

Contacting St John's

Vicar in Charge

Rev Mark Houston

call/text 07810655684

houstonmark15@gmail.com

Church Warden

Mrs Amanda Kay

Tel (5) 58851



For Baptisms, Weddings and Funerals

at St John's or at St Mary's

contact Rev Mark

07810655684

houstonmark15@gmail.com



Services at St John's

1st and 2nd Sunday ... 10am

3rd Sunday ... fellowship cafe church in the church room, from 3.30pm

4th Sunday ... benefice (joint) service rotated with St Mary, Allithwaite

5th Sunday ... see church noticeboard for this and for midweek prayers, other services and events

Diddi Disciples

for pre school kids and their guardians

every Thursday, 10 - 11.30am

in St John's Room (term time only)

stories, play, snacks



Christmas at St John's

15th December

Candlelit carol service with orchestra 4pm

24th December

Christingle 4pm

Late Eucharist 9.30pm



Surgeries (7) 15500 Hospital (Furness) 01229 870870
Pharmacy (5) 58298 Post Office (5) 59342 School (5) 58434
Vet (5) 32669 NHS helpline 111 Police Helpline 101
Westmorland and Furness Council 0300 373 3300



Published by The Church of St John the Baptist
Station Rd, Flookburgh, Grange-over-Sands LA11 7JY
got info? call Kim (5) 21305 or email: bryankimbarb@gmail.com



The Little Link

The Church of St John the Baptist

serving Cark, Flookburgh, Holker
Ravenstown and Sandgate since 1900

WINTER 2024/2025



'Tis the Season to be Crafting'! Autumn craft fairs at Lower Holker Village Hall (left) and Flookburgh Village Hall

HOME FOR CHRISTMAS

Monday 9th December

Flookburgh Lights Switch On ... 6.30pm

carol singing and mince pie munching

accompanied by Santa Claus

Christmas Day

Carol Singing in the Square ... from 11.30am

accompanied by the Flookburgh Band



2025

First Meetings

Community Food Hub ... Mon 6th Jan at Flookburgh VH

Mothers Union ... Tues 7th Jan, 10.30am in the SJ Church Room

Diddi Disciples ... Thurs 9th Jan, 10am in the Church Room

Flookburgh Over Sixties ... Thurs 9th Jan, 2pm at Flookburgh VH

Knit and Natter ... Wed 15th Jan, 10am in the Church Room
followed by a 'Jacob's Join' new year lunch

Lower Holker WI ... Wed 5th Feb, 1.30pm at Flookburgh VH

for full details of regular groups and activities see 'What's On'



What's On At St John's

Knit and Natter, Sew and Chatter ... every Wednesday morning

10am – 12noon

Flookburgh Mothers Union ... 10.30am every first Tuesday (from 2025) except in Summer. Call Janet 58651

Diddi Disciples ... creative play with refreshments for pre school kids and guardians; Thurs 10am, term time only

Food and Recycling Banks ... whenever we are open, collection points at the rear of the church

And In The Community

Lower Holker 'What's App' Group ... to join text Jeni 07722519889

Coffee Morning ... 10am every Friday at Flookburgh Village Hall (FVH); includes quiz, games and bingo. Call Barry (5) 59075

Flookburgh Over 60s ... 2pm every second Thursday at FVH. Call Veronica (5) 59255

Flookburgh Community Food Club ... every Monday at FVH; for info/join/register: <https://flookburghcfc.blogspot.com/p/food-club.html>; email: flookburghcfc@gmail.com

The Burrow ... family and child groups, every Tuesday 1.30-3pm, Flookburgh School and Nursery, Winder Lane. Groups alternate based on age of child. Call (5) 58434

Sewing Classes (dressmaking and crafts) ... at Lower Holker Village Hall (LHVH) bring own machine; Fridays 10am; call Natasha 07901751197

Badminton and Table Tennis ... Thursdays at LHVH. Sessions £1; to book call (5) 58304

Lower Holker Bowls Club ... experienced or beginner, all welcome. Call Ron (5) 34063

Yoga Classes by KS ... at Holker Old School, Cark. Call Katie (5) 58841 or email: katie@ksyoga.co.uk

Tai Chi and Yoga Classes ... at Lower Holker VH. For Tai Chi email: r.barton5353@gmail.com; For Yoga email: kathrynajordan1@gmail.com

Aerial Hoops Classes ... at LHVH; to book email: hello@ootherblue.com; new class

Lower Holker WI ... 1.30pm, every 1st Wednesday, rotating between LHVH and FVH; December at LHVH then February at FVH. Call Ros 07387388078

Car Boot Sales ... every Sunday morning May – September on Cark Airfield

BINGO ... every Thursday at the Ravenstown Club, doors open 7.30pm

BINGO QUIZ ... every Wednesday 7.30pm at the Hope and Anchor, Market Street

Flookburgh Amateur Boxing Gym ... adult, kids and ladies classes.

Call/text 07766913572. Ladies contact Emily 07775591420

Grange Shed ... Yewbarrow Terrace, Grange. Open 10am – 1pm Monday, Wednesday and Friday; carpentry and craft for older men. Email: thegrangeshed@gmail.com

Grange Active Travel Hub ... free mobility scooter hire for prom trips; call (5) 55439

Coffee Morning ... every Wednesday, 10.30am, Grange Methodist Church

Elevenses ... cuppa and company, 10am to Noon, 2nd and 4th Tuesday, St Mary's, Allithwaite

Wellbeing Walks ... 11am Tuesday from Cartmel Grandstand; shorter walk 11am Thursday from the 'Pay and Display', bottom of Windermere Road, Grange. Call Ewen Cameron 07929833528 or email: e.cameron1@btinternet.com

PEAT ... environmental group meets 7pm last Tuesday of the month at Grange Methodist

Age UK Walking Sports ... over 50s walking football and netball, 3.30pm every Tuesday at Kendal Leisure Centre. Call (7) 28118

Age UK Lunch Club Cark ... 4th Friday of the month at the Pheasant; call Liz on (7)28118



Handy Person Service

Elderly, disabled or vulnerable?
Unable to attend to small jobs?
Applicants pay for materials, labour is free
apply online or call 01539 793 161



Christmas Crafting and Card Making
2pm, 4th December
@ Lower Holker VH
all welcome



Flookburgh Over Sixties Christmas Party

1pm, Thurs 12th December
Flookburgh Village Hall
to book call Carole 58322



Tuesdays 1.30-3pm
Flookburgh School and Nursery
Call (5) 58434



Christmas in Cark
BINGO ... 7.30pm, Tues 3rd Dec
QUIZ NIGHT ... 7.30pm, Thurs 19th Dec
Lower Holker Village Hall



Christmas GROTTO

in the Grand Library, Holker Hall
14th, 15th, 21st, 22nd Dec
tickets from £8
book online or call 58328



Flookburgh Band
Christmas Concert 2024
7pm, Sat 21st Dec
Victoria Hall, Grange
book online (£10)



Cark Remembrance Tree
gather from 6.15pm
Thursday 12th December
with refreshments and raffle
all welcome



Flookburgh School: breaks up Fri 20th Dec 2024; returns Tues 7th Jan 2025

donate to the St John's Appeal
<https://www.justgiving.com/crowdfunding/StJohnsFlookburgh>

NEW ... Bingo Quiz
Wednesdays, 7.30pm
@ the Hope and Anchor



SANTA DASH

in aid of St John's appeal
10am, Sat 7th December
followed at 1pm
by a **BAKE SALE**
details Nathan or Anna
at the **RAVENSTOWN CLUB**
07768445535



From the Parish Council

The Parish Council meets monthly, usually on the first Tuesday of the month, in Cark and Flookburgh in alternate months. Residents are welcome to attend meetings and can raise issues of local concern with the Council at any meeting.

The meeting dates for 2025 are: 7th Jan, 4th Feb, 4th March, 1st April, 6th May, 3rd June, 8th July, 2nd Sept, 7th Oct, 4th Nov & 2nd December.

Contact Us ... Parish Clerk, Lyn Prescott 13 Church Walk, Flookburgh, LA11 7JX. Call 015395 58224; email: lowerholkerpc@hotmail.co.uk

www.lowerholkerparishcouncil.org.uk