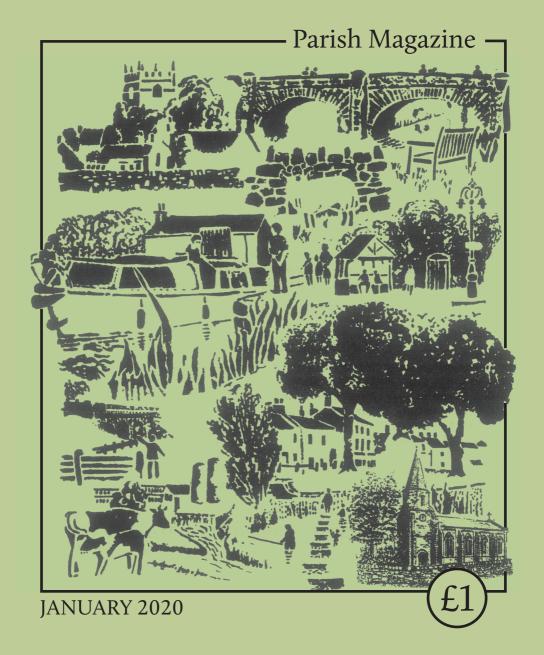
GARGRAVE & CONISTON COLD



Inside this month

Collared! The ramblings of a reluctant vicar
Gargrave is relieved as toilets stay open
Joe Pilates and the Wunda Chair
Teapot as big as a moon: Ian McMillan's poem on Village Halls



Photo by Robert Ingham

Dates for your diary

Gargrave Pantomime: Dick Whittington 20-22 February
Gargrave Spring Fayre 21 March
Gargrave Open Gardens June

February issue editorial deadline: 14 January 2020

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COLLARED!

The ramblings of a reluctant vicar

A New Year's Absolution?

New year's resolutions? Gave up on those a long time ago. Lose weight, get fitter, stop drinking...none of it worked. What about positive ones? Start keeping a journal, start getting up early, start a new hobby. They're more attractive than the "do nots" - on the basis that it's easier to start something new than it is to stop something old.

But what about an absolution? (No, Duncan hasn't made a typo!) As well as being an excellent beer from the Abbeydale Brewery, absolution is a crucial part of being a Christian. Absolution (from the Latin absolvere) is an essential part of most church services, and the priest 'absolves' people from their misdemeanors – often with some special words and perhaps making a sign of the cross. In this way Christians are declared free – they are exonerated, completely forgiven by God.

Being 'absolved' is a difficult thing to grasp. First it takes guts to admit that you're not all you would like to be, and that you have thought, said and done things which you regret. Secondly, it's often difficult to let go of those regrets, the embarrassment of our own mess. So often we go through life with those 'clingons' – the nasty stuff that accumulates and bogs us down from years gone by; no matter how hard we try, the skeletons simply won't budge from that closet that grows ever fuller by the week. Absolution, or forgiveness, is about freedom. It's about closing the door on regrets, and being accepted and loved by God, warts and all. And once you've allowed yourself to do that, there's no going back.

True forgiveness is freedom for the soul.

However, in a world where nothing is free, our inner voice says, "where's the catch, what's the hidden cost for this absolution"?

Well, the truth is there is no cost. If we're prepared to man up with God and say "I've messed up and I'm sorry" then God is as keen as mustard to forgive us. To put it all behind us, to forget it and start a clean sheet. Over and over again. As long as it takes. He will never stop forgiving us. Never.

Why? Because He loves us. Simple as that.

So, regardless of who is in government, or where we are with Brexit, do yourself a favour. Forget about resolutions, join the revolution and get yourself some absolution.

May 2020 be a year of peace, joy and forgiveness for us all.

Andrew

DIARY FOR JANUARY

Coniston Cold

Sun 5 Evensong, 4pm, Church
Sun 12 Holy Communion, 9.30am, Church
Sun 19 Evensong, 4pm, Church
Sun 26 Holy Communion, 9.30am, Church

Gargrave

- Sun 5 Prayer Book Communion with Revd Andrew Steer, 8am, Church Family Service, Breakfast 10.15am, service 10.45am, Church Oasis reflective worship, 6.00pm, Church
- Wed 8 Parish Council Meeting. 7:15pm, Village Hall Match Room Womens Institute meeting. 7pm for 7.30pm, Village Hall Annex.
- Sun 12 Morning Prayer with Linda Wall, 8am, Church
 Sung Eucharist with Revd Andrew Steer, 10.45 am, Church
- Fri 17 Library Film Night: Downton Abbey. 7pm for 7.30pm, Village Hall.

 Sun 19 Prayer Book Communion with Revd Andrew Steer. 8am. Church
- Service of the Word with Revd Andrew Steer, 8am, Church
- Mon 20 Gargrave Show AGM. 8pm, Village Hall Annex.
- Sat 25 National Village Halls Open day morning come along and view all the facilities including our newly re-furbished Snooker Hall. Coffee morning, bacon sandwiches & cakes. Pantomime tickets on sale. 9.30am 12.30.pm
- Sun 26 Prayer Book Communion with Revd Andrew Steer, 8am, Church Sung Eucharist with Revd Andrew Steer, 10.45 am, Church Broadway Fairs. Flea Market and Allsorts Fair, 10am 3.30pm, Village Hall



Regular Gargrave events

Mondays:

9.30am Tai Chi Qigong, Green opposite Bollywood Cottage, riverside of War Memorial

10.40am Tai Chi Qigong for Beginners, venue as above

10-12am Coffee Monday, Church1.30pm Art Club, Village Hall Annex

1.30pm Bingo, Gargrave Community Centre on Neville Crescent

7.30pm Modern Sequence Dancing, Village Hall

7.30pm Bell ringing, Church

Tuesdays:

10 am Heritage Group, Church

10 am Contemporary Pilates with Bee Faulkner, Village Hall (term time)
 10.30am Adult Tennis Coaching and Social Tennis (weather permitting)
 11.30am Standing/Seated Pilates with Bee Faulkner, V Hall (term time)

12.30pm Alternate Tuesdays – lunch at Gargrave Community Centre, followed by games.

2pm Craft and Chat, Church2pm Indoor Bowls, Village Hall

2pm Classical Pilates with Cate Davies: Intermediate. Village Hall Match Room.

4pm Tap dancing lessons, Village Hall Annex (term time only)

6pm Classical Pilates with Cate Davies: 'Beginner Athletic' Village Hall (term time)
7.05pm Classical Pilates with Cate Davies: 'Intermediate Athletic' Village Hall (term time)

pm Brownies & Rainbows (school term only)

8pm Quiz Night, The Old Swan

Wednesdays:

9.15-12 Gymnastics for pre-school children, Village Hall

9.30am Gentle Hatha Yoga, Village Hall Annex

10 am Caterpillar Club, Church

10.am Social tennis

2-3.45 Gargrave Handbell practice, Church

2pm Afternoon Tea & Games, alternate weeks, Neville Crescent Community Room

4pm Gymnastics for children over 5

Thursdays:

9am Phoenix Club, Anchor Inn, alternate weeks
9.15-12 Gymnastics for pre-school children, Village Hall
9.30am Water Colour painting class, Village Hall Annex

9.50am Walking for Health, 1st and 3rd Thurs of the month, meet at Summerseat
 10am Coffee morning, Gargrave Community Centre on Neville Crescent
 10.40am Alternate weeks: Low-impact chair exercises, Gargrave Community Centre

2pm Indoor Bowls, Village Hall

'Gentle Mat' Pilates with Cate Davies, Village Hall Match Room
 'Beginner Athletic' Pilates with Cate Davies, Village Hall Match Room

7.30pm Tai Chi, Village Hall Annex (term time)

Fridays:

9.15-12 Gymnastics for pre-school children, Village Hall

9 am Contemporary Pilates with Bee Faulkner: 'Intermediate', Village Hall (term time) 10.30am Contemporary Pilates with Bee Faulkner: 'beginners', Village Hall (term time)

11.30am Somatic Movement with Bee Faulkner, Village Hall (term time)

7pm Community choir rehearsal, Church

Sundays:

2pm Social Tennis 8.30pm Quiz, Masons Arms

EVENTS

Gargrave Pantomime, February half term

Duncan Faulkner

Tickets for our annual pantomime will be on sale in the second half of January, including at the Village Hall coffee morning on Saturday 25 January.

Dick Whittington and his cat Steve

Thursday 20th February 7.15pm
Friday 21th February 7.15pm
Saturday 22th February 1pm and 5pm

NEWS

Gargrave Church of England (VC) Primary School

Sarah Peel

'Work with all your heart' LOVE, HOPE, PEACE admin@gargrave.n-yorks.sch.uk

Thank you to everyone who attended our wonderful nativity. Every child took part, with the youngest ones re-telling the story in an imaginative way.

This term we move our learning onto history. The older pupils will study The Mayans- including a visit to York- to learn about The History of Chocolate. One class will study The Romans, with a local focus as the pupils learn about the impact of the Romans in Gargrave and Craven. The younger pupils study The Great Fire of London. Exciting times



ahead. Please let us know if you can help with our learning.

This is alongside our dedication to ensuring every pupil reaches their full potential in reading, writing and maths.

Can you spare an hour a week? We have a dedicated group of volunteers who really make a difference and we are always searching for new volunteers. They hear pupils read, help with displays, accompany pupils on visits. If you think you can - please ring school.

At our annual quiz night we had great support from the local community. Thankyou all that came. All had a fun evening. A big thanks go to Wendy and to Martin for being guiz master. Big thank you also to the Masons. Without everyone's support we couldn't have raised our fantastic £633.00 which all goes towards resources for the children.

We have been in full glitter and tinsel mode. The children have been doing lots of Christmas activities. They have practised really well for our nativity which we are holding in preschool. They are all stars. We will also be going to Neville House to show them our super nativity. The HART animals are paying us a visit bringing with them Moses the donkey. To finish off the term we are holding our Christmas party fun and games and a visit from Santa. Best wishes to all for 2020.

St. Andrews Family service report, 1 Dec

Peter Gardner. Family Service Team

It was a lovely, crisp December morning when we at St. Andrew's got switched on and lit up. John did the honours with the Christmas tree lights and Judith, in line with tradition, lit the first of five candles as we remembered men and women of faith who had inspired us. This, of course, followed the traditional family service breakfast, where sophisticated croissants vied with sausage and bacon butties for our attention.

This was the first of our Advent services and we looked forward in anticipation to Christmas when we celebrate the birth of Jesus, the Saviour of the world. How incredible it is that we, you and I, are so precious to God that He chose to come to earth as a baby, and then, as Jen told us in her talk, live for us and die for us. What amazing love!

We were reminded of this in a very practical way when we opened the early Christmas present distributed to each member of the congregation. In the centre of a plain piece of card was the message, "Turn over to see the person whom God loved so much that He gave Jesus." As we "turned over" each of us saw our face reflected in a mirror. It doesn't take a genius to work out who Jesus loves!

You may not have been there to receive the mirror, but the message is the same for all of us - "God so loved the world that he gave his one and only Son that whosoever believes in him shall not perish but have everlasting life." That was our reading from St. John's gospel that Sunday and it offers the Christmas gift God wants all of us to have - everlasting life. It's his gift to you - so hadn't you better believe it?

Gargrave Parish Council meeting

Kath Ashby

Gargrave Parish Council hold their monthly meetings on the first Wednesday of each month. All minutes of meetings, once approved, can be viewed on our website, http://gargravepc.org.uk/ and in paper form in the Library.

Our next meeting will be on Wednesday 8 January 2020.

GNAT: Gargrave Needs A Toilet

Gargrave Parish Council has funded the Public Toilets on the A65 in the Village for the last 12 years. It can no longer afford to fund them because of serious and urgent demands upon their funds; erosion by the river has caused structural damage to an important retaining wall and repair is urgent and costly and will necessitate substantial borrowing for the Council.

Faced with the closure of the Toilets on 31st December, a group of residents have volunteered to form a Community Group, GNAT (Gargrave Needs A Toilet). This is now properly constituted and we are in the process of opening a Bank Account. The inaugural meeting of GNAT attracted 22 villagers. There are currently 14 volunteers who will help clean the Toilets from 1st January. Others are helping with less 'hands on' aspects, such as opening and closing in the morning and at night and fund raising. Many hands will undoubtedly mean less work.

It has cost roughly £12,000 a year to keep these toilets open. A large proportion of these costs have been wages for someone to open and close and clean the toilets. Volunteers have undertaken to do this until other funding sources can be found. In the meantime money needs to be found to pay the other expenses, water bills, consumables and some replacement facilities which are urgently required. The Parish Council has promised to help where it can. The residents of Gargrave have already been very generous. GNAT is approaching businesses and appropriate charities for funding.

We are determined to keep these much used public facilities open. They are the last remaining public toilets on the busy A65 between Harrogate and Kirby Lonsdale. They are used by motorists, bus passengers, cyclists on the many routes which pass through the Village, walkers on the Pennine Way and the Leeds Liverpool Canal and of course residents and visitors to this lovely village and its greens. They are an important facility for those who might otherwise feel unable to venture out. Our surveys so far have found about 20 people using the facilities each hour.

If anyone wishes to get involved in any way, please do contact us by email at gargraveloo@outlook.com, or by phone; Bee Faulkner on 07778 980994 or Simon Myers on 07801 310126.

If you wish to help financially you can do so easily online by going to our 'Go Fund Me' page at www.gofundme.com/f/gnat-gargrave-needs-a-toilet.

Donations will be spent through a properly constituted Community Group on the day to day running and on improvements to this important public facility which would otherwise have closed at the end of 2019.

Village Christmas Fayre - A THANK YOU!

Tony Wimbush

A big thank you to everyone in the village for their generous support in making the annual Christmas fayre a real community event. It was really encouraging to see so many children. Thank you also to the 'Christians in Gargrave' for their hard work in setting it all up and to the Village Choir for rounding off the morning with some festive singing. One thousand two hundred and eighty pounds was raised for Skipton Food Bank.

WANTED! Any surplus Christmas gifts!

Tony Wimbush

Following on from the popular Christmas Fayre 'Christians in Gargrave' will be holding a Village Spring Fayre on 21st March. Any surplus Christmas gifts such as chocolate, biscuits, wine, toiletries or whiskey! would be gratefully received for their Raffle, Tombola and other stalls. Please give to Joan Wimbush or Sarah Curtis at the 10-45 Sunday morning service. Thank you!

Gargrave and Malhamdale Community Library

Dave Smith

To open the 2020 season of films we will be showing **Downton Abbey** on Friday 17th January.

On **Friday 7th February**, we will be showing the heart warming and compelling film **The Peanut Butter Falcon**. The film tells the story of Zak, a young man with Down Syndrome who escapes from his residential home to pursue his dream of becoming a professional wrestler. Zak meets up with a small time outlaw and together they set off on an adventure and eventually persuade Zak's pursuing Sister to join them on their travels. The story is told with humour and has the feel good factor.

The customary Cafe style seating will be in place, so please bring you own refreshments. The Village Hall doors open at 7.00pm with the film starting at 7.30pm. Tickets are £5.00 on the Door with under 16s free. Sorry but we can only allow Guide Dogs into the Hall.

Further film dates for your Diary are:

Friday 26th March

Friday 24th April

Friday 22nd May

Details of the films will be in next month's Parish Magazine

Village Hall news

Caroline Thompson

We reach another milestone at the Village Hall with work on the new Snooker Hall and a further meeting room finally completed. The task like any involving building and remedial work to old properties was not always straightforward but with the combined work and skills of our excellent Village tradesman it was completed at the end of the year. In house work from our Caretaker Robert was first class and special thanks must also be expressed to a member of our Village Hall Committee, Phil, who monitored and arranged so much of the work, he even learned the skill of plastering from Robert in the process! A special mention also to Snooker club members and visiting teams who had to put up with some disruption (and dust) during the work. It was worth it in the end!

It seems appropriate therefore to hold an Open day Coffee morning on Saturday 25th January so everyone can have a look around not just the two new look rooms but the whole premises of the Village Hall as the 20th - 26th January

is Village Halls week. National Open days are being held all over the country on Saturday 25th January to celebrate the 10,000 rural Community buildings and Halls.

Planning for our event is at a basic stage at the time of writing this piece but the Coffee morning will be commencing at 9.30.a.m until 12.30.p.m. There will of course be the customary Village Hall bacon sandwiches, hot buttered teacakes and lots of homemade cakes. Members of Gargrave Village Hall Pantomime section will be selling tickets for their performance of Dick Whittington and his Cat and we hope to include other regular users of the Hall in our morning of showcasing activities and facilities at the Hall. Representatives of the Snooker club will be in their new look self contained room and I am sure there will be the opportunity for some games of Snooker to be played and membership details will be available. Please contact Alan 01756 749939 or Stewart 01756 749340 if you are unable to visit the Hall on the 25th January but would like to know more about the great new facilities.

Poem for 2019 National Village Halls week

Here is the centre and here is the hub, Here is the Community held in a room, Here's the big gig and the loud Zumba club, And here is the teapot as big as the moon Here is a teapot as big as the moon!

Here is the place at the heart of the map, Here is the song with a crowd friendly tune, Here 's a child's bonnet, a pensioner's cap, And here is a teapot as big as the moon Here is a teapot as big as the moon!

Here is the Village: its hopes and its dreams, Here's a bright light that pierces the gloom, Here is a space that's much more than it seems, And here is a teapot as big as the moon!

Here is the future in these tightened times, Here is the voice that says "come back soon", Here is a noticeboard brimming with signs, And here is a teapot as big as the moon, Here is a teapot as big as the moon! This is the Village Hall, open the doors!
This is the root and the sap and the bloom!
This is Utopia with cutlery drawers!
And this is the teapot as big as the moon,
This is the teapot as big as the moon!

(by Northern Poet, Ian McMillan)

Wishing everyone a very Happy and Healthy New Year from one and all on Gargrave Village Hall Management Committee. We look forward to welcoming everyone on the 25th January.

New Years Resolutions or Reflections

Cate Davie

New year's Resolutions - do you make them ϑ break them every year? Do they just set you up for failure ϑ make you feel unhappy about yourself? Let's face it, the commonest resolutions are about losing weight ϑ getting fitter. I see many sign up for expensive gym memberships ϑ classes, with dedicated attendance for a month or so before the enthusiasm wains ϑ attendance eventually stops. So what happened?

Firstly, I think people choose a form of exercise that they don't actually enjoy, so it's always going to be a struggle between 'I ought to' & 'I don't really want to'. Secondly, fitness is treated as an isolated activity that you pay to do a few times a week rather than something that can be achieved throughout a day by making choices to incorporate more movement in day to day life. So instead of making vague New Year Resolutions this year, choose to spend this January reflecting on what area of your life you would REALLY like to change. It's much better to have one thing to concentrate on, otherwise you will get over-whelmed with trying to make too many changes. Then look at how you could make small, sustainable steps to achieve it. From a fitness point of view, what do you need to improve? Cardiovascular fitness? Strength? Flexibility? Balance? Specific activities of daily living that you can no longer do or that are now difficult e.g. using stairs, standing up from a chair without using your arms etc. Once you have identified what you specifically want to improve, then you can think about how to achieve these goals. The easiest thing is to add more activity into your day to day life: not sitting as much, going for a walk every day, using items in the house as your own personal free gym, choosing to use the stairs rather than a lift when you're out shopping, doing the housework with extra vigour....

If you fancy exercising in a group, look at the activities already listed in the back of this magazine or in Skipton ϑ see if you can try a few until you find one you enjoy. Pilates is not just exercise, it's a whole philosophy on how to live a healthier life. Joe Pilates (!883-1967) called his method Contrology (now known as Pilates) ϑ wrote 2 books explaining his ideas - 'Your Health' ϑ 'Return to Life Through Contrology'. He invented an exercise system on a mat, ingenious gym apparatus that always work the whole body ϑ patented furniture too. The Wunda Chair doubles as an ordinary chair ϑ home gym, with springs for resistance. I have

one in my sitting room! It really is Wundaful! Too much sitting was a problem in the 1930s θ even more so now. He was regarded as eccentric, whereas now his ideas are mainstream θ part of the Wellbeing movement.

If you're stuck on how to add movement into your daily life, then all my Pilates classes provide tips ϑ encouragement ϑ just as importantly, we laugh ϑ have fun! They are very sociable as the same people attend each week ϑ get to know each other.

So use January to reflect ϑ plan. Make it specific, realistic, achievable ϑ step by step. Think about who could help! A friend to team up with for mutual encouragement or a professional to guide you on how to achieve your goals? Do you prefer to exercise with others or can you find motivation on your own? As the days lengthen ϑ Spring boosts your energy, THEN is the time to put it into action. Goal achieved? Repeat with the next! Small steps!!!

I offer a range of classes from Gentle Mat for Back Pain & other health conditions to 'athletic' for those wanting a strenuous workout for cross-training & general fitness. Classes are all ability-based to better tailor them to individual needs & challenge everyone appropriately.

Classes resume Tues 7th & Thurs 9th Jan for a 6 (Half Term) or 12 week (Full Term) block. £8/class for block booking or £10/class for Flexi option. All bookings are in advance only! No classes 19th & 21st Feb, March 24th & April 9th, 14th & 16th.

I plan a free Taster class θ then new Thurs afternoon Beginner class in February θ may have a few spaces in my existing classes this Jan, so do get in touch (telling me about fitness, health issues θ any Pilates experience) if you are interested.

Tel/text 079 5533 8775 Email catedaviespilates@gmail.com Facebook: catedaviespilates

BeeActive Jan: indoor Pilates, outdoor Tai Chi Qigong

Bee Faulkner

BeeActive classes are resuming on Monday 6 January for a 6 week block. Make time for helping your body and mind this New Year!

Modern Pilates (mat based) Tuesdays 10am, Fridays 9am and 10.20am, Gargrave Village Hall/Annex

Modern Pilates (seated 6 standing) - Tuesdays- Gargrave Village Hall - 11.30am

Tai Chi Qigong – Mondays 9.30am and 10.45am *& Thursdays* 8.45am

- Water St Green BD23 3LY (between river and the War Memorial).

Newcomers welcome: contact Bee on 07778 980994 to discuss which classes would be most appropriate for you – the groups vary in pace and focus, to accommodate individual needs and conditions. Gentle somatic movements, stemming from Feldenkrais technique, are melded into the sessions, helping body awareness, release of habitually held muscular tension and relaxation.

From the archives

Duncan Faulkner

Magazines for 1938 seem to be missing from the archive. By January 1939, Arthur Blunt was marking 25 very happy years as vicar of Gargrave. He looked back over the kindness he had experienced and the changes to the appearance of the village over that time, including the new Stores building on the High Street and the replacement of cobble stones with new pavements.

This era pre-dated the Nativity Play, but a forerunner was the Nativity Tableaux, performed on a raised stage and accompanied with bible readings and carols. The Sale of Work at the end of November 1937 had include a stall selling packets of cake making material, the cakes to be made ready for judging on 17 January, with the prizes presented at a Whist Drive at the Institute.

Parish Magazine subscriptions

Ron Humphreys

Please note that parish magazine subscriptions are not due until February. Most people will receive a payment envelope with their February magazine. The name and address of the person delivering your magazine should be on the envelope and payments should be made to them. Please be aware that the team of volunteers who so kindly deliver the magazines is quite large and the collection approaches do vary. A few deliverers prefer not to use the envelopes and instead they will call to collect your subscription.



...Joshua says he's very sorry - but it's something to do with the recent weapons procurement review...



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Please contact Andrew at the Wroot 1 Driving School 01756 796802 or 07890 673706.



Canalside Fitness, Gargrave would like to offer an 'Over 65s' Off Peak Membership.

Exercise in 'Over 65s' is shown to aid in stability, bone density, muscle wastage avoidance and general wellbeing.

A reduced price is now offered of just £23.95 per month which gives access to the gym between 9am & 5pm plus all day on weekends.

Are politicians the oldest profession?

A surgeon, an architect and a politician were arguing as to whose profession was the oldest. Said the surgeon: "Eve was made from Adam's rib, and that surely was a surgical operation."

"Maybe," admitted the architect, "but prior to that, order was created out of chaos, and that was an architectural job."

"But," the politician pointed out in triumph, "somebody had to have created the chaos first!"

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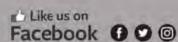




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Emma Davies BA (Hons), RMN, PGCE, Acc. Coach.

- O7486 607420
- emma@essentialself.co.uk
- @eswellbeing





Ioanne Ackrovd

FARMING ON SCALEBER HILL

Iohn Hall

A series of interviews with folk of interest in Gargrave. This month: Jennifer Steer Jenny, can you please provide a pen sketch of yourself?

Well, I'm a true Yorkshire woman through and through! I was born in Bradford and raised in Pudsey. I trained as a nurse in Harrogate then Bradford. I met Andrew when we were training as nurses and we married in 1988. We have 2 daughters, Jessica is 29 and a teacher in Bradford and Rachel is 27 and works within the administration department at York University. I worked in Cardiac surgery and within the High Dependency unit. Our house move combined with my broken shoulder has interrupted my work (just a little!!) plus I no longer enjoy working shifts so I hope to return to day work perhaps 2 days a week on the oncology unit at Airedale hospital as soon as I am able.

What brought you to Gargrave?

Ah, let me think about that... God and prayer!

What things do you like about Gargrave?

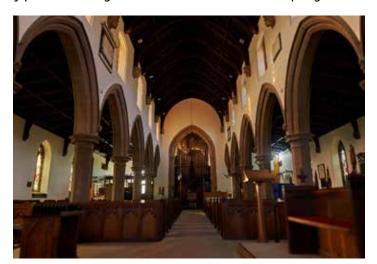
So many to choose from, but I think top of my list is the people of Gargrave who I have found overwhelmingly friendly and supportive. Mind you the fish and chips come a close second...

If you could change anything about Gargrave, what would it be?

That's a difficult question, especially as I am new to the village. Much as I love living in a rural environment surrounded by all of nature's beauties including cows and sheep, some of the odours I could live without. But so saying I know these are a necessary part of farming and well worth the occasional pong.

Finally, Jenny, is there a picture that encapsulates Gargrave for you?

It has to be the church and for me the interior. The stunning beauty of St Andrews is something I will never cease to thank God for. A place of Glory to God, sanctuary and peace.



Brutal is how I would describe this autumn. It has been relentless unsettled weather with a barrage of rain and showers, with not many fine days. The outside coats have been well tested and had no time to dry out before being tested and worn again. Being a sheep farmer with the rams all out it is essential they are seen every day.

The glamour of an open air life turns to reality, splashing about in wellies and waterproofs day after day can test the resolve of the fittest.

To add to any problems, the Ministry informs us a full head test for TB was needed, due to a possible reactor in the district. This involves testing every age of cattle on the farm. A full list of eartags had to be drawn up, cattle filed through a crush and injected in the neck. Three days later, all had come through the race to check for tell-tale lumps. It can be a tense few days as a reactor can cause a total ban on movement for at least 60 days. Not to mention the stress on cattle seeing some strange person with calliper and needle in hand. Cattle are animals of routine: keep to it and you will have no problems. Even the pet Galloway can be a wild beast at the sight of the vet!

A good set of waterproofs is a **must** on these days, as there is plenty of that stuff you grow potatoes with splashing around. The Good Lord looked after us with fine days and a clear test. We are hoping we can return to a four year test in future.

By the time you read these notes the election will be over and politics may be off the menu. The last few month farming and farmers have been blamed for most things that are wrong in the world. Climate change is the fault of the cows. The sheep are overgrazing the uplands and causing floods in Yorkshire while in Lincolnshire it is the arable boys' fault for just trying to produce food!!!

I chose to be a farmer. I didn't have to but I am old enough to remember the food shortage of the 40s and 50s when rationing was in force. Being on a farm we never were hungry. At one time in towns 3 pounds of potatoes, 2 oz of sugar, 2 oz of sweets, a few pence worth of meat was the week's ration. Every acre of land had to be cultivated or you could have the farm taken off you. Successive governments have encouraged modern farming methods with a view to feed the nation. (Will all the hundreds of trees and meadow grasses planted at Scaleber be noted by the environmentalists?)

REINVENTING GOD!

Tony Wimbush

"So is it time to dig deeper into our tradition for different symbols and images of divinity, which are more consistent with the new story of the universe, the story of evolutionary development and cosmic interconnectedness. Instead of a God directing the world from outside, we need to discover the everywhere God: the God who is in all, with all, and operating in all, the God who is the ground of being, who is existence itself." Rev Dave Tomlinson, Vicar of St Luke's, Holloway

Some people might be surprised by a proposal to reinvent 'God'. But the truth is we have always been reinventing 'God' in the light of social, cultural and intellectual developments. 'God' evolves with time, or at least, the image and notion of 'God' we hold in our psyche evolves. It is this process of evolution that enables us to experience 'God' in fresh ways, appropriate to changing circumstances and shifting sensibilities.

Reinventing 'God' is the sub-title and central theme of one of Dave Tomlinson's recent books - "The bad Christian's manifesto". Whatever your worldview, whether religious or not, the following glimpse into his perspective on 'God' and religion might prove thought provoking and even enlightening:

While the dominant vision of God within Christian tradition is the idea of a supernatural, humanlike being 'out there' who occasionally intervenes in the world, another vision does exist which sees 'God' as the all encompassing Spirit in whom everything exists. The universe is not separate from 'God' but in 'God'. Like a fish living and moving and having its entire existence within a vast ocean, we and all that is, exist within 'God'. Throughout the Bible, Spirit is used to refer to God's all pervading presence in creation.

In the normal course of events, most of our life continues on the surface. We are caught up with the routines of daily life in work, family and leisure, seldom stopping to look to the heights above or the depths beneath. Then when some sort of earthquake occurs - a bereavement, a relationship breakdown, a serious illness, a redundancy or retirement - the surface is broken and we realise there is a great dimension of depth to life. Then we start to dive deeper, to enquire about the meaning of things.

Once we begin the inner journey, we find it is like peeling an onion, but the onion grows bigger rather than smaller as each layer is removed. However deeply we delve in to life's mysteries there is always more to explore. The depths are infinite and inexhaustible. And the name of this infinite and inexhaustible depth to life is 'God', the ground of all being, existence itself.

Paul Tillich, one of the twentieth century's greatest Christian thinkers, claims that once we understand that depth is what the word 'God' means we cannot truly claim to be an atheist. Within this framework, the true atheist would be the person who insists that life has no depth, that life is shallow and empty. Anyone who experiences depth knows much about God. And as Tillich says, if the word 'God' has no meaning for you, translate it and speak of the depths of your life, the source of your being, of your ultimate concern, of what you take seriously without reservation.

Has the time come to stop bickering over theology and science, to stop hurling brickbats at each other, and discover a deeper unity within our common humanity? Ultimately, it is not religious doctrines or scientific theories that unite (or divide) us but the level of commitment to journey into the depths of life - whether Christian, Muslim, Buddhist, pagan, atheist or agnostic. Whether we are conscious of it or not, 'God' is not something we grow out of, it is something we are forever growing into!

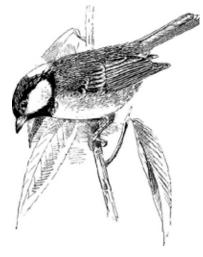
NATURE NOTES

Bathie

The Coal Tit

This bonny little bird with his buff-coloured chest, olive-grey back, black cap with a distinctive white stripe at the nape, is a regular visitor to my garden. He does commando raids on the sunflower heart feeder, whooshing in, snatching a seed then whizzing away, all in a second! Often all I get to see is the swinging feeder.

Like the squirrel and Jay he caches food when plentiful, hiding it ingeniously in different nooks and crannies, so that losses to plunderers are minimised. However, his memory can be poor and forgotten sunflower seeds may be found germinating in some rather odd places! It has also been known for Great Tits to watch this dextrous little bird secreting his stash, and afterwards go and snaffle the booty.



With his tiny, narrow beak he is well-adapted to feeding in conifers, picking out the seeds from the cones of Larch, Fir and Sitka Spruce. He also likes Beech mast and a favourite at the bird table are sunflower hearts and seeds.

Renowned as being the tamest of the tits, at this time of year he will join up with other tit species to form small flocks, who roam through gardens and woodlands searching for food.

Image from Birds: the elements of ornithology (1892).

Quick

A young husband was in big trouble when he forgot his wedding anniversary. His wife told him, "Tomorrow there better be something in the driveway for me that goes from zero to 200 in two seconds flat".

The next morning the wife found a small package in the driveway. She opened it and found brand-new bathroom scales.

Knocked out

Policeman: How did you knock the old man down?

Motorist: Ididn't. I just stopped to let him cross the road - and he fainted.

CHURCH OF ENGLAND CALLS FOR REPENTENCE OVER ANTISEMITISM

Parish Pump

Christian theology played a part in the stereotyping and persecution of Jewish people which ultimately led to the Holocaust, according to a new reflection on Christian-Jewish relations issued by the Church of England.

The teaching document, entitled God's Unfailing Word, is the first authoritative statement on the subject from the Church of England. It speaks of attitudes towards Judaism over many centuries as providing a "fertile seed-bed for murderous antisemitism".

It urges Anglicans and other Christians not only to repent of the "sins of the past" towards their Jewish neighbours but to be alert to and actively challenge such attitudes or stereotypes.

The document, published by the Church of England's Faith and Order Commission, encourages Christians to rediscover the relationship of "unique significance" between the two faiths, worshipping one God, with scriptures shared in common.

The Christian-Jewish relationship should be viewed as a "gift of God to the Church" to be received with care, respect and gratitude, it makes clear.

Christians should, therefore, be mindful of the difficult history of the two faiths and apply sensitivity in the use of some passages of scripture and liturgy, hymns and art as well as in sharing their faith with Jewish people and in discussions about Israel.

The document includes an honest and challenging afterword by the Chief Rabbi, Ephraim Mirvis, in which he speaks of "profound friendship" but also a "substantial misgiving" on the question of evangelism.

The Archbishop of Canterbury, Justin Welby, responds in a foreword, describing the Chief Rabbi's reflection as doing Anglicans a "great service" and making clear that Christians sharing their faith must do so with "gentleness and grace" and recognising the "weight of that history".

ANTIDEPRESSANTS

Parish Pump

If you are ashamed that you need to take antidepressants, don't be, as even the Archbishop of Canterbury is now taking them.

Speaking at a recent event on mental health at Lambeth Palace, Archbishop Welby said: "I carry an inhaler everywhere. I take an antidepressant every morning. Big deal." He went on to say that in 2018 he had been diagnosed with depression, and that his daughter helped him to see that it wasn't something to be ashamed of. "It's just life – and I got help."

Gargrave Lands Charity

Are you currently experiencing financial difficulties and needing help?

Do you need financial assistance to pursue higher or further education or vocational training?

If you live in Gargrave, Flasby, Eshton, Winterburn, Coniston Cold or Bank Newton then Gargrave Lands Charity may be able to help!

Financial assistance readily available in approved cases.

Contact one of the trustees listed below to discuss your situation.

Absolute discretion and confidentiality assured.

Phil Ellis 748685

Christine Charlton 748817

Mike Maiden 07876 886313

Joyce Garner 748447

Gargrave Dental Surgery

18 East St.

Gargrave, Skipton

N. Yorks BD23 3RS tel: 01756 748339

The surgery has recently acquired extra funding for provision of NHS treatment and so is now accepting new patients.



Does your child need a bit of extra help or confidence building with their schoolwork?

<u>Primary tuition available in:</u>
Mathematics (general or specific topics)
English (reading, writing, spelling,
punctuation)

Highly experienced teacher, including work with children with additional support needs.

Contact Susan Lee on 07854 679875

PLACES AVAILABLE

INFORMATION

Rotas for St Andrew's Church

Please arrange a deputy if you can't make your duty; to join call Janie on 748970.

	8am 10:45 am		10:45 am	
	Sidesman	Sacristan	Readers	Intercessors
05-Jan	Linda Wall		Family Team	Family Team
		Norma		
12-Jan	Kay Craven	Brothers	Clare Maslin	Paul Maslin
			Rosemary	Rosemary
19-Jan			Pocock	Pocock
				Duncan
26-Jan	Colin Chapman	Judith Douglas	Diane Maiden	Faulkner
02-Feb	Linda Wall		Family Team	Family Team
		Norma		Ron
09-Feb	Kay Craven	Brothers	Mike Maiden	Humphreys
10:45am	Sidesman		Refreshments	
05-Jan	Family Team	Family Team	Family Team	Family Team
12-Jan	Janet Turner	Hugh Turner	Clare Maslin	Sheila Brook
	Michael			
19-Jan	Fordham	Paul Maslin	Zena Gardner	Peter Gardner
02-Feb	Family Team	Family Team Pauline	Family Team	Family Team Michael
09-Feb	Yvonne Poulter	Gilfoyle	Rosio Fordham	Fordham

Decorator + Handyman				
Paul Maslin	- Gargrave			
Careful & tidy	V. low odour fastdry paints			

07958 646509 01756 748538 office@maslin.biz

Say it slow

On a beautiful late summer's day, two American tourists were driving through Wales. They reached Llanfairpullgwyngyllgogerychwyrndrobwyllllantysiliogogoch (yes, that place in Wales) and stopped for lunch.

Still gazing in fascination at the place name on the sign outside, one of the tourists approached the waitress and said: "Before we order, I wonder if you could settle an argument for us. Can you pronounce where we are, very, very, very slowly? "Sure," the girl shrugged. She leaned over the counter and said: "Burrr-gurrr-king".

Public Transport leaving Gargrave Compiled by Peter Hardyman 5 December 2019

TAXIS from Gargrave (see advertising directory, page A3):

Gargrave Private Hire - local & distance, airport transfers: 07877 054698, 01756 748112

TRAINS from Gargrave Timetable from 15 December 2019

To Skipton (arrives approx. 5 mins later) & **Leeds** (arrives approx 50 mins later)

Mon-Sat 0745 0755 1045 1150 1349 1522 1550[SO] 1551[SX] 1645 17323 1813 Mon-Sat [continued]

1850 2019 2134 2216 [SX] 2218 [SO] 2237

1121 1208 1421 1448 1656 1855 2107 2123 Sunday

To Giggleswick (arrives ~ 20 mins later) & Lancaster⁵ (arrives ~ 66 mins later)

Mon-Sat 0525[SO] 0528[SX] 0805 0902 1103 1304 1504 1814[SO] 1815[SX] 2006

Sunday 0922 1115 1415 1615 1815

To Settle (arr. ~18 min later if direct) & Carlisle (arr. ~2hrs later if direct) Mon-Fri 0528²⁰⁷³ 0805² 0832 0902² 1004 1103² 1133 1304² 1504² 1604 1732 1815² 1902 2006² (2033⁴)

Sat. 0525² 0805² 0832 0902² 1004 1103² 1133 1304² 1504² 1604 1732 1814² 1902 (2033⁴)

Sunday 0922² 0950 1115 ² 1311 1415² 1509 1615² 1815²

NOTES: [SX] Saturdays excepted, [SO] Sats Only. (1. Change at Skipton) 2. Not Settle; change at Lancaster for Carlisle 3. Change at Hellifield 4. Terminates Ribblehead 5. Change at (or via) Lancaster for Morecambe.

As of 5 December: no planned works affect Gargrave trains during January. That may change. Check with northern railway. For live info on next 2 trains text GARGRAVE to 84950, or go to www.rail.co.uk/live-arrivals-departures/

NB: The Bus Replacement Stop at Gargrave is on Church St, on the village side of the railway bridge.

BUSES from Gargrave

*Except Bank Holidays

To Skipton (arr. ~15 mins later) (Services 75, 210/211, 580) (M is from Malham)

0820 0910 0955 1055 1057M⁷ 1155 1255 1355 1357M⁷ 1455 1555 1725 1810

Saturday 0820 0910 0955 1056M 1155 1255 1355 1455 1555 1656M 1810

Sun + B.Hol: No Winter service

To Settle (arrives ~ 25 mins later) (Service 580) and

(+)onward to Kirkby Lonsdale (Service 581) and (++)thence to Lancaster (Service 582)

Mon-Fri* 0905++ 1000 1100++ 1200 1300++ 1400 1500++ 1600 1700++ 1800++ 1900++ Saturday 0905++ 1100++ 1200 1300++ 1400 1500++ 1700++ 1800++ 1900++

Sunday + B.Hol: No Winter service

To Malham (arrives ~ 25mins later) (Services 75, 210/211)

Mon-Fri* [210/211] 1000^{7} 1310⁷

Saturday [75] 1001 1559

Sun + B.Hol: No Winter service

NOTES. 7. Tues & Thurs (as service 211) stops at Coniston Cold 4 mins after Gargrave.

Public Transport back to Gargrave

TRAINS to Gargrave Timetable from 15 December 2019

Last train

From Skipton (arr. Gargrave ~ 5 mins later)

LEEDS to GARGRAVE

 $Mon-Sat\ 0519\ [SO]\ 0522\ [SX]\ 0705^{3}\ [SO]\ 0759\ 0826\ 0856\ 0959\ 1057\ 1127\ 1258\ 1458$

Mon-Sat [continued] 1559 1727 1808[SO] 1810[SX] 1856 2000 2

Mon-Sat [continued] 1559 1727 1808[SO] 1810[SX] 1856 2000 2027 **1949**Sunday 0917 0945 1110 1305 1409 1503 1609 1809 **1732**

From Lancaster via Giggleswick (arriving Gargrave ~ 66 mins later)

Mon-Sat 0648 0941 1046 1245 1447[SO] 1448[SX] 1745 2030 2130

Sunday 1102 1344 1552 1751 2018

From Carlisle (journey time depends on route – check timetables) Mon-Fri 0543² 0551 0824³ 0832² 0934² 1133² 1333² 1340 1450 1618 1631² 1824 1857²

2007² 2013¹¹ (2145⁹)

Sat. <u>0544</u>² (0714⁹) 0754³ <u>0807</u>² 0927³ <u>0933</u>² <u>1135</u>² <u>1335</u>² 1340 1450 1618 <u>1633</u>² 1824

1911² 2015¹¹ 2017² (2145⁹)

Sunday 0925 <u>0949</u>² 1225 <u>1233</u>² <u>1432</u>² <u>1635</u>² <u>1852</u>² 1911

NOTES: [SX] Saturdays eXcepted, [SO] Sats Only. (1.Change at Skipton) 2.Not Settle; change at Lancaster 3.Change at Hellifield 9.Not Carlisle: Departure time is from Ribblehead. 11.Change at Settle.

Living in BD23 post code, you can buy a DALES RAILCARD: £10.00/ year. 1/3 off Anytime and Off-peak rail tickets between Gargrave, Leeds, Bradford, Carlisle, Morecambe, Lancaster. Discount for children with you; also Winter Offer [to 4 April 2020].

BUSES to Gargrave

*Except Bank Holiday. (M service to Malham)

From Skipton (arrives Gargrave ~ 15 mins later) (Services 75, 210/211, 580)

Mon-Fri* 0850 0945 0950M8 1045 1145 1245 1300M8 1345 1445 1545 1645 1745 1845

Saturday 0850 0945M 1045 1145 1245 1345 1445 1545M 1645 1745 1845

Sun + B.Hol: No Winter service

From Settle (arr. Gargrave ~25 mins later (Service 580)

+ from Kirkby Lonsdale (581), ++ from Lancaster (582)

Mon-Fri* 0755+ 0845++ 0930++ 1030 1130++ 1230 1330++ 1430 1530++ 1700 1745++

Saturday 0755+ 0845++ 0930++ 1130++ 1230 1330++ 1430 1530++ 1745++

Sun + B.Hol: **No Winter service**

From Malham (arrives Gargrave ~ 25mins later) (Services 75, 210/211)

Mon-Fri* [210/211] 10358 13358 from opp. Buck Inn, Malham

Saturday [75] 1030 1630 from opp. Buck Inn, Malham

Sun + B.Hol [873/884] No Winter service

NOTES 8. Tues & Thurs service stops at Coniston Cold 4 mins before Gargrave

Service Operators: northern railway www.northernrailway.co.uk 0800 200 6060;

210/211, NYCC <u>www.northyorkstravel.info/operators/n/nycc/</u> 08458 725282 or 01609 780780; 580/581/582 + 75, Kirkby Lonsdale Coach Hire 01524 733831

www.kirkbylonsdalecoachhire.co.uk; Buses (general) www.dalesbus.org; Traveline

0871 200 22 33 www.traveline.info; **National Rail Enquiries** 03457 48 49 50

www.nationalrail.co.uk Rail Ombudsman: www.railombudsman.org 0330 094 0362

Gargrave Library

West St, BD23 3RD 07960 704509 gargravelibrary.co.uk Open: Mon 3-6pm, Wed & Fri 2-5pm, Sat 10am-1pm. Visit http://capitadiscovery.co.uk/northyorkshire/ to reserve or renew books online (first obtain your PIN no. from library), or renew by calling 01609 532774

Emergencies and concerns

ELECTRICITY Emergencies 105, General enquiries 0800 375 675

To check power cuts etc: http://www.northernpowergrid.com/power-cuts-home

GAS National Grid Emergency Line 0800 111 999

WATER & SEWERAGE https://www.yorkshirewater.com/contactus_08451 24 24 24

FLOOD https://flood-warning-information.service.gov.uk/station/8083

ENVIRONMENTAL HEALTH https://www.cravendc.gov.uk/environmental-health/

POLICE Non-emergency number 111 for advice or to report crime or damage

NHS: Emergency: 999. Other urgent medical concerns: 111

GARGRAVE BRANCH SURGERY: Higherlands Close BD23 3RF, phone 749226 from 8am. Open Mon-Wed and Fri, 8-12.

Gargrave C of E Primary School & Pre-School holiday dates

	School closes	School opens
Christmas	Fri 20 Dec 2019	Tue 7 Jan 2020
Half term (Spring)	Fri 14 Feb 2020	Mon 24 Feb 2020
Easter	Fr 3 Apr 2020	Tue 21 Apr 2020
Half term (Summer)	Fri 22 May 2020	Mon 1 June 2020
Summer	Fri 17 Jul 2020	Tue 8 Sep 2020

Magazine contributions, adverts and subscriptions

THIS MAGAZINE IS PRODUCED by St Andrew's Church for the benefit of the whole community of Gargrave & Coniston Cold parishes. We welcome short articles, news, notices of events, anecdotes, announcements, obituaries, letters & photos, free of charge, subject to space & relevance. The monthly contributions deadline is the 10th. Please email contributions, if possible, to **editor@gargravemag.co.uk**. We can also accept short contributions by phone 01756 749443.

Editorial advertising currently costs £11 per quarter page per month, other sizes pro rata, payable to "St Andrew's Church, Gargrave", bank account no 30693561, sort code 20-78-42, or by cheque/cash. Artwork can be supplied in Word or pdf format; alternatively we can create it for you, from £20 per advert. Contact gargravemagjd1@gmail.com.

An annual subscription is £8 – contact Ron Humphreys on 748779.

Or download it for free from www.gargravemag.co.uk.

Organisations Please let us know if you'd like to amend or add an entry

Caterpillar Club (0+) - St Andrew's Church, Wed 10am, Kirsty Smith 07525 619950

Gymnastics (5- & 5+) – Mon, Wed & Thurs 9.15am, Wed 4pm info@ambitionsgymnastics.com

Rainbows (5+) – Debbie Gomersall 01729 830589

Brownies (7+) - Rose Turner 01729 825886

Young Farmers Club - Coniston Cold, Tues 7.30pm, Janet Bolland 01729 830505

Luncheon Club, Neville Crescent Community Centre, alt Tues, 12.30pm, Carol/Carys 748990 **Afternoon tea**, Neville Crescent Community Centre, alt Sun, 12.30pm, Mary Dawson 749755 **Phoenix Group** (over 65s) – Anchor Inn, alternate Thurs 9am-1pm, Sarah 07596 452385

Bowling - outdoor Gargrave Bowling Club, Michael Cox, 748285

Bowls - indoor, Village Hall, Winter Tues & Thurs 2-4pm, Joan Griffin, 749277

Cricket - Gargrave Cricket Club (over 13s), Mark Jones, 07498 288654

Croquet - Craven Lawn Tennis Club, Gargrave, Tues 2-6pm, Roy Berry 748065

Cycling - Gargrave Tuesday Club, Dalesman, Tues and Thurs Trevor Pickles 01282 844788

Golf – Mason's Arms Golf Society, www.masonsarmsgolfsociety.com, 749304

Hunt – Pendle Forest & Craven Hunt, Elizabeth Adams 749772

Pilates - Contemporary, V Hall, Tue 10 & 11.30am, Fri 9am & 10.30am Bee 0777 898 0994

Pilates - Classical, V Hall, Tue 2pm, 6pm, 7.05pm, Thu 3pm, 6pm Cate Davies 079 5533 8775

Tennis - Craven Lawn Tennis Club, Beth Whitley 749664, www.craventennis.org.uk

Tai Chi & Qigong - Village Hall, Thursdays 7.30pm, Ian Cresswell 748540

Tai Chi Qigong – Green by War Memorial, Mon 9.30am & 10.30am, 0777 8980994

Walking for Health – 1st Thursday of the month, 10am, Jean Maxwell 748851

Yoga – Village Hall Annex, Wednesdays 9.30-11.30am, Sally Thomas 01756 461616

Modern sequence dance – Village Hall, Mon 7.45-10pm, John Rainey 749867 or 07840 806698.

Art – Gargrave Art Group – Village Hall, Mon 1.00-3.00pm, Bev Parker 749910

Bell Ringing – St Andrew's, Mon 7.30pm, Sun 10.00am, Joe Alston 01729 851663

Bingo – Gargrave Community Centre. Neville Crescent – Mondays 1.30-4pm

Fuchsia & Geranium Club – V Hall, 1st Wed of month 7.30pm, Paula Jackson 752175

Gargrave Community Choir – rehearsals Fri 7pm, St Andrew's Church, 749802

Gargrave Heritage Group - Tues 10am, St Andrew's Church, Martin Thomson 748309

Craft and Chat - St Andrew's, Tues 2pm, Sylvia Humphreys 748779

Parish Council Meeting - Village Hall side room, 1st Wednesday of the month

Snooker Club – Village Hall Snooker Annex, every day, Stewart Smith 749340

WI - Village Hall Annex, 2nd Wed of month 7pm, Glenys Riley 07715 878709

French club - Old Swan, 3rd Thurs of month, 8pm, Allison Wiffen 749913

Masons Arms – Quiz Sundays 8.30pm; Acoustic live music 1st Friday of the month The Old Swan – Quiz Mon 8pm; Pie night Wed; Steak night Thurs; Sunday Roast Sun

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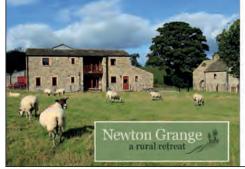


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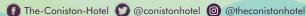
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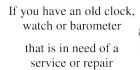
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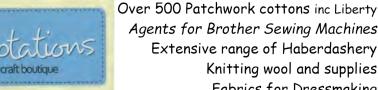




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