



East Cumbria **Methodist** Circuit



Weekly Bulletin **Sunday 3rd November** **Time for some 'Hygge'!**



The clocks have gone back, and the nights are getting dark. I wonder how you feel about this season of Autumn and knowing that Winter's coming? Perhaps you dread the long evenings, and cold nights. It can be quite a lonely time of year can't it?

If that's you - then maybe you should try a bit of 'hygge' (pronounced hoo-ga)?

Apparently, it's the hottest new trend in home design and lifestyle choices. It comes from Denmark where they know a thing or two about cold nights and dark evenings.

Hygge literally means 'cosiness', but it implies far more than that. Sitting in comfy slippers and a woolly jumper by the fire on a cold night, while drinking hot chocolate and reading a good book - that's "hygge"! Or, watching TV under a duvet; Cuddling the dog; Family get-togethers at Halloween or Bonfire night - they're all 'hygge' too.

Hygge is a state of mind. It means to know a safe sense of well-being - being wrapped up and protected and at peace with your surroundings. Someone has translated it as 'cosiness of the soul'. Hygge may come from the same word as our word 'hug'. The origin of the word 'Hug' means to feel comfortable and secure - to cherish yourself, and others too.

You know I think there's something quite spiritual about 'Hygge'.

Because aren't we all looking for a sense of well-being - to feel at peace - to be secure? Don't we all want some rest for our souls in a world that seems to have gone quite mad. Wouldn't we all like to feel cherished and wrapped around with love?

The Christian faith, I believe, recognises those needs that we have – and suggests that the relationship we can have with God makes all that possible for us.

The 4th century Bishop, St Augustine, once said: You have made us for yourself, O Lord, and our heart is restless until it rests in you.” And Psalm 23, says: The LORD... makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul’. And Jude v 1 says, in the New English Translation, that we are wrapped up in the love of God! I love that!

So if you’re feeling a bit lost this Autumn, and not looking forward to the coming season – then be good to yourself, and lean on God for some ‘hygge’ – some cosiness for your soul!

Rev Tim Cooke



Penrith

10.30am ~ Morning Communion – Rev Tim Cooke
Readings: Luke 6: 6-11; Mark 14: 3-5

Skelton

10.30am ~ Morning Worship – Mr Dean Lawson

Stainton

10.30am ~ Morning Worship – Miss Kathleen Williamson

Cottage Wood Centre

3pm ~ Afternoon Worship – Mrs Carolyn Dickinson

Alston Moor

11am ~ Morning Worship – Rev Mary Elliot

Nenthead

5pm ~ Pennine Praise

Culgaith

11am ~ Morning Worship – Hazel & Peter Bowes

Langwathby

11am ~ Morning Worship – Mr Lawrence Tomlinson

Gamblesby

10am ~ Little Acorns Anniversary

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

Weekly Diary

Monday 4th November

9.30am ~ Monday Walks – Meet outside PMC

2pm ~ All Together Fellowship – Church/PMC

6.15pm ~ Choral Group – Sandgate/PMC

6.30pm ~ Carols by Candlelight Rehearsal – Beacon/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 5th November

10am ~ Midweek Service – Rev Gillian Belford – Church/PMC (*Reading: Jeremiah 1:4-8, 17-19 NIV*)

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 6th November

10am ~ Coffee Morning – Skelton Methodist Church

10am ~ 3C's – Cottage Wood Centre

1.30pm ~ Wednesday Get Together - Skelton Methodist Church

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.*

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

Thursday 7th November

10.15am ~ Meeting Point – Langwathby Methodist Chapel

1pm ~ Thursday Tots – Ullswater/PMC

2pm ~ Parklands HG – Upper Link/PMC

7.30pm ~ Alpha – Beacon/PMC

7.30pm ~ Fellside HG (*Contact Ange at 07808 801229 for more details*)

7.30pm ~ PMC Church Council Meeting – Sandgate/PMC

Friday 8th November

12 noon ~ Lunch Club – Ullswater/PMC

Saturday 9th November

9am ~ Alpha Away Day – Beacon/PMC

Sunday 10th November

Penrith: 10.30am

Patterdale: 10.30am

Skelton: 10.30am

Stainton: 10.30am

Cottage Wood: 3pm

Alston Moor: 11am

Kirkoswald: 10am

Gamblesby: 2pm

Renwick: 2pm

Morning Worship – Mrs Carolyn Dickinson

Morning Worship – Rev Andrew Callaway

Morning Communion – Rev Tim Cooke

Morning Worship – Mrs Lois Morton

Afternoon Communion – Rev David Milner

Service at St Augustine's

Morning Worship – Rev David Milner (*In the Square*)

Afternoon Worship – Mrs Jan Blackshaw

Afternoon Worship – J Butterworth



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





♪ Taize

A short reflective service
of readings, prayers and
Taize music

1st Sunday of the month
at 5.00pm
at Langwathby Chapel

GAMBLESBY METHODIST CHAPEL

HE BREWS COFFEE CLUB

EVERY TUESDAY 10am to 12pm +

Enjoy games, crafts or just a chat only £2

Soup and a roll from November only £2.50



LITTLE ACORNS 10th ANNIVERSARY CELEBRATION

Our Creative Children's Christian Club is 10 years old – we invite all present and past members to attend a bring and share lunch from **12 noon on SUNDAY 3 NOVEMBER** when we can share memories, play games and plan for the future.

COMMUNITY REMEMBRANCE SERVICE

Sunday 10 November 2024 at 2pm

Led by Mrs Jan Blackshaw including bugler

Our illuminated display of poppies will adorn the chapel

DATES FOR YOUR DIARY

Little Acorns Christmas coffee and stalls fund raiser

SATURDAY 7 DECEMBER 2024 from 10am to 1pm

COMMUNITY CAROL SERVICE 4pm SUN 22 DECEMBER

More details next month



We next meet for our "All Together Fellowship" on **MONDAY, NOVEMBER 4th, at 2pm in the Church.**

As always, our time together will begin with a short act of worship.



We will then invite you to join us on some great train journeys.



The engines will be steamed

up in advance so that you can enjoy travelling with us.

John and Lawrence will give a talk and visual presentation which will include brief information about the chosen railways, and plenty of opportunities to see the trains on their journeys.

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, December 9th.

This will be our Christmas get-together

John & Margaret



Langwathby Methodist Church
Thursday, 7 November - from 10.15

"Meeting Point" – a coffee morning open to all,
ending with a "thought for the day"

80th Birthday

We would like to take a moment to celebrate Barbara Chambers, who will be turning 80 on the 8th of November.

We hope you have a fantastic day
Barbara!



RESTORE WE HELP **RESTORE** HOPE, FAITH
AND HAPPINESS IN OUR COMMUNITY.
RESTORE ON THE ROAD IS SUPPORTING US AS WE

Knit Together!

Join us as we share our skills to knit & crochet angels for the local community, drink coffee, chat and enjoy being community together!

*Beginners are welcome - lots of help will be on hand!
Bring your own supplies or use the ones from Restore*

**EVERY THURSDAY IN NOVEMBER
7TH - 14TH - 21ST - 28TH
10:30 TO 11:30AM
STANTON METHODIST CHURCH**

**FOR MORE INFO CONTACT TRACE - 07891532979
OR POP IN ON A THURSDAY**

A brown woven basket filled with several balls of yarn in various colors (red, blue, yellow, green) and a pair of knitting needles. The basket is positioned at the bottom of the flyer.



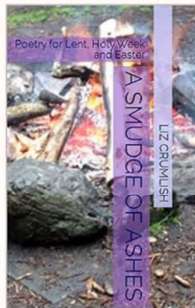
Liz Crumlish

Rev. Liz Crumlish recently attended PMC's 'Be Boulder' weekend. Liz is Scottish Episcopal Priest living in Ayrshire. She is also a poet, author, well-respected Retreat leader and has written three books.

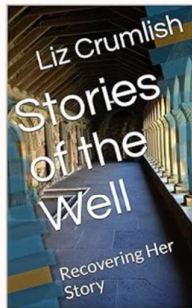
'A Smudge of Ashes' is a collection of poems for Lent and Holy week.

'Stories of the Well' reflects on stories of women in scripture.

'Birthing God - A Resource for Advent' explores the stories of five women and their subversive contributions of their generations.



£9.99



£7.95



£7.95


If you would be interested in purchasing any of the above books, please get in touch with the Circuit Office by 15th November and we can then place a bulk order with Liz.



PMC Tea Towels

Could all those who take tea towels home to wash please return them (clean) to PMC as soon as possible, as we are starting to run low.

Many thanks!



PMC Christmas Charities Nominations

We normally donate any cash offerings from our services over the Christmas period to charity and would like members and friends of PMC to nominate some for this year.

If you can choose a local one and a national or international one, we will count the nominations and see which secure the most support.

Please email your nominations by **Friday 15th November** to Niamh:
niamh@penrithmethodist.co.uk

Thank you!

Thank-you to all who joined us to celebrate our marriage, it was so lovely to have you by our side as we begin this new chapter.

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

Morgan & Sophie Tebb-Roger





PLEASE HELP UKRAINE



Thank you to everyone for contributing to the humanitarian aid that we are collecting for Ukraine. Everything that you donate goes directly from us to the soldiers and to the orphanage and refugee centre. Steve, our contact in Odesa (who used to live in Cumbria), comes back to the UK every few months to load his 44-tonne lorry with aid, so nothing is too big or too small!

Some of the things that we need are:

- Candles – preferably just plain wax ones, new or partly used (these are melted down and made into trench candles)
- Warm hats, gloves, socks and underwear for the soldiers, as well as toiletries, toothbrushes, toothpaste, paracetamol, razors and bandages.
- Chocolate, sweets and dried soup etc. that can be made into a meal by the addition of hot water. (These all need to have very long use-by dates.) To bring a little comfort to weary soldiers.
- Any items to help the wounded – such as disability aids.
- Adult clothes, bedding (including clean duvets) and towels for the refugee centre.
- Boxes of washing powder for laundry. Female sanitary and hygiene products. Soap, shampoo and shower gel.
- Children's clothes and toys, as well as any equipment relating to children for the orphanage.

With your help we will let the brave people of Ukraine know that they are not alone.

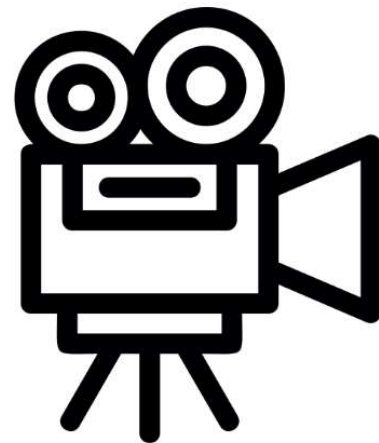
Thank you.

Viv and Colin 01768 863518

PMC Livestream Schedule – November

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

3rd November: LIVESTREAM
10th November: LIVESTREAM
17th November: NO LIVESTREAM
24th November: NO 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

Pioneer Enabler: 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: Jo Varley: 07464 939138

or email: jovarley@capuk.org

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!

