



# Cumbria Methodist East Cumbria Area Circuit

## Sunday 8<sup>th</sup> March

### Beirut

No doubt the events occurring in the Middle East have dominated your thoughts this week as they have mine. Not wanting to ignore what was going on, I just didn't know how (or even if it was appropriate) to try and use this small space to address this in some way. And then an email arrived which settled it. Instead of trying to encourage prayer as an outsider not going through these trials, I can share this message from a Lebanese pastor who is in the midst of it:



*Peace to you - that true peace which seems so hard to find in our world today.*

*I had so hoped that my first message to you this year would be filled only with the joyful updates of how God has blessed our various ministries over the past two months. Even though our country wasn't yet fully back on its feet, we were finally starting to breathe, feeling the beauty of quiet days and seeing their positive impact on the people and our work... Seeing the church grow and the Gospel spread gave us so much joy.*

*But then, the unthinkable happened. The regional war we all feared broke out, spreading rapidly into safe neighborhoods across many countries. Sadly, Lebanon was not spared. We woke up after midnight to the sound of heavy shelling hitting Beirut. As soon as the sun rose, I started receiving calls from families we had hosted during the displacements of 2024; they were crying out for help, forced to flee their homes in the targeted areas once again.*

*Once more, as a church and a community, we find ourselves stunned by what is unfolding. Yet, we are compelled to move - to live out the heart of the Good Samaritan that Jesus taught us. We find ourselves, by necessity, stepping up to host and care for those who have been displaced...*

*I won't dwell on the details for too long, as I'm sure the news gives you a glimpse of what's happening in our region. Please, **pray for God's protection over Lebanon.***

**Pray for the resilience of the Christians here, so that our testimony remains a bright light, especially as we navigate these challenging times where it feels like the shadows are deepening.**

With all my love and gratitude,  
Edgard Traboulsi, Lebanon Baptist Church Trust

I've highlighted the requests for you and trust you will pray also for Edgard and the LBCT, an organisation whose newsletters always demonstrate what Christian community in action looks like.

Shane McNicol

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**Penrith**

**10.30am** ~ Morning Worship – Rev Julia Reid

**Skelton**

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

**Stainton**

**10.30am** ~ Morning Communion – Rev Andrew Callaway

**Cottage Wood Centre**

**3pm** ~ Church Council – Rev Julia Reid

**Patterdale**

**10.30am** ~ Morning Worship – Rev David Newlove

***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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**Regarding the Notices**

Please note that there will be no notices for Sunday 15<sup>th</sup> March due to staff annual leave.

They will return as normal the following week.



### **Monday 9<sup>th</sup> March**

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

### **Tuesday 10<sup>th</sup> March**

- 10am** ~ Morning Worship – Mrs Lois Morton - Sandgate/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 11<sup>th</sup> March**

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

### **Thursday 12<sup>th</sup> March**

- 10am** ~ Knit Craft and Natter Group – Stainton Methodist Church
- 1.30pm** ~ Take Tea Out – Cottage Wood Centre (*Contact Sheila Mallinson to book*)
- 2pm** ~ Parklands HG – Upper Link/PMC
- 3pm** ~ Afternoon Communion – Mr Dean Lawson - Woodlands
- 7.30pm** ~ Thornton HG (*Contact Charlie for info*)

### **Friday 13<sup>th</sup> March**

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

### **Sunday 15<sup>th</sup> March**

- Penrith: 10.30am** Morning Communion/Connexion Service-Rev Julia Reid

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### **Please Note**

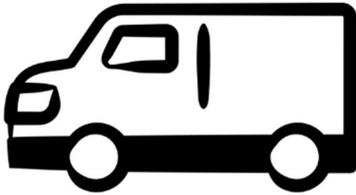
There will be no Choral group at PMC on Mondays 9<sup>th</sup> and 16<sup>th</sup> March.

**REMINDER**

## 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.

**Please do not leave items any sooner than Monday 16th March but ensure all items have been dropped off before 10am on Tuesday 17th March. Please make sure all items are labelled with what is in the bag and if it is clothes or bedding (including the gender and size).**

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

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**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.





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 and will be followed by the presentation " **WINDOW ON WILDLIFE AND NATURE** "



John G will take us through a typical year, showing still pictures and video sequences of birds, animals and other creatures. There will also be scenes showing the beauty of the wider natural world.

There will then be refreshments and opportunities to socialise.

**PLEASE NOTE that we meet again on Monday, March 30th.**

Dr John Ellerton will talk about his experiences as a mountain rescuer and doctor

**John & Margaret**



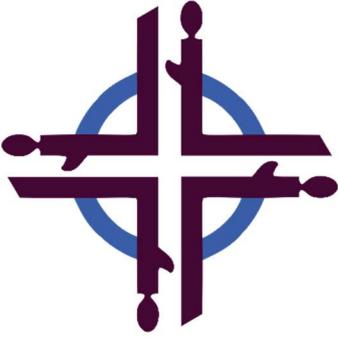
**Peace Vigil - Wednesday 11 March,**  
**1pm at St Andrew's**

In view of the current situation in the Middle East the above will take place immediately after the Celtic Communion service. It will be a time of peace and prayer for the situation and will last half an hour. Please do join us in praying for the end to hostilities.

*Revd's Julia Powley and Revd Andrew Gardner*



## 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.'

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### Lent Lunch

Please see a list of Lent Lunches below (all at 12pm – 1pm unless stated otherwise):

**Tuesday 3<sup>rd</sup> March:** Penrith Methodist Church

**Friday 13<sup>th</sup> March:** 1pm-2pm, St Catherine's RC Church

**Thursday 19<sup>th</sup> March:** from 12.30pm, Friends Meeting House

**Wednesday 25<sup>th</sup> March:** Church in the Barn



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### 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)



## **'St. Carlo Acutis & Eucharistic Miracles'**

**Talk by Deacon Bernard Farrell-Roberts**

**Thursday 12 March at 7.30pm in the Haydock Centre,  
St. Catherine's Church, Penrith, CA11 9EL**

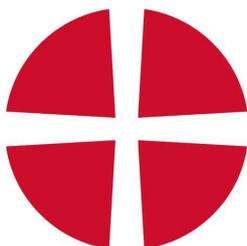
All Welcome - Just come along

Tea & Coffee served



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### **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!



## **Prayer List**

Cumbria Circuit now has an email prayer list, which is being managed by Margie McVoy, one of the Circuit Stewards; to register your email to receive the prayer list and to ask for prayers (bearing in mind confidentiality if asking for prayers for someone else), please email [circuit.stewards@cumbriamethodists.org.uk](mailto:circuit.stewards@cumbriamethodists.org.uk)

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## **Churches Together in Penrith - Holy Week and Easter Sunday**

**Good Friday Walk of Witness** will be the usual routine in Penrith - 12 noon from the Tourist Info Centre with Penrith Town Band; 12:30 (or soon after) - CTiP Good Friday Service in St Andrew's



**Easter Morning** - Easter 'Sunrise' on The Beacon at 6:30a.m

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The **Methodist** Church 

## **Christian women: survivors of domestic abuse**

The Safeguarding Team is interested to hear (via an anonymous survey) from Christian women who are survivors of domestic abuse. We are considering whether there would be uptake if we were to deliver the "Always Hopeful" recovery programmes for Christian women who are experiencing or who have experienced domestic abuse. We want to ascertain whether there would be interest. More information is available here about the programme:

<http://www.alwayshopeful.org.uk/what-is-always-hopeful/>

If this is relevant to you, or to any of your congregation members, we would be very grateful if you could please complete the following anonymous questionnaire and could you please also forward this to any other Christian women survivors of domestic abuse who you may know (not only Methodists):

[Domestic abuse - A Group recovery programme for Christian women – Fill out form](#)



### **Week 3 Lent Reflection**

Then one of the Twelve – the one called Judas Iscariot – went to the chief priests and asked, ‘What are you willing to give me if I deliver Him over to you?’ So they counted out for him thirty pieces of silver. From then on, Judas watched for an opportunity to hand Him over to them.... When evening came, Jesus was reclining at the table with the Twelve. And while they were eating, He said, “I tell you the truth, one of you will betray me.” ... Then Judas, the one who would betray Him, said, “Surely not I, Rabbi?” Jesus answered, “Yes, it is you.

**Lord Jesus, we thank you that you understand what it is like to be isolated, condemned, and falsely accused. How can we, like you, be a defender of those who are marginalised, and a befriender, and comforter to all?**

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### **PMC Health and Safety Training/Consultation**

For all Stewards, Welcomers and small group Leaders who couldn't make our session in December, please put **Sunday 22 March** in your Diary. We will assemble in Sandgate after the morning service and spend about an hour raising your awareness of the Risks and Mitigations when operating our unique, ancient and wonderful (well most of the time!) building.

This will also be your opportunity to bring your experience/expertise of safety matters to the conversation.

A paper copy of PMC Health & Safety Policy is available to browse in Reception or request a link to the digital version.

## 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!



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## 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!



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## Leaving gift & service

After 4.5yrs of working across PMC, Penrith Circuit and Cumbria Circuit, Morgan will be stepping down from his role as Pioneer Enabler on 31st March. Morgan is not leaving the church, but this does mark the end of his time as an employee with the Methodist Church.

We are incredibly grateful for all that Morgan has contributed to over the years, and we would love to give him a leaving gift to say thank you. If you would like to contribute to Morgan’s leaving gift, donations can be made to the below account details,

Penrith Methodist Church  
Acc No: 00032900      Sort Code: 40-52-40  
Reference: Morgan Gift



**We will be marking the occasion with a service on 15<sup>th</sup> March at PMC, do come along as we celebrate and show our appreciation.**

## Easy Eco Tip – March:

Take part in a local litter pick or beach clean during **The Great British Spring Clean** (Friday 13-Sunday 29 March), the nation's biggest mass-action environmental campaign. Litter picking benefits the environment by removing rubbish that can be hazardous for wildlife and helps bring people together. See if there's a litter pick in your local area or consider organising your own - after church on Sunday or with a youth group for example. Pray for your local area as you do the litter pick and ask God for opportunities to share why you are doing it. Find out more and pledge to pick up a bag at [www.keepbritaintidy.org/our-work/eliminating-litter/great-british-spring-clean](http://www.keepbritaintidy.org/our-work/eliminating-litter/great-british-spring-clean)



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**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

**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](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!**

