



Sunday 25th January

Unity



This week marks the Week of Prayer for Christian Unity, which is a chance for Christians globally to pray for each other in unity as one church. Locally that meant in Penrith each lunchtime, we gathered at a different church each day to pray with each other and in Alston a service was held on Tuesday. And so I thought I'd share a line, from within the Nicene Creed, which I think

is important for us to remember today in an increasingly divided world - it's in the Communion services in our Methodist Worship Book. In the creed is the line, "We believe in one holy catholic and apostolic Church." With each of the four descriptors holding important meaning.

One – Across the Globe, we're supposed to be one Church, united in Christ. Which doesn't mean we all have to be the same, in fact Paul might argue that we shouldn't be the same if we're to be effective, through his Body metaphor (1 Corinthians 12). And there's a quote (oft attributed to St. Augustine) "**In essentials, unity; in non-essentials, liberty; in all things, love**" Which I heard and noted down during the prayers at the Salvation Army on Monday.

Holy – Not an aspirational target for the church, but a declaration of who the church is. The Church is Holy, set apart by God, chosen. Made Holy by God alone, through Jesus Christ and the workings of the Holy Spirit.

Catholic - Comes from the Greek word, katholou, which means, 'according to the whole'. Not trying to just be the "One Church", but to reach the whole world. To be a church that is comfortable and effective in any culture or country, and not to try to be one culture or country, for that would only be part of the whole.

Apostolic – The church has maintained continuity from the time of the Apostles. And we maintain this continuity by reading and preaching from the words the Apostles gave us in the Bible.

What I love about being One Holy Catholic and Apostolic Church, is that it



means, even though I may loathe football, I can be siblings in Christ with someone who loves football, and be friends with them, and the Gospel welcomes us both into God's Holy Church. And that unity that draws us together, is important this week, at this time and always.

Dean Lawson

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### Penrith

**10.30am** ~ Café-Style Worship – Rev Julia Reid  
**7pm** ~ Encounter

### Skelton

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

### Stainton

**10.30am** ~ Morning Worship – Miss Kathleen Williamson

### Cottage Wood Centre

**3pm** ~ Early Evening Worship – Mrs Lois Morton

### Alston Moor

**11am** ~ Morning Worship – Mrs Carolyn Dickinson

### Gambleby

**2pm** ~ Afternoon Worship – Rev Ros Watson

### Kirkoswald

**10am** ~ Morning Worship – Celia Ramnath

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

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

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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.



Monday 26th January

9.25am ~ Monday Walks – Meet outside PMC

6pm ~ Choral Group – Sandgate/PMC

Tuesday 27th January

10am ~ Morning Worship – Mrs Ruth Combellack – 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 ~ Youth Club – Ullswater/PMC

Wednesday 28th 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 29th January

10am ~ Knit Craft and Natter Group – Stainton Methodist Church

2pm ~ Parklands HG – Upper Link/PMC

7.30pm ~ Thornton HG – (*Contact Charlie for info*)

Friday 30th January

12 noon ~ Lunch Club – Ullswater/PMC

Sunday 1st February

Penrith: 10.30am Morning Communion – Rev Julia Reid

Skelton: 3pm United Communion at Cottage Wood Centre

Stainton: 3pm United Communion at Cottage Wood Centre

Cottage Wood: 3pm United Communion Service

Nenthead: 5pm Pennine Praise

Alston Moor: 11am Local Arrangement

Langwathby: 11am Morning Worship – Mr Dean Lawson

5pm Taize

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### The Joy of Flowers

The flowers displayed in church each week bring great joy to many, but did you know they are also delivered to the ill, bereaved, lonely and anyone celebrating each week?

If you would like to know more about the work of the flower team, please come along to 17, Beacon Square, CA11 8AJ on **Thursday, 29th January at 7pm**, where you'll receive a warm welcome, a cuppa and something tasty.





## Changes to your Weekly Bulletin

Over the next couple of months, we will be working on simplifying the weekly bulletin to reflect the new structure within Cumbria Methodist Circuit, recognising this is produced by the PMC admin team and not a Circuit admin resource. We also need to reduce the amount of time it takes to prepare. Our aim is to keep the most important pieces of information in the bulletin, but to remove some of the items, especially those which can be found in other places. As we strive to care for the environment, we also need to reduce the length of the notices in view of the number of copies which are printed each week, either by the PMC office, or by people at home. We understand that not everyone will like the changes we make, so when all the changes have been made and we've had time to get used to them, we will ask for your feedback so a further review can be done as appropriate. *Rev Julia & Niamh*

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Week of Prayer for Christian Unity
18th-25th January 2026





‘One body, one Spirit, one hope’

Prayers 12.30 – 1p.m

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

PORTABLE APPLIANCE TESTING

Thursday 12 February is PAT day at Penrith Methodist Church this year.

This is **NOT** a tick box exercise – every year several of our 200 plus items require **RECTIFICATION or CONDEMNATION** (some new from their box).

What is included? Anything with a mains plug that is used at PMC e.g. extension cables, laptop chargers, amplifier leads, kettles, fairy lights, fan heaters, racing car set, vacuum cleaners, bouncy castle.

If you know of new electrical equipment you should have already told me [PMC Health and Safety Policy # 3.7.iv]

Please talk to me if:

You have **redundant or obsolete** electrical items – Property Team will correctly dispose of them.

You are responsible for anything that needs to be **unearthed** from a cupboard or storeroom for testing.

You leave any **personal electrical items** on site that others might use.

You regularly use **any of your own** electrical equipment at PMC.

WE ALL SHARE RESPONSIBILITY FOR EACH OTHER'S SAFETY

If you have concerns about any aspect of the fabric of our building they should be reported in the **DEFECT BOOK** in Reception.

Health & Safety Policy can be found there too.

Don Agus Property Steward

07592516377 Minutes of PMC Property Committee Meeting held on 13 November 2025

Present: Don Agus, Allan Armstrong, Steve Clements, Brian Gardiner, Jim Irving, Ian Mutch, Julia Reid (Chair), Mike Wicker, Lindsay Wilson.

Opening Devotions

Julia reflected briefly on the varied church activities she had already been involved in this day before opening meeting in prayer.

Minutes of meeting held on 30 September 2025

There were no changes required to minutes as circulated.

Matters Arising:

A Date for your Diary

The Carlisle Refuge Van will be at PMC **10am Tuesday 17th March** and welcomes your contribution.



They have especially asked for contributions of canned and long-life food. They tell me their stocks are somewhat depleted after the winter.

The Refuge is always grateful for any gifts of bedding, children's cots, high-chairs etc, kitchen equipment, small items of furniture (no electrical goods please), and clothing.

All items must be clearly marked i.e. size & gender suitability and must be clean and in good condition.

The Refuge are always so very grateful for our kindness and continued support.

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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)

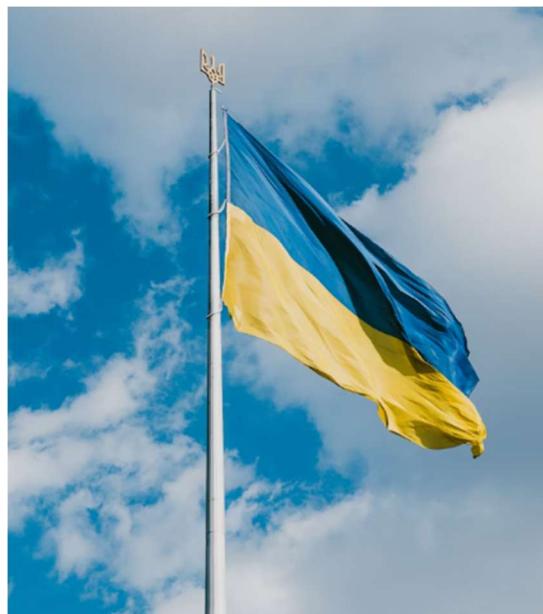


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Ukraine

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

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



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!

