



Weekly Bulletin Sunday 14th July

Aging

Finally, after several gentle reminders, I got around to putting up some of our son's wedding photos on the lounge wall. The photographer was excellent and made the most of what was less than ideal weather: the bride and groom and bridesmaids brimming with youth and vitality.



And there amongst them, a grey-haired dad with wrinkles around the smile and eyes. I'm not complaining and many of you will consider me young or middle-aged (which taken literally you have to double to find out what old-age is).

This got me thinking about how we don't talk enough about aging as a church let alone as a society. We can too often fall into the trap of compartmentalising activities into age groups when in reality aging affects us all at exactly the same rate, one year at a time, so perhaps we should view it as another thing we have in common rather than something which sets us apart.

No one can really say when 'old age' begins and of course it's somewhat subjective: we all know or knew people who would never describe themselves as old and proving it by their attitude and love-of-life living.

I know an Anglican evangelist Ian Knox who, now in his mid-seventies, continues to visit Africa several times a year, to preach to thousands of people, visit schools and prisons, refresh and recommit local clergy and bishops to the task of sharing the Gospel. His 8-10 day itineraries are intense and I would find it difficult to keep up with a fraction of his schedule.

Ian is also an author and I enthusiastically commend his book 'Finishing Well' in which he explores the subject, full of anecdotes and Scripture, to give 'A God's-eye view of aging'. There's a chapter titled 'Not retired - refired' and testimonies from people who have experienced significant spiritual growth in their later

years: 'Every day I get re-converted', 'The Lord is teaching me new things...doing things in my inner life', to mention but two.

Here's a verse Ian finds hugely encouraging, which we should too:

"Even to your old age and grey hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you" Isaiah 46:4

Shane McNicol



Penrith

10am ~ Morning Worship/Alpha Service – Mr Morgan Tebb-Roger

3.30pm ~ District Event

Patterdale

10.30am ~ Morning Worship – Mrs Lois Morton

Skelton

10.30am ~ Morning Worship – Mr Lawrence Tomlinson

Stainton

10.30am ~ Morning Worship – Rev Andrew Callaway

Cottage Wood Centre

3.30pm ~ District Event at PMC

Alston Moor

11am ~ Morning Communion – Rev David Milner

Kirkoswald

10am ~ Morning Communion – Rev Tim Cooke

Gamblesby

10am ~ Little Acorns

3.30pm ~ District Event at PMC

Renwick

3.30pm ~ District Event at PMC

There are alternative Anglican services available.

For details, please see the EEMC website: www.eastofedenmc.org.uk

Weekly Notices

Monday 15th July

9.30am ~ Monday Walks – Meet outside PMC

2pm ~ All Together Fellowship

6.15pm ~ Choral Group – Sandgate/PMC

7.30pm ~ Zoom Prayer Meeting –

All are welcome to join, please follow the link and use the Meeting ID below,

<https://zoom.us/j/97436321089>

Meeting ID: 974 3632 1089

Tuesday 16th July

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

10am ~ Midweek Service – Mr Lawrence Tomlinson – Church/PMC

10.30am ~ CAP Job Club – Beacon/PMC

1.30pm ~ Prayer Meeting – Church/PMC

Wednesday 17th July

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 18th July

10.30am ~ Oasis – Langwathby Methodist Chapel

2pm ~ Parklands HG – 19 Frenchfield Way

Friday 19th July

12 noon ~ Lunch Club – Ullswater/PMC

Sunday 21st July

Penrith: 10.30am	Morning Communion – Rev Tim Cooke
Skelton: 10.30am	Morning Worship – Mrs Lois Morton
Stainton: 10.30am	Morning Worship – Rev David Milner
Cottage Wood: 5pm	Early Evening Worship – Rev Tim Cooke
Alston Moor: 11am	Morning Worship – Mr David Pepin
Culgaith: 11am	Morning Communion – Rev Mary Elliot
Langwathby: 11am	Local Arrangement
Kirkoswald: 6.30pm	Third Sunday Service



Friday, 12th July, from 2pm to 4pm: Afternoon Tea at Tithe Cottage, Langwathby

A churches and community initiative for new people to the area, older citizens and others appreciating some social contact.



'Time for a Cuppa'

Eden Valley Friends of Dementia UK was set up about 6 years ago by a small team from Langwathby Chapel and the local community. It was in response to an awareness of the growing issue of dementia and personal stories from families affected by it. Now we have 'our' Dementia Specialist ('Admiral') Nurse, enjoying working in the Eden Valley as part of the Eden Primary Care Network, and much appreciated by those experiencing her work.

People from the East of Eden Mission Community have given great support to this venture – either by donations or by volunteering to help with events. Such was the case on 6th July at Langwathby Village Hall on the occasion of Dementia UK's annual 'Time for a Cuppa'. Church and community worked side by side, providing an array of delicious cakes, tea & coffee and a range of stalls. Nurse Lucy was there and people were able to chat with her, and EEMC's Anna Chaplain was also there. Over £730 was raised, contributing to the invaluable work done by Dementia UK.

Thank you, everyone for your support and generosity.



The next meeting of our All Together Fellowship is on

MONDAY, JULY 15th, at 2pm

We will begin as usual with a short act of worship.

This will be followed by a light hearted humorous session which will be accompanied by a visual presentation relevant to the entertainment!!

Fellowship will continue in the Ullswater Room when an afternoon tea will be served.



Please note that there is **no meeting in August.**



You are invited to our monthly Oasis of refreshment and rest at Langwathby Chapel

Thursday, 18 July

From 10.30: Coffee

An informal reflection in the Chapel

And a light lunch

Family Funtime



An East of Eden
Mission Community Event

**Is back!! ~ 25th July &
Each Thursday @ K'O FIELD
until 22nd August**



**Activities & Crafts
Tea, Coffee & Cake
Snacks & Drinks for children
(all children must be
accompanied by an adult)**

*** ALL FREE ***

Donations Welcome!





PMC's Holiday Club will be running again this year.
Follow the link above for more information & registration.

Please donate any of the following:

- Jam jars - clean and dry, with label removed.
- Recycling items for junk model making - eg; clean and dry plastic bottles, yogurt pots, cardboard tubes small boxes, containers, lids etc - (NO meat trays, glass or tin cans)
- Large plain cardboard sheets (ie the side of a big box)

THANK YOU

'Community Brunch' Saturday 27th July

*To raise funds in support of
The Big Connection & Day in The Lakes*

Doors Open at 10.30am - 1.30pm

- Homemade Scones & Cakes.

Bacon Butties or Beans on toast, drinks -

The Salvation Army Church Hunter Penrith
CA11 7UY - Tel 01768 866732



#HAF2024

4F

SUMMER 2024

To book, contact
admin@penrithmethodist.co.uk

DATES

Tuesday 30th July

Action Ants at PMC ~ 10am - 1pm

Tuesday 6th August

Euphoric Circus at PMC ~ 11am - 2pm

Tuesday 13th August at PMC ~ 11am - 2pm

Tuesday 20th August

Walby Farm Park

meet at PMC at 9.30am for transport



Westmorland
& Furness
Council

**HOLIDAY ACTIVITY
AND FOOD PROGRAMME**

Funded by



Department
for Education



Easter Offering at Alston

On Sunday 30th June, people from congregations in the East of Eden Mission Community, Cumbria, made their way to the Town Hall in Alston (said to be the highest market town in England!) for the Easter Offering Service.

Over 50 people gathered, from Alston and from several small Fellside village churches, for a challenging and memorable service. Women and men from Anglican and Methodist congregations took part, with PowerPoint pictures accompanying readings, stories and hymns, - greatly enhancing the atmosphere of reflection and prayer. In remembering current places where there is injustice, reference was made to Argentina with whom both denominations are in partnership and where the courage of the church to fight for justice is exemplary. A chain of prayer was constructed accompanied by quiet music and was placed at the front for the prayers of intercession.

The offering amounted to £780 - all for Methodist World Mission.

Alston gave everyone a very warm welcome which included refreshments following the service.

Joan Wager
Secretary.

Everyone has questions.

Exploring is good. We're built for it. Explore more about life, faith and meaning with Alpha.

Ask us today for more information about our next course.

Alpha



Alpha - a place to explore the Christian faith in an open-minded environment. Everyone's welcome, you're invited no matter your background or beliefs.

Our next Alpha course begins in September 2024 and will run for 11 weeks. There's no pressure to attend every session, or come back if it's not your thing.

If you're interested or would like more information contact info@alphapmc.co.uk

JESUS SAID, "LET THE CHILDREN COME TO ME. DON'T STOP THEM! FOR THE KINGDOM OF HEAVEN BELONGS TO THOSE WHO ARE LIKE THESE CHILDREN." MATTHEW 19:14

ARE YOU PASSIONATE ABOUT HELPING CHILDREN AND YOUNG PEOPLE DISCOVER MORE ABOUT GOD?

THERE IS SO MUCH WE WANT TO DO AT PMC TO CONNECT WITH CHILDREN, YOUNG PEOPLE AND FAMILIES - THROUGH TODDLER GROUPS, A NEW MESSY CHURCH, AND EXCITING NEW YOUTH GROUP EVENTS.

- COULD YOU SPARE JUST A HOUR OR TWO EACH MONTH?
- WE NEED YOUR HELP! NO EXPERIENCE NECESSARY - JUST A HEART FOR PASSING ON THE LOVE OF GOD.
- FOR MORE DETAILS, SPEAK TO MORGAN, TRACE, HELEN OR REV. TIM





Prayer Handbook 2024/25

'Praise and Protest', the new Prayer Handbook, will be available to order until 28th July on the list in Reception. The handbook is a resource shared by Methodists throughout the world. It contains prayers for every day of the year, each day linking with different Christians at home and abroad. The new Handbook will focus on how the Church can 'learn to do right; seek justice and defend the oppressed' (Isaiah 1v17a)

The price is £4.15 per copy for a bulk order.

Best wishes - Judith Joyce



Salvation Army Food Bank

The Salvation Army are looking for donations for their food bank.

They are currently short of the following items:

- Tinned Meat to make Meals e.g. Mince and Onion, Beef Casserole, Meat Balls
- Tinned Spaghetti, Beans and Sausage, Sausages
- Tinned Vegetables
- Vegetarian Meals
- Tomato and Brown Sauces
- Gravy Granules
- Jars of Meat Paste
- Crisps, Peanut Butter, Chocolate Spread
- Longlife Milk (Blue or Green)
- Toilet Rolls, Shampoo/Conditioner

All donations are greatly appreciated.

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

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

Circuit Administrative Assistant: Niamh Ryan

Premises Manager: Lindsay Wilson

Eden Debt Centre Manager (CAP): Jen Dixon: 07799 271710
or email: jendixon@capuk.org

Debt Coach: tbc

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!

