



East Cumbria **Methodist** Circuit



Weekly Bulletin

Sunday 4th February 2024



Dear Friends,

A number of years ago, myself and my two brothers in law decided we would venture out onto the Lakeland fells on a route march, camping out and climbing numerous peaks in the process. I was much younger and fitter then I might add!

I recollect, to save weight, we ate 'Vesta meals' all week. These were termed 'instant' meals, you just added boiling water to them but what that did to my digestive system I leave you to imagine...

We started out at the head of Haweswater, up the Nan Bield pass and on towards Ambleside, and obviously fish and chips. I think we ended up at the end of the week stumbling eventually into Keswick after climbing Silver How, the Langdale Pikes, Scawfell, Gable and Pillar and swimming in Langstrath beck and Derwent water, having survived swarms of midges camping overnight at Watendlath!!

When I glance at my Wainright guide books, I can recall the aching feet and memories of laughter, happiness and map reading, but I also recall the sheer weight of the packs we were carrying which were far too heavy... but we were young, naive and far too cocky for our own good. We didn't think we would experience hailstorms on Scawfell!!

The experience of hiking with a huge heavy pack has stayed with me. I did something similar when I walked Hadrian's Wall and camped out. Water is SO heavy I found. Of course, you can walk the wall now and have your personal effects carried by minibus to your next B&B along the way!!

In my 45 years of ministry, I have often come across people carrying burdens in their lives, accumulated heartaches and pain, desires for justice and sadly revenge sometimes. These are heavy burdens to bear and can crush and flatten all your peace and joy in this walk of life. In the gospel of Matthew chapter 11 **Jesus issues an invitation** to all of us who carry such burdens, He says 'Come unto Me'. He invites us to come to Him - He will give us rest when we take our yoked burdens and exchange them for His. For HIS burden IS light and we will

find rest even in our very souls. Is this what you are searching for, longing for, desperate for?

May we all, just like Pilgrim in Bunyan's 'Pilgrims Progress', lay those burdens down at His feet and find true rest, not just in our weary muscles but deep within our very souls, which only Jesus can give to us.

*Keith Speck,
Kirkoswald*



Penrith

10.30am ~ Morning Worship ~ Mr. Michael Boone
"Our Calling - Evangelism"
Readings: Isaiah 40: 21 - 31; Matthew 28: 16 - 20
Lunch to follow

Skelton

10.30am ~ Morning Worship ~ Rev. David Milner

Stainton

10.30am ~ Morning Worship ~ Mrs Lois Morton

Cottage Wood Centre

2pm ~ Farewell Service for Rev. Mark Houston at St. Michael's Church, Skelton
(see separate notice)

Alston Moor

11am ~ Morning Worship ~ Rev. Tim Cooke

Nenthead

5pm ~ Pennine Praise

Culgaith

11am ~ Morning Worship ~ Rev. Keith Speck

Langwathby

5pm ~ Taize Service

***There are alternative Anglican services available.
For details, please see the EEMC website: www.eastofedenmc.org.uk***

A decorative header for the weekly diary. The text "Weekly Diary" is written in a cursive, reddish-brown font. The background is a light pink color with vertical streaks of gold and white, and a faint floral pattern on the right side.

Weekly Diary

Monday 5th February

- 9.30am** ~ Monday Walks – Meet outside PMC
- 2pm** ~ All Together Fellowship – Sandgate/PMC
- 6.15pm** ~ Choral Group - Sandgate Room/PMC
- 7.30pm** ~ Monday Zoom Prayer

Tuesday 6th February

- 10am** ~ 'He Brews' Coffee Club – Gamblesby Methodist Chapel
- 10am** ~ Midweek Service – Miss Kathleen Williamson – Church/PMC
- 10.30am** ~ CAP Job Club – Beacon/PMC
- 7pm** ~ Omega HG – Sunningdale, Stainton
- 7.30pm** ~ Junior Youth Club - Ullswater/PMC

Wednesday 7th February

- 10am** ~ 3Cs – Cottage Wood Centre
- 10am** ~ Coffee Morning - Skelton Methodist Church
- 1.30pm** ~ Wednesday Get Together - 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.*)
- 7pm – 8pm** ~ Cottage Wood Monthly Prayer Time - *We are continuing to pray at home, and all are welcome to take part for any or all of the hour.*

Thursday 8th February

- 1pm** ~ Thursday Tots - Ullswater/PMC
- 2pm** ~ Parklands HG – 19 Arthur Street, Penrith
- 7.30pm** ~ PMC Property Meeting – Beacon/PMC

Friday 9th February

- 12 noon** ~ Lunch Club – Ullswater/PMC
- 7pm** ~ Supper Club Games Evening – Ullswater & Sandgate/PMC

Sunday 11th February

- Penrith: 10.30am** ~ Healing Service ~ Rev. Gillian Belford
- Patterdale: 10.30am** ~ Morning Worship ~ Mr. Michael Boone
- Skelton: 10.30am** ~ Morning Worship ~ Rev. Andrew Callaway
- Stainton: 10.30am** ~ Morning Worship ~ Mr. Lawrence Tomlinson
- Cottage Wood: 3pm** ~ Afternoon Worship ~ Miss Kathleen Williamson
- Alston Moor: 11am** ~ Morning Worship ~ Rev. Keith Speck
- Langwathby: 11am** ~ Morning Worship ~ Rev. Tim Cooke
- Kirkoswald: 10am** ~ Morning Worship ~ Mr. Kevin Turpin & Team
- Gamblesby: 2pm** ~ Afternoon Worship ~ Mrs Lois Morton
- Renwick: 2pm** ~ Afternoon Worship ~ Rev. David Milner

A reminder for Saturday

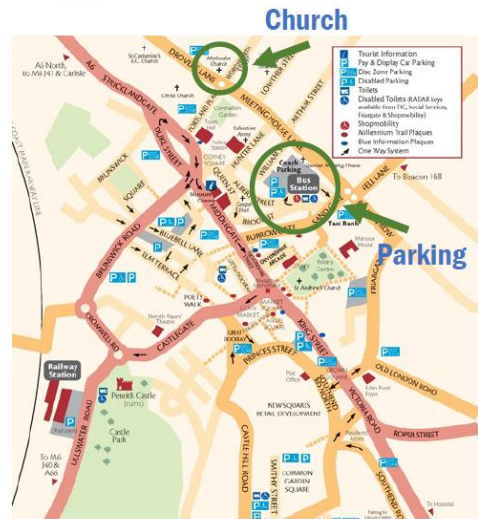
A Cumbria Circuit?



Cumbria
Methodist District

Listening Space

Saturday 3rd February
10:00am – 1:00pm
Refreshments from 9:30am
Penrith Methodist Church



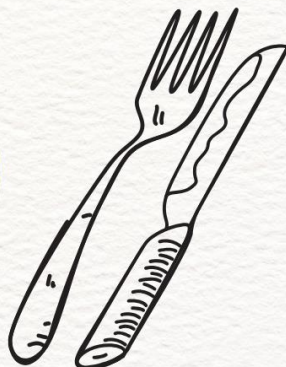
Come and help us shape the future of Methodism in Cumbria

Please book in advance via Carolyn on 07727 415400

Email: cumbriamethodistdistrict@outlook.com

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Let's do **LUNCH**  
**SUNDAY 4TH FEBRUARY**  
Following the PMC morning service



**Donations of  
cakes would be  
much appreciated  
(no fresh cream).**

## Change of Plan

**There is a change to the service at Cottage Wood Centre on 4<sup>th</sup> February from the plan.**

There will now be no service at CWC and instead we will be sharing in a Farewell Service for Revd Mark Houston at St Michael's Church, Skelton at 2pm. Refreshments to follow.



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“All Together Fellowship”
MONDAY 5th FEBRUARY at 2pm
in the SANDGATE ROOM at PMC.

Following a short act of worship, there will be a talk and visual presentation,

The Camino Pilgrimage Walk

Followed by refreshments and a chance to have a good chat.

If you haven't had a programme and would like one, please ask us.

John & Margaret

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## SUPPER CLUB

You are very welcome to a “Games Evening” hosted by Supper Club :-

**in the Ullswater and Sandgate rooms at PMC,**  
**on Friday 9<sup>th</sup> February at 7pm.**

We would be very happy if individuals and families who are not part of Supper Club joined us for this event.



There will be various games and other activities in which to participate, with a break in the middle of the evening when folk can have a chat while enjoying drinks and a selection of homemade cakes.

**We look forward to seeing those of you who are able to come.**

**John & Margaret (Gore )**

## Healing Service

The next Healing Service takes place on  
Sunday 11<sup>th</sup> February, 10.30am at PMC  
Led by Rev. Gillian Belford  
Theme: 'Prayer – Look Up'



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Skelton Methodist Church invites you to

A Pancake Lunch

On Tuesday 13th February 2024 at 12.30pm

Savoury and Sweet Fillings will be served

Donations for Church Windows Fund

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### Cottage Wood Centre Take Tea Out

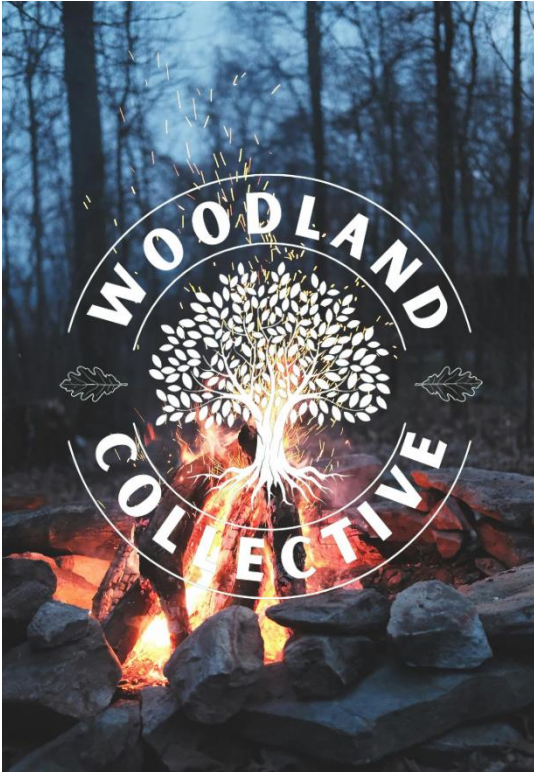
There will be no tea in February this year.  
To book a tea in for Thursday 14<sup>th</sup> March, eat in or take away,  
please contact Sylvia: 01228 511547.



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***If you have taken tea/hand towels from the PMC
kitchen home to be laundered, can these be returned
as soon as possible please.***



Our new project 'Woodland Collective' is taking place on Friday 16th February!

What is it? This is a space that is hosted in a way that promotes healing, growth and community in the amazing creation that surrounds us. This space is for those seeking healing from hurtful experiences with religion, for those seeking to grow in their faith, and for those wanting to build community with others. Whoever you are, you're welcome here.

What's involved? We will spend a short time individually connecting to the place we're in whilst reflecting on what is on our minds and hearts. We will then gather around a fire and, if we feel able to, share what is going on for us as we roast marshmallows and sip on a warm drink. This tends to naturally flow into various discussions, deepening the friendships we share with one another.

When are we meeting? On Friday 16th February we will meet outside PMC at **7pm** and carpool to the selected woodland. Make sure to wear clothes appropriate for the weather, bring any hot drinks or snacks you wish, as well as any blankets or camping chairs you might want.

Please share this with anyone you think might like to attend.

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## **always hope.**

EDEN CAP DEBT CENTRE delivers free, face to face help to people across the Eden valley. Volunteers can get involved supporting our experienced coaches and befriending clients.



**We are hosting New Befriender Training on Monday 19th February 2024, 9.30am—12noon @ Penrith Methodist Church.**

**If you are interested in attending, please contact Jen: [jendixon@capuk.org](mailto:jendixon@capuk.org) or 07799 271710 (before Friday 9<sup>th</sup> February).**

# PMC CLOTHES SWAP

**Sunday  
25th February**

12noon - 1pm  
6pm-7pm

Penrith Methodist Church,  
Wordsworth Street,  
Penrith, CA11 7QY

Refresh your wardrobe for free at our clothes swap event!

The aim is to redistribute unwanted clothes, so bring along any quality clothes which you no longer wear and swap them for something new!



**This will follow the Social Justice service on fast fashion which takes place on Sunday 25<sup>th</sup> February, 10.30am at PMC.**

**If anyone can't make the clothes swap but have items they would like to include, these can be left with us prior to the service.**



## Christian Aid – Changemakers Conference

Sandylands Methodist Church, Sandgate, Kendal, LA9 6EU, will be hosting the Christian Aid Changemakers Conference on **Saturday 2 March** for the Cumbria/ North Lancashire region. We will be one of 14 venues across the UK hosting this event which will be live streamed from St James' Church, Piccadilly, London. The event will run from 10.30am to 1pm, followed by a free networking lunch.

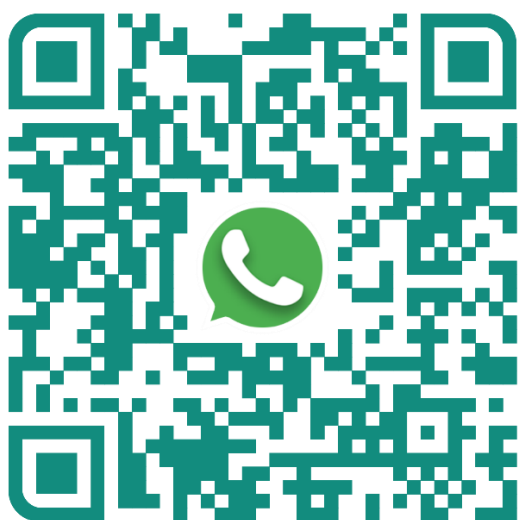
There will be the opportunity to hear from Burundi Country Manager, Philip Galgallo, who'll give a personal insight into the Burundi programmes, plus other key speakers who will share news, ideas, and resources to enthuse us in readiness for Christian Aid Week 2024. It will also be a really good chance to network with supporters from other churches in Kendal and across the county, and to share ideas and resources.

**To register for the conference, please follow this link:**

[Changemakers Conference: Regional | Christian Aid.](#)



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PMC WhatsApp Community

Stay up to date with everything PMC - scan this QR code to join our WhatsApp community, where you can get general notices & announcements for church life, and also register for specific groups for discussion, opportunities, and prayer.

If the QR code does not work, you can also use the link <http://www.penrithmethodist.co.uk/whatsapp> to join.

Two points to note:

- 1. It is only 'admin' who can post - so you will not be inundated with people 'pinging'!**
- 2. Signing up does not disclose your mobile number to others.**

The Methodist Church



Kirkby Stephen, Appleby & Tebay Methodist Circuit is looking for a **CIRCUIT YOUTH WORKER**

Are you passionate about young people's ministry?

The KSAT Circuit is situated in Cumbria in a deeply rural area between the Yorkshire Dales and the Lake District. The greater part lying in the beautiful valley of the River Eden, and the remainder in the Upper Lune Valley. We have 14 chapels which are not only open for worship on Sundays, but also provide a wide range of activities throughout the week for people of all ages and interests.

- To develop children and youth work programmes for the age range 11-18 years in churches and communities.
- To enable children and young people faith development and discipleship and become integrated into the churches and Mission Community in the upper Eden and Lune areas.
- To engage in developing strategies for working with young people.

Salary: £13.00 per hour (18 hours per week). (Net: £12,174)

Start date: TBC (April 2024)

Work base: Home-based/Eden area, with travel required

Duration of contract: Fixed Term 3 year contract.

An occupational requirement exists for the post holder to be a practising Christian in accordance with the Equality Act 2010.

Closing date for applications: 26th February 2024

Interviews: 5th March 2024

The successful applicant will require a satisfactory Enhanced DBS disclosure and successful completion of safer recruitment checks.

For further details and application form: Rev Andrew Sterling,
andrew.sterling@methodist.org.uk / 017683 51244

UNBOUNDED LOVE

God's love
doesn't stay
in the lines

40 daily email
deliveries of
love in Lent



Find out more here or by visiting
methodist.org.uk/UnboundedLove

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The **Methodist** Church 

Please sign up if you wish to receive the Methodist
Church daily email reflections during Lent.

Thought for the week...



Contact Details:

Co-Superintendent Ministers

Rev. Tim Cooke: 01768 890465 or email: tim.cooke@methodist.org.uk

Rev. David Milner: 01768 863209 or email: dave@revmilner.plus.com

Circuit Pastor: Rev. Keith Speck: 01768 898257 or email: keithspck1@googlemail.com

Missional Pioneer & Communities Lay Pastor: Morgan Tebb-Roger: 07949 156051
or email: outreach@penrithmethodist.co.uk

Stainton Outreach Worker: Trace Cooke: 01768 890465
or email: tracecooke1@gmail.com

Circuit Office: 01768 862787 or email: 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: 07464 939138
or email: joncook@capuk.org

Debt Coach: Jen Dixon: 07799 271710 or email: 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

PMC Website: 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!

