



East Cumbria **Methodist** Circuit



## **Weekly Bulletin** **Sunday 12<sup>th</sup> May**

### **Suddenly**

The phrase 'a God-incidence' was recently used by someone I had contacted as part of my job. The individual was so taken by the timing of an offer of help that she 'could not stop smiling' as she wrote her email reply to me.

This got me thinking about the encouragement and joy that flows from experiencing those moments where we recognise God at work in our midst and how this often comes, at least from our perspective, unexpectedly or 'out of the blue'.

'Suddenly' is a word which crops up a lot in the Bible.

For sure, in the Old Testament it is often associated with themes of judgment, desolation and calamities, often in prophecies profoundly effecting entire nations. (Most of which came to fruition.)

So too in the New Testament 'suddenly' occasionally comes with an issue of warning, but it seems to me that whenever the word is used the writer intends to emphasise a moment of the Divine Plan in action.

In Matthew's Gospel alone there are many examples. Joseph had an angel 'suddenly appear to him in a dream' three times. The heavens suddenly opened after Jesus was baptised. On the mountain Moses and Elijah suddenly appeared with Jesus and a bright cloud suddenly covered them. When Jesus died the curtain of the sanctuary was suddenly split into two. The risen Jesus suddenly appeared to his disciples to greet them.

Likewise in Acts. As the disciples witnessed the ascension of Jesus they were suddenly joined by two men in white who explained that Jesus would return in the same way. And on the day of Pentecost as the disciples were together the sound of the violent heavenly-wind was, you've guessed it, sudden! Saul's conversion was through a sudden light. The acceptance of Gentiles into the church began because of the sudden appearance of a man in shining clothes to Cornelius.

The list goes on ... and continues to this day. So, as we approach Pentecost I encourage you to reflect on your experiences of God-incidences. Perhaps

answers to prayers where the praying has been ongoing but the answer came suddenly.

Let's share our stories with each other and be encouraged because we are all called to be part of God's influence here in our time, in this place.

*Shane McNicol*



**Penrith**

**10.30am** ~ Healing Service ~ Rev. Gillian Belford  
**'Darkness and Light'**  
Readings: Psalm 27; Luke 18: 35 - 43

**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 Centre**

**5pm** ~ Early Evening Worship ~ Ven. 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

***There are alternative Anglican services available.  
For details, please see the EEMC website: [www.eastofedenmc.org.uk](http://www.eastofedenmc.org.uk)***

# Weekly Notices

## **Monday 13<sup>th</sup> May**

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

**1.30pm** ~ Food Hygiene & Safety Talk – Sandgate/PMC

**7.30pm** ~ Zoom Prayer Meeting

## **Tuesday 14<sup>th</sup> May**

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

**10am** ~ Midweek Communion Service – Rev. Tim Cooke – Church/PMC

**1.30pm** ~ Prayer Meeting – Church/PMC

**7pm** ~ Omega House Group – Thacka Crest, Thacka Lane, Penrith

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

## **Wednesday 15<sup>th</sup> May**

**10am** ~ 3C's – Cottage Wood Centre

**1.30pm** ~ Wednesday Get Together - Skelton Methodist Church

**2pm** ~ Langwathby Community Fellowship

**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 16<sup>th</sup> May**

**10.30am** ~ Oasis – Langwathby Methodist Chapel

**1pm** ~ Thursday Tots – Ullswater/PMC

## **Friday 17<sup>th</sup> May**

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

## **Sunday 19<sup>th</sup> May - Pentecost**

**Penrith: 10.30am** Morning Communion ~ Rev. Tim Cooke

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

**Stainton: 10.30am** Morning Worship ~ Mr. Michael Boone

**Cottage Wood: 5pm** Early Evening Communion ~ Rev. Tim Cooke

**Alston Moor: 11am** Morning Communion ~ Rev. David Milner

**Langwathby: 11am** Morning Worship ~ Peter & Hazel Bowes

**Kirkoswald: 6.30pm** Third Sunday Service



**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**

## Christian Aid Week



**Christian Aid Week takes place 12<sup>th</sup> - 18<sup>th</sup> May**

Prior to the Healing Service 'Darkness and Light' on May 12<sup>th</sup>, 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.

This year's appeal is focussing on the organisation's work in Burundi, one of the most densely populated and poorest countries in Africa. Heavily reliant on agriculture, it's also one of the least prepared to combat the effects of climate change, including droughts, floods and landslides.

## Circuit Office Update

Please continue to hold Sarah, PJ and family in your prayers following the passing of Sarah's father last Tuesday evening.

We would also ask for everyone to be considerate with any interactions with the Circuit Office over the next few weeks as Lindsay is also now away for 2 weeks. Therefore, if you are using the building, please leave things as tidy as possible.

Also, and although Maureen has been back to help out this past week, we are pleased to announce that, after a recent selection process, we have now offered the Admin Assistant position to Niamh Ryan.

Niamh, who is currently working part-time at Triple A, will be working in the office on Tuesday, Thursday and Friday mornings.

We know you will all make her feel welcome and will remember her in your prayers.

Thank you.



# 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 join.

## 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

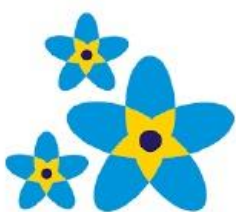




You may be aware of Thy Kingdom Come International prayer from Ascension to Pentecost. We welcome you to join a prayer event on 13 May in the south of the Blencathra Mission Community at Mungrisdale Church, 10am-4pm.

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](http://www.greystokeandmungrisdale.churchsuite.com)

**You are invited to our monthly  
Oasis of refreshment and rest at  
Langwathby Chapel  
Thursday, 16th May  
From 10.30am: Coffee,  
An informal reflection in the Chapel  
And a light lunch**



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](mailto: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](mailto: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

## 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.

## **Wedding Anniversary & Birthday Wishes**

We send our congratulations to Alistair & Alison Stobbs who celebrate their Ruby Wedding Anniversary on Sunday 12<sup>th</sup> May.

We also send best wishes to Kathleen Williamson for her 70<sup>th</sup> Birthday on Monday 13<sup>th</sup> May.

Enjoy your celebrations!



**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](#)

**We will be making a presentation to Rev. Dr James Tebbutt at the celebration service on 14th July, to express our appreciation for all the work he has done for Cumbria over the last five years.**

**Please pass any donations for James to the Circuit Office by Wednesday 22<sup>nd</sup> May if you wish to contribute.**



**CUMBRIA METHODIST WOMEN IN BRITAIN**



**Exploring Big Questions**  
**With Rev Dr James Tebbutt**

***Stainton Methodist Church***

**Wednesday 22<sup>nd</sup> 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



**Celebrating 50 years**

On 2 July 2024 the Methodist Church celebrates the 50<sup>th</sup> 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](mailto:mediaoffice@methodistchurch.org.uk)

**Golden milestone** for  
women's ministry





## 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](http://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

## Thought for the week...



### 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)

**Stainton Outreach Worker: Trace Cooke:** 01768 890465

or email: [tracecooke1@gmail.com](mailto:tracecooke1@gmail.com)

**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**

**Premises Manager: Lindsay Wilson**

**Eden Debt Centre Manager (CAP): Jon Cook:** 07464 939138

or email: [joncook@capuk.org](mailto:joncook@capuk.org)

**Debt Coach:** Jen Dixon: 07799 271710 or 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!