



A
NEWSLETTER
FROM THE ANGLICAN
CHURCHES OF
LANERCOST WITH WALTON,
GILSLAND AND
NETHER DENTON

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SERVICES IN HOLY WEEK

Monday 14th April - Gilsland Church - 6.30pm - **Taize Service** with Carlisle Taize Choir

Tuesday 15th April - Irthington Church - 7.00pm - **Compline**

Wednesday 16th April - 10.30am - **Brampton Methodist Church**

Thursday 17th April - 7.00pm - **Holy Communion** at Talkin Church with the Talkin Singers

Good Friday 18th April –

11am - **Brampton Walk of Witness** - starting at Brampton Methodist Church
and ending at the cross by the Moot Hall

2.00pm - Priory Church at Lanercost - **Service of Reflection**

4.00pm - **Bewcastle Cross**

Saturday 19th April - Walton Church - 9.00pm -
Service of Light and First Communion of Easter



Benefice of Lanercost with Walton, Gilsland and Nether Denton Services in April and May 2025

APRIL

Lanercost: 11am

6th Morning Worship
 13th **PALM SUNDAY: 10am Benefice**
 Holy Communion with the Northern
 Cross Walkers
 20th **EASTER DAY Holy Communion**
 27th Holy Communion: Revd Angela's
 farewell service in the benefice

Walton: 11am

6th Holy Communion (C of E)
 13th **PALM SUNDAY: 10am Benefice**
 Holy Communion at Lanercost with
 the Northern Cross Walkers
 Sat. 19th 9pm Service of Light and the
 First Communion of Easter
 27th 11am Holy Communion at
 Lanercost: Revd Angela's farewell
 service in the benefice

Gilsland: 9.30am

6th No service
 13th **PALM SUNDAY: 10am Benefice**
 Holy Communion at Lanercost with
 the Northern Cross Walkers
 20th 9.30am **EASTER Holy Communion**
 27th 11am Holy Communion at
 Lanercost: Revd Angela's farewell
 service in the benefice

Nether Denton: 9.30am

6th Holy Communion
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 Holy Communion at Lanercost with
 the Northern Cross Walkers
 20th 9.30am **EASTER Holy Communion**
 at Gilsland Church
 27th 11am Holy Communion at
 Lanercost: Revd Angela's farewell
 service in the benefice

MAY

Lanercost: 11am

4th Morning Worship
 11th Holy Communion
 18th Holy Communion
 25th Morning Worship

Walton: 11am

4th Holy Communion (Methodist led)
 11th No service
 18th Morning Worship
 25th No service

Gilsland: 9.30am

4th No service
 11th 11am Lambing Service
 18th No service
 25th Communion by Extension

Nether Denton: 9:30am

4th Communion by Extension
 11th No service
 18th Morning Worship
 25th No service

10am on Wednesdays: a mid-week service is held at Lanercost Priory (not 16th April)

Vicar: Revd Angela Hughes (016977 2478)
ahughes@webleicester.co.uk

Following Revd Angela's retirement, from May onwards please contact:
 Revd Canon Edward Johnsen (01228 670248)
edwardajohnsen@gmail.com

Revd. Angela's last letter to our Benefice



Dear Parishioners and friends

I can hardly believe that I have now been here for nearly six and a half years. Sometimes it seems like I have only just arrived – and other times it feels like I have been here forever!

As you know I am now coming to the end of my time here, indeed my last service will be at Lanercost on Sunday 27th April at 11am and all will be welcome to join me for this special occasion. I would like to take this opportunity to thank you all for your friendship and support over my time here – especially the Churchwardens who have shouldered a lot of the day to day running of these parishes. I will miss you all and can assure you that you will all be in my thoughts and prayers.

In a previous issue of Writings on the Wall, Canon Trisha wrote about Mission Communities and the importance for us all to work together to allow these to flourish and grow. I really hope that you will all commit to become actively involved in this as we continue to develop our Mission Community in this area.

There are still some details to be worked out but please be assured you will not just be abandoned.

It is intended that there will not be too long a wait until you have a new Vicar in post who will combine the job with that of Mission Community

leader and I am certain that, if in God's plan it is right for me to go at this time, then it will also be the right thing for you!

In my previous Diocese the Bishop, sharing his concerns for the future of the Church, challenged us to 'Expand or Expire'!! This was not to spread doom and gloom, but to encourage us to engage in a positive way with mission and outreach in our own areas. Over the past two years Gilsland have had to put a lot of work into this and recently Walton have begun a project to involve all the people of the village in the future of the church. Over my time here Nether Denton have also worked hard to try to get the support of the village. Lanercost is making the most of engagement with visitors to this lovely area and developing links with the school. Nevertheless, this challenge is real for all of us and is going to need continual work to make it happen.

These are exciting projects – to reach out with the love of God to all the people in our villages – but they will only work if we can get the support, both of our members and also of the local people.. We have beautiful buildings, but without people coming along to join us, all that we have will be wasted. The Church is not only a building – however beautiful and historic – It needs people to make it alive.

As Lent moves on towards its conclusion I do hope that as many of you as possible will look out for, and become involved in some of the many special services that will take place from Palm Sunday, through Holy Week and up until Easter. As it will be my last Holy Week/Easter leading worship I am looking forward to moving around many of the local churches for these special services and hope to see as many of you as possible.

With my best wishes for the rest of Lent leading to a joyous Easter, and for the years to come.

Revd Angela

Please see page 10 for more information

Tread Gently

Beans, beans, not just good for the heart

We are living in a world facing huge problems. Could beans be the part of the solution?

The issue of climate change is a hot topic—no pun intended. We are constantly urged to reduce our individual carbon footprint by limiting our fossil energy use. The government is pushing renewable generation as fast as possible but the fact is that the current CO2 levels are the highest for in over 2 million years and to make a significant difference every developed country will need to reduce its CO2 emissions and every developing country will have to forgo the path of development we benefitted from. That's a big ask and one which is not in our hands as individuals. So what can we, the ordinary people do to help?

The answer could well be EAT MORE BEANS! Beans are a sustainable and nutritious "climate-positive" food source, a cheap, delicious, nutrient-dense protein source that feeds the soil with nitrogen but which, in this country and spectacularly in America, are used to feed livestock. Last August I was in North Northumberland following a footpath through acre after acre of field beans. Anyone who has travelled in the middle east will know that these beans are the same delicious fava beans that are offered at every meal as ful medames. But here we value them so little they are fed to livestock which produces, at best, 1 kilo of meat for every 10 kilos food consumed.

But, I hear you say, the protein from beans is not as good as that from meat. This is an old idea. It's true that the balance of the various amino acids in plants is not the same as in eggs or meat but this would only be a problem if we were eating just enough food to sustain life. We consume far more of every amino acid than we actually need, there is no deficit.

So why are beans so despised and ignored as a delicious ingredient? After all, throughout much of our history, beans, peas and grain have been the mainstay of the ordinary person's diet. Could that be the problem? Does eating beans equate in our minds with being too poor to afford meat and is there a sense of shame in this? Most countries celebrate their "peasant" food, think pasta e fagioli, cassoulet, gigantes plaki, hummus, and the many delicious and inspired Mexican, South

American, African and Middle Eastern dishes And what about tofu and all the delicious traditional soy derivatives enjoyed by the Japanese. But we, the beef eaters, restrict our bean-eating to pease pudding, baked beans and lentil soup! We are missing so much.

So, apart from delighting our palates and purses, what can beans do for the planet?

The FAO estimates that the world's livestock production is directly responsible for about 18% of CO2 emissions, each 100g of animal protein produces 200x the amount produced by growing 100g of beans. The worst example is probably the clearing of vast tracts of the Amazon forest for the production of soya beans FOR ANIMAL FEED.—a double whammy.

Industrial farming, with its reliance on the heavy use of chemical fertilisers, is damaging the delicate ecosystem and structure of soil—that precious few inches covering the land upon which all our food production depends. Beans take nitrogen from the air and fix it in the soil meaning there's less use of chemical fertiliser. Furthermore, beans are cover crops, they protect the soil, help water retention, sequester carbon, provide habitats for pollinators and form a crucial part of regenerative agricultural practices. We produce and buy far more food than we use. Food which is no longer fit to eat is, generally, buried in land fill. Without oxygen, these foodstuffs decompose creating methane which is 23x more active as a greenhouse gas than CO2 (albeit less long lived). Beans, post-harvest in their dried form, are stable, requiring no freezing or refrigeration and also long-life when processed. And so, let's eat more beans -not the ones grown in the Amazon basin obviously -but the many that can be grown successfully in Britain. Lentils, carlins, peas of every colour, haricos and favas all grow well in our varied countryside, allotments and gardens and I can testify that barlotti beans and white coco beans (like a delicately flavoured butter bean) grow well in Gilsland and if I can grow them there then anyone can grow them anywhere!

Bon Appetite!

Visit [Hodmadods on line](#) to buy British grown beans (no, I don't have shares!) A. Higgs

Groups for young people
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NETWORK
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After School Drop-in

Art &
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Tuesdays 3.20- 5.00pm

Play
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Green Door Centre

Board
games

during term time

Space to do
homework

for those in Secondary school



WEDNESDAYS

6.30-8.00PM

IN TERM TIME

FOR 12-18 YEAR OLDS

GREEN DOOR CENTRE

Main street opposite Roosters fish & chip shop



Friday Nights

7:30-8:30pm

For secondary
school aged
young people.

followed by Extra 8.30-9.00pm
at the Green Door Centre, during term time

Each time there is some spiritual food for thought

For more info contact: Ruth Hutchinson, Green Door Centre,
 Main street, Brampton, CA8 1RS. Office: 016977 42123 

New Challenges for Lanercost Cricket Club

As the new cricket season fast approaches, we have some exciting developments to share. After a series of integrations, 2025 will see some changes to league structures throughout Cumbria. After our recent successes, Lanercost has been invited to join Cumbria Cricket League Division 1 North. This is an exciting challenge for our First XI as the standard of cricket will be much higher and it is an opportunity to welcome some new teams to Lanercost this Summer. Our Second XI were league champions in 2024 and so will be competing for honours in the Eden Valley Premier League – now called Eden Valley Division 1.

Both our Sunday teams, Mid-Week team, 3 junior teams and our Women & Girls will continue in their existing league and cup competitions.

As ever, we welcome ALL spectators on match-days down at Lanercost – our teams will need your support and encouragement as they take on new challenges. Refreshments are always available and there's plenty of seating for you all to enjoy. Keep a lookout for our fixtures being published soon.

Our AllStars (5-8yr olds) and Dynamos (8-11yr olds) will be having their specialised fun-filled coaching on Friday evenings. This is a great intro to the sport and a fab way of being active. It all begins early May and will run for 8-weeks. Book your spaces now so you don't miss out. <https://ecb.clubspark.uk/AllStars/Search?location=Lanercost>

FRIDAY NIGHT Street food is coming to Lanercost! Every week from May 2nd through to July 18th, there will be Pizza, Mexican, Waffles, Smash Burgers, BBQ & Hog Roast. Everyone is welcome to come and have a picnic and of course the club bar will be OPEN. First one is Friday May 2nd, Full details available soon.

NEW PLAYERS are always welcome to come and join us at Lanercost – whatever your age, sex or ability! If you'd like to get involved, or for any further info, please contact lanercostsc@gmail.com – we will be happy to hear from you.



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Come and join in a joyful celebration of Spring and new life

Lambing Service

At

St Mary Magdalele, Gilsland

11am on 11th May



This service is very suitable for children



Spring Term Adventures at Lanercost Cof E School

The spring term has been a vibrant and meaningful time at our school, full of opportunities for the children to learn, grow, and celebrate our shared values. It has been a term filled with creativity, exploration, and community spirit, all deeply rooted in the Christian ethos that guides our daily life.

One of the highlights has been the way creativity has flourished throughout the school. Under the guidance of our specialist art teacher, Abby, the children have embraced artistic expression with enthusiasm, creating work that reflects their individuality and joy. Music has also been a key focus for Key Stage 2, with Mrs Tuffin inspiring Class 3 as they learned the recorder and Class 4 as they mastered the clarinet. These activities remind us of the importance of perseverance and using our God-given talents to bring beauty into the world.

In keeping with our commitment to respect and understanding, the children have also been exploring other faiths this term. We were fortunate to welcome Imran, who led workshops on Islam and the Five Pillars, and Barv, who shared Sikh teachings on humility. These sessions provided a wonderful opportunity for the children to broaden their horizons, fostering empathy and appreciation for the diverse communities around us.

Sustainability has been another key theme, reflecting our responsibility to care for God's creation. Through our Woodland Schools programme, the children planted over 30 trees on the school grounds, a small but significant step toward helping the environment. Meanwhile, Class 2 contributed to a striking sustainability mural at Carlisle's new ReStore charity shop, showing that even young hands can make a big difference.

The children have also had many exciting opportunities to connect with the wider world. Class 1 visited Carlisle's Fire Station, learning about people who help us. Class 2 welcomed Zoolab, which introduced them to fascinating creatures from the natural world, sparking curiosity and wonder. We even had a visit from Roman soldiers walking Hadrian's Wall, who shared stories of their journey and brought history vividly to life.

Physical activity has been a highlight, too, with dance lessons at Dacre Hall culminating in Class 3's partici-

pation in the U Dance Festival in Carlisle. Joining over 1,500 other children, they performed with enthusiasm and confidence, embodying the values of teamwork and joy.



Our school community has also come together in other ways. On World Book Day, the children dressed as beloved characters, and older children paired with younger ones to share stories, building connections and fostering a love of reading. The School Council organised a Bake Off, where children showcased their culinary skills, and Reading Ambassadors added some excitement with a "Break the Rules Day," which raised both funds and plenty of smiles.



In the Foundation Stage, our youngest children were captivated by the wonder of hatching chicks, learning about their life cycle and gaining a deeper appreciation for the marvels of God's creation. They were joined in their adventures by the whole school, which learned practical skills through a workshop from Skipton Building Society on saving money, and by our girls' football team, who participated in a thrilling event hosted by Carlisle United.

As we reflect on the term, it is clear that every activity, lesson, and event has been a step in living out our Christian values—whether through creativity, compassion, stewardship, or community. We are immensely proud of the children and grateful for the support of our staff, parents, and wider community in making this such a special time for our school.

What a great start to 2025 we have all had here at Walton and Lees Hill, the last half term has been filled with some very exciting fun for all the children.

You may remember that we kicked off the year by having a special visit from the GNAAS for us to hand over the cheque of £200.00 that was raised from our Pudding Night.

This term we have continued to grow our relationships with local schools, all children attended a morning of trampolining at William Howard School and most recently our Key Stage 1 and 2 children have been attending textile workshops at Gilsland CE Primary School. This is a great way for the children of our school to make new friendships and build new bonds.

We had a great celebration of Chinese New Year in school, Mrs Blair our school cook, cooked us up a Chinese feast for our lunch. Children made their own name places for the table in Chinese writing.



Our Key Stage 2 children went for a visit to Tullie House where there was a Shelia Fell exhibition, the children spent the morning learning about her artwork, to build on what they had learnt in school, and using her art to inspire their own pieces of artwork.

Revd Angela, who comes into school weekly, has been teaching the children the true meaning of Ash Wednesday. Some of the children were marked with an ash cross to help them think about forgiveness. The children all thoroughly enjoy their weekly worship sessions.

We were then all very excited when we had a visit from Walking the Wall Veterans, they talked to the whole school about the Romans and the challenge they are undertaking walking the wall. The children all got to try on the Roman armour they were wearing to take on their walking challenge.



As the weather is starting to get brighter and the days dryer, we have been making the most of the sunshine with lots of outdoor learning and play.

We have some upcoming community events in school. We have our Spring community lunch on Thursday 3rd April, 12pm. If you are interested in joining us for this event,

please let the school office know., a 2-course lunch costs just £5.

To celebrate the hard work of our children we have a Spring Showcase on Friday 4th April, from 2:30pm. This is a great opportunity for the children to show off all the hard work they have been doing to their families, friends and wider community. Everyone is welcome and some light refreshments will be available.

The forthcoming weeks are promising to be just as exciting, filled with trips out, special visitors and many new learning opportunities inside and outside of school.

We really hope the lovely weather lasts into the Easter break and all our families, friends and wider community have a peaceful and well-rested Easter.



Swan Song

Two swans, a cob and a pen
At home on the tarn, for many a year.
One season, from their togetherness
Produced six eggs, upon a carefully
Constructed nest of sticks and moss.

Taking turns to guard and nurture
The developing brood within the eggs,
It came at last to pass
Five cygnet chicks emerged.
One egg remained, looked upon forlornly.

Why did it not hatch?
Nature's way, and eventual acceptance.
The five cygnets grew healthily,
Proud parents attending to their needs.
Soon strong enough to swim in the tarn.

Another week passes, then there were four.
The parents seemed nonplussed, again,
But accepted the needs of the hungry pike below.
In following weeks, there were three, then two.
But these two survive, now too big for the fish.

Two years pass, the cob and pen nest again;
Same place, refurbished and sturdy.
This time, seven eggs, carefully tended and
turned,
Awaiting the new birth. The weeks pass,
And then it rained... for days. Poured.

There stood the mother, beside the nest,
Overwhelming sadness in grief.
Cold, putrid, rotten unbroken eggs, growing
mould.
The father hissing and flapping madly
At every approaching creature.

How long does it take, for grief to pass?
Last time, not long, but this time?
Too late to brood again this year.
A long wait, but love will overcome
And bring acceptance once more.

Bob Morley, December 2024

The Way of the Cross

Lent really is a journey of the cross.
On Ash Wednesday some of us attended services
at which moistened ash was daubed, in the
shape of a cross, on our foreheads. The ash came
from last year's palm crosses which had been
burned. This 'ashing' was the traditional sign of
our intention to travel the forty days of Lent in a
spirit of penitence, acknowledging our need for
grace, our longing for renewal.
Now we look towards this year's Palm Sunday.
When Jesus entered Jerusalem on a donkey the
crowds cheered him and waved palm leaves
aloft. When we gather to remember that event
on 13th April the palm leaves we will hold will be
folded into crosses. They are signs that the Christ
is a servant King who comes to offer his life for
the world, and to offer it on a cross.
On Good Friday, at services like the one at 2pm
at Lanercost Priory, people will gather to honour
that sacrifice, to reflect on its meaning and its
implications for us today. Often large wooden
crosses have been carried to the Priory by walk-
ers coming from other parishes in the deanery.
When we do this, these crosses are carried to the
altar at the start of the service. At the time of
writing I'm not sure if any groups will do this
year, but I am going to see what I can organise.
Do let me know if you'd be interested in such a
walk.
Then on Easter Day the cross is transfigured from
a symbol of suffering and sacrifice into a symbol
the victory of an invincible love. At Hayton
Church we have often decorated a cross with
flowers and hung it outside the church as a visual
sign of a profound spiritual truth – that there is
no depth of suffering or darkness which God
does not enter, and which God will be unable to
redeem. How we need to hold onto that truth in
our world today!
The journey of the cross is a journey from dark-
ness to light, from despair to hope, from guilt to
forgiveness, from hate to love, and from death to
life.
As Easter draws near I invite you, with Christ and
with one another, to make this wonderful
pilgrimage.

Rev. Edward Johnsen

Labourers in the vineyard

During the autumn and winter months just past, The Revd Canon Tricia Rogers led 14 of us from around the deanery through an 8-session course to equip us to lead worship. The sessions took place fortnightly on a Thursday evening and concluded with a service of licensing held in St Martin's Church, Brampton, led by Archdeacon Ruth Newton.

The course looked at, among other aspects, types of worship, psalms, prayer (including collects), homilies and the Church Year. Through practical tasks, we were encouraged to think objectively about services that we attended during the period that the course covered and to share the fruit of our thinking and also elements of worship on which we had worked. Throughout, we felt nurtured, encouraged, tested and thoroughly prepared.

The end result of a course such as this is that it equips lay people for the task of assisting our often over-stretched clergy in the work of Christian Ministry, and it is to be hoped that the people who attended this course will be empowered by their clergy and embraced by their churches as a valuable human resource for the carrying out of God's work in our district.

David Bamford

Revd Angela is Retiring

Revd Angela's farewell service in our benefice of churches is at 11am on Sunday 27th April at the Priory Church, Lanercost and all are most welcome to come to her official 'goodbye'. The service will be followed by some light refreshment so we can all socialise together and with Revd Angela. If you feel able, then please bring a plate to share. Drinks will be provided.

The Churchwardens



Food Bank Collections at the Priory Church, Lanercost


After many years of collecting tins, packets and jars for the Carlisle Food Bank at the Priory Church, it has now been decided to stop.

This was an initiative begun by the Lanercost Mothers' Union in the days before such collections were widely happening in our area. Now across our region there are supermarkets, local stores, churches and Brampton Community Centre who are providing facilities for us to make donations of food for the vulnerable in our communities.

So a big thank you to the Mothers' Union who started it all, to those who took the foodstuffs to Carlisle every few weeks and finally to all of you who kindly donated items to the basket in the Priory Church. But please continue to donate if you can at one of the other locations. There is still a need to provide emergency food aid to those in a crisis and it's a great way to support the Food Banks and show that we care.

Barbara Riches





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timothycoombe@damhead.me

Café Scientifique Brampton

Meetings take place *simultaneously live* at Brampton Community Centre and via Zoom **on the last Thursday of the month**. Doors open 7pm for 7.30pm start (ends approx. 9.30pm) **Cost:** £4.00 (plus 0.35p booking fee) or £5 on the door. (includes a glass of wine and nibbles)

For more information and tickets visit <https://www.bramptoncc.org.uk/regular-activities/cafesci/>

Something broken? Don't throw it away!

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CHURCH OFFICE-HOLDERS

Vicar		Rev'd Angela Hughes	016977 2478	ahughes@webleicester.co.uk
Reader with Permission to Officiate		David Bamford	01697 508157	
Local Lay Ministers with permission to officiate		Sheila Goodliffe Jo Grundy	016977 41211 01228525284	sheilafg@btinternet.com
Retired Clergy		Rev'd Malcolm Riches	016977 42761	
Mission Community Leader		Rev. Canon Tricia Rogers	07702 389918	revtriciar@aol.com
Wardens:	Lanercost	Chris Angus Barbara Riches	Burtholme East, Lanercost CA8 2HH 13 Edmondson Cl, Brampton CA8 1GH	016977 41504 016977 42761
	Walton	Philip Knowles Charlotte Shaw	Emeritus The Old Vicarage, Walton, CA8 2DH	016977 41232 016975 43002
	Gilsland	Alison Higgs Owen Wilkins	alison.marymag@gmail.com Wilkinsowen@gmail.com	016977 47409
	Nether Denton	Amanda Nixon Allan Cathers	Amanda.nixon@tiscali.co.uk Allergarth, Banks, Brampton CA8 2JH	07968 983664 016977 41645

Safeguarding Officers for Children and Vulnerable Adults

Lanercost with Walton

Charlotte Shaw 016975 43002

Gilsland:

Keith Nightingale 07736725143

Nether Denton

Amanda Nixon 07968 983664

Carlisle Diocese Safeguarding Advisor

Joanna Van Lachterop 07458 016884

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**Deadline for submissions to
June/July issue is
10th May**