



East Cumbria **Methodist** Circuit



Weekly Bulletin **Sunday 29th September** **Out of Our Depth**



On our recent trip abroad, the first for a decade, we had to rely on the kindness of those we met to forgive our inability to speak their language beyond a simple greeting. And it wasn't just conversation that we were far from fluent with – I now realise that there are many smaller obstacles that need navigating when you travel

because the familiarities of home are no longer there.

For example, shopping and paying is different. You can't even take for granted that you know how to buy bread (it was sold by weight not by unit), or fruit (a bag I tried to fill turned out to be a plastic glove). Even getting out of a self-service till area was not obvious (scan the barcode on your receipt to open the barrier).

Then each public transport system had its own nuances, like 'buy tickets before getting on the bus', which we only found out as our bus approached. Even the seemingly simple task of being a pedestrian and crossing roads was elevated to a whole new and often challenging activity: dodging trams, determined cyclists, noisy cars and silent electric cars, coming from myriad unexpected directions.

At every turn then, something new presented itself to remind us, you're not at home now.

I could go on. I'm not in any way being negative because the differences made the holiday a richer experience and not being fully in control forces you to trust beyond yourself. To trust that unfamiliar systems work and that strangers will help, especially by being patient and exercise their language skills for your benefit. To trust that prayers are heard and answered and that we are being lovingly watched over, especially when we are indeed 'out of our depth'.

I believe Christians are called into new depths as we heed the words of Jesus to "follow me". But also, by following Jesus, we are led to minister to those who are out of their depth, whether that's because they are from overseas, or that they have little grounding in the Christian message and/or church is alien to them, or that they need specific practical, emotional and prayerful support at a time they are treading water simply trying to keep afloat.

Shane McNicol



Penrith

10.30am ~ Harvest Service – Social Justice Group
Readings: Isaiah 65:17-25 + Matthew 7:24-29

Patterdale

10.30am ~ Morning Worship – Rev Tim Cooke

Skelton

10.30am ~ Morning Worship – Mrs Carolyn Dickinson

Stainton

10.30am ~ Morning Worship – Miss Kathleen Williamson

Cottage Wood Centre

5pm ~ Harvest Service

Great Salkeld

10.30am ~ EEMC Service – David Newlove – St Cuthbert's Church

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

Weekly Diary

Monday 30th September

9.30am ~ Monday Walks – Meet outside PMC

2pm ~ Skelton Church Council – 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 1st October

10am ~ Midweek Service – Miss Kathleen Williamson – Church/PMC (*Reading: Mark 10:46-52*)

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 2nd October

10am ~ 3C's – Cottage Wood Centre

10am ~ Coffee Morning – Skelton Methodist Church

1.30pm ~ Wednesday Get Together - Skelton Methodist Church

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

7pm – 8pm ~ Cottage Wood Monthly Prayer Time - *We are continuing to pray at home, and all are welcome to take part for any or all of the hour.*

Thursday 3rd October

10.15am ~ Meeting Point – Langwathby Methodist Church

7pm ~ Three Acres & A Cow – Church/PMC

7.30pm ~ Alpha – Tarn/PMC

Friday 4th October

12 noon ~ Lunch Club – Ullswater/PMC

Sunday 6th October

Penrith: 10.30am Morning Communion – Rev David Milner

Skelton: 10.30am Morning Worship – Mrs Lois Morton

Stainton: 10.30am Harvest Service – Mr Michael Boone

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

Alston Moor: 11am Morning Communion – Rev Mary Elliot

Nenthead: 5pm Pennine Praise

Culgaith: 11am Morning Worship - Fred Setters

Langwathby: 11am Harvest Service – Mr David Kendrew



Change to plan

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

Wedding Invite

On Saturday 12th October Naomi Smith, the daughter of Rachel and Nigel Smith, will be marrying Tom Seymour at 12.30pm at Penrith Methodist Church. An invitation is extended to members of the church family to share in the celebrations and join us for the service.

It would be appreciated if all could be seated for 12.15pm.



Prayer Chain

If there are any prayer requests within the Circuit, please do feed these to the Circuit Office and they can be distributed by the prayer chain (please only do so with permission of the person involved).

Items for the Notices

If you have any posters or information to go into the notices, please pass these on to the Circuit office – preferably email them to niamh@penrithmethodist.co.uk.





SATURDAY 28TH SEPTEMBER

HARVEST FLOWER
WORKSHOP

9.30AM

&
COFFEE MORNING

10AM

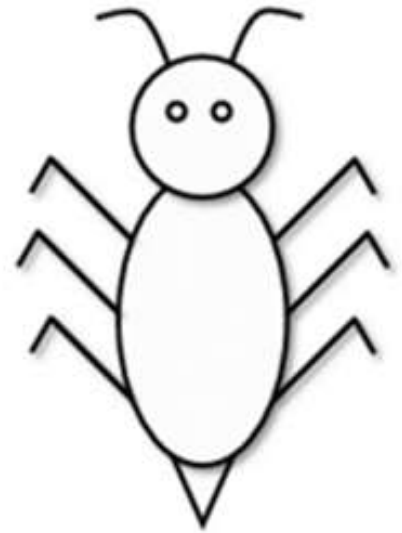
Penrith Methodist Church, Wordsworth Street,
Penrith, CA11 7QY

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





Saturday
28th September



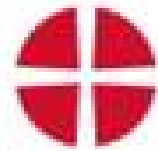
Beetle Drive at 6.30 pm
with drinks and nibbles

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



Sunday 29th September at 5 pm
Harvest Service

SKELTON
METHODIST CHAPEL



AFTERNOON TEA

Sunday 29th September
at 3pm

Bring and share
But you are very
welcome anyway even
if you can't bring
anything.



Donations for Chapel Windows Fund

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!



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)

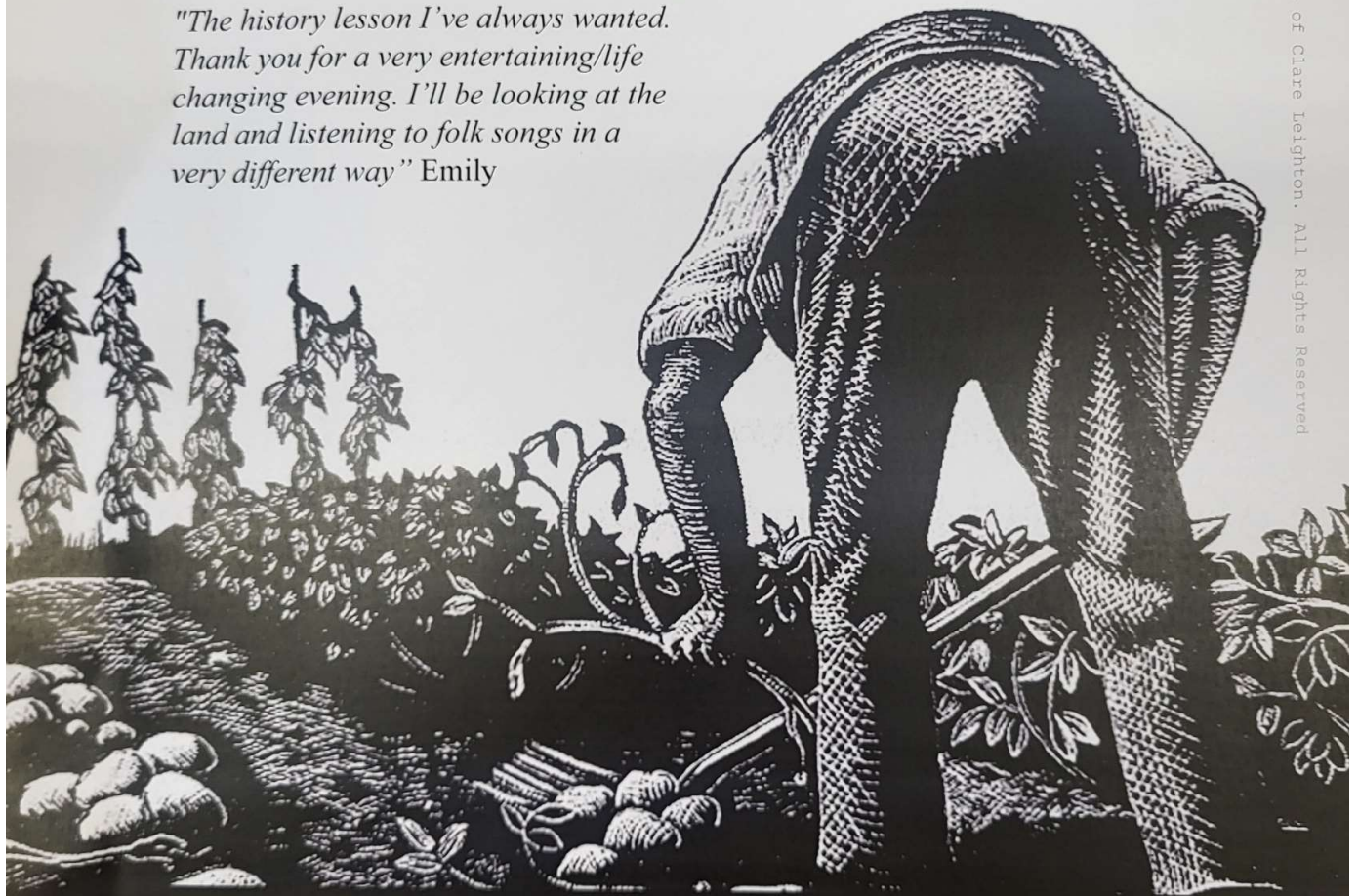
Bed bases (no mattress)
Occasional tables
Chairs (with full fire regs)
Baby equipment

3 ACRES + A COW

A HISTORY OF LAND RIGHTS + PROTEST IN FOLK SONG + STORY

"Everybody should see this"
George Monbiot

*"The history lesson I've always wanted.
Thank you for a very entertaining/life
changing evening. I'll be looking at the
land and listening to folk songs in a
very different way"* Emily



'MAN DIGGING POTATOES' FROM A WOOD ENGRAVING BY CLARE LEIGHTON, LICENSED FROM HER ESTATE VIA DACS.ORG.UK

© Estate of Clare Leighton. All Rights Reserved

THURSDAY 3RD OCTOBER // DOORS 6.30PM SHOW 7PM

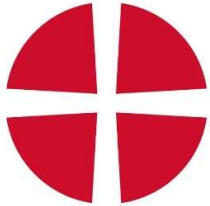
PENRITH METHODIST CHURCH

TICKETS FROM THREEACRESANDACOW.CO.UK



Langwathby Methodist Church
Thursday, 3rd October - from 10.15

**“Meeting Point” – a coffee morning open to all,
ending with a short “thought for the day”**



Harvest Festival at Langwathby Methodist Church

Join us on Sunday, 6 October, at 11.00. Service led by David Kendrew
Contributions to Foodbank welcome



Our next “All Together Fellowship “get-together is on
MONDAY, OCTOBER 7th, at 2pm in the Church.

Our fellowship will, as always, begin with a short act of worship.

This month we will find out what it was that “happened to a vet “.

We look forward to Chris Swift taking us from a mill town to the dreamy spires,
moving from corgis to cows and taking us on journeys from the Rockies to Norway.
Chris will also talk about his transition from ridicule to faith and from love to loss.

If you are able to join us you would be very welcome.

Our fellowship always ends with opportunities to meet others,
have a good chat and enjoy drinks and homemade cakes.

PLEASE NOTE that we meet again on Monday, November 4th.
Lawrence (Tomlinson) and myself hope to get you all “steamed up “
so that you can enjoy some great train journeys!!

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

John & Margaret

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

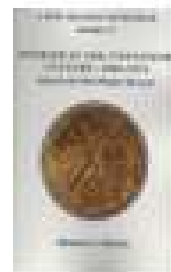
Professor Michael Mullett will be giving us a talk on

"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.

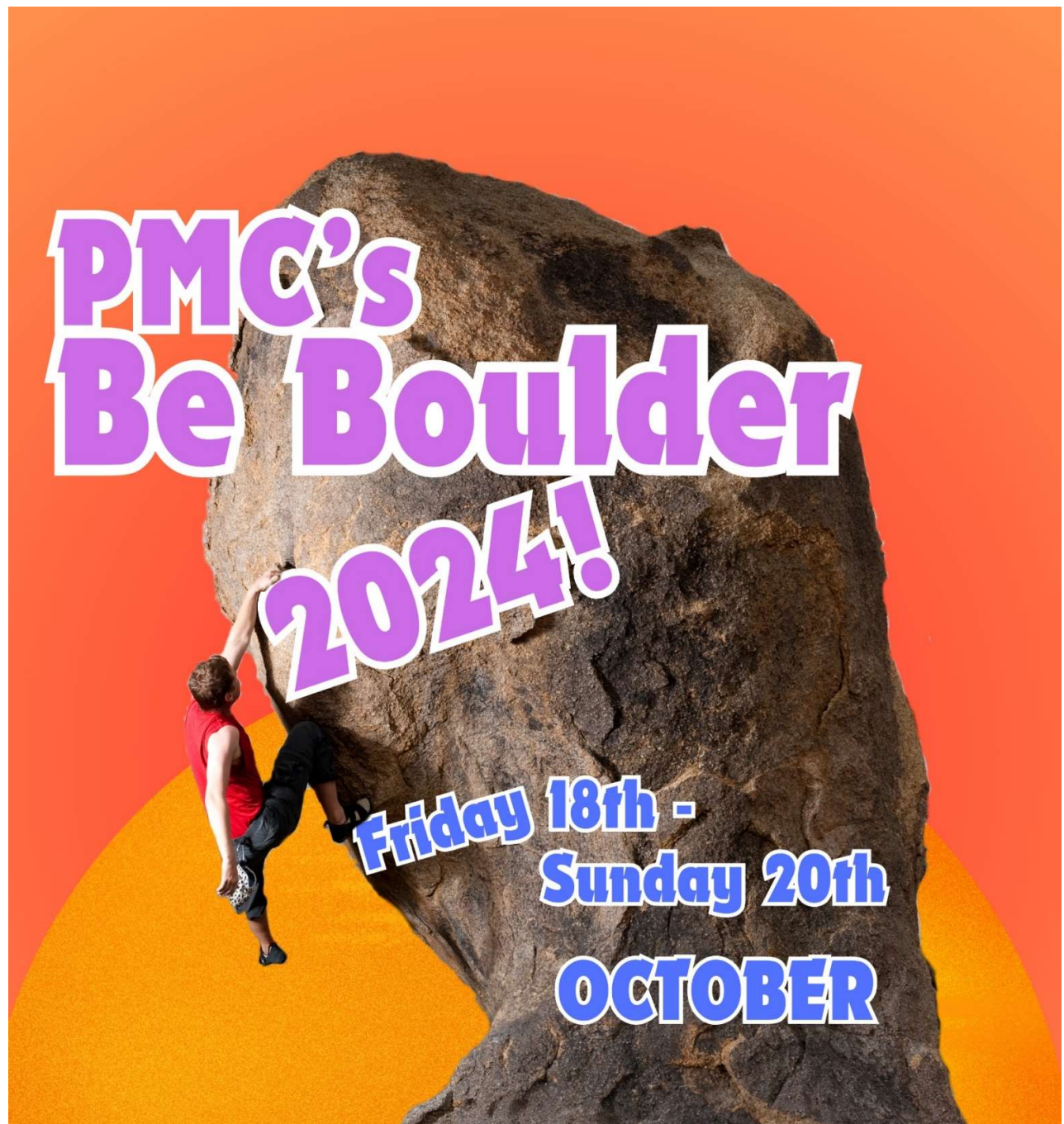


PMC Annual Pastoral Meeting

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.





A day celebrating Fresh Expressions and Pioneering. Come along to hear stories from local practitioners, share with others, get creative and be inspired.

Open to anyone in Cumbria or across the North, all who have an interest in imaginative mission are welcome.

With input from Nigel Pimlott, Mission and ministry consultant, coach, writer and semi-retired foster carer.

**At Crooklands Hotel
nr. Kendal
Saturday 16th November 2024
10am - 4pm**



To book scan the QR code
or go to
www.trybooking.com/uk/DGFC

#FXCUMBRIA





WILD
ARTS



G. F. HANDEL
MESSIAH

AT CARLISLE CATHEDRAL

Following their sell-out tour in 2023, critically acclaimed opera company Wild Arts (★★★★★ Opera Now, ★★★★★ The Guardian) bring Handel's legendary telling of the Christmas story to Carlisle Cathedral.

With staging from theatre and opera director Tom Morris (*Breaking the Waves*, *Dr Semmelweis*, *War Horse*).

Wednesday 11 December, 7pm | Tickets from £15
www.wildarts.org.uk/messiah





Iona Abbey Retreats

2024

'Stillness in Community' - two separate weeks in November at Iona Abbey, led by Ruth Harvey <https://iona.org.uk/event/stillness-in-community/> and <https://iona.org.uk/event/stillness-in-community-2/>

2025

Time and Space weeks leave participants free to absorb the island and the experience of living and worshipping in community. Programmed, or themed weeks offer the same, and in addition there is expert input.

Here's the full programme: <https://iona.org.uk/visit-and-stay/iona-abbey-centre/2025-programme/>



Piano Looking for a New Home

Would anyone like a piano? Or do you know of anyone who is wanting to learn? We have a modern upright acoustic piano in excellent condition that needs a new home. A piano stool is also available. If interested, please contact Christine Milner on 01768 863209.

CAP Money Course

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



CAP Job Club – Volunteers Needed

Due to voluntary staff shortages because of holidays and sickness, Michelle Pierce, the manager of the CAP Job Club, would be very grateful if someone could help her for three Tuesday mornings from 10.15am to 12.00pm on the 12th, 19th and 26th November. Tasks include providing refreshments, meeting and greeting clients, being friendly and supportive during the training sessions and as the clients leave. It is an opportunity for volunteers to witness how the Job Club operates.

To confirm availability or obtain further information, please contact Michelle Tel 07789 212908

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

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.

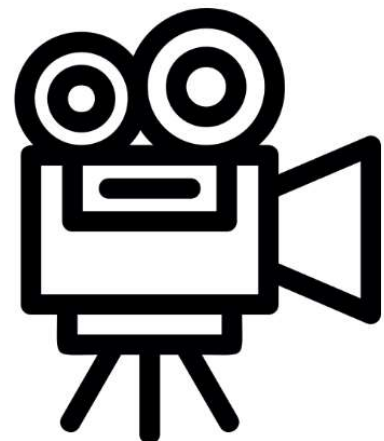
Thank you - Judith Joyce



PMC Livestream Schedule - September

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

29th September: LIVESTREAM



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: laypastor@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-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!

