

**Sunday 15<sup>th</sup> February**

## **Labels**

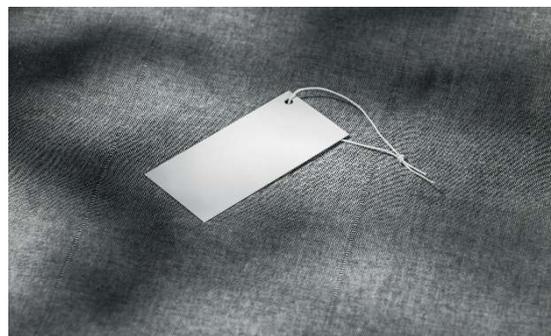


When I was a child I loved to play shops. I had a little cash register and I would use things from my mum's store cupboard (e.g jellies and tins). One day I decided it would be a good idea to take the labels off the tins so they would all look the same on the shelf. Not a good idea, as my mum would open what she thought was a tin of soup only to find it was tinned pears, or what she thought was a tin of peaches turned out to be tinned peas. As you can imagine, I was not popular!

Sometimes labels are good things. When we see a young person in a hoody, do we immediately think, "Ah, a troublesome teenager". However, if we look closer we may find that the teenager is in fact a carer for a sick parent - but we just concentrate on the one aspect of their life. We label them. Jesus did not do this. He didn't just see Matthew as a tax collector, or Mary Magdalene as only a prostitute or Zacchaeus as just a little man. No, he saw right into the soul of these people and he was able to bring about change within them.

If I had a magic wand, I would love to take 4" off my hips, have longer legs and banish all my wrinkles but even if I could do this, I would still be the same person inside. I would still be the same Sue Graham who worries about silly little things, the Sue Graham who is critical of others, The same Sue Graham whom God loves, just as she is but who can be changed by God just as he changed Matthew, Mary and Zacchaeus.

Jesus doesn't just look at the label he looks at the whole person and if only we could do this, each and everyone of us, the goodwill would spread like wildfire and the world would be a much better place.



*Sue Graham*



**Penrith**

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

**7pm** ~ Encounter

**Skelton**

**10.30am** ~ Morning Worship – Mr Dean Lawson

**Stainton**

**10.30am** ~ Morning Worship – Mrs Lois Morton

**Cottage Wood Centre**

**3pm** ~ Afternoon Worship – Ian Newton

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

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

~~~~~

**Penrith Music Club – London Handel  
Players**

***Monday 16<sup>th</sup> March at 7.30pm at PMC***



The last concert of the season brings another much-anticipated return. The London Handel Players gave us a stunning concert of Baroque music almost three years ago and this year's concert features the music of J.S.Bach and Handel in a programme entitled *German Geniuses: chamber music masterpieces by Bach and Handel*. Flute, two violins, cello and harpsichord combine to give us another real Baroque treat.

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



### **Monday 23<sup>rd</sup> February**

- 9.25am** ~ Monday Walks – Meet outside PMC
- 2pm** ~ Bible Fellowship – Skelton Methodist Church
- 6pm** ~ Choral Group – Sandgate/PMC
- 7.30pm** ~ Zoom Prayer Meeting

### **Tuesday 24<sup>th</sup> February**

- 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** ~ Omega House Group – Sunningdale, Stainton
- 7pm** ~ Youth Club – Ullswater/PMC

### **Wednesday 25<sup>th</sup> February**

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

### **Thursday 26<sup>th</sup> February**

- 10am** ~ Knit Craft and Natter Group – Stainton Methodist Church
- 2pm** ~ Parklands HG – Upper Link/PMC
- 3pm** ~ Afternoon Worship – Mr Lawrence Tomlinson
- 7.30pm** ~ Thornton HG (*Contact Charlie for info*)

### **Friday 27<sup>th</sup> January**

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

### **Sunday 1<sup>st</sup> March**

- |                          |                                         |
|--------------------------|-----------------------------------------|
| <b>Penrith: 10.30am</b>  | Morning Worship – Mr Dean Lawson        |
| <b>Skelton: 10.30am</b>  | Morning Communion – Rev Julia Reid      |
| <b>Stainton: 10.30am</b> | Morning Worship – Mr Lawrence Tomlinson |
| <b>Cottage Wood: 3pm</b> | Afternoon Communion – Mr Dean Lawson    |

~~~~~



### **Please Note**

There will be no Choral group at PMC on Mondays 9<sup>th</sup> and 16<sup>th</sup> March.



We next meet for our "All Together Fellowship" on **Monday, March 9th, at 2pm in Penrith Methodist Church.**

As always, our time together will begin with a short act of worship.

John G then invites you to join him as we look through the "Window on Wildlife and Nature"



He will give a brief descriptive commentary alongside the presentation which will include still pictures and video sequences.

Our fellowship always ends with opportunities to meet others, have a good chat and enjoy drinks and homemade cakes.

You are very welcome to join us for this afternoon get together.

More details will be given in next week's bulletin.

John & Margaret



### Eligible households in Westmorland and Furness Council area have the opportunity to benefit from a Handy Person Service.

The scheme is intended to help **elderly or vulnerable householders** carry out very simple but essential works at their homes. The labour is provided free-of-charge and **the cost of items and materials is paid for by the householder.** Gardening, painting and decorating services are not included in the scheme.

### Who is eligible for help?

People who are unable to undertake the task themselves and have no other person available to help them with the task and reside in Westmorland and Furness Council area, who:

- are aged 65 and over; or
- have a disability or are vulnerable; or
- are being discharged or have recently been discharged from hospital; or
- are at high risk of falling due to a medical condition.



### What works can the Handy Person do?

For example the works can include:-

- Fitting of minor security measures such as spy-holes, door and window locks and security lighting;
- Fitting key safes, door bells or telephone extension leads;
- Changing light bulbs and fluorescent tubes;
- Fitting plugs/fuses or fixing down/making safe trailing or loose wires;
- Putting up curtain rails, curtains or blinds which have been provided by the customer;
- Installing grab rails and handles both internally and externally;
- Erecting shelves or affixing coat hooks;

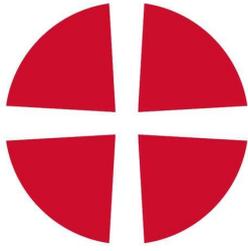
- Fixing down or trimming loose or hazardous carpets;
- Replacing toilet seats or sealant around sinks/baths;
- Unblocking sinks and repairing minor leaks for simple plumbing issues;
- Replacing tap washers, cistern washers and ball valves or draining/bleeding radiators. Mixer taps not included.
- Initial help following hospital discharge (e.g. re-setting heating controls)
- Minor repairs to gates, fences, paths (to eliminate tripping hazards) to repair tripping hazards or help secure the property from intruders;

All works undertaken are aimed at providing small-scale assistance to help householders maintain independent living and quality of life, as well as reducing the fear of crime.

Works are limited to a **maximum of three hours** on site if one handy person visits, or **1.5 hours if two handy persons visit.** Eligible households are able to utilise the service up to six times in any 12-month period.



## Local Plan March to May 2026



The plan for March to May is now available. Please pick up a copy if you need one. If there are none left, please let Rev Julia know and more can be printed.

There is an error at the top of the back page – the Lent Group details is at Stainton chapel, not Skelton as printed. Rev Julia apologies for her muddled brain on that one!

~~~~~

## World Day of Prayer 2026

The World Day of Prayer is always on the first Friday of March. In 2026 that falls on Friday 6<sup>th</sup> March and there will be an ecumenical service at St Catherines RC Church at 2pm.

Please do attend if you can – ALL are very welcome to this very special service which happens in most towns and many villages in the UK, where most also happen at the same time...and all over the world on the same day. It is powerful to know that we are all praying the same prayers, all over the world. This year the women of Nigeria have written on the theme 'I will give you rest, come.'



~~~~~



## Lent Lunch

PMC will be hosting the Lent lunches (organised by the local Christian Aid group and Churches Together in Penrith) on Tuesday 3<sup>rd</sup> March. Please see Heather Tomlinson with offers of help and/or to say you will be there.

~~~~~

## Christian Aid

Christian Aid Week is 10<sup>th</sup> to 16<sup>th</sup> May. The theme is 'tackling climate-driven poverty through sustainable livelihoods'. There will be a Coffee morning & plant sale on Saturday 16<sup>th</sup> May at PMC.



## Christmas Shoeboxes

Our shoeboxes went to Eastern Europe last year and will continue to do so, but with a UK based charity called Teams4U.

The age groups are very similar, as are the contents of the boxes, but toothpaste and sweets (best by June 2007 onwards) can go in. Our packing/coffee morning is booked for 17th October!



~~~~~

## NWED Newsletter

If you would like to find out more about what is going on in the greater district, we encourage you to sign up to the North West England District Newsletter – you can do so following these steps:

1. Go to [www.nwedmethodists.org.uk](http://www.nwedmethodists.org.uk)
2. Follow the “Join our mailing list” link
3. Input your details and enjoy!



~~~~~

## 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.



## Easy Eco Tip – February:

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

This Lent, take part in Climate Steward's Carbon Fast. Lent is a time when Christians traditionally fast and focus on God. The

Carbon Fast will help you consider ways to live more simply, give you new ideas to cut your carbon footprint and invite you to focus on God and consider the whole of his creation.

Beginning on 18th Feb, you'll receive a weekly email containing key facts, suggestions for how you could reduce your carbon footprint and a prayer to lead you through this Lenten season. Each week features a different theme designed to help us take climate action in manageable ways that bear witness to a God who has promised to restore all of his creation. Find out more and sign up at [www.climatestewards.org/resources/carbon-fast-for-lent/](http://www.climatestewards.org/resources/carbon-fast-for-lent/)



~~~~~



**Cumbria Aid Ukraine is a volunteer group based at  
“ The Pot Place Garden Centre “ near Penrith.  
We serve as a collection point in Cumbria for donated  
humanitarian aid, which we then transport to Ukraine.**

**We at Penrith Methodist Church are continuing to ask for donations,  
and these will be taken to “ The Pot Place “ on a regular basis.**

**Ukraine continues to desperately need assistance,  
and our support helps send warmth, care and hope.**

**PLEASE CAN YOU HELP BY DONATING ANY OF THE FOLLOWING :-**

- Nappies (all sizes). Baby and toddler's clothing.**
- Milk formula, paracetamol ( but no other form of medication )**
- Soap, toothpaste, shampoo, wipes, etc. Toothbrushes, Sanitary towels.**
- Domestic cleaning products, bleach, washing powder and liquids.**
- Long life food, pasta, rice, tins, dried ready meals like pot noodles, etc.**
- Candles ( preferably plain wax ones, either new or partially used )**

**PLEASE WILL YOU LEAVE ANY DONATIONS  
IN THE LABELLED BOX IN THE GLASS HOUSE**

**THANK YOU**

## Thought for the week...



### Contact Details:

**Circuit Superintendent Minister: Rev David Newlove:** 07989 198487

or email: [revdavidnewlove@gmail.com](mailto:revdavidnewlove@gmail.com)

#### **Ministers in Pastoral Charge:**

**Rev Julia Reid:** 07483 932647 or email: [julia.reid@methodist.org.uk](mailto:julia.reid@methodist.org.uk)

**Rev Ros Watson:** 07923 044709 or email: [ros.watson@methodist.org.uk](mailto:ros.watson@methodist.org.uk)

**Pioneer Enabler: Morgan Tebb-Roger:** 07949 156051

or email: [outreach@penrithmethodist.co.uk](mailto:outreach@penrithmethodist.co.uk)

**East Fellside Local Lay-Pastor: Celia Ramnath:** 01768 639971

or email: [celia.ramnath@cumbriamethodists.org.uk](mailto:celia.ramnath@cumbriamethodists.org.uk)

**Circuit Pastoral Worker: Dean Lawson:** 07897 736024

or email: [dean.lawson@cumbriamethodists.org.uk](mailto:dean.lawson@cumbriamethodists.org.uk)

**Circuit Office:** 01768 862787 or email: [admin@penrithmethodist.co.uk](mailto: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](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!**

