

Sunday 22nd March

Letting Go



Lent is a time of putting stuff down. Of letting things go. Our faith is all about laying things down before God and seeing what/if we pick up again. I invite you to read this poem written by Nelson Mandella and reflect on how you feel when it comes to letting things go...

To let go doesn't mean to stop caring; it means I can't do it for someone else.
To let go is not to cut myself off; it is the realization that I can't control another.
To let go is not to enable, but to allow learning from natural consequences.
To let go is to admit powerlessness, which means the outcome is not in my hands.
To let go is not to try to change or blame another; I can only change myself.
To let go is not to care for, but to care about. To let go is not to fix, but to be supportive.
To let go is not to judge, but to allow another to be a human being.
To let go is not to be in the middle arranging outcomes, but to allow others to effect their own outcomes.
To let go is not to be protective; it is to permit another to face reality.
To let go is not to deny, but to accept.
To let go is not to nag, scold, or argue, but to search out my own shortcomings and to correct them.
To let go is not to adjust everything to my desires, but to take each day as it comes and to cherish the moment.
To let go is not to criticize and regulate anyone, but to try to become what I dream I can be.
To let go is not to regret the past, but to grow and live for the future. To let go is to fear less and love more.

May you fear less and love more in the beauty of letting go. And may you know the love of a God who will never let us or this world go.

Morgan Tebb-Roger



Penrith

10.30am ~ Morning Worship – Rev David Milner

Skelton

10.30am ~ Morning Worship – Rev Julia Reid

Stainton

10.30am ~ Morning Worship – Mr Michael Boone

Cottage Wood Centre

5pm ~ Local Arrangement

***There are alternative Anglican services available.
For details, please see the EEMC website: www.eastofedenmc.org.uk***

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**Food Bank Notice**

Please note that the following items are currently needed by the Food Bank – if you are able to donate at all, they would be very grateful:

- Tinned rice pudding
- Tin/carton or pkt custard
- Tinned fruit
- Beans and sausage
- Tinned mince, stews or chicken meals
- Pkt noodles
- Pkt pasta in sauce
- Jams
- Tin peas, carrots or sweetcorn
- Male deodorants
- Hair conditioner
- Washing up liquid



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

**9.25am** ~ Monday Walks – Meet outside PMC

**6pm** ~ Choral Group – Sandgate/PMC

**7.30pm** ~ Zoom Prayer Meeting

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

**10am** ~ Brunswick Service – Rev Julia Reid - 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 25<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 26<sup>th</sup> March**

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

**2pm** ~ Parklands HG – Upper Link/PMC

**3pm** ~ Afternoon Worship – Mr Lawrence Tomlinson - Woodlands

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

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

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

### **Saturday 28<sup>th</sup> March**

**9.30am** ~ Seedy Saturday – PMC

### **Sunday 29<sup>th</sup> March**

**Penrith: 10.30am** Morning Worship – Mr Dean Lawson  
**7pm** Encounter

**Skelton: 10.30am** Morning Worship – Mrs Lois Morton

**Stainton: 10.30am** Morning Worship – Rev Julia Reid

**Cottage Wood: 5pm** Early Evening Worship – Miss Kathleen Williamson

## 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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Zoom Prayer Meetings

Please note that there will be no Zoom Prayer Meetings on the 6th, 13th and 20th of April.

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## Penrith Music Club – Junior RNCM Concert

*Saturday 18<sup>th</sup> April at 2.30pm at PMC*

The season ends with our annual afternoon concert by musicians from the Junior Department of the Royal Northern College of Music, showcasing some of the most promising musical talent of the future – an uplifting and enjoyable end to our season.

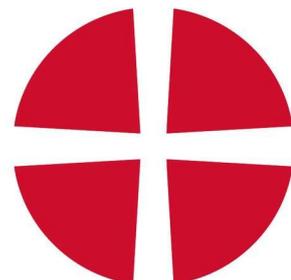
Tickets are £10 in advance or at the door (Free for students)

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EASTER OFFERING 2026

Easter Offering envelopes are available in PMC as part of our worship response to bless Methodist World Mission Fund.

The Easter Offering service is at 10am Tuesday April 28th at PMC led by Rev Gillian Belford. All welcome, we would love to have you join us.





You are very welcome to our next “ **All Together Fellowship** “
on **Monday, March 30th** at **2pm in Penrith Methodist Church.**

We will begin with a short act of worship, and following this,
there will be a talk and visual presentation by Dr John Ellerton.

Mountain Rescue



Where we started
What changed
Where next

John was best known locally as a GP in Penrith from 1986 to 2019.
He was also a mountain rescuer and doctor throughout his career.

40 years with Patterdale Mountain Rescue.

30 years with Mountain Rescue England and Wales.

25 years with the International Commission for Alpine Rescue.

**National and international leadership roles add a unique
perspective into the mountain rescue world.**



John combined
administrative, educational
and research activities with



the bread-and-butter of callouts, many on the infamous Helvellyn edges.
We hear his story from the origins of mountain rescue to its future.

**After the presentation, do please stay and enjoy
the fellowship, and of course the refreshments.**

PLEASE NOTE that we meet again on MONDAY APRIL 27th.

John & Margaret

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## 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.





## **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 5 Lent Reflection**

What is truth?' asked Pilate. With this, he went out again to the Jews gathered there and said, 'I find no basis for a charge against Him. But it is your custom for me to release to you one prisoner at the time of the Passover. Do you want me to release "the king of the Jews"?' They shouted back, 'No, not Him! Give us Barabbas!' Now, Barabbas had taken part in an uprising. Then Pilate took Jesus and had Him flogged.

**Lord Jesus, you were flogged; many innocent people suffer injustice. We pray especially for those being persecuted, for their faith. How, as individuals and as a church community, can we support the world-wide church and spread your word?**

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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.

Carlisle Refuge



Thank you to everyone who very kindly left goods for the Carlisle Refuge Collection. The response was outstanding, one van packed to its limits and three equally heavily laden carloads. Particular thanks must go to John Gore who accompanied me on Wednesday morning with his own car to complete the drop.

While talking to the staff, they were particularly thrilled to receive our goods as they are very busy with displaced families at the moment, who will all need to be safely rehoused in the coming months.

They too would wish to express their thanks I'm sure.

Anne MacDonald

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## 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!

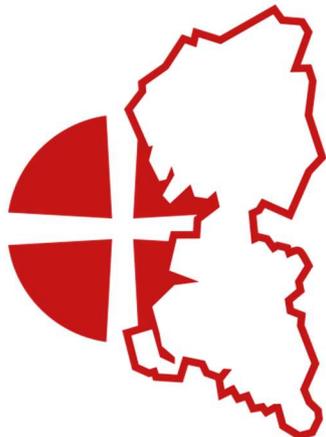


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NWED Newsletter

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
2. Follow the "Join our mailing list" link
3. Input your details and enjoy!



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



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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](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!**

