

PARISH CALENDAR 2020

NOVEMBER			Event	Sidesmen/ women	Altar Flowers	Church Cleaners
1st	Trinity XXII	11.15 am	Holy Communion Revd Andy Froud	Mrs B Lewis	Lord Lady Clitheroe	Mrs D Braithwaite Mrs J Shepperd
8th	Trinity XXIII Remembrance	10.50 am	Matins Revd Ann Hardacre	Mr I Walton		Mr & Mrs P Mercer
10th	Tuesday	6.00 pm	VH Management	Zoom	Committee Meeting	
15th	Trinity XXIV	11.15 am	Holy Communion Revd Andy Froud	Mrs A Wallace	Mrs A Wallace	Mrs S Travis Mrs A Chadwick
22nd	Trinity XXV	11.15 am	Matins Revd Andy Froud	Mr T McLean		Mr & Mrs C Ennis
29th	Advent I	11.15 am	Matins Revd Andy Froud	Mrs K Herron	NO FLOWERS	Mr & Mrs P Eldridge

DECEMBER

6th	Advent II	11.15 am	Holy Communion Revd Andy Froud	Mr B Lewis	IN ADVENT	Hon Mrs R Assheton Mrs C Naylor
-----	-----------	----------	-----------------------------------	------------	------------------	------------------------------------

THE PARISH CHURCH OF St LEONARD IS VERY GRATEFUL TO THOSE BUSINESSES,
ORGANISATIONS AND INDIVIDUALS THAT SPONSOR THE NEWSLETTER.
IN NOVEMBER THE NEWSLETTER IS SPONSORED IN LOVING MEMORY OF BETTY MERCER

OUR PRIEST IN CHARGE – Revd Andy Froud
The Vicarage, Church Street, Clitheroe BB7 2DD
01200 423317 0796 957 6691 andyfroud@gmail.com

OUR CHURCH WARDENS
The Hon Ralph Assheton 441210- Mrs Philippa McFall - 441484 Mr Ian Walton—445063

VILLAGE HALL MANAGEMENT COMMITTEE
Chairman Mr Neil Wallace 441196
Hon. Secretary Mrs Clare Ashworth—445112
Village Hall Bookings email info@downhamvillagehall.org.uk

Downham Social Media Resources

The public Facebook page -
"Downham Village"

The private Facebook page
"Downham & Twiston Residents"

Various Whatsapp groups including
"Downham WI Here to Help"

ONLINE CHURCH RESOURCES

Regular worship is streamed by
Rev Andy Froud on Youtube
via the St. Mary Magdalene's
website:

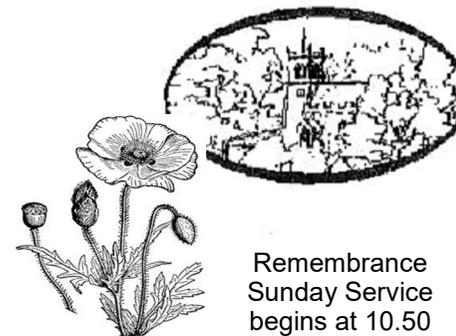
www.stmarysclitheroe.co.uk

PARISH OF ST. LEONARD

DOWNHAM & TWISTON

newsletter

Issue 11 November 2020



Remembrance
Sunday Service
begins at 10.50

From The Revd Andy Froud

Dear Friends,

Do you forget what you have gone upstairs for? You have suffered from WWILFing then. WWILF stands for What Was I Looking For? Or have you forgotten the name of someone you've met dozens of times? Or your wedding anniversary? (most men will do it. Once). Memory is a fragile thing and the consequences of injury or illness to the brain, tragic, as anyone who has seen the effects can testify. Perhaps more frightening than forgetting is the experience of having your memories challenged.

According to the excellent book. *The Memory Illusion* by Dr Julia Shaw, false memories are far more prevalent than we think. And she should know, as a forensic psychologist she advises businesses, the police and the military and of course in legal cases, Maybe that's why so much of our lives is built around sharing memories: at parties, family get-togethers, funerals, any time really when human beings gather, we remember. Meeting together reinforces our memories, good and bad. At its heart the eucharist we celebrate each Sunday is a remembering of the Last Supper; "do this, in remembrance of me".

November is the memory season: All Souls, when we remember all those who have died over the last twelve months and of course Remembrance Sunday, which this year falls on 8th November. Sadly it's clear that this year we will not be able to meet together as we would like to do. But I hope that we will find new ways of remembering together those who fought and died in the cause of freedom this year, even if we have to observe the 2 minute silence from our doorsteps. By the way, anyone who would like to borrow *The Memory Illusion* is very welcome to - as soon as I work out where I've put it.

Yours in

Christ,



O God of peace,
 whose Son Jesus Christ proclaimed the kingdom and restored the broken to
 wholeness of life:
 look with compassion upon the anguish of the world and, by thy healing power,
 make whole both people and nations;
 through our Lord and Saviour Jesus Christ.

NINA HEALY ne Robinson

THE congregation of St Leonard's was saddened to hear of the death of Mrs Nina Healy. A member of our congregation for a number of years. Nina and Edward lived in Rimington and Nina returned to the church of her childhood - she was a member of the Downham Robinson family.

Nina's funeral took place at St Leonard's on Monday, 12th October. With all the permitted places taken, a large gathering paid their respects outside church. Among those who waited in the showery weather were members of the group with whom Nina and Edward enjoyed dancing. Nina had been ill for some time. We shall miss her joining the congregation in her quiet way.

DOWNHAM PRE SCHOOL

THIS month at Preschool we have been learning about Autumn, we have made leaves, conkers, acorns, squirrels, hedgehogs. crows, scarecrows, and Autumn trees using shapes (circles, rectangles, squares, and triangles as leaves) etc. We have collected lots of leaves/ conkers and acorns to use in our outside kitchen to make potions. We have used the lengths of wood which Cliff the joiner gave use to make dens and hedgehog houses. We will be on half term at the end of the month, so you won't hear or see us until November. Happy Halloween from all of us. SC



IN OUR PRAYERS AND THOUGHTS

Ian Walton Shaun Roney, Harry and Kath Brown and Jon Whitsey.
 Edward and the family of Nina Healy
 and to those with ongoing medical treatments and those shielding.

CLIFF JONES

Cliff the joiner will be well known to all the Estate tenants. He has decided that the time has come to hang up his saw and chisel to enjoy a well deserved retirement. He has been based here for about 22 years, though was involved with the Estate before then as an employee of RE Frankland for 15 years. He still has one or two jobs to complete (thanks to Covid complications), so you may see him knocking around for a little while yet.

RCA

SPECTATOR

Tut, what a year so far. 2020, the non-year. The year of cancellations of concerts, plays, films, operations, lives, and it doesn't look like it's getting any better, so we just have to focus on the positive and laugh a lot. On that note, I have some good news....my middle daughter Vicky is getting married on the 21st December, just one day before mine and Jon's 25th wedding anniversary. I can't believe he has put up with me for so long,

Although as we have grown older and wobblier together, we realise that we were meant for each other. We would have spoilt another couple!

Vicky is getting married, in Gretna Green. She's said she has always wanted to get married there and we are glad that she has found Mr Right (David). Of course this means a new hat, a fascinator or even a hatinator which is a cross between the two, and a new frock. Watch out Boundary Mill, we're coming.

If I had one pearl of wisdom to pass on to my future son in law, it would be to always remember, A Happy wife equals a happy life and an unhappy wife doesn't even bare thinking about.

So positive tick and now for the laugh:

Joke:
 What's orange and sounds like a parrot?
 Answer: A CARROT!

'Edgrow 'Arry

NOW is the time that the Rowan berries are ripening. The bright red "pomes" were considered to ward off evil and wood from the Mountain Ash was used to make divining rods and also to stir milk to prevent it curdling. Small pieces were also once employed as pocket charms against rheumatism.

A word of caution – please be careful as the berries of some cultivars and species contain high levels of parasorbic acid that can cause kidney damage and indigestion. However when the berries are carefully treated - by freeezing or heating – there is a chemical change to a more beneficial sorbic acid that may have health benefits relating to its antibacterial, antioxidant and immune boosting properties.



Rowan berries have traditionally been used to flavour liqueurs, jams and jellies. Its bitter taste goes well with game dishes. JA

ANNE CHADWICK SAYS:

I HAVE been in contact with a chimney sweep with a view to him coming into the village in December. So far I have a possible 3 or 4 houses interested, so he has quoted £50 per house, whether that would alter if more houses were to be done is not clear, but if anyone else would like to have their chimney swept they would need to contact me ASAP so that I can book it. Contact me on 441277.

NOVEMBER 5th

WHILE there will be no festivities at the Village Hall this year, there may well be a bonfire and the odd firework lit to mark the occasion (weather permitting). The location is a closely guarded secret to avoid any of you congregating nearby, but if you keep your eyes (and ears) peeled from 6pm you might catch a glimpse!

RCA

Here is a News Item from the Clitheroe Newspaper reporting on an event that took place in August 1962 which has a November connection.

NEW STANDARD

EX - SERVICEMEN from Clitheroe and district and members of British Legion branches throughout North and East Lancashire will walk in procession through the streets of Clitheroe on Sunday, August 26th.

The occasion will be the dedication of a new standard, presented by Lord Clitheroe, for the Clitheroe branch of the British Legion and the laying-up of the old standard at Clitheroe Parish Church.

The old standard, which was subscribed for by 14 members of the Clitheroe branch, was dedicated on the day World War II began.

On that day, I am told by Mr. George Brayshaw, secretary of the Clitheroe branch of the Legion, members of the Territorial Army, who were stationed at the old Carlton Mill barracks, escorted the standard and left the following day for active service.

The new standard will be dedicated by the Vicar of Clitheroe, the Rev. A. F. Clark, who will also officiate at the laying-up ceremony.

Festival Bowland 2020

Tuesday 24th November, 6.30pm - 8.00pm

Meet the Artists

Perhaps you've always had a creative side, or maybe the past six months have awakened a spark? Whatever your motivation, join us for this chance to meet three artists who find much of their inspiration in the fells and fields, and whose work reflects the palette of our richly diverse countryside.

During this live, online event Heather Fox, Cultural Development Manager with Lancashire County Council, will chat with Bowland-based Nita Burrows and Keith Parkinson, and Cumbria-based Annie Luke Turner, to find out what motivates them, how they arrived at their current style and how you could be inspired to create your very own pieces.

Alongside video clips of the artists out in the landscape and in the studio we'll share details of where you can see each of their work. SS

The event is free but places need to be booked in advance via Eventbrite at: <https://www.eventbrite.co.uk/e/meet-the-artists-tickets-125329069621>

For more information call Sandra Silk on 07973 923142 or email sandra.silk@lancashire.gov.uk



MESSAGE FROM PHILIP NAYLOR - Now officially Over The Hill.....

MOST of you will know that Chrissy and I, together with Emma, David and Eira have moved out of the village to our new home of Black Moss Barn. It is the end of a long association with the village for all of us. Chrissy has lived in Downham, off and on for over 30 years and I for the last 10. Emma, David and Eira a little less. We have enjoyed every minute and cherish the friendships we have made. We have not moved far away and very much look forward to keeping up all our links to the Village.

To all Downham Village Hall Users



DOWNHAM VILLAGE HALL's Committee undertook a thorough appraisal of the condition of the Hall in the Summer when we were closed for Covid. Major issues were identified in the process of planning for the post-lockdown opening. We're afraid that the news is very challenging.

Many new regulations must be complied with and the general state of the building means that we are faced with a significant project to re-roof, re-wire, update the fire safety system and improve disabled access at the Hall. There will also be the costs of subsequent restoration and redecoration and the provision of new Covid-safe sanitary equipment.

We are underway with the project. Costing is far from complete but we believe it will be in the region of £75,000. The good news is that we have already been given the green light by the Lancashire Environment Fund 'LEF' to apply for a 'Main Grant' of up to £30,000. There have been promises of further funding from two other Charitable Trusts and work is ongoing to identify further sources of funding. If anyone has any suggestions on this front, please contact Olivia Assheton: olivia@asshetonpr.co.uk.

The aim is to have a fully costed plan ready by the end of November, and we will then pull together the financing over the next quarter. We will not hear from the LEF until early March 2021, and we would like to be ready to start as soon as we are sure of the funding.

What we really need from the community at this stage, though, are LETTERS OF SUPPORT and real evidence that the community needs the Village Hall.

The appeal is to both individuals and organisations. Please put into your own words what the Village Hall means to you now or has meant to you in the past. We want to demonstrate what an important community asset it is and will be in the future. Clare Ashworth: verenaashworth@icloud.com will be organising the support for the Hall. Please email her with your contribution or send her a written letter to: 1 Lowergate Farm, Twiston, BB7 4DE. Please contact her if you need any help with your letters.

Our full application needs to be in to meet a 1st December deadline, so please treat this as a matter of some urgency if you want us to save and improve the Village Hall for the future. If you would like to get involved in the fundraising effort in any way and are not already a committee member, do let us know via. Clare's contact details above.

Warmest Regards to everyone and stay safe. DVH Management Committee.

READY, STEADY, CENSUS

THE decennial census is almost upon us. Households across the Ribble Valley will soon be asked to take part in the nationwide survey of housing and the population. It has been carried out every decade since 1801, with the exception of 1941.

Information from the digital-first census will help decide how services are planned and funded in our local area. This could mean things like doctors' surgeries, housing or new bus routes.

In March, households will receive a letter with a unique access code in the post, allowing them to complete their questionnaire online. Paper questionnaires will be available on request. Census day is 21st March. For more information, visit census.gov.uk.

THE PARISH CHURCH

HARVEST FESTIVAL

Sunday 4th October

THE Harvest service this year was, inevitably, different from previous years, all our permitted seats were taken up, we had two shortened hymns sung for us. Thank you to everyone who donated to our Harvest festival this year in a time when many people are struggling and anxious about their finances it is really encouraging to see how generously people have responded. Do not forget that there is a Foodbank Collection Point in church all the times and all donations, particularly in the run-up to Christmas are very welcome.
AF

REMEMBRANCE SUNDAY

8th November - 10.50am start

I write this on 22nd October, with Tier 3 status recently announced for Lancashire. It appears that a Remembrance Service is still allowed, but as with so much of life, Remembrance this year will be different. While there will be a Remembrance service in Church as usual, we are only able to accommodate 30 in the congregation. (We have squeezed a few extra seats by ending the Wednesday morning private worship facility which has not been fully used).

The Diocese has advised that we need to plan for the possibility of people from other parishes wishing to attend our service as their Church is over subscribed. **Please, please, please make a positive booking if you want to come to the service.** You can book via the Hon Sec or on the sheet in Church next Sunday,

Do remember that the Royal British Legion are suggesting that those who cannot attend a service (or feel uncomfortable with mixing with others) should mark the two minutes silence on their own doorstep.

RCA

ST LEONARD'S DAY TIDYING

Saturday 7 November between 10.00am and Noon

IN light of Covid there will not be the usual tidying of the inside of Church this year, but if one or two of you would like to come and spend a few minutes clearing up the Church yard in an isolated fashion it would be appreciated. Blissfully there is less to do this year as the sheep have done a good job of eating ivy as well as the grass! RCA

CHURCH WARDENS

FOLLOWING their election Church Wardens are normally sworn in-at a Deanery Visitation held in one of the larger churches of the Whalley Deanery. No such gathering is possible this year. Our wardens were admitted to office for the year at a smaller ceremony conducted at our 11.15 am service, by our own Priest in Charge, the Revd Andy Froud on Sunday 25th October.

Our Wardens, Hon Ralph Assheton, Mrs Philippa McFall and Mr Ian Walton solemnly undertook to represent the people of God; to work with the leadership of the Parish, ordained and lay; to be an example and encouragement to their fellow Christians and to promote unity and peace.

Presenting them with their staves of office the Vicar thanked them for being prepared to take up the office and formally admitted them to be church wardens.

The Parish too is grateful to the wardens for taking up this leadership role of representation, encouragement and promotion of unity and peace together with the maintenance of order in the church and church yard.



Give peas a chance...

SOME suggest November 5th marks the last time someone entered Parliament with honest intent, but Bonfire Night may also have links to the old fire festivals of the pagan season of Samhain. Whatever its heritage, as the nights draw in, there can be a hankering for comfort food and hearty stews. One old festive dish still served in many Lancashire towns are black peas. Although unknown to many modern palettes, black peas – served with lashings of vinegar were once a staple “fast food”. In a time now gone, Clitheroe Market contained a well known character called “Pea Harry” selling the steaming legume from a wooden hut. Black peas – also known as Parched, Badger, Carlin or Pigeon peas may have their lineage from the Middle Ages when every household cooked pottage. Dried peas were easy to store and contained significant amounts of protein and fibre. If you want to give black peas a try at home this Bonfire Night, soak a pound of dried black peas in cold water with a pinch of baking soda and leave overnight. Cook the peas in a pan with a chopped carrot, celery and onion. Bring to a boil then simmer for a couple of hours. To add a 21st century Ribble Valley twist, perhaps replace the additional malt vinegar with generous doses of balsamic and apple cider vinegar together with a twist of Himalayan rock salt.

JA

Missing model plane update...

YOUNG Joseph would like to thank the many local people who have been on the hunt for his missing toy aeroplane. Unfortunately we have drawn a blank. Weather reports for the day it left Downham airspace suggests the breeze was in a north easterly direction – Harrogate bound. However, if the early warning station at RAF Fylingdales had spotted a bright yellow fighter jet with “Chinese Air Force” markings, perhaps it would have made the evening news. JA



OUR CHURCH MUSIC

WHILST church services continue to be far from normal it has been lovely to have a slight return to normality with some hymns being sung in church. For the time being we are relying on what has been stored on the robot organ and due to guidance outlined by the Church of England and Blackburn Diocese we are only singing a small fraction of what we would normally sing in a full service. I must thank Di for joining me week in, week out in our very much diminished choir and hope that it won't be too long before Kath and Anne feel able to join us again too.

KEW

TREES

SADLY, now that bird nesting season is over, it is once again time to carry out tree surgery work. A number of dying Ash trees will need to be trimmed, pollarded and felled around the parish, together with some veterans of other species. Initially work will concentrate on roadside trees.

RCA