



East Cumbria **Methodist** Circuit



## Weekly Bulletin Sunday 24<sup>th</sup> September 2023

Dear friends,

There are many incredible stories which come from our nation's experiences during the conflict of the years 1939-1945. It never ceases to amaze me what our nation endured, and how it found the determination to fight on for freedom.

Most of my heroes come from this era, both my grandfather and my father fought in the World Wars of the 20<sup>th</sup> century, my mother worked in a munitions factory, one of my uncles a fitter in the RAF. I grew up with snippets of experiences they endured, though I never met a veteran who spoke readily about what they went through, it is not their way.



One of my heroes is a woman called Joy Lofthouse, who in 1943 at 20 years of age, joined the Air Transport Auxiliary (ATA). Out of 2000 applicants only 17 were accepted, and her job was to deliver aircraft from the factories to the frontline squadrons throughout the UK...she had never driven a car in her life...

In all she flew 38 different types of aircraft, including 400mph fighters, mostly without any radio communications fitted. Her navigational aids, just a map on her knee and looking out of the cockpit in sometimes dreadful weather conditions, her only guide to the aircrafts foibles a flight manual on her other knee...

**SHE HAD TO LEARN TO ADAPT.....**

We have to learn to adapt in our spiritual lives and in the life of the church too. As conditions and climate alter, we need to change the way that we work and function to bring the glorious gospel of Jesus to people's hearts.

This is not an easy thing to do but **IT IS POSSIBLE**, to be relevant to our society and 'on message'. As we say we need to be flexible and willing to change if needed, how open are we to fresh ideas and new methods?

There is a comfort factor at work in the 'known'. Once we step outside the known, life can feel uncomfortable or even frightening. Look at Abraham in Genesis 12 or Moses in Exodus 6, and yet the call to 'step out' and meet a fresh horizon can be exhilarating and refreshing too!

As we look to a fresh future as a New combined Circuit, I pray we are willing to adapt and embrace the challenge with our heads up to the possibilities and opportunities!

*Keith Speck*  
Circuit Pastor



**Penrith Methodist Church**

**10.30am** ~ Harvest ~ Mr. Morgan Tebb-Roger & Mrs Averil Cozens

**Readings:** John 21: 1 – 14; 2 Kings 4: 1 - 7

**Skelton Methodist Church**

**10.30am** ~ Morning Worship ~ Mrs Lois Morton

**Stainton Methodist Church**

**10.30am** ~ Harvest ~ Rev. Catherine Helm

**Cottage Wood Centre**

**5pm** ~ Harvest – Rev. Keith Speck

**Alston Moor Methodist Church**

**11am** ~ Morning Worship ~ Mr. David Pepin

**Langwathby Methodist Church**

**11am** ~ Morning Worship ~ Rev. Mary Elliot

**Kirkoswald Methodist Church**

**10am** ~ Harvest ~ Rev. Canon Katharine Butterfield & Team

**Gamblesby Methodist Church**

**2pm** ~ Harvest ~ Mr. Bill Wright

**Salkeld Dykes Methodist Church**

**6pm** ~ Evening Worship ~ Rev. David Milner

**Thought for the Week**



# Weekly Diary

## Monday 25<sup>th</sup> September

**9.30am** ~ Monday Walks – Meet outside PMC

**6.15pm** ~ Choral Group – Sandgate/PMC

**7.30pm** ~ Monday Zoom Prayer – Hosted by Gillian & David Belford

*Meeting ID: 955 474 1253*

*Password: 2YaB4F*

## Tuesday 26<sup>th</sup> September

**10am** ~ Midweek Communion Service ~ Rev. David Milner – Church/PMC

**10.30am** ~ CAP Job Club – Beacon/PMC

**7pm** ~ Omega HG – Sunningdale, Stainton

**7.30pm** ~ Junior Youth Club ~ Ullswater/PMC

## Wednesday 27<sup>th</sup> September

**10am** ~ 3Cs (Coffee, Children, Crafts) - Cottage Wood Centre

**1.30pm** ~ Sewing Craft Group - Skelton Methodist Church

**7pm** ~ Blencow HG – The Hollies, Blencow (*We meet twice monthly at 7pm on a Wednesday. Contact Steve on 07711 088448 for further details.*)

## Thursday 28<sup>th</sup> September

**2pm** ~ MHA Celebration Service – Woodlands MHA, Bridge Lane, Penrith

## Friday 29<sup>th</sup> September

**12 noon** ~ Lunch Club - Ullswater/PMC

**7pm** ~ Be Boulder Quiz Night – Ullswater/PMC

## Saturday 30<sup>th</sup> September

**8.30am onwards** ~ Be Boulder – PMC (see schedule)

**10am** ~ Plants Along the Wall – Fairfield & Little Fairfield, Wordsworth St. Penrith

**7pm** ~ PMC's Got Talent – Church/PMC

## Sunday 1<sup>st</sup> October

**Penrith: 10.30am** ~ Church Anniversary ~ Rev. Tim Cooke & Rev. Annie Deche

**7pm** ~ Encounter ~ Mr. Morgan Tebb-Roger

**Skelton: 10.30am** ~ Morning Worship ~ Miss Kathleen Williamson

**Stainton: 10.30am** ~ Morning Worship ~ Mr. Lawrence Tomlinson

**Cottage Wood Centre: 5pm** ~ Evening Worship ~ Rev. Tim Cooke

& Rev. Annie Deche

**Alston Moor: 11am** ~ Morning Worship ~ Dr. Peter Bowes

**Nenthead: 5pm** ~ Pennine Praise

**Culgaith: 11am** ~ Morning Worship ~ Rev. Keith Speck

**Langwathby: 5pm** ~ Taize Service

## Lunch Club Award

We are delighted to share that Penrith Methodist Church Lunch Club has been nominated, shortlisted and has gone on to win the BBC Radio Cumbria Make a Difference Award, in the Community Category!

We have been serving the greater community in Penrith for almost thirty-one years. In total there have been over 100 volunteers since the venture first started. Preparing more than 65,000 meals over that period. Lovingly and generously provided each week by three teams of cooks, potato peelers, table layers, washers up and drivers offering a door-to-door service for those no longer able to reach us on their own.

While offering a place to enjoy a well cooked, nourishing meal, a warm welcome and a place to meet up with friends old and new. There have been many joys and sadness's shared over the years, always supporting each other, both clients and volunteers.

We are always happy to welcome new faces, both clients and those who would like to get involved in this fantastic service as a wiling helper.

We must sincerely thank the people who so kindly nominated the group, and of course the independent judges that made the final decision. Not forgetting the excellent hospitality given to myself and the three other volunteers who were selected by their co-volunteers to represent Lunch Club at the award ceremony.

We are all very grateful for the recognition.

Anne MacDonald,  
Penrith Methodist Lunch Club.



## A Request for Seasonal Fruit

We will be preparing a cooked meal following next Sunday's service at PMC, and would be grateful for any seasonal fruit you may have, apples, plums, pears etc. Any extra will be stored and used for up-coming Lunch Clubs.

***Contributions can be left on the pool table near the kitchen on or before Friday 29th September.***



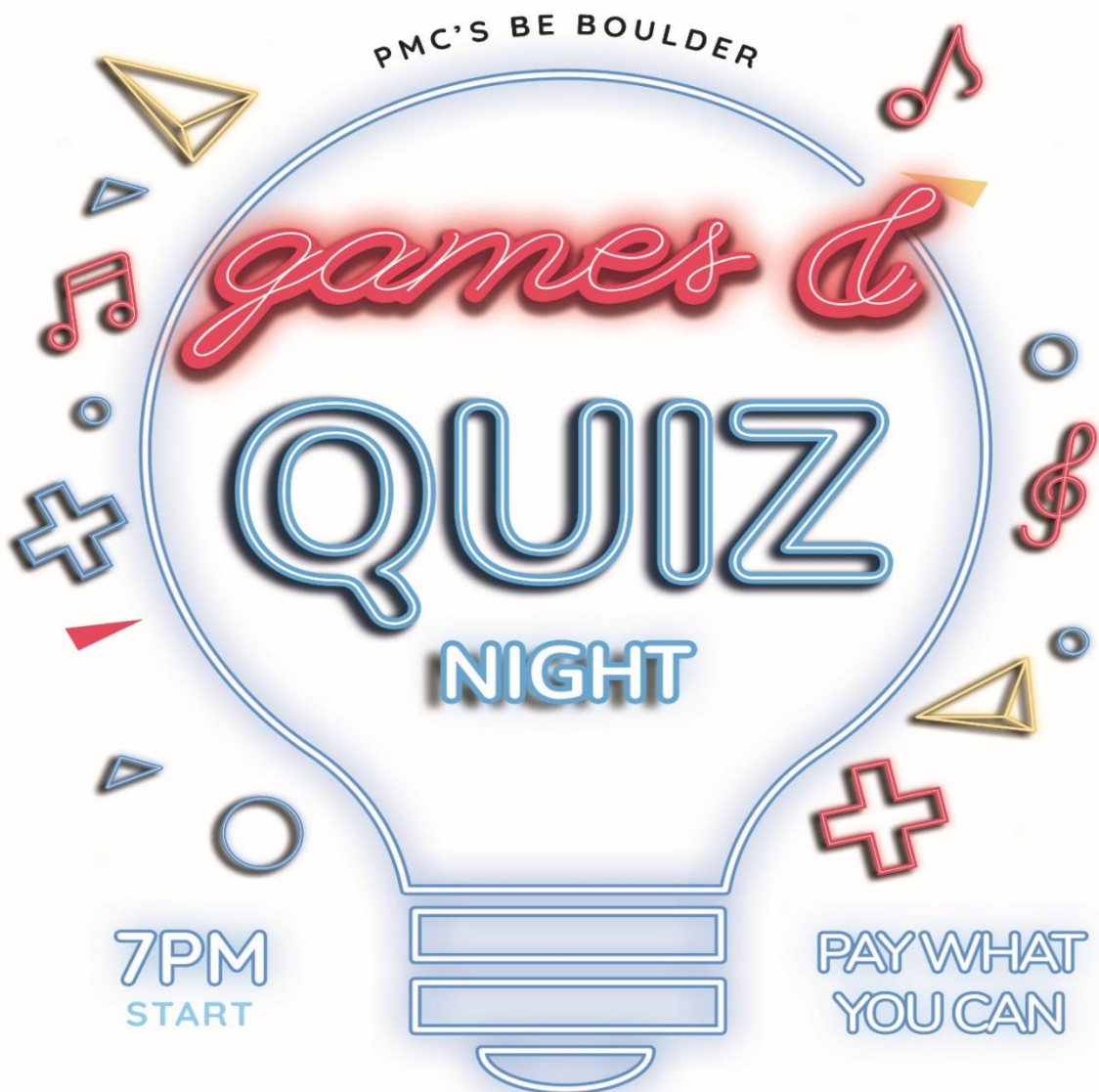


### MHA Service

Late notice but we are having a Service to celebrate 80 years of MHA, Woodlands 40<sup>th</sup> Anniversary, and including our annual Memorial Service on Thursday 28<sup>th</sup> September at 2pm, in Ellwood, to be followed by tea and cakes.

This would replace a Methodist Thursday service, but it would be nice if some people from the church could attend and everyone would be welcome.

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**FRIDAY 29TH SEPTEMBER 2023**

**GRAND PRIZE: BRAGGING RIGHTS**

Come with a team or make one when you're here!

*Be Boulder*  
*Saturday 30<sup>th</sup> September*  
*WORDSWORTH STREET*  
*PLANTS ALONG THE*  
*WALL*

From 10.00 am onwards plants and other garden material will be displayed for the taking along the front wall of Fairfield and within the drive of Little Fairfield - just up from PMC on Wordsworth Street.



If you find you have some surplus plants that could be suitable for adding to the display, why not bring them along to either house any time up to the day or starting time of the display.



If you wish, please give a donation for any plants you take to your favourite charity or into a 'Be Boulder' donation box at PMC.

### **Alpha Course**

This year's Alpha starts again in Penrith on

Thursday 5<sup>th</sup> October, 7.30pm at the Restore Shop in New Squares. Very Exciting!

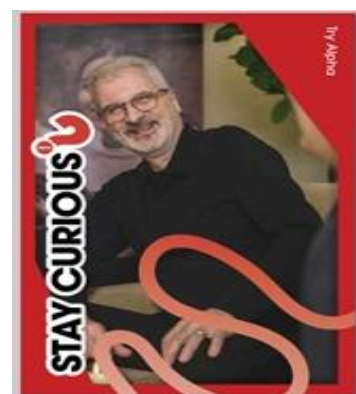
Light meal, video and chat about life and meaning.

Week 1: 'Is there more to life than this?'

'STAY CURIOUS' is the theme of the publicity.

What if there is something in this Christian faith after all?!

Do come if you are intrigued or, if you are convinced already, bring a friend!





## Be Boulder Anniversary Walk

**Saturday 30<sup>th</sup> September**

**Leaving from outside the PMC glasshouse at 2 pm**

**Leader – Graham Allan**

This year's anniversary walk is one that was enjoyed on several occasions as part of the church's Summer Evening programmes.

On leaving the church we will firstly make our way to the Thacka Beck Nature Reserve. Our route then follows the Penrith-Catterlen bridleway, eventually dropping down to cross a couple of footbridges over the River Petteril. After passing beneath the M6 we then reach the weir from where water is drawn off to feed the historic Thacka Beck that flows through the centre of town. We return along the footpath beside the West Coast main line to reach the Nature Reserve again, then PMC.

### **The walk**

**5 miles in length - about 2½ hours group walk**

**Generally flat but a little boggy in places**

**Some sections of long grass that may be wet**

**Would prefer not to have dogs, but any coming would need to be able to clamber over stiles**

**Three or four stiles**

**Sheep and cattle in some of the fields**

**Bring a snack for the half-way point**

### **Operation Christmas Child**

Operation Christmas Child Shoebox Packing and Coffee Morning will be at PMC on Saturday 14th October from 10.00 am. All are welcome to come and help.

There are leaflets in Reception to guide you if you need ideas or if you want to do your own box. *Remember no liquids, sweets, toothpaste, war related items or used or damaged items.*

We are always grateful to receive donations towards transport costs as well. The deadline to complete boxes is mid-November.

Thank you,  
Judith Joyce.





Final Concert of the Season on Saturday 7<sup>th</sup> October,  
6pm at St. Patrick's Church, Patterdale  
Pay what you feel  
Tickets: [simeonwalker.co.uk/live](http://simeonwalker.co.uk/live)



Dalston Male Voice Choir  
**Whitehaven Male Voice Choir**

proudly present

**A Haven of Harmonious Voices**



**Carlisle Methodist Church, Wigton Road**



Sunday 8th October, 2.30pm

Tickets £10, Children under 16 free Includes refreshments to be served after the concert

Proceeds for: **Circuit Charity 23/24; Release International, Dalston Male Voice Choir, Whitehaven Male Voice Choir & Carlisle Methodist Church, Wigton Road**

# THINK WINTER

(Carlisle Refuge for the Homeless)

Already several people have asked 'when is the next BIG Autumn collection?'

We can now tell you!

**Tuesday 17th October**

**Warm** winter clothing & soups  
(we would obviously collect our old favourites, kitchen items, bedding, etc.)

God bless and many thanks,  
Jeanette & Keith

p.s. Keith & Jeanette are more than willing to talk to the wider Circuit about the Carlisle Refuge





# BE BOULDER FRIDAY

SEP 29TH  
2023

## 7:00 PM QUIZ NIGHT

- 9:00PM

Featuring rounds that cover the wide spectrum of trivia, pop culture, theology, and the just plain silly, team up with your family and friends to prove once and for all who is the smartest. Pay what you can on the door, and you can either come with a team or make one when you get there!

# BE BOULDER SATURDAY

SEP 30TH  
2023

MC = Main Church  
UW = Ullswater  
SG = Sandgate  
BN = Beacon  
OUT = Somewhere else

## 8:30 AM MORNING PRAYERS // SG

- 9:00AM

Come and spend some time in quiet prayer, to begin our weekend right by connecting with God

## 9:00 AM CHURCH BREAKFAST // UW

- 10:00AM

We want to be family, and a family that eats together, stays together. So let us serve you breakfast before we worship

## 10:00 AM SATURDAY WORSHIP // MC

- 11:00AM

We'll meet all together in church to reflect on the kind of church we want to be, all whilst worshipping God

## 11:00 AM TEA & COFFEE BREAK // UW

- 11:30AM

It wouldn't be church without one.

## 11:30 AM EXPLORATION // MC

- 12:30PM

A deeper exploration of the ideas we started with in worship, about how we "be church" in this time and place

## KIDS & TEENS // SG & BN

We want as much of our church to be able to engage with the exploration as possible, so let us entertain the kids & teens.

## 12:30 PM PICNIC LUNCH // UW

- 2:00PM

Bring your nibbles from home and let's eat together and discuss our thoughts so far

## 2:00PM CRAFT // UW

ONWARDS  
(CHOOSE ONE)

Get your hands busy with some crafts - there'll be something for all ages!

## FLOWER GROUP // MC

Join our flower group as they make up some baskets to bless our community

## WALK // OUT

Take a stroll through Penrith to chat, explore and pray about the impact we as a church have in this town. Meet in the Glasshouse to set off together

## TEENS // BN

Teenagers! Don't want to do anything else? We'll leave this room set up for you to hang out in. Kids only, sorry adults.

## 7:00 PM PMC'S GOT TALENT // MC

- 9:00PM

Featuring the talents of various members of our church, this concert is not to be missed. You'll be able to get tickets for this on the door, for a suggested donation of £10



# BE BOULDER SUNDAY

OCT 1ST  
2023

MC = Main Church  
UW = Ullswater  
SG = Sandgate  
BN = Beacon  
OUT = Somewhere else

**10:30 AM - 11:30AM** **SUNDAY WORSHIP // SG**  
Our usual Sunday morning service, but with that Be Boulder twist - featuring guest speaker Annie Deche

**11:30 AM - 1:30 PM** **BRING & SHARE LUNCH // UW**  
Well aren't you lucky?! Our wonderful team of cooks are going to whip up a cooked lunch for us all.

**2:00PM - 3:30PM** **BAPTISMS // OUT**  
Isn't this exciting! Members of our church community will be getting baptised in Lake Ullswater. And there's still space for more - if you want to be baptised, speak to Tim or Morgan. Meet at Glencoyne Bay, just outside Glenridding

**7:00 PM - 8:00PM** **ENCOUNTER // MC**  
Round off the weekend with our first monthly Encounter service after the summer break. A whole heap of space for worship, ministry and word.

# BE BOULDER ONGOING

OCTOBER  
2023

## PRAYER SPACES

We have a constant rotation of prayer spaces and reflections going on in church. Starting this weekend, they will be themed around our Be Boulder ideas. Make sure you take some time to go and engage and reflect on those, amidst the busyness of everything else!

## EXHIBITION

This Be Boulder weekend marks our 150th anniversary of "all things PMC". We've put together a special exhibition to commemorate this, with artifacts and memories from across our recorded history. This is where we've come from - where do we go next?



### **Missing Blackboard from PMC Kitchen**

Please can the little blackboard that fits on the small easel be returned to the kitchen at PMC.  
(It's been missing for a while!)

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### **FAIRTRADE CHRISTMAS COFFEE MORNING**

**Saturday 4<sup>th</sup> November, 10am – 12 noon, at PMC**

- Fair Trade Christmas Cards (please find catalogues in reception)
- Fair Trade food and wrapping paper from OXFAM
- Fair Trade gifts from Victoria's
- Christine Milner's handmade cards
- Handmade wooden gifts
- Coffee & cake stall

Please come and buy, share in fellowship;  
And support Fair Trade and the Church.



### **We are a Fair Trade Church, and here is an extract from a letter received from 'Transform Trade' who used to be known as Traidcraft Exchange:**

As well as working for transformation in local communities, we campaign for systematic changes to laws and policies – because without radical changes to the systems which exploit the most vulnerable, ending justice in trad it impossible.

Over the next year, there are three big changes that we are close to realising:

1. A fashion watchdog to regulate and improve the behaviour of UK fashion brands towards their suppliers.
2. A new law to hold businesses to account for human rights violations in their supply chains.
3. Up to eight new homeworker policies created by major UK fashion brands to support thousands of the world's most disadvantaged workers.

See website [www.transform-trade.org](http://www.transform-trade.org) for more information.





## **Photocopier Toners**

We have a set of Canon C-EXV 29 photocopier toners (magenta, yellow, black & cyan) and a waste toner pack which are not compatible with our new photocopier.

If anyone can use them, please contact the Circuit Office.

### **PMC Reminders for This Weekend**

***The Flower Workshop to decorate the Church for harvest is on Saturday from 9.30am.***

***Items suitable for the Food Bank can be donated at the Harvest Service on Sunday.***

***If anyone would like to help decorate the windows at PMC for the 150<sup>th</sup> Anniversary celebration, we will be doing so after the Harvest service on Sunday.***

## **Contact Details:**

### **Co-Superintendent Ministers**

**Rev. Tim Cooke:** 01768 890465 or email: [tim.cooke@methodist.org.uk](mailto:tim.cooke@methodist.org.uk)

**Rev. David Milner:** 01768 863209 or email: [dave@revmilner.plus.com](mailto:dave@revmilner.plus.com)

**Circuit Pastor: Rev. Keith Speck:** 01768 898257 or email: [keithspck1@googlemail.com](mailto:keithspck1@googlemail.com)

**Missional Pioneer & Communities Lay Pastor: Morgan Tebb-Roger:** 07949 156051  
or email: [outreach@penrithmethodist.co.uk](mailto:outreach@penrithmethodist.co.uk)

**Circuit Office:** 01768 862787 or email: [admin@penrithmethodist.co.uk](mailto:admin@penrithmethodist.co.uk)  
(Open 9am - 1pm, Monday to Friday)

**Circuit Administrative Manager: Sarah Mulheron**

**Administrative Assistant: Maureen Brunskill**

**Premises Manager: Lindsay Wilson**

**Eden Debt Centre Manager (CAP): Jon Cook** (currently on Sabbatical)

**Contact:** Jen Dixon, email: [jendixon@capuk.org](mailto:jendixon@capuk.org)

**Cottage Wood Centre - Please send a request to join our Facebook group.**

**East of Eden Mission Community Website:** [www.eastofedenmc.org.uk](http://www.eastofedenmc.org.uk)

**PMC Website:** [www.penrithmethodist.co.uk](http://www.penrithmethodist.co.uk)

**Find our Sunday services on YouTube**

**Follow us on Twitter @PMCMethodists and on Facebook**

**Let's stay connected with one another!**

