



East Cumbria **Methodist** Circuit



## Weekly Bulletin Sunday 8<sup>th</sup> September

### Road Works and Interruptions

Last Sunday we needed to travel from Skelton to the Hospital in Carlisle. We knew several roads were closed due to the building of the Southern Relief Road but thought we were avoiding such closures.

We were wrong! We came to places where we could

not go and followed diversion signs using roads unfamiliar to us. Thankfully we did eventually reach our destination.



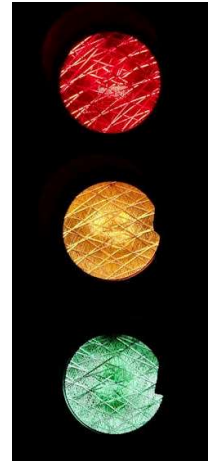
We all know of increased traffic on our roads in recent weeks and the many times we are delayed by traffic lights because of road works for many reasons. Because our normal straightforward journey is interrupted, it takes us much longer than we had hoped. Interruptions are not only on our roads but also in life generally. We might make plans to go places, meet

people, make visits but something unexpected happens and we are delayed or possibly cannot carry out the plans at all.

Jesus was no stranger to this. He was called upon to visit the home of Jairus to heal his sick daughter when the journey was interrupted by someone else who needed the help of Jesus. A woman in the crowd touched Jesus' cloak so that she might be healed and there were then conversations which took some time. This delay meant that the little girl had died but Jesus continued the journey so that she could be healed. Imagine the thoughts of Jairus who must have been very troubled by the delay.

Do we sit at the traffic lights getting more and more anxious and worried? There is nothing we can do until the lights turn green. Maybe we can learn lessons from these lights.

- The red light means STOP. Does God want us to stop for a little while? It may be to take a break from our busyness and take stock of where we are. The stopping gives us the chance to speak to Him again and allow Him to speak to us.
- The amber light means BE PREPARED. Again, a slight delay as we think of tasks ahead and allow the Holy Spirit to show us how we should think and speak and act.
- The green light means GO. Now it is safe to proceed and hopefully we do so with purpose knowing that the God who understands the interruptions is with us in the actions.



We can't control the traffic lights any more than we can change the things that interrupt our lives, but we can be assured that God is with us in all things and he knows best.

*Lois Morton*



**Penrith**

**3pm ~ Methodist Youth President Inauguration**

Reading: Luke 5:1-11

***There are alternative Anglican services available.***

***For details, please see the EEMC website: [www.eastofedenmc.org.uk](http://www.eastofedenmc.org.uk)***



**FRIENDS**

**JESUS: Mere Acquaintance or Best Friend?**

**Healing Service**

**Rev. Gillian Belford**

**Sunday 15th September, 10.30am**

# Weekly Diary

## **Monday 9<sup>th</sup> September**

**9.30am** ~ Monday Walks – Meet outside PMC

**2pm** ~ Bible Fellowship – Skelton Methodist Church

**6.15pm** ~ Choral Group – Sandgate/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 10<sup>th</sup> September**

**10am** ~ Midweek Communion – Rev Tim Cooke – Church/PMC

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

**7pm** ~ Blencow HG – The Hollies, Blencow (*We meet twice monthly at 7pm on a Tuesday. Contact Steve on 07711 088448 for further details.*)

**7pm** ~ Omega House Group – Sunningdale, Stainton

**7.30pm** ~ Junior Youth Club – Ullswater/PMC

## **Wednesday 11<sup>th</sup> September**

**10am** ~ 3C's – Cottage Wood Centre

**1.30pm** ~ Wednesday Get Together - Skelton Methodist Church

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

**7.30pm** ~ Circuit Meeting – Cottage Wood Centre

## **Thursday 12<sup>th</sup> September**

**1pm** ~ Thursday Tots – Ullswater/PMC

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

**2pm** ~ Parklands HG – Cottage Wood (*Meet at 1.30pm for 2pm*)

**3pm** ~ Afternoon Worship – Mrs Lois Morton - Woodlands

## **Friday 13<sup>th</sup> September**

**12 noon** ~ Lunch Club – Ullswater/PMC

**7pm** ~ Woodland Collective – meet at PMC for car share

## **Sunday 15<sup>th</sup> September**

**Penrith: 10.30am** Healing Service – Rev Gillian Belford

**Skelton: 10.30am** Harvest Service – Kelsall Huddleston (Bring and Share Lunch to follow)

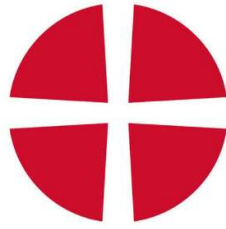
**Stainton: 10.30am** Morning Worship – Dean Lawson

**Cottage Wood: 5pm** Early Evening Communion – Rev Tim Cooke

**Alston Moor: 11am** Morning Worship – Mr David Pepin

**Langwathby: 11am** Morning Communion – Rev David Milner

**Kirkoswald: 6.30pm** Third Sunday Service



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](mailto:stephen@sacredspace.org.uk)



## **Penrith Music Club – Peter Donohoe and Martin Roscoe**

***Monday 23<sup>rd</sup> September at 7:30pm at PMC***

As students, Peter Donohoe and Martin Roscoe formed a piano duo and they have performed and made recordings together ever since. Martin is, of course well known to Penrith Music Club regulars and we look forward to welcoming him and Peter to Penrith.

Tickets are £20 in advance or on the door (£5 for students)



They say we're now into Autumn, but what happened to Summer? Fair to say the weather was very average, but thankfully each of the four Tuesdays we met for 4F the weather held fair.

Each week we had a different activity with some great contributors, Action Ants, Euphoric Circus, our own version of the Olympics on St Catherine's field, and a much-anticipated outing to Walby Farm Park. There were around 70 attendees at each session, that's approximately 20 families!

None of this would have been possible without your generous donations over the years and the substantial grant we receive from HAF, facilitated by the County Council. Above all else our sincere thanks must go to our very loyal volunteers.

Our families begin to feel like family and a very appreciative family at that.

We are now looking towards the Autumn Half Term and Christmas.

Thank you all,  
Ruth and Anne



SATURDAY 28TH SEPTEMBER

HARVEST FLOWER  
WORKSHOP

9.30AM

&

COFFEE MORNING

10AM

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Penrith Methodist Church, Wordsworth Street,  
Penrith, CA11 7QY

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GET INVOLVED IN DECORATING OUR HARVEST  
FLOWER BASKETS, OR JOIN US FOR A NATTER  
AND SOME CAKE OVER A HOT DRINK





**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***



**Ecumenical Christian Community**

**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](mailto:peter.pickthall@me.com) for details.



# CARLISLE REFUGE COLLECTION

TUESDAY 1ST OCTOBER,  
9.30AM, @ PMC

The refuge requires the usual household items, in new or unmarked condition.

In addition to this they would also like some items to make up anxiety bags, these items are:-

- Adult colouring books
- Coloured pencils
- Chocolate
- Fluffy socks
- Hot water bottles
- Diamond art craft kits
- Stress balls, fidget toys, etc.

Any items can be left at PMC on Monday 30th September, or brought along on the morning of the collection.

★ Christmas! ★

Carlisle Refuge are already collecting toiletry gifts sets and children's toys (in as new condition)

They are also happy to accept furniture items (for larger items we can put you in touch with them)

Bed bases (no mattress)  
Occasional tables  
Chairs (with full fire regs)  
Baby equipment

## 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](mailto: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 graphic for the Alpha Course featuring a large red question mark. The text 'DO I HAVE A PURPOSE?' is written in large, bold, black letters across the top of the question mark. Other questions are written in smaller, grey, semi-transparent text around the question mark: 'WHAT'S THE MEANING OF LIFE?', 'IS THERE MORE TO LIFE THAN THIS?', 'WHAT AM I DOING HERE?', and 'IS THERE A GOD?'. At the bottom left of the question mark is a red circle with the word 'Alpha' in white. At the bottom right is the text 'ASK US ABOUT THE ALPHA COURSE' in black.

**“DO I HAVE A PURPOSE?”**

“WHAT'S THE MEANING OF LIFE?”

“IS THERE MORE TO LIFE THAN THIS?”

“WHAT AM I DOING HERE?”

“IS THERE A GOD?”

**Alpha**

**ASK US ABOUT THE ALPHA COURSE**

This year's Alpha starts again in Penrith on Thursday 19<sup>th</sup> 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!



### **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.

Helping people discover  
their **SHAPE**  
for God's service

**S**piritual Gifts  
**H**eart's Desire  
**A**bilities  
**P**ersonality  
**E**xperience

### **What is the SHAPE course?**

A six week informal, enjoyable and interesting course in which groups explore together, to help each person discover their unique God-given "SHAPE" and how they can use this in His service.

# **SHAPE**

Wednesdays on  
16 October to 20 November  
from 7.30pm to 9.00pm

For more information and to  
book, please contact Chris on  
[vanorth@carlisle-diocese.org.uk](mailto:vanorth@carlisle-diocese.org.uk)  
or Steve on 07884 849407

Christ Church  
Drovers Lane  
Penrith  
CA11 9EL

# 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](http://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.

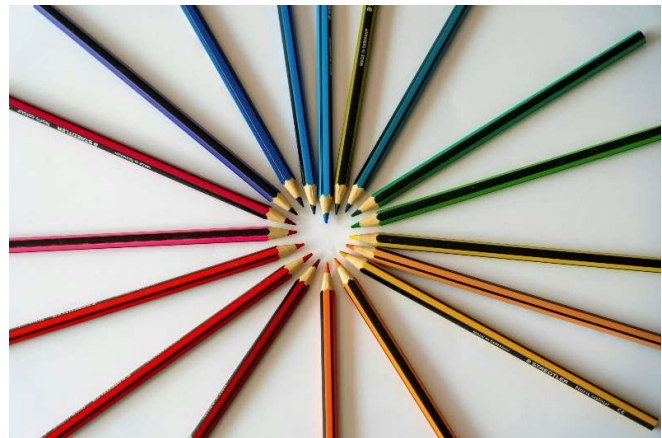
Look for small toys, toy cars, soft toys, balls, crayons, **sharpened** pencils, pens, rubbers, colouring books, paper, playing cards, flannels, soap, combs, toothbrushes, socks, t-shirts etc.

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.

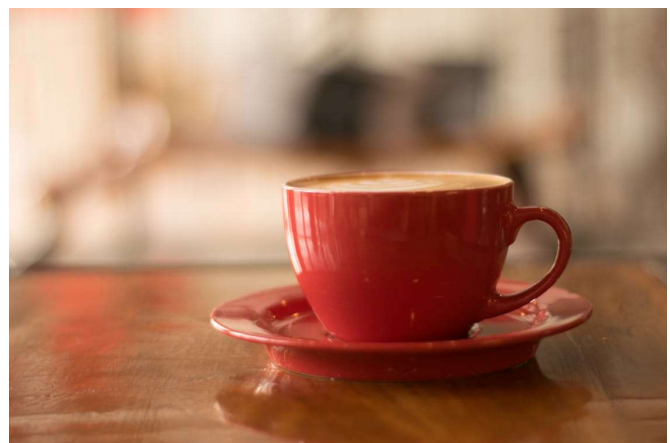
Thank you - Judith Joyce



## Tea and Coffee Rota

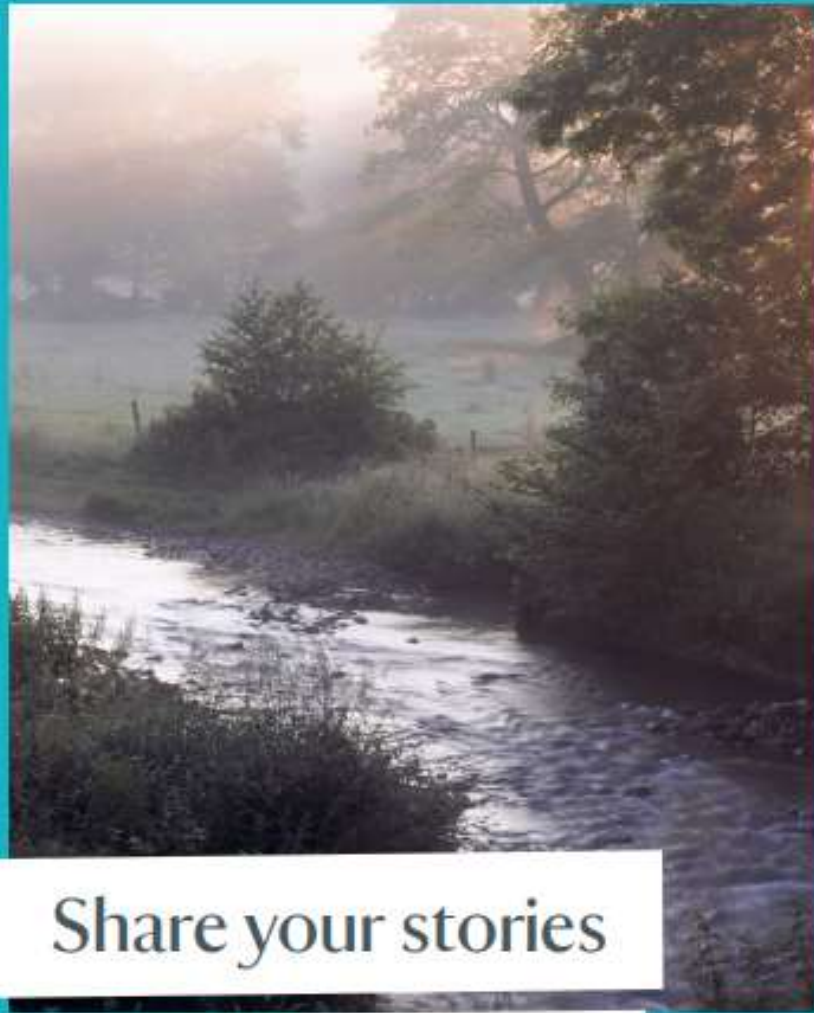
Thank you to everyone who has signed up on coffee rota, we have a couple of gaps left to fill, 15th September (serve in the hall), 13th October and most of November/ December.

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





National  
Trust



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## Share your stories of Crowdundle Beck

Take part in an exciting oral history project, sharing your memories and stories about **Crowdundle Beck, Acorn Bank Mill and the surrounding area**. We're looking for both individuals and community groups.

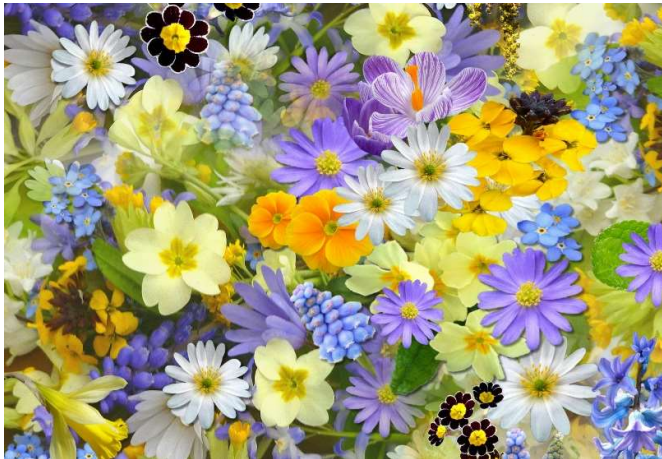
This project is being run by the National Trust at Acorn Bank and the National Trust Riverlands team.

To find out more, **contact Julia on 07974 373104, or email [lakes.riverlands@nationaltrust.org.uk](mailto:lakes.riverlands@nationaltrust.org.uk)**

## **80<sup>th</sup> Birthday**

We at PMC would like to take a moment to celebrate Thelma Allen, whose 80<sup>th</sup> Birthday falls on September 10<sup>th</sup> 2024.

Happy Birthday Thelma!



## **Flowers**

On behalf of Bob and myself, I would just like to say how much we appreciate the gift of flowers, recently and over the past few years. It shows that we are not forgotten. I am sure that there are others too who can say thank you to the flower arrangers and also those who deliver them. Bless you and keep up the good work.

Margaret Leighton

## **Small coins for All We Can**

The total raised in the last financial year was an amazing £315. Please continue to support the work of All We Can by collecting your small coins.

Thank you.  
Judith Joyce



## 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-Summers**

**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!**

