



Sunday 18th January

Keep Going

I was out for a run the other day and I noticed three buzzards circling on thermals above me, their eerie calls echoing off the hillside. And it reminded me of a verse from Isaiah 40 '*those who trust in the Lord will renew their strength. They will soar on wings like eagles*'.

In fact, every time I see a buzzard I'm reminded of how God walks with me, weeps with me, and loves me even in the hardest of times. I'm reminded to trust in God and try to let go of the desire to control everything. It's like God is speaking to me through the buzzard saying, '*what will be will be*'.



It's something that helps when times are hard and it feels like hard times at the moment. Both locally and further afield. Someone said to me this week that "it feels like we're under attack". I'm not sure what I believe about spiritual warfare. I often think we over simply it and end up giving these dark forces more credit than they're due. Sometimes life is just crap for no reason. But whatever I believe, I couldn't deny that this last month or so hasn't been easy for a lot of people in this area.

Because of this we could easily feel like giving up and letting despair and pessimism take a hold of our lives. And I wouldn't blame you if you felt this way. But I also think about the many reasons we have to keep going. Jesus knew that he was going to be killed throughout his ministry and that weighed on him (Luke 22:44). But it didn't stop him from loving and being loved. It didn't stop him experiencing the wonders and joys of life. I expect Jesus was reminded of the love we all carry by the people he surrounded himself with and the people he served.

So, where do you go or what do you do to be reminded of God? When life is hard, what keeps you going? And can I suggest that you try to go or do wherever/whatever that is. Because I think we all need to be reminded that these dark times won't last forever and there are many more reasons to keep going than there are to give up.

Morgan Tebb-Roger



Penrith

10.30am ~ Social Justice Service

Skelton

10.30am ~ Morning Communion – Rev Julia Reid

Stainton

10.30am ~ Morning Worship – Rev G Dugmore

Cottage Wood Centre

5pm ~ Early Evening Worship – Rev David Newlove

Alston Moor

11am ~ Morning Worship – David Pepin

Langwathby

11am ~ Morning Covenant – Rev Ros Watson

There are alternative Anglican services available.

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

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### Note from Julia

**Thank you** to everyone who has sent messages and cards and prayed for me and my family on the sudden passing of my elder sister, Diane. It is a great source of strength to me knowing that so many folks are holding us before God at this difficult time. Please do keep us in your prayers as we try to come to terms with her loss and make arrangements to celebrate her life.

*Rev Julia*



### Monday 19<sup>th</sup> January

**9.25am** ~ Monday Walks – Meet outside PMC  
**12.30pm** ~ Funeral Service – Church/PMC  
**2.30pm** ~ All Together Fellowship – Church/PMC  
**6pm** ~ Choral Group – Sandgate/PMC  
**7.30pm** ~ Zoom Prayer Meeting

### Tuesday 20<sup>th</sup> January

**12.30pm** ~ Morning Worship – Mr Lawrence Tomlinson – 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 for further details.*)  
**7pm** ~ Omega House Group – Sunningdale, Stainton  
**7pm** ~ Youth Club – Ullswater/PMC

### Wednesday 21<sup>st</sup> January

**10am** ~ 3C's – Cottage Wood Centre  
**1.30pm** ~ Wednesday Get Together - Skelton Methodist Church  
**7.30pm** ~ Living Room HG, contact Morgan for details

### Thursday 22<sup>nd</sup> January

**10am** ~ Knit Craft and Natter Group – Stainton Methodist Church  
**3pm** ~ Afternoon Worship – Miss Kathleen Williamson – Cottage Wood Centre  
**7.30pm** ~ Thornton HG – (*Contact Charlie for info*)

### Friday 23<sup>rd</sup> January

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

### Sunday 25<sup>th</sup> January

|                          |                                            |
|--------------------------|--------------------------------------------|
| <b>Penrith: 10.30am</b>  | Café-Style Worship – Rev Julia Reid        |
| <b>7pm</b>               | Encounter                                  |
| <b>Skelton: 10.30am</b>  | Morning Worship – Mr Michael Boone         |
| <b>Stainton: 10.30am</b> | Morning Worship – Miss Kathleen Williamson |
| <b>Cottage Wood: 5pm</b> | Early Evening Worship – Mrs Lois Morton    |
| <b>Alston Moor: 11am</b> | Morning Worship – Mrs Carolyn Dickinson    |
| <b>Gambleby: 2pm</b>     | Afternoon Worship – Rev Ros Watson         |
| <b>Kirkoswald: 10am</b>  | Morning Worship – Celia Ramnath            |

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Change in Time

Please note that the funeral service taking place on 19th January 2026 is starting at **12.30pm**, rather than 12pm.





Mike Town - Organist at Patterdale

It is with deep sadness that we report the sudden and unexpected passing of Mike Town, the organist at St Patrick's, Patterdale. Please hold Mike's family and friends and the Patterdale congregation in your prayers as they come to terms with Mike's sudden passing.

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### **Week of Prayer for Christian Unity 18<sup>th</sup>-25<sup>th</sup> January 2026**



**'One body, one Spirit, one hope'**

**Prayers 12.30 – 1p.m**

|                            |                                |
|----------------------------|--------------------------------|
| Monday 19 <sup>th</sup>    | Salvation Army (Hunter Lane)   |
| Tuesday 20 <sup>th</sup>   | Penrith Methodist Church       |
| Wednesday 21 <sup>st</sup> | St Andrew's Church             |
| Thursday 22 <sup>nd</sup>  | Friends (Quaker) Meeting House |
| Friday 23 <sup>rd</sup>    | St Catherine's R.C. Church     |
| Saturday 24 <sup>th</sup>  | Christ Church                  |

*Each hosting church is responsible for running the 30 minutes (max) session however you wish, using as much or little of the resources as you wish to.*

*The resources are available at:*

<WPCU-2026-English-Pamphlet.pdf.pagespeed.ce.bpppUVNRXj.pdf>

***Please note that we will assume Day 1 in Monday 19th. Please use the resources set for your Day 1***



You are welcome to join us for our first  
"All Together Fellowship" meeting of 2026 ....  
at Penrith Methodist Church on Monday January 19th.  
PLEASE NOTE :- THE MEETING WILL START AT 2 30pm [ NOT 2pm ]

This will be followed by :-

THE LIFE OF A  
METHODIST  
MINISTER



What is a  
Methodist ??

What do you  
actually do ??

These two, and other frequently asked questions, are what Rev Julia  
will attempt to answer in our fellowship gathering today.

She looks forward to getting to know us better and talking about  
her life and faith journey so far.

**PLEASE NOTE that we meet again on Monday, February 16th.**

Andrew Callaway's talk is entitled "Just say a few words"  
He will take us on the journey which turned a tongue-tied youth  
into a confident speaker.

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

John & Margaret (Gore)

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Let's do **LUNCH**
SUNDAY 25TH JANUARY
Following the PMC Service



Baked potatoes with a variety of fillings
will be served.

Please sign up in the glass house and let
Ange know about any special dietary
requirements.

Zoom Prayer Meetings



As we start the New Year an invitation to join us as we pray, silently or spoken. We mainly focus on PMC/ Cumbria Circuit needs and any wider situation on our hearts, knowing prayer changes things.

Please contact Gillian Belford for the Meeting ID and Password.

Hope you can be with us as and when.

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### Easy Eco Tip – January:

#### **The RSPB's Big Garden Birdwatch**

(Friday 23-Sunday 25 January) is the world's largest garden wildlife survey! Last year, nearly 600,000 people took part and over nine million birds were counted. We've lost a staggering 38 million birds from UK skies in the last 60 years. With birds facing so many challenges, it's more important than ever to get involved in the Birdwatch. To take part, spend one hour counting the birds you see in one location – your garden, balcony or a local park. Submit your findings to the RSPB. You can download a free guide and ID chart to help you identify the birds you spot on the RSPB website. Find out more at:

[www.rspb.org.uk/whats-happening/big-garden-birdwatch](http://www.rspb.org.uk/whats-happening/big-garden-birdwatch)



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Ukraine

In spite of hopes and promises, Ukraine still desperately needs our help. Some of the urgent and ongoing needs are:

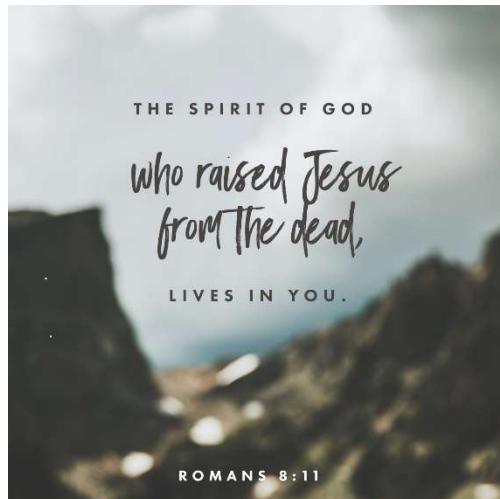
- Soap
- Shampoo
- Toothpaste
- Toothbrushes
- Paracetamol
- Washing Powder
- Nappies for babies
- Sanitary Towels
- As always, CANDLES (Preferably plain wax ones, either new or partly used)



If you can give just one of these items you will be making someone's life a little bit easier.

Many thanks.

Thought for the week...



Contact Details:

Circuit Superintendent Minister: **Rev David Newlove:** 07989 198487
or email: revdavidnewlove@gmail.com

Ministers in Pastoral Charge:

Rev Julia Reid: 07483 932647 or email: julia.reid@methodist.org.uk
Rev Ros Watson: 07923 044709 or email: ros.watson@methodist.org.uk

Pioneer Enabler: **Morgan Tebb-Roger:** 07949 156051
or email: outreach@penrithmethodist.co.uk

East Fellside Local Lay-Pastor: **Celia Ramnath:** 01768 639971
or email: celia.ramnath@cumbriamethodists.org.uk

Circuit Pastoral Worker: **Dean Lawson:** 07897 736024
or email: dean.lawson@cumbriamethodists.org.uk

Circuit Office: 01768 862787 or email: admin@penrithmethodist.co.uk
(Open 9am - 1pm, Monday to Friday)

Circuit Operations and 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!

