



East Cumbria **Methodist** Circuit



Weekly Bulletin Sunday 1st September Speed



**J.M.W. Turner – “Rain, Steam and Speed – The Great Western Railway”
(1844) National Gallery, London**

September 1st! So... a HAPPY NEW (academic and Methodist Church) YEAR to one and all. Another year gone by so quickly? Another New Year and the future lies open in front of us.

In Turner's painting, the wind is blowing the rain across our faces making the world appear blurred. Out of the lashing rain a black dragon-like monster, breathing fire, charges towards us.

It's unstoppable. The tail of the beast snakes behind it, lost in the distance. But it's not just the rain which is making everything all of a blur. Speed softens the shapes and mutes things as well. Very quickly, in the blink of an eye, this engine will have passed us, off and away into the future.

It's 1844 and the Industrial Revolution is here. Unstoppable change. The old has gone and the new has arrived. The old forms of transport are below in the far distance – a boat on the river and a road bridge for horse-drawn carts are off to the left – left behind. Nature itself is being swept away. Zoom in really closely. Apparently, a little hare on the tracks (hardly seen) is running for its life, escaping out of the path of the steam engine.

Is this painting, then, in praise of the bright and hopeful future, or is the gloomy rain a mournful, sad and depressing farewell to the old ways? Like another of Turner's paintings, "The Fighting Temeraire", perhaps this is a nostalgic cry for what is being lost, rather than a hopeful celebration of the industrial steam-driven age that is to come.

How you view this painting might depend, then, upon how you think about change and the future. Are you optimistic about our scientific and technological future? Will it be a "Brave New World" with poverty, disease and hunger eradicated? Is it true that "things can only get better"? Or are you more pessimistic? Were things better in the past? Are we heading for a dystopian future of polluted air and oceans, climate change, over-population and nuclear wastelands?

And, in this painting, where would you rather place yourself, I wonder? Would you prefer being on the footplate stoking the fire in the boiler, with the excitement and action of driving a speeding train? Or would you rather be in the tranquillity of the boat, drifting on the river below?

Or, in fact, do we place ourselves with that little hare on the tracks? Does it feel to us as if the future itself is steaming full speed, unstoppably towards us, and that we are about to be squashed in its path? In all the hectic speed of change and technological advancement do we embrace the new future, or do we scream: "Stop the world! I want to get off...?"

Constant change (whether we like it or not) is here to stay. And the pace of change seems to be ever increasing. Think of the changes that have happened in your own lifetime. It can be hard to keep up. But... in the face of all this change there is one solid foundation which will never change. It is strong and dependable. Changeless. God's love in Jesus Christ! The same, yesterday, today and forever.

Rev. Dave



This Sunday (1st September) at 5pm
at Langwathby Methodist Chapel -
a short reflective service of
readings, prayers and Taizé music.



FRIENDS

JESUS: Mere Acquaintance or Best Friend?

Healing Service

Rev. Gillian Belford

Sunday 15th September, 10.30am



Sunday Services

Penrith

10.30am ~ Morning Worship – Mr Morgan Tebb-Roger
Readings: Joshua 4:6-7 + 2 Timothy 4:6-8

Skelton

10.30am ~ Morning Worship – Miss Kathleen Williamson

Stainton

10.30am ~ Morning Worship – Mr Lawrence Tomlinson

Cottage Wood Centre

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

There are alternative Anglican services available.

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



Penrith Linking Lives

The befriending network Penrith Linking Lives operates across our area providing support and connection for many who live alone or who are socially isolated.

The network, doing really good work, is currently run by Churches Together in Penrith. However, we are now looking to set it up as a separate charity in its own right. To do this we need a small group of Trustees to oversee the project, but NOT to manage it on a day-to-day basis.

Would you be interested in being involved in supporting this vital work? Please contact Rev. Tim Cooke or alternatively Rev. Dave Sargent on 07732 193197 if you'd like to chat about this opportunity.

Thank you!

We'd like to express our thanks to all who joined us to celebrate our marriage, it was lovely to have you by our side as we begin this next chapter in our lives.

Thank you also for the thoughts, prayers and gifts received.

PJ & Sarah Mulheron-Summers



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.

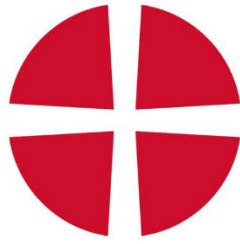
All are welcome to come along and learn more about this local celebrity. Without him the National Trust might never have been formed, Beatrix Potter might never have published any books and the Lake District might have looked very different from how it does today.

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

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.



Ecumenical Christian Community

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.

CAP Money Course

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



budget. save. spend

CAP Money Coaching Course

The CAP Money Course starts on 12th October in the Beacon room from 10am to 4pm at Penrith Methodist Church. Refreshments will also be provided.

The course teaches budgeting skills that can help you make the most of your money, and to worry less about money. The course has a proven track record having helped thousands of people.

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.

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

You can also refer to the website:

<https://capuk.org/get-help/money-coaching> where you can find information about the course and how to register.

There is no charge for attending the course.

A promotional graphic for the Alpha Course. It features a large red question mark on the right side. To the left of the question mark, several questions are listed in a light grey font: "WHAT'S THE MEANING OF LIFE?", "IS THERE MORE TO LIFE THAN THIS?", "IS THERE A GOD?", "WHAT AM I DOING HERE?", and "DO I HAVE A PURPOSE?". The question "DO I HAVE A PURPOSE?" is highlighted in a larger, bold black font. At the bottom left, there is a red circle with the word "Alpha" in white. At the bottom right, there is a red box with the text "ASK US ABOUT THE ALPHA COURSE" in white.

“DO I HAVE A PURPOSE?”

“WHAT'S THE MEANING OF LIFE?”

“IS THERE MORE TO LIFE THAN THIS?”

“IS THERE A GOD?”

“WHAT AM I DOING HERE?”

Alpha

ASK US ABOUT THE ALPHA COURSE

This year's Alpha starts again in Penrith on Thursday 19th September, 7.30pm in the Beacon Room at Penrith Methodist Church

Light meal, video and chat about life and meaning.

Week 1: 'Is there more to life than this?'

Do come if you are intrigued or, if you are convinced already, bring a friend!

PMC's Be Boulder

2024!

Friday 18th -
Sunday 20th

OCTOBER

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



Operation Christmas Child

Operation Christmas Child shoebox packing and coffee morning will be here at PMC on Saturday 12th October from 10.00 am. All are welcome to come and help.

This will be the 15th year we've packed communal boxes and many individuals and groups have done their own box/es in previous years. I've got 2 filled boxes already!

Finish your knitting of teddies, glove puppets, hats, mitts and scarves.

Look for small toys, toy cars, soft toys, balls, crayons, **sharpened** pencils, pens, rubbers, colouring books, paper, playing cards, flannels, soap, combs, toothbrushes, socks, t-shirts etc.

There are leaflets in Reception to guide you if you need ideas or if you want to do your own box. Remember no liquids, sweets, toothpaste, war related items or used or damaged items.

We are always grateful to receive donations towards transport costs as well.

The deadline to complete boxes is mid-November.

Thank you - Judith Joyce



Tea and Coffee Rota

Thank you to everyone who has signed up on coffee rota, we have a couple of gaps left to fill, 15th September (serve in the hall), 13th October and most of November/ December.

Please get in touch with Ange Wicker if you are interested in joining the rota.



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).



RESTORERS

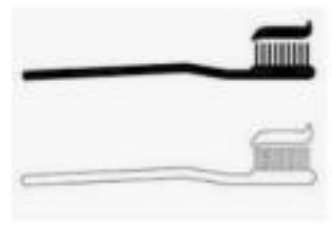
PLEASE HELP UKRAINE!

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.

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## Thought for the week...



### Contact Details:

#### Co-Superintendent Ministers

**Rev. Tim Cooke:** 01768 890465 or email: [tim.cooke@methodist.org.uk](mailto:tim.cooke@methodist.org.uk)

**Rev. David Milner:** 01768 863209 or email: [dave@revmilner.plus.com](mailto:dave@revmilner.plus.com)

**Missional Pioneer & Communities Lay Pastor: Morgan Tebb-Roger:** 07949 156051  
or email: [outreach@penrithmethodist.co.uk](mailto:outreach@penrithmethodist.co.uk)

**Stainton Outreach Worker: Trace Cooke:** 01768 890465  
or email: [tracecooke1@gmail.com](mailto:tracecooke1@gmail.com)

**Circuit Office:** 01768 862787 or email: [admin@penrithmethodist.co.uk](mailto: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](mailto: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](http://www.eastofedenmc.org.uk)

**PMC Website:** [www.penrithmethodist.co.uk](http://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!**

