



East Cumbria **Methodist** Circuit



Weekly Bulletin Sunday 6th October

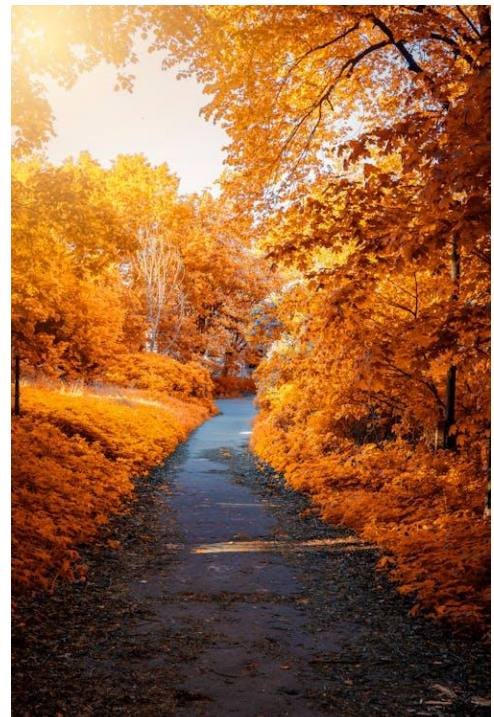
Change



I've been living here in Cumbria for a month now, which is a fair change from the plains of Cheshire, where I was last living and working. Of course, the change in landscapes is just one of the smaller changes that a big move like that brings. I've had to adapt to a change of home; I've started a new job here in the Circuit, which is a somewhat different role than the one I had

last; I've also had a change of the people that are around me, from people I knew very well, to a lot of people I'm only just meeting. I'm definitely feeling in a brand-new season where everything has changed.

But all this change – most of it good and exciting – has brought about a great opportunity for me to change other things in my life. A good chance to break some bad habits that I'd gotten into after a few years of the familiar, and a chance to start new good habits after the structure I'd relied on is no longer there. For example, one of the changes I've made is to stop relying on the quick and easy option for an evening meal, when I'm in a rush to get to an evening meeting or event at church, and look for quick and easy meals to cook from fresh instead. All the driving I'm now doing means that I can now spend a lot of time listening to Podcasts and talks as I'm travelling – I'm currently listening to Nicky Gumbel's Bible in a Year. And the change of home has given me a good chance to pick up a book in the evenings instead of in front of the TV or computer.



Now, I understand that for most, there may well not be quite so many changes right now, but there are still changes happening. The leaves are starting to change colour and fall to the floor – something I will miss from the leafy lanes of rural Cheshire – the nights are getting longer, the days are getting colder. For the church, there's a new District, we're looking forwards to a new Circuit, and I even hear there's a new lay worker in the Circuit!

So as the season changes, and perhaps as we experience change in our own lives, are there opportunities for change in our own lives, old habits to shed, or new ones to pick up? A big change has meant big changes for me, but even small changes can make a big difference.

Dean Lawson



Penrith

10.30am ~ Morning Communion – Rev David Milner
Reading: Revelation 3:14-21

Skelton

10.30am ~ Morning Worship – Mrs Lois Morton

Stainton

10.30am ~ Harvest Service – Mr Michael Boone

Cottage Wood Centre

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

There are alternative Anglican services available.

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

Weekly Diary

Monday 7th October

9.30am ~ Monday Walks – Meet outside PMC

2pm ~ All Together Fellowship – Church/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 8th October

10am ~ Brunswick School Harvest Service – Church/PMC

10am ~ Midweek Service – Rev David Milner – Stainton Methodist Church*

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 9th October

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

Thursday 10th October

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

2pm ~ Parklands HG – Upper Link/PMC

3pm ~ Afternoon Communion – Rev Gillian Belford - Woodlands

7.30pm ~ Alpha – Beacon/PMC

Friday 11th October

12 noon ~ Lunch Club – Ullswater/PMC

Saturday 12th October

10am ~ Operation Christmas Child Shoe Box Packing – Ullswater/PMC

10am ~ CAP Money Course – Beacon/PMC

12.30pm ~ Wedding Ceremony – Church/PMC

7.30pm ~ Kendal Concert Band Autumn Performance – Church/PMC

Sunday 13th October

Penrith: 10.30am Baptism – Rev Tim Cooke

Patterdale: 10.30am Morning Worship – Rev Gillian Belford

Skelton: 10.30am
Stainton: 10.30am
Cottage Wood: 5pm
Alston Moor: 11am
Kirkoswald: 10am
Gamblesby: 10am
3.30pm
Renwick: 5pm

Morning Communion – Rev Andrew Callaway
Morning Communion – Rev David Milner
Early Evening Worship – Rev Beth Honey
Morning Worship – A Dunstan
Morning Worship - P Kidd
Little Acorns
Afternoon Worship – Claire Slee
Early Evening Worship – Rev David Milner

**Reading: 2 Corinthians 9: 6-15*



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.





Carlisle Refuge

We're grateful to take away two van loads of your kind donations. I am certain it will all be put to very good use. I was also able to send a large bunch of harvest flowers for all at the Refuge to enjoy in the day room. Thank you so much for your continued support.

Anne MacDonald

From Carlisle Refuge: *'Can I first say how grateful we are to you for the continuous support to the accommodation after all the work of Mr and Mrs Scott and all of the congregation. We have started an education fund in the name of Keith to support children for things such as uniform and Stationary etc.'*

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!

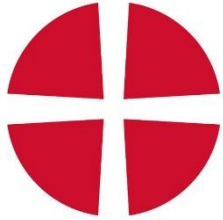
Trace has been running a toddler group on Thursday afternoons for some time now, but we cannot re-launch it this term without someone to help run it with her.

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.





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



Methodist Women
in Britain

You are warmly invited to come and share in our Methodist Women in Britain Annual Meeting
on Tuesday 8th October at 1pm at Langwathby Chapel.

All women from our Circuit are very welcome to come along, to hear about
what we have been doing in the past year.

This is also an opportunity to share concerns and ideas and to plan for the coming months.



Shoebox Packing and Coffee Morning

Come to pack a shoebox (or watch others doing so) and enjoy a cuppa at the same time on Saturday 12th October from 10.00am. All welcome!

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.



Cottage Wood Centre

SUPER-SWAP SATURDAY

*Bring what you don't want,
take what you do...*

Books, DVDs, toys, games, gifts, craft materials, jam jars, bric-a-brac etc...

Saturday

12 October 2024

2:00 - 4:00 pm

Refreshments available

Donations to the Hedgehog Rescue



AUTUMN PERFORMANCE

Saturday 12th October 2024
7.30pm

Penrith Methodist Church, Wordsworth Street,
Penrith CA11 7QY

Entry £10 from trybooking.com
or cash/card at the door.
Children free. Includes tea or coffee.

www.kendalconcertband.org





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.

PMC's Be Boulder

2024!

Friday 18th -
Sunday 20th

OCTOBER



4F

Pumpkin Light Party

All the treats, without the tricks



Penrith Methodist Church
Tuesday 29th October, 11am-2pm

Fancy dress (no scary monsters please!)

Pumpkin carving **Apple bobbing**

Crafts & games



FAIR TRADE Christmas Coffee Morning

Saturday 2nd November
10am – 12 noon,
at Penrith Methodist Church

- Fair Trade Christmas Cards
- Fair Trade food and wrapping paper from OXFAM
- Fair Trade gifts from Victoria's
- Christine Milner's handmade cards
- Coffee & cake stall

Come along, buy cards and gifts for Christmas, have a cuppa & some cake, share in fellowship, and support Fair Trade





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



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



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.

PMC Livestream Schedule – October

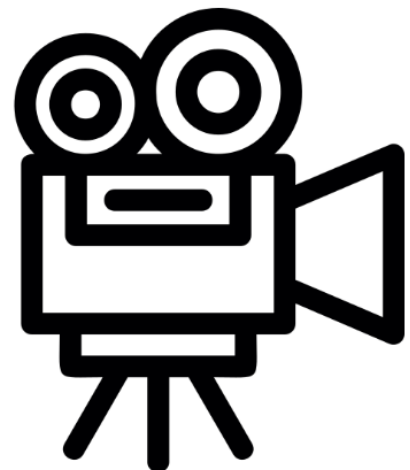
Please see PMC's Sunday Service Livestream schedule for the rest of this month below:

6th October: NO LIVESTREAM

13th October: LIVESTREAM

20th October: LIVESTREAM

27th October: NO LIVESTREAM



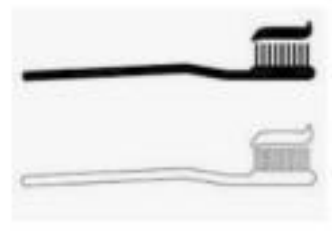
PLEASE HELP UKRAINE!

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.

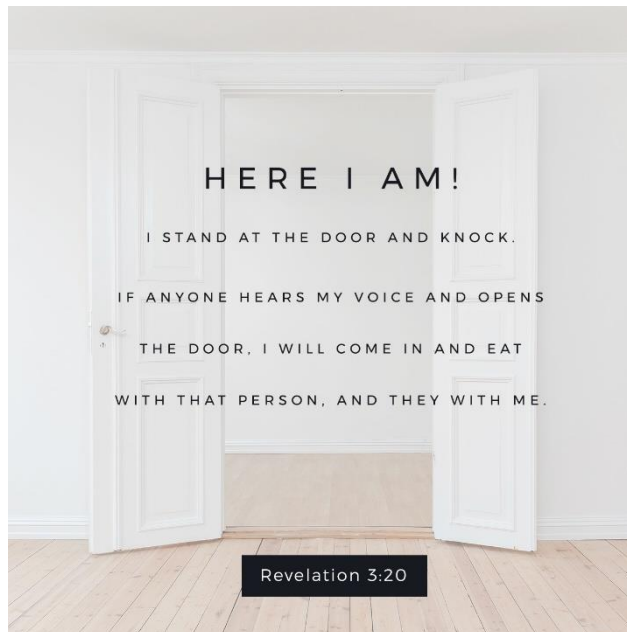
They need toys and clothes in good condition.



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)

**Circuit Pastoral Worker: Dean Lawson:** [laypastor@penrithmethodist.co.uk](mailto:laypastor@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!**

