



Weekly Bulletin Sunday 9th February

Towers



When I used to lead lunch clubs in schools, one of my favourite games to play with Students was Jenga, the block building tower game, where you've to remove a block on your turn and add it to the top. The reason I liked it, was that I could make the game more difficult for myself by imposing rules on myself, without making it harder for the students, e.g. always take the lowest block available, only use one hand, etc.. I think I played a lot of Jenga, I got pretty good at it, so it was nice to still be able to keep the game interesting for myself!

Anyway, I think Jenga is a great analogy for how we interact with others. One negative or hurtful comment towards someone is all it takes for the tower to come tumbling down. And even if a person doesn't crumble, it can leave them full of holes. It can take a long time to build a person up again, and it has to be done, brick by brick. And though each brick may not make that much difference to a person's life, the tower may not become that much taller, but after a while, and if we work together, we can build each other up to be bigger and stronger than before.

James tells us in his letter he writes to "the twelve tribes of Israel":
James 3:5-6 ⁵ Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. ⁶ The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell.



So, in the world of turmoil, we seem to find ourselves in. In a world that seems so full of words of hatred and violence towards each other, I ask you to join me in considering the words we use when we talk to others, and choose to use them for the good of each other, to build each other up, rather than to knock each other down.

Dean Lawson



Penrith

10.30am ~ Morning Worship – Rev David Milner
Reading: Ephesians 2:11-22

Patterdale

10.30am ~ Morning Worship – Mr Morgan Tebb-Roger

Skelton

10.30am ~ Morning Communion – Rev Tim Cooke

Stainton

10.30am ~ Morning Worship – Mr Michael Boone

Cottage Wood Centre

3pm ~ Afternoon Worship – Mr Michael Boone

Alston Moor

11am ~ Local Arrangement

Kirkoswald

10am ~ Morning Worship – Rev Andrew Callaway

Gamblesby

2pm ~ Afternoon Worship – Rev David Milner

Renwick

2pm ~ Afternoon Worship – Mr Morgan Tebb-Roger

There are alternative Anglican services available.

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

Tea & Coffee this Sunday

Hi, please can someone do coffee & teas on Sunday 9th February at PMC? I put my name down but have realised I'm on stewarding duty that day.

Thanks, Kath





Weekly Diary

Monday 10th February

- 9.30am** ~ Monday Walks – Meet outside PMC
- 2pm** ~ World Day of Prayer Meeting – Sandgate/PMC
- 6.15pm** ~ Choral Group – Sandgate/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/97958259742?pwd=oiRL9sKL0a5HLaFitJwuT09krXA7Ug.1>

Meeting ID: 979 5825 9742

Password: 585914

Tuesday 11th February

- 10am** ~ 'He Brews' Coffee Club – Gamblesby Methodist Chapel
- 10am** ~ Midweek Service – Rev Andrew Callaway – Church/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 12th February

- 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 13th February

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

Friday 14th February

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

Saturday 15th February

- 4.30pm** ~ Penrith Messy Church – meet at Christ Church

Sunday 16th February

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|---------------------------|---|
| Penrith: 10.30am | Social Justice Service (<i>Lunch to follow</i>) |
| Skelton: 10.30am | Morning Worship – Rev David Milner |
| Stainton: 10.30am | Morning Communion – Rev Tim Cooke |
| Cottage Wood: 3pm | Afternoon Worship – Ian Newton |
| Alston Moor: 11am | Morning Worship – Mr David Pepin |
| Langwathby: 11am | Morning Worship – Mr Dean Lawson |
| Kirkoswald: 6.30pm | Third Sunday Service |

Penrith Music Club – William Bracken (Piano)

Monday 10th February at 7.30pm at PMC

William Bracken is in high demand as a recitalist, concerto soloist, chamber musician and teacher. Concert highlights include several concerto performances at The Barbican, Liverpool Philharmonic Hall, St. John's Smith Square and recitals at Chipping Campden Festival, LSO St. Luke's and most recently Wigmore Hall, where he was praised by the Telegraph for his "*courage and stamina and musicality in abundance*" and "*an ability to hold an audience in the palm of his hand*". William also made his New York debut at Carnegie's Weill recital hall in January 2024.



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

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**



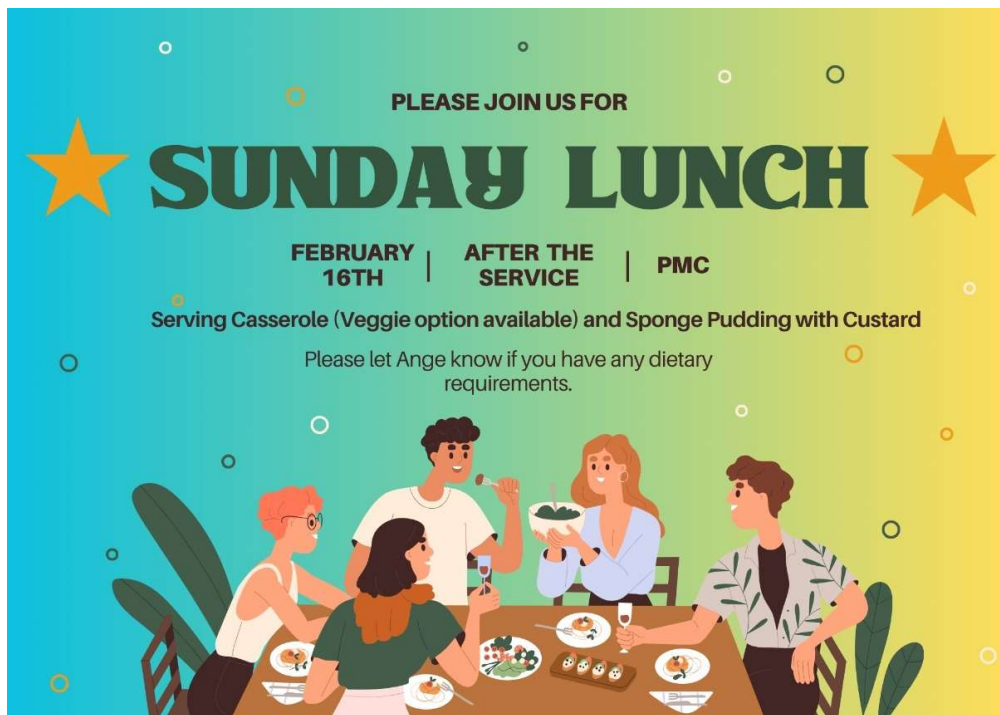
ALL ARE WELCOME TO THIS EVENT.

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)



Langwathby Community Fellowship

Wednesday, 19 February at 2pm at the Chapel

An informal afternoon of craft with Gordon Edgar

This meeting is open to everyone and includes refreshments



Langwathby Methodist Church

Thursday, 20 February - from 10.15

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

(Now on the 3rd Thursday of the month, with “Oasis” on the first Thursday)

Shoebox Destination

Our OCC shoeboxes went to the Balkans, in southeast Europe - 56,000+ boxes went there. Due to ongoing political and religious sensitivities in some parts of the Balkans, specific countries are not mentioned in order to keep all staff safe.

Date for your diary: 2025 packing at PMC on **Sat. Oct. 11th.**

Thank you to all supporters.



PENRITH MESSY CHURCH
FEBRUARY 15
4:30 TO 6PM
CHRISTCHURCH



You are loved

**JOIN US FOR A FUN SESSION WHERE WE'LL EXPLORE WHAT
LOVE MIGHT LOOK LIKE!**

LOADS OF FUN CRAFT ACTIVITIES, GAMES & CHALLENGES.
An outside time of reflection and celebration,
so come dressed for the weather!

FOLLOWED BY FOOD FOR EVERYONE!

FOR MORE INFO CONTACT
BETH.HONEY@RESTORECUMBRIA.CO.UK

EVERYONE WELCOME - CHILDREN MUST BE ACCOMPANIED BY AN ADULT



World Day of Prayer 2025

World Day of Prayer is a worldwide movement led by Christian women of many traditions who call the faithful together to observe a common day of prayer each year.

More than 120 countries participate in an annual day of celebration which brings together people of various races, cultures and traditions sharing God's word and worship.

This year in Penrith the Service* will be held on **Friday 7th March 2025** at **2pm** at **Penrith Methodist Church**.

ALL are welcome.

**Which has been prepared by the women of the Cook Islands - 'I made you wonderful'.*





Eden CAP Service



Are looking for a new Secretary

The CAP Services Management Team are looking to appoint a new secretary who will assist with running of the Management Team meetings.

This is a voluntary position

If you are interested or would like more information please contact

Fred Setters, Chair of the Eden CAP Services Management Team

fsetters@suremail.gg

Closing date: Friday 28th February 2025

OVERVIEW

Christians Against Poverty is a national award-winning charity on a mission to end UK poverty. CAP equips the local church to work effectively in their community combining the provision of services to alleviate poverty and the hope of the gospel. The Eden CAP Services Management Team oversees the work of the CAP Debt Centre, CAP Job Club and CAP Money Coaching budgeting course. These services provide free help to the residents of Penrith and the Eden District. The Debt Centre works in partnership with, and is supported by, a network of churches around Eden.

The successful candidate will be expected to attend four meetings per year.

Essential duties will include taking minutes at the meetings.

Desirable applicants will also be open to and have experience of:

- Looking for suitable grant applications
- Assisting in the writing of grant applications
- As part of the wider management team, provide wisdom, support and accountability to the Eden CAP Services



Join the **Biggest Hour for Earth**

8.30pm 22nd March 2025

Earth Hour is a worldwide annual event ran by the World Wildlife Fund (WWF). The event is designed to encourage individuals, communities, and businesses to give an hour for Earth, landmarks and businesses also switching off non-essential electric lights for one hour between 8:30pm and 9:30pm (usually on the last Saturday of March). Originating from a lights-off event in Sydney, Australia, in 2007, the event has been run every year since 2008, with more and more countries joining the tradition every year.

Below are some of the ways you can participate:

- **Switch off** – take an hour away from your screens, put your phone on do not disturb and spend some time with loved ones or by yourself
- **Spend some time outside** – if you have access to a safe outdoor space, spend some time reconnecting with the world around you (warmly wrapped up of course!)
- **Restore nature** – find ways to make your garden/local allotment more friendly for local wildlife. A list of suggestions can be found at the following link: <https://www.wwf.org.uk/updates/5-tips-turning-your-garden-wildlife-haven>

To find out more, please visit <https://www.wwf.org.uk/earth-hour>

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**NEEDED – URGENTLY!**

**CANDLES**

**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.

Thank you!



## **Accommodation Requests**

Accommodation needed for a single gentleman who is starting work at the Glenmore Trust in Arthur Street. He doesn't drive and has been Stella's lodger for the last 18 months.

Please contact Stella Restarick if you can help at 07453 090134



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

Thank you,  
Chris Swift (07748 988033)

## **CAP Management Group**

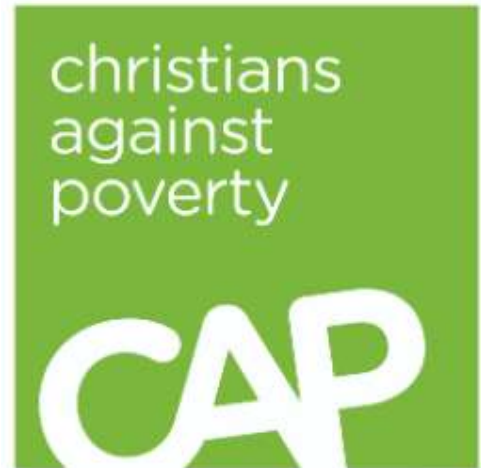
Due to the imminent departure of Tim and Trace, we are looking to recruit a couple of people to be part of the CAP Eden services Management Group.

This group oversees and manages the work of CAP across our area – namely, the Eden Debt Centre, Job Club and Money Courses.

It is a small, ecumenical group who share a passion for reaching out in practical ways to help people in our community – especially the poor or vulnerable.

The Group meets quarterly to pray, review operations, and plan for the future.

If this is something that you might want to consider, please contact Rev. Tim Cooke at [tim.cooke@methodist.org.uk](mailto:tim.cooke@methodist.org.uk)



## **Garden for Use**

Large garden/allotment available on Wordsworth Street. Free to use for a good home!

Contact 07960 958367 – Ian Whiteon



## **Ministry of Flowers**

Thank you so very much for the donations which you have given us towards providing the church flowers at PMC.

These gifts make such a difference to the flowers that we can put in the church and which give so much pleasure to many. Should you like to make a donation towards this ministry, please contact a member of the Flower Team.

We are also in need of some extra help distributing flowers following the Tuesday service (we have 4 months this year without a flower distributor). These flowers are delivered to those who are unwell, lonely, in need or have a special occasion. Please contact the Circuit Office or a member of the Flower Team if you would like to get involved!

### **Christmas Charity Donations**

The total raised for PMC's Christmas Charities was £679.65.

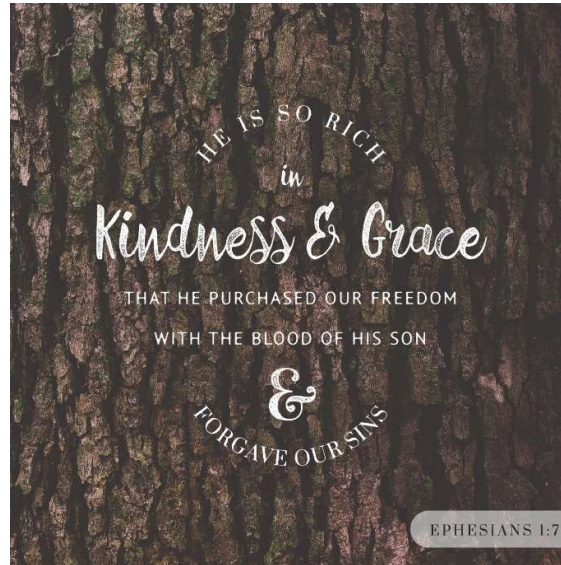
This will be split between 'Carlisle Refuge - Keith Scott Education Fund' and The Methodist Church charity 'All We Can'

Thank you all for your donations!





## 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:** 07897 736024

or email: [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!**

