



## Weekly Bulletin Sunday 10<sup>th</sup> November

### What if?



It's a simple question and can be asked in a variety of contexts and is the basis of many human endeavours, not least scientific, philosophical, and engineering pursuits.

But here, I want to draw your attention to its application when it's personal and we face uncertainty. Most - probably all - of us will have some experience of wrestling with the question and

how inevitably that somehow leads us to explore and then dwell on least favourable outcomes, even if our disposition leans sunny-side up. Perhaps you recognise that for yourself.

I love the film 'A Beautiful Mind' (based on a book of the same name) about the brilliant mathematician John Nash who was eventually awarded a Nobel Memorial Prize in Economic Sciences. Unfortunately (and the premise of the film), John had a life-long debilitating struggle with mental illness. In the closing scene he was asked how, after so many years stricken he managed to regain his composure, to which he replies:

'Like a diet of the mind, I just choose not to indulge certain appetites'.

It's a discipline not to allow the 'what ifs?' to prise an opening into the soul and let fears and anxiety flood in to steal away peace and joy. Trust is a conscious choice we have to repeatedly make to let go of our instincts and let our spirits submit to our loving Father's care and will.



If there's a 'what if?' currently harassing you, then like our family this week, seek and receive the comfort that comes from the love and prayers of family, friends and church - I firmly believe it's God's design that we do so.

I think it was Morgan who said (or quoted) recently this wonderful thought: God is already present in the future you fear. We may never be able to fully subscribe to the lyric 'all fear is gone' but fear can be put in its place and we 'can face tomorrow' - because He lives!



**Penrith**

**10.30am** ~ Morning Worship – Mrs Carolyn Dickinson  
Psalm 78:1-8

**Patterdale**

**10.30am** ~ Morning Worship – Rev Andrew Callaway

**Skelton**

**10.30am** ~ Morning Communion – Rev Tim Cooke

**Stainton**

**10.30am** ~ Morning Worship – Mrs Lois Morton

**Cottage Wood Centre**

**3pm** ~ Afternoon Communion – Rev David Milner

**Alston Moor**

**11am** ~ Service at St Augustine's

**Kirkoswald**

**10am** ~ Morning Worship – Rev David Milner (*In the Square*)

**Gamblesby**

**2pm** ~ Afternoon Worship – Mrs Jan Blackshaw

**Renwick**

**2pm** ~ Afternoon Worship – J Butterworth

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

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



**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 15<sup>th</sup> November** to Niamh:

**[niamh@penrithmethodist.co.uk](mailto:niamh@penrithmethodist.co.uk)**



# Weekly Diary

## **Monday 11<sup>th</sup> November**

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

**6pm** ~ Choral Group – Sandgate/PMC

**7pm** ~ Carols by Candlelight Rehearsal – Church/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 12<sup>th</sup> November**

**10am** ~ Midweek Communion – Rev David Milner – 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 13<sup>th</sup> November**

**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** ~ Local Preachers Meeting – Stainton Methodist Church

## **Thursday 14<sup>th</sup> November**

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

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

**3pm** ~ Afternoon Communion – Rev Tim Cooke - Woodlands

**7.30pm** ~ Alpha – Beacon/PMC

## **Friday 15<sup>th</sup> November**

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

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

## **Sunday 17<sup>th</sup> November**

**Penrith: 10.30am** CAP Sunday – Rev Tim Cooke

**Skelton: 10.30am** Morning Worship – Mr Morgan Tebb-Roger

**Stainton: 10.30am** Morning Worship – Mr Michael Boone

**Cottage Wood: 3pm** Afternoon Worship – Mr Morgan Tebb-Roger

**Alston Moor: 11am** Morning Communion – Rev David Milner

**Langwathby: 11am** Morning Worship – Mr Dean Lawson

**Kirkoswald: 6.30pm** Third Sunday Service

# 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



### Community Remembrance Service

Sunday 10<sup>th</sup> November 2024 at 2pm  
Led by Mrs Jan Blackshaw, including  
bugler

Our illuminated display of poppies  
will adorn the chapel

### Dates for your diary

Saturday 7<sup>th</sup> December, 10am-1pm  
Little Acorns Christmas coffee &  
stalls fundraiser

Sunday 22<sup>nd</sup> December, 4pm  
Community Carol Service



PENRITH METHODIST CHURCH  
CAROLS BY CANDLELIGHT  
**'All Things New'**  
SUNDAY 15TH  
DECEMBER, 7PM

We warmly invite anyone interested in participating in our Carols by Candlelight event to join us for rehearsals on Monday evenings at 7pm, Penrith Methodist Church.

Rehearsals are flexible, lasting no more than an hour, and you are welcome to arrive at any point during that time. We will also offer a practice-at-home feature to ensure everyone has the opportunity to participate.

For more details or to express interest, please email Michael at [cumbriaentertainment@gmail.com](mailto:cumbriaentertainment@gmail.com).

**ORISE** 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




## **Penrith Music Club – Sarah Williamson & Sam Haywood**

***Thursday 18<sup>th</sup> November at 7.30pm at PMC***

Sarah Williamson is renowned as a virtuoso clarinettist whose talent has been recognised by concert-goers and critics alike. Sam Haywood has performed in many of the world's major concert halls including Carnegie Hall, the Kennedy Center, the Tonhalle in Zürich, the Liszt Academy in Budapest, Philharmonie de Paris, the Wigmore Hall, Vienna's Konzerthaus and Prague's Rudofinum.



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



## Choral Group

Please note that Choral Group rehearsals will begin at **6pm** from Monday 11<sup>th</sup> November – 16<sup>th</sup> December

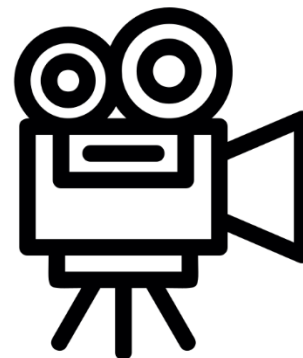
## PMC Livestream Schedule – November

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

**10<sup>th</sup> November: LIVESTREAM**

**17<sup>th</sup> November: NO LIVESTREAM**

**24<sup>th</sup> November: NO LIVESTREAM**



## **Gardening Team**



At PMC the church garden, and one flower bed in the Coronation Garden in Portland Place, are cared for by a group of volunteers on a weekly rota. We could do with a few more volunteers - if you are interested please speak to Eileen Jennison, David Belford, John Gore or Sarah in the church office.

Thank you.



**FAIR TRADE  
Christmas  
Coffee Morning**

**A big THANK-YOU to all who supported the Fair Trade Coffee Morning, in whatever way.  
A wonderful cake stall, plus donations, raised £350 which will be shared between the church and Transform Trade (Fair Trade).**

**All the stallholders did well - Victoria (gists); Malcolm (wooden items); Christine Milner (cards). The Oxfam stall took £238 from Fair Trade goods.**

**It was a busy, happy event and enjoyed by all.  
Many thanks.**



## **GAMBLESBY LITTLE ACORNS CELEBRATE THEIR 10TH ANNIVERSARY**

Little Acorns, the Children's Creative Christian Club at Gamblesby Methodist Chapel, celebrated their 10th anniversary on Sunday 3 November.

Several of the founder members, who are now in their teens, joined current members for a birthday party where memories were shared. The children watched a powerpoint display of the wide variety of activities that have taken place over the ten years. This included loads of crafts, food and outdoor activities - including flying kites as part of 'Catch the Spirit' celebrations and the Pet Service held outside the chapel this May.

Great fun was had trying to match photographs with the year these activities had taken place. The children found it highly amusing to see themselves in their earlier years. Whilst it was unfortunate that many existing members were unable to attend, those who were there had an enjoyable time.

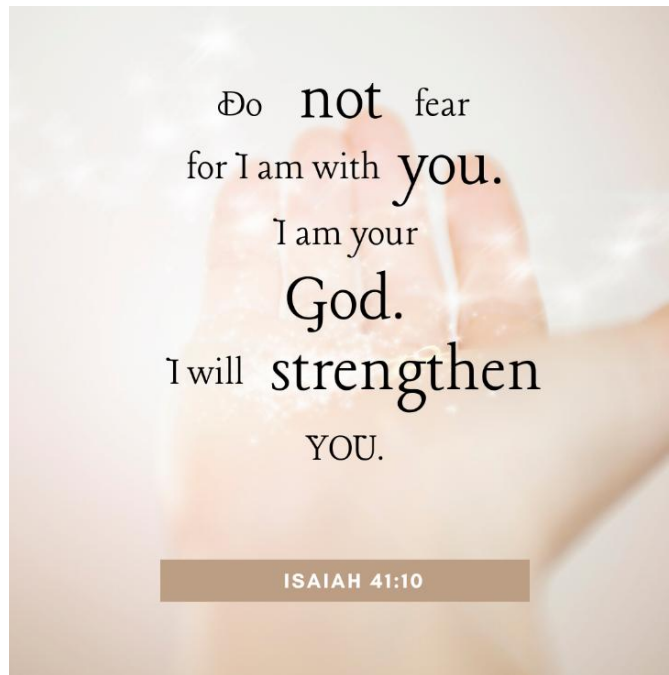
Children and parents enjoyed a bring and share lunch with the birthday cake being kindly provided by Mrs Katherine Williamson. After lunch the children played a number of party games.

Leader Claire Slee said 'It was so good to have some young people who were part of the founding group sharing the day with current members. Each remembering their own experiences of the wide range of activities enjoyed in sharing our faith in a fun, informative and imaginative way'.

**Little Acorns are now preparing for their annual Community Carol Service which will be held at 4pm on Sunday 22 December 2024 in the chapel.**



## 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)

**Pioneer Enabler: 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: Jo Varley:** 07464 939138

or email: [jovarley@capuk.org](mailto: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](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!**

