



Weekly Bulletin **Sunday 18th August**

Afternoon Tea

Glancing through any of the Bulletins in recent weeks I could not help but notice the many references to food. These range from 'Coffee Mornings' to 'Lunch Club' and 'After Church Lunches' to 'Afternoon Teas.' I excelled recently with three Afternoon Teas in seven days (not much good for the waistline but very delicious).



Where would we be in the fellowship of our churches if it were not for food? The practice of eating together goes back to the earliest days of the church as we read in Acts 2 v46 'They had their meals together....eating with glad and humble hearts.'

Although Afternoon Teas will vary they have certain things in common. There are sweet and savoury bites. These often include scones and other savoury pastries, plain(ish) cakes and very fancy ones and a choice of drinks. A good selection is best so that everyone can choose their favourites and leave the ones that don't suit their taste or allergy.

Are people and aspects of our faith a bit like the variety of an Afternoon Tea?

- Scones – which are ideally crisp on the outside and soft within. Someone with a crusty exterior but a heart of gold hidden inside. It takes the breaking open of the scone to see this and the spread of butter to take any dryness away. An illustration of the work of the Holy Spirit who promises to reveal the best of us.
- Savoury Bites – often encased in pastry but with a delicious filling to enjoy. Maybe we sometimes feel that God's Word is 'wrapped up in pastry'. Some Bible passages seem dry and hard to understand. Yet when we delve further, perhaps with the help of the insight of others, we find God speaks to us and we find wonderful truths that satisfy our spiritual taste buds.

- Sweet Treats – made up of delicious ingredients and which we thoroughly enjoy. These are the people and fellowships with which we share all that is best of our faith. Our lives are enriched and we are encouraged on our spiritual journey.

Of course we do not NEED fancy food as long as we are fortunate enough to have the staple foods for life. The enrichment comes in the sharing together and being thankful for the pleasure and help from the company of others.

All good gifts around us are sent from Heaven above; then thank the Lord, O thank the Lord for all his love. (StF 130)

Mrs Lois Morton



Penrith

10.30am ~ Morning Worship – Mr Michael Boone
Readings: Psalm 111 and Ephesians 5:15-20

Skelton

10.30am ~ Morning Worship – Mrs Lois Morton

Stainton

10.30am ~ Morning Communion – Rev Tim Cooke

Cottage Wood Centre

5pm ~ Early Evening Communion – Rev Tim Cooke

Alston Moor

11am ~ Morning Worship – Pauline De La Mare

Culgaith

9.30am ~ Morning Communion – Rev Lindsay Harrod

Langwathby

11am ~ Morning Worship – J Williams

Kirkoswald

6.30pm ~ Third Sunday Service

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

Weekly Diary

Monday 19th 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 20th August

9:30am ~ 4F – Out to Walby Farm Park

10am ~ Midweek Service – Mrs Lois Morton – Church/PMC

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

10.30am ~ CAP Job Club – Beacon/PMC

1.30pm ~ Prayer Meeting – Church/PMC

Wednesday 21st August

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 22nd August

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

3pm ~ Afternoon Worship – Mr Morgan Tebb-Roger - Woodlands

Friday 23rd August

11am ~ Wedding Ceremony – Church/PMC

Sunday 25th August

Penrith: 10.30am Morning Communion – Rev Tim Cooke

Skelton: 10.30am Morning Worship – Rev David Milner

Stainton: 10.30am Morning Worship – Mrs Carolyn Dickinson

Cottage Wood: 5pm Early Evening Worship – Rev David Milner

Alston Moor: 11am Morning Worship – Mrs Lois Morton

Kirkoswald: 10am Morning Worship – J Barratt

Gamblesby: 2pm Morning Worship – Claire Slee

Great Salkeld: 6pm Evening Worship – Veronica Priest

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.



Worship Group Meeting

For all those who are or would like to be involved in PMC's Worship Group on Sundays there is a meeting at Mike and Angela's on **Monday 19th August** at **7.30pm** with tea and cake – contact Mike on 07511 089321 for address details.



Encounter - NOT ON

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

Change to plan



Please note that the PMC service on Sunday 25th August will now be held in the Ullswater room, and not in the Church as on the plan.

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!



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>



After a break in August, we resume " All Together Fellowship " in September.

We will meet on

MONDAY, SEPTEMBER 2nd, at 2pm in the Church.

Our fellowship will begin with a short act of worship, and following this, Dave Milner will talk to us about Canon Hardwicke Rawnsley, the co-founder of the National Trust.

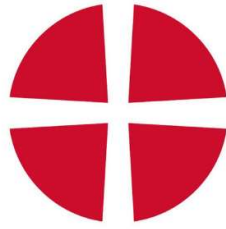
All are welcome to come along and learn more about this local celebrity. Without him the National Trust might never have been formed, Beatrix Potter might never have published any books and the Lake District might have looked very different from how it does today.

Afterwards, there will be time to socialise and enjoy refreshments.

PLEASE NOTE that we meet again on Monday, October 7th, when Chris Swift will give a talk and visual presentation entitled " It happened to a vet "

If anyone hasn't got a programme of meetings and would like one, please ask us.

John & Margaret



All are invited to attend the

INAUGURATION OF BEA HULME AS METHODIST YOUTH PRESIDENT

**8th September at 3pm
Penrith Methodist Church**

Those attending include...



Bea Hulme

*Youth President
2024/2025*



Rev. Helen Cameron

*President of
Conference*



Carolyn Godfrey

*Vice President of
Conference*



Cake Donations

On 8 September, we are celebrating the induction of Bea Hulme as Methodist Youth President! We are expecting lots of people to the service - so Bea has asked - is it possible please to have lots of cake?

If you are able, please make and bring some cakes that can be served to our guests after the service and bring them on the day or leave them with Sarah.



CARING FOR THE CARE STAFF and VOLUNTEERS OF CUMBRIA

Wellbeing retreats and time out days – free to Cumbrian care staff.

A collaborative project between the Sacred Space Foundation and the Diocese of Carlisle, an initiative of our former Bishop James and Rev. Prof. Stephen Wright of the Sacred Space Foundation and Honorary Fellow of the University of Cumbria.

During 2020-22 Our successful project provided peaceful rest and restorative retreats at the Diocesan Centre of Rydal Hall.

Focussing on the needs of care staff and volunteers from many different backgrounds (health, social, teaching, care home, police, ambulance...), we provided time out days and short stays at Rydal Hall for some 80 Cumbrian carers.

Thanks to the generosity of the people of Cumbria we are able to offer more quiet days this year – including a **three-night residential retreat in September (23, 24,25)** for 10 people, and a chance to rest and relax on a single **time-out day on 14th October**.

Both include time (all optional) for quietness and reflection, guided walks and teachings in meditation and relaxation – all in the beautiful and hospitable setting of Rydal Hall. Good food. Fresh air. And a chance to be taken care of for a change, rather than doing the caring.

Cost? Nothing to applicants, but we ask for a deposit which is fully refundable when you turn up.

For more information and to book a place, please contact stephen@sacredspace.org.uk

PMC's Be Boulder

2024!

Friday 18th -
Sunday 20th

OCTOBER





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



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

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!

