



East Cumbria **Methodist** Circuit



Weekly Bulletin Sunday 25th August

Busyness



There are several elephants in the room of modern life and being overly busy is something many of us tend to ignore because of the futility of trying to do something about it. Ironically, who has the time?

However, we would do well to periodically force ourselves to reflect on the entries in our diaries and schedules and why, all too often, we have insufficient time to devote to the things we know are really important.

Our housegroup are currently working our way through a book titled 'The Ruthless Elimination of Hurry' by John Mark Comer, a former American mega-church pastor who burned out and had a mid-life crisis at 33. The book isn't written for mega-church pastors, or even pastors, but rather acknowledges that over-busyness is a universal problem, or should we say an addiction?

I paraphrase, but he asks the important question, 'How does being hurried square with the life and teachings of Jesus of Nazareth?' and points out that the life of love which we are called to demands our time: love is patient. Joy and peace are equally incompatible with hurry.

At PMC's service last Sunday, Michael Boone reminded us of this verse: 'Look carefully then how you walk, not as unwise but as wise, making the best use of time, because the days are evil.' Eph 5:15-16.

The Gospels contain not only the words and stories of Jesus but also his life rhythms/habits/practises/lifestyle, showing us how to 'follow me'. He first set the example and invites each of us into a whole new way to 'carry life' unhurried:

'Come to me, all of you who are burdened and weary, and I will give you rest. Take my yolk upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yolk is easy and my burden is light.'
Matt 11:28-29

Shane McNicol



Penrith

10.30am ~ Morning Communion – Rev Tim Cooke
Readings: Matt 13:1-9 and Matt 13:18-23

There will be no Encounter this week.

Skelton

10.30am ~ Morning Worship – Rev David Milner

Stainton

10.30am ~ Morning Worship – Mrs Carolyn Dickinson

Cottage Wood Centre

5pm ~ Early Evening Worship – Rev David Milner

Alston Moor

11am ~ Morning Worship – Mrs Lois Morton

Kirkoswald

10am ~ Morning Worship – J Barratt

Gamblesby

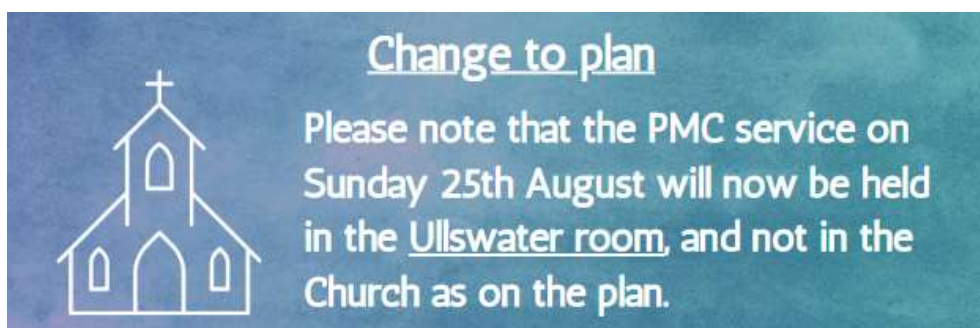
2pm ~ Afternoon Worship – Claire Slee

Great Salkeld

6pm ~ Evening Worship – Veronica Priest

There are alternative Anglican services available.

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



Weekly Diary

Monday 26th August

9.30am ~ Monday Walks – Meet outside PMC

2pm ~ Bible Fellowship – Skelton Methodist Church

Tuesday 27th August

10am ~ Midweek Communion – Rev David Milner – Church/PMC

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

1.30pm ~ Prayer Meeting – Church/PMC

Wednesday 28th 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

Sunday 1st September

Penrith: 10.30am

Morning Worship – Mr Morgan Tebb-Roger

Skelton: 10.30am

Morning Worship – Miss Kathleen Williamson

Stainton: 10.30am

Morning Worship – Mr Lawrence Tomlinson

Cottage Wood: 5pm

Early Evening Worship – Rev David Milner

Alston Moor: 11am

Morning Worship – Rev David Milner

Nenthead: 5pm

Pennine Praise

Culgaith: 11am

Morning Worship – Rev Mary Elliot

Langwathby: 11am

Morning Worship – Rev Tim Cooke

Gamblesby: 10am

Little Acorns

Zoom Prayer Meeting – NOT ON

The Zoom Prayer Meeting is not happening on Monday 26th August, as is it a bank holiday.



Refugees and Asylum-seekers enjoy a great day out in the Lakes



This should have been in last week's bulletin, but time didn't allow!

Rev. Tim and members of churches from our Circuit and other churches in the area, held their annual 'Day in the Lakes' on Thursday 8 August, for Refugees and Asylum-seekers.

A coach brought almost 40 people from families currently living in Newcastle, down to Glenridding Village hall for a full day of activities -

including a guided walk, a trip to the lake, sports, crafts, face-painting and a wonderful interactive Circus skills workshop provided by the brilliant Euphoric Circus. A wonderful tea was then provided and served by members of St Patrick's Patterdale. Although the weather was quite wet, a great time was had by all!

After all the violence and hatred we have recently seen across our towns and cities, this was a great opportunity for us to change the narrative, and bless these families - showing them they are loved, and valued, and welcome as part of our community.



A massive thanks to all who gave up their time to demonstrate that God's love is for everyone - and that in God's Kingdom, all are included and find belonging!



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>

PLEASE JOIN US FOR

★ SUNDAY LUNCH ★

SEPTEMBER 1ST | AFTER THE SERVICE | PMC

Serving Baked Potatoes with a Variety of Fillings
Donations of cake are welcome.
(No nuts or meringue please)



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.

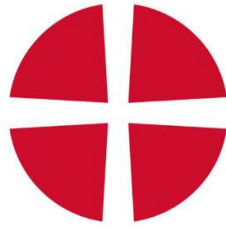
All are welcome to come along and learn more about this local celebrity. Without him the National Trust might never have been formed, Beatrix Potter might never have published any books and the Lake District might have looked very different from how it does today.

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**.

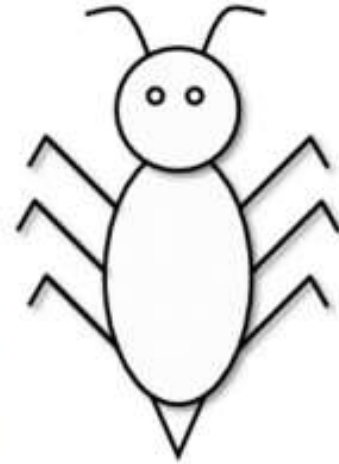
Both include time (all optional) for quietness and reflection, guided walks and teachings in meditation and relaxation – all in the beautiful and hospitable setting of Rydal Hall. Good food. Fresh air. And a chance to be taken care of for a change, rather than doing the caring.

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



**Saturday
28th September**

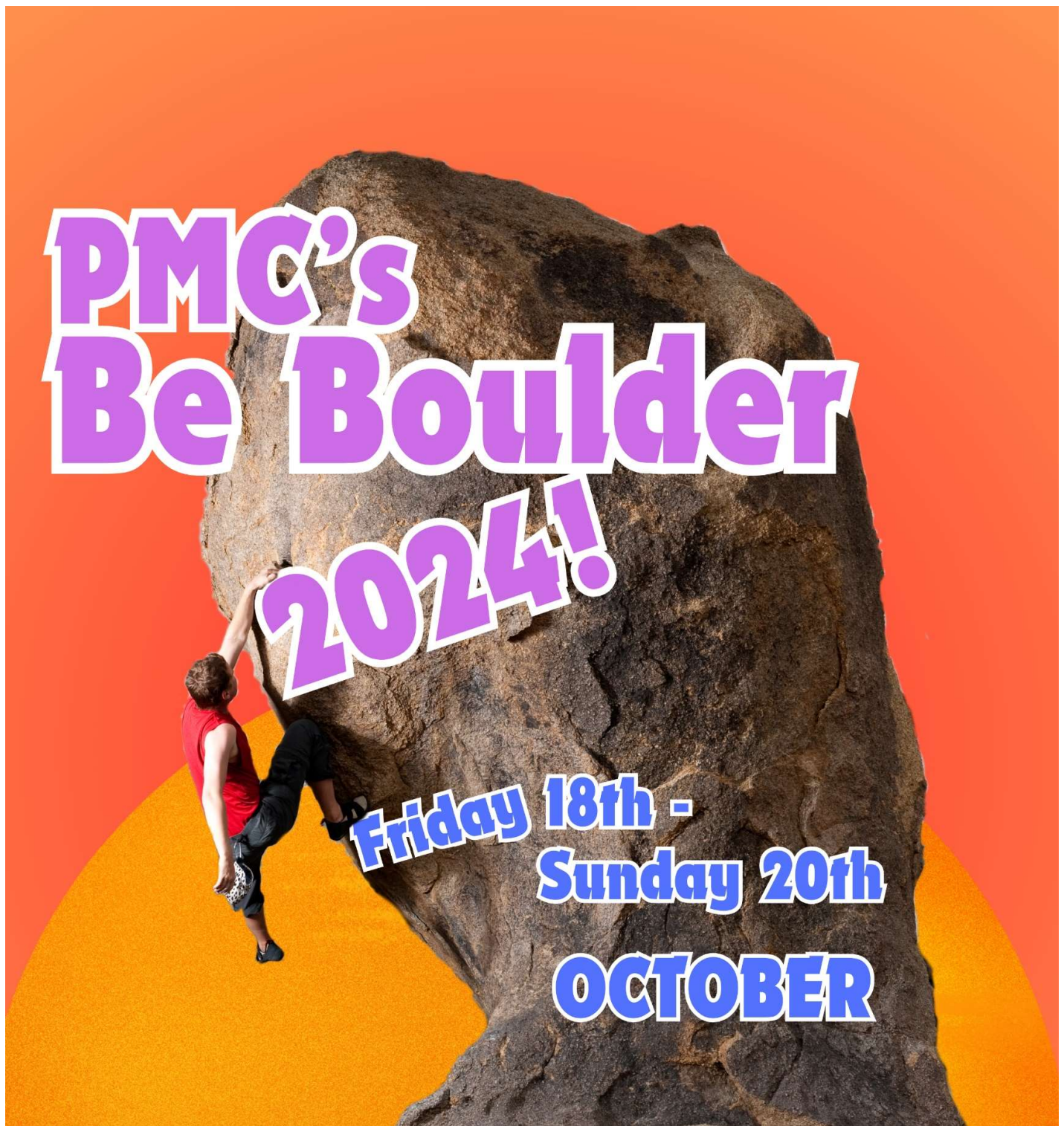


***Beetle Drive at 6.30 pm
with drinks and nibbles***

No charge but any donations will be given to
Penrith & District Red Squirrel Group



Sunday 29th September at 5 pm
Harvest Service



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



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!

