

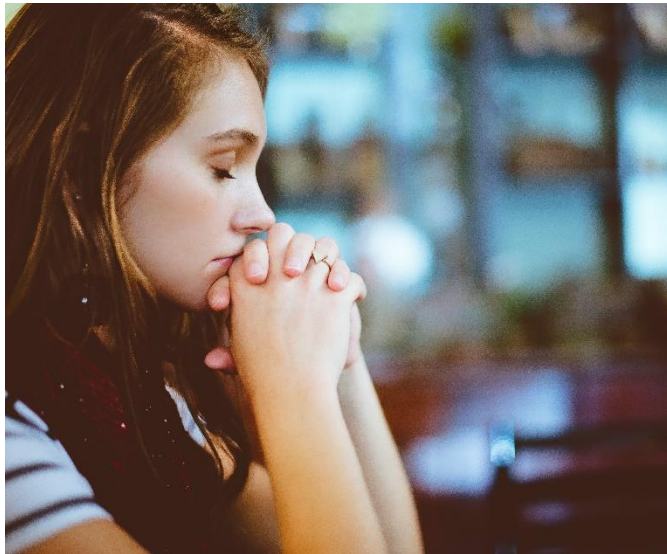


East Cumbria **Methodist** Circuit



Weekly Bulletin Sunday 4th August

Experiencing God in the Mundane



"Don't worry about tomorrow, for tomorrow will worry about itself" (Matt. 6:34). This has always been quite a reassuring verse to me but some days I find myself thinking *'thanks Jesus but that's easier said than done!'* In the stage of life I'm at right now I find it hard not to think about the future. Something that often involves a certain amount of worry.

Throughout my recent studies I've been challenged by the Celtic

mystics who saw every task they undertook as a way to encounter God. Whatever it was they came across, they saw it as an opportunity to pray. De Waal speaks about how those who chose to engage in this ancient spirituality took the ordinary, day-to-day tasks that lay before them and treated them sacramentally. In doing so they indicated a greater reality that lay before them and sought God in the mundane. Their pattern of prayer invited the sacred into even the most ordinary parts of their lives.

This is a spirituality that encourages us to look for and connect with God in all aspects of our lives, recognising the divine presence in all. I wonder if this could help us to develop a greater awareness of God's presence in our lives. Could it help me to be more present rather than focusing too much on that which is out of my control?

Rather than trudging through the day-to-day, becoming more and more burdened with thoughts of the future, could we seek to experience God in everything we do in the present? Our pattern of prayer could reflect an intention to see God moving in our lives and the lives of others. In turn, this could give us a more optimistic and hopeful mindset in a world where hope and optimism are hard to come by. Proverbs 3:6 says, *"Seek his will in all you do, and he will show you which path to take."*

My invitation is to explore how this pattern of prayer might revitalise our faith and relationship with God. Can recognising God in the little things bring about transformation in your life?

Morgan Tebb-Roger



Penrith

10.30am ~ Morning Worship – Rev Tim Cooke
Readings: 1 John 3:1-3 & Galatians 3:26-28

Skelton

10.30am ~ Members Service

Stainton

10.30am ~ Morning Worship – Mr Morgan Tebb-Roger

Cottage Wood Centre

5pm ~ Early Evening Worship – Mr Morgan Tebb-Roger

Alston Moor

11am ~ Morning Worship – Janet Robinson

Nenthead

5pm ~ Pennine Praise

Kirkoswald

10am ~ Joint EEMC Service

There are alternative Anglican services available.

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



Encounter – NOT ON

Encounter is **not on this month** as it is taking a break for the summer.

Weekly Diary

Monday 5th August

9.30am ~ Monday Walks – Meet outside 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 6th August

10am ~ Midweek Service – Rev Andrew Callaway – Church/PMC

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

10.30am ~ CAP Job Club – Beacon/PMC

11am ~ 4F – Ullswater/PMC

1.30pm ~ Prayer Meeting – Church/PMC

Wednesday 7th August

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.*

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

Thursday 8th August

12pm* ~ Day in the Lakes - Glenridding

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

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

3pm ~ Afternoon Communion – Rev Gillian Belford - Woodlands

Sunday 11th August

Penrith: 10.30am Morning Worship – Mr Morgan Tebb-Roger

Patterdale: 10.30am Morning Worship – Rev Gillian Belford

Skelton: 10.30am Morning Communion – Rev Tim Cooke

Stainton: 10.30am Morning Service – Miss Kathleen Williamson

Cottage Wood: 5pm Mission Community Event

Alston Moor: 11am Morning Communion – Rev David Milner

Kirkoswald: 10am Morning Worship – Mr Lawrence Tomlinson

Gamblesby: 2pm Afternoon Worship – Mrs Jan Blackshaw

Renwick: 5pm Early Evening Worship – J Barratt

*Actual start time may vary

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!



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 polka dots, and red with 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!**



WALK THE WALK
PRESENTS...

CHRISTIAN ADVENTURE RETREATS AT KEPPLEWRAY

Come away from everyday life to enjoy time with God in the glorious surroundings of the Lake District. Activities provide opportunities to hear God's voice as you reflect on your experiences. Accommodation, food and activities all included for only £175!



New Life!

**~~21st-23rd~~
~~June 2024~~**

Meet God through a weekend of low level walks and guided reflections. Suitable for all fitness levels.

~~John 10:10 - I have come that they may have life and have it to the full!~~



Solid Rock

**~~21st-23rd~~
~~June 2024~~**

Meet God through a weekend of themed on rocks! All equipment for climbing and abseiling will be provided.

~~Psalms 18:31 - Who is the Rock except our God?~~



Living Waters

**9th-11th
August 2024**

Meet God over a weekend spent on, in and around the water! Buoyancy aids, helmets and wet suits provided.

John 3:37 - If anyone is thirsty, let him come to me and drink!



Changing Seasons

**27th-29th
September 2024**

Meet God through a weekend of mountain walking as summer comes to an end. Mountain fitness required.

2 Cor 5:17 - If anyone is in Christ, he is a new creation. The old is gone...

For more information
or for a booking link,
contact Walk the Walk

07786 037942

walkthewalk_christianretreats@mail.com



Walk the Walk - Christian Retreats
in the Outdoors



@walkthewalk_retreats

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**



Wedding Invite

PJ & Sarah are getting married on 17th August 1.30pm, at Penrith Methodist Church, and want to invite anyone from the church family who would like to attend the ceremony to come and be part of our special celebration.



NORTH WEST ENGLAND DISTRICT LAUNCH EVENT



31.08.24

**2.30PM START
DOORS OPEN 2PM**

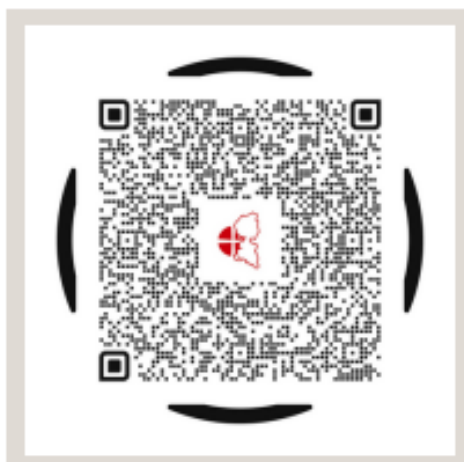
VICTORIA HALL, BOLTON, BL1 2AS



This event is an opportunity to celebrate as five districts become one, to form the North West England District. Starting at 2.30pm, the event will include the welcome service for Rev. Dr. James Tebbutt, our District Chair (subject to Methodist Conference), and will also welcome the wider District Team. The President of Conference will be preaching, with the Vice-President and Secretary of Conference in attendance.

THIS EVENT WILL BE LIVESTREAMED: DETAILS WILL BE ANNOUNCED SHORTLY

BOOK YOUR PLACE



If you're attending onsite, please book in advance so that we can plan accordingly. Bookings help us to ensure accessibility for all, including those needing aisle seats or wheelchair access. If you're arriving by coach, please indicate when you book. To book your place, scan the QR code with a smartphone camera, click the below link or contact your District Administrator.

<https://www.ticketsource.co.uk/whats-on/bolton/the-victoria-hall-bolton/north-west-england-district-launch-event/2024-08-31/14:30/t-ojpnjag>



Recruitment - EEMC Administrator

Our Mission Community is looking to recruit a part-time (**1-2 days per week**) Admin person to assist the Staff Team. Initially this will be short term paid position, with the intention of making the post permanent once the new Joint Leader of the Mission Community has been recruited and appointed, at which point it will become a salaried post.

If you or someone you know are computer literate (Word & Excel) and have the ability to also help with updating websites and would be interested in knowing more about this position, please contact **Peter Pickthall** peter.pickthall@me.com for details.

GREAT NORTH RUN FUNDRAISING

Isabella Sharrock, daughter of Kerrie & David, is running the Great North Run again this year.

Isabella's chosen charity is WaterAid. An amazing international charity, aiming to make clean water, acceptable toilets and good hygiene accessible to everyone. These necessities are taken for granted in developed countries, however there are too many people worldwide that are suffering and living undignified lives.

Donations can be made at the below JustGiving link, or by handing donations to Sarah in the Circuit Office

www.justgiving.com/page/isabella-sharrock-1721073990662



Lunch Club is now taking its annual break. We have enjoyed a marvellous year. Two of our long-standing volunteers are standing down after years of service, and one or two of our new volunteers have decided Lunch Club is not for them.

Which of course leads to my need to make an urgent appeal for more help: it may not be for you, but you might know someone you feel would benefit from this fantastic opportunity to serve. We have a four-week rota and help is needed between 9.30am and 1.30pm each Friday. It may be that you can only do a couple of hours – no problem, you will be made very welcome.

Please, please give me a ring on 07827 530 799.

Anne MacDonald



Coffee & Tea Rota - Volunteers Needed

We need more folks to sign up to the PMC Sunday tea/coffee rota; ideally you would be scheduled every 1.5/2 months providing we have enough people. If you'd like to sign up please contact the church office with your availability to the end of the year.

If you'd like to give it a go but aren't sure how things work, please let Ange Wicker know and she can arrange for you to shadow someone.

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.

CAP Money Coaching Course

Alan Sibley is planning to run another CAP Money coaching course at some stage this year depending on demand.

The CAP Money Coaching Course is a money management course that teaches budgeting skills that can help you to make the most of your money, and to worry less about money. The course has a proven track record; it has been running for over 25 years though the material has recently been updated.

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. The course can either be run over 4 sessions of about 2 hours or a shortened course can be run in a day.

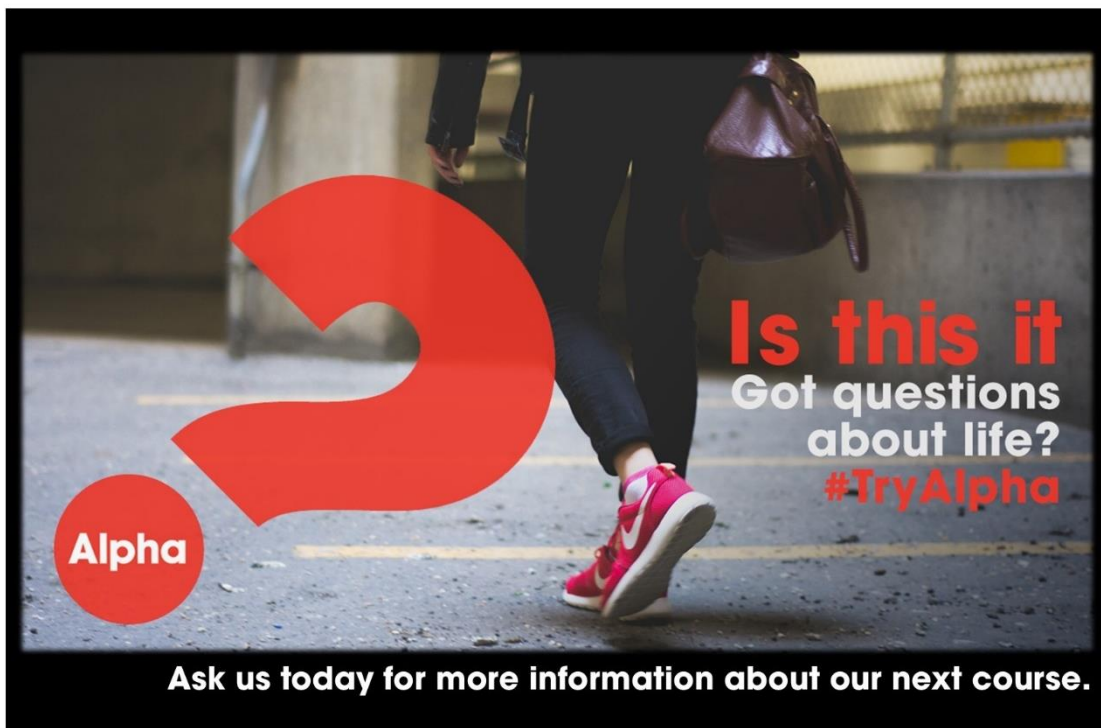
If you or anyone you know would be interested in attending a course, or finding out more about it, then please contact Alan at the following email address –
capmoney@penrithmethodist.co.uk

CAP Money Course

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



budget. save. spend

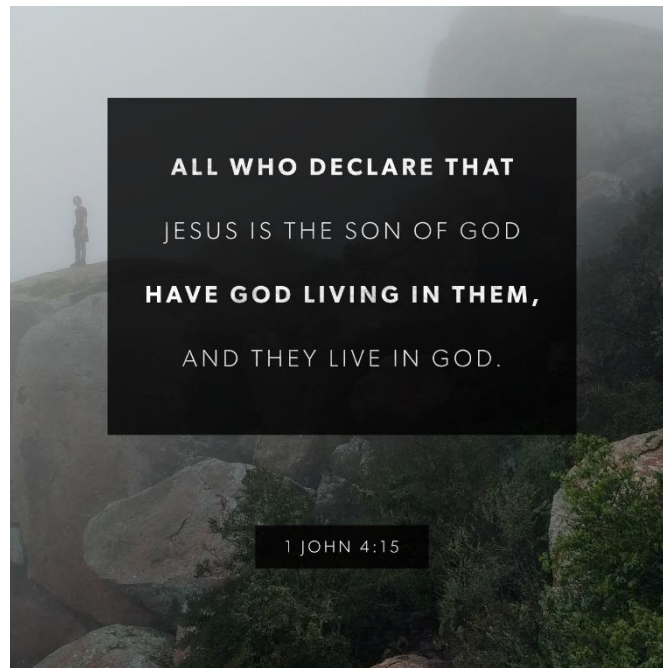


Alpha - a place to explore the Christian faith in an open-minded environment. Everyone's welcome, you're invited no matter your background or beliefs.

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 admin@penrithmethodist.co.uk

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!

