



East Cumbria **Methodist** Circuit



Weekly Bulletin Sunday 5th May

You Aren't Alone in This

My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar. Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. (Psalm 42:6-7)

God never promised us that this life was going to be easy. And sometimes, it really isn't easy! Throughout the bible we see people in suffering and anguish. There is even an entire book called Lamentations and most of the psalmists express deep emotions linked to grief and suffering.

Amid these storms, we can find ourselves yelling the question “*why don't you make it all better God?!*”

Whilst I know God could make all things better, I don't think that's the way God does things. At least, not all the time. I believe God is the one who comes to sit with us. The one who puts an arm around our shoulders. The one who weeps with us. The one who tells us we are never alone.

God doesn't promise to make it all better, but simply sits with us at our lowest points and proceeds to carry us forward even when we feel like we can't go on any further.

When we look at the story of Lazarus being raised from the dead in John 11, it's quite easy to skip over the dialogue that leads up to the miracle. But it's this dialogue where Jesus sits with, comforts, and even cries with the sisters in their grief. To me, they seem frustrated and angry at Jesus for not coming sooner and healing Lazarus, but he still stays with them. Here Jesus is demonstrating the character of God who doesn't shy away from our grief, anger or frustration but stands with us in love.



God never promised that this life was going to be easy. But time and time again God promises to sit with us in our grief and anguish in such a way that we can be sure that we will never face anything alone.

Morgan Tebb-Roger



Penrith

10.30am ~ Morning Worship ~ Rev. Tim Cooke
Readings: 2 Corinthians 5: 14-17; Romans 6: 4b; 8-11
Colossians 3: 1-4, 10-15

12pm ~ Church Lunch

Skelton

10.30am ~ Morning Worship – Rev. David Milner

Stainton

10.30am ~ Morning Worship – Mrs. Lois Morton

Cottage Wood Centre

5pm ~ Early Evening Worship ~ Rev. David Milner

Alston Moor

11am ~ Morning Worship ~ Local Arrangement

Nenthead

5pm ~ Pennine Praise

Culgaith

11am ~ Morning Worship ~ Morgan Tebb-Roger

Langwathby

11am ~ Chapel Anniversary ~ Mr. Tim Baker, All We Can

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

Weekly Notices

Monday 6th May

9.30am ~ Monday Walks – Meet outside PMC

2pm ~ Skelton Bible Fellowship – Skelton Methodist Church

Tuesday 7th May

10am ~ 'He Brews' Coffee Club – Gamblesby Methodist Chapel

10am ~ Midweek Service – Miss Kathleen Williamson – Church/PMC

1.30pm ~ Prayer Meeting – Church/PMC

7pm ~ Omega House Group – Sunningdale, Stainton

7.30pm ~ Junior Youth Club – Ullswater/PMC

Wednesday 8th May

10am ~ 3C's – Cottage Wood Centre

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.*)

7.30pm ~ Living Room HG, contact Morgan or Sarah for details

Thursday 9th May

1pm ~ Thursday Tots – Ullswater/PMC

1.30pm ~ Take Tea Out – Cottage Wood Centre (*Contact Sheila Mallinson to book*)

2pm ~ Parklands House Group – 19 Frenchfield Way, Penrith

7.30pm ~ Local Preachers Meeting – 44 White Ox Way, Penrith

Friday 10th May

12 noon ~ Lunch Club – Ullswater/PMC

7pm ~ Woodland Collective – meet outside PMC to car share

Saturday 11th May

10am ~ Christian Aid Coffee Morning & Plant Sale – Ullswater/PMC

Sunday 12th May

Penrith: 10.30am	Healing Service ~ Rev. Gillian Belford
Patterdale: 10.30am	Morning Worship ~ Morgan Tebb-Roger
Skelton: 10.30am	Morning Worship ~ Rev. Andrew Callaway
Stainton: 10.30am	Morning Communion ~ Rev. Tim Cooke
Cottage Wood: 5pm	Early Evening Worship ~ Morris Rodham
Alston Moor: 11am	Morning Worship ~ Mr. David Pepin
Kirkoswald: 10am	Morning Worship ~ Mr. Lawrence Tomlinson
Gamblesby: 10.30am	Pet Service ~ Claire Slee & Jan Blackshaw
Renwick: 5pm	Early Evening Worship ~ Morgan Tebb-Roger

**Langwathby Methodist
Church
Anniversary Service**

Sunday, 5th May, at 11.00am

Speaker - Tim Baker
(Representing All We Can,
the Methodist Church's
Relief & Development Agency)

All are welcome!



Let's do **LUNCH**
SUNDAY 5TH MAY
Following the PMC morning service



Baked potatoes and fillings,
donations of cakes welcome
(no nuts or meringue).

Please provide a list of possible allergens
eg gluten, dairy, etc.

If you are able to help with food preparation before the meal,
please can you let Ange know, as numbers in the kitchen will be limited.

Celebrating 50 years

On 2 July 2024 the Methodist Church celebrates the 50th anniversary of the first ordinations of women as presbyters. To celebrate and honour women presbyters they are looking for stories to share on the website.

If you have something to share, including any pictures (indicate District and date/year) please email: mediaoffice@methodistchurch.org.uk



Monday Zoom Prayer

A reminder that there will be no Zoom Prayer Meeting on Monday 6th May.

The May meetings will be held on Mondays 13th & 20th



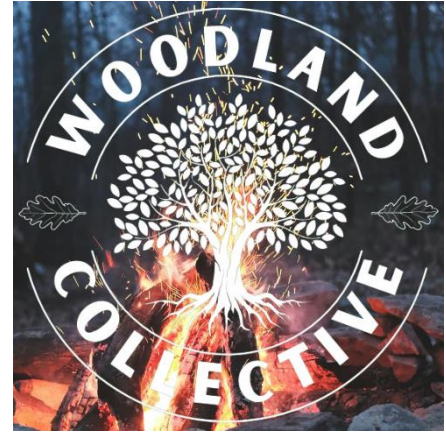
**Come along to PMC
on Saturday 11th May,
10am-12noon**

Have a cuppa,
grab some cake and
browse the plant stall

**** Plants or 'gardenalia' that can be donated for the plant stall can be left at Fairfield or at Penrith Methodist Church**

The next Woodland Collective meeting is Friday 10th May.

All are welcome to join, please meet outside PMC at 7pm to carpool to the selected woodland. Please wear weather appropriate clothing and bring any hot drinks/snacks, blankets/chairs you might want.



Healing Service

The next Healing Service takes place on Sunday 12th May, 10.30am at PMC
Led by Rev. Gillian Belford

The theme is 'Darkness and Light'

Christian Aid Week



Christian Aid Week takes place 12th – 18th May and prior to the Healing Service 'Darkness and Light' on May 12th, a short video will be shown of Christian Aid's work in Burundi immediately before 10.30am worship.

The video tells Aline's story of being pushed to the brink of survival. With the help of Christian Aid she was able to achieve what seemed impossible, an income for her and her children.



Food Hygiene and Safety

Penrith Methodist Church
Monday 13th May
1.30pm – 2.30pm

Cath Rowlandson, Senior Environmental Officer at WFDC, leads this conversational talk about food business, hygiene and safety.

The talk is for those who volunteer within groups using the church kitchen (Sunday Lunches, Lunch Club, 4F, etc.), however all are welcome to



We will be covering the below topics

- The legal definition of a Food Business and how this might be applied to catering activities carried out on a voluntary basis.
- A little about food premises registration how this is done, what is involved for catering activities that are registered and those people carrying out the catering at or for them.
- Relevant food safety documentation
- General food safety, good hygiene practice and allergen information & advice available from the Commercial Protection Team.
- Contact details for the local Commercial Protection Team and the Council Trading Standards Team.

For further information please contact Ange Wicker



You may be aware of Thy Kingdom Come International prayer from Ascension to Pentecost. We welcome you to join a prayer event on 13 May in the south of the Blencathra Mission Community at Mungrisdale Church, 10am-4pm.

More information about Thy Kingdom can be found on their website.
To join our local event please visit the below link:
www.greystokeandmungrisdale.churchsuite.com

Thinking Ecumenically

An afternoon with Revd Canon Dr Jeremy Morris,
National Ecumenical Advisor for the
Church of England.

Join us as we explore the history and theology of the modern ecumenical movement, and share insights from those ministering in the ecumenical county of Cumbria.



Jeremy is a church historian and theologian, with many years of experience in ecumenical affairs. Whether you are involved in lay or ordained ministry, or just interested in ecumenism, you are welcome to come and think more about this important subject, share insights, and learn from others.



Image: Freepik.com

St Thomas' Church, Kendal
Monday, 13 May 2024, 1.30–4.30pm

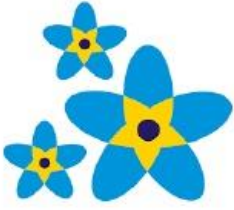
To register your place for free, please visit:
westerndales.org.uk/thinking-ecumenically

For more information, please email Revd Andy Burgess
on andy.burgess@westerndales.org.uk



Register your place for
free, using this QR code:





Let's talk
about
dementia

Dementia Action Week Penrith Hub

Thursday 16 May, 10am-1pm
Penrith Leisure Centre

10am-1pm Information and Advice Stalls
10am-1pm Indoor Bowls Tasters
12:10-1pm Dementia Friends Information Session

Free Gentle Fitness Sessions

10:30 Get Fit 4 Life with Debbie Jackman
11:00 Move It or Lose It with Pauline Ireland
11:30 Bocce Ball with Healthwise
12:00 Fit4All with Roo & Rhiannon

**Dementia
Friends**
An Alzheimer's Society initiative

<https://bit.ly/3xW8IsB>
or scan the QR code



Lianne.Parrett@westmorlandandfurness.gov.uk

CAP Money Coaching Course

Alan Sibley will be running a CAP Money Coaching course in the Beacon room at Penrith Methodist Church on the following dates: 20th May, 3rd June, 10th June and 17th June, 7pm to 9pm. Refreshments will be provided.

The course teaches budgeting skills that can help you make the most of your money, and to worry less about money. The content is relevant to most people who want to be more in control of their finances. The material is very accessible and easy to follow.

If you would like more information then please contact Alan at the following email address:

capmoney@penrithmethodist.co.uk

or use the following website:

<https://capuk.org/get-help/money-coaching>

If you would like to register to attend the course please use the following link:

<https://refresh.capmoney.org/join-course/6602eacdb5b199d69109c0b6>

CAP Money Course

A free, short course that makes managing your money simple.



budget. save. spend

CUMBRIA METHODIST WOMEN IN BRITAIN



Exploring Big Questions

With Rev Dr James Tebbutt

Stainton Methodist Church

**Wednesday 22nd May
2:30pm**

Refreshments to follow

Retiring Collection for District MWiB funds

**For dietary needs or other queries
contact Rev Jackie Betts 01768371598
j.betts 321@btinternet.com**

Stainton Methodist Church is
just off Junction 40 of M6
Postcode – CA11 0EA



The **Methodist** Church 

A Celebration of the Cumbria Methodist District

Sunday 14 July

3.30pm worship, sharing
& refreshments

6 - 7pm evening celebration

An afternoon of worship,
celebration and conversation.

To help with catering, please
book [here](#) by Friday 28th June

at Penrith Methodist Church

Arrivals from 3pm



You can book onto the above event at the link below
[Celebration of the Cumbria Methodist District Registration, Sun 14 Jul 2024 at 15:30 | Eventbrite](#)



East Cumbria Methodist Circuit

Lay Pastoral Worker

Are you passionate about showing love and care to others
– walking alongside, and supporting those who need it most?

Do you have a heart for building relationships with both
individuals and rural communities?

Do you want an exciting new challenge?

The East Cumbria Methodist Circuit is looking for a Lay Pastoral Worker who will:

- Work within the well developed ecumenical East of Eden Mission Community in a beautiful part of the country
- Assist the ministers and pastoral visitors in the care and support of church members and others involved in the life of the church.
- Support the pastoral needs, growth in discipleship, and worship of members and the wider community.
- Be passionate about working ecumenically in our rurally disparate and disconnected communities to ensure good relationships and connections are built through a ministry of presence in the local area.
- Recruit, inspire, equip and support volunteers and build lay teams engaged in the work of making and growing disciples.

This is a full-time position, 37.5 hours a week.

A job share would also be considered.

Salary: £29,267

This post is subject to an occupational requirement that the post holder be a practicing Christian under Part 1 of Schedule 9 of the Equality Act 2010.

Closing date for applications: 17 May 2024

Interviews: Likely last week in May/first week in June

Please return completed applications to:

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

For full Job Application Pack:

www.penrithmethodist.co.uk/jobs

PMC

JUSTICE

TEAM

AND WHAT DOES THE LORD
REQUIRE OF YOU?
TO ACT JUSTLY
AND TO LOVE MERCY
AND TO WALK HUMBLY WITH
YOUR GOD.

MICAH 6:8

At PMC, we believe that it is our responsibility to stand for justice in the name of Jesus. The PMC Justice Team is committed to bringing social justice issues to the forefront of our focus as a church and challenging ourselves when it comes to how we actively engage with these topics.

We are not an exclusive group but a team that all are encouraged to engage with. So, don't hesitate to ask about what we do as a team and how you can take part in a 2000 year-old movement of justice.



YOU ARE LOVED
ARE VALUED
BELONG

4F @ PMC

VOLUNTEERS NEEDED

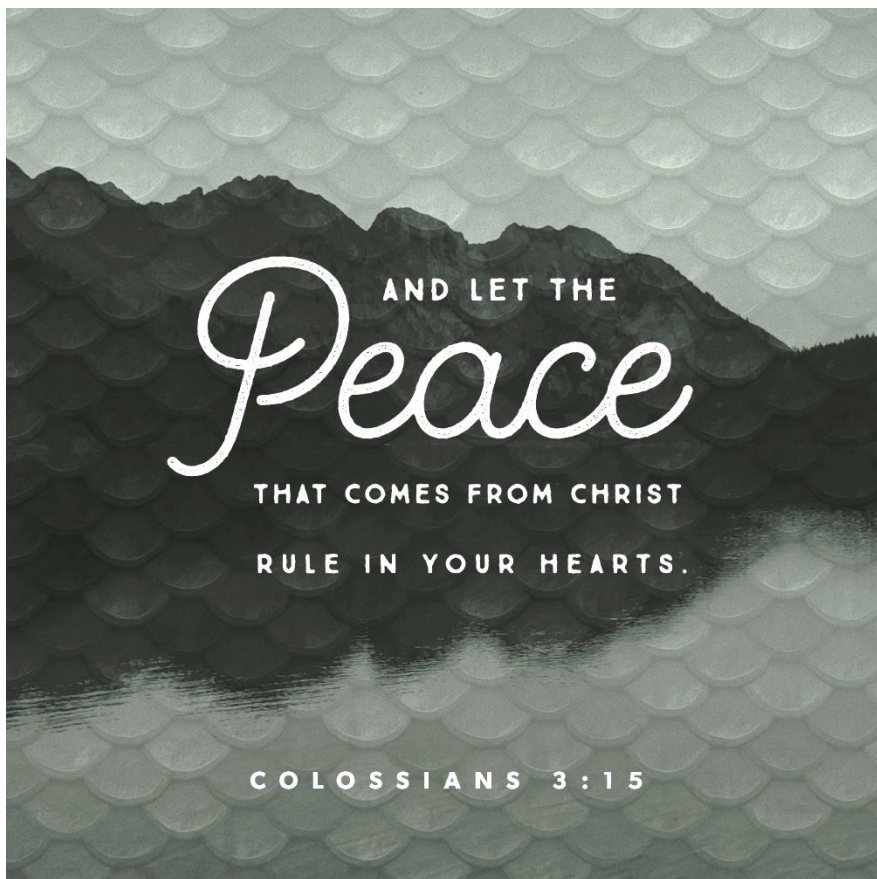
We have enjoyed a great deal of success with this project, with up to 80 people (children and parents) regularly attending our events during the school holidays.

Due to the increased number of people attending we are urgently in need of additional help.

We are very grateful for the help and commitment of our volunteers, however it would be amazing if some younger people, who have a gift for working with children and families, are able to help.

We meet once each week of the school holidays, between 9.30am & 2.30pm. No qualifications are needed, just a heart to help families in our community. Volunteers would need an up to date DBS check (which can be done via Penrith Methodist Church) and to also undertake our Safeguarding Training.

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@gmail.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
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!

