

PARISH CALENDAR 2021 see note page 2

MARCH			EVENT	Sidesmen/ women	Altar Flowers	Church Cleaners
7th	Lent III	11.15 am	Holy Communion Revd Andy Froud	Mrs P McFall	NO	Mr & Mrs P Mercer
14th	<b>Mothers Sunday</b>	11.15 am	Matins Revd Andy Froud	Mr T McLean	FLOWERS	Mrs S Travis Mrs A Chadwick
21st	Lent V	11.15 am	Holy Communion Revd Andy Froud	Mrs E Parker	IN	Mr & Mrs C Ennis
27th	Saturday	Noon	Wedding	Eleanor Jackson Adam Thornber		
28th	Sunday	2.00 am	Forward Clocks 1 hour			
	Lent IV	11.15 am	Matins Revd Andy Froud	Mr A Herron	LENT	Mr & Mrs P Eldridge
APRIL						
2nd	Good Friday					
3rd	Saturday	2.00 pm	Decorate Church	All welcome		
4th	Easter Day	11.15 am	Holy Communion Revd Andy Froud	Mrs P McFall		Hon Mrs R Assheton Mrs C Naylor

THE PARISH CHURCH OF St LEONARD IS MOST GRATEFUL TO THE INDIVIDUALS, BUSINESSES AND ORGANISATIONS THAT SPONSOR THE PARISH NEWSLETTER IN MARCH 2021 THE NEWSLETTER IS SPONSORED BY Twiston & Downham Bell Botherers 445063

**OUR PRIEST IN CHARGE** — The 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 - 44148 =Mr Ian Walton 445063

**DOWNHAM VILLAGE HALL MANAGEMENT COMMITTEE**

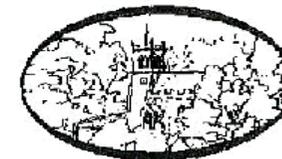
Chairman Mr Neil Wallace —441196  
Hon Secretary Mrs Clare Ashworth —445112  
Village Hall Bookings —info@downhamvillagehall.org.uk

**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"

**ONLINE 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 3 MARCH

www.downhamvillage.org.uk

From The Revd Andy Froud

Dear Friends

"Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me." Psalm 23:4 The words of King David, reflecting on his life behind him and the many experiences of danger that he had faced in his life, has been a source of comfort and strength to countless generations of Christians and Jews.

But what does walking in the valley of the shadow of death actually mean? I discovered that "valley of the shadow of death" is perhaps not the most accurate translation of the original Hebrew text. Some modern translations give "the darkest valley" as the Hebrew word translated "shadow of death" is sal-ma-wet, meaning "darkness" or "dark shadows". But the Hebrew word for "death" is ma-wet, so you can see why some Bible translators include the mention of death.

Psalm 23 describes our relationship to God as being like a sheep to a shepherd. The shepherd cares for and protects his flock. The sheep may not fear death as humans do, but they know fear and they fear the darkness which can hide unknown and unseen enemies.

I find it reassuring to know that these words can bring peace in any of the troubles of this life: illness, depression, loss or pain. God is with us in all the troubles of this passing world and not just when we are on our death-beds or in mortal danger. If you are walking through the valley of the shadow of death when you read this I hope that will give you reassurance too,

Yours

Almighty God,  
 by the prayer and discipline of Lent  
 may we enter into the mystery of Christ's sufferings,  
 and by following in his Way  
 come to share in his glory;  
 through Jesus Christ our Lord.

<b>DOWNHAM St. LEONARD FACTS &amp; FIGURES</b>		
	January	2021
Communicants	14	
Collections		
£		
Services	244	
Visitors		
Donations	272	
House Boxes		
Special		
<b>Total</b>	<b>516</b>	

**OUR PRAYERS AND THOUGHTS ARE WITH**

Harry, Jason and Ian and the wider family of Kath Brown.  
 Family and Friends of Mrs Patricia Addy.  
 Muriel and the family of Alan Reid

**KATH BROWN**

Harry, Jason and Ian wish to thank all friends and neighbours for their expressions of sympathy and donations on the passing of Kath. They were also grateful to see so many who were unable to attend the funeral turn out to pay their respects as the Cortege and family made their way to St Leonard's Church.

**Revd Alan Reid**

Parishioners will be saddened to hear of the death of Alan Reid, aged 89 years whom we remember for his ministrations, following his retirement from full time work, here as assistant priest to Canon Geoffrey Williams, Canon Rodney Nicholson and Revd Andy Froud. He served from 1999 when he filled-in occasionally then taking an 08.30 service every week for a number of years and winding-down to at least once a month until the end of 2015. Alan will be remembered for his succinct sermons always including a personal and humorous story about a named person from one of his earlier parishes. He would quickly establish that he was going to make three points and then do just that. It was always a pleasure to meet with him and hear one of his delightful jokes. Our thoughts are with Muriel, Helen and Michael at this time.

**SPECTATOR**

Hoorah! I've been in, got a new battery and am back home again looking forward to having a bit more "get up and go" instead of the usual "got up and gone" It was amazing to be in the theatre listening to everyone talking but with a sheet hanging between me and them so I couldn't see the blood and gore!

I was supposed to have sedation plus local anaesthetic but when I was asked if I'd had anything to eat or drink, I admitted to two sucky sweets, with a cheeky smile which soon slid off my face when the anaesthetist said I couldn't have the sedation because even sweets that you suck and which go to liquid can be dangerous in your stomach in surgery.

Thankfully, It was better than I thought and I hardly felt a thing. One nurse stood at my side and let me squeeze her fingers for the whole time bless her. Anyway, I arrived at 7am and I was on my way home by 2pm. The new battery should last 5 years like the other one or maybe more if I'm hooked up to wi fi by then!!!

Jon made me laugh, or not, the night before when I was expecting a few words of comfort,"I wonder when I will get out tomorrow" he looked at me thoughtfully and said,"do you think there's any prune juice in the fridge, Anybody want a husband, free to good home, slightly battered, can look cute but don't be fooled

**CLITHEROE CIVIC SOCIETY**

**On Monday 1st March at 7.30 pm**

Our speaker is Steven Illingworth, who will deliver his presentation titled  
**"The Pilgrimage Of Grace In The Ribble Valley"** Via Zoom

This intriguing title, with local connections is further explained by Steven Illingworth as follows:

*"1536 King Henry VIII faced a major rebellion called The Pilgrimage of Grace, in opposition to the religious changes being imposed by the king and his ministers. The rebels, based mainly in the north of England, were particularly keen to defend the monasteries against the government's attempt to close them down. This talk tells the story of the struggle for Sawley Abbey in the autumn of 1536 and how close Henry VIII came to a disastrous defeat there."*

**CITIZENS ADVICE RIBBLE VALLEY FOCUS**

**Attendance Allowance**



It is well known that the benefit Attendance Allowance is under-claimed and many people are entitled to this. It is not a means tested benefit which means that there is no need to provide your financial details. Some people do not realise that they have altered their lives quite substantially to cope with caring for themselves. Attendance Allowance is there to help people maintain their independence for longer at home.

You have to be of state pension age. You could get £59.70- £89.15 per week and you can spend it however you like such as paying for a taxi or for a cleaner to make life easier. If simple daily tasks are taking a long time, or make you feel breathless or make you unsteady it is probably worth persevering with the long claim form.

We provide advice on benefits and debt. Please call us at **Ribble Valley Citizens Advice** on **01200 427336** on Monday, Tuesday or Thursday 10.00 am-4.00pm or see our public website: <https://www.citizensadvice.org.uk> for more information.

## AONB ZOOM PROGRAMME for MARCH

### MAINTAINING TRADITIONAL BUILDINGS Tuesday 2<sup>nd</sup> March 8.00pm

Bowland's many traditional farm buildings add to the AONB's landscape character and sense of place. Join architect and historic buildings consultant,

**James Innerdale**, as he shares practical ideas and helpful tips on how to care for, and maintain, them. James has delivered a number of training sessions on behalf of SPAB (Society for the Protection of Ancient Buildings).

**Booking essential.** For more information and to book a place please email [sandra.silk@lancashire.gov.uk](mailto:sandra.silk@lancashire.gov.uk) or phone 07973 923142

**Free**, but donations to Champion Bowland are welcomed via <https://www.championbowland.org.uk/>

### AMPHIBIANS AND REPTILES Thursday 11<sup>th</sup> March 6.30pm – 8pm

The Amphibian and Reptile Group of Lancashire was formed in 2004 and since then it has been working to promote the conservation of amphibians and reptiles across Lancashire.

In this talk its chair,

**David Orchard**, will explain which species are present in the county and how to identify them. He will also review some of the practical conservation projects undertaken by the group and discuss the importance of recording. This event will be of interest to anyone who wants to know more about our native species and what we can do to help them.

**Booking essential.** For more information/book a place email [jayne.ashe@lancashire.gov.uk](mailto:jayne.ashe@lancashire.gov.uk)

**Free**, but donations to Champion Bowland welcome via <https://www.championbowland.org.uk/>

### PENDLE RADICALS Tuesday 23<sup>rd</sup> March 6.30pm – 8pm

If heritage is your thing, don't miss an encounter with the Pendle Radicals – folk who were key to the history of the area (and beyond) but not all of whom will be familiar to a wider audience. Part of the Pendle Hill Landscape Partnership project, Pendle Radicals is being delivered by **Mid Pennine Arts**, with the help of an enthusiastic team of volunteer researchers.

**Booking essential.** For more information and to book a free place please

email [jayne.ashe@lancashire.gov.uk](mailto:jayne.ashe@lancashire.gov.uk)

### 'Edgerow 'Arry

'Edgerow 'Arriet and young 'Arrison loved the recent online Zoom lecture about owls, and another about The Moon, both organised by Bowland AONB. In this strange world of self-isolation, technology can be marvellous.

With the hedgerows mostly bare, this is the time of year to spot fungi in the hedgerows. It's the sign of a healthy ecosystem and helps complete the circle of life for decaying organic matter. With that in mind, always take care and remember the oft quoted truism - "*you can eat any mushroom but sometimes only once!*"

Ground Ivy helps with splashes of green during this dormant quarter. It's common name is misleading as it is not actually an ivy. Feared toxic to horses and avoided by cattle, this invasive ground creeper, with distinctive kidney shaped leaves, colonises old burial grounds and old building ruins once thought to be frequented by witches. Folklore suggests that "*witches candlesticks*" - an old country name for ground ivy - was a favourite ingredient in spells and magic.

Chaucer redeemed the plant in his Nun's Priest's Tale: "*ground ivy that makes our yard so merry*". Was he referring to the sight of it or its role as part in a mysterious potion?

## Vigilance, hope and gratitude

On a royal visit to Lancashire many decades ago, Queen Mary stood at the porch of St Leonards and declared it to have "*the best view from any church in the kingdom*"

Today there is a wooden bench beside the front porch. Joseph and I often sit and soak in the view of Pendle. We are all truly blessed. Whilst there, we often have a "chat" with Private B.H.Lonsdale, whose simple light grey headstone marks his death on 17<sup>th</sup> November 1918. Joseph a bright boy and knows that this was after the official cease of hostilities in the Great War.

This brings us to a wider philosophical discussion about the beginning and ending of things. Soldiers died just before the guns went silent on the 11<sup>th</sup> hour of the 11<sup>th</sup> day of 1918. Many also died afterwards as a direct consequence of that fateful war: "of wounds" soon after, or because of physical or mental harm from the war. Our village's fallen Infantryman is testament to this.

I am exceedingly wary of drawing comparisons between war and illness. Disease, to some, may be a battle but it is more complicated than that, especially when considering the sheer scale and horror of 20<sup>th</sup> century warfare. Yes, with Covid, there has been sacrifice and death - but nothing compared to the horror past generations have suffered from total, mechanised war.

On a positive note, our Parish came together in a sort of "wartime spirit" to help each other during the darkest days of lockdown. It was a wonderful and humbling experience. We also remembered 75 years since VE and VJ day to the sweet yet poignant melodies of the late Dame Vera Lynne. The nation's hearts were touched by a 99 year old Second World War veteran who became a figurehead of British resilience and one of the last direct connections to the generation who served.

So why draw any sort of analogy to war and Covid? It is because we now have hope that lockdown will end. With this comes the promise of some sort of normality. June's solstice has been earmarked for the "end" of English Covid restrictions. With collective hope there is also the opportunity for gratitude and remembrance. With this comes a duty to remain vigilant, careful, and responsible - for ourselves and others. We can welcome the vaccination programme and the sterling efforts of those volunteers who are organising it locally. However, some in the media have already declared victory yet we know that people are still to be infected, harmed and killed from covid in the weeks and months to come. The gradual lifting of restrictions is to be gradual and measured. There are grey areas regarding the beginning and end of significant events.

However, Spring is in the air and there is so much to be thankful for.. When taking your permitted, socially distanced local exercise, go to the bench at the front of St Leonards and take in the beautiful view. Whilst there, have a chat to Private Lonsdale - a young man, who made the ultimate sacrifice, taken before his prime and who died after the armistice of his war. We may rejoice, but let us never forget.

JA



### CHURCH SERVICES & NEWSLETTER BACK PAGE

Church remains closed for public worship for the time=being, probably until Easter.

So that we may be ready for any change in this position we show the rota that we would normally follow during the coming days until Easter.

**THE PARISH CHURCH REOPENING**

While it is encouraging that Covid infections and hospitalisations are continuing to drop, the Vicar and Wardens think that it is too soon to re-open Church just yet. The current aspiration is to reopen for Easter, by which time (fingers crossed!) we should be in a much better position.

**CARBON MONOXIDE ALERT**

Two parishioners had a recent brush with death due to Carbon Monoxide poisoning. They only suspected that they had a problem when a health centre worker spotted their unusual skin colour. Urgent investigation found that the chimney flue had a minor fault, which has since been remedied. Lessons from this include checking that you have a Carbon Monoxide detector fitted and working, make sure that rooms with stoves or open fires are properly ventilated, and have a proper investigation carried out if you suspect you have a problem.

**OFFICES TO LET**

A recent conversation highlighted the fact that not everyone in the Parish knows that the Estate has four small office units discretely hidden away in Brook Side Barn at the bottom of the village. The offices have wifi, off road parking and even have a shower, so for anyone thinking of working closer to home this might be an option to consider. Contact Tom Manson at Ingham and Yorke for more details.

**Census 2021**

Households in the parish will 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 your local area. This could mean things like doctors' surgeries, housing or new bus routes.

In the next few days 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 March 21.** For more information, visit [www.census.gov.uk](http://www.census.gov.uk).

**Garden Club 2021**

The daffodils beginning to bloom just in time for St David's Day welcomes the new month and the traditional time for the start of the Garden Club season. It is hard to believe that the last meeting in our village hall was a year ago, just before lockdown. Such a lot has happened in the past 12 months and Carole will be sadly missed.

The promise of the end of lockdown and better weather gives us the opportunity to consider meeting again, as and when is safe to do so. The most important issue is what current members, and all residents of the Parish would like to happen, in order to carry on the great work done by Carole, and June before her.

The current restrictions don't allow for a meeting in person, but an idea that has been mooted is to start events "virtually" via Zoom and YouTube, together with some safer, socially distanced outdoor get-togethers. A chance to be in contact with each other, share ideas for the future and chat to neighbours in order to share tips, seeds and plant cuttings!

Please watch this space for more news. Initial contact to existing Garden Club members may also be by email, or Facebook to all Parish residents. As no-one should be missed out, if you are not online, please telephone **01200 445405** if you want to share ideas or help make the Garden Club a continued success. JA



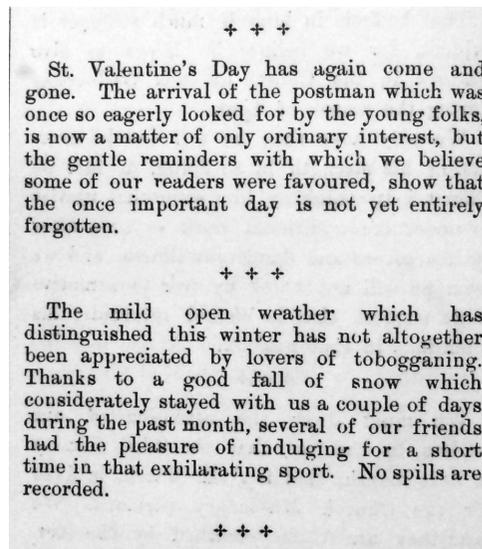
**Gardening Jobs for March**

We have welcomed a few sunny days at the end of February. This tantalising warmth heralds the equinox and he promise of warmer, and longer, days. However, be wary of frosts and many weeks to come and check for frost damage. Cut back any affected stems.

Now is a good time to mulch. The ideal organic matter is leaf mould and well rotted manure. This makes a good barrier against weeds and also keeps the soil moist whilst insulating young shoots from the cold. Remember to weed your beds first or else the weeds will get the benefits!

The promise of Spring gives us hope and encouragement for brighter days to come. Let's look forward to being able to welcome family and friends to our gardens in the months to come. With that in mind, treat your self to a brew and use this opportune moment for planning and planting.

**Downham Magazine—March 1889**



TO coincide with St. Valentine's Day, Downham WI sent each member a green heart bookmark as a symbol of WI's support for the Climate Coalition. 'Show the love' is their annual celebration and reminder for each of us to play our part in helping to tackle climate change. Within each handmade origami bookmark the committee tucked a raffle ticket inside for the Lancashire Federation of Women's Institute's prize draw, as this helps to support the local office.

Following the Downham WI committee meeting, they announced that not only have they some great local speakers and activities lined up for when they can meet up again but also that the Downham WI portion of the subs will be waived this year. President, Diane Poole, said "we can't wait to see everyone again. Although we've kept in touch via Whatsapp and our weekly quiz, it's just not the same as being in the village hall surrounded by friends and the buzz of conversation and laughter".

New members welcome, contact: Diane on 07904 111167 or by email [dianepoole1984@gmail.com](mailto:dianepoole1984@gmail.com)

**Linda has written to us:**

A big Thankyou to all friends and neighbours for their kind prayers and well wishes and I'm looking forward to meeting up in nicer weather in our gardens and the ice cream shop.....come on you sunshine!!!

**Remember...**

Clocks spring FORWARD an hour on Sunday 28th March