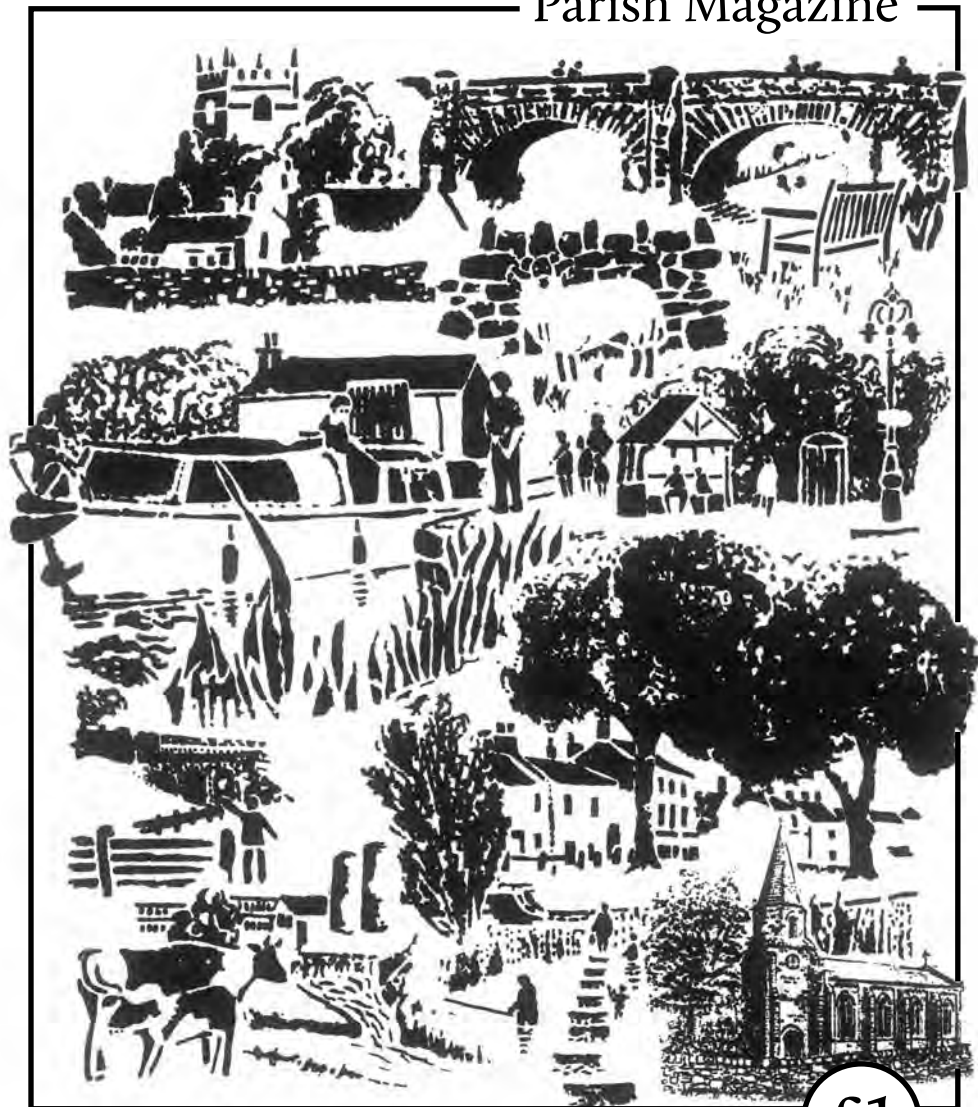


# GARGRAVE & CONISTON COLD

Parish Magazine



APRIL 2020

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## CONTACTS

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## *The ramblings of a reluctant vicar*

### **"How shall we sing the Lord's song in a strange land?"**

Well, what a week that has been! Never in living memory has our world seen such dramatic changes than ones we are now seeing. Pubs, bars, restaurants closing, retail outlets closing their doors, church services cancelled, weddings and funerals severely limited. We find ourselves in strange and unfamiliar times at the moment, with the situation changing daily. Without warning, our familiar cultural landmarks have been swept from under our feet, leading to disorientation, fear and sadly, panic. With the Psalmist we wonder "How can we sing the Lord's song in a strange land?" – when we cannot carry on with our daily routines, our regular patterns of worship and Communion?

Even the most ebullient amongst us cannot fail to be concerned when we see businesses and livelihoods affected, people genuinely afraid. Who will be next, when will the virus reach our town/village/street/home?

As a people who profess to be 'people of hope' this is where the rubber hits the road and faith is really tested. We can allow ourselves to be buffeted by every wave, every news item, every piece of hearsay, our minds running ahead with the what ifs, trying to anticipate every scenario and every conceivable outcome. Or, we can dig deep into our faith, flex our spiritual muscles and hold on for dear life through the storm.

We might not be able to meet together as usual in our groups, our clubs, pubs or church services, but we can really unite around a common enemy. And like all enemies, this one has a real weak-spot – simple soap and water. Never before has the phrase 'cleans hands and a pure heart' been more pertinent as we are all advised to wash our hands as often as possible and especially after contact with potentially contaminated surfaces. The high priests in ancient Israel had to follow strict ritual washing routines, which now make complete sense to us.

Let me encourage you by suggesting that now is a real opportunity to take our faith deeper and to draw nearer to God in our homes and our day to day lives. Church is the people, not the building, and we can continue to be a Christian community wherever we are. Over the coming weeks I will be sharing different resources for prayer and study – both written and electronically so that we can 'keep singing the Lord's song' in this strange land.

'Sufficient for the day are the worries thereof' said Jesus (according to the King James translation) – every day has enough worries of its own. Once we have established our daily routines of hand cleansing and household cleansing, limiting social contact, then there is nothing more to be done except to get on with the day, albeit in a very different way.

This is where the notion of thankfulness takes on new meaning. I am thankful for the longer days, the sunshine and blue skies, the signs of new life with spring. I am thankful for a God who is with us in our deepest despair and darkest moments, who hold us when we fear and dries our tears with a gentle caress. I am

thankful for a book which tells us of a God who has loved His people relentlessly for thousands of years. I am thankful for soap and warm water.

If you are a person of faith, may I encourage you to keep up with your daily prayers, #Livelent reflections and Bible readings – look at the Church of England website, download one of the free apps, or use this time to read a book. There are also various Church of England services on radio and television. There are a vast number of resources through which we can not only keep our faith alive, but also use this as a time of deepening and building our spiritual resilience. Will you join me in praying daily for ourselves, families, neighbours, communities, businesses, our NHS, our leaders and those on the frontline at this challenging time.

Above all, stay safe, keep in touch and be prayerful. Once this is over, I promise that there will be the most wonderful party at St Andrew's and you are all invited!

## A PRAYER FOR ALL THOSE AFFECTED BY CORONAVIRUS

Keep us, good Lord,  
under the shadow of your mercy.  
Sustain and support the anxious,  
be with those who care for the sick,  
and lift up all who are brought low;  
that we may find comfort  
knowing that nothing can separate us from your love  
in Christ Jesus our Lord.

## EASTER PRAYER

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*The prayers of Hippolytus (c 190 – c 236), though he lived in the third century, profoundly influenced 20th century liturgical writers. He was a priest in Rome who was deported to Sardinia during a persecution, where he died. His hymn for Easter was widely used throughout the Western Church.*

### **Easter, our Marriage Ceremony**

You have protected us, Jesus, from endless disaster.  
You spread Your hands over us like wings.  
You poured Your blood over the earth,  
Because You loved us.  
The anger which we deserved You turned away from us  
And restored us to friendship with God.

The heavens may have Your spirit, paradise Your soul,  
But the earth has Your blood.  
We celebrate the coming of your Spirit always:  
The Spirit leads the mystic dance throughout the year.

But Easter comes and goes.  
Power came from heaven to raise You from death,  
So that we and all creatures could see You.  
All living things gather round You at Easter.  
Thee is joy, honour, celebration, delight.

The darkness of death is driven away.  
Life is restored everywhere.  
The gates of heaven are thrown open.  
In You, risen Jesus, God has shown us Himself,  
So we can rise to Him as gods.  
The gates of hell are shattered.  
In you, risen Jesus, those already dead rise to life,  
Affirming the good news of eternal life.  
Now Your promise has been fulfilled.  
Now the earth is singing and dancing.  
Easter is our marriage ceremony.  
At Easter, dear Jesus, You make us Your brides...

*A Prayer of Hippolytus*

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## EVENTS

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### Parish Council annual litter pick, 4 April

*Kath Ashby*

THE ANNUAL LITTER PICK is planned for Saturday 4 April, meeting at the Summer Seat for 10am. Litter pickers, bags and high viz jackets will be provided on the day.

Full bags can then be left back by the bins at the Summer Seat for collection and removal on the Monday.

Please bring your own gloves as these will not be provided.

At the time of going to press (22 March), this event is still due to be going ahead.

### The Art of Living Soulfully, led by Dave Tomlinson

– Scargill House, Kettlewell, 13-17 July

*Tony Wimbush*

PERHAPS THE GREAT DILEMMA OF OUR TIMES is a 'loss of soul', a dislocation from our deepest selves, from compassion, from nature, and ultimately from the divine. Yet when soul is neglected, it doesn't go away; it appears in obsessions, addictions, aggression and loss of meaning. Dave Tomlinson explores the meaning of soul in theological and cultural terms and ways to foster it in everyday life, in churches, communities and the world.

Dave Tomlinson is a contributor to Radio 2's Pause for Thought and the author of several Christian books including the Post Evangelical, Re-enchanting Christianity and How to be a Bad Christian but a Better Human Being. His course is one of a whole programme of varied courses offered by Scargill House. They

cover the full Christian spectrum from the traditional to the spiritual to the purely recreational. Visit [scargillmovement.org](http://scargillmovement.org). Early booking recommended! Courses can be booked as a resident or as a day visitor.

## NEWS

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### From the editor

*Duncan Faulkner*

As Andrew has said, these are strange and disorientating times. Change has come, rapidly and globally.

You will notice some changes in this edition of the magazine: no diary of events, for one thing. In a couple of pages you can read about the new Gargrave Coronavirus Community Group. Please do not hesitate to get in touch with them if you need help, or if you can offer it. I know many people are already looking out for neighbours and friends.

This is a hard time for many local businesses. In the information section towards the end you will find the beginnings of a directory of local shops, pubs, cafes and restaurants offering a delivery or takeaway service. I hope this act as an encouragement to continue supporting them.

The restrictions on our lives are likely to go on changing so please be aware that some of what you read in this issue may be out of date by the time you see it.

Finally, I make no apology for including some humour. Yes, there are many reasons to worry and grieve at the moment, but I reckon that our older villagers who lived through the war might be able to share some stories of how laughter help keep up morale.

### Archbishops & Churches Together in the UK call for National Day of prayer, 22 March

*Sue Trout, St Andrew's Church*

By the time you read this, the original event will have happened.

Churches Together including the two Archbishops called for a National Day of Prayer and Action in response to the coronavirus pandemic. We were being encouraged to pray at home on Sunday 22nd and at 7pm to light a candle and put it in our window as a sign of our hope in God to get us through this difficult time of uncertainty and fear.

#### **Prayer**

Of course we will continue in prayer beyond this one day and as you read this, whether you are someone who regularly prays or someone who rarely prays - someone of great faith, little or no faith, I'd like to invite you to join in however you feel comfortable as we pray for our leaders, the NHS, our economy, those who are ill, self isolating or vulnerable and for an early end to the global pandemic.

It doesn't have to be fancy words - just heartfelt conversation with God who was described in Jesus as a good shepherd and also a perfect Father - good & loving.

#### **Action**

At 7pm each evening light a candle in your front window for 30 mins, or turn on some string lights. How amazing it would be to see light shining from each window in Gargrave- a visual symbol of hope in the darkness!

Phone someone who is isolated and vulnerable for a chat.

Buy an extra item and place it in your local food bank.

Volunteer to help with community groups that have been set up (see next article).

If you get an opportunity, express in some way appreciation to the NHS staff and locally the shops, businesses and people who are working really hard to keep the show on the road.

Lets be extra kind and encouraging to one another!

I leave you with some words from the Church of England website. Maybe they could become our prayer too:

We are not people of fear:

we are people of courage.

We are not people who protect our own safety:

we are people who protect our neighbours' safety.

We are not people of greed:

we are people of generosity.

We are your people God,

giving and loving,

wherever we are,

whatever it costs

For as long as it takes

wherever you call us.

May God bless us & keep us safe in the days ahead.

## **Gargrave Coronavirus Community Group**

*Hannah Crabtree*

To reduce the transmission of Covid-19 the advice is to practice social distancing and self-isolating, particularly for those most at risk. For many, this presents practical challenges (How will I get groceries? What about my prescription? I need to walk my dog!) as well as social and emotional challenges (I live on my own – how am I meant to cope if I can't meet up with anyone for a chat?).

The Gargrave Coronavirus Community Group has been formed by people in Gargrave who want to ensure that nobody is left to fend for themselves during the coming weeks and months. Whilst help should always be sought first from family, friends and neighbours, the group is aiming to provide a safety net for those who don't have this support available to them.

### **How can I volunteer?**

Please contact Hannah Crabtree on 07736 376650. There is a short form to fill in (this can be accessed on the group's Facebook page, or from Hannah) to give us

your contact details and tell us what you can do. We have had many people come forward, and are now putting processes and guidance in place to ensure that our volunteers and the people who ask for help are able to do so safely and in confidence. Whilst we have not had many requests for help yet, we anticipate that this will change as the virus spreads – so for those who have volunteered, please bear with us! It is likely that you will be called upon soon.

### **What can you help with, and how do I ask for help?**

Common requests include help picking up shopping, prescriptions or other goods. You might have a dog that needs walking, bins that need putting out or plants in the greenhouse that need watering. If you want to keep in touch with family or friends, we can help with technology like Skype, so that you can still 'see' people. Or you might just want someone to give you a call every day or few days, to check in and have a chat, or to tell you about services that are operating. Please call Hannah Crabtree on 07736 376650 to ask about any help you might need.

These are unique times and the Gargrave community has already shown great caring and solidarity. Whilst physically we have to be distant, the spirit of the community feels closer than ever, so don't be backward in coming forward for help – we are all in this together and many, many people want to help.

## **Gargrave Primary School news**

*Sarah Peel*

**'Work with all your heart'  
LOVE, PEACE, HOPE**

**Apple class** have learned about the celebration of the Chinese New Year. Through the story of The Great Race the children learnt about the animals that represent each year and why they were chosen.

Great fun was had making Stir Fry and exploring the flavour of Chinese food. This allowed the children to learn about safety in the kitchen and also led to some fantastic play in our Role Play Restaurant! The children loved using chopsticks, dressing up for the occasion and applying their reading, writing and Maths skills by creating recipes, bills and menus.



### **Ash class**

Our topic is The Great Fire of London. In history lessons we have loved learning lots of facts about the fire. We have talked about London and linked our history work with geography looking at maps and discussing capital cities. We have created a piece of art work to share what we know about how the fire spread so far so quickly. When we looked at Samuel Pepys diary we were shocked to discover that Samuel Pepys buried some cheese to keep it safe from the fire!

### **Willow class**



We have had a busy and productive start to the Spring term, following the Year 3 curriculum. In Literacy we have focused on the Fiction book, *Use your Imagination* By Nicola O'Byrne. The children enjoyed predicting and understanding the content and grammar in the book. Their written work each lesson shows progress and increasing use of adventurous vocabulary. Our final piece of work was a Biography about one of the main characters, Rabbit and the children had to 'use their imagination!'.



### **Sycamore class**



In our theme lessons we have been concentrating on history. We learnt about the Battle of Britain. We examined different sources of information about the battle and started to think about their reliability. We have also been learning about the Maya civilisation and their role in the discovery of chocolate. We learned about the City of Chichen Itza and were horrified at the bloodthirsty sports the Maya played there. We had a great time visiting York's Chocolate Story and particularly enjoyed making the authentic Maya chocolate drink Xocolatl, even though it is flavoured with chilli!

### **Oak class**

We have continued predicting, reading, understanding and comprehending in our English lessons, with our new book 'Rainplayer' by David Wisniewski. We completed our unit by writing instructions for the ancient Mayan game of pok-a-tok, as well as writing a piece of dialogue between Pik (the main character) and Chac-the god of rain.

### **Other news...**

A small part of the school field, adjacent to the main road, will be used by Woolers, as a compound for the storage of plant for their site during building works. This will be for two years and then the land will be returned to its current state. Our land will return to be a school field and remains the property of North Yorkshire County Council.



## St. Andrews Family service report, 2 March

*Peter Gardner,  
Family Service Team*

IT IS A TRUTH UNIVERSALLY ACKNOWLEDGED, that an Anglican Church in possession of a good vicar mustn't tie him up. But we did - and we tied up a few members of the congregation, too - all in a good cause, of course, and we did release them after they had struggled for a bit.

The theme of the service this morning was, 'Jesus sets us free.' It's probably true that most of us will never see the inside of a prison, but that doesn't mean we aren't held captive by guilt, unforgiveness, bitterness, wrong relationships, addictions and the like. Seven hundred years before he came, Jesus told the prophet Isaiah that he would proclaim good news to the poor, bind up the broken hearted, proclaim freedom for the captives and release prisoners from darkness, and when he came, he did exactly that. He still does, as we heard in today's talk and from a church member who told us how Jesus had released her from fears which had bound her.

Our tied-up vicar didn't manage to get free on his own. He needed help, and often, so do we when we are bound by the type of things mentioned above. This is where Jesus comes in. He is able to free us - and knowing him begins the process of getting free.

These are genuinely serious matters and if any of you need help in these areas there are people at St Andrews who can give it. Prayer and counsel is available: contact Andrew Steer in the first instance (details on the inside front cover).

On a lighter note – did any of you spot the literary allusion at the beginning of this article? If you did, come along to the next family service (whenever that will be), say 'Pride and Prejudice' to the servers and they will award you a free cooked breakfast!

## Gargrave Parish Council

*Kath Ashby*

Please note that the Parish Council Office in the Village Hall, West Street will be closed to the public until further notice, due to the Coronavirus pandemic.

The regular monthly meetings in the Village Hall Annex have also been suspended until further notice.

The Clerk will continue to work her normal office hours, albeit remotely when required, to review emails, post and any voicemails left on the office telephone. If you have any issues which would have been covered under the Public Participation part of the meeting please raise them with the Clerk.

It should be stressed that the usual day to day activities of the council will carry on as normal. We will continue to answer all queries, comment on new planning applications etc as per the current agenda. We will also gather our usual Craven District, North Yorkshire County Council and Police reports for review.

We will be doing a regular report based on the current minutes format to keep people aware of progress on the various agenda items.

## COVID-19 update from Fisher Medical Centre

*Via Gargrave Facebook  
group*

Unfortunately due to the current pressures of the Coronavirus on our workforce and capacity, we have had to take the tough decision to close our branch surgery in Gargrave to patients from this Monday, 23rd March.

Repeat prescriptions can be dropped off at Gargrave Pharmacy, instead of the surgery. Please do not post any prescription requests or letters etc. at the Gargrave Surgery from now on as they will not be actioned. Many thanks for your understanding at this difficult time.

## Isobel Lacey: thank you

*Family of Isobel Lacey*

We thank Isobel's friends in the village for all the messages of love and support we received during her illness and after her death. £300 was raised for The Children's Society in her memory.

## Gargrave and Malhamdale Community Library

*Dave Smith  
(modified by Ed.)*

### Access to books while library is closed

Did you know that your library card gives you free access to thousands of e-books, magazines, digital audiobooks and graphic novels?

Browse through NYCC's digital catalogues to find your next item to read or listen to from your computer, tablet or other mobile device. Go to <https://northyorks.overdrive.com/>.

### Alan Simpson

I must announce that after many years of involvement with the Library Alan Simpson has announced his wish to retire as Chairman and as a member of the Library Management Committee.

Alan first became involved in the Library during 1998 when the lease expired on the Library premises in the High Street and NYCC transferred all the stock to a Mobile Van which parked in the Village Hall car park.

Alan, together with a large number of residents, sprang into action and following a protest meeting set about raising funds to modify the Gents Cloakroom in the Village Hall to give us the Library we use today. A total of £32,000 was raised and NYCC moved the stock out of the Mobile Van and continued to fund a professional Librarian.

Everybody relaxed and a period of tranquillity ensued until January 2011 when NYCC announced that they intended to close Gargrave Library together with another six throughout the County.

Alan again sprang into action and chaired the action group which fought against the proposals. By late 2011 it became clear that NYCC, despite the rigorous efforts of Alan's Committee, were not for turning. Alan, very wisely, changed tack and worked hard with NYCC to persuade them to let the residents run the Library whilst NYCC would give the Library support of a professional Librarian from Skipton and provide the Library with a regular supply of books.

The Community Library opened in May 2012 and Alan has been at the forefront of efforts in raising funds, attending various meetings with NYCC and other libraries and, as our Chairman, has guided the Management Committee throughout out this period.

Needless to say we will be very sorry to see him retire and wish to thank him, on behalf of the residents of Gargrave and Malhamdale, for giving us the Library we have today. We wish Alan and Sylvia well for the future and no doubt we will continue to see them both in and around the Library as Alan assures me that they will continue to support the Library in all our various activities.

## Gargrave Art Exhibition 50<sup>th</sup> Anniversary Show

*Sarah Kirk*

It is with great regret that the Art Exhibition Committee has taken the decision to cancel the show this year. As we all know Covid 19 has brought with it a high level of unpredictability along with the potential to have an enormous impact on our way of life. With the level of uncertainty surrounding the current situation, the Committee took the view that it would be better to make an announcement now rather than try and plan for a show that in the end was impossible to stage.

This year will have been the 50th Anniversary but looking on the positive side, the cancellation until next year will mean we have more time to stage an even more successful celebration. If things change, and we are able to stage a show this year we may look to the autumn to do so but will let everyone know nearer the time.

## Spring Fayre Cancellation

*Tony Wimbush*

Thank you to everybody involved in preparations for the Spring Fayre both in time and energy or in donations for the stalls. Hopefully we will be able to use most of the latter at the Christmas Fayre at the end of November.

## Outdoor Tai Chi Qigong?

*Bee Faulkner*

Free BeeActive April Village Green Social Distancing Tai Chi Qigong will hopefully be starting on 20 April, if restrictions allow:

Mondays 9am

Tuesdays 11am

Thursdays 9am

Fridays 11am

This gentle exercise is wonderful for the breath and for relaxation, particularly pertinent in the current times. Each short rhythmic Qigong movement is repeated several times, which makes it accessible to everyone, beginners and all. And because it's a follow-my-leader type activity, we can be widely spaced, over 2m apart.

For one of the sequences I hope to share, check out on youtube "Tai Chi Qigong Shibashi Set 1 - by Master Wing Cheung"

<https://www.youtube.com/watch?v=aAwBj9MO91I&t=96s>

*In his words, "It is a gentle, beautiful and flowing Qigong exercise routine that is both a joy to do and deeply relaxing...Tai Chi Qigong Shibashi is designed to improve the general health and wellbeing of the practitioner. The gentle rocking motions and stretching movements improve circulation and digestion. The chest exercises and controlled breathing are good for lung conditions and asthma. And the overall effect of the exercise is to reduce mental stress and physical tension carried in the muscles of the body. This Qigong is very effective and easy to learn. The gentle movements coupled by the rhythmic breathing are suitable for people of all ages as it does not put too much stress on muscles and joints if done correctly and can be practiced sitting or standing. It is practiced around the world by over 10 million people, and is considered a national health exercise in Malaysia and Indonesia. Free instruction manual available at <http://taichi18.com>"*

The sessions will run for an hour. Bring a camping stool if you'd like to be seated. The April 20th-30th sessions will be free of charge. Optional donations welcome from May.

Come dressed for the weather: gloves, hats and windproof outer layers work very well. If it's dry, we will be on High Green (the large one upstream of the bridge) where there is plenty of space to spread out. If it's wet, numbers will be restricted and we will meet under the trees on the Water Street Green between the War Memorial and the river.

If you're interested in joining in, please contact me via [BeeActive@btinternet.com](mailto:BeeActive@btinternet.com) or 07778 980994.

For up to date information about these sessions, and other options available, visit [BeeActiveBeeRelaxed.com](http://BeeActiveBeeRelaxed.com) or Facebook: BeeActive Pilates Qigong

## Craven Lawn Tennis Club

*Beth Whitley*

We are pleased to be able to announce our Spring/Summer 2020 programme of Junior Tennis coaching sessions which will begin in late April. The sessions will be held as follows:

### **Saturday Mornings**

10am for Under 11's

11am for over 11's

Starting on Saturday 25th April - 5 sessions for £30 if paying weekly or £25 if paying in advance for the block.

For places please contact Beth Whitley on 01756 749664 or Email [secretary@craventennis.org.uk](mailto:secretary@craventennis.org.uk)

### **Tuesday Afternoons**

3.30 - 4.30pm and also 4.30 - 5.30pm

Starting on Tuesday 21st April - 5 sessions for £30 if paying weekly or £25 if paying in advance for the block.

For places please contact Ji Mukherjee on 07845 416301 or Email [sportscoachjm@yahoo.co.uk](mailto:sportscoachjm@yahoo.co.uk)

Here at Craven Lawn Tennis Club in Gargrave we offer small group sizes so places are limited. Both our coaches are fully LTA qualified and DBS checked. Please contact us as soon as possible to avoid disappointment.

The current LTA advice is that, with restrictions, limited number tennis coaching can still take place at the present time. The courts are open but the clubhouse & changing rooms are closed and we are strictly limiting numbers & social distancing measures are in place. Anyone wanting to know more can refer to the LTA website at [www.lta.org.uk](http://www.lta.org.uk) and follow the Covid 19 links from their front page under the Guidance for Venues section.

## Village Hall news

*Caroline Thompson*

I recently read an article by Author and TV presenter, Pam Rhodes where she spoke fondly about genuine national treasures.

(Lots of things spring to mind when you read that initial sentence , you probably have one in your family)!

Pam wrote, it may be old fashioned and shabby, it may be new and shiny. You probably walk past it every day and barely give it a second glance. But if it receives anything like the care it deserves it will hold a special place in the heart of the community.

She is talking about the thousands of halls in Villages, Towns and Cities across Britain which are generally manned by volunteers and where a welcome is provided for everyone. In the course of travelling around the country presenting BBC TV's Songs of Praise she found herself in Halls of every shape, size and age, some contained small shops and even doctors surgeries. Pam's first memory of the Village Hall from her childhood is of sitting at long trestle tables eating egg sandwiches and jelly at a Christmas party, looking adoringly at Father Christmas, having no idea until much later in life that it was her father under the white whiskers!

Pam writes that if you step into any Village Hall, you realise that all life is there, which is music to the ears of someone like herself who enjoys writing books, therefore her latest trilogy of novels is set in a place called Hope Hall. Its a much loved and lively gathering place for both young and old. She hopes the characters will be familiar, there are the pensioners who meet up with their down to earth sense of humour , singers with more enthusiasm than skill, scouts, dancers recalling the tap steps of childhood, slimmers nibbling chocolate, a great Cafe, line dancing, scouts and gymnastics and old time dancing taking up the rest of the time table. And they all cross paths at Hope Hall. It's manna from heaven for a writer. The novel is full of friends and neighbours that will have you giggling one minute and dabbing your eyes the next, there is never a dull moment in the story.

The Village Hall is currently closed due to the Coronavirus situation but hopefully once it is safe to do so the premises will re-open with a warm welcome back provided to all Hirers and customers both past, present and future. The Library is likely to return to normal hours at the same time so there will be the opportunity to pop in and order a copy of Pam's latest book and the first in the trilogy: Springtime at Hope Hall by Pam Rhodes ( Lion Hudson ). Pam Rhodes has

also written other novels so there may be some of these works already on the Library shelves. The Library is normally open on Monday, Wednesday and Friday afternoons and on a Saturday morning. New members are most welcome. Please support the community Library as like other local businesses and facilities the closure will take its toll financially.

Any queries regarding the Village Hall over the closure period please contact Caroline 01756 749235, 07989585564 or email [info@gargravevillagehall.org.uk](mailto:info@gargravevillagehall.org.uk) or [caroline@sandjsthompson.co.uk](mailto:caroline@sandjsthompson.co.uk).

## From the belfry

*Malcolm Bland*

Although there must be something  
Living in the hole,  
You only see the molehill,  
You never see the mole.

Although about the meadow  
The little lanterns show,  
You never see the glow-worm,  
You only see the glow;

And Sunday after Sunday,  
Our village vicar tells,  
You never see the ringers,  
You only hear the bells!

Anon

On Sunday, February 23rd, our unseen ringers certainly made our bells heard! At 4.00 p.m. a Quarter Peal was rung to welcome our Vicar, Andrew Steer, to Gargrave. Within minutes of the finish, texts were received reporting that dog walkers on The Green had been full of praise for the ringing & a week later I was approached by a church member who told me that she had shortened her walk with her dog in order to stay within the sound of the bells. Such comments are very much appreciated and encourage us to strive to continue to improve our ringing!



### **St Andrew's, Gargrave,**

for The Yorkshire Association of Change Ringers.

1260 Plain Bob Doubles in 46 minutes. (Tenor 13cwt in F#)

on Sunday 23rd February 2020.

- |                     |                      |
|---------------------|----------------------|
| 1. Helen Bridgman*  | 2. Sheila Bloomfield |
| 3. Kevin Haseldine  | 4. Alison Lucas*     |
| 5. Steve Lucas (C)* | 6. Malcolm Bland*    |

Rung to welcome our new Vicar, Rev. Andrew Steer, to Gargrave.

\*Gargrave Sunday Service Ringers.

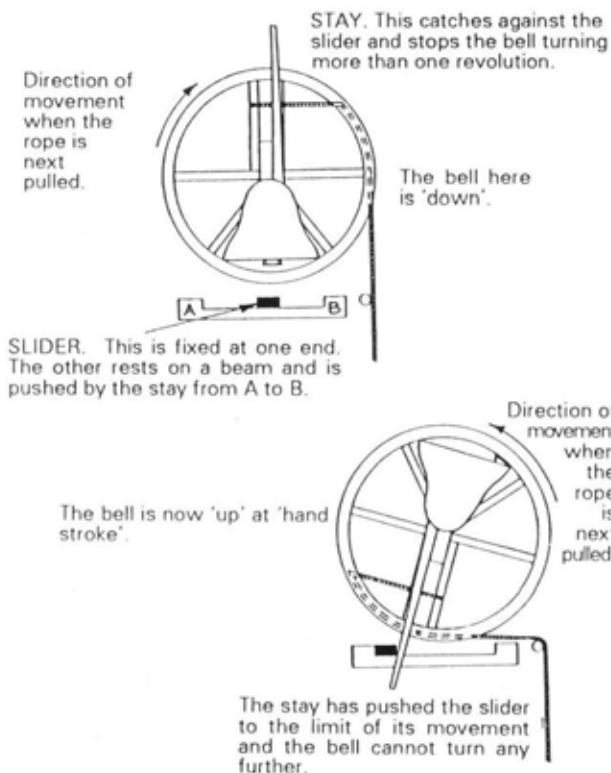
According to known records, this is the most Gargrave Sunday Service ringers to have rung together for a Quarter Peal since 2011.

The ongoing problem with the stay on the Treble has finally been resolved. The rain driven into the belfry by Storm Ciara had trickled down the wooden stay so that the base of the stay was standing in a 2" deep pool of water and had swollen. Eventually the stay would have rotted and broken. As can be seen in the lower image, we have to rely on the wooden stay to prevent the heavy bell from continuing on its way, so that we can pull it back through 360° to its original position. It took over an hour to remove the swollen stay from its socket and then one of our new ringers, our new Steeplekeeper, Jonathan Trimble, dried the stay, coated its base in yacht varnish and refitted it, with a protective coating of silicone sealant to prevent further ingress of water. We are now able to ring all our bells again!

Such has been the dampness in the atmosphere, due to the very wet past month or so, that when we assemble to practice on a Monday evening the humidity in the ringing room since the previous Sunday has averaged between 89% & 94%! We have built our own rope warmer, which makes the rope ends manageable, but the usually fluffy 'sallies' which we catch when ringing have still been damp and not very fluffy! To counteract this another new ringer, Madi Hoskin, has designed and made a number of Gortex sheathes to enclose the sallies after ringing on Sundays, when the electric room heater has reduced the humidity, and we fit the new 'Sally Snuggies' to keep the sallies dry! I don't know of another tower in the country which has fitted Gortex 'Sally Snuggies' but these seem to work very well. Perhaps we should patent them!

## Take me out

An elderly single woman died last month. She requested no male pallbearers. In her handwritten instructions for her memorial service, she explained: "They wouldn't take me out while I was alive, so I don't want them to take me out when I'm dead."





## GNAT News

*Simon Myers*

Thanks to the help of a faithful band of volunteers and the support of the Village and the wider public, the Public Toilets have been kept clean and open since GNAT took over in January. At a time of unprecedented restrictions which have led to the closure of so many Pubs, Restaurants and Cafes, it seems to us to be even more important that this facility is kept open.



There is some welcome good news. We have been successful in an application to the National Park's 'Sustainable Development Fund' which has agreed to pay for the purchase of new Hand Wash / Dryer Units (particularly poignant at the moment), new energy efficient lighting and a Water Fountain / Bottle Filler which will make a contribution to the campaign to end the environmentally damaging use of 'single use' plastics. This is fantastic and sets us well on the way to upgrading and refurbishing the Toilets for the benefit of all.

At the recent AGM it was decided to pursue the Registration of GNAT as a Charity and it seems that the most suitable model for us to adopt is an 'Association Charitable Incorporated Organisation', which is perhaps the most 'democratic' model which allows supporters more of a say in the conduct of our affairs. It will also have the benefit of allowing GNAT to reclaim Tax on Gift Aided contributions and especially those paid by Direct Debit. If you would like to support GNAT in this way please do ask myself, Bee (BeeActive@btinternet.com 07778 980994) or Allison for a form. Our successful Go Fund Me page is still open for one off donations: <https://www.gofundme.com/f/gnat-gargrave-needs-a-toilet>

Thanks again to all the volunteers and all our supporters. Pulling together anything is possible.

Any suggestions as to how we can help the Community more in these most difficult of times will be gratefully received.

## Manorlands fundraising news

*Caroline Thompson*

I am delighted to report that with your help I have raised a total of £522.10 during 2019 in aid of Manorlands Hospice. The amount was raised through kind contributions of items to sell on the Bric a Brac stall I run at the Village Hall Flea Markets. Thanks are also extended to everyone who may have made a purchase or just put spare change in the collecting tin, every little helps. Your kindness will help to support people living with conditions like cancer, heart failure and lung disease in the local area. Manorlands offers a range of support to people going through the most difficult time of their lives, from inpatient care in the Hospice, to day services and Hospice at Home which helps people stay at home longer and provide respite to Carers. A bereavement support group is also available which helps families to manage their grief when they have lost a loved one.

Hopefully during 2020 we will continue to raise funds for this very worthy local cause. It is always nice when the Community Fundraising team get in touch

to inform me of the total amount raised and it exceeds expectations. I know how much the sales are before I take the monies in but not the donations in the tin as they are counted over at the Manorlands Office. Therefore it was great to hear that the pattern continues and the sum raised was slightly more than the previous year.

Thanks are extended to everyone for their kind support.

## Gargrave WI news

*Sarah Kirk*

On an appropriately stormy March night our guest speaker, Gillian Waters, entranced us with a cavalcade of brave, brutal and charismatic characters in her talk 'Gargrave Divided: A Tale of Two Manors'. In her brilliant portrait of Gargrave and the Craven area during the time of the 'Wars of the Roses', Gillian challenged what we all thought we knew from history lessons at school, TV and films, revealing a far more complex and intriguing truth, and in particular giving us a glimpse into our beautiful village's turbulent past.

In his history plays, William Shakespeare dubbed the rivalries, bloody skirmishes and epic battles that wreaked havoc across the country for thirty years 'The Wars of the Roses'. But as Gillian pointed out they should be known more accurately as 'The Cousins War'. This was a conflict borne of the weak rule of King Henry VI, who not only ascended the throne at nine months old but was plagued throughout his life with mental illness. These twin disadvantages made him the pawn in a game played by ambitious regents, all claiming a right to the throne because of their descent from Edward III. The 'Two Manors' in the talk's title refer to the noble Percy and Neville families who, along with their supporters, pledged allegiance to the 'red rose' House of Lancaster or the 'white rose' House of York respectively.

As we have heard before, Gargrave's location in the 'Aire Valley Gap' made it a strategically important place to wield influence. Gillian showed us a fascinating graphic of the modern day A65 between Skipton and Gargrave marked with the 15th century estates showing Neville and Percy supporting families living uncomfortably adjacent to each other. It gives a whole new perspective to the phrase 'neighbour disputes'. The area between where Gargrave Village Hall now stands and the canal was owned by the Langton family, a Lancastrian supporting family. Even today Neville Road and Neville House bearing a Yorkist name sit next to it! Holme Bridge, Ray Bridge and Higherlands are all names associated with fifteenth century manors. Coniston Cold was a Neville family manor and therefore Yorkist land whereas St Andrews Church was built on Percy land. The Lancastrian supporting Tempest family held land at Bracwell and Bashall. Topcliffe near York, Spofforth near Harrogate and Craven were also Lancastrian supporting areas. The ambitious and upwardly mobile Neville family held sway in Richmond and Middleham. Gillian revealed the most disconcerting fact of all - that the geographical area of Yorkshire predominantly supported the House of Lancaster!

Gillian then recounted a terrible incident that happened in Gargrave and exemplifies 'the tit for tat gang warfare' that characterised this time as the power from the centre broke down and the barons sought to take control. Although built on Percy land the church should have been regarded as a place of sanctuary, a neutral space at the very least, but on Sunday September 9, 1452, during a church

service at St Andrew's, Laurence Catterall of Little Mitton was violently seized and dragged out of the building by Sir Richard Percy and his cronies. Catterall was a Neville retainer and supported the Yorkists. After imprisonment, and on payment of the enormous sum of £10 000, he was released.

To give a wider context to Craven's role in the war, Gillian told us about John Clifford, who owned Skipton Castle and supported the Lancastrian cause. He became a prominent military leader in the national struggle and took a terrible revenge for the killing of his own father by Yorkist supporters by murdering a 17 year old leader of the Lancastrian forces. Sir John would no doubt have played an important role at The Battle of Towton, 1461, which is regarded as the bloodiest battle ever fought on British soil, had he not been killed in a random skirmish the previous day.

The role of women in this conflict was highlighted by Gillian. Noble born women of that time were expected to marry well and certainly before the age of 18, when you were considered an old maid, and to bear children, lots of them and especially males, to continue the family line. Women were not expected to scheme and organise military uprisings which is exactly what Margaret Beaufort did for her son, Henry Tudor of the House of Lancaster. Margaret, a descendant of Edward III, engineered alliances and resources sufficient to ensure that Henry defeated Richard III at the Battle of Bosworth Field in 1485. Working together with Elizabeth Woodville, widowed queen of Edward IV, a Yorkist king, these women united the Houses of Lancaster and York by arranging the marriage of Henry Tudor to Elizabeth's daughter, Elizabeth of York. This union gave birth to the Tudor dynasty, symbolised of course by the red and white Tudor rose.

Gillian's command of her subject was such that she marshalled armies of names and places with impressive ease and deployed them with wit and humour. Abbie White in her vote of thanks declared, quite rightly, that Gillian was 'knowledgeable to the nth degree!' Our competition challenge was to find as many words as possible in 'Gargrave Women's Institute'. There was an impressive array of answers on parade; Jean Greenwood triumphed in this battle with 241 words.

### **Isobel Lacey**

Our President, Abbie White paid tribute to Isobel Lacey who passed away recently. Isobel was a 'gentle, sweet, lovely lady with a good sense of humour' who will be much missed by all her friends in Gargrave WI.

## **FARMING ON SCALEBER HILL**

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*John Hall*

The rhyme February fill dyke black or white was never more true than this year. Three severe storms and almost constant rain left the land a quagmire. One advantage of being on Scaleber Hill is that the water runs off.

Fortunately, having had the sheep scanned, the triplets were in the shed looking very comfortable. It is very satisfying during a storm to see the cattle so content with food on hand, laid in cubicles on mats.

I hope the vegans take notice of the arable farms where hundreds of acres of potatoes, vegetables and wheat and barley were ruined.

One nice interlude in February was a family wedding in Glasgow, with guests from Ireland, Germany and Scottish islands. During the storms various incidents revealed, most made it eventually!!! Needless to say the hospitality was excellent.

To ease us though a stormy February and keep the social life alive on the return home was the Gargrave Show buffet dance. It was a huge success enjoyed by all with much-needed revenue for the show. Many thanks to all the helpers.

The first curlew arrived on March 1st. Having spent a few days socialising it was down to earth and the old routine so the sight of the sun and the call of the curlew and two happy dogs back to work can be very pleasant.

At last we are back on a 4-year TB testing scheme which is a relief. With the days lengthening and hopefully some dry weather it should be possible to catch up with some work before lambing starts. The birds are really singing and starting to nest. The daffodils are coming into flower, the hedges bursting out, the suckler cows ready to calve. I suppose this is why I chose to farm!!!

No doubt by the time this is read lambing time will be in full swing. It is a very special time. After three weeks of long hours and non-stop trailing it is always nice to see the end, but after all these years it is good to be involved.

## NATURE NOTES

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*Bathie*

### **First signs of spring...**

Celandines like miniature suns are dotted across St Andrew's churchyard, as the fading Snowdrops curtsy and take their leave. Narcissi with glorious, golden, nodding heads are erupting magically from yellow-green buds.

A pair of Mallards, who've set up home by a small beck, are endeavouring to keep a low profile. They seem dismayed as they fail to remain inconspicuous and nonchalantly shuffle away from me.

From the bridge over the beck in Marton Road, I see a Dipper bobbing up and down on a stone in the river's heart. His large white bib contrasts with his dark plumage, looking as if he is expecting a good dinner and has just tucked in his vast serviette!

Beyond the canal, I hear and then see, my first Curlew of the year. His circuitous flight above the meadow is accompanied by his distinctive bubbling trill, which proclaiming his return, is music to my ears.

At the lake near the footpath to Coniston Cold, some Canada Geese have established a territory on the islands. They are wary of me and those not already waterborne, soon join the flotilla. Some individuals, drifting gently along with their partners on the breeze-ruffled water, are oblivious with head under wing.

A Heron softly approaches over the fields and drops down into the lake's reedy edge. Intent on some quiet fishing, he is immediately prevented by an approaching, break-away group of geese, determined to disrupt his activities. And

successful in their quest, the intimidated fisher gives in, and airborne once more, heads Malham-way in search of more peaceful feeding grounds.

Arriving at St Peter's Churchyard, I see Primroses just starting to open their buds. One or two are in flower, the rest promising a future delight.

Now down near the river again, for a second the radiant blue flash of a Kingfisher holds me transfixed. But as soon as seen, he is gone, away to a nearby beck.

In a shady spot along Mark House Lane I discover patches of Sweet Violet. These ones have white petals tinged with purple and fabulous complementary orange centres. The Ancient Greeks used them for perfume and the Romans to make wine, the Ancient Britons as cosmetics.

Coming back into Gargrave I see an impossibly snowy white bird, foraging with some Rooks for company, in the field bordering Chew Lane. It is an elegant Little Egret, a type of small heron with a long black bill, dark spindly legs and fancy yellow feet. In the breeding season it develops long plumes on its head and neck. It is said to waggle its feet under water to attract fish!

Now homeward bound, I am serenaded along West Street by the exquisite melody of a Song Thrush, a fitting end to a delightful walk.

## MENTAL HEALTH AND WELLBEING

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*Emma Davies*

### Looking for Help

I must confess that I become quite distressed when I see on Facebook, people looking for mental health support locally and asking for recommendations to help with really complex issues such as eating disorders, trauma and Post Traumatic Stress Disorder. Often, people with the best intentions recommend a 'therapist', completely unaware of the differences in qualifications, types of treatment and the lack of regulation within this area.

In the first instance, there are differences in the types of talking help available such as psychology, CBT, analytical psychotherapy etc. Sometimes, one particular type of help is more appropriate for a particular condition. So, for example, generic counselling is really great for talking through current life problems and identifying issues.

Benefit from therapy can also be dependent upon other things including the skill of the professional, what model of therapy is used (eg Transactional Analysis model within counselling), and whether or not the talking therapy is appropriate for the condition eg hypnotherapy should not be used for people who experience psychosis. The general populace is not aware of this, believing, if you have a mental health problem, you need just need counselling. David Purves, consultant counselling psychologist discusses some of the potential pitfalls:

*"You talk about how bad you feel and the therapist doesn't necessarily give you a path out of that. Some therapies don't have focus either. Some psychoanalytic counselling, for instance, works on the principle that you talk about stuff and eventually you'll find the crux of the problem. It's slow and people*

*can lose their way and while I'm not saying it can't work effectively - because it can - I think it has the potential to be detrimental."* Guardian

In addition to this, anybody - yes, anybody can call themselves a therapist if they want to. There is no such thing in the UK as a licensed practitioner, as there is in the USA.

Let's just put this in perspective for a minute: A BACP accredited counsellor or psychotherapist has to have had 450 hours of teaching in their training. A hypnotherapist accredited by the NCH is required to have 120 hours of teaching time, yet it is not unusual for hypnotherapists to describe themselves as psychotherapists. To me the two professions are very different. My quibble here is not that one is better than the other, my concern lies in 'therapists' misleading the public, by calling themselves something that they are not. If the public had all the information, then they could make an informed choice.

If you need any support for your mental health, and you don't want to use the NHS, then please do loads of research – into types of therapy, into individuals, even look into the accrediting bodies. It is an absolute minefield out there, with all kinds of people offering to 'cure' people of everything. But please, if you are in any doubt as to the credibility of a professional, please ask a GP.

## CLIMATE CHANGE: IT JUST GETS WORSE

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*Graham Fletcher*

I realise that in recent weeks other things like Coronavirus have pushed Climate Change down the agenda for most of us and this is completely understandable but at risk of stating the obvious "it has not gone away". The recent floods in Yorkshire including Gargrave and beyond in other counties like Shropshire have been devastating for our friends and neighbours.

Recent research by the University of Cardiff reports that Britons see climate change as the second most pressing issue facing the UK today. That's up from 13th place in 2016 but I am worried we cannot or will not be able to make the changes to our habits and behaviours that are necessary to make a difference.

But science shows that small changes can make a big difference. So don't despair.

The recent panic buying (of toilet paper?) and massive restrictions to civilian movements, travel and the impacts on business and the global economies brought about rapidly by the spread of the Coronavirus are to say at the least alarming. It demonstrates the fragility and vulnerability of our social and economic systems but it also shows that people can make sudden and significant changes to what they do, how they do it and that sometimes rational decision making goes out the window.

In tackling the ten point actions I optimistically set out last month, I quickly realised that nothing about climate change is easy, it's complicated. That "I had bitten off more than I could comfortably chew" as they say. Well intentioned actions have unintended consequences. For instance if we all stop eating lamb and beef what are farmers going to do in the short and medium term, they can't

switch to crops on hill farms and rewilding may be a longer term answer. But we have to believe that our actions matter because just like the virus pandemic we are all in this together. An inspiring talk by two young local farmers made me realise just that point, it is not about sacrifice and blame but something that is more inclusive and above all positive. Scientists talk about a future that preserves human civilization in our children's and grandchildren's lifetimes being possible but only through transformative action. So what does that mean?

That's for a much longer conversation and I'll leave that for us to ponder. But it does not have to be large massive actions, although Governments have a huge leadership role to fulfil, small human actions can have a lasting impact particularly on other people.

People have asked me how we are getting on with our Climate Change challenge activities and the short answer is that's it's a marathon not a sprint! But we have started the race and done a good 90% of the actions to greater and lesser extent. The most fun was without doubt the tree planting. It is hard work but great to be out in the fresh air all day and doing something worthwhile. So now when we go into Skipton along the new pathway we can look to the left into Aireville Park, (where the pitch and put course is) and see our little oaks, ash and rowan trees growing doing their bit for the environment.

## REFLECTIONS ON ISOBEL LACEY

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Ross Meikle

*This sermon was preached at Isobel's funeral on 11 March at St Mary's church, Newchurch-in-Pendle by Rev Ross Meikle, her grandson. We are reproducing it here, partly because Isobel was so well known and loved in Gargrave, and also because its message of the power of death being overcome is topical.*

SOMETHING THAT I SUSPECT I INHERITED FROM GRANDMA was a fascination and wonder of garden birds – it was certainly nurtured if not inherited – and I was reading a new book about the Philosophy of Birds. There's a mini essay on their approach to life and death. It reads:

"Birds hide away to die, so they say. And it's true. Have you ever seen a dead swallow, except for one that's been hit by a car or flown into a pane of glass? Do you ever come across the carcasses of birds? No. Because the ill or weak bird either gets caught – and eaten – by a predator or has the time to go and conceal itself somewhere before it breathes its last."

I don't know if Grandma knew that, but I have been told that when Grandma left her house for the final time she took one of her china garden birds, put it in a pot, and put the lid on it.

And there are similarities there. As birds take themselves off to a secluded place to die, so Grandma at the end of her life was taken off to a place where she was cared for and prepared for her death.

This is a brand new reality that has come about very suddenly. A reality that none of us want but must confront. The rapidity of Grandma's dementia was

startling and scary. We may take comfort in the swiftness, painful though it is, that it was not prolonged.

I think we might also draw comfort because I have a sense that Grandma was ready. She seemed to talk about death almost casually for a year or so before she died, with no sense of fear or apprehension. I believe she was ready in her spirit. The reading from Ecclesiastes reminds us that there is a time to be born and a time to die – every life has its beginning and end – and perhaps in Grandma's soul she knew that the time for death was coming... So from January this year we bore witness to her body and mind catching up.

I hugely admire Grandma for her peace and comfort with dying. She approached it fearlessly. And I attribute fearlessness and peace to her Christian faith in God and the promise of eternal life. Her favourite Bible verse is printed on the front of the orders of service: "For God so loved the world that He gave his only Son that those who believe in Him may not die but may have eternal life."

It is a faith that speaks of love stronger than death.

It is a faith that proclaims Love will never end.

It is a faith that says of itself Love is greater.

Even if you struggle with faith or have never properly explored faith – Love is even greater than faith or doubt.

But faith in the love of God through Jesus offers great comfort to us. In the reading from Revelation, we are given a painting of what that eternal life might look like. A place of never-ending light. A place where all are God's children. A place where there is no longer any pain or suffering, nor weeping nor mourning. How can there be when there is no more death?

I hope you know that you are loved now in our time of grief. And I hope that you can allow that love to transform you. Not from sadness to happiness – because sadness in and of itself is not a bad thing. We are reminded again by Ecclesiastes that there is a time to weep and mourn – Jesus weeps at the death of his friend Lazarus. But also a time to laugh and a time to dance.

So, be gentle with yourself in your grief, and be patient with one another. Let yourself be loved by God and by those around you.

I'm going to return to the garden birds with which I started. Jesus is recorded as saying: "Sparrows are sold for two a penny, and yet God loves each one of them. So how much more must God love you. You are worth more than many sparrows."

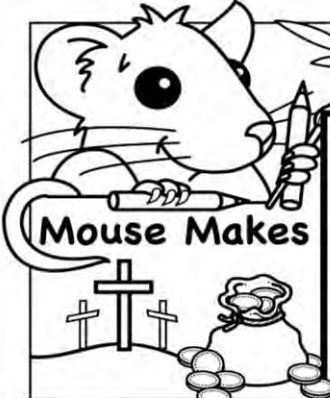
Grandma knew she was loved – so deeply by her family and so perfectly by God – that death had no power over her. And the knowledge of that love is transformative, allowing us to love, to love with no regard of the sacrifice involved. For me and I know for others, Grandma's ability to love was one of her strengths – and a source of great blessing not only to those who were loved by her – but a blessing to her. To love – with its patience and kindness, peacefulness and joy – is the greatest instruction and blessing of God. Praise be to God that we can love others as Grandma loved.



And we can praise God that she is now reunited with Grandad and all those who she loved and lost, held together by the love of Jesus Christ, which will one day reunite us with them also.

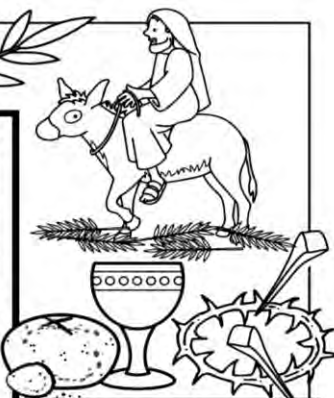
Amen.


## EASTER WORD SEARCH



**Mouse Makes**

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





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

DONKEY • COLT • SAT • COATS  
ROAD • CROWD • CUT • PALMS  
BRANCHES • KING • HOSANNA  
DISCIPLES • ROOM • PASSOVER  
FEAST • EAT • DRINK • BREAD  
WINE • SON • MAN • BLOOD • CUP  
MEAL • JEWS • PLOT • KILL • COINS  
GETHESEMANE • PRAY • WILL  
BETRAY • KISS • ARREST • MESSIAH  
CHRIST • CRUCIFY • JESUS • CROWN  
THORNS • ROBE • TREE • NAILS  
CROSS • SPIRIT • DARKNESS  
TEMPLE • DEATH • LOTS • DICE  
TOMB • STONE • LINEN • BODY  
BURY • GUARD • THREE DAYS  
DAWN • MORNING • ANGEL • TELL  
HEAVEN • GOOD NEWS • LORD  
GOD • RAISED • JOY • PEACE  
PRAISE • SAVIOUR • EASTER

Apr20 © Deborah Noble • parishpump.co.uk

26

*A spare page!*

*Space for some comforting verses.*

‘Those who live in the shelter of the Most High  
will find rest in the shadow of the Almighty.

This I declare about the Lord:

He alone is my refuge, my place of safety;

He is my God, and I trust Him.

For He will rescue you from every trap  
and protect you from deadly disease.

He will cover you with His feathers.

He will shelter you with His wings.

His faithful promises are  
your armour and protection.’

Psalm 91:1-4

For I am the Lord your God  
who takes hold of your right hand  
and says to you, Do not fear;

I will help you.

Isaiah 41:13

*And some words from Justin Welby, Archbishop of Canterbury*

Whether we are confident and brave, or doubt-filled and fearful, God is the source of love and hope. Why not say the Lord’s prayer – “Our Father who art in heaven ....” when you wash your hands. It takes more than the recommended 20 seconds.

.....we are inviting you to join us from today, for 7 days, in praying the Lord’s prayer every time you wash your hands. Yes – for seven days! And then pray throughout the day for healing for those who are sick with COVID-19; and that God will heal us from the fear which will prevent us from working together.



# 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**

**Joyce Garner  
748447**

**Ian Reed-Peck  
07527 269915**

**Mike Maiden  
07876 886313**

## Pastoral care

The young clergyman was walking through the village when he met one of his elderly parishioners. "How's your cold?" he asked.

"Verra obstinate," came the bleak reply.

"I'm sorry." The clergyman decided to try again. "Well, how is your arthritis?"

"Verra obstinate," came the reply.

"Oh dear, I am sorry," soothed the clergyman. He tried a third time: "And how is your wife?"

"About the same."

## The Lord is my Shepherd

A Sunday school teacher decided to have her young class memorise one of the most quoted passages in the Bible, Psalm 23. She gave the youngsters a month to learn the Psalm, but little Charles did not find it easy to memorise much of anything.

On the day that the children were scheduled to recite Psalm 23 in front of the congregation, Charles stepped up to the microphone and began proudly, "The Lord is my Shepherd...." He knew that much, but the rest of the Psalm suddenly deserted him. So he concluded bravely: "... and that's all I need to know."

## INFORMATION

### Local shops, pubs, cafes and restaurants offering a delivery or takeaway service

This is not a comprehensive list. Please do suggest other contributions.

**Dalesman Café** – takeaway drinks, soup, sandwiches and cakes. Open from 9am, Tuesday to Sunday.

**Masons Arms** – hot rolls, jacket potatoes, main courses or drinks delivered to your door within Gargrave, or to takeaway. 7 days a week, 12 – 7.30pm. 01756 749304.

**Old Swan Inn** – takeaway breakfasts 9am to 1pm, dinners 5.00 to 9.30pm. Burgers, pizzas, mains, sides and desserts. 01756 749232

**Bollywood Cottage** – takeaways. Delivery may be possible to vulnerable local people. Open from 5pm, Tuesday to Sunday. 01756 749252.

**Frying Yorkshireman** – takeaways. Phone orders possible (payment by card only). Restaurant area is being used a waiting room for takeaways, to avoid queues.

**Town End Farm Shop, Airton** – shop is open and well-stocked; free local delivery service available. Café closed, even for takeaways. 01729 830902.

**Courtyard Dairy, Settle** – shop is open or phone through an order for free delivery locally, or car park collection. 01729 823 291.

**Keelham Farm Shop, Skipton** – online delivery service now available. Minimum order £30 for home delivery. <https://keelhamfarmshop.co.uk>.

### Filling stations closest to Gargrave

Distances [miles] from Gargrave to filling stations:

SE; SKIPTON; 5 mi; Tesco [24 hr], Keighley Rd, BD23 2AG; 0345-677-9615

SE; SKIPTON; 5 mi; Morrisons, Broughton Rd, BD23 1RT; 01756-796-070

South; KELBROOK; 8 mi; Texaco, Colne Rd, BB18 6TG; 01282-338-332

SW; BARNOLDSWICK; 8 mi; Gulf, Skipton Rd, BB18 5NB; 01282-853-357

NE; THRESHFIELD; 8 mi; SPAR, Kettlewell Rd, BD23 5PL; 0208-426-3700

SW; GISBURN; 10 mi; Texaco, Gisburn Rd, BB7 4ES; 01200-415-953

NW; SETTLE; 11 mi; CO-OP, Church St, BD24 9JD; 01729-824-719

Compiled 19 November 2017

### Higher power

A Sunday school teacher said to her children, "We have been learning how powerful kings and queens were in Bible times. But there is a higher power. Can anybody tell me what it is?" One child blurted out, "Aces!"

# Public Transport leaving Gargrave Compiled by Peter Hardyman 11 March 2020

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

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

## **TRAINS from Gargrave**

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

Mon-Sat 0745 0755 1045<sup>1</sup> 1150<sup>1</sup> 1349 1522 1550[SO] 1551[SX] 1645 1732<sup>3</sup> 1813

Mon-Sat [continued] 1850 2019 2134 2216 [SX] 2218 [SO] 2237

Sunday 1121 1208 1421 1448 1656 1855 2107 2123

**To Giggleswick** (arrives ~ 20 mins later) & **Lancaster**<sup>5</sup> (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 0528<sup>2or3</sup> 0805<sup>2</sup> 0832 0902<sup>2</sup> 1004 1103<sup>2</sup> 1133 1304<sup>2</sup> 1504<sup>2</sup> 1604 1732 1815<sup>2</sup>

1902 2006<sup>2</sup> (2033<sup>4</sup>)

Sat. 0525<sup>2</sup> 0805<sup>2</sup> 0832 0902<sup>2</sup> 1004 1103<sup>2</sup> 1133 1304<sup>2</sup> 1504<sup>2</sup> 1604 1732 1814<sup>2</sup> 1902 (2033<sup>4</sup>)

Sunday 0922<sup>2</sup> 0950 1115<sup>2</sup> 1311 1415<sup>2</sup> 1509 1615<sup>2</sup> 1815<sup>2</sup>

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

**As of 10 March:** On Sun 12 Apr Replacement buses operate between Benthams &

Carnforth. 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/](http://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, 873/884) (M is from Malham)

M-Fri\* 0820 0910 0955 1055 1057M<sup>7</sup> 1155 1255 1355 1357M<sup>7</sup> 1455 1555 1725 1810

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

Sun + B.Hol: [873/884] (**from 12 Apr**) 0955 1210M 1512M 1555 1702M

**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: (**from 12 Apr**) 1100++ 1700++

**To Malham** (arrives ~ 25mins later) (Services 75, 210/ 211, 873/884)

Mon-Fri\* [210/211] 1000<sup>7</sup> 1310<sup>7</sup>

Saturday [75] 1001 1559

Sun + B.Hol: [873/884] (**from 12 Apr**) 1052 1242 1542

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

## Public Transport back to Gargrave

<b>TRAINS to Gargrave</b>		<b><u>Last train</u></b>
<b>From Skipton</b> (arr. Gargrave ~ 5 mins later)		<b><u>LEEDS to GARGRAVE</u></b>
Mon-Sat 0519 [SO] 0522 [SX] 0705 <sup>3</sup> [SO] 0759 0826 0856 0959 1057 1127		<b>1949 (SX)</b>
Mon-Sat [cont'] 1253 1458 1559 1727 1808[SO] 1810[SX] 1856 2000 2027		<b>1947 (SO)</b>
Sunday	0917 0945 1110 1305 1409 1503 1609 1809	<b>1732</b>
<b>From Lancaster via Giggleswick</b> (arriving Gargrave ~ 66 mins later)		
Mon-Sat 0648 0941 1046 1245 1447[SO] 1448[SX] 1745 2030 2130		
Sunday	1102 1344 1552 1751 2018	
<b>From Carlisle</b> (journey time depends on route – check timetables)		
Mon-Fri 0543 <sup>2</sup> 0551 0824 <sup>3</sup> 0832 <sup>2</sup> 0934 <sup>2</sup> 1133 <sup>2</sup> 1333 <sup>2</sup> 1340 1450 1618 1631 <sup>2</sup> 1824 1857 <sup>2</sup>		2007 <sup>2</sup> 2013 <sup>11</sup> (2145 <sup>9</sup> )
Sat. 0544 <sup>2</sup> (0714 <sup>9</sup> ) 0754 <sup>3</sup> 0807 <sup>2</sup> 0927 <sup>3</sup> 0933 <sup>2</sup> 1135 <sup>2</sup> 1335 <sup>2</sup> 1340 1450 1618 1633 <sup>2</sup> 1824		1903 <sup>2</sup> 2015 <sup>11</sup> 2022 <sup>2</sup> (2145 <sup>9</sup> )
Sunday	0925 1225 1233 <sup>2</sup> 1433 <sup>2</sup> 1635 <sup>2</sup> 1903 <sup>2</sup> 1911	
<b>NOTES:</b> [SX] Saturdays eXcepted, [SO] Sats <u>Only</u> . 2. <u>Not Settle</u> ; change at Lancaster 3.Change at Hellifield 6.From Skipton <u>ONLY</u> . 9. <u>Not Carlisle</u> : Departure time is from Ribbleshead. 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].		

<b>BUSES to Gargrave</b>	<b>*Except Bank Holiday. (M service to Malham)</b>
<b>From Skipton</b> (arrives Gargrave ~ 15 mins later) (Services 75, 210/ 211, 580, 873/884)	
Mon-Fri* 0850 0945 0950M <sup>8</sup> 1045 1145 1245 1300M <sup>8</sup> 1345 1445 1545 1645 1745 1845	
Saturday 0850 0945M 1045 1145 1245 1345 1445 1545M 1645 1745 1845	
Sun + B.Hol: [873/884] ( <b>from 12 Apr</b> ) 1040M 1045 1230M 1530M 1645	
<b>From Settle</b> (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: ( <b>from 12 Apr</b> ) 0930++ 1530++	
<b>From Malham</b> (arrives Gargrave ~ 25mins later) (Services 75, 210/ 211, 873/884)	
Mon-Fri* [210/211] 1035 <sup>8</sup> 1335 <sup>8</sup> from opp. Buck Inn, Malham	
Saturday [75] 1030 1630 from opp. Buck Inn, Malham	
Sun + B.Hol [873/884] ( <b>from 12 Apr</b> ) 1145 1450 1640	
<b>NOTES 8.</b> Tues & Thurs service stops at Coniston Cold 4 mins before Gargrave	

**Service Operators:** northern railway [www.northernrailway.co.uk](http://www.northernrailway.co.uk) 0800 200 6060 [Travel Assistance 0800 138 5560]; 210/211, NYCC [www.northyorkstravel.info/operators/n/nycc/](http://www.northyorkstravel.info/operators/n/nycc/) 01609 780780; 580/581/582 + 75, Kirkby Lonsdale Coach Hire 01524 733831 [www.kirkbylonsdalecoachhire.co.uk](http://www.kirkbylonsdalecoachhire.co.uk); Arriva Yorkshire 0344 800 4411 [www.arrivabus.co.uk/yorkshire](http://www.arrivabus.co.uk/yorkshire); Keighley Bus Co 01535 603284 [www.transdevbus.co.uk/keighley](http://www.transdevbus.co.uk/keighley) Buses (general) [www.dalesbus.org](http://www.dalesbus.org); Traveline 0871 200 22 33 [www.traveline.info](http://www.traveline.info); National Rail Enquiries 03457 48 49 50 [www.nationalrail.co.uk](http://www.nationalrail.co.uk); Rail Ombudsman [www.railombudsman.org](http://www.railombudsman.org) 0330 094 0362

## Gargrave Library

West St, BD23 3RD  
07960 704509  
gargravelibrary.co.uk

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
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 on the back page. Please email contributions, if possible, to [editor@gargravemag.co.uk](mailto: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](mailto:gargravemagjd1@gmail.com).

An annual subscription is £8 – contact Ron Humphreys on 748779. Or download it for free from [www.gargravemag.co.uk](http://www.gargravemag.co.uk).

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

**Caterpillar Club** (0+) – Kirsty Smith 07525 619950  
**Gymnastics** (5- & 5+) – info@ambitionsgymnastics.com  
**Rainbows** (5+) – Debbie Gomersall 01729 830589  
**Brownies** (7+) – Rose Turner 01729 825886  
**Young Farmers Club – Coniston Cold**, 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**, Joan Griffin, 749277  
**Cricket – Gargrave Cricket Club**, Mark Jones, 07498 288654  
**Croquet – Craven Lawn Tennis Club**, Gargrave, 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**, Bee Faulkner 0777 898 0994  
**Pilates – Classical**, Cate Davies 079 5533 8775  
**Tennis – Craven Lawn Tennis Club**, Beth Whitley 749664, www.craventennis.org.uk  
**Tai Chi & Qigong – Village Hall**, Ian Cresswell 748540  
**Tai Chi Qigong – Outdoors on Village Green**, Bee Faulkner, 0777 898 0994  
**Walking for Health – Jean Maxwell** 748851  
**Yoga – Sally Thomas** 01756 461616

**Modern sequence dance –**, John Rainey 749867 or 07840 806698.

**Art – Gargrave Art Group – Bev Parker** 749910  
**Tower Bell Ringing – St Andrew's**, Joe Alston 01729 851663  
**Hand Bell Ringers – Cynthia Hardyman** 748839  
**Fuchsia & Geranium Club – Paula Jackson** 752175  
**Gargrave Community Choir – 749802**  
**Gargrave Heritage Group – Martin Thomson** 748309  
**Craft and Chat – Sylvia Humphreys** 748779  
**Snooker Club – Stewart Smith** 749340  
**WI – Glenys Riley** 07715 878709  
**French club – Allison Wiffen** 749913

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





**Inside this month**

"How shall we sing the Lord's song in a strange land?"

Hope, unity and thankfulness during a time of trial.

Where to get help – and food deliveries

Signs of spring



*St Andrew's Church, by Freya Jackson*

**May issue editorial deadline: 15 April**

editor@gargravemag.co.uk 01756 749443

www.gargravemag.co.uk

Printed in Skipton by EP Print on FSC recycled paper

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*If you'd like to advertise in the Parish Magazine, please contact Jane  
on 07851 733147 or gargravemagjd1@gmail.com.*

*Adverts can be included throughout the year – see back page of mag*

# **FRED GREEN and SON Ltd**

**Approved Coal and Corn Merchants**

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# **SIMPSON**

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At SIMPSON we can offer all aspects of walling, fencing and landscape gardening, covering the Yorkshire dales and surrounding areas. Very friendly team with many years of experience.

All jobs are considered no matter how small.

For a free no obligation estimate please contact

Matthew on 07814464290 or via email [simpsonwalling@hotmail.com](mailto:simpsonwalling@hotmail.com)

## The Nook

Countryside Holiday Cottage for 2

Bank Newton, Gargrave

BD23 3NU

katedowns@btinternet.com

01756 748076

WiFi      No Smoking      No Pets

## POPPY FIELDS FLORISTS

48 High Street, Gargrave

01756 748071

poppyfieldsflorist@gmail.com

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*Flowers for all occasions*



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Two properties available -

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Each has outside seating area,  
alarm system, parking space,  
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Ideal for visiting friends, relatives,  
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**Tel: 01756 748117**

**hught@uwclub.net**

No smoking • No pets



**The village pub with  
six bed & breakfast rooms**

Open fires, traditional ales and  
serving homemade food

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evening or even stay the night in  
one of our six en suite rooms

[www.masonsarmsgargrave.co.uk](http://www.masonsarmsgargrave.co.uk)

~ 01756 749304 ~



## Newton Grange Holiday Cottages

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## ACCOMMODATION & EATING OUT



THE CONISTON HOTEL  
COUNTRY ESTATE & SPA

### Savour the flavour of the Dales

Whether you intend on joining us for brunch, lunch, dinner or afternoon tea the Huntsman's Lodge offers a variety of delicious dishes using only the very best of the British countryside. Join us and dine al fresco on the terrace during the summer months or cosy up by the roaring log fire on those colder days.

Why not give the gift of an experience by purchasing a Huntsman's Lodge gift voucher?  
Boasting beautiful views of the lake and Yorkshire Dales along with our friendly customer service and a range of enticing drinks you will not be left disappointed!

Book your table or view our gift voucher collection by visiting [theconistonhotel.com](http://theconistonhotel.com)

The Coniston Hotel Country Estate & Spa  
Coniston Cold, Skipton, North Yorkshire BD23 4EA | Tel: (+44) 1756 748080 | Email: [info@theconistonhotel.com](mailto:info@theconistonhotel.com) | Web: [theconistonhotel.com](http://theconistonhotel.com)  
Facebook | Instagram | Twitter | LinkedIn

## THE FRYING YORKSHIREMAN

26 - 28 High Street, Gargrave, BD23 3RB

*Traditional fish & chips in the  
heart of the village*



[www.facebook.com/thefryingyorkshiremangargrave](https://www.facebook.com/thefryingyorkshiremangargrave)



TAKEAWAY OPEN TUESDAY - THURSDAY 11:30 - 20:00,  
FRIDAY & SATURDAY 11:30 - 21:00 & SUNDAY 12:00 - 19:00



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07512 777348



PRODUCTS

**01756 799765**

**info@epprintltd.co.uk**

The British School, Otley Street,  
Skipton, BD23 1EW

**Design and Artwork**

**Digital / Litho Printing**

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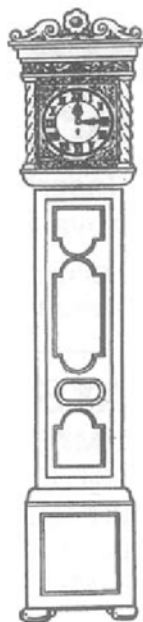
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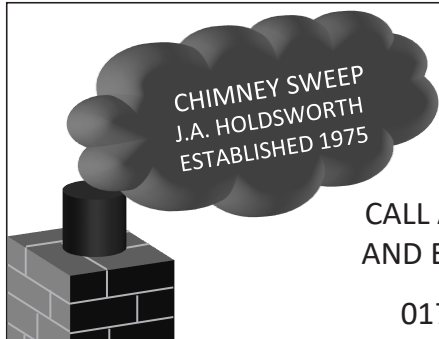
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"The organist isn't too sure about it,  
he says he can't play that fast."

## Weather volunteers appeal

*Steve Rawson*

Interested in the weather....? Interested in taking weather observations for the Met Office....?

A small team of volunteers has been making and recording daily meteorological observations at a weather station at Bank Newton for some years now, including temperature (present, maximum, minimums), rainfall, wind speed, visibility and cloud cover. This information is passed on to the Met Office to add to their records and to help to tweak their forecasting ability.

If you might be interested in joining the rota of observers or would like more information, I would be very pleased to hear from you. Observations are made at 9am. (10am in the Summer after the clocks go forward). The rota can be very flexible to accommodate the busy lives of volunteers, holidays etc. Training will be given.

I look forward to hearing from you. Steve Rawson (07795 504072)

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## Don't break 'em

There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country. "Is there anything breakable in here?" asked the postal clerk.

The lady paused for a moment. "Only the Ten Commandments," she said politely.