



East Cumbria **Methodist** Circuit



Weekly Bulletin Sunday 21st July Bird Watching

God will renew you in his love; he will exult over you with loud singing.

Zephaniah 3:17

Trace and I regularly walk our dog, Luna, around 'The Beacon' – the woods above Beacon Edge in Penrith. It's a wonderful, tranquil place full of trees and nature, where we often spy deer and red squirrels. The wildlife is a joy. Especially the birds!

Now, I'm not an ornithologist, or twitcher, but I do love birds. We don't see that many birds up in the Beacon except for jay's, and crows, and the odd buzzard. But we do *hear* literally hundreds of birds. Their songs and calls create a symphony of the most beautiful music that accompanies our walks.



I really wanted to know what the birds were that we were hearing. So, I recently downloaded an app on my phone called Merlin. Merlin is brilliant. Mid-walk, we stop and press 'record' in the app, and Merlin tells us what all the birds are that we hear singing. Apparently, the most common birds we hear up the Beacon are chiff-chaffs and wrens. I have never seen a chiff-chaff before (apparently, it's like a pale

sparrow), and I've never seen a wren up at the Beacon, and yet each day their presence thrills us with their singing!

Why do I tell you this? Well, it actually reminds me a lot of God. I've never seen a chiff-chaff, and I've never seen God (I doubt you've seen God either).

And yet, God is all around us with their presence – surrounding us, journeying with us. Zephaniah 3:17 tells us that God is singing too – a song all about his love for us!

The Merlin app is clever at working out which bird is which. To be honest, I find it impossible to work it out myself. But you know, I'm not sure it matters. I'll leave that to the experts, while I just enjoy the company of the birds and the songs they sing.



And I'll never work God out either. I don't think I was ever meant to. I'm merely invited by God to enjoy his presence, and bask in her love, and abide in their embrace.

So, as you sit there reading this bulletin – don't worry about not seeing God, or being able to work God out. Just enjoy God's love surrounding you right now. He's there this instant – and always will be. God is singing a love-song just for you. And you don't need an app to tell you that!

Rev Tim



Penrith

10am ~ Morning Communion – Rev Tim Cooke
Reading: Genesis 1:26-27 : Colossians 1:15-20

Skelton

10.30am ~ Morning Worship – Mrs Lois Morton

Stainton

10.30am ~ Morning Worship – Rev David Milner

Cottage Wood Centre

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

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

Weekly Diary

Monday 22nd July

9.30am ~ Monday Walks – Meet outside PMC

10am ~ PMC Holiday Club - 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 23rd July

10am ~ Midweek Communion – Rev Gillian Belford – Stainton Church

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

10am ~ PMC Holiday Club - PMC

Wednesday 24th July

10am ~ PMC Holiday Club - PMC

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 25th July

10am ~ PMC Holiday Club – PMC

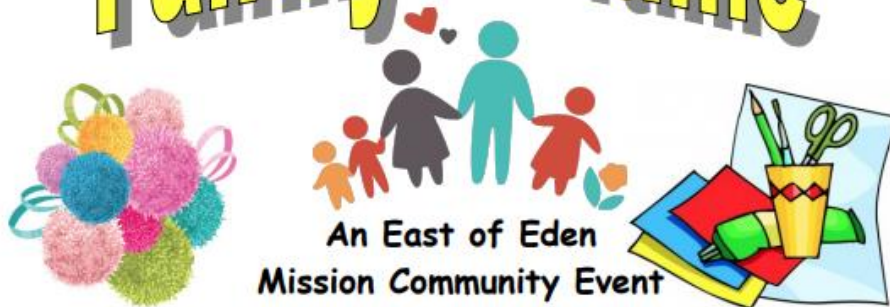
2pm ~ Family Funtime – Kirkoswald Field (*see separate notice*)

3pm ~ Woodlands Service – Ian Newton

Sunday 28th July

Penrith: 10.30am	Morning Worship – Mrs Carolyn Dickinson
7pm	Encounter
Skelton: 10.30am	Morning Worship – Miss Kathleen Williamson
Stainton: 10.30am	Morning Communion – Rev. Tim Cooke
Cottage Wood: 5pm	Early Evening Communion – Rev David Milner
Alston Moor: 11am	Morning Worship – Rev Mary Elliot
Kirkoswald: 10am	Morning Worship – Rev David Milner
Gamblesby: 2pm	Afternoon Worship – Mrs Claire Slee
Great Salkeld: 6pm	Evening Worship – Veronica Priest

Family Funtime



An East of Eden
Mission Community Event

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



2-4pm

Activities & Crafts
Tea, Coffee & Cake

Snacks & Drinks for children
(all children must be
accompanied by an adult)



*** ALL FREE ***
Donations Welcome!



'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



**SKELTON
METHODIST CHAPEL**



AFTERNOON TEA

Sunday 28th July 3pm

**Bring and share
But you are very
welcome anyway even
if you can't bring
anything.**



Donations for Chapel Windows Fund

MONDAY FRIENDSHIP GROUP

Invite you to a

STRAWBERRY CREAM TEA

Saturday 3rd August, 2.00 – 4.30pm

at Arnside Methodist Church



**B&B Stall
Chocolate
Tombola
Raffle**

£4

In aid of St John's Hospice

A decorative banner with a light orange background. It features a string of colorful bunting flags (yellow, blue with white polka dots, and red with white stripes) and several stylized flowers in yellow, orange, and blue.

THURSDAY 8 AUGUST
CHURCHES TOGETHER
WILL ONCE MORE BE HOSTING A
A DAY IN
THE LAKES!

**For Refugee and asylum-seeker families in
Glenridding**

**We seek to provide a day of fun, entertainment
and love!**

Family Open Air Service & BBQ



**Come and join churches from the Blencathra
Mission Community for a Family Open Air
Service, with live music, BBQ, ice cream van
and fun for the kids.**

**Sunday 11 August 3pm-5pm
Calthwaite Football Pitch**



Help for Ukrainian Family

Lyudmila and her 17-year-old daughter urgently need accommodation. You may remember she lost her husband in April and had to return to Ukraine to identify his body.

They live in Penruddock and must leave their accommodation by the end of this month. They are happy to pay rent.

Please contact mark.finnie@hotmail.co.uk if you know anyone who can help.



Methodist Outreach

A couple of weeks ago, it was the British Formula 1 Grand Prix at Silverstone.

The Methodist Church was there with a bunch of 'Methodist missional listeners'. This team were out and about on the Circuit from Friday to Sunday chatting to spectators and staff, and blessing people by giving out free water bottles and fruit.

Our very own Sophie and Morgan were part of the team - and had a great time sharing the love of God with others.

Well done Soph and Morgan – great to see you being part of God's blessing!



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



Ukraine Donations

Very many thanks to all who have donated candles, woollies, medical needs, etc. for Ukraine.

A collection has gone and is now on its way to Ukraine. Each trip costs thousands, so any monetary donations would also be very welcome alongside the usual items. Please pass any donations to Heather Tomlinson who will ensure they go to the Penrith Collection Point.

This collection of items will continue – it is so much needed and appreciated!

New candles – Old candles – Ends of candles – Any candles

These will be taken to an orphanage and refugee centre in UKRAINE where they will be made into TRENCH CANDLES, which are used for light, heat and even cooking.



The soldiers also need (in good condition) socks, woolly hats and gloves. AND (NEW) toothbrushes, toothpaste and razors.



We are also collecting anything related to children for the orphanage and refugee centre.

They need toys and clothes in good condition.



All items can be left in the blue box in reception.



Planet Protectors Holiday Club starts on Monday 22nd July!

It would be appreciated if any of the following could be donated for the crafts:

- Jam jars, clean and dry with the label removed
- Plastic bottles, yoghurt pots, cardboard tubes, containers, lids, etc. (all clean and dry, **no meat trays, glass or tin cans**)
- Large plain cardboard sheets (i.e. side of a big box)

Thank you!!



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.



Operation Christmas Child

Thank you for the empty shoeboxes, the large bag of wool and the soft toys left in reception at PMC for our shoeboxes.

We will be packing communal boxes on Saturday 12th October from 10.00am, in the hall at PMC.

Best wishes - Judith Joyce

Restore Penrith

www.restorecumbria.co.uk

Restore on the Road 2024-2026 and Beyond...



Are you interested in connecting up people and places in our local villages, and finding a way to encourage sustainable community groups? If so, this project for people of all ages, all faiths and no faith may be for you. It won't cost the earth or all your time.

Restore is taking the community space beyond the shops onto the road to connect Penrith with local villages through this project.

We have funds to invest in an electric van and we are looking for people to volunteer to be part of this project.



Can you be a...

- Team leader on the van, supported by the project leader; caring for the community around the van.
- Member of the community on the van; working together and encouraging community wherever the van stops.
- Van driver: an essential role but still part of the community.
- Event diary organiser; not necessarily going out on the van.

If you're interested in getting involved then we want to hear from you!

Please contact Beth Honey on:

beth.honey@restorecumbria.co.uk
or
07831 991076

Or drop into the shop & speak to her (Tues-Thurs).



RESTORE

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!

