



Weekly Bulletin Sunday 14th April

Dear Friends,

I was reminded again yesterday how very easily our lives can turn from the peaceful calm of a lagoon like tranquillity to a storm, as of course some of the disciples of Jesus well knew being professional fishermen on the Sea of Galilee.



A place I love to visit, and have spent many a week over recent years, is the Island of Lindisfarne off the North East coast of England, I have been there through storms and howling gales and ate ice cream sat on the bench overlooking the harbour with azure skies and mill pond like sea state. It can all change so very quickly, it can whip your ice cream off your cone and your vinegar off your chips in a snap of Mary Poppins' fingers!

When you pass over the modern causeway onto the Island you will pass by 'the refuge box', a place on stilts, higher than the highest tide, the place to seek if you are stranded by the changing fast pace of the incoming sea and your own foolishness it can and has ended in tragedy for some.

Life, like the sea state can change rapidly and leave us bewildered and threatened, the phone call, the letter, the email and life changes direction and our focus alters entirely, what then, where do we turn, to whom do we go? Perhaps as you read this you are finding your life's focus is changing, and you are seeking to come to terms with a new reality?



In preparing this article I felt strongly that it would be timely for some of you, that your life events have taken a turn and you are going through a time of stress and worry, both unexpected and unwelcome.

If I may point your hearts to Psalm 61:1-4 and Psalm 27:5 where the Psalmist directs his prayer to God in a time of trouble, he is our refuge a place to find shelter amidst the storm, 40 times in the Psalms we find the word 'refuge' its root meaning carries the thought of 'impregnable safety' a place inaccessible to an enemy.

Sometimes life can be 'Raging', may we all find that place of refuge in God, '...let the morning bring me word of your unfailing love' the Psalmist tells us in Psalm 143...may your day dawn trusting in the God of refuge.

*Keith Speck
(Circuit Pastor)*



Penrith

10.30am ~ Morning Worship ~ Michael Boone
Reading: Psalm 4 & Luke 24: 36b-48

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 Centre

5pm ~ Early Evening Worship ~ Mrs. Lois Morton

Alston Moor

11am ~ Morning Worship ~ Rev. David Milner

Kirkoswald

10am ~ Morning Worship ~ Rev. Keith Speck

Gamblesby

2pm ~ Early Afternoon Worship ~ Rev. David Milner

Renwick

5pm ~ Early Evening Worship ~ Rev. Tim Cooke

There are alternative Anglican services available.

For details, please see the EEMC website: www.eastofedenmc.org.uk

Weekly Notices

Monday 15th April

9.30am ~ Monday Walks – Meet outside PMC

6.15pm ~ Choral Group – Sandgate/PMC

7.30pm ~ Monday Zoom Prayer

Tuesday 16th April

9.30am ~ Carlisle Refuge Collection - PMC

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

10am ~ Midweek Communion – Rev. Tim Cooke – Church/PMC

10.30am ~ CAP Job Club – Beacon/PMC

7pm ~ Omega HG – Sunningdale, Stainton

7.30pm ~ Junior Youth Club – Ullswater/PMC

Wednesday 17th 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 18th April

1pm ~ Thursday Tots – Sandgate/PMC

Friday 19th April

12 noon ~ Lunch Club – Ullswater/PMC

7.30pm ~ Senior Youth Club – Ullswater/PMC

Saturday 20th April

2.30pm ~ Junior RNCM Concert – Church/PMC

Sunday 21st April

Penrith: 10.30am ~ Morning Worship ~ Rev. Tim Cooke

Skelton: 10.30am ~ Morning Worship ~ Morgan Tebb-Roger

Stainton: 10.30am ~ Morning Worship ~ Mrs. Carolyn Dickinson

Cottage Wood: 5pm ~ Early Evening Worship ~ Miss. Kathleen Williamson

Alston Moor: 11am ~ Morning Worship ~ Rev. Keith Speck

Langwathby: 11am ~ Morning Communion ~ Rev. David Milner

Kirkoswald: 6.30pm ~ Third Sunday Service



**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



Val Bowen and all the family would like to thank everyone at PMC for their prayers, kind enquiries and good wishes during Grattan's recent illness and after his death last month.

Our special thanks go to the Rev Dave, Rev Gillian, and Rev Tim for their generous care of us in this sad time. We would especially like to thank Rev Dave for his wise and thoughtful words at the crematorium and afterwards at PMC in the service of celebration of Grattan's life.

Our thanks also to Sarah, Lindsay, and PJ whose work behind the scenes made that service run so smoothly.

Thank you, PMC family, with love from us all.
Val, Kimberley, and Dave.

In memory
of Keith Scott



Carlisle Refuge Collection

Less than a week to go!

Don't forget our next Refuge collection is coming up on
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.**

NORTH WEST ENGLAND METHODIST DISTRICT

THE EQUIP SERIES



Come along to these information evenings and be equipped as we move towards the launch of the North West England District. These evenings will include:

- Devotions
- An update from each sub group, to increase our knowledge and understanding of how the new district will look and feel
- Q and A session

These events will run on a monthly basis, and you are invited to attend any/all of these sessions. To Join:

<https://zoom.us/j/94658927054?>

[pwd=ZmNKUGI3SWdleXJsckZyZW5tT3MrZz09](https://zoom.us/j/94658927054?pwd=ZmNKUGI3SWdleXJsckZyZW5tT3MrZz09)

(Meeting ID: 946 5892 7054 Passcode: 125750)

To access via phone dial 0203 481 5237 or 0203 481 5240 and follow prompts.

IF YOU HAVE ANY QUESTIONS OR COMMENTS, PLEASE EMAIL NWEDCOMMUNICATION@OUTLOOK.COM.

TUE 12 MARCH
WED 17 APRIL
THU 16 MAY
MON 10 JUNE
TUE 16 JULY
WED 14 AUGUST
2024

**MONTHLY
ONLINE EVENTS**

**HOSTED ON
ZOOM**

7.30 - 8.30PM

**(ARRIVE FROM
7.20PM FOR A
7.30PM START)**

Penrith Music Club Junior RNCM Concert Saturday 20th April, 2.30pm

The season concludes with the annual afternoon concert by musicians from the Junior Department of the Royal College of Music in Manchester, showcasing some of the most promising musical talent of the future.



Skelton Afternoon Tea

Skelton invite you to Afternoon Tea
on Sunday 21st April at 3.00pm

Bring and share or you can or just bring yourself.

Donations for our Windows fund



*Spring
is in the Air*

*with the
Eden Singers*

Thursday 25th April

7.30pm

Penrith Methodist Church

Traditional folk songs arranged by Rutter
Songs by Schubert, Cesar Franck
and Karl Jenkins.

Ticket price £10

includes interval refreshments.

Tickets available at Styleline or on the door.



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

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 and on the door.



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.



Invites you to join them on
Sunday 5th 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!



Join our coffee morning!

Come along to PMC on Saturday 11th May, 10am-12noon

Have a cuppa, grab some cake and browse the card and plant stalls

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

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.

Thought for the week...



Contact Details:

Co-Superintendent Ministers

Rev. Tim Cooke: 01768 890465 or email: tim.cooke@methodist.org.uk

Rev. David Milner: 01768 863209 or email: dave@revmilner.plus.com

Circuit Pastor: Rev. Keith Speck: 01768 898257 or email: keithspck1@googlemail.com

Missional Pioneer & Communities Lay Pastor: Morgan Tebb-Roger: 07949 156051
or email: outreach@penrithmethodist.co.uk

Stainton Outreach Worker: Trace Cooke: 01768 890465
or email: tracecooke1@gmail.com

Circuit Office: 01768 862787 or email: 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

Debt Coach: Jen Dixon: 07799 271710 or email: 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

PMC Website: 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!

