



## Weekly Bulletin Sunday 7<sup>th</sup> April

### Low Sunday

Low Sunday is the Sunday after Easter Day. Although it is often overlooked by churches now, its origins go back many years. There are various explanations for its name:



- It is in contrast to the 'High' festival of Easter. Lent had been a period of austerity and fasting which gave way to the rich feasts of Easter. At Low Sunday calm and normality were resumed.
- It is a corruption of the Latin word 'laudes' from which we derive the word 'Laud' (All glory laud and honour to thee Redeemer King).
- It is also called 'White Sunday'. Those who had been baptized at Easter wore their white robes until the following Sunday when these were replaced by ordinary clothes.

In the Methodist Church it was often celebrated as Local Preachers Sunday when there was an exchange of pulpits between nearby circuits. This gave an opportunity for a wider ministry and was often a welcome day off for Ministers after the hectic schedule of Lent and Easter.

But what has this to do with us in our modern world and thinking? Maybe we are like the disciples who began to hear that Jesus had risen but who were still questioning if it was true and who were trying to understand what it meant for their future as his followers. Maybe like Thomas they were sceptical that anyone could rise from the dead. The doubts and fears were replaced with amazement and excitement when they actually met the risen Christ.



I trust that each of us have experienced the thrill of realising again what Easter really means – the forgiveness of our sins, the overcoming of death and the promise of eternal life. Is the joy of this realisation

going to have waned in the following days? Are we beginning to feel 'Low' by 'Low Sunday'?

Maybe the excitement has given way to the ordinary (like the white clothes being exchanged for the everyday ones and the feasts to mundane food.) Yet the One who rose again continues to live. He comes to us in the power of the Holy Spirit to enable us to be 'Easter People' all year long.

Thanks be to God who gives us the victory through our Lord Jesus Christ'  
1 Corinthians 15 57.

*Lois Morton*



**Penrith**

**10.30am** ~ Morning Worship ~ Morgan Tebb-Roger  
Reading: John 20:11-18

**Skelton**

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

**Stainton**

**10.30am** ~ Morning Worship ~ Rev. Gillian Belford

**Cottage Wood Centre**

**5pm** ~ Early Evening Worship ~ Morgan Tebb-Roger

**Alston Moor**

**11am** ~ Morning Worship ~ Local Arrangement

**Nenthead**

**5pm** ~ Pennine Praise

**Culgaith**

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

**Langwathby**

**11am** ~ Morning Worship ~ Rev. Keith Speck

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

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

# Weekly Diary

## **Monday 8<sup>th</sup> April**

**9.30am** ~ Monday Walks – Meet outside PMC

**2pm** ~ Skelton Bible Fellowship – Skelton Methodist Church

**6.15pm** ~ Choral Group – Sandgate/PMC

**7.30pm** ~ Monday Zoom Prayer

## **Tuesday 9<sup>th</sup> April**

**10am** ~ 'He Brews' Coffee Club – Gamblesby Methodist Chapel

**10am** ~ Midweek Service – Mrs. Ruth Combellack – Church/PMC

**11am** ~ 4F – Ullswater/PMC

**7pm** ~ Omega HG – Sunningdale, Stainton

## **Wednesday 10<sup>th</sup> April**

**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.*)

**7.30pm** ~ Living Room HG, contact Morgan or Sarah for details

## **Thursday 11<sup>th</sup> April**

**1.30pm** ~ Take Tea Out - Cottage Wood Centre (*Contact Sheila Mallinson to book*)

## **Friday 12<sup>th</sup> April**

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

**7pm** ~ Woodland Collective – Meet at PMC to car share – *see separate notice*

## **Sunday 14<sup>th</sup> April**

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

**Patterdale: 10.30am** ~ Morning Worship & Baptism ~ Rev. Andrew Callaway

**Skelton: 10.30am** ~ Morning Communion ~ Rev. Tim Cooke

**Stainton: 10.30am** ~ Morning Communion ~ Rev. Mary Elliot

**Cottage Wood: 5pm** ~ Early Evening Worship ~ Mrs Lois Morton

**Alston Moor: 11am** ~ Morning Worship ~ Rev. David Milner

**Kirkoswald: 10am** ~ Morning Worship ~ Rev. Keith Speck

**Gamblesby: 10am** ~ Little Acorns

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

**Renwick: 5pm** ~ Early Evening Worship ~ Rev. Tim Cooke



**JOIN US AS WE EXPLORE 4 PEOPLE WHO ENCOUNTERED  
THE RISEN JESUS - AND DISCOVER GOOD NEWS FOR US TODAY!**

**7 APRIL - MORGAN TEBB-ROGER - MARY MAGDALENE**

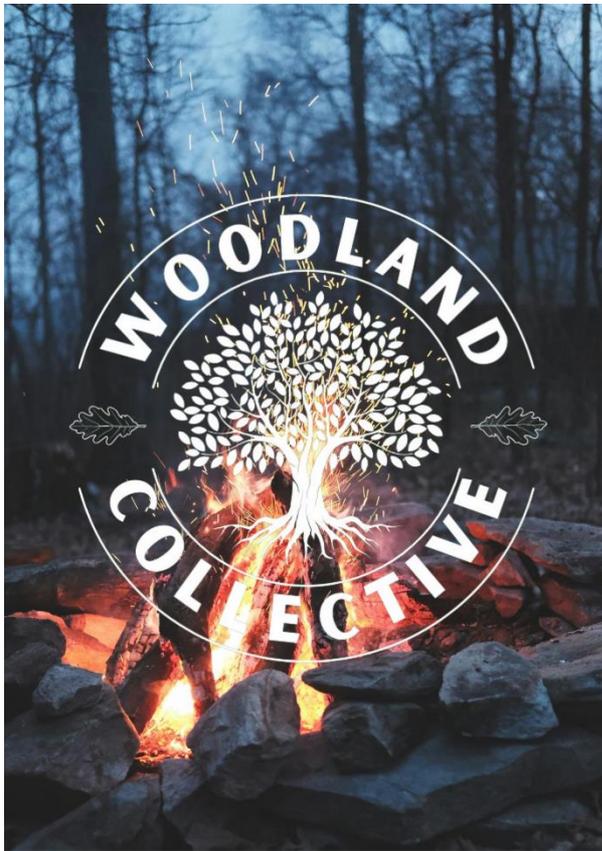
**14 APRIL - MICHAEL BOONE – THE EMMAUS COUPLE**

**21 APRIL - REV. TIM - THOMAS**

**28 APRIL - REV. DAVE - PETER**

**SUNDAYS. 10:30AM. PENRITH METHODIST CHURCH,**

**OR FOLLOW ON  YouTube**



## WOODLAND COLLECTIVE 2024 DATES:

March 8th  
April 12th  
May 10th  
June 21st  
July 12th  
September 13th

For more details contact Morgan on  
[outreach@penrithmethodist.co.uk](mailto:outreach@penrithmethodist.co.uk)

**\*The next Woodland Collective meeting is Friday 12<sup>th</sup> April.  
All are welcome to join, please meet outside PMC at 7pm to carpool to the  
selected woodland. Please wear weather appropriate clothing and bring  
any hot drinks/snacks, blankets/chairs you might want.**

In memory  
of Keith Scott



## Carlisle Refuge Collection

**It's time for a Spring clean!**

Our next Refuge collection date is Tuesday 16th  
of April at 9:30am.

Please bring donations to PMC on the day from 9am.

Small household items, washing up products, long life food  
and clothing appreciated. No appliances. Please bag and label.  
Think of what you might need when moving to a new flat with little  
or nothing!

### **IMPORTANT:**

Please only donate clean items (with some life left in them) which  
you would be happy passing on to a friend :)

**Are you free on the day to carry, load the van, or  
be on call to drive up to Carlisle if need be?  
Contact Rebecca Frost (07805697325) or leave a  
message with the Church office.**



# CEILIDH

FT. THE TAILGATE BUSKERS



**SATURDAY APRIL 27TH 2024  
AT 7PM**

PENRITH METHODIST CHURCH  
WORDSWORTH STREET

SUGGESTED DONATIONS:

ADULTS- £10

CHILDREN (10-18)- £5

CONCESSION- £5

FOR MORE INFORMATION, VISIT  
[WWW.PENRITHMETHODIST.CO.UK/EVENTS](http://WWW.PENRITHMETHODIST.CO.UK/EVENTS)

The Penrith Singers

making  
music

# LET THE SUNSHINE IN

Conducted by Edward Taylor  
With the Eden Baroque Ensemble

PENRITH METHODIST CHURCH  
Saturday 4th May, 2024 at 7:30pm

Tickets £15 (£13 early bird from Becksie Books and choir members)  
Students £5 and Children under 12 free.  
Also available from [www.penrithsingers.co.uk](http://www.penrithsingers.co.uk) and on the door.

Vivaldi GLORIA  
and other baroque  
masterpieces



Invites you to join them on

**Sunday 5<sup>th</sup> May 2024**

At 3pm in **St. Andrews Church, Penrith** to

## *Sing As We Go*

In an 'interactive singing experience'

Pay on the door donation

Cake stall and refreshments

**ALL PROCEEDS TO HOSPICE AT HOME**

Don't miss this Spring Bank Holiday family event!

### **Penrith Parishes presents** **Sally's Army**

Professionally, Sally is best known as Choral Director of Leeds Cathedral Choir School & the Leeds International Piano Competition.

To her choir and the organisations for which she raises money, she is an inspirational person in action. She has the community at heart and brings her passion for singing and her tireless energy to everyone.

# CAP Money Coaching Course

Alan Sibley will be running a CAP Money Coaching course in the Beacon room at Penrith Methodist Church on the following dates: 20th May, 3rd June, 10th June and 17th June, 7pm to 9pm. Refreshments will be provided.

The course teaches budgeting skills that can help you make the most of your money, and to worry less about money. The content is relevant to most people who want to be more in control of their finances. The material is very accessible and easy to follow.

If you would like more information then please contact Alan at the following email address:

[capmoney@penrithmethodist.co.uk](mailto:capmoney@penrithmethodist.co.uk)

or use the following website:

<https://capuk.org/get-help/money-coaching>

If you would like to register to attend the course please use the following link:

<https://refresh.capmoney.org/join-course/6602eacdb5b199d69109c0b6>

## CAP Money Course

A free, short course that makes managing your money simple.



budget. save. spend



East Cumbria Methodist Circuit urgently require an additional

## CIRCUIT STEWARD

essentially to help manage the development of our Circuit Vision alongside the possible transition to a larger Cumbria Circuit.

The requirement is only for now until August 2025  
- so no long-term commitment necessary!

For more details or for an informal chat,  
speak to Rev. Tim, Rev. Dave  
Or any of the current circuit stewards.

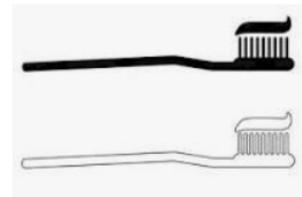
# PLEASE HELP UKRAINE!

**New candles – Old candles – Ends of candles –  
Any candles**

These will be taken to an orphanage and refugee centre in UKRAINE where they will be made into TRENCH CANDLES, which are used for light, heat and even cooking.



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



We are also collecting **anything related to children** for the orphanage and refugee centre.

They need toys and clothes in good condition.



All items can be left in the blue box in reception.



## **Thank you!**

Just to say thank you for my leaving cards, flowers and gifts, which were very much appreciated.

Thanks also to those who sent messages and popped in to wish me well for whatever I choose to do in the future.

Maureen

## **Thought for the week...**



## 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**

**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!**

