



East Cumbria **Methodist** Circuit



## Weekly Bulletin Sunday 28<sup>th</sup> January 2024

### You're NOT the only one!

*'We're here because the Post Office told every single one of us sat here today, told us over and over, "You're the only one."*

Those are words from the recent *Mr Bates vs the Post Office* drama series on ITV. It's horrendous, isn't it, that this wasn't a work of fiction, but a true story. Hundreds of sub-postmasters were – and still are – caught up in what many are saying is the biggest miscarriage of justice in British legal history, with terrible emotional, physical, and mental loss to people's lives.

A faulty computer system led to so many Post Office proprietors having wrong convictions of theft and fraud, imprisonment, and bankruptcy. It led to mental and physical illness, broken marriages – and more. I know personal stories of people trying to balance the books of their Post Offices by putting in their own money.

And each of these people were told over and over again that they were the only ones. But they were not the only ones. And the injustice for these Post Office owners is not the only injustice in our towns, country – in our world.

Our news is now filled each day with outcry against the Post Office injustice – and quite right too. We all – individually and collectively – cry out for justice. We want to live in a society where justice is done.

As Christians, we are called to stand up against injustice. To not only feel aggrieved by it, but to be God's agents of making a stand against where we see injustice in our own communities.



Micah 6:8 says: 'And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God'. Amos 5:15 says: 'Hate evil, love good; maintain justice'. And Isaiah 1:17 says: 'Learn to do good; seek justice, correct oppression; bring justice to the fatherless, plead the widow's cause'. Jesus himself said in his sermon on the mount: 'Blessed are those who hunger and thirst for

righteousness, for they will be filled'. Christ stands by those who suffer injustice. He doesn't look on from a distance, but as one who, at the cross, has experienced it himself.

You and I, as God's church here on this earth, are called to stand against injustice. Each of us can be a mouthpiece for justice in our workplaces, homes, or communities. In doing so, we show what God is like. And we show those facing unfairness and injustice that they're not the only ones. And they are not alone. We are there with them. God is there with them.

*Rev. Tim - with kind thanks to LICC for their recent article on this.*



### **Penrith**

**10.30am** ~ Morning Worship ~ Rev. Tim Cooke  
**"Our Calling - Service"**

Readings: Luke 4: 16-21; Matthew 25: 31-45; Mark 10: 43b-45

**7pm** ~ Encounter Service

### **Skelton**

**10.30am** ~ Morning Worship ~ Mrs Carolyn Dickinson

### **Stainton**

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

### **Cottage Wood Centre**

**3pm** ~ Afternoon Worship ~ Mr. Morgan Tebb-Roger

### **Alston Moor**

**11am** ~ Morning Worship ~ Rev. Mary Elliot

### **Langwathby**

**11am** ~ Morning Worship ~ Rev. David Milner

### **Kirkoswald**

**10am** ~ Morning Worship ~ Mr. Lawrence Tomlinson

### **Gamblesby**

**10am** ~ Little Acorns

**2pm** ~ Afternoon Worship ~ Rev. David Milner

### **Salkeld Dykes**

**6pm** ~ Covenant Service ~ Rev. David Milner

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

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

The title 'Weekly Diary' is written in a dark red, cursive font on a light pink background. The background features decorative elements like gold glitter and pink brushstrokes.

# Weekly Diary

## **Monday 29<sup>th</sup> January**

- 9.30am** ~ Monday Walks – Meet outside PMC
- 2pm** ~ Bible Fellowship – Skelton Methodist Church
- 6.15pm** ~ Choral Group - Sandgate Room/PMC
- 7.30pm** ~ Monday Zoom Prayer

## **Tuesday 30<sup>th</sup> January**

- 10am** ~ 'He Brews' Coffee Club – Gamblesby Methodist Chapel
- 10am** ~ Midweek Covenant Service – Rev. Dr James Tebbutt
- 10.30am** ~ CAP Job Club – Beacon/PMC
- 7pm** ~ Omega HG – Sunningdale, Stainton
- 7.30pm** ~ Junior Youth Club - Ullswater/PMC

## **Wednesday 31<sup>st</sup> January**

- 10am** ~ 3Cs – Cottage Wood Centre
- 1.30pm** ~ Wednesday Get Together - Skelton Methodist Church
- 7pm** ~ Blencow HG – The Hollies, Blencow (*We meet twice monthly at 7pm on a Wednesday. Contact Steve on 07711 088448 for further details.*)

## **Thursday 1<sup>st</sup> February**

- 10.15am** ~ Meeting Point – Langwathby Methodist Church
- 1pm** ~ Thursday Tots - Ullswater/PMC
- 7.30pm** ~ Alpha Course – Restore Shop, New Squares, Penrith

## **Friday 2<sup>nd</sup> February**

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

## **Saturday 3<sup>rd</sup> February**

- 10am – 1pm** ~ Cumbria Methodist District Listening Space – Church/PMC

## **Sunday 4<sup>th</sup> February**

- Penrith: 10.30am** ~ Morning Worship ~ Mr. Michael Boone – Lunch to follow
- Skelton: 10.30am** ~ Morning Worship ~ Rev. David Milner
- Stainton: 10.30am** ~ Morning Worship ~ Mrs Lois Morton
- Cottage Wood: 2pm** ~ Farewell Service at St. Michael's Church, Skelton
- Alston Moor: 11am** ~ Morning Worship ~ Rev. Tim Cooke
- Nenthead: 5pm** ~ Pennine Praise
- Culgaith: 11am** ~ Morning Worship ~ Rev. Keith Speck
- Langwathby: 5pm** ~ Taize Service



**THE Freedom CHALLENGE**  
AN ESCAPE ROOM STYLE ADVENTURE

Come and test your escaping abilities as you and your team face The Freedom Challenge!

📅 January 27th  
🕒 3pm  
📍 Penrith Methodist Church

*For more info please contact Su Davis on [cumbriamethodistyouth@gmail.com](mailto:cumbriamethodistyouth@gmail.com)*

**A Reminder for Saturday 27<sup>th</sup> January, 3pm at PMC**

**An event for anyone aged between 11 and 21 years of age in the District arranged by Su Davis, District Young People's Work Coordinator.**

**\*\*Those under 18 must have a signed consent form.**

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**Encounter Service**

**The next service takes place on Sunday 28<sup>th</sup> January, 7pm at PMC.**



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**Langwathby Methodist Church  
Thursday, 1<sup>st</sup> February - from 10.15am**

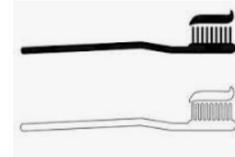
**“Meeting Point” – a coffee morning open to all, ending with a short “thought for the day”**

## PLEASE HELP UKRAINE!

Thank you to everyone who has given candles. Please keep collecting them. Trench candles are urgently needed.

The soldiers also need (in good condition) **socks, woolly hats and gloves**. AND (NEW) **toothbrushes, toothpaste and razors**.

The next collection is hoped to be at the end of January, but this will be a long, on-going need.



We are also collecting **anything related to children** for the orphanage and refugee centre. They need toys and clothes in good condition.



Thank you!

***The message below has been passed on by Sarah Hulme and Mark Finnie from a Ukranian family they know well.***

Dear Penrith Methodist Church,

As you probably know, the situation in Ukraine is very dangerous.

I'm asking you to help my sister who lives in Kyiv. Life is getting much worse with daily drone attacks and bombs dropping near her home. I'm struggling to find someone who will be so kind to become a sponsor for my sister and her son. They are tidy and nice people, you will be able to like them. At this time it's very important. I have to save my nephew. He is just a boy. His life has just begun. My sister's name is Yulia Makarenko and is 47. My nephew is Pavel Makarenko, who is 17.

I'm begging you and ask you, your friends and people you know, if they can help and host them so they can get visas to come to the UK. We are so grateful for the support of people in the church.

Thank you,

Olha.

*If you have taken tea/hand towels from the PMC kitchen home to be laundered, please can these be returned as soon as possible.*



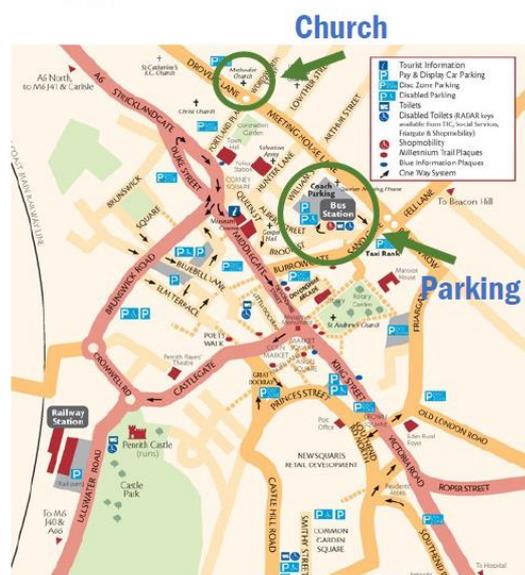
## A Cumbria Circuit?



**Cumbria**  
Methodist District

## Listening Space

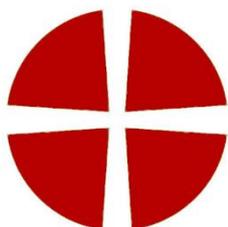
**Saturday 3<sup>rd</sup> February**  
**10:00am – 1:00pm**  
**Refreshments from 9:30am**  
**Penrith Methodist Church**



**Come and help us shape the future of Methodism in Cumbria**

Please book in advance via Carolyn on 07727 415400

Email: [cumbriamethodistdistrict@outlook.com](mailto:cumbriamethodistdistrict@outlook.com)



### North West England District: Expressions of Interest

The new North West District, which comes into force in September 2024, are looking to recruit volunteers to fill various roles in order for us to effectively fulfil our mission and ministry.

Please have a look at the roles as detailed on the Cumbria Methodist District website and complete an expression of interest and an EDI monitoring form if you may be interested in serving in this way.

District website link: [Cumbria Methodist District Vacancies](#)



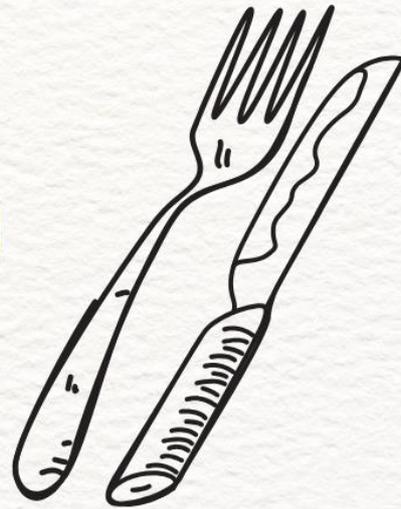
## Change of Plan

There is a change to the service at Cottage Wood Centre on 4<sup>th</sup> February from the plan.

There will now be no service at CWC and instead we will be sharing in a Farewell Service for Revd Mark Houston at St Michael's Church, Skelton at 2 pm. Refreshments to follow.

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Let's do **LUNCH**  
**SUNDAY 4TH FEBRUARY**  
Following the PMC morning service



Donations of cakes would be much appreciated (no fresh cream).



The second of our “All Together Fellowship” meetings in 2024 is on **MONDAY, FEBRUARY 5<sup>th</sup>, at 2pm** in the **SANDGATE ROOM** at PMC.

Following a short act of worship, there will be a talk and visual presentation.

Tim Cooke completed **the Camino Pilgrimage Walk** with Tracey, and their daughter Rosie, in September last year.

The walk starts in Porto in Portugal and ends in Santiago de Compostello in Spain.

You are invited to come along to see and hear how they got on.

The presentation will be followed by refreshments and a chance to have a good chat.

**Our next meeting will be on Monday, March 4th, when Andy Airey, one of the “3 Dads Walking” will be talking to us.**

If you haven't had a programme and would like one, please ask us.

John & Margaret

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### PMC WhatsApp Community

Stay up to date with everything PMC - scan this QR code to join our WhatsApp community, where you can get general notices & announcements for church life, and also register for specific groups for discussion, opportunities, and prayer.

If the QR code does not work, you can also use the link <http://www.penrithmethodist.co.uk/whatsapp> to join.

#### ***Two points to note:***

- 1. It is only 'admin' who can post - so you will not be inundated with people 'pinging'!***
- 2. Signing up does not disclose your mobile number to others.***

# SUPPER CLUB

You are very welcome to a “Games Evening” hosted by Supper Club :-

**in the Ullswater and Sandgate rooms at PMC,  
on Friday 9<sup>th</sup> February at 7pm.**

Previous events of this kind have been successful and we hope that this will be an enjoyable evening. We would be very happy if individuals and families who are not part of Supper Club joined us for this event.



There will be various games and other activities in which to participate.

We will have a break in the middle of the evening when folk can have a chat while enjoying drinks and a selection of homemade cakes.

**We look forward to seeing those of you who are able to come.**

**John & Margaret (Gore )**

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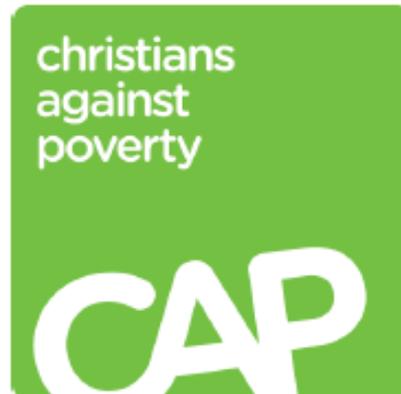
## **Free Pet Food**

For anyone struggling during the cost of living crisis to feed their pets, free pet food is available from the Restore shop in the New Squares. (It's provided from Pets at Home.)

Anyone can just go along to the Restore shop and speak to a member of staff there.

# always hope.

EDEN CAP DEBT CENTRE delivers free, face to face help to people across the Eden valley. Volunteers can get involved supporting our experienced coaches and befriending clients.



**We are hosting New Befriender Training on Monday 19th February 2024, 9.30am—12noon @ Penrith Methodist Church.**

If the statements below describe you and you are interested in attending, please contact Jen (*before Friday 9th Feb*) [jendixon@capuk.org](mailto:jendixon@capuk.org) or 07799271710

- I know and love Jesus
- I am actively involved in an Eden based church community
- I love getting to know and care for people
- I welcome opportunities to share my faith with others
- I can be available during the day (Mon—Fri). Opportunities vary depending on role—please enquire for more details.

Job Club



CAP Money



Debt Help



christians  
against  
poverty

CAP

Eden CAP Services are managed by Penrith Methodist Church  
and actively supported by the local church community

## Thought for the week...



For even the Son of Man came  
**not to be served** but **to serve**  
others and to give his life as a  
ransom for many.

Matthew 20:28

## Contact Details:

### Co-Superintendent Ministers

**Rev. Tim Cooke:** 01768 890465 or email: [tim.cooke@methodist.org.uk](mailto:tim.cooke@methodist.org.uk)

**Rev. David Milner:** 01768 863209 or email: [dave@revmilner.plus.com](mailto:dave@revmilner.plus.com)

**Circuit Pastor: Rev. Keith Speck:** 01768 898257 or email: [keithspck1@googlemail.com](mailto:keithspck1@googlemail.com)

**Missional Pioneer & Communities Lay Pastor: Morgan Tebb-Roger:** 07949 156051  
or email: [outreach@penrithmethodist.co.uk](mailto:outreach@penrithmethodist.co.uk)

**Stainton Outreach Worker: Trace Cooke:** 01768 890465  
or email: [tracecooke1@gmail.com](mailto:tracecooke1@gmail.com)

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

**Circuit Administrative Manager: Sarah Mulheron**

**Administrative Assistant: Maureen Brunskill**

**Premises Manager: Lindsay Wilson**

**Eden Debt Centre Manager (CAP): Jon Cook:** 07464 939138  
or email: [joncook@capuk.org](mailto:joncook@capuk.org)

**Debt Coach:** Jen Dixon: 07799 271710 or email: [jendixon@capuk.org](mailto:jendixon@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!**

