



Weekly Bulletin Sunday 26th January

Here's a New Year's resolution – be kind to yourself!

Here we are still in January – the first month of a new year. Trace and I were leading some assemblies last week where we considered New Year's resolutions. Did you make any? And if so, how are they going?

At a Minister's meeting I attended last week, we were also encouraged to set goals and plans for the year ahead.

And it's all made me think. Because good intentions can easily end up being something else to make us feel guilty or a failure when we don't make it!



But there is no resolution that, if kept, will make you more worthy of love, and none, that if broken, make you less worthy of love.

Personally, I want to resolve to exercise more – because my 61-year old body seems to be deteriorating right before my eyes. What was girth around my chest has sunk to my stomach. How “wonderfully and fearfully made” can a body be which doesn't do what I want it to do anymore?

And yet John 1 says *'the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth'*.

Why would God slip into the vulnerability of being made flesh? It seems a daft idea, given the wasting mortality of our physical lives as humans. Our bodies decay and disappoint us, so why would God choose to have one just like us?

And our human condition also means we never follow through with our good intentions, or keep our resolutions. If that's the human psyche, then why would God open God's-self to take on all of that?

And yet, that's how God became present to us!

So, this week, as we find ourselves failing yet again, and noticing our bodies are not the Adonis or Venus we had hoped for, I invite you to hear the message once more: *'the Word became flesh and lived among us, in this we have seen God's glory'*.

Because **that** is a different message entirely to the one we keep telling ourselves.

Because in Jesus we see that our **physical** life is a **spiritual** life. God has blessed our human flesh and our human failings. God came and made God's home with us as a human with a body and a mind just like ours.

And let's remember that our good and imperfect selves are born of God, and even copied by God, and made a home by God. And if the Word became flesh and lived among us - then despite our shame at not being better or different - we are actually beautiful to God, just as we are!

Rev Tim Cooke



Penrith

10.30am ~ Morning Worship – Mr Michael Boone

Readings: Psalm 19 & 1 Corinthians 12:12-31a

7pm ~ Encounter

Skelton

10.30am ~ Morning Worship – Mr Morgan Tebb-Roger

Stainton

10.30am ~ Joint Service with Ullswater Mission Community – Rev Tim Cooke

Cottage Wood Centre

3pm ~ Bible Study – Mr Morgan Tebb-Roger

Alston Moor

11am ~ Covenant – Rev David Milner

Kirkoswald

10am ~ Morning Worship – Mr Lawrence Tomlinson

Gamblesby

2pm ~ Afternoon Worship – Mr Dean Lawson

Great Salkeld

6pm ~ Covenant – Rev David Milner

There are alternative Anglican services available.

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



Weekly Diary

Monday 27th January

9.30am ~ Monday Walks – Meet outside 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/97958259742?pwd=oiRL9sKL0a5HLaFlTJwuT09krXA7Ug.1>

Meeting ID: 979 5825 9742

Password: 585914

Tuesday 28th January

10am ~ 'He Brews' Coffee Club – Gamblesby Methodist Chapel

10am ~ Midweek Service – Mrs Kathleen Williamson – Church/PMC

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 29th January

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 30th January

1pm ~ Thursday Tots – Ullswater/PMC

7.30pm ~ PMC Property Meeting – Beacon/PMC

Friday 31st January

12 noon ~ Lunch Club – Ullswater/PMC

Sunday 2nd February

Penrith: 10.30am Morning Communion – Rev Tim Cooke

Skelton: 10.30am Morning Worship - Mrs Lois Morton

Stainton: 10.30am Morning Worship – Mrs Carolyn Dickinson

Cottage Wood: 3pm Covenant – Rev David Milner

Alston Moor: 11am Morning Worship - Rev Mary Elliot

Nenthead: 5pm Pennine Praise

Culgaith: 11am Morning Worship – Mr Dean Lawson

Langwathby: 11am Morning Worship – Rev David Milner



Shape of Sunday Worship at PMC

In response to comments from across our congregation, we are going to trial a slightly different form of worship once a month on Sunday mornings at PMC, for the next 2 or 3 months. Monthly, we will now have one service led by our worship team, with the Minister or Local Preacher delivering the message.

This gives us a broad range of different worship styles being offered. Quarterly, we still hope to offer a Healing service, a service conducted by our Social Justice team, and a more informal café-style service. Then monthly, this new Worship group led service. Other weeks will be our usual mix of both contemporary and more traditional worship.

In addition, we have our monthly Encounter service, held on the last Sunday of each month. There is also a more traditional style of worship at our weekly Circuit service at 10:00 each Tuesday morning.

All of this gives us a range of diverse worship styles to meet the different ways each of us are able to encounter more of God.

It is our desire that PMC is a place where all can experience more of God's love, and are able to worship in ways that enable each of us to praise, worship, and grow in our relationship with God – whilst also respecting the different styles appreciated by others.

We will continue to listen to your feedback on our patterns of worship – as well as all other areas of the mission and ministry of the Church.

Rev Tim



Encounter – Sunday 26th **January**

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



We meet for our next " All Together Fellowship "
at **2 pm** in church on **MONDAY, FEBRUARY 3rd.**

The session will begin with a short act of worship.

The Cumbria Coastal Way

Graham Allan will take us on the walk and show us the route and its highlights.



The path which links the Lancashire and Scottish borders was opened in 1985 and is 182 miles long.

Talk and slide presentation

Afterwards, there will be time to enjoy each other's company and tuck into some tasty refreshments.

Our next " All Together Fellowship " is on Monday, March 3rd.

This will be an audio visual presentation given by Rachel Smith. We will hear about the red squirrel's struggle for survival and the work being done in helping them to survive in this pocket of England.

All donations from this meeting will be given to :-
" The Penrith and District Red Squirrel Group "

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

John & Margaret

A QUIZ NIGHT & MORE

Invitation from

SUPPER CLUB

to an evening of
fun, fellowship and refreshments at PMC
on Friday February 7th at 7 30 pm



ALL ARE WELCOME TO THIS EVENT.

Teams will compete against each other answering questions on a variety of topics. Points will also be accumulated by identifying the correct definitions of obscure words.
{ Remember " Call my Bluff " .. BBC TV Panel game }

Do come along if you can We look forward to seeing you.

John & Margaret (Gore)

PLEASE JOIN US FOR

★ SUNDAY LUNCH ★

FEBRUARY 16TH | AFTER THE SERVICE | PMC

Serving Casserole (Veggie option available) and Sponge Pudding with Custard

Please let Ange know if you have any dietary requirements.

An illustration of five people sitting around a table eating and talking. There are plates of food, glasses, and a small basket of bread on the table. The background is a bright yellow and green gradient with decorative circles.

Accommodation Request

Christian Cambridge vet student Oliwia is looking for accommodation from the 1st to the 14th of September. Would anyone like a lodger?

Thank you,
Chris Swift (07748 988033)



wholehearted
monthly

Hosted by [The Methodist Church](#) in Britain and open to all.

Wholehearted Monthly is a monthly online gathering of diverse people who are passionate about mission, the sessions will be held on the second Tuesday of each month starting from March 2025 from 7.00pm to 9.00pm.

Think community organising rally meets immersive spiritual laboratory. It's for anyone committed to a vibrant friendship between "Church" and "World" — and a desire for both to flourish. Each month, testimony from local innovators, input from a renowned guest speaker, and wisdom-sharing in networks around Gospel justice, inclusion, evangelism, and growth.

11th March - Nadia Bolz-Weber is a best-selling author, public theologian and pastor, and is the founder and church planter of House for All Sinners and Saints.

8th April - Rowan Williams is a theologian, poet and former Archbishop of Canterbury, and is author of fifty books on literature, politics, and being Christian.

13th May - Chine McDonald is a writer, broadcaster and author, and is Director of Theos, the religion and society think tank.'

To find our more or sign up follow <https://tinyurl.com/yjpspsp7>

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!

