



East Cumbria **Methodist** Circuit



Weekly Bulletin Sunday 19th January Don't Forget to Love

My reflection today is a simple one, as is my call to action following it. In my first reflection of this year, I wish to remind you of the foundation of our faith.

Love.

To love as Christ loves us. To be vessels of that same love. To speak of this transformative love as if we have nothing else to talk about! I don't wish to overcomplicate things, and I don't want to be contentious. I simply want to remind you of what it is all about. That unifying thing that binds humanity together.



You might be bored of me saying something to this effect by now. Well tough. Because when darkness seems to engulf this world and take over our soul, the one thing that will prevail is love. It is the single most powerful thing in this world and yet is constantly underestimated or forgotten about. Jesus said that there is no greater thing we can do than to love God and love one another. And that's the message I want you to know as we begin to traverse this new year.

Archbishop Oscar Romero said *"Let us not tire of preaching love, for this is the force that will overcome the world. Let us never tire of preaching love. Even if we see waves of violence coming to drown out the fire of Christian love, love must win out. It is the only thing that can."*

Whatever 2025 holds for you (and I hope it's something good), I implore you to never stop reflecting God's love into the world. Even if all feels lost, which sometimes it does, never stop loving. It is the one thing that will transform this world. The one thing that will unite us as humans. The only way that we will see salvation come.

Mr Morgan Tebb-Roger



Penrith

10.30am ~ Morning Worship – Mr Morgan Tebb-Roger
Reading: Matthew 5:43-48

Skelton

10.30am ~ Covenant – Rev David Milner

Stainton

10.30am ~ Morning Worship – Mr Lawrence Tomlinson

Cottage Wood Centre

3pm ~ Afternoon Worship – Rev Tim Cooke

Alston Moor

11am ~ Morning Worship – Mr David Pepin

Langwathby

11am ~ Morning Worship – Rev Tim Cooke

Kirkoswald

6.30pm ~ Third Sunday Service – Mr Dean Lawson

There are alternative Anglican services available.

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

Change to Service

Please note that the PMC Tuesday Service on
the **21st of January** is now taking place at
12.30pm, not 10am.

This is to coincide with the week of prayer for
Christian Unity.





Monday 20th January

9.30am ~ Monday Walks – Meet outside PMC

2pm ~ All Together Fellowship – Church/PMC

6.15pm ~ Choral Group – Sandgate/PMC

7.30pm ~ Zoom Prayer Meeting –

All are welcome to join, please follow the link and use the Meeting ID below,

<https://zoom.us/j/97958259742?pwd=oiRL9sKL0a5HLaFltJwuT09krXA7Ug.1>

Meeting ID: 979 5825 9742

Password: 585914

Tuesday 21st January

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

10.30am ~ CAP Job Club – Beacon/PMC

12.30pm ~ Midweek Service – Mrs Lois Morton – Church/PMC

1.30pm ~ Prayer Meeting – Church/PMC

7pm ~ Blencow HG – The Hollies, Blencow (*We meet twice monthly at 7pm on a Tuesday. Contact Steve on 07711 088448 for further details.*)

7pm ~ Omega House Group – Sunningdale, Stainton

7.30pm ~ Junior Youth Club – Ullswater/PMC

Wednesday 22nd January

10am ~ 3C's – Cottage Wood Centre

1.30pm ~ Wednesday Get Together - Skelton Methodist Church

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

Thursday 23rd January

1pm ~ Thursday Tots – Ullswater/PMC

2pm ~ Parklands HG – Upper Link/PMC

3pm ~ Afternoon Communion – Rev Gillian Belford – Woodlands

7.30pm ~ Fellside HG (*Contact Mike on 07511089321 or Ange on 07808801229 for more details*)

Friday 24th January

12 noon ~ Lunch Club – Ullswater/PMC

Sunday 26th January

Penrith: 10.30am Morning Worship – Mr Michael Boone

7.30pm Encounter

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

Stainton: 10.30am Joint Service with Ullswater Mission Community
– Rev Tim Cooke

Cottage Wood: 3pm Bible Study – Mr Morgan Tebb-Roger

Alston Moor: 11am Covenant – Rev David Milner

Kirkoswald: 10am
Gamblesby: 2pm
Great Salkeld: 6pm

Morning Worship – Mr Lawrence Tomlinson
Afternoon Worship – Mr Dean Lawson
Covenant – Rev David Milner

Flower Arranging Team

A gentle reminder to our small but hard working group of flower arrangers we have a meeting scheduled for **Monday 27th Jan** at Anne MacDonald's home (17, Beacon Square) at **7pm**.

IMPORTANT ADDITION:- We would love to welcome some more people to our group. It is not vital that you be an experienced flower arranger, I was self-taught, many years ago. All we are looking for is anyone who is willing and able to help out at workshops and preparing the church for celebrations and festivals. Please come along on the 27th of Jan for a chat followed by a light buffet.

Anne MacDonald



Week of Prayer for **Christian Unity 2025**

Monday 20th January - Penrith Salvation Army
Tuesday 21st January - Penrith Methodist Church
Wednesday 22nd January - St Andrew's
Thursday 23rd January - Friends Meeting House
Friday 24th January - St Catherine's
Saturday 25th January - Christ Church

This is the time of year when we hold Covenant services in each of our chapels. 'Covenant Sunday' is one of the loveliest things in Methodism – a time when we remember God's covenant love to us, and commit ourselves to returning that love through our service and discipleship.

Here's a prayer by our dear friend Liz Crumlish that we might want to make our own:



Stepping up and Stepping into the Light

Lord, what is the wisdom you have given me?
And with whom am I to share?
When I am dismissed give me humility and grace
When I am revered give me humility and grace
And, however difficult the spaces you call me to occupy
give me courage to be present
When I am called to lay aside frivolity
help me to step into gravity
When I'm called to be up front instead of alongside
help me to get on with it
Knowing that the bit of you that I carry within me
is enough to transform any space
Enough to infuse any encounter
And may my inner diva
be met by the presence of your divine spirit
enhancing and enabling your wisdom
to shine in the darkness
to sparkle in the dullness
and to keep on reminding me
that in power and in vulnerability
I am yours.
Fearfully and wonderfully made
Gifted and equipped
Loved unconditionally
Sent simply to serve
and to leave the rest to you.



**You are welcome to join us for our first “All Together Fellowship “
meeting of 2025 at 2pm in church on Monday January 20th.**

Our time together will begin with a short act of worship.

**The sport of lacrosse has
a rich history and its
popularity has grown in
recent years.**



**Morgan Tebb-Roger will
talk about how the sport
has very much shaped
the person he is today.**

**Lacrosse has taken Morgan around the world, and, in addition to
being formational, it has embedded a sense of fairness into his life.
He says “Sometimes our own prejudice or ignorance can stop us
from experiencing something amazing “.**

**Our fellowship always ends with opportunities to meet others,
have a good chat and enjoy drinks and homemade cakes.**

PLEASE NOTE that we meet again on Monday, February 3rd.

**Graham Allan will take us on the Cumbria Coastal Way
and show us its route and highlights.**

**If anyone hasn't got a programme of meetings from January to June
and would like one, please ask us.**

John & Margaret



The event is free and open to all young people of secondary school age, but to attend this consent form

(https://docs.google.com/document/d/17Yv30P2BldsswUqmG5ZmaPLDU3ME_LdjC/edit?usp=sharing&ouid=117731008128742847032&rtpof=true&sd=true)

needs to be completed and sent to Su by email at

daviss@nwedmethodists.org.uk, or handed in on the day. Pizzas will be provided so please also let Su know of any dietary requirements.



Encounter – Sunday 26th January

A reminder that Encounter is on next week at PMC, 7pm.

A QUIZ NIGHT & MORE

Invitation from

SUPPER CLUB

to an evening of
fun, fellowship and refreshments at PMC
on Friday February 7th at 7 30 pm



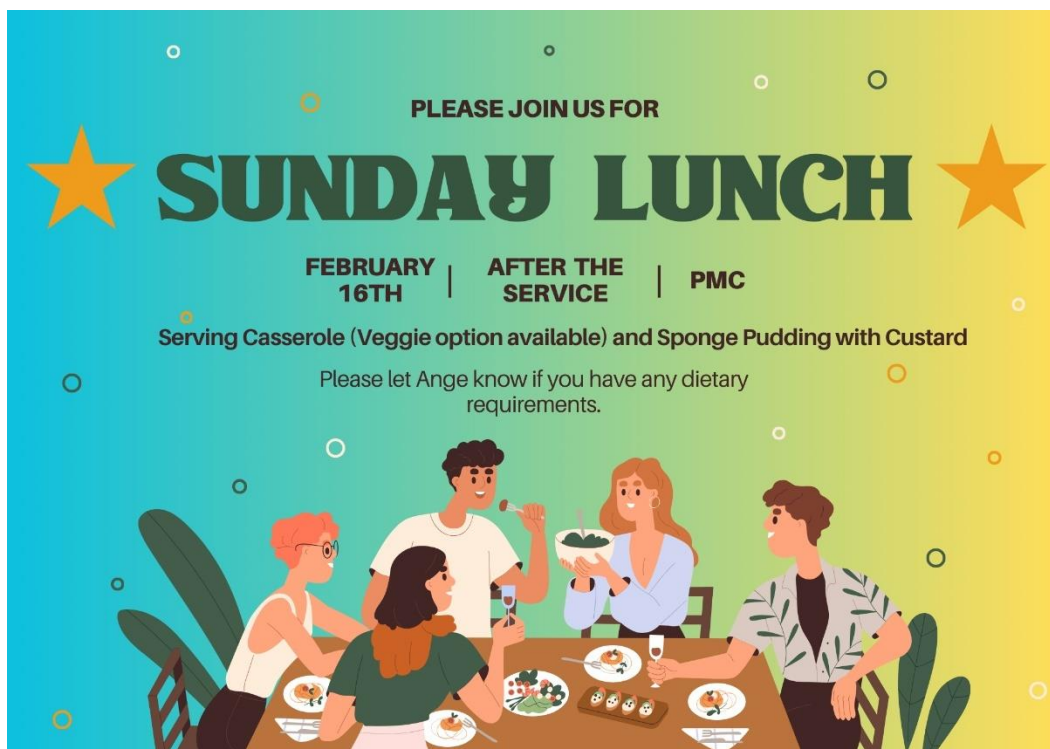
ALL ARE WELCOME TO THIS EVENT.

Teams will compete against each other answering questions on a variety of topics. Points will also be accumulated by identifying the correct definitions of obscure words.

{ Remember " Call my Bluff " .. BBC TV Panel game }

Do come along if you can We look forward to seeing you.

John & Margaret (Gore)



Are you interested in connecting up people and places in our local villages, and finding a way to encourage sustainable community groups? If so, this project for people of all ages, all faiths and no faith may be for you. It won't cost the earth or all your time.

Restore is taking the community space beyond the shops onto the road to connect Penrith with local villages through this project.

We have funds to invest in an electric van and we are looking for people to volunteer to be part of this project.



Can you be a...

- Team leader on the van, supported by the project leader; caring for the community around the van.
- Member of the community on the van; working together and encouraging community wherever the van stops.
- Van driver: an essential role but still part of the community.
- Event diary organiser; not necessarily going out on the van.

If you're interested in getting involved then we want to hear from you!

Please contact Beth Honey on:

beth.honey@restorecumbria.co.uk
or
07831 991076

Or drop into the shop & speak to her (Tues-Thurs).



RESTORE



wholehearted monthly

Hosted by [The Methodist Church](#) in Britain and open to all.

Wholehearted Monthly is a monthly online gathering of diverse people who are passionate about mission, the sessions will be held on the second Tuesday of each month starting from March 2025 from 7.00pm to 9.00pm.

Think community organising rally meets immersive spiritual laboratory. It's for anyone committed to a vibrant friendship between "Church" and "World" — and a desire for both to flourish. Each month, testimony from local innovators, input from a renowned guest speaker, and wisdom-sharing in networks around Gospel justice, inclusion, evangelism, and growth.

11th March - Nadia Bolz-Weber is a best-selling author, public theologian and pastor, and is the founder and church planter of House for All Sinners and Saints.

8th April - Rowan Williams is a theologian, poet and former Archbishop of Canterbury, and is author of fifty books on literature, politics, and being Christian.

13th May - Chine McDonald is a writer, broadcaster and author, and is Director of Theos, the religion and society think tank.'

To find out more or sign up follow <https://tinyurl.com/yjpspsp7>

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**NEEDED – URGENTLY!**

**CANDLES**

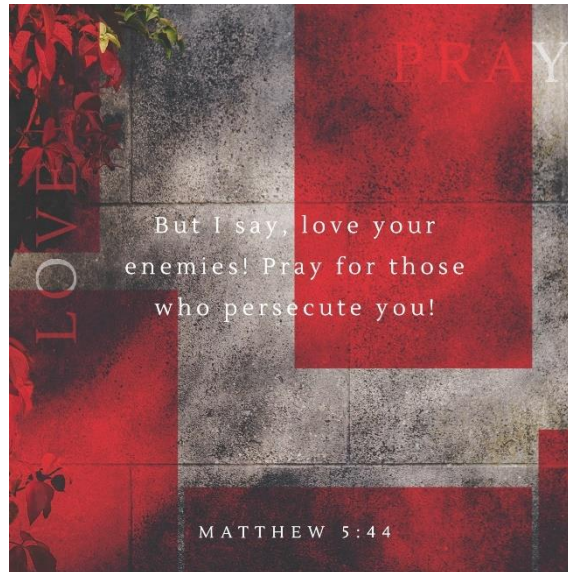
**New candles - - - - Old candles  
Ends of candles - - - - ANY candles!**

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.

Thank you!



## 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)

**Pioneer Enabler: Morgan Tebb-Roger:** 07949 156051

or email: [outreach@penrithmethodist.co.uk](mailto:outreach@penrithmethodist.co.uk)

**Circuit Pastoral Worker: Dean Lawson:** [laypastor@penrithmethodist.co.uk](mailto:laypastor@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-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!**

