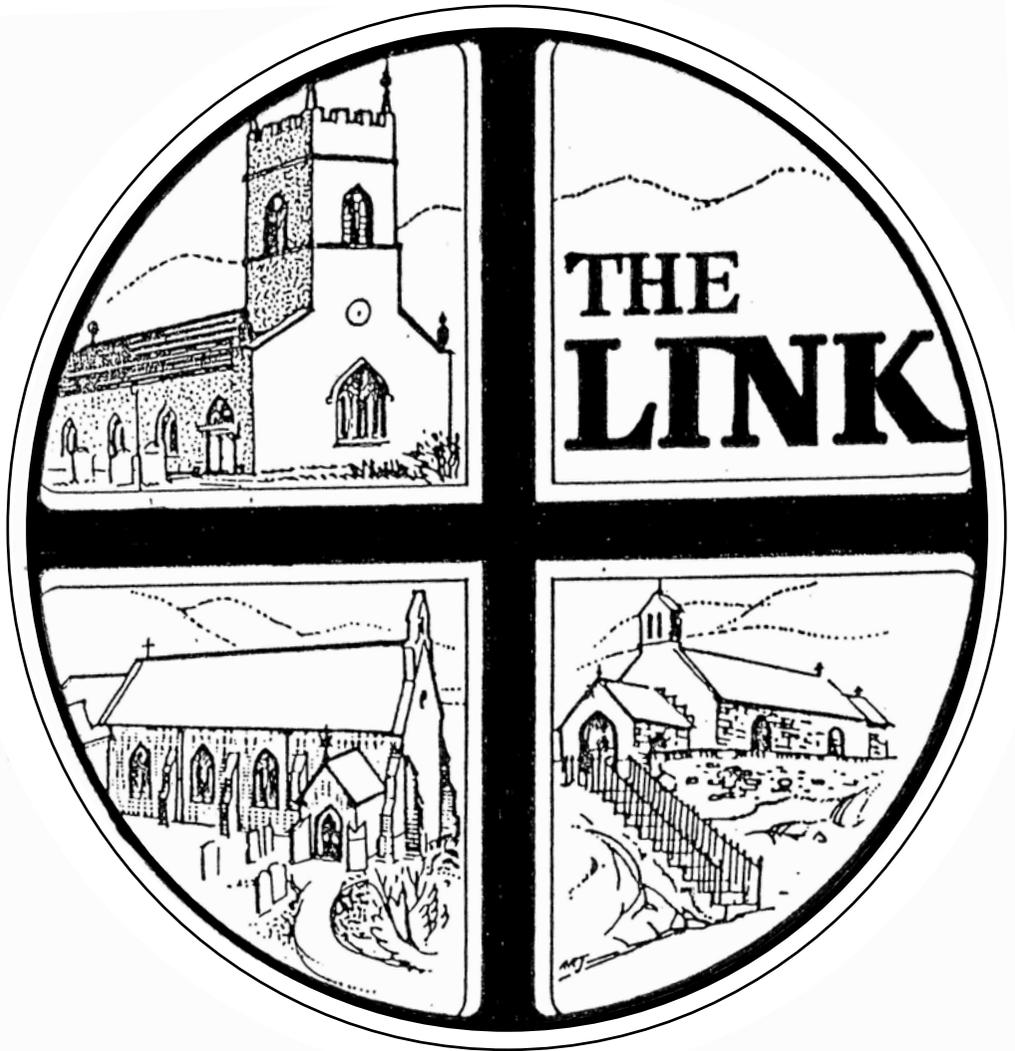


**JULY/AUGUST 2018**



**THE UNITED BENEFICE OF LORTON AND  
LOWESWATER WITH BUTTERMERE**

## **DIARY DATES FOR JULY AND AUGUST**

### **July**

- |    |     |  |
|----|-----|--|
| 3  | Tue | Table tennis, YTH, 7-9pm   |
| 5  | Thu | CtiCA walk round Pacastle / Broughton 6.30pm at Christ Church                  |
| 7  | Sat | The King's Road, UVH 7.30pm  |
| 8  | Sun | Mockerkin A walk Scafell Pike  |
| 10 | Tue | Lorton WI 6.00pm New Bookshop, Cockermouth                                     |
| 11 | Wed | Sewing Bee YTH 12 – 3.30 pm  |
| 11 | Wed | Table tennis, YTH, 7-9pm   |
| 12 | Thu | History Soc. talk, William Brownrigg, C18 scientist & philosopher, YTH. 7.30pm |
| 14 | Sat | Coffee and Cakes, LVH, 10.30am - 12  |
| 14 | Sat | Customise clothing YTH 2 – 5 pm  |
| 15 | Sun | Mockerkin B walk Ling Fell   |
| 17 | Tue | Yew Tree Hall AGM, YTH, 7.30pm   |
| 17 | Tue | Customise clothing YTH 7 - 9 pm  |
| 18 | Wed | Table tennis, YTH, 7-9pm   |
| 18 | Wed | CtiCA walk round Waterloo Farm   |
| 19 | Thu | Lorton Gard Club outing to Cragside  |
| 25 | Wed | Table tennis, YTH, 7-9pm   |

### **August**

- |    |     |   |
|----|-----|---|
| 1  | Wed | Table tennis, YTH, 7-9pm  |
| 5  | Sun | Mockerkin A walk meet 10am Stonethwaite Church                  |
| 8  | Wed | Table tennis, YTH, 7-9pm  |
| 11 | Sat | Coffee and Cakes, YTH, 10.30 to 12am, hosted by the Tennis Club |
| 12 | Sun | Mockerkin B walk meet 9:45am Legburthwaite                      |
| 15 | Wed | Table tennis, YTH, 7-9pm  |
| 18 | Sat | CtiCA walk round Carlisle 3 Rivers                              |
| 22 | Wed | Table tennis, YTH, 7-9pm  |
| 26 | Sun | Cream Teas, LVH, 2-5p.m   |
| 29 | Wed | Table tennis, YTH, 7-   |
| 30 | Thu | Lorton Gard Club go to Ivy House, Cumwhitton @ 2pm              |

### **September**

- |    |     |  |
|----|-----|--|
| 10 | Mon | Community Lunch, 1.15pm, Lorton School   |
| 21 | Fri | A Celebration of Simon and Garfunkel, Doors open 6.45p.m, ,Concert 7.30p,m, St Cuthbert's Church, Lorton |

## Notes from St.Bartholomews and St. James

Our usual letter from a vicar was not available this month. Summer seems well set in, bar a small hiccup two weeks ago, and with it the wedding season is in full swing with 7 weddings at Loweswater and Buttermere over the past few weeks.

A big change in the last month has been the resignation of Jan and Gwyn Evans as Churchwardens at Buttermere after a number of years of invaluable service. Substantial much needed work on the fabric of the Church has been achieved during their tenure. A hard act to follow! Barbara Robinson and Eleanor Ella have been elected as Buttermere wardens for the next year.

The new chancel railings have been erected in St.Bartholomews and look in

keeping with their surroundings. We envisage they will be a very useful addition to our Church. We would like to thank the generosity of two very kind donors.

Our organist Sue Ralph and choir took part in the annual service at St.Michaels Mosser on 17<sup>th</sup> June.

The August Bank Holiday teas will take place on Sunday 26<sup>th</sup> August as usual in the Loweswater Village Hall.

Whilst the search for a new incumbent carries on we remain indebted to our "regular team" of clergy who take our services week to week.

Wishing pleasant holidays to all our readers. Eleanor Ella

### Loweswater with Buttermere PCC 100 Challenge Club

#### The prizewinners for the draw held on 1<sup>st</sup> June 2018

1st prize of £25	No 110	Maud Vickers
2nd prize of £10	No 92	Lorraine Dickson
3rd prize of £5	No 38	Richard Kahane

*Congratulations to the winners and thanks to all our supporters.*

## Friday 21<sup>st</sup> September 2018

A Celebration of Simon & Garfunkel Performed live by Tim Chu & Ian Bailey  
In St Cuthbert's Church Lorton Doors open 6.45 for concert at -7.30p.m  
£12.00 to include light refreshments

"What a fantastic show with two great guys, two voices and two guitars delivering the best acoustic interpretations of Paul Simon's classic songs" Sally Naden, BBC Radio.  
Flyer to be included in the September Link but...To avoid disappointment - reserve your place by phoning Keith McNeil 07810772192

## Lorton Tennis Club

It's change of ends and the first set is going-with-serve! A second team men's match is in progress: competitive but sprinkled with good humour ('Put that shot on YouTube!!') and annoying honesty ('Hate to say it - that ball is IN - good shot' to sound of grinding teeth). Then it's a quick gulp of water and a walk to the service line. But as I bounce the ball a couple of times preparing to serve (just a couple – I'm not Nadal - oh if only?) IT HAPPENS AGAIN!....

Instead of checking that my partner is

ready or that the opposition are waiting to receive, I look up at Low Fell and I do that slow panoramic thing, trying to do a full 360° turn but without an owl's ability. Birds twitter pulls my focus to the flitting of sparrows in the hedge. As if in a drug induced trance I stand on a tennis court in the idyllic Lorton Valley! I'd better serve



before the others think I'm having a 'senior moment'.

But what a moment! How lucky can one be to play in this vivid environment? Win or lose tonight - no one can beat that!

Also on our horizon at Lorton Tennis Club is exciting news of the refurbishing of two of our three courts. New artificial turf courts which will have been laid by the end of June - great surface to play on all year round AND kind to the knees. Court 3 remains a good tarmac surface with the full valley views to Red Pike – distracting that serve!

Interested in playing? You would be very welcome. Contact us via our website [lortontennis.org](http://lortontennis.org).

# Coffee Morning

Saturday 14th July 2018  
10.30am - 12 noon

Hosted by the United  
Benefice of Lorton  
and Loweswater  
with  
Buttermere



## Loweswater Village Hall

But, apart from the pews, the sermon, the hymns, the coffee and all that praying, you'd come again?



A Melbreak Communities Event



The Club trip on 19 June was much enjoyed by all. We were transported along the Lancaster Canal from Bilsborrow while enjoying an excellent lunch provided by the company, Lancaster Canal Cruises.

We then visited Barton Grange Garden Centre, before driving to the Shepherd's Inn for supper. Many thanks are due to Marjorie for arranging an excellent day out.

Club meetings resume in the autumn, so look out for announcements in the Link nearer the time.

John Hudson, Chairman.

---

## Household Insurance Money Saving Tip

If, like me, you find other topics more entrancing, you probably renew your household insurance policy each year without giving the matter much thought. This year, exceptionally, I felt it my duty, as treasurer of the Loweswater with Buttermere PCC, to test out the offer from Ecclesiastical Insurance, who insure our two churches, to donate £130 to the PCC for each new home insurance policy taken out before 31st December by our friends. So I called Ecclesiastical at 0800 783 0130 quoting TRUST130 and our churches' policy number, which is 04/XPG/279688.

The lady I talked to was patient, friendly and helpful, and the quotation from Ecclesiastical was significantly cheaper than the renewal quotation from my previous insurer. I now have a new insurer, have more money to spend on more interesting things than insurance (not hard to find!) Customers across the UK voted Ecclesiastical the UK's Most Trusted Home Insurance provider and, after due deliberation, I feel that I should relay the suggestion that readers of the link call them, quoting **Trust 130**, or visit [www.ecclesiastical.com/Trust130](http://www.ecclesiastical.com/Trust130).

[hughandzoe@gmail.com](mailto:hughandzoe@gmail.com).  
*hugo Thomson*

# CREAM TEAS



**Loweswater  
Village Hall  
Sunday 26<sup>th</sup> August  
2pm until 5pm**

**In aid of the United Benefice**

## LORTON WOMEN'S INSTITUTE

June 2018 Meeting



Our June meeting was a talk from Jane Robinson, who, with her husband Andrew, set up the North Lakes Food Bank - just before the 2009 floods, so a baptism of water rather than fire! The Food Banks exist to help people through a crisis, providing food boxes to keep individuals or families going, typically for 3 days, although this can be extended to 9 days. They also give advice and referrals to other agencies, as well as much needed cups of tea and a sympathetic ear to people in crisis. This might be due to illness, bereavement, reduced employment, or at the moment, the troubled implementation of Universal Credit.

All their clients are referred by community agencies - Social Services, Health Visitors, CABs, Addiction Clinics, homelessness charities etc. They are given a voucher which can be exchanged for a food box - our Cocker mouth centre is at Lorton St Methodist Church. They also run a 'Holiday

Lunchpacks 4 Kids' scheme, for families with Primary School age children who are struggling to provide lunches during the summer, Christmas and Easter holidays. This amazing operation is run by volunteers - of whom our Ann Roberts is one - collecting, taking to the warehouse, sorting and dating the food, packing the boxes and working in the centres. It's a wonderful example of community action, with all the food donated by individuals and local businesses.

Look out for the collection points in supermarkets, schools and churches, and if you would like to join the the 165 volunteers working in the Allerdale and Copeland area, contact 01900 823854, [info@thefoodbank.org.uk](mailto:info@thefoodbank.org.uk). For our next event on July 10th, meet at 6pm at the New Book Shop in Cocker mouth for a talk by Catherine Hetherington, followed as ever (this is the WI) by a meal out!



**The Melbreak Communities an Action Plan for the four parishes of Buttermere, Loweswater, Blindbothel and Lorton**

[www.melbreakcommunities.org.uk](http://www.melbreakcommunities.org.uk)



**Real Coffee & Home Made Cake  
Hosted by Lorton Tennis Club**

**10.30am - 12.00pm on Saturday 11<sup>th</sup> August  
2018**

**At Yew Tree Hall**

# *Penny's Piece*

It has been rather warm for a while now, as you will have noticed. If the end of exam season doesn't make it break, I'm sure the end of term will. Look out on the 20<sup>th</sup> July. Heat seems to eradicate certain levels of common sense in lots of people. Especially, yet again, when it comes to parking. All of you will have seen it. Parking down Maggie's Lane to get to Holme Wood, anywhere along Crummock into Buttermere and creative places in between. I can't decide whether snotty cards put on windscreens, double yellows or mild modification to cars by taking a tractor where it needs to go, would work best. I think the tractor method with a snotty card. There have been times recently when the idea of wheel spikes a la Ben Hur chariot race have looked appealing as I yet again have to drive round, via the hedge, someone who doesn't know the width of their car or want it to touch nature.

Over half term I went to the north east to an RSPB site to finally see puffins for real, while they are here. They are funny little characters, who it appears make a noise a bit like a mothering cow. When looking at a cliff face covered in guillemots and razor bills, it can be daunting trying to work out where a puffin might be, but there are ways of locating them. Firstly look for areas where there are clefts or holes rather than a shelf. Then look out for the clown suit. The beak and orange feet, really stand out. Even from the back, if you spot a foot, you've got your puffin. In the air, they are a black, white and orange tennis ball- very round.



Once you get your eye in they are easy to spot. Even in the beak of a gannet- how dare it. I say they were easy to spot. That does largely depend on the North Sea mist. At some points you could barely see 100 metres in front of you. We went on a sea bird cruise- a risk for me as I feel sick looking at the sea when I'm stood on the shore. Luckily it was flat calm but the mist was unreal. We lost sight of Bridlington within ten minutes- a bonus- and saw no coastline until Flamborough head. Then it miraculously disappeared. Tens of thousands of sea birds, seemingly sitting on top of each other on any ledge in sight. There was even a gannet nesting in an old tyre which had somehow got to the top of a cliff stack. It sort of reminded me of the pictures you see of the Favellas in Brazil. Everyone living on top of each other. The noise was something else. It would have been interesting to go at night to see if the noise subsided or not.

Roadworks are everywhere at the moment. I know Fang's Brow needed sorting, but I am currently wondering where the 6 inches of tarmac are going to come from to get the new drains level with the road. Could they not have been dug a little deeper? There are random sets of traffic lights all over the place that appear overnight and disappear just as fast and I have met one diversion that clashed with another. Always fun. Penny 7

# LORTON VALE GARDENING CLUB

It's always a pleasure to visit The Bishop's House in Keswick, and the brilliant weather held for our trip. Alison Newcombe kindly welcomed us into her sitting room and managed to find chairs for all 28 of us! She gave us a before and after presentation, filling us with admiration for her enthusiasm and hard work. Vast amounts of rhododendron ponticum, trees and tree seedlings had to be cleared and the whole garden landscaped. It has really come on since we last saw it, with yew arbours, orchard area, and herbaceous borders along the terrace. The chocolate brownies, scones with cream and jam, and tea bread were pretty impressive too!

Our luck with the weather continued for our summer social when after a week of indifferent weather the day was dry and sunny although with a cool wind.

We all enjoyed a lovely evening in Pam and Mike Jaques' wonderful garden, marvelling at the huge amount of work they had put into it and admiring all the interesting

and immaculate lawns vegetable garden etc - as usual members came up trumps with a superb buffet making it a great occasion.

Thursday 19th July is the coach trip to Cragside in Northumberland. To check whether there are still places, contact Elly Rowland (01900 85094 [ellyandbev@btinternet.com](mailto:ellyandbev@btinternet.com)) Looking ahead to August, we are going to Ivy House, Cumwhitton, Brampton CA8 9EX, on Thursday 30th August at 2pm. This is a 2 acre sloping fell side garden, with a copse and meadow and a good variety of planting.

Cost: £5 to include tea.

**Directions:** 6 miles east of Carlisle. At the bridge on the A69 at Warwick Road, take the turn to Great Corby and Cumwhitton. Continue through Great Corby and some woodland until you reach the T junction. Turn right.

Please contact Fiona (01900 85710 [fionalambrick@btinternet.com](mailto:fionalambrick@btinternet.com)), or Nicola (01768 776483 [lawses@btinternet.com](mailto:lawses@btinternet.com)) if you would like to go.

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**LORTON VALE  
SQUIRREL SPRING WATCH  
2018**



*The LVSS survey was completed towards the end of May  
and the results have been analysed.*

*During the two separate one week survey periods, a total of  
118 Red Squirrel sightings and 26 Grey Squirrel sightings  
were recorded by the LVSS Group, the incidence of both  
varying in different areas of the valley.*

*The detailed report has been sent to the LVSS Group, and  
will be available at the West Lakes Squirrel Initiative stand  
at the Loweswater Show. Copies can be obtained by  
interested readers of the LINK by dropping me an email.*

We are grateful to the editors of THE LINK for publishing the notices  
so efficiently, and THE BIRDS' BISTRO of Penruddock for informing  
their local customers about the survey.

John & Rosamund Macfarlane [jtmacfarlane@gmail.com](mailto:jtmacfarlane@gmail.com)

Did you know that the clothes we throw out in one year would fill Wembley Stadium?

The Melbreak Communities presents...

## MAKE & MEND Workshops

Upcycle, Recycle, Repurpose, Reclaim, Reuse & Reduce!

**\*All workshops are FREE \* Coffee £2.20**

**\* Nominal charges may be made for some materials \*Cushion Workshop £7.50**

Contact Glenis 01900 85616 or email [glenis@borderhydro.co.uk](mailto:glenis@borderhydro.co.uk)

EVERYONE WELCOME!

### DROP-IN Sewing Bee\*

**Yew Tree Hall**

**Weds 11th July, 12 - 3.30pm**



Flip a shirt collar, patch trousers, darn socks, make bunting...

Mend something, start something, finish something, or just come along for a chat & coffee.

All very welcome even if you can't thread a needle! Sewing machine, thread, scissors, odds & ends available, or BYO! **\*NO BOOKING REQUIRED \*FREE COFFEE**

### Customised Clothing

**Yew Tree Hall**

**Sat 14th July, 2 - 5pm**

**& Tues 17th July, 7-9pm**



With Maggi Toner-Edgar from Creative Style

Upcycle a favourite blouse with some embroidery or revamp a jacket! Repurpose trousers into shorts! Maggi will unleash your creativity and confidence to reuse and reclaim your favourite clothes! **Maggi is a Designer and Creative Coach.** [mtedgar.wordpress.com](http://mtedgar.wordpress.com)

**BOOKING REQUIRED - 01900 85616 or email [glenis@borderhydro.co.uk](mailto:glenis@borderhydro.co.uk)**



## Lorton & Derwent Fells Local History Society

Brackenthwaite

Buttermere

Embleton

Loweswater

Mockerkin

Pardshaw

Wythop

[www.derwentfells.com](http://www.derwentfells.com)

***William Brownrigg M.D. F.R.S. a physician and philosopher eminently distinguished***

Talk by Dr. Phil Sykes, Thursday 12 July 2018. Yew Tree Hall, High Lorton, 7.30pm.  
Guests £3 to include refreshments.

Dr William Brownrigg MD., FRS., lived and worked in Whitehaven and Keswick. Despite being described as "a polymath and one of the greatest intellects of the 18th Century" very few people know about him. This talk will describe his background, education and many achievements in the medical & scientific world and will give clues to his lack of present day recognition.

## LORTON NOTES

As most of you will now be aware, the second applicant to be the Priest-in-Charge of our benefice has withdrawn and we are having to advertise yet again. The deeper implication of this is that it might not be possible to fill the vacancy and that we shall have to consider other ways to have priests leading our services. This is not the situation yet, but I think I should advise you that it may come about.

What differences in weather we have been experiencing. Two visits by the beast from the east, followed not long after by the longest period of late spring sunshine that we have enjoyed since moving here seventeen years ago. The return to normal weather has come as quite a shock.

After spring comes summer and the holiday period is approaching, a time during which some of our regular

congregation are enjoying themselves in other parts. One consequence of living where we do is that this does not necessarily result in smaller congregations, as we are able to welcome holiday makers ourselves. This can be a reassuring experience as many would appear to enjoy our services and admire our church. We believe it to be an attractive building, but it is reassuring to hear others agreeing with us.

From St. Cuthbert's Church Registers:

### **Funeral and burial:**

29 May Donald Graham

5 June Richard Johnston

13 June Wendy Dempster

Roger Peck

### **Loweswater Village Hall News**

It was a lovely day for the Sponsored Walk and Cream teas on Sunday the 3<sup>rd</sup> June. Thank you to everyone who attended or made a donation of cakes and scones. The event made £270 from the people who walked and £307 from teas.

A presentation was also made to Marion Vickers, who after 35 years has stepped down as Treasurer of the Hall Committee but remains on the Committee. Her hard work has secured countless funding for the hall over the years and has helped us to afford to make the repairs and improvements needed to keep the hall looking as good as it does.

P. Leck

#### **A note of thanks from Marion:**

I would like to thank the committee for their lovely flowers and gift.

After being treasurer for 35 years I've decided to step down due to changing times into the computer age and telephone banking etc.

I have enjoyed working with the committee members over the years and got a buzz from finding grants and helping raise funds for the village hall. I still wish to continue as a member.

## Whit Beck Renewal Project

On Tuesday 22nd May, a number of local residents enjoyed the opportunity of walking and talking with Ian Creighton, of the West Cumbria Rivers Trust.

Where the White Beck was once a heavily engineered channel, now it meanders along its new route, significant improvements to the natural habitat are evident in additional hedgerows and tree planting, and there are significant improvements in the number and variations of fish species (mainly salmon, trout and sea trout) demonstrated by various data collection projects. Now there are huge areas for spawning, with over 800 times more pool habitat than before, with riffles, glides, runs and bars,

where previously there were none.

The interconnecting woodlands and riparian strips have made new wildlife corridors, and the habitat area has increased from 2000sq m to 12,000 sq m. This was an Informative afternoon, in glorious sunshine, and an additional bonus was the attempt to explore the banks of The Cocker, where Phase 2 of the project is planned.

Access to this area is on private land, so thanks are due to the landowner who gave permission for the guided walk to take place, led by staff from the West Cumbria Rivers Trust.

Chris Poate Acting Chair MBC

### CTiCA Walking Group – July & August Walks

Our next walk will be on Thursday 5<sup>th</sup> July from Christ Church, Cockermouth to Papcastle and Broughton Beck including River Derwent, the location of the former railway station and sites of recent excavations for Roman remains.

Meet at Christ Church, Cockermouth at 6.30pm

Wear appropriate outdoor clothing.

Other forthcoming walks are to Waterloo farm on 18<sup>th</sup> July and the Carlisle 3 Rivers Walk on Saturday 18<sup>th</sup> August

Contact Stan Leigh for more details or phone on 01900 828821/email [seleighbwanadoo@yahoo.com](mailto:seleighbwanadoo@yahoo.com)

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## Vale of Lorton Community First Responders

### A FOURTH DEFIB FILLS THE GAP

Thanks to the support received from Loweswater 77 Club, who donated the proceeds from their recent Coffee & Cake morning raffle, Loweswater Show Committee, the PCC, Loweswater Ladies and all of you who have donated funds in recent years, we have been able to fund the installation of a new “Community Public Access Defibrillator (CPAD)” which will be located outside Swallow Barn, Waterend at the north-west end of Loweswater. This fourth defibrillator provides easier public access to “heart-start” equipment which can be picked up and used by anyone to provide first aid to someone suspected of experiencing a heart attack.

With ambulance response times critical, and not help by our remote location and the narrowness of our roads, our team of First Responders and now anyone close to anyone of these four boxes, can provide CPR supported by an easily usable “Heart-Start” machine. The four public access points are outside Buttermere’s Croft Cafe, Lorton School, the Red Phone Box near the Kirkstile and hopefully by the time you read this, outside Swallow Barn, Waterend.

Survival rates for out-of-hospital cardiac arrests in Cumbria are 3 times better than the National Average and a CPAD defibrillator is taken out of its box roughly every other day, ready to be used. THEY ARE SAVING LIVES! The best chance of survival for someone suffering a heart attack is for a defibrillator to be used within minutes. The equipment has full colour video and voice instructions on the unit so is easy to use by locals and visitors alike even if they have never used one before.

We invite all members of the community and visitors to come along to our Coffee and Cake morning at Loweswater Village Hall on Saturday, 13 October (10am-noon) and familiarise yourselves with a CPAD. We will be able to demonstrate the use of defibrillators and CPR and you can also talk to members if you wish to join in with our local First Responder’s team.

A big thank to retired team member Kath Leck for hosting the facility and to all of you for giving us the funds to “fill the gap” of easily available public access defibrillators covering the three valleys of Lorton, Loweswater and Buttermere.

Leslie Webb, Vale of Lorton CFR Team Leader, 01 900 85609, or email [les@damsonghyll.co.uk](mailto:les@damsonghyll.co.uk)

I want to write a very big thank you, on behalf of Buttermere PCC, to Gwyn and Jan Evans, for all they have done in Buttermere church while they were church wardens. They have left St James church in such good order for the next church wardens to take over. Also the monthly Buttermere church news (In the link) which has always been very enjoyable and interesting. Barbara Robinson and Elaner Ella are the new church wardens, it is wonderful they have taken it on as well as Loweswater, a very big thank you to them too.

Anne Kyle

## Ullock Village Hall



### *The King's Road*

**Saturday 7<sup>th</sup> July at 7.30pm - Doors open at 7.00pm**

**Tickets £7.50**

The Kings Road, a five piece local band, will play music all the way from the 50s to the current day. The Beatles, Rolling Stones, The Kinks, The Who, Joe Cocker and Coldplay to mention a few.

After their first electric show at Ullock village hall, they return to entertain us again. Come along, dance the night away and have a great time at the hall.

### **CHRISTIAN AID WEEK - MAY 13<sup>th</sup> to 19<sup>th</sup> 2018.**

Thanks again to all who delivered and collected and to all who gave so Generously for this year's Christian Aid Week.

Final Sum is £1,352.93 in total, similar to last year, an excellent result, considering post Brexit mood in the country. When handing Martyn Evans all the papers, he was very impressed as Cockermouth is slightly down. So Well Done Everyone!!

Dr. Martyn Evans our Cockermouth Local Organiser for Christian Aid and coordinator will be retiring at the end of this year. Anybody interested in taking up reins? Our thanks to Martyn for all his enthusiasm and support over the years.

THANK YOU - Jan Collins-Webb - Lorton Vale Organiser



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## THE MOCKERKIN MOB

(founded by Alan Gane MBE in 1989)

### Walk 333

<b>A Walk</b> <b>Sunday 8<sup>th</sup> July 2018</b>	<b>B Walk</b> <b>Sunday 15<sup>th</sup> July 2018</b>
<p>Intended for experienced walkers</p> <p><b>Meet:</b> 9.45am NTCP, Wasdale</p> <p><b>GR:</b> NY 187084</p> <p><b>Route:</b> Scafell Pike via Piers Gill, Lingmell</p> <p><b>Estimated Time:</b> 6+hrs, (Strenuous)</p> <p><b>Leader:</b> John Hudson 01946 861555</p>	<p><b>Meet:</b> 10am Brumston Bridge</p> <p><b>GR:</b> NY 185293</p> <p><b>Route:</b> Circuit of Ling Fell, Old Scales, Sale Fell</p> <p><b>Estimated Time:</b> 4hrs (Moderate)</p> <p><b>Leader:</b> Joan Warren 01900 85637</p>

### Walk 334

<b>A Walk</b> <b>Sunday 12<sup>th</sup> August 2018</b>	<b>B Walk</b> <b>Sunday 19<sup>th</sup> August 2018</b>
<p>Intended for experienced walkers</p> <p><b>Meet:</b> 10am Stonethwaite Church (park in layby near village)</p> <p><b>GR:</b> NY 258140</p> <p><b>Route:</b> High Buck How, Bessyboot, Rosthwaite Fell, Glaramara, Thornythwaite Fell</p> <p><b>Estimated Time:</b> 5½-6hrs (Strenuous)</p> <p><b>Leader:</b> Richard Easton 01900 85708</p>	<p><b>Meet:</b> 9.45am Legburthwaite. Roadside parking on A591</p> <p><b>GR:</b> NY 318195</p> <p><b>Route:</b> High Rigg, Low Rigg, Tewet Tarn</p> <p><b>Estimated Time:</b> 4½hrs (Moderate)</p> <p><b>Leaders:</b> Joan &amp; Judy 01900 85637/01946 861555</p>

Walkers participate at their own risk. We welcome new walkers: if you are interested phone Joan, 01900 85637 or Judy, 01946 861555

# The United Benefice of Lorton and Loweswater with Buttermere

## Church Services July 2018

<b>1<sup>st</sup> July</b>	<b>5<sup>th</sup> Sunday after Trinity</b>		
9.00am	Holy Communion	Lorton	BCP
10.30am	Holy Communion	Loweswater	CW
6.00pm	Evensong	Buttermere	BCP
<b>8<sup>th</sup> July</b>	<b>6<sup>th</sup> Sunday after Trinity</b>		
10.30am	<b>Matins</b>	Lorton	BCP
6.00pm	Holy Communion	Buttermere	CW
<b>15<sup>th</sup> July</b>	<b>7<sup>th</sup> Sunday after Trinity</b>		
10.30am	Holy Communion (PE)	Loweswater	CW
6.00pm	Evensong	Buttermere	BCP
<b>22<sup>nd</sup> July</b>	<b>Mary Magdalene</b>		
10.30am	Holy Communion	Lorton	CW
6.00pm	Evensong	Buttermere	BCP
<b>29<sup>th</sup> July</b>	<b>9<sup>th</sup> Sunday after Trinity</b>		
10.30am	<b>Benefice Service</b>	Lorton	CW

## August 2018

<b>5<sup>th</sup> August</b>	<b>10<sup>th</sup> Sunday after Trinity</b>		
9.00am	Holy Communion	Lorton	BCP
10.30am	Holy Communion	Loweswater	CW
6.00pm	Evensong	Buttermere	BCP
<b>12<sup>th</sup> August</b>	<b>11<sup>th</sup> Sunday after Trinity</b>		
10.30am	Holy Communion	Lorton	BCP
6.00pm	Holy Communion	Buttermere	CW
<b>19<sup>th</sup> August</b>	<b>12<sup>th</sup> Sunday after Trinity</b>		
10.30am	<b>Matins</b>	Loweswater	BCP
6.00pm	Evensong	Buttermere	BCP
<b>26<sup>th</sup> August</b>	<b>13<sup>th</sup> Sunday after Trinity</b>		
10.30am	Holy Communion	Lorton	CW
6.00pm	Evensong	Buttermere	BCP

PE = Pulpit Exchange (Grasmoor Mission Community)

**Deadline for the Sept issue is Aug 24th**  
Any comments ideas or articles please to the editors at  
[lortonvalelink@gmail.com](mailto:lortonvalelink@gmail.com).