



East Cumbria **Methodist** Circuit



## Weekly Bulletin Sunday 17<sup>th</sup> November

### Psalm 68:19



How do you solve problems?

Do you try to visualise different solutions? Do you go out and research different solutions? Do you try to understand the problem as much as you can to find a solution that'll make sure it never happens again? Or perhaps you'd rather solve the problem quickly even if it's just for the short term?

Whichever way it is that we might solve our problems, whether one of the above or another way. Perhaps we have a list of ways depending on the problem, or work through different ways until we get a solution? How often is it when we have a problem that our first answer is to ask

for help? How often do we hear, or say, "If you need any help, just ask me", and then how many times do we actually ask? I know even just in the last few weeks it's something I've heard from and even said to others, but how many times have I asked for help?

I think often we can be more than willing to help others, but sometimes asking for help is just that bit harder. Well, paraphrasing Jesus slightly, "If you, then, though you are evil, know how to give good help to others, how much more will your Father in Heaven give good help to those who ask him!" (Matthew 7:11 NIV alterations underlined).

How often then, when we encounter a problem, is our first answer to ask our Father in Heaven for help? How many solutions do we try before falling on our knees before God? I often find I'm kicking myself when I try countless times to solve a problem, worry myself over it, and get worked up and stressed, and then and only then carry everything to God in Prayer.



Then I find myself not walking alone with the problem. I can't help but agree with Joseph Scriven as I sing in the song, "What a friend we have in Jesus", the lines "O what peace we often forfeit, O what needless pain we bear, all because we do not carry everything to God in Prayer!"

Even in the Lord's prayer, I'm challenged by the line "Give us today our daily bread" of coming before our Father every single day, or with every little thing, every need that we have and remind myself constantly that God is the greatest help with all our troubles.

Psalm 68:19 "Praise be to the Lord, to God our Saviour, who daily bears our burdens."

*Mr Dean Lawson*



**Penrith**

**10.30am** ~ CAP Sunday – Rev Tim Cooke  
Readings: Luke 4:14-21; John 10: 7-10

**Skelton**

**10.30am** ~ Morning Worship – Mr Morgan Tebb-Roger

**Stainton**

**10.30am** ~ Morning Worship – Mr Michael Boone

**Cottage Wood Centre**

**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

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

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



**Encounter – Sunday 24<sup>th</sup>**  
**November**

A reminder that Encounter is on  
next week at PMC, 7pm.



**Monday 18<sup>th</sup> November**

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

**2pm** ~ Bible Fellowship – Skelton Methodist Church

**6pm** ~ Choral Group – Sandgate/PMC

**7pm** ~ Carols by Candlelight Rehearsals – Tarn/PMC

**7.30pm** ~ Penrith Music Club Concert – 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 19<sup>th</sup> November**

**10am** ~ Midweek Service – Miss Kathleen Williamson – 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 20<sup>th</sup> November**

**10am** ~ 3C’s – Cottage Wood Centre

**1.30pm** ~ Wednesday Get Together - Skelton Methodist Church

**2pm** ~ Langwathby Community Fellowship – Langwathby Methodist Chapel

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

**Thursday 21<sup>st</sup> November**

**10.30am** ~ Oasis – 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)*

**Friday 22<sup>nd</sup> November**

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

**Sunday 24<sup>th</sup> November**

**Penrith: 10.30am** Morning Worship – Social Justice Group  
**7pm** Encounter

**Skelton: 10.30am** Morning Worship – Rev David Milner

**Stainton: 10.30am** Morning Communion – Rev Tim Cooke

**Cottage Wood: 3pm**  
**Alston Moor: 11am**  
**Kirkoswald: 10am**  
**Gamblesby: 2pm**  
**Great Salkeld: 6pm**

Afternoon Worship – Rev Tim Cooke  
Morning Worship – Mr David Pepin  
Morning Worship – Rev Beth Honey  
Afternoon Communion – Rev David Milner  
Evening Worship – Mr Dean Lawson



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](http://www.trybooking.com/uk/DGFC)



## 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



### 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

A green poster for CAP Sunday 2024. The text on the left reads: "CAP Sunday 2024", "Life to the full", "Penrith Methodist Church", "Sunday 17<sup>th</sup> November", "10.30am". On the right is a photo of a smiling woman with brown hair wearing a yellow top. A green box with the text "christians against poverty" and the "CAP" logo is overlaid on the photo.

**CAP Sunday  
2024**

**“Life to the full”**

Penrith Methodist  
Church  
Sunday 17<sup>th</sup> November  
10.30am

christians  
against  
poverty

**CAP**



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

**Monday 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)



## Langwathby Community Fellowship

Wednesday, 20 November at 2pm in the Chapel

*A craft afternoon with Lorna Egan*

*This meeting is open to everyone and includes refreshments*



## OASIS

*Come to our monthly Oasis of refreshment and reflection*

Thursday, 21 November at Langwathby Chapel

Coffee served from 10.30.

A short service follows and a light lunch

# ECO CHURCH

AN A ROCHA UK PROJECT

## Easy Eco Tips, NOVEMBER: -

- Green your home. Combat climate change and reduce heating costs by identifying and sealing drafts around your home. Find the gaps that let the cold air in and warm air out and fix these gaps using the correct materials and online tutorials.
- Additionally, place foil or radiator panels to reflect heat into your room.
- Pray for those who might be experiencing the cold this winter.

## 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.

RESTORE  
LIVES

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



## Choral Group

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



### Gamblesby Chapel Remembrance

The ladies who attend the weekly HeBrews coffee morning at Gamblesby Chapel have been busy adding to their knitted poppy display. As an act of remembrance in our rural east Cumbrian village, poppies have been displayed outside the chapel for a number of years.

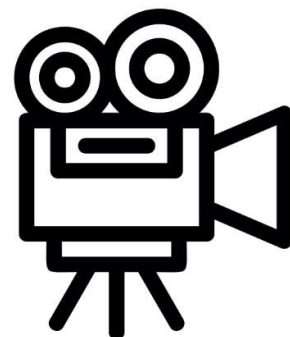
Each year more poppies are added which now provide a stunning display that is illuminated at night during remembrance week. The service held on Sunday was well attended and included a local bugler playing the Last Post and Reveille.



### PMC Livestream Schedule – November

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

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





## PMC Christmas Windows

As has become our tradition, we would like to decorate the church windows at PMC ready for Christmas.

In line with our Eco Church ethos, this year's theme is **Sustainability & Social Justice**. The Flower Team will take responsibility for decorating the windowsills, and we will use responsibly sourced greenery etc. for this.

We are looking for some groups, e.g. house groups, social justice team, toddlers, etc. to get involved and help decorate a window on the above theme with a Christmas message - ***the windows need to be prepared and decorated before Sunday 8th December.***

If you would like to get involved please contact Anne MacDonald or the Church Office.



**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).



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](http://www.wildarts.org.uk/messiah)



# Restore on the Road 2024–2026 and Beyond...



**Are you interested in connecting up people and places in our local villages, and finding a way to encourage sustainable community groups? If so, this project for people of all ages, all faiths and no faith may be for you. It won't cost the earth or all your time.**

Restore is taking the community space beyond the shops onto the road to connect Penrith with local villages through this project.

We have funds to invest in an electric van and we are looking for people to volunteer to be part of this project.

OR  
T S  
E



## Can you be a...

- Team leader on the van, supported by the project leader; caring for the community around the van.
- Member of the community on the van; working together and encouraging community wherever the van stops.
- Van driver: an essential role but still part of the community.
- Event diary organiser; not necessarily going out on the van.

If you're interested in getting involved then we want to hear from you!

Please contact Beth Honey on:

[beth.honey@restorecumbria.co.uk](mailto:beth.honey@restorecumbria.co.uk)

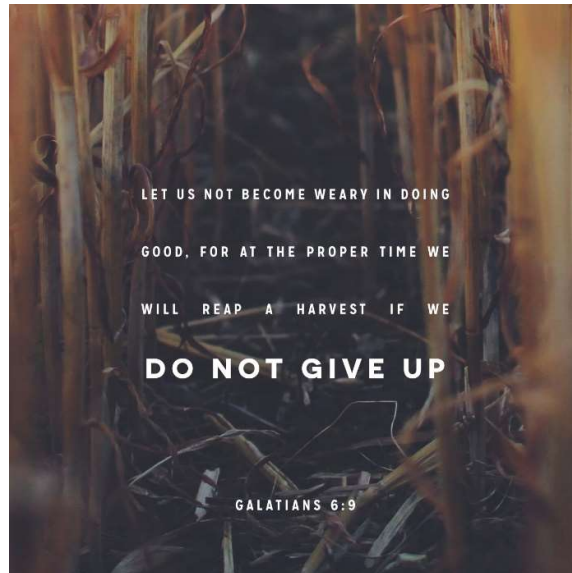
or

07831 991076

Or drop into the shop & speak to her (Tues-Thurs).



## 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!**

