

PARISH CALENDAR 2021

JULY			EVENT	Sidesmen/ women	Altar Flowers	Church Cleaners
4th	Trinity V	11.15 am	Holy Communion Revd Andy Froud	Mr T McLean	Lord & Lady Clitheroe	Mr & Mrs C Ennis
11th	Trinity VI	11.15 am	Matins Revd Andy Froud	Mrs A Wallace		Mr & Mrs P Eldridge
18th	Trinity VII	11.15 am	Holy Communion Revd Andy Froud	Mrs E Parker		Hon Mrs R Assheton Mrs C Naylor
27th	Trinity VIII	11.15 am	Matins Revd Andy Froud	Mr A Herron		Mrs B. Lewis Mrs j Shepherd

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AUGUST

1st	Trinity IX	11.15 am	Holy Communion Revd Andy Froud	Mrs P McFall	Lord & Lady Clitheroe	Mrs J Feibel Mrs A Wallace
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THE PARISH CHURCH OF St LEONARD IS MOST GRATEFUL TO THE
INDIVIDUALS, BUSINESSES AND ORGANISATIONS
THAT SPONSOR THE PARISH NEWSLETTER IN JULY 2021
THE NEWSLETTER IS SPONSORED BY A Parishioner

OUR PRIEST IN CHARGE — The Revd Andy Froud
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OUR CHURCH WARDENS

The Hon Ralph Assheton —441210 = Mrs Philippa McFall - 44148 =Mr Ian Walton 445063

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"
Various Whatsapp groups including **"Downham
WI Here to Help"**

CHURCH RESOURCES

Regular worship is streamed
by Rev Andy Froud
on **Youtube** via
St. Mary Magdalene website
www.stmarysclitheroe.co.uk

PARISH OF ST. LEONARD

DOWNHAM & TWISTON



newsletter

2021 Issue 7 JULY

www.downhamvillage.org.uk

From The Revd Andy Froud

Dear Friends.

More white water rafting? More sex? Looking both ways in heavy traffic? None of these were listed as among the top five regrets of the dying. In fact, Australian nurse Bronny Ware found that in her many years of working in palliative care some themes did emerge. She listed her findings first in a blog, called Inspiration and Chai and then in a book The Top Five Regrets of the Dying.

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me. "This was the most common regret of all...Health brings a freedom very few realise, until they no longer have it."
2. I wish I hadn't worked so hard. "This came from every male patient that I nursed. They missed their children's youth and their partner's companionship."
3. I wish I'd had the courage to express my feelings. "Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming."
4. I wish I had stayed in touch with my friends. "Often they would not truly realise the full benefits of old friends until their dying weeks" when it was too late to find them. "There were many deep regrets about not giving friendships the time and effort that they deserved. Everyone misses their friends when they are dying."
5. I wish that I had let myself be happier.

"Many did not realise until the end that happiness is a choice...Fear of change had them pretending to others, and to themselves, that they were content, when...they longed to laugh properly and have silliness in their life again."

But as I read them I thought, maybe the problem is the question: why wish for what you can't have? I often say to people who have suffered a bereavement that "what if" are the two most corrosive words in the dictionary: "what if we had phoned the ambulance sooner?"

I pray that God may, as the Prayer Book says, give me "time for the amendment of life" that I may reach the end of my life with heart content and in joyful anticipation of heaven

Yours,

Merciful God,
 your Son came to save us and bore our sins on the cross:
 may we trust in your mercy and know your love,
 rejoicing in the righteousness that is ours through Jesus Christ our Lord.

DOWNHAM St. LEONARD FACTS & FIGURES		
	MAY	2021
Communicants		52
Collections	£	
Services	906	2,754
Visitors	n/a	120
Donations	522	2,372
House Boxes	n/a	n/a
Special	2,328	5,273
Total	3,728	10,029

Update on Covid

The following has been circulated by the Diocese. The information on what counts as "Close contact" would appear to apply to everyone, whether in Church or elsewhere.

The advice, which has come directly from NHS Test and Trace is as follows:

- Anyone who was within one metre of someone for a minute or more will be considered a close contact. This includes if someone was sat facing the same way (i.e. not face to face) and even if someone has a face mask. This minute does not need to be 60 consecutive second and can be throughout the whole day.
- Anyone who was up to two metres away for 15 minutes or more will be considered a close contact. This again includes those wearing face coverings and it is not only 15 consecutive minutes but 15 minutes in total throughout the whole day.
- People more than two metres but who have been in the same room as each other for more than 15 minutes will all be considered a 'close contact'. According to the Test and Trace team this can be contested if the room can be shown to be suitably large and if it was very well ventilated etc. but it would have to be contested whilst the individual was in self-isolation.

For those meeting outside, someone would have to be within two metres for "a significant amount of time" to qualify as a close contact.

Downham Preschool

WE ARE looking forward to the last 6 weeks before the summer break. We have 16 children leaving us to move on to BIG school. We feed most of the local schools and have 2 children moving to Stonyhurst this time. Our numbers are looking good for September 21, when we will be welcoming quite a few new starters.

We have a lot of boisterous boys with us, let's hope the weather is good so they can blow off steam outside to play.

We are hoping that we will be able to have our end of term party at Leaping Lizards this year, our fingers are crossed.
 Susan Carter

'Edgerow 'Arry

The Pain and pleasure of nettles

An invasive weed with a stinging barb or a much maligned medicinal herb? In earlier months, young nettle shoots mixed with wild garlic make an excellent soup base and tonic. The general rule of thumb is stop partaking when the nettles begin to flower as these develop cystoliths - microscopic rods of calcium carbonate that may interfere with kidney function and the urinary tract.

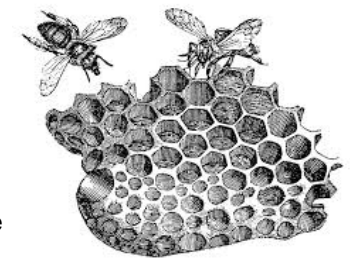
Roman soldiers billeted to this wetter, colder frontier of their Empire used to whip themselves with nettles to alleviate arthritis. Scrabble players may already know there is a name for this green, restorative pastime - "urtification" after the botanical name for stinging nettle - *urtica dioica*.

Medical science is only now re-discovering the restorative secrets of the nettle - especially its seeds: They can raise dopamine levels along with serotonin in the central nervous system. Observations include heightened sensory perception, memory and energy levels. An old rumour of wartime RAF days suggested that bomber crews drank nettle seed tea rather than the standard medical issue of synthetic "wakey- wakey" pills.

The experience of 17th century herbalists with the humble stinging nettle may also be of importance in the treatment of Covid as its roots and seeds contain a lectin called UDA that activates a unique pattern of T-Cell and cytokine activation that may super-charge natural defences and the immune system without causing a cascade of inflammation.

Elderflower Mead

'Edgerow 'Arriet has a thing about the "structural beauty" of Elderflowers. Instead of floral arrangements, here is an alternative suggestion that also honours the product of our most venerated of pollinators - the humble Bee:



Collect well developed elderflowers from high in the tree (foragers tend to avoid anything below waist height).

The natural version of this floral delight needs the natural yeast of unpasteurised honey (more modern potions suggest champagne yeast but the alcohol content will rise dramatically).

1 part honey to 5 parts water, add destalked elder flowers a plenty. Cover with a muslin cloth. Stir gently twice a day - once in the morning then in the evening. The brew will start to ferment within 72 hours. Full fermentation takes about a fortnight. Using unpasteurised honey should yield a natural, low alcohol brew as enjoyed centuries ago. Alcohol content about 2-4%.

If you wish you could take this delicate, sweet elixir and trap it in a demijohn with an airlock for a further month or so. This is reputed to create a dry, scrumpy-like concoction of questionably higher specific gravity. Tread lightly!

JA

AONB = A Field Full of Poems

Traditionally held on the first Saturday in July, National Meadows Day is a celebration of all things hay-time and herb-rich.

And although, sadly, around 97% of the country's wildflower meadows have been lost since the 1940s, a significant number of the UK's remaining upland hay meadows are found here in Bowland –definitely something worth celebrating!

This year, Festival Bowland teamed up with local writer and tutor, Maureen Fenton, to encourage poets, both practised and new, to experience Lancashire's Coronation Meadows first-hand and to use this inspiration to pen poems on a meadow theme. Guided by Meadow Makers Project Officer, Carol Edmondson, the group enjoyed a lovely walk around the important meadows at Bell Sykes Farm in Slaidburn and chatted with farmer, Peter Blackwell, about how he keeps the fields looking tip top. Two online workshops helped people refine their first drafts before sharing some fantastic finished poems with the wider world.

The results of the National Meadows Day poetry workshops can be found via the homepage of the Forest of Bowland AONB website at www.forestofbowland.com – including "Let me dream", by Jenny Palmer.

All in all, Maureen's original idea resulted in a very creative way to highlight this rare, and extremely important, habitat.

For details of all Festival Bowland events go to www.forestofbowland/festival-bowland-events

SS

Festival Bowland in July

Thursday, 15 July

10:00am

Circular Guided Walk, Chipping

Thursday, 22 July

10:00am

Free Family Nature Event – Minibeast Madness

1:30pm

Free Family Nature Event – Minibeast Madness

Thursday, 29 July

10:00am

Free Family Nature Event – Landscape Summer Walk

Thursday, 19 August

10:00am

Free Family Nature Event – Traditional Boundaries Walk

NEW TENANTS AT SPRINGS

Springs has two new tenants – Chris Moss and his partner, Kathryn Miller.

Chris writes: *"Hiya! I'm delighted to be living in Downham. A writer and journalist, and former schoolteacher, I'm originally from South Lancs but I've been away for almost 4 decades, so this is a kind of homecoming. I've lived in London, Wales, Devon, Leeds, Hebden Bridge and also Argentina for a spell. As well as book about Patagonia, I've written or edited guidebooks to Andalucia, SW Wales, Buenos Aires, Beijing, all over, and will no doubt scribble things about here once we're settled. Looking forward to meeting everybody. Let me know if there's a book club I can join. I'm at @traveloguer and always here for a cuppa and chat."*

And from Kathryn

"I'm thrilled to have moved to Springs Farm, it's such a special house and the location really is superb – each day we have been enjoying spectacular views of Pendle Hill. I grew up in Berkshire and studied at university in London and then Edinburgh. I work as an independent science consultant and I write, edit and proofread for (among others) Greenpeace Research Laboratories, the Centre for International Environmental Law, the Landworkers' Alliance and the journal Nature. I've spent time living in France and Australia, and have been fortunate to have holidayed in South America, Central Asia and around Europe. I am not familiar with the north of England and am very much looking forward to exploring this beautiful area and climbing its hills on long walks and bike rides with Chris. I enjoy trail running and am keen to meet up with local running groups, but my big passion is horse riding so any recommendations of where to ride are welcome. Chris and I are looking forward to meeting our new community over the summer months".

Ash Dieback

Lancashire County Council are launching a campaign over the summer to raise awareness about the problem of Ash Dieback disease in Lancashire and to inform tree owners of their responsibilities to check and maintain their trees to ensure they are safe. Home and landowners are encouraged to check their trees and find out more on our web page

www.lancashire.gov.uk/ashdieback

People who want to report a dangerous tree near a highway or footpath can use the Report It tool on the LCC website www.lancashire.gov.uk/roads-parking-and-travel/report-it/

Downham Estate has an active and mammoth campaign of dealing with their trees.

Anyone with an Ash tree on their property should check its health this summer to ensure it does not become a danger to themselves or others.

Ash Dieback is a highly destructive disease caused by a fungus which has spread throughout the UK in recent years. It can lead to infected trees shedding branches or limbs, or potentially collapsing as the tree dies.

There is no cure for the disease and it is fatal in the vast majority of cases. Contamination is beyond the point where the spread of infection can be stopped and the disease is now known to be present across 56% of the UK, including 96% of Lancashire.

The LCC website has more information on identifying Ash trees and signs of the disease, permits and licences you may need, and finding a professional to undertake any work.

THE PARISH CHURCH

ARCHDEACON'S VISITATION

THE annual Archdeacons' Visitations will take place in June this year and they will be held in accordance with any pandemic restrictions that may still be in place at that time. They have been put back from our normal month of May in line with the Church Representation Rules 2020,

There will be 11 Visitation Services taking place in churches across the Diocese and a full list of dates and venues is now available Downham's in the Whalley Deanery took place at Clitheroe St James on Thursday 17th June at 7.30pm..

Jackdaws v Ringers

Annoyingly the Jackdaws have made the most of the various lockdowns to worm their way into the belfry and start nest building. Showing amazing diligence and skill they have been steadily filling the bell chamber with sticks, twigs and wool using a hole in the wire mesh the size of a cat flap. The resulting pile had almost covered one bell with a pile six foot high and almost as wide!

The clean-up operation waited until the young birds had flown the nest and has required skills and agility more suited to pot holing and Gordion Knot untying than campanology. Hopefully face masks will prove capable of preventing Psittacosis as well as Covid!

To thwart a further invasion plans are afoot to repair the mesh over the stone louvres, to be followed by a general tidy up of the bells and frames, prior to the re-commencement of ringing, once Covid permits.

Corona Highway litter bin

Hooray! RVBC have at last installed a litter (and dog waste) bin just to the Chatburn side of the Greendale car park. Thanks you to Chatburn Parish Council for paying for it and to Councilor Gary Scott for doggedly pursuing (pun intended) RVBC to carry out the work.

Thanks are also due to Gary for getting RVBC to repair the broken doors to the bins around Hare Green at the bottom of the village.

Top Row re-slating

The re-slating of Top Row has now been completed. John, Terry and Richard have done a beautiful job on what was a technically tricky assignment. Not only does the roof have two bends in it, but also widens by some twenty inches (top to bottom) from one end to the other. After considerable head scratching (and occasional expletives!) they have restored the roof to its former glory.

Thankfully we were able to buy new Burlington slates from the same Cumbrian quarry where the originals came from, as not one of the slates removed was in good enough condition to reuse. As part of the roof appeared to be that originally constructed in 1825 it had lasted well! Amazingly all the main timbers were sound, so there was no need to replace any of them, demonstrating what a wonderful construction material wood can be. RCA



In the Garden

The summer solstice has heralded a riot of natural colour in and around the gardens of our parish. The blooming marvel of nature helped along with human hands. This is the time to relish the long, light and evenings with the subtle wisps of floral perfume from village Honeysuckles mixed with BBQ smoke. Apparently there is some sort of Association Football tournament going on but as we only get Radio 4 LW in the garden then Test Match Special will have to suffice in order to escape from the "modern" world.

Another form of garden escape can be seen with the varied palette of flowers seen in the nooks of many of our local walls: The blue hues of Forget-me-not and Love-in-a-mist and Cornflower, the tenacious, snowy tumbling Philadelphus (white rock) and Ox Eye Daisies together with the warm reds of Viburnum and Campion make a patriotic show just in time for the official Trooping of the Colour.

it was decided to postpone the Club Walk because of the Delta Variant of Covid coursing through the Ribble Valley. It would be lovely to all meet up and plan for carrying on with a parish Gardening Club but safety must come first given all the care and sacrifices we have all made in the past year or so.

Early August is usually the Garden Club show in the Village Hall - in all the circumstances it has been suggested that we mark High Summer with a "virtual show" via our village FaceBook page, with photos of our blooms, veggies and early fruits.

JA

Sadly the NHS Charities and Carers Association Garden Party has been postponed following the recent Government announcement of the extension of the Covid restrictions. However it will be held as soon as possible when members will be safer and better able to celebrate.



The guest of honour from Royal Blackburn will be presented with a welcome hamper of snacks and other essentials to keep the nurses going through their shifts, which members are asked to bring along. A glass of prosecco with a slice of the celebration cake and a chance to catch up with each other whilst enjoying the food will round the day off nicely.

Reminders sent to members re orders for Lancashire Federation diaries and calendars and 200 club applications. Looking forward to putting further plans into place, including an exclusive cinema visit in the autumn.

In the meantime, safety of members is paramount with better times to come. DP

DOWNHAM NEWS from 1889

THE third day of this month is the anniversary of the first ringing of Great Paul. Our readers may not all remember that when our fourth bell was added to the three old ones, the third bell S. Katherine by name was at the same time "recast." By that is meant that an entirely new bell was substituted in its place. The old S. Katherine, being composed of very good metal was melted down and put into the pot of metal which was subsequently cast as the new bell for St. Paul's London, known as Great Paul. It is, we believe, the largest bell in England that swings. Other bells are larger but they are all fixed.

So our old S. Katherine adds her melodious vibration still, but in a very different place to our quiet Pendle side village.