

Parish Magazine—October 2023
50p



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St. Nicholas Centre

Café opening times: Wed, Thurs and Friday-times as advertised.

Parish Website. www.whitehavenparish.org.uk

From the Rectory

Dear Parishioners,

I am now up and running as the priest-in-charge of Whitehaven. Thank you to all those who came to my Licensing Service, offering your support and prayers as I begin my ministry among you. Thank you also to those who helped get the Rectory ready for us, it is now really starting to feel like home.

We are slowly getting to know our way around the town and the surrounding area and the proper way to pronounce places such as Mirehouse!

So much good work already goes on within the church and parish, so gradually we will explore "what next" for our church community, how can we build on what is already going on and explore some new areas too. In the meantime, the autumn leading into Advent and Christmas is always a busy time in the church's calendar, and we start this month with Harvest Festival, November is traditionally the month of remembrance with All Souls and Remembrance Sunday; and then before we know it we will be into the season of Advent leading into Christmas.

But this month let us just focus on Harvest Festival, traditionally, an opportunity in the year to give thanks for the safe gathering in of the harvest. But over the years the festival has grown to include supporting struggling communities both at home and abroad. This may be through a collection of goods for a local basics bank or giving financial support to farmers overseas.

My understanding is that in this diocese, parishes support the Bishop's Harvest appeal. This year the appeal supports the work of Christian Aid in the occupied territories in Palestine and through the Mothers' Union, supports projects in the Democratic Republic of the Congo. More information will be available in church.

Over the coming weeks and months I will meet and get to know more of you, to aid this there will be an opportunity to "Meet the Rector" on Thursday 5th October at the St Nicholas Centre, after the morning service, from about 10.15am. Please do come and introduce yourself to me. I'm enjoying hearing how long people have lived in Whitehaven and what has drawn them to St James Church.

With love and prayers from your Rector, Alison



SERVICES IN OCTOBER

Sunday 1st October –10:00am St. James'

(17th Sunday after Trinity—Parish Eucharist)

Thursday 5th October—09:30am St. Nicholas

Sunday 8th October—10:00am St. James'

(Harvest—Parish Eucharist)

Thursday 12th October—09:30am St. Nicholas

Sunday 15th October—10:00am St. James'

(19th Sunday after Trinity—Parish Eucharist)

Thursday 19th October—09:30am St. Nicholas

Sunday 22nd October—10:00am St. James'

(20th Sunday after Trinity—Parish Eucharist)

Thursday 26th October—09:30am St. Nicholas

Sunday 29th October—10:00am St. James'

(Last Sunday after Trinity—Parish Eucharist)

Sunday 29th October—4:00pm St. James'

Evening Prayer



High Days & Holy Days for October

4th October - St Francis of Assisi

Just about the only thing most people know about Saint Francis of Assisi is that he talked to the birds. Church-goers also know the popular hymn based on his famous prayer, 'Make me a channel of your Peace', which was sung at the funeral of Princess Diana.

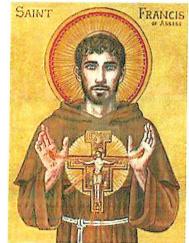
However, Italy's patron saint, whose feast day is this month (the 4th) was a more complex, and some would say controversial character. His life spanned the end of the 12th and beginning of the 13th centuries. He was born into a very wealthy family, but after what he called his 'conversion' standing before a crucifix. He renounced all his possessions. In fact, he stripped himself of his of his wealthy garments in a public square in his hometown, Assisi. For the rest of his life he and his followers, including his feminine counterpart. St Claire longed, prayed and worked for a life of simplicity – a lifestyle without luxury or privileges. For the Franciscan brothers and the Poor Claires. This meant no private possessions at all. Francis saw that many poor people without these things, actually seemed to live happier and more fulfilling lives than the ambitious rich. He spoke of a simple life not shaped by money or power but by love and mutual concern. As his hymn says, 'it is in giving of ourselves that we receive'.

Of course, poverty; in our modern western world is seldom a matter of blissful simplicity, as present-day Franciscans recognise. For too many it is a matter of poor diet, over-crowded rooms, rough sleeping and unemployment. The call of today's followers of Francis and Claire, people like Dave our ordinand who is a Franciscan, is that those who are better-off should 'live more simply, so that others can simply live'. Christians follow a Master who said that He came with 'good news for the poor'. They believe that many of us today can be that good news.

18th October - St Luke the Evangelist

To St Luke, a Gentile, we owe the beautifully written Gospel of Luke, and the Book of Acts. He was a Greek physician, a disciple of St Paul, a companion on some of his missionary journeys, and an inspired writer.

Luke's gospel focuses on the compassion of Christ. His gospel contains some of the most moving parables, such as the Good Samaritan and Prodigal Son. This, with his emphasis on poverty, prayer and purity of heart, make up much of his appeal to the Gentles, for whom he wrote.



Women figure more prominently in Luke's gospel than any other: look out for the extended story of the Virgin Birth, and stories of Mary, Elizabeth, and the woman who was a sinner.

In Acts, Luke is remarkably good as linking sacred and profane history, as subsequent archaeology has shown. A principal theme of his Acts is how the early Christians moved away from Jerusalem into the pagan world, and especially on to Rome.

Luke is the patron saint of doctors, surgeons and artists (due to his picturesque style of writing). His symbol is an ox, sometimes explained by reference to the sacrifice in the Temple at the beginning of his Gospel. In England 28 ancient churches were dedicated to him.

The Parish Pantry

Since the idea of the Parish Pantry was first launched it has been helping families in the community around St. James' Church that are struggling to make ends meet.

During the summer months there has been a significant increase in the number of people coming in to get food items to ease the burden on already stretched family finances caused by the current cost of living crisis that is affecting everyone, but especially low income families.

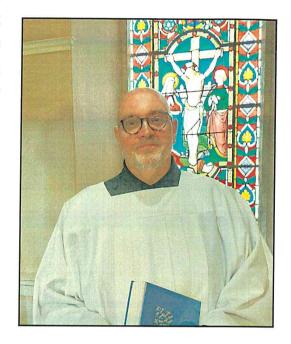
The purpose of the Parish Pantry is simple. To show love and offer practical support to the community we serve without judgement or partiality through the generous help of our church family donating tins of food, pasta, breakfast cereals, biscuits and other items.

We desperately need our stocks replenishing so if you have any items you can donate, please do bring them into church.



AN ORDINAND'S JOURNEY

This month we celebrate harvest, a time when we traditionally give thanks for God's bounty. I think for us as a church family it is also a time to pause briefly and thank God for the generosity he has bestowed upon us with the arrival of Alison, our new Priest in Charge and to give thanks for him safely guiding us through a relatively trouble free interregnum. It has been a huge honour to be part of the leadership team during the vacancy and to help ensure that we, as a church, did not simply stand still or freeze like a rabbit in headlights. God was certainly with us over the past months and I look forward with anticipation to see what he is going to do next and what amazing things he is going to do with us joining in.



As I began my final year of college I found myself giving thanks for the way that God has also seen me through the past few years and how, with help from tutors, mentors, family and colleagues, he has enabled me to grow beyond anything I imagined I could. I have been truly blessed to have been supported so richly by the church family in Whitehaven and also more recently the benefice of Egremont too. It has been and will continue to be an immense privilege to serve you all.

One of the main focuses of the final year in college is conversations about curacy. Once I am ordained I move from being an Ordinand to a Deacon and also a Curate. At this moment in time I am unsure exactly what curacy will look like for me and how things will develop and emerge over the comings weeks and months. My plan is to be a self supporting curate which basically means I have a regular day job alongside my ministry, but ultimately my aim is to move into full time ministry because I feel that is what God is calling me to do. Where that will be is anyone's guess at this time, however I am certain I want to remain in West Cumbria.

This final year will be incredibly busy with a lot of tying up ends, finishing course work and preparing myself spiritually for life as an ordained person. Please do pray for me this year, but pray too for all the new intake of ordinands and trainee lay readers that have begun their first year of training this month. They have faithfully answered God's call on their lives and one thing is certain, that those lives will never be the same again. Blessings.

Dave Flitcroft

A Prayer for October

Dear Lord and Creator of all things,

In this fast-moving and high-tech world, help us to slow down – just occasionally – to notice the rhythms of Your creation; the beauty of the colours of autumn; the annual ritual of falling leaves and darkening evenings. All part of Your cycle of the year that we often take for granted.

And yet Lord, there is evidence of changes in our climate – extremes of temperature, droughts, floods and wildfires. There is evidence that our behaviour might be responsible for damaging Your world.

Lord, we thank You for Your goodness and faithfulness and grace to us. We are sorry when we get things wrong. Thank you for sending Jesus to show us the way to be in a right relationship with You. Help us to put our trust in Him and as part of living Christian lives, to accept our responsibility for caring for the world You created.

In Jesus' name, Amen





Did you know....

It was 65 years ago, on 14th October 1958, that Michael Bond's children's book, *A Bear Called Paddington*, was published. It marked the debut of the lovable Paddington Bear, who is now a household name after appearing in two irresistible films.

Paddington starred in more than 20 books written by Bond, who died aged 91 in 2017. The original story was inspired by the author witnessing Jewish and British evacuee children passing through Reading station. Bond wanted the bear to have come from "darkest Africa", but this was changed to Peru when his agent pointed out that there were no bears in Africa.

Many people have found Christian characteristics in the bespectacled, kind, red-hatted, innocent Paddington, who always tries to do the right thing but often gets into trouble as a result. He is invariably polite, but has a "hard stare" for those who behave badly. The two hugely successful films, with Ben Whishaw voicing Paddington and household names in other roles, established the bear in the national psyche – a natural successor to Winnie the Pooh.

A stuffed toy Paddington Bear was chosen by British tunnellers as the first item to be passed to their French counterparts when the two sides of the Channel Tunnel came together in 1994. The books have been translated into 30 languages and have sold more than 30 million copies.

Paddington has also reached the very top of society. Comedian and later President of Ukraine Volodymyr Zelensky dubbed him in the Ukrainian version of the films, and to cap everything, Paddington joined the late Queen in one of her last public appearances – a brilliant comedy segment in the Platinum Party at the Palace on 4th June 2022, in which the Queen 'revealed' that she always carried a marmalade sandwich – Paddington's favourite food – in her handbag.



Time for a cuppa and a puzzle (crossword answers in the back of the mag)

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Crossword Clues

Across

- 1 He must be 'the husband of but one wife and must manage his children and his household well' (1 Timothy 3:12) (6)
- 4 'For we must all before the judgement seat of Christ' (2 Corinthians 5:10) (6)
- 7 'They reeled and staggered like drunken men; they were at their end' (Ps 107:27) (4)
- 8 See 19 Across
- 9 It concerned who among the disciples would be the greatest(Luke 9:46) (8)
- 13 Formed by the Jews in Thessalonica to root out Paul and Silas (Acts 17:5) (3)
- 16 'He has sent me to bind up the —' (Isaiah 61:1) (6-7)
- 17 Moved rapidly on foot (Matthew 28:8) (3)
- 19 and 8 '— a great company of the host appeared with the angel' (Luke 2:13) (8,8)
- 24 Hindrance (Romans 14:13) (8)
- 25 Comes between Luke and Acts (4)
- 26 Empower (Acts 4:29) (6)
- 27 'Get these out of here! How dare you turn my Father's house into a —!' (John 2:16) (6)

Down

- 1 Sunrise (Psalm 119:147) (4)
- 2 The part of the day when Cornelius the Caesarean centurion had avision of an angel of God (Acts 10:3) (9)
- 3 He was one of those who returned with Zerubbabel from exile inBabylon to Jerusalem (Nehemiah 7:7) (5)
- 4 'No one can see the kingdom of God unless he is born '(John 3:3) (5)
- 5 Animal hunted or killed as food (Ezekiel 22:25) (4)
- 6 'He encouraged them remain true to the Lord' (Acts 11:23) (3,2)
- 10 Ruses (anag.) (5)
- 11 Jewish priestly vestment (Exodus 28:6) (5)
- 12 Visible sign of what had been there (Daniel 2:35) (5)
- 13 This was the trade of Alexander, who did Paul 'a great deal of harm' (2 Timothy 4:14) (9)
- 14 'This is my —, which is for you; do this in remembrance of me' (1 Corinthians 11:24) (4)
- 15 One of Noah's great-great-grandsons (Genesis 10:24) (4)
- 18 Traditionally the first British Christian martyr (5)
- 20 Relationship of Ner to Saul (1 Samuel 14:50) (5)
- 21 Jacob had one at a place he named Bethel while on his way to Haran, fleeing from Esau (Genesis 28:12) (5)
- 22 Bats (anag.) (4)
- 23 'You strain out a but swallow a camel' (Matthew 23:24) (4)

MOTHERS' UNION

It was lovely to be back in St. James' Church for our September Eucharist, Revd. John Woolcock officiated and we had an excellent turnout. Our grateful thanks go to John for the beautiful service which we all enjoyed. We were supposed to presenting Pam Dixon with a gift in

appreciation of her many years on the Mothers' Union Committee as well as representing the Indoor Members Prayer Circle. Sadly, Pam was unable to be with us due to ill health.

We have been sponsoring Deb Lee, our Diocesan Leader, who is cycling from St. Bees to York Minster for the Mothers' Union Annual Gathering. She left on Sunday and we send all our good wishes. I am pleased to say our branch has raised £141 which will go to the 'Mothers' Union Summer of Hope Appeal'. Thank you and well done to all those who donated.

Our next meeting is in St. Nicholas Centre on Tuesday 10th October at 2pm when our speaker will be Dave Flitcroft. We will also be discussing the Christmas Meal, so any ideas or even better menus will be much appreciated.

Jan Whinn

BRASS CLEANERS FOR OCTOBER Jan and Mac Whinn

Still need someone for November

On the subject of Brasses we want togive our grateful thanks to Pam Dixon who is finally retiring from the Brass Cleaning Rota. She has been on the rota for many,many years as well as stepping in when no one available. I am sure she will be keeping an eye on those brasses making sure we don't forget any.

Thank you, Pam.

TRIP DOWN MEMORY LANE FROM THE PARISH MAG JANUARY 1979 – CLOCKS

General satisfaction has been expressed that the two tower clocks are now back in working order. We are grateful to Messrs. Wm. Potts & Sons of Leeds for making a special effort to restart the Parish Church clock in time for the Dedication of the Bells on December 15. It seems that the St. James' tower clock was a secondhand one which had previously seen service in the Silversmiths Hall. It came to Whitehaven during the last war and had weights suspended on pulleys below the old bell beams. With the removal of all the old timber beams from the tower in the



course of the bell installation new arrangements were necessary for the clock weights. These have now been placed high in the tower above the new bell frame and well out of harm's way.

The St. Nicholas' Clock has received a complete overhaul and new spindles have been fitted to the hands. For this restoration, which should give the clock a new lease of life, we are indebted to Copeland Borough Council who have powers un the Local Government Act to make grants towards the repair and maintenance of 'public clocks'.

From the number of comments made since it sopped there seems little doubt about this being a 'public clock'!

WILD AT HEART – Number 5.

Wild life photography falls into two categories – pictures that are taken by pure chance, on the spur of the moment, when a suitable subject is spotted, and those that are quite deliberately planned. One of mine which falls under the latter heading came about as a result of stumbling across an obviously occupied foxes earth, whilst out walking. I say "obviously occupied", because there was freshly disturbed soil, paw prints, the remains of prey and droppings in the vicinity. Accordingly, this was immediately selected as site to return to for the purpose of photography.

In the early hours of the following morning I duly returned, got myself comfortably and suitably concealed in a position with a good view, and waited – and waited. Result – nothing!

The following morning the procedure was repeated. Result – nothing! Next day the procedure was repeated yet again, and I waited. Result – patience was rewarded with the accompanying picture of a fox cub, looking straight at the camera and quite clearly saying to itself –"I am sure that thing was not there when I went to bed!"

Alan Gane.







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High Street, Whitehaven, Cumbria CA28 7PZ
Tel: 01946 691970

Email: admin@st-james-inf.cumbria.sch.uk
Website: www.st-james-inf.cumbria.sch.uk
Head Teacher: Mrs Alex Moore





'Choose the right path' based on Proverbs 22:6

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September 2023 update

Welcome to our new school year! We have been delighted to welcome our new and returning children to school and have been amazed by how well everyone has settled in. The staff worked really hard over the summer making even more improvements to our school environment. Visitors will really notice the difference in school and the children are enjoying learning in such a lovely space.

We ended out first week back with a fabulous day of Den Building All of the children learned to collaborate and work as a team to build some fabulous dens. It was a lovely sunny day too and the children thoroughly enjoyed themselves. The Year 2 children have also visited Bassenfell Manor Christian Centre at Bassenthwaite where they enjoyed orienteering activities. We have lots of other trips and activities planned this year to enhance our curriculum and make some fantastic memorable experiences for the children.

The children are learning how to keep themselves safe. Kidsafe lessons have started looking at who our trusted adults are and how friendships involve trust. We also had an assembly from Harriet from Phunky Foods who talked to the children about why a healthy diet is important.

Our new nursery children are enjoying all of our new resources. We have been delighted to welcome children from the day after their 3rd birthday this year and this is proving extremely popular. We would encourage parents not to leave applications too late as our numbers are limited and we only have a few spaces left for children to start after Christmas now.

Alex Moare



Our focus story from the bible has been Joshua and Caleb













THE SECRET PLACE.

Among the highest fells there lies Reflecting deepest cobalt skies, A lake, serene and sparkling there, A jewel, so beautiful and rare.

And yet, a distant corner holds A secret place more beauteous still, Well shielded, deep among the folds Of mountain sides and dashing ghylls.

Held close by mighty guardian rocks, Hard by the farthest shore, In this sweet cove of golden sand Man's worries are no more.

Water, rippling in the gentle breeze,
The rustling of the nearby trees,
The distant sound of wandering geese
And here, above all else is Peace.

Alan Gane.

Thoughts on our Christian pilgrimage...

Exercise daily – walk with the Lord. – Anon

We don't change God's message – His message changes us. – Anon

Whatever we part with for God's sake shall be made up to us in kind or kindness. – *Matthew Henry*

Affliction is God's shepherd dog to drive us back to the fold. - Anon

God's biggest problem with labourers in His vineyard is absenteeism. - Anon

God works in us and with us, not against us or without us. - John Owen

God always provides a light through every one of His tunnels. – *Anon*

We are saved not by our deeds but by Christ's sacrifice for our misdeeds. – *Fred Catherwood.*

Necessary evil: one we like so much we refuse to do away with it. - Anon

The need of the world is to listen to God. – *Albert Einstein*

A religion that does not begin with repentance is certain to end there – perhaps too late. – *Anon*

If Christians praised God more, the world would doubt Him less. – C E Jefferson

The Bible has a great deal to say about suffering and most of it is encouraging. – A W Tozer

Some people treat God as they do a lawyer; they go to Him only when they are in trouble. – *Anon*

The wages of sin is death. Repent before payday. – Anon

Bruce, Vanessa and Iris would like to thank everyone for the many sympathy cards, mass cards, flowers and messages of condolence received on Margery's death. To Anna, Dave and Audrey for the lovely service, and to Sigi and the Choir for singing so beautifully. To Audrey Dorothy and Val for visiting Margery at Rosehill House and to the carers who looked after her so well.

SAFELY HOME

I am home in Heaven, dear ones; Oh, so happy and so bright! There is perfect joy and beauty In this everlasting light.

All the pain and grief is over, Every restless tossing passed; I am now at peace forever, Safely home in Heaven at last.

Did you wonder I so calmly
Trod the valley of the shade?
Oh! but Jesus' love illumined
Every dark and fearful glade.

And He came Himself to meet me In that way so hard to tread; And with Jesus' arm to lean on, Could I have one doubt or dread?

Then you must not grieve so sorely, For I love you dearly still: Try to look beyond earth's shadows, Pray to trust our Father's Will.

There is work still waiting for you, So you must not idly stand; Do it now, while life remaineth – You shall rest in Jesus' land.

When that work is all completed, He will gently call you Home; Oh, the rapture of that meeting, Oh, the joy to see you come!

Christine Harriman

Sad to report the passing of Christine, who was a well liked cook at St. Nicholas' Centre. Ours thoughts and prayers are with Christine's family.



THE CLOCK ~ By Maura Kelly

As another day begins to dawn
A piercing sound I hear
It is the clock beside my bed
That screams at me so near

And as I place my hand upon it
To block its constant cry
The noise is stopped at once – hooray!
So I lay down and sigh

But as I snuggle deep within
The comfort of my bed
The motion of the clock I hear
'Get up, you're not yet dead'

Tick tock, tick tock
The rhythm of the clock
As the time of day is racing by
I shout out loud 'please stop'

But the clock it does not listen It covers up its ears So once again I raise my voice 'Be quiet, I'm sleeping here'

Then the clock becomes defiant
As time is on its side
And as its hands turn round and round
I slide down the bed to hide

But even in the darkness
Trapped and all alone
The calling of the clock surrounds me
In the bedroom of my home

And so we start to argue
As it tries to get its way
'Get out of bed you lazy thing
Get dressed and start your day'

This clock it does annoy me
But what is it I can do?
Then suddenly a thought pops up
I'll drop it down the loo!

Then its petty voice can't wake me In the early morning light And work will be a distant dream As I roll over and say 'goodnight'! WINE

FISH

QUAIL

FLOUR



What food did God supply for his people in the wilderness?

Numbers 11:7-9 and 31

After Elijah came to visit, what never ran out?

and



1 Kings 17:14

What food did the ravens feed Elijah?

__ _ and

1 Kings 17:6



What food did John the Baptist eat in the wilderness?

and

Matthew 3:4

What did the boy give Jesus to feed 5,000 people?

Five ___ __ __

and two

John 6:9

FIND THE BIBLE VERSE

Change each letter in this bible verse to the letter before it in the alphabet.

NBO TIBMM OPU MJWF PO CSFBE BMPOF, CVU PO FWFSZ XPSE UIBU DPNFT GSPN UIF NPVUI PG HPE.

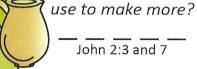
NBUUIFX 4:4



As Lot

escaped Sodom with his family an angel told him not to stop or look back, but Lot's wife did look back and became a pillar of salt

> READ Genesis 19 v15-26



ANNA

WATER

LOCUSTS

IOAVES

OIL

John 2:3 and 7

What drink ran

out at the wedding?

and what did Jesus

EBREADHONEY

Find the words below and the answers to the questions all in the word search

E S OLIVES · CHEESE FIGS • DATES

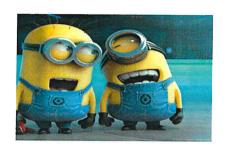
MUSTARD Y RAISINS · WHEAT

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SALT • GRAIN FRUIT • GRAPES **VEGETABLES**

Oct22 @ deborah noble • parishpump.co.uk

Have a giggle!!!!



Apples

Mother: "Martin, last night I put two apples in this cupboard and now there is only one. How do you explain that?"

Martin: "I expect it was so dark I couldn't see the other one."

Salt

The Sunday School teacher was describing how when Lot's wife looked back at Sodom, she turned into a pillar of salt. Young James nodded with understanding. "My mum looked back once while she was driving," he observed, "and she turned into a telephone pole."

Hereafter

A vicar was talking to one of his parishioners. He said: "When you get to my age, you spend a lot more time thinking about the hereafter."

The parishioner was impressed and asked him to for more details. The vicar replied: "Well, I often find myself going into a room and thinking: whatever did I come in here after?"

Chicken and pig

A chicken and a pig were walking by a church where a gala charity event was taking place. Getting caught up in the spirit of the fun, the chicken suggested to the pig that they each contribute to the meal. "Let's offer them ham and eggs!"

"Not so fast," said the pig. "For you, that's a contribution. For me, it's a total commitment."

Noise

The wheel of my grocery cart was making a horrible scraping sound as I rolled it through the supermarket. Nevertheless, when I finished my shopping and saw a cartless woman, I offered it up, explaining, "It makes an awful complaining noise, but it works."

"That's okay," she said cheerfully, taking it. "I have a husband at home like that."

It can be read in the Bible in Genesis chapters 39:20-41:44

A short story from the Bible

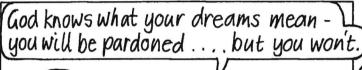
Joseph's brothers had sold him as a slave and he had ended up in Egypt. Then he was wrongly accused and was sent to prison.



Joseph was trusted to look after the other prisoners. Then Pharaoh's butler and baker were sent to the prison. One night they had strange dreams.



.all the bread in my baskets was eaten by birds.





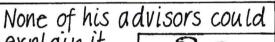
The two men left the prison.

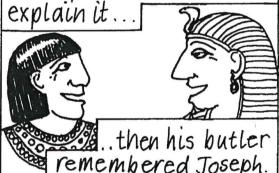
Don't forget me!



Two years later Pharaoh had a dream







remembered Joseph.

So Joseph was cleaned up and sent to Pharaoh [



and then the seven thin cows ate the seven fat cows but they were still thin.

Godsays there will be seven bumper years, then seven years of famine.





You must choose someone trustworthy to store the spare food in the goodyears Pharaoh was so impressed he gave Joseph the job!



COMING UP!!!!....



QUICHE AND A CUPPA COFFEE MORNING

Saturday 21st October 9-30-12noon
St Nicholas Centre
Come and enjoy, a warm welcome awaits you.
and of course there will be a raffle



CHRISTMAS FAIR

Saturday 25th November St Nicholas Centre Times TBC

To keep updated with all our events why not give us a follow on facebook

Parish of Whitehaven

St Nicholas Centre

St James Community Centre

Also don't forget our website Whitehavenparish.org.uk

All entries for the Nov mag must be submitted to Donna at the Parish Office by

October 20th.

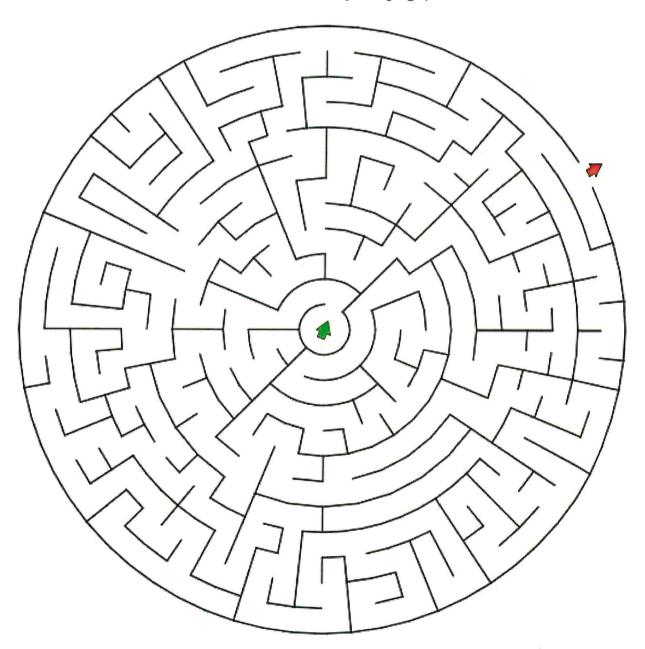
whitehavenparish@btinternet.com

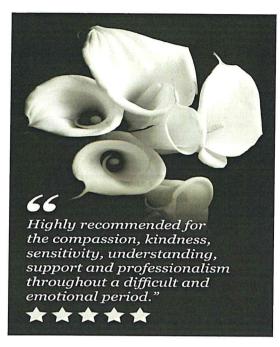
Answers for the crossword

ACROSS: 1, Deacon. 4, Appear. 7, Wits. 8, Heavenly. 9, Argument. 13, Mob. 16, Broken-hearted. 17, Ran. 19, Suddenly. 24, Obstacle. 25, John. 26, Enable. 27, Market.

DOWN: 1, Dawn. 2, Afternoon. 3, Nehum. 4, Again. 5, Prey. 6, All to. 10, Users. 11, Ephod. 12, Trace. 13, Metalwork. 14, Body. 15, Eber. 18, Alban. 20, Uncle. 21, Dream. 22, Stab. 23, Gnat.

A little maze (to fill a page)





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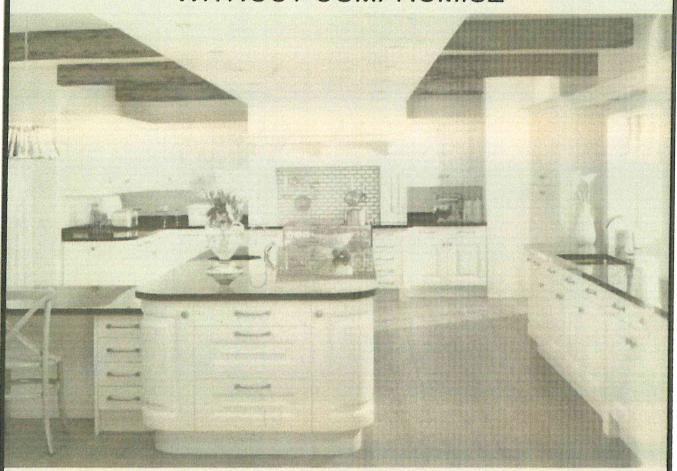
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If you wish to learn more about the Mothers' Union please contact Sheila Kelly, Branch Secretary on 65154

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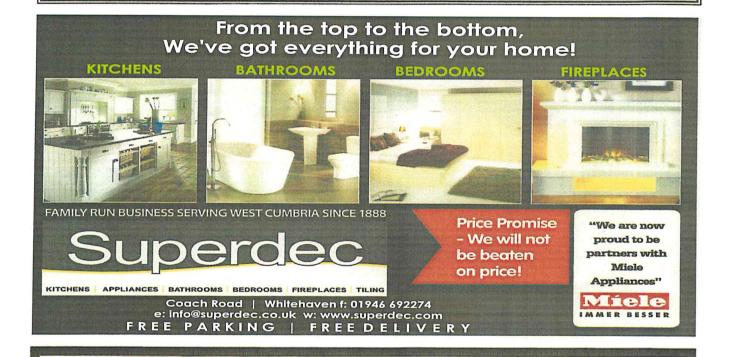
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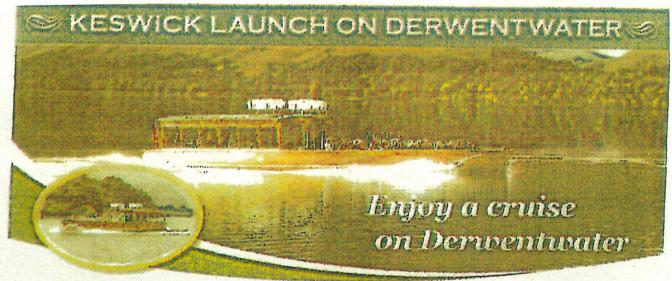
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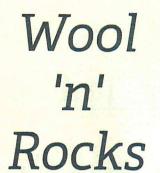
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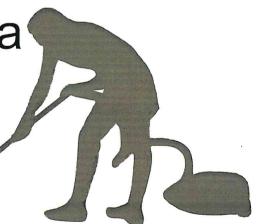
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The Mother and Baby Project is for young mothers and their baby who were victims of domestic abuse and have nowhere safe to stay. We also have Move On Flats for those transitioning towards independence.

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The Senhouse Centre provides a range of holistic therapies such as yoga, reflexology, homeopathy, counselling and support groups. Room Hire is also available at the Senhouse Centre for more information about the services we provide please call 01946 590122



For Information please find us at www.wct-whitehaven.co.uk



