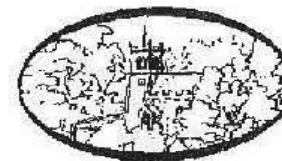


PARISH CALENDAR 2024

MARCH				EVENT	SIDESMEN/ WOMEN	ALTAR FLOW-	CHURCH CLEANERS
3rd	Lent III	11.15 am	Holy Communion	Revd. Dr. Judith Clark	Mrs B. Lewis	No Flowers in Lent	Mr B. & Mrs B. Lewis
10th	Mothering Sunday	11.15 am	Matins	Revd. Dr. Judith Clark	Mrs A. Wallace	No Flowers in Lent	Mrs A. & Mrs K.. Herron
17th	Lent V	11.15 am	Holy Communion	Revd. Anne Hardacre	Mrs P. McFall	No Flowers in Lent	Mr P. & Mrs M. Mercer
24th	Palm Sunday	11.15 am	Matins	Revd. Dr. Judith Clark	Mrs K. Herron	No Flowers in Lent	Mrs S Travis Mrs A Chadwick
30th	Saturday	2pm	Decorate Church for Easter				
31st	Easter Sunday	11.15 am	Matins	Revd. Dr. Judith Clark	Mrs A. Wallace	Hon Mrs R Assheton	Mr I. & Mrs L. Walton
APRIL							
7th	Easter I	11.15 am	Holy Communion	Revd. Dr. Judith Clark	Mrs B. Lewis		Mr B. & Mrs B. Lewis
THE PARISH CHURCH OF St LEONARD IS MOST GRATEFUL TO THE INDIVIDUALS, BUSINESSES AND ORGANISATIONS THAT SPONSOR THE PARISH NEWSLETTER							
<p>OUR PRIEST IN CHARGE Revd. Dr. Judith Clark</p> <p>OUR CHURCH WARDENS The Hon RC Assheton 07817 634392 = Mrs P McFall 441484 = Mr I. Walton 07979 598 057</p> <p>DOWNHAM VILLAGE HALL MANAGEMENT COMMITTEE Chairman Mr Neil Wallace —441196 Hon Secretary Mrs Clare Ashworth —445112</p> <p>Village Hall Bookings —info@downhamvillagehall.org.uk .</p>							
<p>Downham Social Media Resources The public Facebook page - "Downham Village" The private Facebook page - Downham & Twiston Residents</p>					<p>CHURCH RESOURCES Morning Prayer for Clitheroe, Chatburn and Downham is streamed on YouTube Monday - Saturday. Access it via St. Mary Magdalene' Face- book page or via the link on the website site</p>		

PARISH OF ST. LEONARD

DOWNHAM & TWISTON



newsletter

2024 Issue 3 March www.downhamvillage.org.uk

From the Revd. Dr. Judith Clark

Dear Friends

The first signs of spring are hesitantly making an appearance as Crocus, Daffodil and other flowers start to shoot out of the ground. The days are lengthening and it won't be long before lambs start to frolic in the fields once more. Spring is nature's tonic for the soul, after the dreary depths of winter with the rain and the snow and the wind. Daily walks can resume once more, with some level of reassurance that they won't be interrupted by the fear of falling on ice! Necks will crane to judge when buds will appear on trees and cherry blossom will bloom in gardens across the area.

A sense of hope comes with the spring, even if it is just the hope of a warm and pleasant summer (ever the optimist!) More often though it is a joyful, warming of the soul, with which we can't help but smile, as we see God's creation bursting forth into life once more.

These shoots of new life remind us of the potential for growth in our own lives, the excitement and possibility which a new opportunity brings and the possible growth in the fruits of the spirit, as we spiritually repent, renew and refresh ourselves during the spiritual season of Lent. Most importantly though, they remind us of the new life we have in Christ. An eternal life given to us through His death, resurrection and ascension.

So, this spring may you have a joyous and hope filled Easter.

Yours in Christ

Judith



IN OUR THOUGHTS & PRAYERS

Friends neighbours who have been unwell or who are in hospital at this time.



In Remembrance

Tom Parker

It was only last autumn that we were reporting that tom was the same as ever. Sadly that all changed on 5 January when he had a stroke. He was taken to James Cook Hospital in Middlesborough, but died on 25th January.

The Parker family had farmed at Downham for over 200 years. Tom retired and moved out of Springs Farm in 2016, to live near Thirsk. His funeral was at Martin Top Chapel and he was buried close to his parents.

Derrick Smith

The funeral took place at St Leonard's for Derrick, who died aged 91. He had lived in the parish for many years as a younger man. In particular at Downham Mill just after World War Two and later at Twiston. He is remembered with great affection by those who enjoyed the Downham Youth Club, which he ran in the 1970s. Derrick's father had been the estate woodman, who (I believe) roped in his sons to help with the replanting of Hookcliffe Wood after its wartime felling.

Blooming Scary? Not ...

Seeing St Leonard's floral decorations for Christmas, Easter, weddings etc, you might think (as I did) that 'DOING THE CHURCH FLOWERS' or being 'ON THE FLOWER ROTA' was completely outside the comfort zone and something for experts or talented amateurs. Really not something for this graduate of the 'dump it in a vase and hope' school of flower arranging...

Now I realise that the deal is to just sometimes fill the two smallish vases on the altar with something bright and cheerful ready for Sunday service. Whatever you like - preferably seasonal, inexpensive, and maybe donated by a friend or neighbouring garden?! Or your own very favourite blooms ... no special skills needed or expert florist's kit.

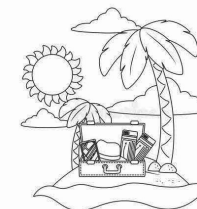
St Leonards' altar flowers are often done by individuals or families to celebrate a particular anniversary or date that means something special to them - even if they aren't regular church goers. And then the community does get together to decorate the whole church for holidays. Why not come along to St Leonards and find out more **at 2.00 pm on Saturday 30th March for the Easter session?**

If you can't make that, and are interested contact Philippa McFall on 01200 441484 or mcfallphilippa@gmail.com.

OA



It is with great pleasure that I introduce a new travel writing feature to the newsletter, thanks to Chris Moss, who lives at Springs Farm. Chris is a well known travel writer and regularly contributes to The Guardian and to the Daily and Sunday Telegraph, amongst other publications. And as if he doesn't have enough to do, Chris has kindly agreed to be a regular contributor to our newsletter too. Thanks Chris - Ed



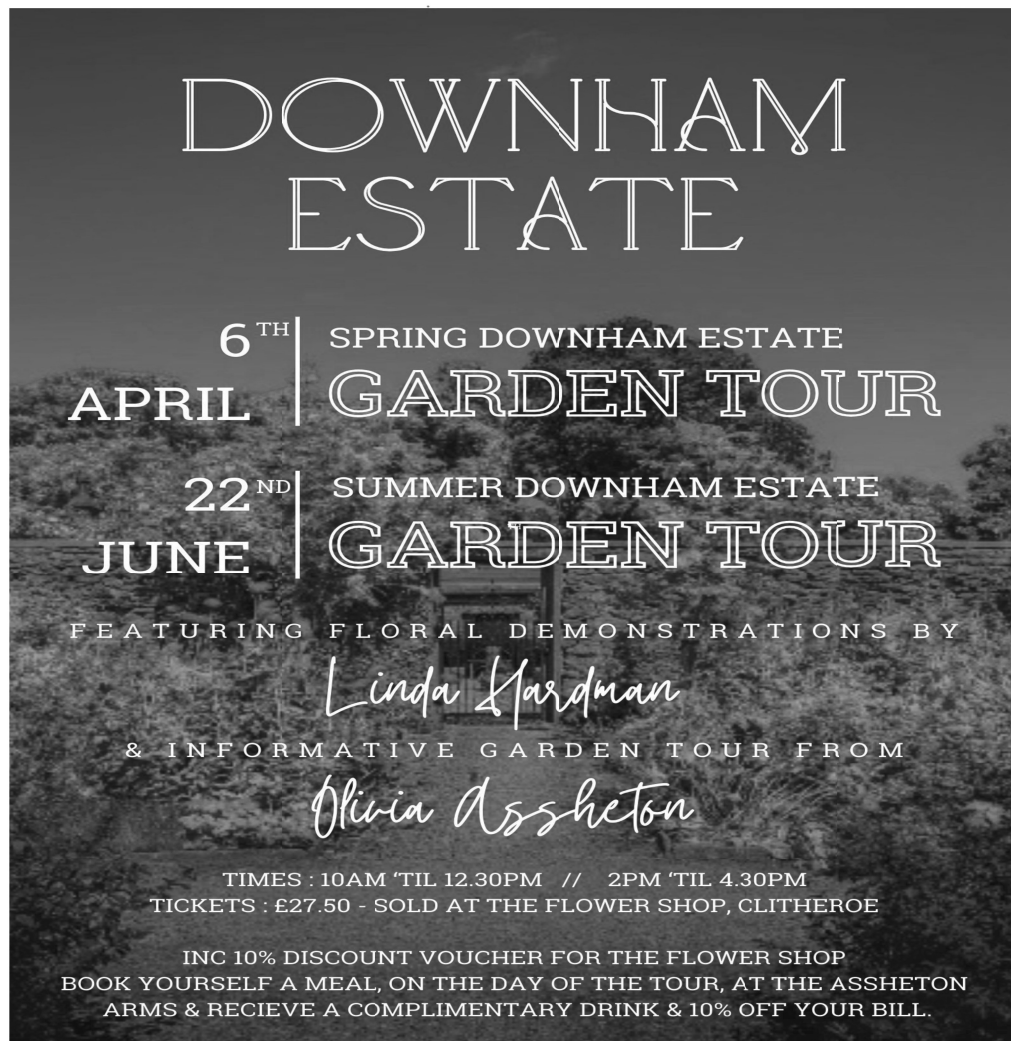
Homes from home

Travel writers and adventurous tourists like to frame their holidays as quests. But I've always had a sneaking suspicion that the majority of trips are taken mainly to get away from things: routines, people, worries, woes. The relationship between questing and escaping is more nuanced than might initially appear.

On my first trip to Patagonia - almost three decades ago - I was impressed, as are most visitors, by the glaciers, the gelid lakes with their surreal hues, the towers and pinnacles of the Andes, and the vast steppe that spreads from the foot of the mountain range to the Atlantic coast. But, while stopping in a place called Río Turbio on the Argentina/Chile border something unexpected caught my attention - visually, first, and then more psychologically. It was simply the fact that the scarred hillocks and dun-coloured grasslands reminded me of home - specifically the western edges of the Pennines and Lancashire Plain. This was the coal-mining country I grew up in and it was strange, but not at all unpleasant, to have journeyed so far and found myself in a totally familiar environment. Later, when I crossed the frontier by bus, many seats were occupied by colliers going home after a shift. It could have been the number 329 to St Helens via Parr.

For a moment, I was both at home and very far away, and at some mid-point between escapism and a quest. Maybe that is my favourite destination.

Chris Moss



DOWNHAM ESTATE

6TH APRIL | SPRING DOWNHAM ESTATE GARDEN TOUR

22ND JUNE | SUMMER DOWNHAM ESTATE GARDEN TOUR

FEATURING FLORAL DEMONSTRATIONS BY

Linda Hardman

& INFORMATIVE GARDEN TOUR FROM

Olivia Assheton

TIMES : 10AM 'TIL 12.30PM // 2PM 'TIL 4.30PM
TICKETS : £27.50 - SOLD AT THE FLOWER SHOP, CLITHEROE

INC 10% DISCOUNT VOUCHER FOR THE FLOWER SHOP
BOOK YOURSELF A MEAL, ON THE DAY OF THE TOUR, AT THE ASSHETON ARMS & RECIEVE A COMPLIMENTARY DRINK & 10% OFF YOUR BILL.

**Bowland Dark Skies Festival -From Sandra Silk,
Project Officer, Forest of Bowland National Landscape**



A Diamond Year to Discover Bowland

2024 marks 60 years since the designation of the Forest of Bowland as an Area of Outstanding Natural Beauty and coincides with celebrating our new name as a National Landscape, making this a fantastic year to explore and enjoy this beautiful area.

As the Forest of Bowland launches its 2024 'Discover Bowland Guide', rural businesses in the area's Sustainable Tourism Network are emphasising the year-round appeal of this beautiful area and a warm welcome for everyone.

As well as offering practical advice and information on making the most of holidays and short breaks in the area, the Discover Bowland Guide also highlights the increasingly diverse tourism options in the amazing landscapes of the Forest of Bowland.

From year-round favourites like walking and cycling, to exploring the night skies, food tourism and the therapeutic benefits of being in nature, the new Guide is packed with useful tips and practical information.

Forest of Bowland AONB sustainable tourism officer Hetty Byrne said:

"From a refreshing winter break at a rural inn with roaring log fires and fabulous local food to a fun-filled family holiday or a short spring break as the countryside bursts back to life, the Forest of Bowland is a genuine destination for all seasons."

"We're also delighted to launch our 12 new Eco Escapes itineraries to enable eco-conscious visitors to refresh, recharge and revive with a sustainable short break in the area's beautiful green spaces."

The 116-page Discover guide also includes features about the fantastic work of the Forest of Bowland National Landscape Team. Find out about new peatland restoration practices, volunteer bumble bee helpers, nature recovery plans and new developments to break down barriers to accessing the countryside.

Why not join Festival Bowland and experience a whole variety of events throughout the seasons? From winter dark sky adventures and spring moorland safaris, to summer days enjoying our iconic meadows and autumn foraging and feasting - there is something to discover for everyone.

This year's guide was launched at Wild Fox Distillery, Inglewhite on 8th February and was attended by members of the Bowland Sustainable Tourism Business network, who enjoyed a morning of networking and finding out about more inclusive and accessible tourism.

Printed in a durable perfect-bound pocket-friendly format, the guide will be widely available at tourist information centres, hospitality and accommodation providers and other outlets across the Forest of Bowland National Landscape. The guide will also be available to download online at www.forestofbowland.com

To learn more about the National Landscapes Association go to their website which, by the way, is a darn good one:

<https://national-landscapes.org.uk/news/welcome-to-national-landscapes>

February News - ROUND & ABOUT

RAINFALL

The weather does not seem to be drying up much! In January we had 6.08 inches, against an average of 4.41. Up until 15th January we had had 2.43 inches, which is more than half the average for the whole of February, which stands at 3.41 inches

CAR PARK

The arrival on the Estate of a new miniature articulated loading machine, has led to a flurry of activity. A rotary brush was hired, which enabled the village car park to have a makeover. The scrubbing resulted in several tonnes of mud, grit and moss being removed. Sadly the shine will no doubt

Fields of Green Folk Club

Presents an evening of music at with singer-songwriter **Reg Meuross, with support act Cobalt Tales.**

Downham Village Hall, Friday April 12th at 7.30pm—doors open at 6.30pm

This will be a charity event with a raffle - proceeds going to the Village Hall.

Tickets £20 / concessions £15, with a complimentary drink from the licensed bar.
Contact Linda 07401 629 304



Coffee Club

Dear Members

Our coffee club resumes on Wednesday March 27th , at our usual time of 10.30am. We are looking forward to having a good catch up.

I'll distribute a list of dates for the year, but will telephone anyone who can't be there. Again, anyone new to the area will be made very welcome. Just pop in to say hello - it's a good way to meet people and enjoy a cuppa at the same time! See you all soon.

Barbara & Brian

Another recipe treat from our friends at Greendale Teahouse...

I know summer seems a while off yet, but at this time of year we're all starting to look forward to longer days and nicer weather. Perhaps you still have a glut of tomatoes and courgettes lingering in the freezer from last season? Or maybe you might just fancy a little sunshine in a bowl just to keep you going until the warmer rays are breaking back through the clouds. Well, here's a recipe to solve both, it's been warmly received by visitors to the teahouse last weekend!

Tomato, Courgette & Basil Soup

Ingredients

1 tbsp olive oil	½ teaspoon sweet smoked paprika½
1 onions, finely chopped	½ teaspoon fresh rosemary, finely chopped
2 cloves garlic, crushed	1 teaspoon balsamic vinegar
1 red pepper, diced	800g ripe vine tomatoes (or 1 tin chopped tomatoes)
1 yellow pepper, diced	750ml vegetable stock (or use one stock cube to make up 750ml)
1 courgettes, diced	1 tablespoon sun-dried tomato paste (optional)
	1 bunch basil, roughly chopped
	Salt and freshly ground pepper



Method

- 1.If you're using fresh tomatoes, start by halving them and placing them cut side up on a roasting tray. Drizzle with a little olive oil and sprinkle with a little sea salt, then roast the tomatoes in the oven at 180°C for a good hour. What they'll lose in volume, they'll gain in flavour.
2. Heat the oil in a large casserole pan, add the onion and garlic, then gently cook for 10 minutes without colouring the onions too much. Sprinkle with a little salt.
3. Add the peppers, courgettes, paprika and rosemary to the pan, turn the heat up to high and cook for a further 3 minutes, stirring constantly so that the veggies don't catch.
4. Add the balsamic vinegar, along with the (chopped) tomatoes and the veg stock and bring to the boil. Turn the heat down, cover with a lid and let it simmer away for 15 minutes.
5. If you're using it, stir in the sun dried tomato paste and cook for a further 5 minutes.
6. Blend the soup well and pass it through a sieve to get a super smooth consistency.
7. Finally, stir in the freshly chopped basil, season to taste with salt and freshly ground black pepper and serve immediately, perhaps with a little drizzle of double cream.