

Issue 69

November 2023

Only 50 pence



Faith in the Moor



News, Views and Information



Woolly jumpers on Alston Moor

November 2023

‘Wrap up Warm’



Appropriately Dressed

During the days of “Lockdown”, a new trend was started. Did you come across it? Because of COVID, it was no longer possible to dress up smart to go out for a party. So, for a while at least, some people were putting on their most glamorous outfits to take their rubbish bin to the end of the driveway each week. Social media sites were full

of pictures of people in their prom dresses and ballgowns pushing their wheelie bins to the gate in time for the bin lorry. It was all a bit of fun...

It reminded me a bit of Alfred Wainwright’s saying, that “There’s no such thing as bad weather, only inappropriate clothing.” I guess that we are aware of appropriate and inappropriate clothing. It’s probably not a good idea to be wearing speedos or a bikini when the temperature outside drops to zero and the windchill factor makes it feel like the Arctic. Wrap up warm!

The Bible also has things to say about appropriate clothing. For instance, Saint Paul tells us to “clothe yourselves with compassion, kindness, humility, gentleness and patience... And over all these virtues put on love, which binds them all together in perfect unity.” (Col. 3:12-15) That’s quite a wardrobe! Elsewhere he tells us to put on the whole armour of God. (Eph. 6:10-18) Jesus also tells us a story about the perils of being inappropriately dressed for a wedding banquet. (Matthew 22:1-14) Instead, the Church as the Bride of Christ “has made herself ready. Fine linen, bright and clean, was given her to wear.” (Rev. 19:7-8) We need to be wearing appropriate clothing. Robes of Righteousness indeed! The prophet Isaiah says: “I delight greatly in the Lord; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of his righteousness...” Let us make sure, then, that we are appropriately dressed.

So, excuse me while I slip outside to take the wheelie bin to the end of the drive, and slip on my best ballgown.

Rev. Dave Milner





Wrap up Warm

In October we enjoyed what our family always called an 'Indian Summer' though I'm not sure that's PC these days! We were blessed with unexpected warmth to enjoy, or at least to ripen the last crops and dry the washing! But now the real chill of autumn has arrived we thought 'Wrap up Warm' would be a good theme to explore.

We investigate correct outdoor gear from Mallory and Irvine's time to the present day, and explore a more metaphorical theme in the Bible of being dressed in and by God. We look at discarded clothing's next life, offer the warmth of walking in company, and tempt you with a hot soup Tuesday lunch and chat, or a comforting curry any time. There will be warm hubs and comfortable spaces again this year - we need the warmth in winter! As I write Storm Babet is blowing a hooley. If sometimes, like Mark and me, you fancy hibernating until it's all over, here's a little poem by Brian Bilston, with a minor seasonal adaptation:



Duvet,

You are so groovet,

I want to stay under you

Until Shrove Tuesdet.



Thank you to those who have already provided woollies for the charity my friend runs for homeless

people; more would be welcome: hats, scarves, gloves, socks, balaclavas...



BNW



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The Importance of Being Insulated

When you're out braving the elements, it's not only correct clothing that's important, but also correct equipment. Richard Pattison tells of an incident he experienced as a Duke of Edinburgh Award guide. He was leading a group taking their DofE Silver Award somewhere in the Lake District when one participant ignored the advice to bring a foam sleeping mat – not so much for the sake of comfort, but to provide essential insulation against the cold when sleeping on the ground. The young man perhaps thought the warmth of his sleeping bag would be sufficient, but he was wrong.

The next morning it was clear that something was not right. The young man was frozen through and simply could not get warm. Hypothermia occurs when the core body heat decreases and it is very difficult to regain that warmth and that can be very frightening, also for the expedition leader. It took several hours of administering hot drinks whilst the patient was wrapped in a "space blanket" (made from the same material as astronaut's uniforms) to improve his condition, but the young man was unable to finish the expedition.

There was a positive outcome to the incident however. The young man went on to help leading DofE expeditions himself and is now a DofE assessor. He has become known as a stickler for having correct equipment!



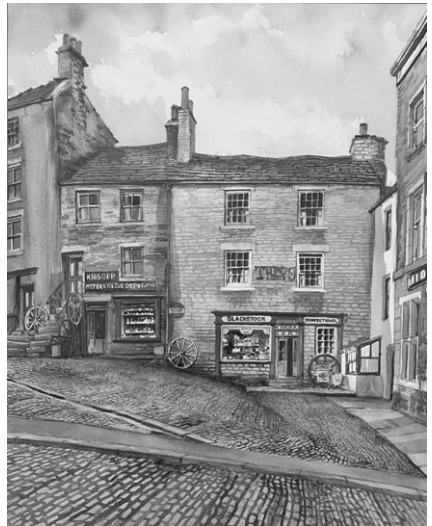
RP/ES

Still Going Strong - Hi Pennine Outdoor Shop

If it's weatherproof clothing you're after, where better than "Hi Pennine" – Alston's very own Outdoor Shop, tucked away in the corner beside what used to be Blueberry's Cafe.

Run until a couple of years ago by May Blackstock, the shop has provided good quality outdoor wear at reasonable prices since the 1980s. I asked daughter Janis, who now owns and manages the business, to tell us something about its history.

As longer-standing residents of Alston will know, the shop was previously a bakery. Janis's grandparents bought the shop in the late 1940s and Grandma Olive and Dad John Blackstock ran it as a bakery and sweetshop until the late 1980s, when the rise of supermarket shopping meant that that business was no longer viable. Janis says, "The bakery was famed for its pies and for Dad's speciality "Turog Bread" - a kind of treacle bread, which was known for miles around. The old advertising sign for "Turog Bread" went to Beamish."



Looking for a new venture, Janis's mum, May Blackstock, together with Sarah McConachie, set up "Mountain Range" with a factory in the old Brewery producing traditional waterproof wear and supplying shops in the Lake District and beyond. At its height, the business had a further factory off the Moor and employed over 100 people. "Mountain Range" jackets were very well made and long-lasting. In fact I know from talking to Alston residents that one or two "Mountain Range" items are still in regular use and still going strong!

The Outdoor Shop itself started life as a clearance outlet for "Mountain Range" factory seconds, with premises in Kings Arms Building, moving over to the present premises next to Blueberry's when the bakery closed. Janis says, "The move to the bakery gave us more room. From being a factory outlet, we broadened the range to include named brands of good quality outdoor wear, including boots, walking shoes, jackets, trousers, fleeces, thermal layers etc. The surge in interest in outdoor activities, as well as Alston's location, being on the Pennine Way, were good for business. Inevitably, over the years, prices have increased, but we try to have good deals, and we still always have a sales section, where you can pick up a bargain!"

There are seasonal changes of course, with sun-hats, shorts and t-shirts in summer, woolly



hats, fleeces and waterproofs in winter, although, with Alston's weather, fleeces and waterproofs are never really out of place!



For the last eight or so years, the business has expanded to include gift-ware, accessories (bags, socks etc.), candles and cards. As Janis says, "It's important to attract passing trade from visitors." Often, however, it's not just gifts that visitors are after. "We get a lot of trade from holiday-makers who realise they have forgotten to bring something vital – spare socks or an extra fleece layer. Or maybe they are just surprised by the change in the weather compared to where they've come from, especially if they are from down south!" Now open seven days a week, the shop stocks a wide range of hats, gloves, socks, scarves and other small but essential items which are often forgotten. There are also maps, camping necessities and even dog harnesses.

The interview was drawing to a close, when the shop's bell announced the arrival of some customers. As if on cue, a group of six or so visitors came in: "Can you help us? We're looking for gloves! We're here to do some walking and we hadn't realised it was so cold!"

ES

Clothed with Christ

In Galatians 3:27, St. Paul tells us *'For as many of you as have been baptised into Christ have been clothed with Christ.'*

Thinking about this phrase, I find its wording rather obscure. What does it actually mean to be 'clothed with Christ'?

In the New Testament, clothing imagery is used to describe three different, but closely related, aspects of our relationship with God. Firstly, it emphasises our union with Christ that comes about through our baptism and later through confirmation,



when we make our commitment to Him for ourselves. By making that commitment, as Paul tells us, we become 'children of God, through faith' (*Gal. 3:26*). Therefore, everyone who has committed their life to Christ by faith has the status of having 'put on Christ'.

Secondly, clothing imagery portrays the transformation that results from our relationship with Jesus; we are, as Charles Wesley puts it in the final verse of his much-loved hymn *And can it be*, 'clothed in righteousness divine'. In contrast to living a life of disobedience to God and His ways (*Rom 13:13*), Paul instructs believers to 'put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires' (*Rom 13:14*). Sometimes his command to us is to 'put on' certain godly characteristics that are a reflection of Our Lord Himself: 'Put on then, as God's chosen ones, holy and beloved, hearts, kindness, humility, meekness and patience' (*Col 3:12*). So, the call to 'put on' these characteristics of Jesus is grounded in our status as those who, through our relationship with Him, are made holy and are loved by God.

Thirdly, clothing imagery describes the transformation of our bodies that will take place when we are resurrected from the dead. Paul explains that ‘this perishable body must put on imperishability, and this mortal body must put on immortality’ (1 Cor 15:53). In the meantime, as we await that day, ‘we groan, longing to put on our heavenly dwelling, if indeed by putting it on we may not be found naked. For while we are still in the tabernacle of this earthly house, we groan, being burdened—not that we would be unclothed, but that we would be further clothed, so that what is mortal may be swallowed up by life’ (2 Cor 5:2-4).

Being ‘clothed with Christ’ means firstly that every believer has ‘put on Christ’ through trusting in who Jesus is and what He has done for us. But we are also called to put on the character qualities and virtues that reflect our identity as children of God. We pursue this goal in anticipation of the day when we will take off our mortal bodies and put on our promised resurrected bodies that fully reflect Christ's Own Resurrection Body.

Richard Pattison

Wrapped in His Arms

George sent in these thoughts on our theme: Deuteronomy 33.7 ‘The eternal God is our refuge, and underneath are the everlasting arms.’ Our refuge is our Saviour. All of us are in Christ’s loving arms to keep us warm.

He got me thinking of being clothed in Christ through this image. Has anyone ever wrapped you in a nice warm coat or blanket when cold or unhappy? Has anyone helped you ‘dress to impress’ and believed in your potential to look amazing, even when you don’t believe it yourself? How does being clothed with loving care make you feel?

Our godchild and I are currently creating a costume for a comicon event, in which Kai will be transformed into someone with boundless self-confidence and chutzpah. It has taken great care to make the clothes fit well, but is worth it: the clothes we wear can change us, as we grow into the image we present. When God wraps loving arms around us, clothing us with such care, it is because God believes we can grow into an image of Christ. ‘Putting on Christ’ is not dressing up; it’s growing up.

BNW

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Where Do My Clothes Go Next?

So, you've decided to clear out your wardrobe, but have you ever wondered what happens to your clothes after you donate them? Is it all sustainable fashion?

The UK alone throws away approximately 700,000 tonnes of clothing a year; however, only 32% is re-sold in the UK, so what happens to the other 68%? Here is what we found.

Charity shops

Many people first think to donate their old clothes to charity shops; with roughly 11,200 charity shops in the UK, charity shops are readily accessible. The donated clothes are sorted, cleaned, and sold to raise money for charity. Some charity shops such as Oxfam sell their products online, especially more desirable items such as vintage pieces and wedding dresses.

Yet, charity shops are often given clothes in unsaleable condition, which they sell by the kilo to sorting firms where they sort the clothes for their next stage of life.

The clothes arriving at the sorting plant come from a wide range of sources such as charity shops, door to door collections and textile banks, with some sorting facilities seeing around 100,000 garments a day.

The clothing is then sorted by hand into categories such as condition, garment type and colour and then packed into bales. The best quality clothes are kept for re-sale, and damaged clothes and waste are sent to recycling plants or incinerated for landfills.

Many people assume their donated clothing will stay in the UK. However, over half of the UK's donated clothing ends up abroad in Africa and Eastern Europe. **Wrap** (Waste and Resources Action Programme Charity) estimates that around 60% of second-hand clothing is exported abroad to be sold, compared to 32% of clothing sold in UK charity shops. Clothing (also known as Mitumba) is sold at markets worldwide, serving as cheap, quality clothing to buyers. However, many of the clothes exported are simply sent abroad to be recycled or put in a landfill, causing social, economic, and cultural problems for the receiving countries.

The fabric being recycled is separated into colours and fabric type. Labels and fastenings are removed and then broken down into fibres and processed into a thread to be made into new materials.

Cotton and natural fabrics may also be recycled into industrial wipers and filling materials. Wrap estimates that only around 3% of the UK's clothes are recycled, believed to be caused by several factors including cost, accessibility to facilities, difficulty in recycling fabrics with mixed blends and un-reliable source trains.

Unfortunately, around 350,000 tons of clothing is sent to the landfill each year, with the majority still wearable. Today, many of our clothes are made with synthetic fibres such as polyester; it can take Non-biodegradable fabrics such as synthetics around 20-200 years to break down.

Your donated clothing is most likely to be enjoyed by someone else, either in the UK or abroad. Nevertheless, vast quantities of clothing are being disposed of in landfills, causing enormous environmental problems.

To help make your consumption and donation of clothing more sustainable, it's worth considering:

Donating clothes to local charity shops

Selling your old clothes online

Keeping your clothes for longer by buying quality clothes you love

Upcycling damaged fabric into something new, such as facemasks or cleaning cloths!

Always donating your clothes so they can be sorted rather than disposing of them in the bin!

Ashley Jess Knight (article posted 2021)

The Convenience of Cash

I hear the oft repeated line that using a card or contactless payments for transactions are so convenient. After a year of using cash for all my in person transactions I have found cash to be a wonderful freeing method of value exchange.

On returning to England in 2022 money was tight. I started working at Alston Wholefoods workers cooperative. To help with cashflow I started taking my pay as daily cash rather than wait for the end of the month as I was day to day with my expenses. I had awareness of the growing movement to use cash rather than digital payments so this was a great opportunity to embrace using cash.

I exclusively use cash for all my in person transactions now from fuel, to groceries, to personal items. It feels great to have cash in my wallet ready for any exchange I choose to make. I have never once felt any inconvenience using cash, in fact it feels incredibly freeing and some of the benefits I have experienced include:



- I know my transactions are 100% private
- I am significantly more conscious of my spending.
- I enjoy the exchange with another human being rather than interacting with a machine.
- It's great to know 100% of my purchase goes to the person, shop, small business I am paying and extra fees are not going to the card processors, big banks, and payment networks.
- I always know my payment will be accepted and not concerned about a transaction decline. (I am aware that some businesses now have card only policies and I would simply choose to skip shopping with them)
- I have the money in hand so I know exactly how much I have to spend.
- I enjoy counting the money and knowing that a physical item represents in some way an exchange for my labours.
- I love giving extra tips to people and having cash for anyone who needs it.

In summary I invite you to use only cash for your 'in person' transactions. Give it a go for the next 30 days and let me know your experience. If going all cash for in person transactions is too much, aim to use cash exclusively for your shopping with local and small businesses like Alston Wholefoods.

Philip Madeley

#cashfor30 #keepcashalive #keepitcash



Warm up from Within

Enjoy this warming **coconut and corn curry** for an easy meat-free meal for two. Full of warming spices, it's a quick and comforting vegan dinner. The spices and lentils can all be sourced from [Alston Wholefood Shop](#), who will provide as small or as large an amount as you want.



Cooking Time: 40 mins

Ingredients

150g red lentils

1 tbsp vegetable oil

1 onion, finely sliced

thumb-sized piece of ginger,

finely sliced, plus extra to serve

1 tbsp turmeric

1 tbsp curry powder (check it's gluten free if needed)

250g baby corn, halved diagonally or a tin of corn

110g coconut yogurt, plus extra to serve

½ small bunch of coriander, leaves picked

Method

- 1) Put the lentils in a sieve and rinse until the water runs clean. 2) Put the oil in a saucepan over a medium heat, tip in the onion and cook for 8 mins until soft.
- 3) Add the ginger, turmeric and curry powder, and cook for another minute until fragrant. 4) Stir in the lentils.
- 5) Tip in 400ml hot water and bring to the boil. Turn the heat down to medium and simmer for 15 mins until most of the water has been absorbed.
- 6) Add the corn and 100ml water, cover and continue to simmer for 5-10 mins until the lentils are soft and the corn still has a little bite.
- 7) Stir in the coconut yogurt to warm up, but don't let it boil.
- 8) Serve topped with more coconut yogurt, if you like, and coriander leaves sprinkled over.

From: [BBC Good Food](#)

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From the Community - for the Community

Visit the website for many more recipes and useful cooking tips:

<https://alstonmoorfoodbank.org.uk/recipes/>

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Church Contact Details

METHODIST

Superintendent Minister: Rev David Milner

(day free of duties: Friday) 1 Lamley Gardens, Penrith CA11 9LR

☎ 01768 863209 ✉ dave@revmilner.plus.com



Circuit Pastor (part time): Rev Keith Speck (day free of duties: Saturday)

The Manse, Kirkoswald, Penrith, CA10 1EW

☎ 01768 898257 ✉ keithspck1@gmail.com

Church Steward: Mr John de la Mare ☎ 01434 382338

🌐 www.eastofedenmc.org.uk 📘 facebook.com/alstonmoormethodistchurch

ROMAN CATHOLIC

Parish Priest: Fr John Winstanley (usual day off: Monday)

St Catherine's Rectory, Drovers Lane, Penrith CA11 9EL

☎ 01768 862273 ✉ penrithrc@btinternet.com



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CHURCH OF ENGLAND

Vicar: the Revd Mark Nash-Williams (usual day off: Monday)

The Parsonage, Brampton Road, Alston, Cumbria CA9 3AA

☎ 01434 382558 ✉ vicar@alstonmoorcofe.org.uk



Churchwardens:



Alston Andy Morsman 382251

Garrigill Vacant – contact one of the other Wardens

Kirkhaugh Richard Graham 381367

Knaresdale Irene Boyles 381388 Carol Grieves 382472

Nenthead Madeleine Harris 382144 James Caspian 381055

Lamley Vacant – contact one of the other Wardens

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Methodist Services



Our Sunday Services are usually held at 11am at St Wulstan's.

- 5th Richard Pattison
3 pm in St Augustine's Service of Hope and Thanksgiving
5 pm in The Hive, Nenthead, Pennine Praise
- 12th no service in St Wulstan's
10.45 am Remembrance Service at St Augustine's
- 19th Mrs Lois Morton
- 26th Rev M Elliot

Like our Facebook Page - Alston Moor Methodist Church
Meeting for vital prayer every Tuesday at 9 am Old Meadow Barns
Alpha Course continuing every Wednesday at 6.30 pm in The Chat Room
Contacts: John and Pauline de la Mare 01434 382338

Quaker Meeting for Worship



Quaker Meeting for Worship continues to take place
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Everyone most warmly welcome to join us for an hour of silent, reflective
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Church of England services & events



Worship and Prayer in October

Sunday, 5th November (1st Sunday)

9.30 am	Holy Communion (BCP)	Holy Paraclete, Kirkhaugh
11.00 am	Prayer & Praise	St Augustine, Alston (<i>also livestream</i>)
3.00 pm	Service of Hope & Thanksgiving	St Augustine, Alston

Sunday, 12th November – Remembrance Sunday (2nd Sunday):

**** See separate page for Remembrance Sunday services ****

Sunday, 19th November (3rd Sunday)

9.30 am	Holy Communion	St John, Nenthead
11.00 am	Prayer & Praise	St Augustine, Alston (<i>also livestream</i>)
6.00 pm	Choral Evensong (BCP)	Holy Paraclete, Kirkhaugh

Sunday, 26th November (4th Sunday)

9.30 am	Morning Prayer	St John, Nenthead
11.00 am	Sung Communion	St Augustine, Alston (<i>also livestream</i>)
3.00 pm	Service of Light before Advent	Ss Mary & Patrick, Lambley

Weekday Services

Morning, Evening & Night Prayer

- Morning Prayer: Wed-Sat, 9am St Augustine's & on Zoom
- Evening Prayer: Wed, Thu & Sat, 5pm St Augustine's & on Zoom
Fridays, 6pm St John's, Nenthead
- Night Prayer: Fridays, 9pm Zoom

Informal Holy Communion

- Every Thursday, 12 noon Chat Room, Alston

Sunday services online

- Join us at 11am weekly on **Zoom** using the app – or, with an ordinary phone, dial 0203 051 2874. The **Meeting ID code** is **357 123 751**.
- Or find us on **YouTube** – youtube.com/@AlstonMoorParishChurches
- Download the orders of service from alstonmoorcofe.org.uk/worship and the notice sheet from alstonmoorcofe.org.uk/whatson

Prayer requests and virtual candles



If you would like someone to pray for or with you, phone Mark on 01434 382558 or email pray@alstonmoorcofe.org.uk
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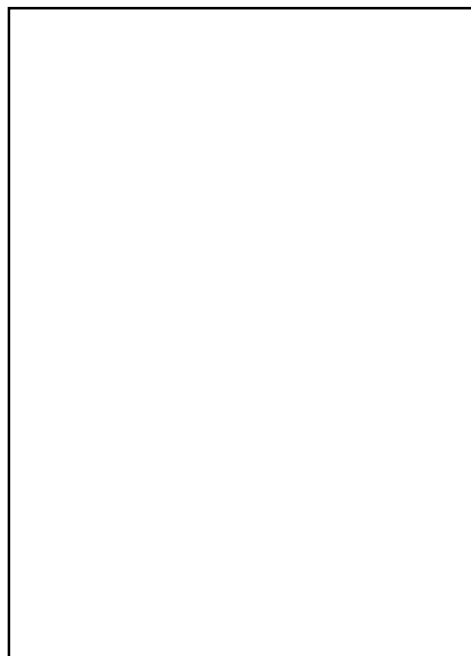
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November Dates for your Diary

Mondays, 6.30 pm	Parish Prayer Group	<i>Chat Room, Alston</i>
Fri 24 th ,	An Evening with Ukes Akimbo	<i>watch for details tbc</i>
Sat 25 th , 10.00 am	St Jude's Coffee Stop	<i>Knarsdale w Kirkhaugh VH</i>





Holy Paraclete Church, Kirkhaugh
CA9 3LA

Come and Sing Evensong



Sunday, 19th November, 6:00 p.m.

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All welcome!



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In next month's magazine there will be a full article to celebrate the life of Janice Routledge, following the special service at the end of October. But for now we just want to give thanks we were able to share so much time with her, and remind readers they can give something in aid of the Eden Valley Hospice here <https://www.justgiving.com/page/janice-routledge>



Soup Lunches at The Chat Room

As we are thinking in this month's magazine about keeping warm, there's nothing like a hot bowl of soup to chase the winter blues away. With this in mind, The Chat Room have just started offering a bowl of soup, a roll and a chat on a Tuesday lunchtime at 12 noon (but not the first Tuesday of the month). We were delighted to welcome 13 guests to our first lunch on the 10th October. Following the meal the first episode

of the popular film series 'The Chosen' was shown for those who wanted to stay. There is no charge for these events but donations towards Eden Valley Hospice are welcomed (other charities will be supported in future) and £50 was raised on the first Tuesday, for which we thank those who gave so generously. Please come along and join us if you would like to.

Pauline de la Mare

'If you see someone without a smile, give them one of yours.' Jeanette found this photo which goes well with our November theme:



Lambley Harvest Fun

The little Lambley family managed to get together for a sort of Harvest messy church before the weather changed, so we could try ducking apples without getting too cold! Thanks to Daryl there was a fabulous game of Tractor (like Beetle drive but more agricultural) and all sorts of talents on show, then a short service in Church where we shared what we'd learned from each other. Zoe and Richard were the best at skipping together, but little George and Freya were the football experts. Mark told the 'Stone Soup' story illustrated by some gorgeous fruit and veg from



Karen's new polytunnel, which all went to good homes afterwards! Not sure about the Dad Dancing though...

BNW



Worth a Closer Look

If you are in St Augustine's do take a look at a new book of photographs on the table behind the pews. Julie Coonan has put together this beautiful record of all the cross-stitch kneelers, so you don't have to crawl round on the floor and collect them all to see the skill and range of design they show. So much work went into them from many local craftsfolk, be they expert needleworkers or beginners, it's good to see it honoured this way. Thank you Julie.

BNW

News from St Jude's

October has been a strange month, I was in the Cotswolds at the beginning of the month with my American family. The weather was fantastic warm barmy days and now it's wild, windy and cold and now the power has gone off. But at least we are safe unlike many other countries in the world. We send our thoughts and prayers for some peace soon.

At the end of September the Coffee Morning was organised by Gina for The MacMillan cancer fund. This was a great success and all the money was sent to this deserving cause. On the Second Sunday in October the church service was Songs of Praise, where everyone enjoyed singing their favourite hymn accompanied by Sheila on the organ. Lizzie took the service and told about Saint Francis, David did the readings.

Our next Coffee Stop will be 28th October, we look forward to seeing you all there. We know you all enjoy the Coffee Stop as it is, but, if you would like to make any suggestions to improve it or change it in any way, we are always up for suggestions!

The next church service will be on Remembrance Sunday, 12th November at 10.30. We will as usual be attending our War Memorial in the Churchyard by 11.0'clock for a short service and laying of wreaths.

Two more dates to look forward to The Christmas Fayre this year will be in the Community hall as usual on 2nd December. It will be organised jointly by Saint Jude's and Slaggyford WI. Saint Jude's Carol Service is on 15th December at 6.30 pm

I am emailing this in almost the dark as the power is still off. Hope it doesn't last long!!

Stay Safe and look after each other.

God Bless

Irene Boyles

An Answer to Prayer

In the October issue of 'Faith in the Moor' I wrote of how concerned I was to read a heartfelt prayer in our Methodist 2023/2024 Prayer Handbook about a desperate ongoing situation in Cameroon that doesn't seem to ever be highlighted in our newspapers. I am so happy to report there has been progress.

Cameroon is a bilingual country. It has Anglophone and Francophone regions, both historically ruled by different colonial powers. On 1 January 1960, French Cameroon got its independence. On 1 October 1961, the former British Cameroon joined with French Cameroon to become a republic.

For years, Francophone Cameroonians have ruled the country with very little representation from Anglophone Cameroonians. In recent years, Francophone Cameroon has greatly oppressed and ostracised Anglophone Cameroon resulting in violence, destruction of infrastructure and little support for civil servants and closure of schools in the English-speaking regions. This has led to many Cameroonians fleeing to neighbouring country Nigeria for refuge. Particularly in the NW and SW regions of the Republic of Cameroon, armed conflict for about 7 years has resulted in thousands of deaths and injuries with over 2 million internally displaced persons and severe social and economic suffering.

Between 8-10th August 2023, inter-denominational and inter-faith religious leaders in Cameroon (Muslim and Christian) held a Religious Leaders Roundtable focused on giving a lead to the nation in seeking strategies for peace and progress. This had been planned for some time but was delayed by the Covid epidemic.

Following this historic meeting they have issued a 'call for peace in Cameroon' which we hope will have an impact. The Methodist Church UK helped fund this landmark conference from our giving to work overseas.

ME



Some of life's big questions with regard to clothes:

Why don't sheep shrink when it rains?

If Superman is so smart, why does he wear his underpants over his trousers?

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“Extraordinarily Comfortable”

I’m sure we all remember as children being told to “wrap up warm” by our mothers when venturing out to play in winter, usually followed by the ominous threat of “you’ll catch your death of cold” if you omitted a vital item of clothing, usually gloves, scarf and a woolly hat.



The choice of the correct outdoor kit becomes much more important if you undertake any serious outdoor sports during the winter months, even in the relatively mild winters in the UK. Fortunately today there’s a whole section of the fashion industry devoted to “outdoor gear” and you can find items which are guaranteed to be waterproof, windproof, breathable, thermally insulating and – perhaps less importantly – in fashionable styles and colours. Just take a look in Alston’s amazing Outdoor Shop (see p5).

These clothes and accessories are made possible by advances in man-made fibres in the last century: Gore-Tex first appeared in 1969 and Thinsulate in 1960. So what did people do before these inventions came on the market? In particular, what did early explorers do to “wrap up warm”, especially when travelling to unexplored lands like Antarctica or the peaks of the Himalayas in the early part of the last century?



Take a look at this picture. It looks like a couple of fairly serious walkers from the past but they appear to be wearing jackets and trousers which wouldn’t be out of place in the High Street. In fact this is the last known photograph of the British climbers George Mallory and Andrew “Sandy”

Irvine taken on June 6th 1924 as they departed a camp at an altitude of just over 7000m to make an attempt on the summit of Everest. Daytime temperatures of -30°C are common at these altitudes. Modern day climbers in the Himalayas wear hooded down jackets several inches thick

making them look “like polar bears” according to one climber. So how did Mallory and Irvine cope in their apparently casual clothes?

Mallory and Irvine did not return from their attempt on the summit and it is not known if they reached the top nearly 30 years before Hilary and Tenzing in 1953. Amazingly, in May 1999, a dedicated search party of climbers found Mallory’s body lying face down on the slopes of Everest at 8200m altitude. (He was identified by personalised name tags sewn into his jacket and undershirt – I knew they’d come in useful one day!)

Before burying the body under stones, the climbers removed a number of items to be given to his family, including sections of the clothing which he was wearing and, in 2002, a project funded by the Heritage Lottery Fund analysed the textiles and produced a complete replica of Mallory’s climbing outfit. In 2006, Graham Hoyland, a serious climber who is also the great-nephew of a member of the 1924 Everest expedition, tested out the clothes on Everest at around 6400m altitude. He’s shown in this photo, dressed in the reproduction outfit.



The original clothes were all made from natural fibres and in layers of different material, with the torso covered by a wool vest, then a silk undershirt, a striped flannel shirt and finally a thick woolly jumper. The layers trap air for warmth but the use of different materials allows relatively free movement, especially when compared to a modern down jacket. The outer jacket and trousers were not tweed as might be thought from the 1924 photo but in fact are a specially made suit (supplied by Burberry no less) of cotton gabardine, which is windproof and waterproof.

After his tests of the replica clothes Graham Hoyland commented that they were “extraordinarily comfortable”, they immediately “felt warm compared to the slightly clammy feel of synthetic alternatives” and noted that the gabardine outer layers “resisted the wind and allowed the layers between them to trap warm air” such that when he practised cutting ice steps on a glacier, he found he was “almost too hot”. He concluded that

he was “confident that Mallory and Irvine could have reached the summit comfortably wearing this clothing”.

The main disadvantage of the clothing was the fact that the jacket, shirt and trousers (including the fly) were all opened and closed with buttons, not an easy task when wearing thick protective gloves! Zip fasteners were just coming into fashion in 1924 and Velcro was still 30 years away.

So, if you are planning your own winter adventure, perhaps you can save costs by raiding your granddad’s wardrobe and putting on several layers beneath a wind proof and water proof jacket – but maybe ask your mum to put some Velcro here and there before you set off! *David Smith*

Warming Winter Walks

Most of us know something about the attributes of exercise for both our mental and physical well-being. However, it is sometimes difficult to find motivation to actually do anything about it, especially as the nights draw in and the weather becomes less friendly to us. Walking will always warm you up in any weather, provided you are dressed for the weather of the day, with suitable footwear.

So why else is walking in a group a good idea? It is low impact exercise, doesn’t put too much stress on the body, doesn’t require any special equipment and is freely available! A study found that those in social walking groups improved lung function, blood pressure, resting heart rate, body fat and other improved measures of health and fitness. Another major benefit is that if you join a group, you have friendly people to chat to about anything and everything and a set time and day to meet up. We are most fortunate in Alston to have a long standing established ‘Wednesday Walkers Group’, the name tells you all! We meet on a Wednesday usually 12.30 Summertime and 12.00 Wintertime at an agreed point (either FairHill carpark or the one adjacent to Spar). We communicate by e-mail to ensure we all arrive at the same place and time. Well behaved dogs are welcome to come with us and if walking outside Alston we share cars. We also have a sociable chat at the end of the walk over a cuppa and cake if you want it, at a suitable venue. What is there not to like! If you want to learn more please contact our organiser Helen via e-mail to: helen.holt@outlook.com

JH

Pepin's Puzzles

WRAP UP WARM - a timely theme and we often use that word UP, or so it would seem; *God has gone UP with a triumphant shout* the psalmist sang so let's see if we can UP all kinds of words - we could go up with a BANG!

Alphabetically speaking – well almost all, (and clues are given) and you will probably think of several others. (maths) A . . . (computer) B . . . (army) C . . . (discover) D . . . (those greens!) E . . . (had enough) F . . . (admit defeat) G . . . (Dick Turpin) H . . . (punctured tyre) J . . . (hard when out of breath) K . . . (research?) L . . . (reunion?) M . . . **and a few obvious ones:** (after knock on door) O . . . (bed for the night) P . . . (waiting in a line) Q (phone) R . . . (choir) S . . . (old clock) W . . .

THERE IS MUCH GOOD ADVICE AROUND to meet our every need, but it's true to say to many a wise command one simply doesn't take heed. Much good advice is also found, if one cares to look, 'midst ancient words from distant times within that HOLY BOOK! - A few are listed here **A to E**

Are you anxious? – (A) see Isaiah 41:10 Bereaved? (B) Psalm 147:3 and then *strive to Keep awake and to watch*, is advice from Mark 13:35.

Are you a lonely soul? (C) Seek Psalm 23 -You'll be more than comforted, also contented and free! Needing Peace? – (D) ponder John 14:27 and (E) Ephesians 5:19,20 will make you thankful – from earth to heaven.

Now pair A to E above correctly with the words of the texts 1 to 5 below.

The spaces between the words have changed but the letters are in order.

For example the first one reads: He heals the broken hearted

1. Hehe alsth ebok enhe arteda ndbin dsup the irwo unds

2 Giv ethan kstoGo dou rFath erat allti mes

3 Dono tfea rfo rlam wit hyou

4 TheLo rdismysh epherdls hal lnotw ant

5 Pea ceil eavewi thy oun ype ace lgi vet oyoyu

THE BEATITUDES (Matthew's Gospel Ch5:3ff) are good advice and comforting.

Here in the grid below are 4 of them each with 4 key words

Example: PURE / HEART / SEE / GOD Now decipher the other three.

PURE	THIRST	SEE	GOD
SPIRITUALLY	HEART	CHILDREN	HEAVEN
PEACE	POOR	FILLED	RIGHTEOUSNESS
HUNGER	MAKERS	KINGDOM	GOD

ANSWERS: A3 B1 C4 D5 E2

PURE / HEART / SEE / GOD SPIRITUALLY / POOR / KINGDOM / HEAVEN

PEACE / MAKERS / CHILDREN / GOD HUNGER / THIRST / FILLED / RIGHTEOUSNESS

David Pepin

How Sir Wilfred Kept Warm

Sir Wilfred Thomas Grenfell was born in Cheshire in 1865 and moved to London as a teenager to train as a Doctor graduating in 1888. Four years later he was sent by 'The Royal National Mission to deep sea fisherman' to Newfoundland to care for the inhabitants and fishermen in coastal Labrador. After recruiting more nurses and doctors his mission expanded to include schools, an orphanage, co-operatives, industrial work projects and social work. As a missionary he cared for all the people and their needs. This even included helping to obtain artificial limbs for an Inuit girl and educating her in nursing and midwifery.

In 1908 there was a medical emergency that he needed to attend in a Newfoundland village. He set off with his dogs, but on the way got caught up in a 'slob' (ice and snow in seawater), thankfully he managed to get onto an ice-pan (a larger piece of floating ice) with the dogs. In these ice-cold conditions he had to make a decision on how to maintain his body temperature. After drifting a few days without any food or fresh water, what could he do? It may sound terrible to us with all our lovely pet dogs, but he made the decision and sacrificed some of the dogs to fashion a fur coat for himself. He was eventually rescued by some villagers and insisted that the dog remains should be buried with a plaque saying 'Who gave their lives for me'.

He was married to Anne MacClanahan in 1909 with whom he had three children and continued with his work. This led to him being knighted by the king in 1927. He later retired to Vermont where he died in 1940.

A Mill owner from Burnley, Mr Walter Haythornthwaite had attended a Grenfell lecture in 1922. After which he determined to design a gaberdine fabric that would be 'dense enough to keep out wind and weather but permeable to perspiration' and therefore withstand the treacherous weather on the Labrador coast. He needed to spin special yarns on strengthened looms for the new fabric. He succeeded in the venture and sent out the fabric to Dr Grenfell as a gift, who suggested that it could be made commercially and named 'Grenfell Cloth'. The 'Grenfell clothing' company still uses the cloth today for men's outerwear for 'explorers for wherever their adventures take them'. JH

I think in Alston I prefer the Michelin man gear to a fur coat; we'll leave the glamour to Slaggyford!

Winter fashion: fantasy v reality



About 'Faith in the Moor'

This Magazine is a 'Churches Together' publication. It aims to share information useful to regular and occasional churchgoers, to the wider community, and to tourists and visitors. It reflects the life of the faith community in our corner of the North Pennines. Here people encourage, celebrate and debate their faith.

The different Christian churches who create this magazine get along very well, and work together in a spirit of openness and mutual regard. Faith in the Moor welcomes input in harmony with this open Christian Faith. Also from those whose spirituality is not focussed on a particular religion, and those whose faith is in the Moor itself; its people, its uniqueness, its future. We support whatever enriches our community here.



Current team: BNW = Bar Nash-Williams, LS = Lizzie Smith, ME = Mary Elliot, JH = Jeanette Haslam, MH = Madeleine Harris, RP = Richard Pattison

Dec Theme: '**Comfort and Joy**'

Deadline: **Sat 18th November**

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WE WILL REMEMBER

On Remembrance Sunday, 12th November
our communities will be remembering
those who have died or been wounded in war
and praying for peace.

Please join us – in person or by saying a prayer.

9.00 am - Communion at St Augustine's Church,
Alston & on Zoom, ID 357 123 751

10.30 am - St Jude's Church, Knaresdale

10.45 am - St Augustine's Church, Alston

10.45 am - St John's Church, Nenthead

2.00 pm - Nenthall War Memorial

2.30 pm - St John's Church, Garrigill

3.00 pm - Holy Paraclete Church, Kirkhaugh

3.00 pm - Ss Mary & St Patrick Church, Lambley

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some prayers on your phone



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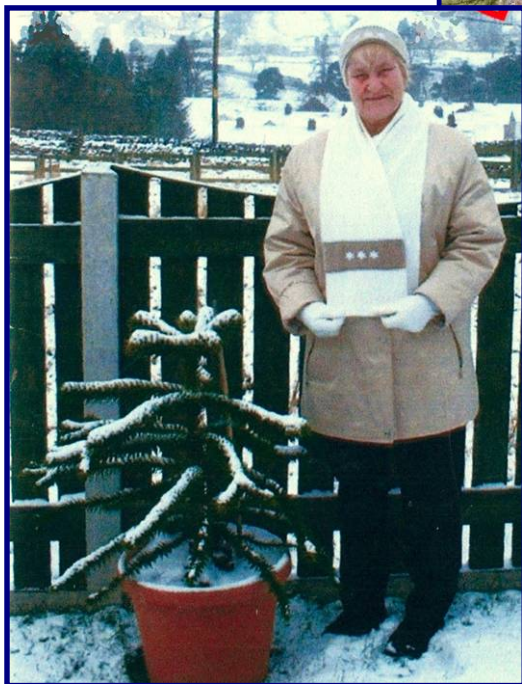
Iconic Images of Life on the Moor



If you have a favourite photo of life on our patch, do please send it to the eds – see over for address – and we'll use where it fits. Big or small, landmark or fleeting moment, animal, vegetable or mineral – it's up to you.



Liisa Mullard, wrapped up warm in their first winter in Alston. The little monkey-puzzle tree is also suited to our weather – years later it is thriving in John and Pauline's garden, way taller than Liisa now!



Thanks to George and to Pauline for the photos this month.