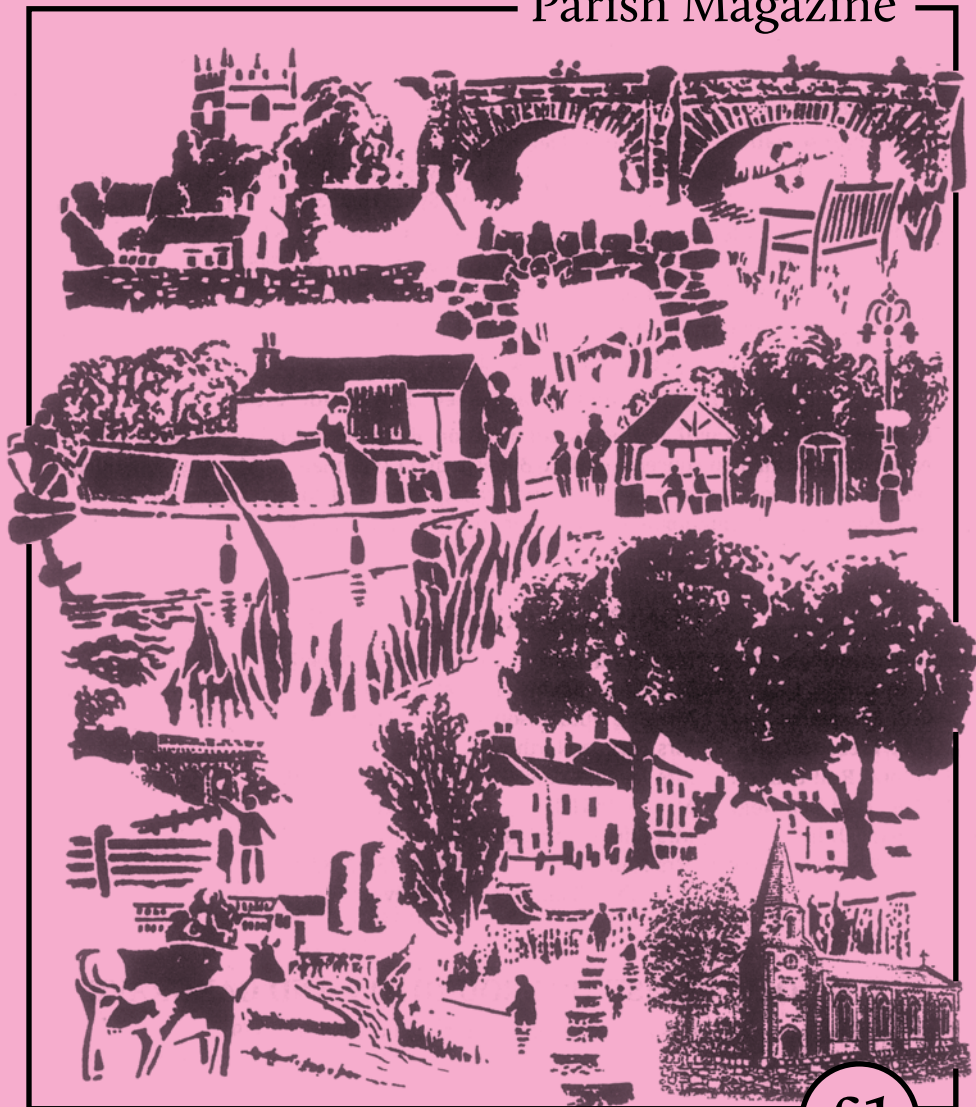


GARGRAVE & CONISTON COLD

Parish Magazine



MAY 2020

£1

Inside this month

Making sense of this strange new world: via cartoons

Being overwhelmed

Where is God in a coronavirus world?

The building is closed; the church is open

Rainbows and bluebells



Lightning tree, Eshton Road, by Chris Faulkner

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FIRST WORDS

Rev Antony Billington, LICC

On Being Overwhelmed

It was Harold Wilson who allegedly said that “a week is a long time in politics”. In these recent momentous days, it looks as if that should be reduced to five minutes.

In the space of a very short time, life has been turned upside-down. Work, school, family life, daily routines, leisure activities, as well as that number one pastime – shopping – have changed for all of us, almost overnight.

It's easy to see why our nation – nay, our world – is uneasy. You may feel it yourself, identify it in friends and colleagues, or see it reflected in your social media feeds. We're experiencing what theologian David Ford has called 'multiple overwhelmings'.

Whether personally, professionally, or politically, it's one thing to have a single event that knocks us off our feet. But what if the knocks continue to come thick and fast? Is it any wonder we're confused, anxious, distrustful, and fearful?

In all this, though, shafts of light manage to break through – the neighbours forming WhatsApp groups to support people in their street, the already-exhausted NHS workers coming in for the next shift, the rainbows in windows of houses saying more than the occupants of those homes perhaps know about the commitment of God to his creation.

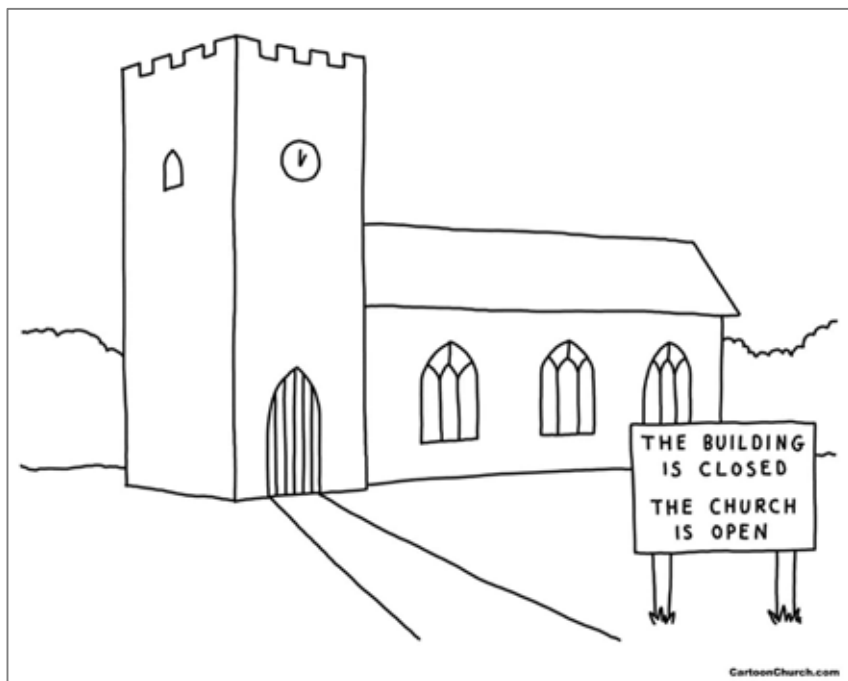
They're all traces of grace, showing something of a refusal to be shaped by the prevailing culture, which Christians of all people should understand. Because while some 'overwhelmings' wound and crush us, others are life-giving and transformative. As David Ford says, the wisest way to cope is 'not to expect to be in control of everything', but 'to live amidst the overwhelmings' in a way that lets one of them shape the others.

Christians remember that Christ himself embodied 'multiple overwhelmings' – baptised in the Jordan, driven into the wilderness, tempted by the devil. Then, at the climax of his life, betrayed, deserted, tortured, crucified. But, as Ford writes, 'then came the resurrection, the most disorienting and transformative overwhelming of all'.

Given that death-and-resurrection pattern, what would it look like at this time to be overwhelmed with an assurance of God's love? Overwhelmed with gratitude? Overwhelmed by generosity? Overwhelmed by a commitment to pray? Overwhelmed by a desire to see others thrive, even if it comes at our expense?

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.



EVENTS

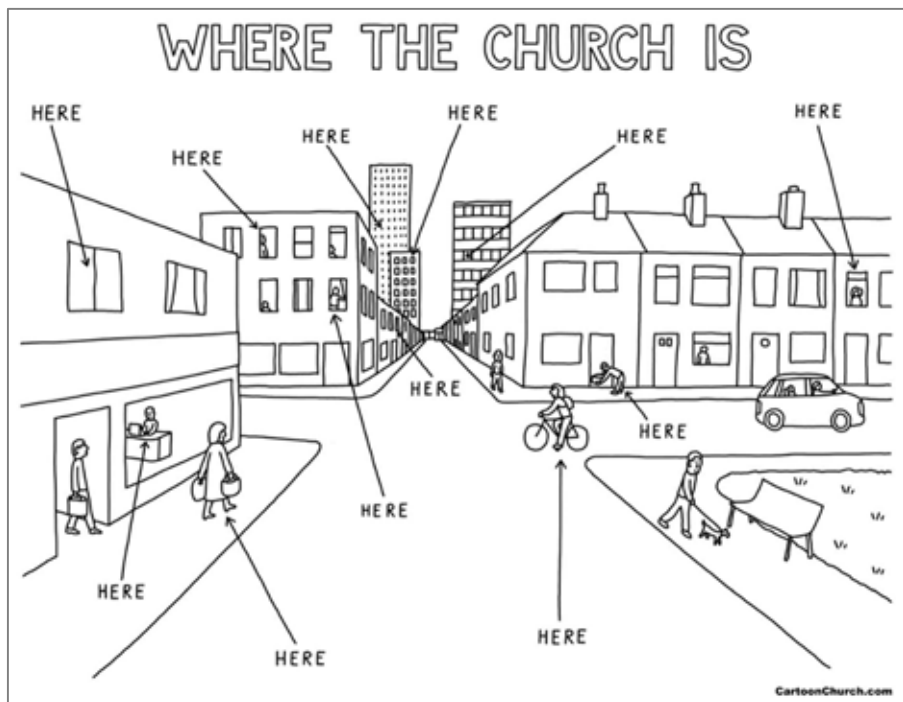
From the editor

Duncan Faulkner

I was tempted to write something along the lines of "Events? What events" for this section. But on reflection that's far from true. I think "social isolation" is a misnomer. We can be physically isolated from others and yet remain in touch, socially, emotionally, and spiritually. Our village, community and church life continues, just not as normal.

Village events are happening, in new and creative ways. Some are simultaneous distributed events, like the Thursday 8pm clapping (and pan-banging, bell ringing, horn honking etc), or Linda Hartell's inspiration of Dance on your Doorstep at 7pm on Sundays. Others are online: church house groups, French classes, "pub" quizzes etc. meeting over Zoom.

So what about the life of the church? Well, the sign on the cartoon above says it all. The buildings may be closed, but the church is the body of Christian people, Christ's body on earth, and it is very much open and in business. So if you are in need of prayer or help, if you want someone to talk to or some spiritual comfort, the next page gives you some clues as to where to find the church.



"Nowadays, fewer and fewer people have any God-dimension whatsoever in their lives. Since all over the world churches are being closed in order to limit the spread of the virus, many are asking where God is—that is, if he is there at all. Is he in inaccessible self-quarantine? Where or from whom can we get real solace or hope?" From a book just out by Professor John Lennox, *Where is God in a coronavirus world?* See page 21 for more information.

The church in Gargrave and Coniston Cold continues to worship, to pray, to serve people in need. The church continues to point to the risen Jesus as the source of hope; hope that extends through life and beyond it into death.

In the wider world, the church continues to serve the much greater needs that exist. Last year 9 million people died from hunger and hunger-related diseases. That's over 50 times the global death toll so far from Covid-19. [I wonder how this might change if we were willing to make even a fraction of the sacrifice that is being made to save lives from this virus]. Christian Aid is working in poorer countries where people are living with reduced health resilience because of extreme poverty, overcrowded living conditions or lack of infrastructure.

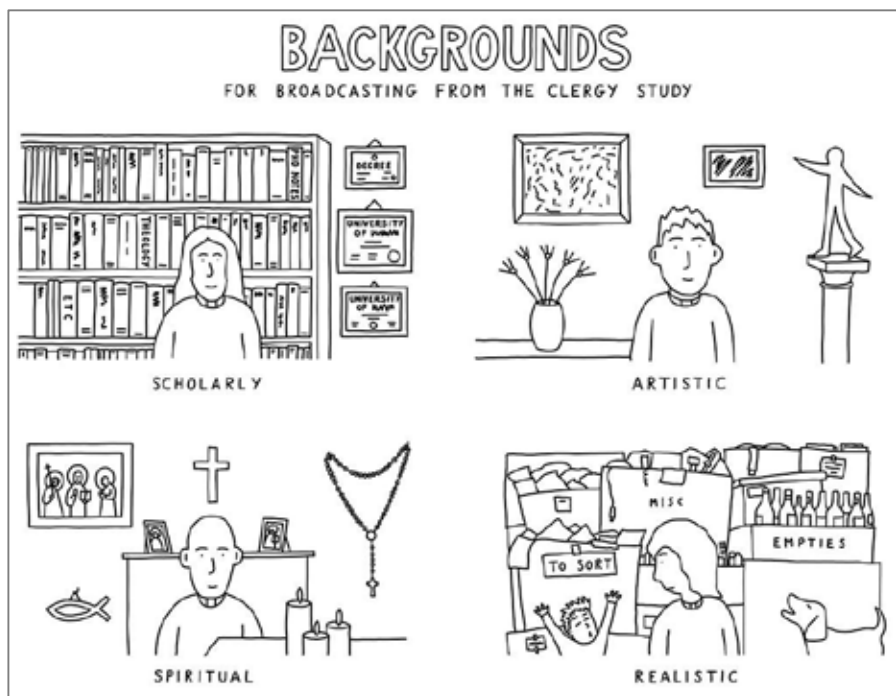
Tearfund are continuing to do all they can to follow Jesus where the need is greatest, bringing practical help and powerful hope to the most vulnerable people around the world. Their CEO, Nigel Harris, says: "We are asking for God's protection and His wisdom to deal with this unprecedented global situation. We would greatly value your prayers in the months ahead. I am daring to dream that this could be **the** opportunity in our generation for the Church to be known

globally for its brave and compassionate response, putting the needs of others before our own, just as Jesus did. We know this is possible. We see acts of heroic love every day in the countries where we work.

In a time of crisis, we are forced to confront the fragility of our existence, our dependence on others, our mortality. Another quote from John Lennox:

"Many of us had got used to a fairly stable world, where life was reasonably predictable. Now that all appears to be crumbling away: the things we have always counted on have gone and we are exposed as never before to forces way outside our control."

One consequence seems to be an increased hunger for worship. Ironically, the closure of churches has led to a vast increase in participation in church services (read more about it on page 21). Here in Gargrave and Coniston Cold, we can worship at home with online services featuring videos led by Andrew, with musicians and readers interspersed, available via the St Andrew's Church Facebook page: <https://www.facebook.com/leedsanglican.org/>



Did you hear about the mathematician who was afraid of negative numbers?
He would stop at nothing to avoid them

Gargrave Coronavirus Community Volunteers

Hannah Crabtree

There are now 38 volunteers signed up in Gargrave, so if you are over 70, have any underlying health conditions, or are isolating for any other reason please follow the government advice to stay home and make use of our services - people are only too happy to help. The group can help with shopping and collecting prescriptions for you.

You can contact us on 01609 780780. This is a North Yorkshire County Council number, and is also the number to call if you have a more urgent or complex problem. They will triage your call and get you through to the right person.

If you have a medical need, the NHS is putting out the message that "it is important to still contact your local GP practice if you're feeling unwell during the coronavirus pandemic - whether you're feeling poorly with something linked to coronavirus or something that isn't. Don't wait until it's too late - if you need medical help please contact your usual GP practice by phone or online."

The Gargrave Coronavirus Community group on Facebook is the place to go both for local information and the most up to date national guidelines. Under the Skipton Step Into Action umbrella, we have been helping to collate details of services available to local residents to help you stay at home - at the moment this is on the SSIA Facebook page, with a website arriving soon. You'll find some fantastic businesses providing an excellent services at a difficult time, and they may just help to make life that little bit easier.

Dealing with isolation: five top tips

Church of England



- 1. Pray – light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.**



- 2. Talk about how you feel.**

This may be difficult if you are self-isolating, but use the phone, internet and social media. If you need to contact a counsellor, this can be arranged by your GP, local agencies or privately. Samaritans are there 24 hours a day, every day, and it's free to call them on 116 123.



- 3. Focus on the things that you can change, not on the things you can't.**



- 4. Look after yourself – physically, emotionally, spiritually.**

Plan things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.



- 5. Look after others – even if only in small ways, but do what you can: a smile, a kind word, writing a letter or an email.**

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

Now we are officially closed, with skeleton staff in school to provide care for children of key workers. Here is a celebration of the fantastic effort from our families as we all adjust to new ways. Stay safe. With love from all the staff X



Writing about Elmer from a pupil in Apple Class.



Getting on with home learning can be fun!

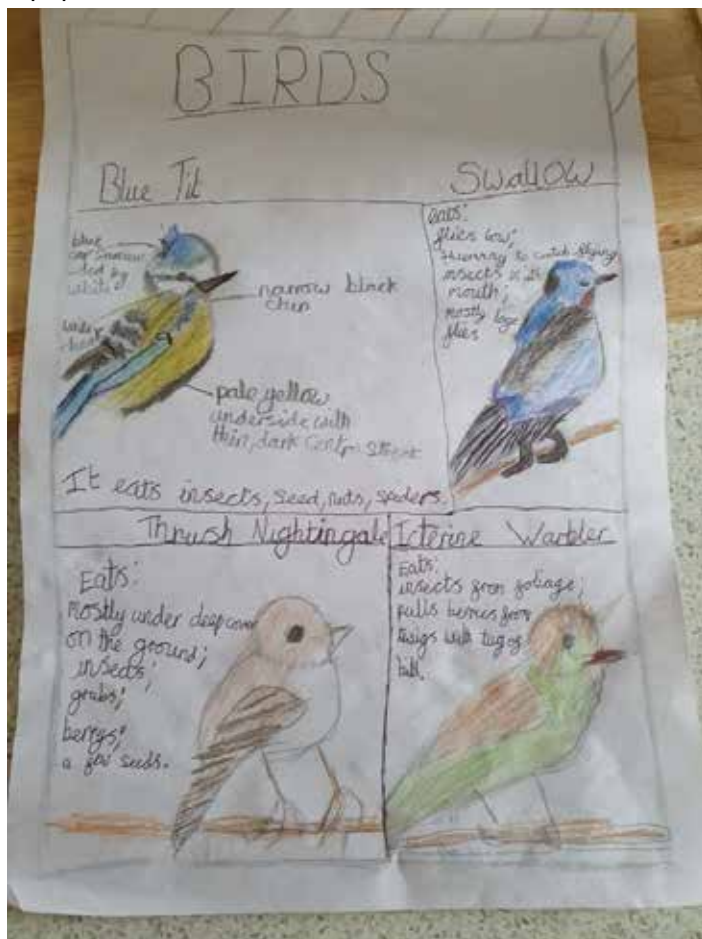


More home learning fun



We can even make instruments

We are all noticing the wildlife more and this is a wonderful piece of work by a Sycamore Class pupil:



It seems appropriate to end with this:

Prayer written by Imogen in year 6

Dear God,

Please watch over our families.

The NHS saves lives every day so let's save them today.

Encourage people to be mindful to share and to stay safe.

Pray for our keyworkers, keep our NHS, Teachers and the whole school community safe and well.

Guide us to make sensible choices to help the world to heal.

Amen.

Gargrave and Malhamdale Community Library

Dave Smith

As you are probably expecting there is not a great deal of news from the Library, but I thought a few things might be worth a mention.

The 100 Club draw for March was postponed until April 25th when it would be drawn together with the April draw. This draw is looking increasingly unlikely to take place but, hopefully, we will be having a bumper draw in May with 3 sets of prizes.

If you're running out of things to do and books to read you can access, with your library card and pin, a host of e-books, e- audio books, e-magazines, comics etc all provided free from the NYCC Library Service.

Browse through NYCC's digital catalogues to find your next item to read or listen to, hopefully the description below will help you navigate the system.

NYCC Access to e-Books, e- Audiobooks and e-magazines

Go to website: northyorks.gov.uk/libraries

Select Digital Library

Download e-books, e-magazines, etc

A number of options will be displayed, three of which are noted below:

For e-books

Launch Overdrive + Libby/e-books and audio books

This gives you access to e books. Select a subject, browse and select a book to read, choice of around 13,000 titles. Depending on the book you can select a borrowing period of between 7 and 21 days.

When you select "borrow" you will be asked to sign in. To sign you will need your Library Card number (no gaps in the card number) and your pin.

When you wish to "return" the book go to "Account" which you will find on the top Menu Bar.

For Audio Books

Launch RBdigital (Audio books)

In the top Menu Bar you will be asked to register. You register with a username, password, e mail address and your library card number (no gaps in the card number), no requirement for your Library pin number.

Once you have registered you can browse the selection, listen to a preview, select a book and start listening. You have a maximum of 21 days to finish listening.

For e- magazines

Launch RBdigital e magazines

Sign in with the same username and password as used for the Audio Books.

The range of available magazines will then be displayed, select one at your leisure and start reading.

Finally, looking ahead, the Library is always in need of volunteers. For more information please contact Patsy either by e mail admin@gargravelibray.co.uk. or ring her on 01756 749489, for more information.

Gargrave loos remain open

Bee Faulkner

A big thanks to our team of willing volunteers at GNAT (Gargrave Needs A Toilet...) are continuing to keep our village loos open : so handy for key workers travelling along the A65. I received a letter recently from a grateful visitor which included:

The New Gargrave Troughs

Back in the days of the Midland Railway, Gargrave was the site of water troughs where steam locomotives picked up water on the move ready for the climb up to Settle and Ais Gill.

Having found Gargrave's conveniences very convenient on two recent journeys across to Lancaster I'd like to thank those involved in GNAT for keeping them open so that modern day travellers can set down water rather than pick it up.

I enclose a donation with Gift Aid to help GNAT. The Dalesman Cafe opposite kindly provided a form...

Coronavirus measures have delayed the installation of an outside water fountain and also the new hand washer-dryers, the funding for which has been secured by Simon Myers from the Yorkshire Dales National Park's Sustainability Fund. Thankfully there is running water for hand washing once again in the Ladies thanks to Peter Hardyman's handyman skills.

Our Poet Loo-reate poetry wall, is coming on: three contributions so far, more welcome. It was Sarah Pawson's inspiration, and has been brought into reality by Linda Hartell's creative talents- along with the wacky informative posters she's made for the walls.

Help and support for the loos always welcome: if you'd like to join the cleaning rota, or donate financially, please contact me via 07778 980994 or at BeeActive@btinternet.com

POET LOO-REATE

AT THIS TIME.

At this time
Of confusion.
At this time
Of fear.
At this time
Of sorrow.
At this time
Seek the time
To find the place
Where courage dwells.
At this time
Of the dark,
Seek the time
To find the place
Where dwells the Light.

Wendy Milner
5th April 2020

Village Hall news

Caroline Thompson

We decided at our Village Hall Management Committee meeting in January that we would try to have an easier year and not organise any extra events during 2020. The normal calendar of monthly dances, Coffee mornings, Book Fairs, Flea Markets, not forgetting the annual Jumble sale were adequate workload for our band of volunteers and the major alterations at the end of last year had tested all our reserves both physically and mentally!

However we could never have envisaged that an easier year would be due to the current situation and adapting to the circumstances has been very surreal. Despite the locked gates and the closed doors, the work within the Hall does continue and for that we must thank our very own key workers. Our fantastic employees Robert, Lynn and Simon have all being willing to undertake their normal duties and are able to rotate their hours so that social distancing is also put into practise.

Robert has been undertaking both remedial and construction work, primarily at the moment in the Committee rooms. A professional property care report was prepared last year which advised that the existing wall panels and decayed timbers needed to be removed from both of the rooms as there was evidence of wet rot fungi to the original wall batons. Robert has also needed to remove a considerable amount of old plaster and stonework. The external wall will also need some remedial work as the cause of the wood rotting fungi appears to be due to water ingress. New double doors will be fitted in both Committee rooms too.



Lynn is undertaking a deep spring clean of all areas and Simon, Roberts son is assisting with both the cleaning and the building work. They are a great team and we consider ourselves very lucky to have them.

We must not forget our fourth employee, Steve, our assistant Caretaker. He has had a very tough year, firstly sustaining an injury whilst undertaking a job in his other work as a landscape gardener and then being diagnosed with prostate cancer. He has undergone Chemotherapy and should have been at the end of a course of Radiotherapy but this has had to be delayed until July. We send him our very best wishes for a good recovery, he is our longest serving employee and the only man I know who when asked to come in at midnight on a Friday to clear up from a dance, then again at midnight on a Saturday to do the same all over again replies with a cheery " No problem Lass".

We are reviewing all the work at the Hall on a regular weekly basis and our sub committee are in touch regularly via a messaging system to deal with any general queries. A Coronavirus action plan was prepared and discussed prior to the lockdown and only when it is considered safe to do so will the Committee take the decision to re-open the premises. Any change in circumstances will be reported via the Craven Herald, Gargrave Village Hall website (gargravevillagehall.org.uk), Village Hall noticeboard and social media.

We do hope everyone is staying safe and well and as the topical (we had planned a special Coffee morning to celebrate VE day on Saturday 9th May , promoting sights, sounds and tastes of the forties) song goes " We'll meet again, don't know where, don't know when" Fingers crossed there is some light at the end of the tunnel and we will all be able to meet up again very soon.

From the belfry

Malcolm Bland



As Social Distancing becomes imperative for all and our church is temporarily closed, it necessitates a change of course for the ringers, all of whom wish to continue to learn and, if possible, to practice in some meaningful way. We are encouraged in this by the several kind words from non-ringing parishioners who say that they have missed the bells; we have too! This being the case, weekly



tasks have been set on a purely voluntary basis, for ringers at various stages of expertise to help them to make progress in their learning and understanding of the practice, the history and the centuries old traditions of bell ringing.

We also miss our weekly visit to the ever welcoming Mason's Arms & the welcome and delicious food which John generously gives to us! So, at the time when we would usually repair to the Mason's Arms after our exertions in the tower, we join together via Zoom in our own 'virtual pub', armed with drinks of our choice *'to talk of many things: of shoes and ships and sealing-wax, of cabbages and kings'* (and, occasionally, bell ringing)! During one 'pub' session it was decided that the first recipient of our new "Gargrave Ringers' Trophy" would be the ringer who has

grown the tallest sunflower measured on the day we return to ringing in the tower!

As far as actual bell ringing is concerned we have been able to congratulate two of our Sunday Service ringers who have not only continued to ring but have also 'scored' a hugely impressive Quarter Peal on handbells!



Gargrave, Yorkshire
Saturday 11th April 2020 in 33 minutes
1296 Changes of Single Court Place
Minimus
1 & 2 Alison Lucas (Conductor)
3 & 4 Steve Lucas
First Quarter Peal in Hand, 3 & 4
Rung as part of SCACR alternative
Handbell Day.



It is said that 'necessity is the mother of invention' and this certainly seems to be the case in the world of bell ringing. Ringers all over the world have set out to try to find a way to continue to ring without contravening Social Distancing regulations and two professional IT programmers based in Massachusetts, USA, appear to be leading the race. Although still in the developmental stage their "Ringing Room" programme is designed to allow ringers to create a virtual tower and, in the comfort of their own homes each 'ring' a bell which all the other ringers will hear. Already such ringing has been enjoyed on three continents and at least one Quarter Peal has been 'scored'! Perhaps, by the time this Parish Magazine appears we will have managed to wrestle with the necessary technology and rung something ourselves without leaving our houses!

Finally, when we do return to ring your bells again, it is certain that we will use the world's loudest musical instrument to give thanks to everyone who has played a part in winning the battle against Covid-19 by staying at home, to those who have cared for their vulnerable friends & neighbours and, of course, to those who have faced these dreadful dangers by continuing to care for us in hospitals and to feed us. As blue is the colour displayed in support of the NHS and we will be ringing out for them & all who have united to help us through, it seems appropriate to end this report with blue bells!



Acknowledgement: Cartoon by Helena Tarrant (helena.cartoonist@gmail.com). First published in Ringing World, reproduced with permission from the Editor.

JESUS CRUCIFIED: ATONEMENT OR AT-ONE-MENT?

Tony Wimbush

"The concept that God would require the painful bloody death of anyone - let alone an innocent victim who is also his only Son - in order to appease a sense of divine justice appears utterly contrary to everything we believe about goodness, justice and love of God. Throughout his life Jesus totally disavowed violence and revenge. He forgave his tormenters as they nailed him to the cross. Seen through the lens of Jesus in the Gospels, I cannot accept the idea of a God that required the spilling of blood to satisfy justice."

Dave Tomlinson, Anglican vicar (1)

.....

Today the most dominant understanding of the death of Jesus is that Jesus paid the price for our sins by dying in our place, so that we can be forgiven. In theological jargon this is called substitutionary or satisfaction atonement. Jesus is the substitute who satisfied God's wrath by undergoing the punishment we all deserve for our sin. It is so widespread that it is regarded as orthodox and traditional Christianity. To question its legitimacy may even be viewed by some as undermining the fundamentals of the Christian faith itself. But it is not ancient, it is not in the Bible, and it was not present during the first thousand years of Christianity! Although it became more prominent from the Reformation, it has its origins in the eleventh century with Anselm of Canterbury (1033 -1109). Coming from a feudal culture of honour, debt and satisfaction he maintained that the primary reason God became incarnate in Jesus was to pay the price for our sins (2).

For those who, like Dave Tomlinson, are not convinced by this view, the Franciscan priest Richard Rohr offers an alternative orthodoxy which some may find more credible and coherent. It originated with the Franciscan theologian John Duns Scotus (1266-1308). Interestingly, it was never rejected by the church but simply accepted as a legitimate minority position.

Richard Rohr quoted from 'At-one-ment' - an alternative orthodoxy (3)

The common Christian reading of the Bible was that Jesus "died for our sins" - either to pay a debt to the devil (common in the first millennium) or to pay a debt to God as proposed by Anselm. It has often been called "the most unfortunately successful piece

Lifetime mortgages? Equity release? RIO's?

Are you thinking about releasing the value in your home but you're not sure if it's right for you?

Would you like to know all of your options and the long term implications?

Free, no obligation home visits are available with our patient friendly advisor who will answer your questions and help you make the right choice.

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of theology ever written". Christianity has paid a huge price for what has become known as substitutionary atonement theory: the idea that before God could love his creation, God needed and demanded Jesus to be a blood sacrifice to atone for the sin of humanity.

Please think about the impossible, shackled, and even petty God that such a theory presents. We have had enough trouble helping people to love, trust and like God to begin with, without creating even further obstacles. Sometimes striking fear into the hearts of those we sought to convert, substitutionary atonement theories did not help our evangelisation of the world. It gives the message that the last three days, or even three hours, of Jesus' life, mattered much more than his life, teaching and resurrection. It made Christianity seem mercantile and mythological to many sincere people. As if God could need payment, and a very violent transaction to be able to love and accept God's own children! These stories are based on retributive justice rather than the restorative justice that the prophets and Jesus taught. And, of course, if God is punitive, vindictive and torturing, then we have full modelling and permission to do the same. Tragically, too much of Christian history is proof of that point!

The incarnation of God and the redemption of the world could never be a Plan B, a mere mop-up exercise, in response to human sinfulness, but the proactive work of God from the very beginning. We were "chosen in Christ before the world was made" (Ephesians 1:4). Our sin could not possibly be the motive for the divine incarnation; but God's perfect love. Once you lose the understanding of God's absolute freedom and eagerness to love then you end up with a primitive God that has to be placated, as well as a scary, angry and very distant deity. This is not the message Jesus came to bring.

This wrongheaded worldview has tragically influenced much of our entire spirituality for the last millennium. Jesus did not come to change the mind of God about humanity, rather Jesus came to change the mind of humanity about God! God's abundance and compassion make any atonement unnecessary. The crucifixion, the public torture and killing of Jesus, was demanded, not by God, but by the imperial and the collaborative religious authorities of that time because he was such a threat. It serves only to highlight human injustice, not God's justice. Jesus undid "once and for all" (Hebrews 7:27; 9:12; 10:10) all notions of human and animal sacrifice and replaced them with his new infinite economy of grace and restorative justice.

This grounds Christianity in love and freedom from the very beginning. It creates a very coherent and utterly attractive religion, which draws people towards lives of inner depth, prayer, reconciliation, transformation and a universal 'at-one-ment', not a mere sacrificial and transactional atonement.

Acknowledgments: Adapted from (1) Black Sheep and Prodigals, 2017 (2) Speaking Christian, Marcus Borg, 2012 (3) Eager to Love, The Alternative Way of St Francis, 2014.

The views presented above are not necessarily those of St Andrew's Church. Responses are welcome!

AN APPEAL FOR A MORE GENEROUS ORTHODOXY

I appreciate the responses in March from Andrew, Bea and Mike to the article 'Jesus - not the only way?' Thank you.

I have to confess that when I look at the lives of Mahatma Gandhi (Hindu) and the Dalai Lama (Buddhist), to me they model and embody **'the way and the truth and the life'** of Jesus Christ infinitely better than my own life could ever do. As the former Anglican Archbishop and Nobel Peace Prize winner Desmond Tutu has declared, "God is not a Christian". It is often acknowledged that all the world's enduring religions are connecting with the same, one true God, albeit in very different ways. If our Christianity can't recognise that God is bigger than any one religion, do we risk ending up with a very small God and an even smaller religion? So, as Christians, could we not become more generous both in the ways we interpret our own scripture, and in how we see other religious traditions? In her book 'The Bible - the biography' Karen Armstrong tells us that the great exegetes of the past - Hillel, Jesus, Johanan and Augustine - insisted that compassion and generosity were essentials to the interpretation of scripture. Could we not join with them, and with Dave Tomlinson, in reviving and celebrating that ancient tradition?

FARMING ON SCALEBER HILL

John Hall

Not in our wildest dreams could we have envisaged a situation the like of which Coronavirus has caused. I have been a member of a farming family, traced back to 1780, where the families were large, where the eldest were commanded to work at home, where the others were sent out to work at 12 years old. Some found work on farms, others coal mining or the on the railways. Several worked at Barbon Rail and Ribble Head.

Through the diocesan At times my mother spoke of the Flu epidemic of 1919 after the first war. As a 17 year old she was the only one standing as all the family were ill. She used to say she had to run the farm and look after others who were seriously ill. There were several deaths in the area and two uncles, who were in their 30's, all within a week. She always maintained that whilst cleaning the fire range out to light a fire her nose bled quite heavily. When the Doctor called to see all her patients her nose bleed was mentioned. He explained it was a release point and would probably save her from the flu. She nursed them all and was the only one not to have the flu. It was called the deadly Spanish flu.

My ancestors have been farmers for centuries. As mine trace back to 1780, never easy and have survived wars, droughts, snow storms, floods, foot & mouth. As a nation we have not contemplated the possibility of scarcity in a generation. Whilst the shops are full we have been treated to unpleasant press from the media for all the environmental problems – we caused the floods, the cattle cause too much gas and produce excessive carbon.

How strange the air over cities have been so much cleaner now the planes are grounded?

Now when the shelves are becoming empty the Government has given us the status of "Key Workers". History has shown times of crisis, agriculture rises to the challenge and shows the doubters we produce food under the strictest rules. The arable and horticultural farms are desperate for planters, pickers, packers, tractor drivers as the European seasonal workers are not allowed over. The millers and bakers are working around the clock along with the retail trade through this difficult time.

I don't find it easy being marooned on the farm – being ill would be much worse. On the bright side it is lambing time so I concentrate on the job in hand and I may be allowed a wry smile at more favourable press. History has shown in times of crisis or when shelves are empty agriculture thrives.

This area of the Dales must be one of the best areas on earth. It has been farmed for centuries – without caretakers would it be the attraction it is?

I have survived three foot 6 mouth outbreaks, 1947 snow, frost of 1963, the great drought but nothing compares with Coronavirus. As Neal Caton would say, K.B.O. and I hope by the time you read this lockdown will be over.

NATURE NOTES

Bathie

An amble along Chew Lane to Eshton Woods

IDLY STROLLING ALONG CHEW LANE one sunny afternoon, my eyes are drawn to the edge of the beck by a strange Jurassic-type plant. With broad heart-shaped, rhubarb-like leaves and tasselled spikes of pale pink flowers, it is the Butterbur. A damp-loving member of the Sunflower family, so named because in days gone by its leaves were used to wrap pats of butter. The early nectar-rich flowers which often appear before the leaves are popular with bees.

Next, I am drawn to the hedgerow by the frothy cream-white blossom of the Blackthorn (or Sloe). This spiny, black-stemmed shrubby tree also flowers early before leaves appear. Each flower has five petals and a burst of male stamens surround a single female stigma in its centre. The oval leaves are a vital food source for the caterpillar of the rare Black Hairstreak butterfly. It is also the food plant of many moth larvae.

I meet several Small tortoiseshell butterflies along the lane. These have overwintered as adults and are enjoying the warm spring sunshine.

I turn to watch a Mallard duck bathing in the sparkling waters of the beck. Her partner looks on serenely as she dips and splashes, flapping and fluttering her wings, spraying glistening droplets into the dappled sunlight.

Clinging to tiny crevices in the dry stone wall, bordering the fields along Eshton Road, I find the delicate and beautiful Ivy-leaved Toadflax. This diminutive scrambling plant has miniature pale purple snapdragon flowers with discrete yellow centres, and blooms from April to October. A naturalised species, the seeds are said to have been carried here on marble sculptures imported from Italy. Recorded in the wild from 1640, it was a popular ornamental plant in walled gardens from the seventeenth to nineteenth centuries.

Further on Golden Celandines stud the verdant pasture below Eshton Woods. Sitting beneath a statuesque Sycamore tree, I pause for a while and listen to the bird song around me. I can hear the tap-tapping of a Woodpecker in the distance and from the woodland edge comes the "Weep, weep, weep" guinea pig-like call of a Nuthatch. A curious female Chaffinch flies over from a nearby bush and patrols the branches high above me. Once satisfied that I am no threat, I am serenaded by her melodious refrain.

I see a Mistle thrush flying down into the neighbouring field and watch as he walks proudly in staccato bursts, then halts suddenly as if playing musical statues. Another flies down in front of a young lamb, and surprised, the startled lamb leaps backwards, all feet off the ground. The thrush now also alarmed, flies off to the safety of the trees.

In Eshton Woods, I pass through the shrubbery of Snowberry, which although not a native species, has good wildlife value. I come across the dainty pale blue and pink flowers of the Forget-me-not and hear the low drone of a large queen Buff-tailed bumblebee. I watch her investigate the ground, searching for a suitable nesting site, perhaps in an old mouse burrow.

Orange-Tip butterflies dance together on the edge of the wood behind Eshton Hall. These are the first butterflies to emerge in spring which have not overwintered as adults. The male has striking orange tips on his forewings whereas the female has black wing tips making her easily confused with white butterfly species.

Returning along the canal, I see my first ducklings of the year - a troupe of five fluffy mini-Mallards, boldly paddling ahead of their mother. She is not concerned by my interest and delight, stopping near me to rest on the bank whilst her exuberant offspring, keen to explore, disappear into the nearby reeds.

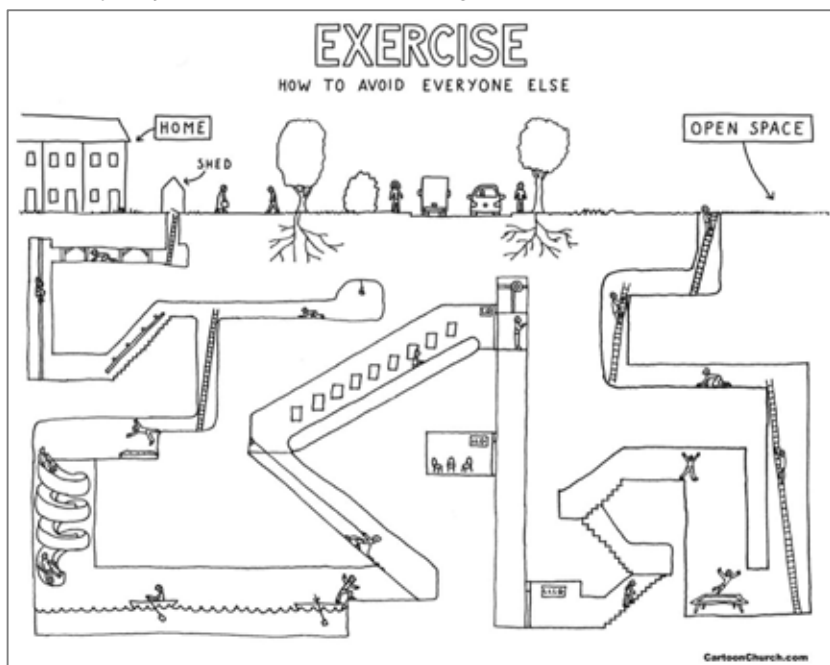
BeeActive May - Keep your Fascia Flowing

Bee Faulkner

What wonderful weather it's been lately for in-the-garden exercise and meditation! I've been delighting in practising Pilates, Somatics and Qigong amongst the celandines, feeling the sun on my skin, listening to the fantastic birdsong. The Social Distancing Tai Chi Qigong I'd hoped to start from April 20th on Gargrave Village Green is postponed until lockdown measures have lifted sufficiently for public outdoor gatherings to be permitted again: look out for up-to-date info on my website: BeeActiveBeeRelaxed.com, or contact me on 07778 980994 - newcomers welcome.

I'm looking forward to attending the British Fascia Symposium this month - which is now to be held online. My fascination with fascia began through discovering Trigger Point Pilates, then via Somatics, followed by the varied anatomy reading list for my Chi Qigong instructing course. "Fascia is a broad term for the connective tissues in the body, the extracellular matrix of fibres, "glue" and water surrounding all your cells and wrapping like plastic wrap around muscle fibres, muscles, groups of muscles, organs, bones, blood vessels and nerves", according to Thomas Myers' article "Staying Fit All Life Long: 10 Tips to Fascial Fitness". His recommendations include:

1. *Stay hydrated - helping to maximise your connective tissue elasticity.*
2. *Do whole body stretching every day - to prevent sticky adhesions from forming between the fascial surfaces, which if allowed to grow stronger will gradually inhibit your range of motion. Take a few minutes each morning to stretch like a cat from head to toe. For best results, take up whole body movement forms like hatha yoga or tai chi (or somatics or Pilates), which systematically stretch all the fascia planes from different directions.*
3. *Engage in varied, whole-body movements to train the whole fascial system. Favour complex movements requiring constant adaption, such as any form of dancing, balancing, tai chi... that challenge the body in new ways. If walking, favour uneven surfaces over smooth pavements to train whole body integration, coordination and adroitness.*
4. *Include running, walking, bouncing movements - to help restore elasticity.*
5. *Go slowly with building fascial elasticity - it can take 6 to 24 months, so go gently and be patient.*
6. *Avoid jerky movements and abrupt changes of direction - go for controlled movement instead to promote elasticity rather than to stress joints.*
7. *Avoid repetitive movements - they don't build fascial resilience.*
8. *Follow the pleasure principle - going for elegance with minimum effort and maximum ease.*
9. *Take some R&R. The fascia gets temporarily weaker and then comes back stronger after a heavy workout. Alternate work-outs with rest to allow for maximum integration and strengthening of the fascial network. If you're tense after a long day, treat yourself to a 15-20 minute Epsom salt bath to relax not just your muscles but entice tightened fascial tissues to loosen up.*



CHURCH ATTENDANCE AT RECORD LOW-HIGH

Parish Pump news service

Not being able to go to church is causing an awful lot of people to 'go' to church.

It started in late March, when the Archbishop kicked off with the first ever national virtual service, recorded in the crypt chapel of Lambeth Palace. It was seen or heard by an estimated five million people. That figure included one million streaming on Facebook, and about two million tuned in to the 39 BBC local radio station broadcasts and BBC Radio 4 Sunday Worship combined. The Facebook post had a further reach of two million and nearly 30 per cent of those watching online were under the age of 34.

That compares with average of 871,000 people attending services and acts of worship each week in 2018, the latest figures that are available.

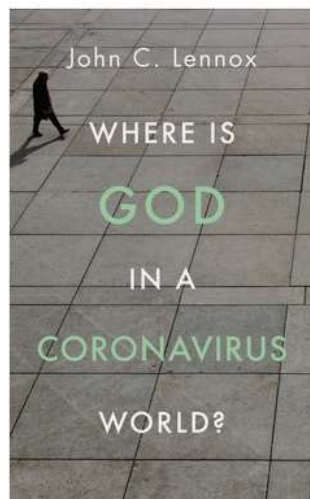
And the Archbishop was not alone – for on the same morning hundreds of churches and cathedrals that also had their first try at livestreaming services. Some attracted several thousand viewers on the stream and playback. As a spokesperson for the Church of England said: "The Archbishops said that church would have to be reimagined. Across the country, local congregations did just that."

NEW BOOK: WHERE IS GOD IN A CORONAVIRUS WORLD?

We are living through a unique, era-defining period. Many of our old certainties have gone, whatever our view of the world and whatever our beliefs. The coronavirus pandemic and its effects are perplexing and unsettling for all of us. How do we begin to think it through and cope with it?

In this short yet profound book, Oxford mathematics professor John Lennox examines the coronavirus in light of various belief systems and shows how the Christian worldview not only helps us to make sense of it, but also offers us a sure and certain hope to cling to.

Here's why John Lennox wrote the book: *"This book consists of my reflections on what we are experiencing right now. I started writing it a week ago, and things have changed quickly since then and no doubt will do again...I would invite you, the reader, to view the book like this: we are sitting in a coffee shop (if only we could!) and you have asked me the question on the book cover. I put down my coffee cup and*



attempt to give you an honest answer. What follows is what I would try to say in order to convey some comfort, support and hope."

"There has been a vast improvement in understanding of disease and in medicine in recent times, and this has probably had the effect of making many people complacently imagine that pandemics have surely now been relegated to history. Only now are we beginning to realise that they have not. How do we respond to this new circumstance?"

John Lennox is an Emeritus Professor of Mathematics at the University of Oxford and Emeritus Fellow in Mathematics and the Philosophy of Science at Green Templeton College.

Would any reader like to offer a review of the book for the next edition of the magazine?

FACING UP TO DEATH: GOOD FRIDAY AND EASTER SUNDAY

Bee Faulkner and John Radice

The following article is from a Facebook post from my son's Godfather John Radice. I found it refreshingly controversial, and its timing for Easter was spot on.

As a family this Easter, we watched Andrew Lloyd Webber's Jesus Christ Super Star for the first time (on YouTube): I was surprised by it ending at Jesus' crucifixion as the incredible sequel was missed out. The following day we read the next part of the story in John's Gospel and also journalist Philip Yancey's take on it in his highly accessible book "The Jesus I Never Knew". Yancey describes how it was through encountering the risen Christ repeatedly in the following weeks after his death, that turned his disciples from cowering away, being frightened and disillusioned to being fearless, bold, empowered and full of the amazing realisation of the power and wonder of his resurrection, determined to share the Good News with the World. John Radice's post was a helpful reminder to me of this other perspective and hope.

GOOD FRIDAY by John Radice

In a time of plague one needs to care for the sick and take what steps one can to reduce infecting each other. That is almost all that is talked about: but that's not enough. What also has to happen is that we collectively face up to death, our own deaths, as inevitable - and under present circumstances, possibly sooner than we imagined.

At the moment, fear of death is ruling almost all national policy, and it is causing governments to wreak huge damage to our working lives and the national economies which undergird them, far beyond what this virus itself would cause. In no previous epidemic have such measures been adopted, and I'm not convinced this one is so different that they should be.

It is a massive self-inflicted wound to stand down millions from their livelihoods, and getting things restarted will surely take years. Daily, we are told death statistics which we struggle to put into the true context that hundreds of

thousands die every year anyway. For a relatively small percentage increase, why are we being panicked into virtually shutting our country down?

Because in societies which have largely lost faith in God, people are prey to fear - and there is none more primordial than the fear of death. Most people will accept anything if threatened with death. The only ones who won't are those who do not fear death. And they may become martyrs, yes, but it will be their sacrifice which will save; and there is no better day than today to acknowledge this, the day Jesus sanctified all sacrifice to come.

It cannot just be heroic NHS staff or 'essential workers' who are lauded for their sacrifice, even to death. All work is a sacred gift to us, given to bear fruit and provide for our families and wider society. To continue at our usual, daily work in a time of plague, while being careful to reduce the risk to others, is our individual way of sacrifice, in which we may indeed die. But Jesus' victory over death has removed its sting. We need have no fear now. We are set free to do the right thing, unselfishly.

LESSONS FROM HOME: TIPS ON HOW TO ENGAGE YOUR CHILD

Susan Lee

We all find ourselves living through unprecedented times and facing many challenges. With our children at home and schools sending through work and online resources, it can be hard to know how best to practically implement the work given. Whilst I certainly do not pretend to know all the answers, I have been asked to share a few thoughts that might prove useful, based on my teaching experience.

1. Making it manageable

Keeping home teaching manageable amongst your own work is vital in order to create a productive learning environment. It's far better to encourage your child to do a smaller amount of concentrated, quality learning, than try and plough through an endless list of tasks in one go.

Try my 'Choose It, Chunk It, Cheer It' method.

Choose a topic within the areas of reading, writing or maths and chunk it into digestible tasks. Children can tick it off as they go, making sure to celebrate when they are done and visibly see the progress they have made.

2. Establish a routine

Children benefit greatly from having a routine, so do try and set one if you can, especially for the mornings when they are more focused. Include a general plan with work and exercise times, working together and independently. This not only creates some sort of structure, but allows your child to have a go at tackling some tasks on their own, which in itself can be a huge confidence boost.

Selecting a weekly challenge from the work set (i.e. something they are going to find tricky like learning the seven times table) and planning out how they are going to tackle this, will undoubtedly develop resilience and is a smart use of their time.

3. Take lessons outside of the 'classroom'

This is an opportunity for your child to learn in different ways, using practical, everyday resources.

Baking and cooking involve lots of reading and maths skills. Letting them choose, plan and research their own topic, for example the Olympics, could then develop into a whole new activity in the back garden!

When all is said and done, have confidence in your children, to not only rise to this challenge, but find the positives within it. Most importantly, make sure you all have some fun!

I'm available for free advice on Monday-Wednesday between 3-4. I am also offering Skype tutoring sessions (individual or block) for children ages 5-11, designed to complement the work handed out by schools and support individual learning. Please call 07854 679875 if you are interested in either.

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**

Why Jesus walked on water

A tourist, planning a trip to the Holy Land, was aghast when he found it would cost £50 an hour to rent a boat on the Sea of Galilee. "Goodness," he objected to the travel agent. "In England it would not have been more than £20."

"That might be true," said the travel agent, "but you have to take into account that the Sea of Galilee is water on which our Lord Himself walked."

"Well, at £50 an hour for a boat," said the tourist, "it's no wonder He walked."

INFORMATION

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

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

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

Frying Yorkshireman – takeaways and bike deliveries within Gargrave only. Open Tue, Fri, Sat, from 4.30pm. Advance ordering by phone encouraged: 01756 748345. Minimum order £10 for deliveries apart from for vulnerable customers who cannot leave home. Payment by bank transfer or contactless preferred.

Bollywood Cottage, Dalesman Café : closed at the time of writing.

Town End Farm Shop, Airton – shop is open and well-stocked; free local delivery service available (Tue and Fri to Gargrave). Café closed, even for takeaways. 01729 830902, email chris@townendfarmshop.co.uk.

Coniston Hotel – Coniston at Home: ready meal delivery service from frozen food brand, by Ruby. Deliveries Mon, Wed, Sat. 10% discount for NHS workers. Also veg, fruit, meat boxes. 07872 443006, email restaurant@theconistonhotel.com.

Hellfield Highland Beef – shop is open and delivery available. Robert and Wendy Phillip- 01729 850 217, Robert Phillip- 07812 105375.

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

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

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

Public Transport leaving Gargrave

Compiled by Peter Hardyman 19 April 2020

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

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

TRAINS from Gargrave – ** FOR ESSENTIAL JOURNEYS ONLY **

To Skipton (arrives approx. 9 mins later) & **Leeds** (arrives approx 55 mins later)

Mon-Sat 0748BUS¹² 1348BUS¹² 1645 1813 1948BUS¹²
 Sunday 0748BUS¹² 1121 1348BUS¹² 1421 1948BUS¹² 2107

BUS SUBSTITUTION To Giggles'k (arr. ~ 35 mins later) & Lanc'r (arr. ~ 110 mins later)

Mon-Sat 0615BUS¹³ 1215BUS¹³ 1815BUS¹³
 Sunday 0615BUS¹³ 1215BUS¹³ 1815BUS¹³

To Settle (arr. ~18 min later) & **Carlisle** (arr. ~2hrs later)

Mon-Fri 0832 1133 1732
 Sat. 0832 1133 1732
 Sunday 0950 1311

NOTES: Only DIRECT journeys are shown. 12. Bus substitution (from Lancaster). **13.** Bus dep from Skipton Station is 15 mins earlier. (Timetables are from 30 Mar/ 5 April.)

As of 19 April: No planned engineering works affecting trains and timetabled substitute buses from Gargrave are identified. *That may change. Check with northern railway.* For live info on next 2 trains text GARGRAVE to 84950, or go to www.realtimetrains.co.uk/

NB: Bus Replacement Stop at Gargrave is on Church St, on the village side of the Railway Bridge.

BUSES from Gargrave (from 30 March)

***Except Bank Holidays**

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

M-Fri* 0910 0955 1055 1057M⁷ 1155 1355 1357M⁷ 1555
 Saturday 0910 0955 1055 1155 1355 1555
 Sun + B.Hol: [873/884] **SUMMER SERVICE SUSPENDED**

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

to **Kirkby Lonsdale** (Service 581) and thence to **Lancaster** (Service 582)

Mon-Fri* 1000 1100++ 1200 1300++ 1500++ 1700++
 Saturday 1000 1100++ 1200 1300++ 1500++ 1700++
 Sunday + B.Hol: **SUMMER SERVICE SUSPENDED**

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

Mon-Fri* [210/211] 1000⁷ 1310⁷
 Saturday [75] **SATURDAY SERVICE SUSPENDED**
 Sun + B.Hol: [873/884] **SUMMER SERVICE SUSPENDED**

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

Public Transport back to Gargrave

TRAINS to Gargrave *ESSENTIAL JOURNEYS ONLY* *Last DIRECT train*

From Skipton (arr. Gargrave ~ 6 or 15¹⁴ mins later) *LEEDS to GARGRAVE*

Mon-Sat 0600BUS¹⁴ 0826 1127 1200BUS¹⁴ 1727 1800BUS¹⁴ **1648**

Sunday 0600BUS¹⁴ 0945 1200BUS¹⁴ 1305 1800BUS¹⁴ **1228**

BUS SUBSTITUTION From Lancaster via Giggles'k (arr. Gargrave ~ 2 hrs later)

Mon-Sat 0600BUS 1200BUS 1800BUS

Sunday 0600BUS 1200BUS 1800BUS

From Carlisle (direct: arr. Gargrave ~ 2 hrs later)

Mon-Fri *0824⁴⁵ 1049⁴⁵* 1450 1618

Sat. *0824⁴⁵ 1049⁴⁵* 1450 1618

Sunday 0925 1225 1911

NOTES: 14. Bus Substitution, to Lancaster. **15.** Stops at Hellifield & Skipton, *but NOT GARGRAVE*. (Timetables are from 30 Mar/ 5 April.) *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. **ESSENTIAL JOURNEYS ONLY***

BUSES to Gargrave **Except Bank Holiday.* (M service to Malham)

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

Mon-Fri* 0945 0950M⁸ 1045 1145 1245 1300M⁸ 1445 1645

Saturday 0945 1045 1145 1245 1445 1645

Sun + B.Hol: [873/884] ***SUMMER SERVICE SUSPENDED***

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

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

Mon-Fri* 0845++ 0930++ 1030 1130++ 1330 1530++

Saturday 0845++ 0930++ 1030 1130++ 1330 1530++

Sun + B.Hol: ***SUMMER SERVICE SUSPENDED***

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

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

Saturday [75] ***SATURDAY SERVICE SUSPENDED***

Sun + B.Hol [873/884] ***SUMMER SERVICE SUSPENDED***

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

Service Operators: northern railway www.northernrailway.co.uk 0800 200 6060 [Travel Assistance 0800 138 5560]; 210/211, NYCC

www.northyorkstravel.info/operators/n/nycc/ 01609 780780; 580/581/582 + 75, Kirkby Lonsdale Coach Hire 01524 733831 www.klch.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

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: Currently closed.

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

	School closes	School opens
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 . 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 gargravemagd1@gmail.com.

An annual subscription is £8 – contact Ron Humphreys on 748779. **Or download it for free from www.gargravemag.co.uk.**

Organisations (most of these activities are currently on hold)

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** 1st Friday of the month
The Old Swan – **Quiz Mon** 8pm; **Pie** night Wed; **Steak** night Thurs; **Sunday Roast** Sun

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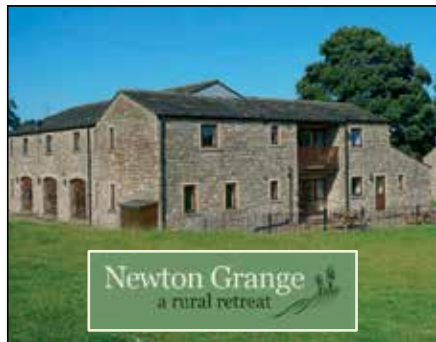
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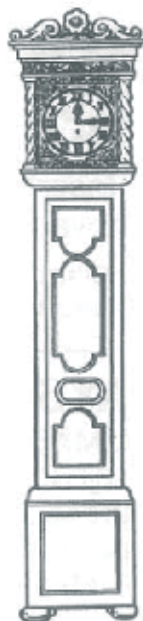
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Gargrave Lands Charity

*Are you currently experiencing
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*Do you need financial assistance to pursue higher
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If you live in Gargrave, Flasby, Eshton,
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in approved cases.

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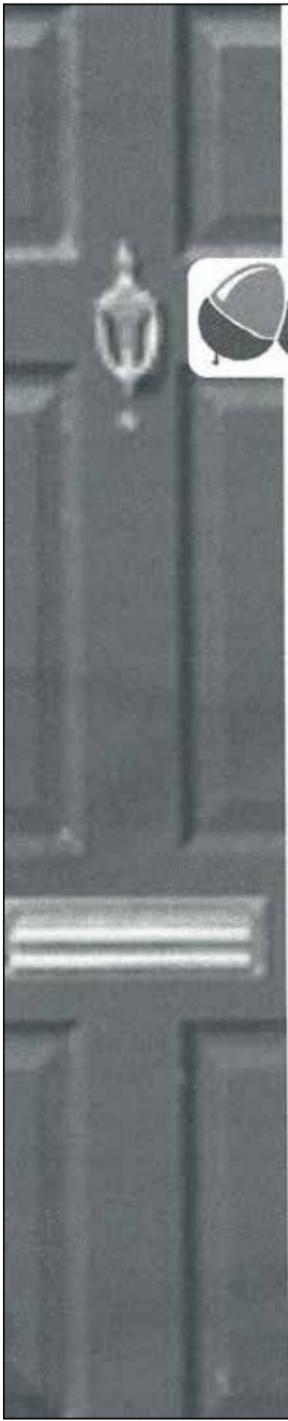
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