



East Cumbria **Methodist** Circuit



Weekly Bulletin

Sunday 15th September

The Strength of Forgiveness



There is an old saying: "Holding a grudge is like drinking poison and expecting the other person to die." In other words, holding onto anger or resentment and refusing to forgive is causing more harm to you, whilst fuelling the anger and hatred that already divides this world. Refusing to forgive prevents so many from experiencing full healing and, therefore, fullness of life.

Womanist theologian Karen Baker-Fletcher describes forgiveness as a

source of healing that can help break repetitive cycles of hatred and violence. She says, *"Forgiveness is grounded in a tough divine love that prays for the power of righteousness to persuasively, powerfully move sinners into righteousness against all visible odds so that evil is overcome."* She speaks of forgiveness being *"grounded in love that demands justice"*, breaking the cycle where the hated are tempted to hate and calls us to find the strength to forgive those who have hurt us, so we might experience healing and bring more compassion into the world.

That doesn't mean the pain goes away. And it doesn't mean we forgo all boundaries preventing us from being hurt again. But hate is not the thing that protects us. Forgiveness is not a sign of weakness. This compassion shows an intention to grow and evolve, no longer weighed down by resentment that can easily corrupt our soul and make us forget how to love. Forgiveness is a commitment to seeing love reign in this world, empowering us and others to embrace the Jesus values we seek to embody. It is putting into action the prayer we hurriedly mumble most weeks: 'Forgive our sins as we forgive those who sin against us'.

May forgiveness and love be the force that empowers justice in this world and sees people liberated from the chains of anger, hate and resentment. May we begin the journey of healing through the act of forgiveness.

Mr Morgan Tebb-Roger

Sunday Services

Penrith

10.30am ~ Healing Service – Rev Gillian Belford
Readings: John 5:1-15 and John 15:9-17

Skelton

10.30am ~ Harvest Service – Kelsall Huddleston

Stainton

10.30am ~ Morning Worship – Dean Lawson
(Bring and Share Lunch to Follow)

Cottage Wood Centre

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

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



FRIENDS

JESUS: Mere Acquaintance or Best Friend?

Healing Service

Rev. Gillian Belford

Sunday 15th September, 10.30am

Weekly Diary

Monday 16th September

9.30am ~ Monday Walks – Meet outside PMC

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 17th September

10am ~ Midweek Service – Mr Morgan Tebb-Roger – Church/PMC

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

10.30am ~ CAP Job Club – Beacon/PMC

1.30pm ~ Prayer Meeting – Church/PMC

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 18th September

10am ~ 3C's – Cottage Wood Centre

1.30pm ~ Wednesday Get Together - Skelton Methodist Church

2pm ~ Langwathby Community Fellowship

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

Thursday 19th September

10.30am ~ Oasis – Langwathby Methodist Chapel

7.30pm ~ Alpha – Beacon/PMC

Friday 20th September

12 noon ~ Lunch Club – Ullswater/PMC

Saturday 21st September

12 noon ~ Wedding Ceremony – Church/PMC

Sunday 22nd September

Penrith: 10.30am Morning Communion – Rev Tim Cooke

Skelton: 10.30am Members Service

Stainton: 10.30am Morning Worship – Mrs Lois Morton

Cottage Wood: 5pm Members Service

Alston Moor: 11am Harvest Service – Dean Lawson

Kirkoswald: 10am Harvest Service – Rev David Milner

Gamblesby: 2pm Afternoon Service – Mr Michael Boone

Great Salkeld: 6pm Evening Worship – Rev David Milner



Change to plan

Please note that the Circuit service on Tuesday 8th October will now be held at Stainton Methodist Church.

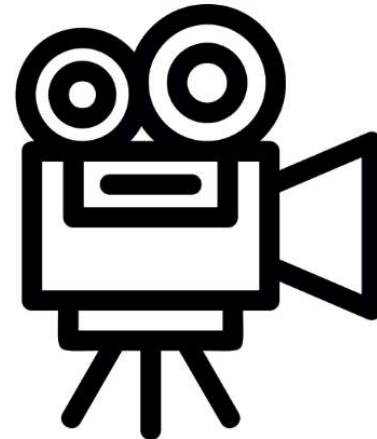
PMC Livestream Schedule - September

Please see PMC's Sunday Service Livestream schedule for the rest of this month below:

15th September: NO LIVESTREAM

22nd September: LIVESTREAM

29th September: LIVESTREAM



LANGWATHBY COMMUNITY FELLOWSHIP - a new season of monthly meetings at Langwathby Methodist Chapel.

Wednesday September 18th at 2pm Sheila Fletcher from Lazonby will be giving a presentation about Romany of the BBC. Romany (Rev Bramwell Evens) was well-known in the Eden Valley.

Everyone is welcome –so please join us & enjoy refreshments which follow!

THURSDAY 19TH SEPTEMBER

OASIS - A time of refreshment & rest at LANGWATHBY CHAPEL.



Join us for coffee at 10.30, after which there will be a short informal time of music, reflection and prayer & then we enjoy a light lunch together.

This is open to everyone – so if you haven't been before, come along - you will be very welcome!

Gamblesby Chapel



The Members and Little Acorns invite you to join them on

Sunday 22 September

at 2pm

Led by Michael Boone

We particularly invite local farmers to give thanks for this year's Harvest.

Please bring tins to be donated to Food Bank or produce to sell.

Service followed by light refreshments




Penrith Music Club - Peter Donohoe and Martin Roscoe

Monday 23rd 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)

A poster for 'Quaker Makers' featuring a landscape with mountains and a large, stylized tree silhouette. The text on the poster provides details about the event.

 **Quaker Makers**
Art and Craft by Quakers in Cumbria

Friends Meeting House
Penrith
CA11 7TR
Thursday September 26th
to
Saturday September 28th
10.00am - 4.00pm

Print by Glenn Tomkinson



SATURDAY 28TH SEPTEMBER

HARVEST FLOWER
WORKSHOP

9.30AM

&
COFFEE MORNING

10AM

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

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



PMC Harvest Service

PMC's Social Justice Group will lead the Harvest service on Sunday 29th September. As in the past, It would be lovely if all attending could bring a gift of long-life food (suitable for the Food Bank/Carlisle Refuge) to put by the altar.

Harvest Flower Baskets - donations of flowers, foliage or cash would be very welcome. If you have any suitable flower baskets please leave them in the reception area or give to a member of the Flower Team.



Thursday Tots



Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." Matthew 9:14

Do you care about us being able to have the opportunity to engage with toddlers and their parents who have no other connections to church?

If so, we could do with your help!

Trace has been running a toddler group on Thursday afternoons for some time now, but we cannot re-launch it this term without someone to help run it with her.

She is grateful for the support of some who help from time to time, but she really needs someone who will commit to helping run the group (set up and then put away the toys and spend time chatting to the mums or carers).

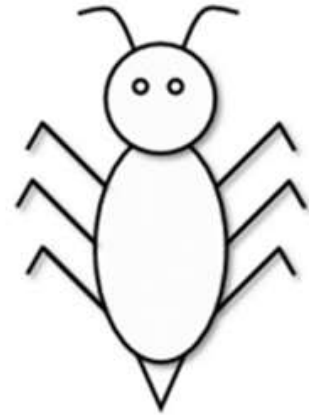
It would only take a couple of hours each Thursday of term time - or less frequently if more offered.

If this is something you could help with, please contact Trace - tracecooke1@gmail.com.

Thanks!



**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



Eco Church Bronze Award

We are pleased to announce that PMC recently received A Rocha's Eco Church Bronze Award. We are looking to make steps to reach the Silver Award in the near future.

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



Methodist Women in Britain

Autumn District Day

“Travels of a MWiB President”

With guest speaker Ruth Parrott, retiring
President/Chair, MWiB

A journey of discovery, challenge and opportunity
We will also share Communion and Commissioning of
new District Chair.

Plus Craftivism – what is it and what can we do?

Wednesday October 2nd, 10:00 – 3:00pm

Venue: Cornerstones Methodist Church,
Wigan Rd, Westhoughton, Bolton, **BL5 3RQ**

Small amount of parking at the church for those less mobile, plenty of
parking on LIDL car park. **Bus 607 Bolton/Wigan stops outside**

£3 Lucky Dip fundraiser Please bring a wrapped gift (value
£3) to donate to a lucky dip and you will be invited to treat yourself
to a £3 surprise - in aid of our Chair's chosen charity

Stalls – MWiB Resources, LEARN and Olive Wood Crafts

ALL are welcome (including gentlemen) - please
bring your own lunch – drinks will be available
throughout the day

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 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?", "IS THERE A GOD?", "WHAT AM I DOING HERE?", and "IS THIS IT?". At the bottom left of the question mark is a red circle with the word "Alpha" in white. At the bottom right of the question mark is the text "ASK US ABOUT THE ALPHA COURSE" in black.

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!



Come to The Haydock Centre, Drovers Lane On Sunday October 13th at 2pm

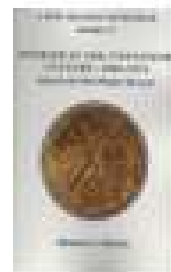
Professor Michael Mullett will be giving us a talk on

"Faith and Religion in the Lake Counties from Prehistoric to Modern times".

Admission, including refreshments, is £5.00 per person.

This will be donated to the **Monze Hospital Neonatal Unit** towards buying the very necessary equipment needed.

A Copy of Michael's book on the history of religion in Cumbria will be raffled and the proceeds going to the Monze Hospital.



The numbers of books written by Michael are far too many to mention but these illustrations give you an example of his work.

Michael is a speaker using knowledge and humour, guaranteeing us all an enjoyable afternoon.

Tickets are available on the day.



PMC Annual Pastoral Meeting

It is that time again when we have our annual pastoral meeting.

This gives us the opportunity to reflect on the pastoral work of PMC, update lists and share good practice.

Monday 14th October, 7.30pm at PMC, hope you can come.

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

Spiritual Gifts
Heart's Desire
Abilities
Personality
Experience

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
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, ran 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



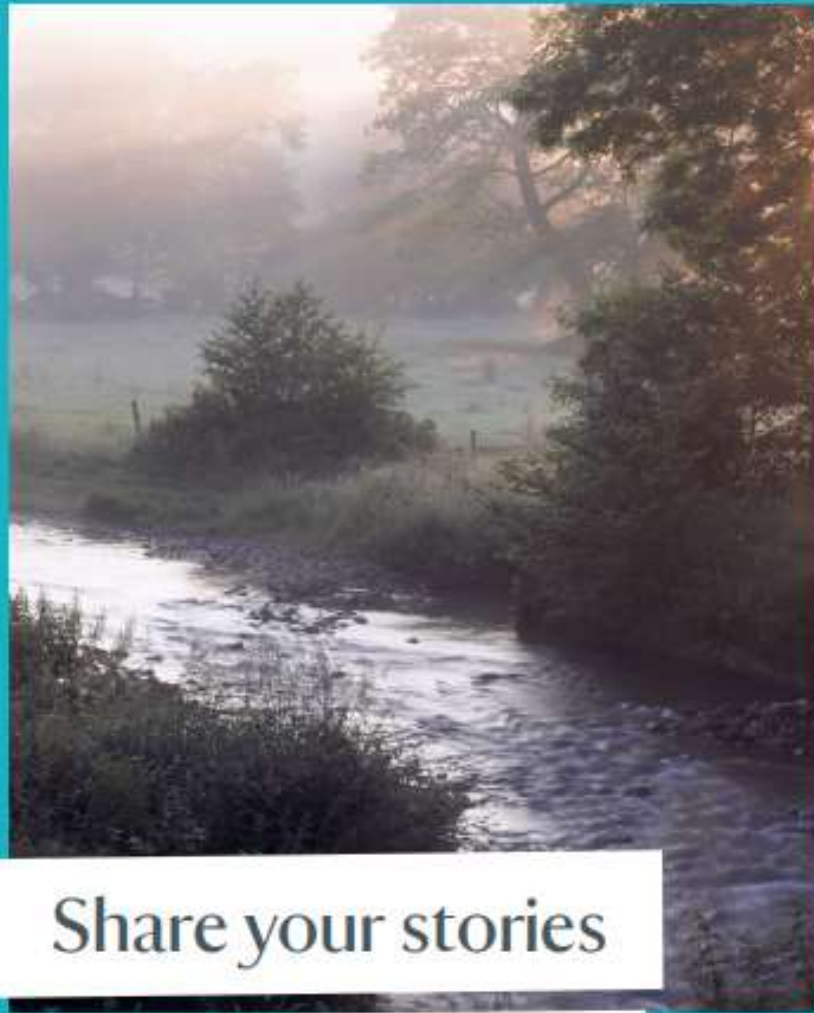
80th Birthday

We at PMC would like to send our best wishes to Maureen Winder, who is celebrating her 80th Birthday on September 17th 2024.

We hope you have a fantastic day Maureen!



National
Trust



© National Trust 2021. Registered Charity no 205894. Photograph by Crowndale Trust Images/Stephen Wilson

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**



Allowing our staff to be part of our worshipping family!

This is a gentle reminder for all those who attend worship at PMC. When our 'staff' come to worship (apart from me), they are coming to worship, not to work. So please can people refrain from asking them about anything related to work when they have come to worship and just enjoy fellowship with us. Leave anything work related to Monday morning!

Thank you for your consideration.

Rev. Tim

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



Fellside HG

Fellside House Group are having a social on Thursday 26th September at 7.30pm at 36 High Cup Heights. If you are interested in finding out more about what we do, please feel free to come along.

Mike and Ange

Wedding Invite

Sophie & Morgan are getting married on September 21st at 12 noon, Penrith Methodist Church. They would like to invite anyone from the church family who wants to attend the ceremony to come and be part of this celebration.



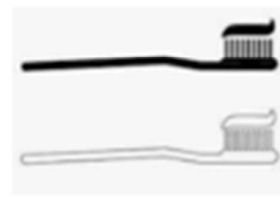
Ukraine Donations

**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.**



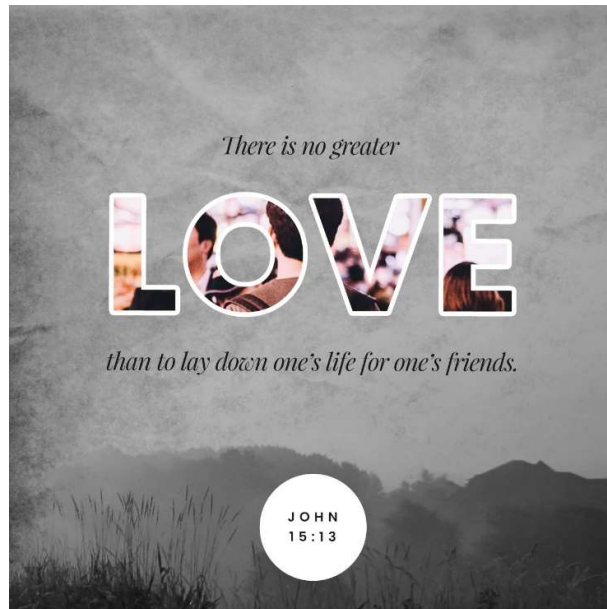
We are also collecting **anything related to children** for the orphanage and refugee centre.

They need toys and clothes in good condition.



All items can be left in the blue box in reception.

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

Circuit Pastoral Worker: Dean Lawson

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-Summers

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!

