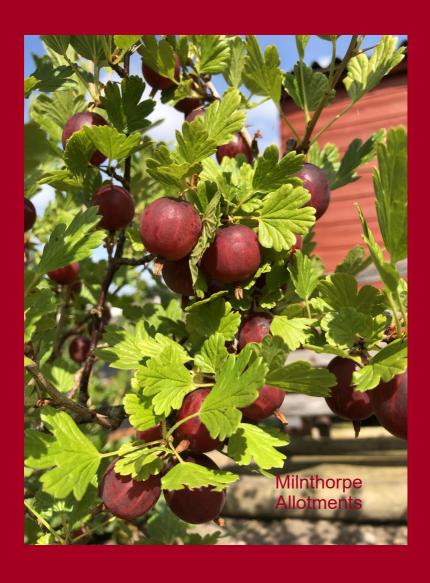
JUNE 2025
A free copy for you

Parish News

Levens, Heversham, Milnthorpe





FOOD BANK

GUESS

how many items are in our trolley!

PRIZES

TO BE WON!

The Food bank is very busy delivering much needed food to local families. We would welcome donations for the Food Bank on the day.

Suggested items:

TINS OF...

Fish, meat & pies, potatoes and veg, rice pudding, fruit, custard, soup, baked beans and spagetti.

MILNTHORPE FOOD BANK looks forward to welcoming you to our stall at Milnthorpe Summer Fete on Saturday, 21st June 1.00 - 5.00 pm



Biscuits, cereal, tea bags, coffee, pasta, rice and sugar. JARS/SACHETS OF...

Sauces.

CARTONS OF...

Long-life fruit juice and long life milk. Also soap and cleaning products.



For more info contact Diane Smillie on 07771 682378 Leslev Gill on 07816 895021

www.dignityindementia.org



Social Table Tennis – 10.30am-noon Weds 11th & 25th June at Arnside Educational Institute, Church Hill, Arnside,

Enjoyable Dementia friendly walks - 10.30am start Wednesdays 4th & 8th June 4th June – Up the Helm from the lay by in the lane opposite Station Inn, Oxenholme 18th June - Bob In Café, New Barns Caravan Park, Arnside, LA5 0BN

Zoom Poetry Group - 1.30 - 2.30pm Thursdays 12th & 26th June The group choose the theme and Dignity in Dementia search out poems which are emailed to group members. We then read them together.

Silverdale Songsters - Dementia Embracing Community Singing Group -Coffee on arrival and singing popular well known songs. Fridays 10.30 – 11.30 am at St John's Church Hall, Silverdale LA5 0RF

Woodland fun - engaging activities connected to nature, at Silverhelm Scout Activity Centre, The Row, Silverdale LA5 0UG Mondays 2nd, 16th and 30th June 11am—noon

Community Come Dancing - 2pm -3pm Tuesday 3rd June

A fun and relaxed intergenerational community dance session with local school children. Arnside WI Village Hall, Orchard Road, Arnside, LA5 0DP

Monthly Tai Chi - 1pm - 2pm Tuesday 24th June Join us for our new activity and improve your strength and balance - Levens Methodist Church Hall, Lowgate, Levens, LA8 8NG





For more info or to book lunches please phone our admin team on 01539 728118

Gentle Exercise Classes - Milnthorpe Gentle Exercise Classes - Levens

Every Tuesday 10.30 - 11.30 am Catholic Church Hall Haverflatts Lane, Milnthorpe LA7 7PS

Every Wednesday 10.30 - 11.30 am Levens Methodist Church Lowgate, Levens LA8 8NL

Levens Lunch Club The Gilpin Bridge, Levens LA8 8EP

Fourth Tuesday of the month 12.00 pm

Beetham Lunch Club The Wheatsheaf at Beetham Milnthorpe LA7 7AL

Third Thursday of the month meet at 12.15 for 12.30 pm



We are finding it hard to manage financially because our wages have not gone up in line with all the bills. We don't spend money on luxuries. What can we do?

If you need financial help, you should always start by checking if you can get any benefits. You can use the calculator on the Turn2us website.

This will give you a quick idea of what you might be able to claim.

Don't be put off applying, possibly because you feel embarrassed. Benefits are there to support you when you're struggling, or just need that bit of extra income to manage. They aren't only for people who are unemployed.

Benefits calculators can't give you a definite answer or amount, but it's still worth checking. To get the most accurate answer possible, you'll need information about your savings, income, and any other money coming in.

If you are eligible, it's always worth claiming, even if the actual amount you can get is small. It can entitle you to other financial support, for example help with rent and Council Tax, energy costs, and other bills.

If you have trouble making an application, contact South Lakes Citizens Advice for help. We know dealing with the benefits system can be intimidating, especially if you haven't made a claim before. There are parts of the system that can take time and be hard to navigate. But it's usually worth it - and you don't have to do it alone. And if you can't get benefits, your adviser will know if there is other financial help available.

If you are having problems with the supplier, or they ask your mother to pay for the change, contact South Lakes Citizens Advice for help.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. How to access:

Call 015394 46464 (9.30am – 2pm, Monday – Friday)

Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 1pm, Tuesday and Thursday)

• Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday) email advice via the submission page on our website www.southlakescab.org.uk

Age UK South Cumbria in partnership with the Live Longer Better in Cumbria programme announce the first Walking Cricket sessions in Cumbria!

A slower version of the game, designed so that anyone can take part.

STARTS: Monday 7th July 2 - 3.30pm, Dallam Heversham Sports Hall,

LA7 7EH. (suggested donation £3). Come along and give it a try

Do you have experience of the game and happy to share your knowledge? We are also looking for passionate individuals to volunteer to help run the group

and keep it going throughout the year.

Call 01539 728 118 or email admin@ageuksouthcumbria.org.uk to book your place or register your interest in becoming a volunteer for this exciting new venture

LEVENS Great Big Green week Coffee Morning - Sat June 7th

- Local Nature Recovery (W & F Council)
- Cold to Cosy etc (Futureproof Cumbria - formerly CAFs
- Composting advice
 (Garden Organics)
 *and first consultation on the
 20mph proposal for Levens
 (Westmorland and Furness
 Council/Levens Parish Council)

come along and see,. There'll be coffee (or tea) and cake (more welcome): 10 to 12 noon in Levens Methodist church

Meet & Eat 12-2pm at Levens Methodist Hall

Friday June 27th Coronation Chicken or Tuna Mayo Salad & Bread Buns

> Strawberries & Cream or Victoria Sponge

Tea/Coffee £5
Please add your name to the list at
Coffee Shop
or phone Susan Beckwith
0779 6561810

Everyone Welcome Children under school age free

> Coffee @ St T's Milnthorpe Community Rooms

Every Friday 10 -11.30 am free WiFi & contactless payment available



All Welcome



Saturday 7th June 7 pm Community Rooms

at St Thomas' All welcome for this brain teaser.

Form a team with friends (max 4 per team) Bring Your Snacks £10 per team in aid of St Thomas Building Fund

Levens Methodist Church

COFFEE SHOP

Mon, Wed, Fri 2 - 4 pm Everyone Welcome

Mondays

Would you like a coffee & a chat? please join us. also dominoes, cards, Rummikub or do a jigsaw. Also bring your knitting, sewing or craft project and have a natter.

Wednesdays & Fridays

Coffee and Biscuits







meetings are open to all please come along Mothers Union Milnthorpe with Heversham

Saturday 7th June is Away Day

130 Year Anniversary Service with collection for MU projects Worldwide at St Peter's Church, Heversham Wednesday **2nd July** at 2pm followed by Jacob's Join Tea Come and Join Us All are Welcome





Confirm entry by 14thJune to: hevershamstpeters@gmail.com

9am-5pm

HEVERSHAM WI

Next meeting: Wednesday June 11th

Speaker: Joan Bentley

Topic: 'A demonstration of flower

arranging'

Venue: The Athenaeum, Leasgill

Time: 7.30pm Competition:

'An arrangement in a

wine glass'

Visitors are most

welcome. There is a small charge of £3 per visit with 3 visits being possible without a commitment to join.

Levens BIG. Weekend

Saturday 5th July at Levens Playing Field

Vintage Tea Party

10am - 12 noon

···Levens Marquee Dance...

Live Music from... Shelly's Bane

Saturday 5th & Sunday 6th July

Levens Art Trai

10.30am - 4pm



the HERON theatre www.theherontheatre.com Box Office & Room Hire





June Performances

Sunday 1st June -- Classical Brass Quartet -**Rosamund Brass** 2.30pm

Friday 6th June - Film - The Road Dance - 7.30pm

Friday 13th June - Drama -Switcheroo - 7.30 pm

Saturday 21st June -Interpretation of Paul Simon songs - Tim Chu & Ian Bailev -7.30 pm



A celebration, thanksgiving & blessing of our pets

Sunday 1st June at 2:30pm Park House Farm, LA7 7EB

Furry, feathered, scaly, big or small all God's creatures (and their humans!) are welcome

Short service followed by refreshments

Outdoor/indoor depending on weather!

Free parking

@ the farm

more info: revhannahwallace@gmail.com



Christian Aid Week a UK charity, supporting some of the poorest people in the world, enabling them to become more self sufficient.



Thank you for supporting the Friday Market Cake Stall, Quiz Night and all donations,

total of which in Milnthorpe was £1775.81

Thank you Levens, envelopes £814 plus £133 when Gift Aid added. Thank you to all helpers and supporters.

You can still make a donation any time by phone 0207523 2269 or online at www.christianaid.org.uk

Milnthorpe Food bank urgently needs more food. Please donate food if you can.

www.milnthorpefoodbank.org Collection boxes in Spar and Churches in Milnthorpe and Heversham

There is a constant need of food & household items so please donate if you can, thank you

The Food Box in St John's Church Levens is open at most hours: for King's Food Bank, Kendal.
a check list of items most wanted currently appears on their website - https://kingsfoodbank.org.uk/
All contributions are greatly valued

The Food Box in
Levens Methodist Church is open
when church building is open

Heversham Bowling Club
2025 season
is now under way.
If you'd like to come and have
a go at the game of crown
bowls just pop along to any of

either a Wednesday or Sunday afternoon at 2pm.

The club is located just below the Athenaeum, Leasgill. All equipment provided, just wear flat soled, closed toed footwear.

Everyone welcome
More information from
Club Secretary
Tom Grindey: 07385 999387



Milnthorpe Senior Citizen's
Annual Tea Party
to be held at
Milnthorpe Cricket Club on
Wednesday 23rd July
4.30 pm

If you are 65 years of age and your partner is younger you can both still attend.

Numbers are limited so please return your RSVP to your delivered invitation to one of the committee members or telephone.

Closing date for RSVPs is 16th July 2025.

Sheila Ashburner 44 Firs Road Tel: 015395 62727

Helen Wilson 27 Park Road Tel: 015395 63015

HARDY PLANT SOCIETY
The Cumbria Group's
Sale
is at Preston Patrick Memorial Hall,
Crooklands
on Saturday 14th June
from 2.30pm
Admission 50p Refreshments

What is a Hardy Plant?
When we say a plant is 'hardy' we usually mean that it can stand up to low temperatures and survive.
How Low?

- As a rough guide, we say that a hardy plant can survive a temperature of -15°C
- A plant described frost hardy can survive a temperature of -5°C

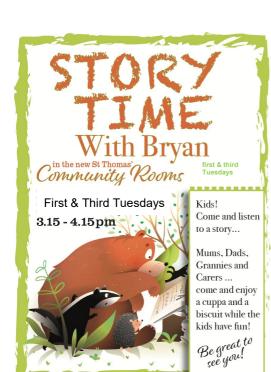
Dates for your Diary:

Hincaster's
Party in the Pasture
(aka The Belter in the
Barn)
Saturday 19th July



Milnthorpe & District Allotment Association Horticultural & Craft Show - Saturday 6th Sept St Thomas' Church, Milnthorpe

The Village Cake Bake is back! Sunday 26th October. Athenaeum, Leasgill









Dear Friends.

Not many 1,700-year-old documents are read out loud every week and known by heart by millions of people worldwide. One such document is the Nicene Creed. What is that, and what is for?



The Church in its earliest centuries faced persecution, but by the fourth century, the Emperor Constantine had declared his faith as a Christian. Official persecution had stopped and so the Church had space to reflect on what it read in the Bible. One truth it needed to express truly and thoroughly was about the person of Christ: how could Jesus be perfectly God and perfectly man in one person?

One man, Arius, had proposed his theory: Jesus was a very holy and a God-like man, close to God but not actually God. The Church finally and correctly saw this as dangerous heresy: after all, only God can truly make God known to us, only God can rescue, and only God is to be worshipped. If Jesus is not God, the whole Christian church is guilty of idolatry, for they would be worshipping a created being and not the Creator.

However, 1700 years ago, the stakes were high. The entire shape of the Christian message would be affected, as well as the future direction of the Church. In AD 325, representatives of the Christian church gathered at Nicaea, in modern Turkey to tackle the controversy; even St Nicholas (yes, that one!) was there, as Bishop of Myra.

After agony and much debate, a statement was produced. This became the basis of what is now called the Nicene Creed. It is believed by millions of Christians and mainstream churches around the world. Some say it in their services as a collective declaration of faith. Its printed words on the page give little indication that these truths were hard won.

So what? Is this the Church simply collecting old and arcane things? Is this the Church arguing over obscure matters, like the number of angels on a pinhead? How is it relevant today?

It is relevant because the God it describes is the same God today; he is always our contemporary. It outlines the pattern of God's love in Jesus, the love that is still there for this generation.

Specifically, it reminds us of the most important truths: who God is, Father, Son and Holy Spirit, and who Jesus is, as both God and human. God is always bigger and greater than our minds and imagination, yet in Jesus he came to our level, living an authentic human life and speaking truth in human words. While the Creed is not found in the Bible, it is a concise summary of what the Bible teaches about God, Christ, and the Holy Spirit. The truths contained in the Nicene Creed are not merely abstract concepts but are vital to understanding how God loves and rescues us.

Revd Bryan Kerr, Priest-in-Charge of St Thomas', St Peter's, St John's Churches Christ the King RC Church Haverflatts Lane Milnthorpe

Sunday Mass celebrated at 11am

Friday Mass celebrated at 10 am

Find on YouTube channel and Facebook Group by searching:

Kent Estuary Catholic Churches

Fr Hugh Pollock 01539 720063

kendalcatholicchurch@gmail.com

To view the Parish News online: stthomasmilnthorpe.org.uk/ publications/

Next issue - JULY 2025

print & online Please email info by 10th JUNE THEN AUGUST/SEPTEMBER Combined issue Info by 10th July please

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Kendal **Methodist** Circuit

RevdTiras Dainty-Share 01524 963716 tiras.ds@methodist.org.uk Email:

Levens Methodist Church

please see details in Church 1st 8th KEMC St John's 10.30 **15th** please see details in Church 22nd 4.00pm - Reflective Worship led by Rev'd Tiras Dainty - Share



Scripture, music & space to recharge.

Levens Methodist Church @ 4pm 22nd June

Levens Methodist Church

now registered for the solemnization of marriages between a man & a woman and for the solemnization of marriages of same sex couples. Please contact 01524 963716 tiras.ds@methodist.org.uk The Revd Tiras Dainty-Share

JUNE Sunday Morning Services at Parish Churches

8.00 am Holy Communion (BCP)

St Thomas' Milnthorpe 1st & 15th June

St Peter's Heversham 8th & 22nd June

9.30 am St Peter's Heversham

1st Parish Communion

10.30 KEMC at St John's Levens 8th

15th Parish Communion

22nd Morning Praise

29th St Peter's Day—see below

9.45 am St John's Levens

1st Parish Communion

8th 10.30 we welcome KEMC

15th Parish Communion 22nd Morning Praise

29th Morning Praise

11.15 am St Thomas' Milnthorpe

1st Morning Praise

10.30 KEMC at St John's Levens 8th

15th Parish Communion 22nd Parish Communion 29th Morning Praise

Monthly Afternoon Holy Communion

St Thomas Thursday 19th June 2.00pm



Tuesday 24th June at 2.30pm (last Tuesday in the month) at St John's Church Levens

St Peter's Day Service in Heversham Sunday 29th June 9.45 am Surrounded by the flowers of the Flower Festival including thanksgiving for new welcome facilities.

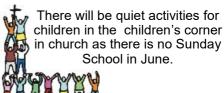
All (yelcome



Sunday 8th June at St John's Church Levens 10.30 am

Everyone Welcome

CHILDREN'S SUNDAY SCHOOL St Thomas', Milnthorpe.





What's the latest?



www.stthomasmilnthorpe.org.uk

www.stpetersheversham.org

If you would like an email of the weekly notices please click on 'contact us'

www.levens.org.uk has local info and NEWS and a link to the same archive of Parish News https:// www.levens.org.uk/st-johns-church

@NEWparishnews

Facebook page. Items posted are forwarded to Milnthorpe What's Going On page too.

Milnthorpe What's Going On

page on Facebook to catch up with what is going on!

And KEY weekly Youth Activities post on this page

www.heversham.org has local info and an archive of over 20 years of Parish News in A4 pdf version.

Nextdoor.co.uk Local info, tips and ideas

Samaritans'

Free helpline number is 116 123. Calls to this number do not appear on phone bills. This number is free to call from both landlines & mobiles. including pay-as-you-go mobiles. You don't need to have any credit or call allowance plan to call 116 123.

> Available round the clock, every single day www.samaritans.org



To sign up to the weekly emailed notices for Parish Churches in Heversham and Milnthorpe please email 'contact us' via the websites.

For regular email updates for St John's Church Levens please email:

jill.butterworth54@btinternet.com

For a pastoral phone call

for yourself or for someone vou know call:



Email via church websites 'contact us'

or phone

Linda Cooper 07794 599212

Levens:

Linda Cooper 07794 599212

Levens Good Neighbours - You may find it good to know that the support offered by Levens Good Neighbours includes matching with someone to offer friendship. If you call 07908 004672 any day between 8am and 8pm, this support

can be arranged with you

Can Levens Good **Neighbours within Levens Parish** help with:

A friendly phone call Picking up shopping or library books or prescription Posting mail, Simple handyperson job, Dog Walk, Transport to a local appointment

07908 004672 8am-8pm any day

Volunteers are covered by insurance & policies relating to safeguarding and good practice.

Parish News, part of the church in community

is run by 3 Parish Churches

of St Peter's Heversham, St John's Levens & St Thomas' Milnthorpe also including services details for the local Methodist and Catholic churches

Volunteer Ed Team:

Jane Cushnie, Jill Butterworth, John Thorley, Margaret Barrow, Wendy Dodds

Distribution Team of more than 60 volunteers deliver 2,500 copies

across the three parishes 10 times a year in all weathers! - thanks everyone!



parishnews@heversham.org Mrs Jane Cushnie Tel: 015395 64582 Phone code as well even if phoning from a local number

Levens News: jill.butterworth54@btinternet.com Mrs Jill Butterworth Tel: 61676

Priest-in-charge of Levens, Heversham & Milnthorpe

The Reverend Bryan Kerr Email: rev@lhmparishes.co.uk Tel 015395 61448

Churchwardens

Levens: St John's Heversham: St Peter's Milnthorpe: St Thomas'
Mr Hal Bagot 60588 Mrs Jane Fell 63174 Dr Val Robson 62904

Mrs Jill Butterworth Mr John Ricketts 01524 761076

PCC Secretaries
Mrs Julie Marsh
015395 83183

Mr Peter Clarke 01539565845 Frances Taylor 015395 63537 frances30taylor@gmail.com

www.kentestuarymissioncommunity.com for information from churches in our Kent Estuary

Room Hire in Milnthorpe:, Heversham, Levens

Milnthorpe St Thomas' Community Rooms www.stthomasmilnthorpe.org.uk

Milnthorpe Christ the King RC Church kendalcatholicchurch@gmail.com

Leasgill Athenaeum www.the-athenaeum.org.uk Jean Metcalfe. 07368 800922

Heversham Tristrams Pavilion / Playing Fields, Email: sports@dallamschool.co.uk

Heversham Bowling Clubhouse Vera Alderson 01539 897160

Levens Village Hall Helen & Alan Miller 015395 60334

Levens Methodist Hall Jane Jones 07875 163418

Levens Pavilion Alice 07817 200053

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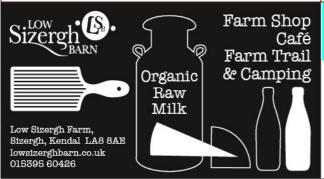
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