

**PARISH CALENDAR 2024**

FEBRUARY				EVENT	SIDESMEN/ WOMEN	ALTAR FLOW-	CHURCH CLEANERS
4th	Epiphany V	11.15 am	Candlemass	Revd. Dr. Judith Clark	Mrs B. Lewis	Di Braithwaite	Mr P. & Mrs M. Mercer
11th	Epiphany VI	11.15 am	Matins	Revd. Dr. Judith Clark	Mrs K. Herron	Anya Wallace	Mrs A. Chadwick & Mrs S. Travis
18th	Lent I	11.15 am	Holy Communion	Revd. Anne Hardacre	Mrs P. McFall	<b>No Flowers in Lent</b>	Mr I & Mrs L. Walton
25th	Lent II	11.15 am	Matins	Revd. Dr. Judith Clark	Mr A.Herron	<b>14th Feb</b>	Mrs A. Wallace

**MARCH 2024**

3rd	Lent III	11.15 am	Holy Communion	Revd. Dr. Judith Clark	Mrs B. Lewis	<b>to</b>	Mr B. & Mrs B. Lewis
10th	Mothering Sunday	11.15	Matins	Revd. Dr. Judith Clark	Mrs A.Wallace	<b>28th March</b>	Mr A. & Mrs K. Herron

THE PARISH CHURCH OF St LEONARD IS MOST GRATEFUL TO THE  
INDIVIDUALS, BUSINESSES AND ORGANISATIONS  
THAT SPONSOR THE PARISH NEWSLETTER

**OUR PRIEST IN CHARGE**  
**Revd. Dr. Judith Clark**

**OUR CHURCH WARDENS**

The Hon RC Assheton 07817 634392 = Mrs P McFall 441484 = Mr I. Walton 07979 598 057

**DOWNHAM VILLAGE HALL MANAGEMENT COMMITTEE**

Chairman Mr Neil Wallace —441196  
Hon Secretary Mrs Clare Ashworth —445112

**Village Hall Bookings —info@downhamvillagehall.org.uk .**

**Downham Social Media Resources**  
The public Facebook page -  
**"Downham Village"**  
The private Facebook page -  
**Downham & Twiston Residents**

**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

**PARISH OF ST. LEONARD**

**DOWNHAM & TWISTON**



# newsletter

**2024 Issue 2 February** [www.downhamvillage.org.uk](http://www.downhamvillage.org.uk)

**From the Revd. Dr. Judith Clark**

As the rain and the wind batter the back of the Vicarage, I must confess relief that for once I have a rare evening in, with no meetings, appointments, or other events in the diary. For the general murkiness and downright depressing nature of the weather makes me glad that I can batten down the hatches, close the curtains and curl up with a good book, a hot drink or maybe even a glass of wine and a New Season Vera episode. The dark nights and mornings are, of course, nature's tonic, a chance for us to rest and relax after the long, hot summer days. (Well, that's the theory anyway!) It is a time for reflection, for pause and for thought.

Jesus regularly took himself off to pray, to reflect and to prepare. Indeed this was a pattern which Jesus established right from the very beginning of his ministry when he took himself off into the wilderness. We all need periods of calm, of quiet, of personal space and time.

Reflection or meditation can seem like just another chore to fit into an already overcrowdedly busy day. But there are massive benefits to both, for our spiritual, mental and physical health. For we cannot look after others if we do not look after ourselves. Time spent in prayer and reflection feeds the body as well as the soul. Rest also gives our bodies and brains a chance to heal. Indeed research has shown that prayer improves the mood, lowers the risk of heart health and reduces stress, depression and anxiety related conditions.

Maybe then this Lent you could review your prayer life?

Yours in Christ

Judith



## IN OUR THOUGHTS & PRAYERS

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



## POETS' CORNER

Welcome to the first of an occasional feature - Poets' Corner. A space to publish your poems, your friends' poems (with permission) or even the more famous poets of the world, past and present. **Simple rules: Keep it clean, keep it lean and don't be mean.** Today we kick off with a poem from 'a friend of a friend of this Parish'.

Baffled, bamboozled, bewildered,  
Beaten, befogged and bemused,  
Confounded, completely clueless,  
Complicated, complex, confused,  
What's this that has me frustrated?  
It's for certain I'm talking I.T.,  
Specifically this new fangled gadget,  
Which someone has purchased for me,  
Backups, bookmarks and browsers,  
Database, disks and domain,  
Scanners, search engines and surfing,  
Hard driving me madly insane,  
Software, scrolling and spreadsheets,  
Microchips, memories, menus,  
Microsoft, Apple or Google,  
All of which I cannot use,  
Passwords, printers and programmes,  
Firewalls, fonts have me fazed,  
Megabytes, modems and a little mouse,  
Discombobulated, demented and dazed  
Cursors and cookies and cyberspace,  
Hard copies, hardware and homepages,  
Word processors, web cams and windows,  
Aren't intended for people my age is,  
E-mails, E-moticons, E-mojis,  
Fluster and flummox and fox,  
How can there be so much knowledge,  
Stored in that tiny black box?  
It's unfathomable, unclear and upsetting,  
Inexplicable, idiotically intricate,  
To me it's all woolly and nebulous,  
My brain cells are in scrambled state,  
Dumbfounded, done in, disconcerted,  
Saddened and stumped, stupefied,  
I can't comprehend what I'm doing,  
I've tried and I've tried and I've tried,  
Brainwave! I've thought of the answer,  
Tho' to master the network's a hard'n,  
I've decided to go back to school,  
I'm enrolling at a kindergarten!!!

And finally ... who doesn't like to finish on a sweet note? Well put the kettle on, because here is a special treat for you all, courtesy of and with grateful thanks to Michael, Zoe, Caroline and Neil - aka the team from Greendale Tea House, who have given us this wonderful Greendale recipe, lovingly called Mum's Tea Loaf . I'll let Michael tell you more... enjoy!

## MUM'S TEA LOAF

*Although most of the baking at Greendale Teahouse is expertly executed by Zoe, it's clear that this apple didn't fall too far from the tree as her mum, Caroline, is a dab hand in the kitchen too. Caroline headed up the Greendale kitchen while Michael and Zoe took a couple of weeks off in early January and so our lovely customers were treated to this wonderfully rich tea loaf. The key is in making a proper strong brew to soak all the fruits in, perhaps a good excuse to use up some leftover fruits from last Christmas.*

### INGREDIENTS

275ml strong tea (see method)  
125g unsalted butter  
175g (6 oz) mixed dried fruit  
125g (4 oz) soft brown sugar  
250g (9 oz) self-raising flour  
1 x 5ml spoon (1 teaspoon) bicarbonate of soda  
1 x 2.5ml spoon (1/2 teaspoon) salt  
1 x 2.5ml spoon (1/2 teaspoon) mixed spice

### EQUIPMENT

1 x 2 lb (1 kg) loaf tin  
baking parchment paper

### Method

1. Butter and line the loaf tins with baking parchment, set aside. Pre-heat the oven to 160°C (fan assisted) or 180°C (non-fan).
2. Make a strong tea by placing two teabags in a jug and pouring over 275 ml boiling water. Leave to infuse for 10 minutes before removing the tea bags.
3. Place the butter, strong tea, mixed dried fruit and the sugar in a saucepan and set over medium heat. Stir continuously until the mixture starts to bubble up a bit, then turn the heat to low and simmer for four minutes. Set aside and allow to cool down a little.
4. Sift all the dry ingredients into a large mixing bowl, then pour over the fruit with all the liquid - scrape the pan with a spatula so that you don't leave any goodness behind! Mix thoroughly and pour into the prepared loaf tin.
5. Bake in the pre-heated oven for 1 - 1 ¼ hours or until a skewer inserted in the centre comes out clean. Leave in the tin for about 10 minutes before turning out and cool on a wire cooling rack
6. Serve thick slices spread richly with salted butter while sitting back and contemplating how good life is!

## February News - ROUND & ABOUT

### RAINFALL



To the gratification of some, who felt that 2023 was a particularly wet year, the final figures have borne out your gut feeling. Between the 26<sup>th</sup> and 31<sup>st</sup> December we had 2.45 inches of rain, which when added to the figures given in last month's newsletter, give a monthly total for December of 11.10 inches (the tenth highest recorded). Combine this with the discovery of a typo in the record earlier in the year, brings us to an impressive 61.50 inches for 2023. This is it the third wettest year since 1865.

### THE CORONA HIGHWAY

Thankfully, all went smoothly as regards the tidying up of the concessionary bridleway to Chatburn, when it was closed last month (despite the arrival of the snow half way through!) The hedges and verges were trimmed back, pothole filled and minor digging works carried out in an attempt to drain the few points where water accumulates.

### PICK UP THE POO

Everyone is asked to pick up and bag and bin their dog's poo, so that other people, and particularly children, do not walk in it or play with it. What some people may not realise is that dogs can and do transmit Neospora to cattle. This parasite causes them to abort. Nationwide about 12% of cattle abortions are caused by Neospora. In addition the roundworm eggs that can be found in puppy poo can, if touched, transfer to our eyes and cause blindness, especially in children.

Please remember that even if a field has no cattle in it today, it may well have some tomorrow, or the grass may be cut for silage - thereby carrying the dog waste and parasites into the farm yard. Please **DISPOSE OF YOUR DOG POO IN A BIN!** It is also no good hanging the bag from a tree/fence/gate etc and expecting someone else to collect it. It is an eyesore and just leaves the stinking package to blight someone else's day.

### REV RODNEY NICHOLSON

Rodney (our Vicar prior to Andy Froud) was recently in touch, having read a piece in the on-line version of this Newsletter. It is good to know that our readership stretches further than the Parish boundary. (I'll second that! Ed)

### BALL DRAMA

The report of a blocked drain last month required two days of digging out, repair and restoration work. The problem turned out to be a tennis ball neatly wedged at a pipe junction. The moral of this tale is for budding tennis stars (and perhaps dog owners) to keep an eye on their balls!

### RA



### Stage Two Downham Awards

Congratulations to Stage Two Downham for their NODA Awards success for the three 2023 productions Pygmalion, Educating Rita and God of Carnage. At a great evening at the Mercure Hotel, Stage Two picked up awards for Best Supporting Male and Best Male in a Performance in Pygmalion and Best Directors for Educating Rita.

If anyone is interested in joining Stage Two Downham, either behind the scenes or centre stage, please let me know. We can't guarantee awards but we can guarantee a lot of fun! Our next play is in June with auditions this month, so now is the time to get involved.

**JS 07780 678654**

### Downham Fields of Green Folk Club

As you may know, the planned folk event this February has been cancelled due to family illness. Whilst this is a shame there is another to look forward to on April 12th, with singer-songwriter Reg Meuross and supported by Cobalt Tales. More details to follow in March

### From the Rimington Memorial Institute:

Bumper sale of books, jigsaws and children's toys  
Rimington Memorial Institute  
Sunday 25th February  
11 am to 3 pm

Proceeds go to the Memorial Institute

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



The Forest of Bowland is captivating by day but, after the sun sets, there's a whole new world to discover in the dark skies over Bowland.

With much of the UK's nightscapes sadly obscured by light pollution, more than half of Britain's remaining dark skies are in National Parks or National Landscapes - and the night skies over Bowland have been recognized as some of the darkest in England.

Each year, the Forest of Bowland National Landscape Partnership celebrates these starscapes with a week of activities during February half-term, and although this year's sessions have been booking up fast, there is still chance to discover more about the velvety darkness overhead with these events:

**How Big is Space? Sunday, 11 February, 7 – 8pm, Online**

We all know that space is really, really big! But just how big...? Join Preston and District Astronomical Society for this entertaining online talk about the vastness of the known universe and how we can try to understand it on a human scale. Prepare to be amazed!  
**Smartphone Night Sky Photography Wednesday 14 February, 7 – 8pm, Online**

If you've ever tried to capture the ethereal beauty of the night sky on camera and wished you had a bit more know-how, this may be just the event for you. Join Robert Ince for his popular online introduction to astrophotography using smartphones. Learn how to use your phone to capture the night skies, including the Milky Way, the moon and even aurora.

**The Moon and Your Shadow Thursday 15 February, 7 – 8pm, Newton in Bowland**

In the days just before it is full, the Moon can often be seen in the sky on sunny afternoons. Enjoy an evening talk in Bowland as Dr Charles Lee, F.R.A.S. demonstrates how to predict - using your shadow - when the moon will be exactly full and have fun seeing if you can work it out for yourself!

The above three events are free to attend but places need to be booked in advance by emailing [sandra.silk@lancashire.gov.uk](mailto:sandra.silk@lancashire.gov.uk) or by calling Sandra on **07973 923142**.

For more details about Bowland Dark Skies Festival go to: [www.forestofbowland.com](http://www.forestofbowland.com)

**Ed. Note:** Have you noticed the recent name change for what we once called Areas of Outstanding Natural Beauty? They are now known as National Landscapes. This happened on 22 November 2023, when all designated Areas of Outstanding Natural Beauty (AONBs) in England and Wales become National Landscapes. According to the organisation "*The new name reflects their national importance: the vital contribution they make to protect the nation from the threats of climate change, nature depletion and the wellbeing crisis, whilst also creating greater understanding and awareness for the work that they do.*"

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>