



East Cumbria **Methodist** Circuit



Weekly Bulletin Sunday 16th March

Humility



We live in a world saturated in competition, not just a 'Darwinian struggle for survival' but an insatiable push towards influence and control of others for the benefit of self and mine. As it always has been, it is still clearly manifest today at the geopolitical level where the world is viewed as a zero-sum game: advantage for us is primarily achieved by the disadvantage of them.

But if we are honest and look back over the last week or so, didn't we too act directly or covertly in the interests of self, probably at the expense of others? Even if you can't identify a specific failure of selfishness in a relationship, lifestyle choices such as the food we buy, what we wear, how and where we travel, and the list goes on, all affect others, often in significant ways.

The values of the Kingdom of Jesus are in stark contrast to our fallen human nature. The second chapter of Paul's letter to the church at Philippi makes an excellent Lenten reflection:

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

Philippians 2:3-4

What follows the above verse – go and read it – is a sublime piece of early Christian poetry. Here's what biblical scholar Marg Mowczko has to say about it: "Paul chose to include the creed (in verses 6-11) in his letter to the Philippians to show the extent of Christ's humility and sacrifice. This creed profoundly expresses the willing sacrifice and surrender of Jesus Christ, who despite his glorious pre-existence, came to earth in human form (his incarnation) in order to carry out his mission of redemption. While on earth he obediently endured humiliation, even the ultimate humiliation and degradation of crucifixion. This obedience is rewarded with sublime exaltation that commands universal worship."

I had never really thought about the (now obvious) connection of the words humility and humiliation. Jesus endured humiliation for us - and we are called to follow his example.

What might it look like then for you to exercise humility and 'value others above yourselves' this week?

I tried to answer that for myself and quickly realised it could be quite a long list. Here's how it started: be patient, listen, forgive, serve and care, advocate, encourage, pray.

Shane McNicol



Penrith

10.30am ~ Morning Worship – Mr Morgan Tebb-Roger
Readings: Exodus 16:1-12 & Matthew 4:1-11

Skelton

10.30am ~ Morning Worship – Ian Newton

Stainton

10.30am ~ Morning Communion – Rev Tim Cooke

Cottage Wood Centre

5pm ~ Early Evening Communion – Rev Tim Cooke

Alston Moor

11am ~ Morning Worship + Church Council – Rev David Milner

Langwathby

11am ~ Morning Worship – Mr Dean Lawson

Kirkoswald

6.30pm ~ Third Sunday Service – Rev David Milner

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

Reminder – Change of number

From March 1st Rev Dave Milner will no longer be available on 01768 863209. Please use his mobile number instead, **07597 639 314**.



Weekly Diary

Monday 17th March

9.30am ~ Monday Walks – Meet outside PMC

2pm ~ Bible Fellowship – Skelton Methodist Church

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 18th March

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

10am ~ Midweek Service – Mr Lawrence Tomlinson – 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.)*

7.30pm ~ Junior Youth Club – Ullswater/PMC

Wednesday 19th March

10am ~ 3C's – Cottage Wood Centre

1.30pm ~ Wednesday Get Together - Skelton Methodist Church

2pm ~ Langwathby Community Fellowship – Langwathby Methodist Chapel

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

Thursday 20th March

10.15am ~ Meeting Point – Langwathby Methodist Chapel

2pm ~ Parklands HG – Upper Link/PMC

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

7.30pm ~ PMC Church Council Meeting – Beacon/PMC

Friday 21st March

12 noon ~ Lunch Club – Ullswater/PMC

Sunday 23rd March

Penrith: 10.30am Morning Communion – Rev Tim Cooke & Laura Clements

Skelton: 10.30am Morning Worship – Rev David Milner

Stainton: 10.30am Morning Worship – Mrs Lois Morton

Cottage Wood: 5pm Early Evening Worship – Mr Dean Lawson

Alston Moor: 11am Morning Worship – Mr David Pepin

Kirkoswald: 10am Morning Worship – Mr Dean Lawson

Great Salkeld: 6pm Evening Worship – Rev David Milner

Lent Lunches 2025



~~**Thursday 13th March** – Church in the Barn,
12pm – 1pm (Newton Road, Penrith, CA11
0FP)~~

Friday, 21st March – St Andrews Church,
12pm - 1pm (St Andrews Place, Penrith,
CA11 7XX)

Tuesday 25th March – Penrith Methodist
Church, 12pm - 1pm (Wordsworth Street,
Penrith, CA11 7QY)

Friday 4th April – St Catherine's Church,
1pm - 2pm (Haydock Centre, Drovers Lane,
Penrith, CA11 9EL)

Wednesday 9th April – Quakers, 12pm -
1pm, Friends Meeting House (Meeting House
Lane, Penrith, CA11 7TR)

Lent Meetups



Ash Wednesday (March 5th) marked the beginning of **Lent**, a season remembering Jesus Christ's time spent in the wilderness as he contemplated the future direction of his life and ministry.

What is your life, your purpose, perhaps your place in God's world. What does your future hold...is it one of hope or uncertainty, eagerness or despair?

The next few weeks leading up to Easter Day when Christians celebrate Jesus' death and resurrection, can be for us and you too, a time to reflect on the place you are in in your life now and the direction you're going.

Let's meet together for six Wednesday evenings from **March 12th, 19th, 26th, April 2nd, and 16th** (or however often you can manage), at **19:30 hrs, Robin Hood View Cottage, Winskill** (Peter and Hazel Bowes' home), for friendship, reflection and refreshments.

You'll be more than welcome! Just come!



Lent Reflections

It you'd like to sign up to The Methodist Church Lent Reflections you can do so at;

www.methodist.org.uk/for-churches/soul-food/



Langwathby Community Fellowship

Wednesday, 19 March at 2pm at the Chapel

A presentation on safety in the home by the Fire Service

This meeting is open to everyone and includes refreshments



Langwathby Methodist Church

Thursday, 20 March - from 10.15

"Meeting Point" – a coffee morning open to all, ending with a "thought for the day"



Easy Eco Tip – March:

Take time to reconnect with God and creation during Lent.



Delve deeper into the Bible to see how we are not apart from creation but a part of it. There are lots of excellent resources to support you, including The Whole Easter Story: Why the cross is good news for all creation at www.arocha.org.uk/the-whole-easter-story

This new resource for Lent 2025 invites us to explore the broader impact of the Easter story for all of creation through Bible readings, reflections, and stories from A Rocha's global conservation efforts.

For more eco-tips, sign up to A Rocha UK's Wild Christian email: arocha.org.uk/wild-christian



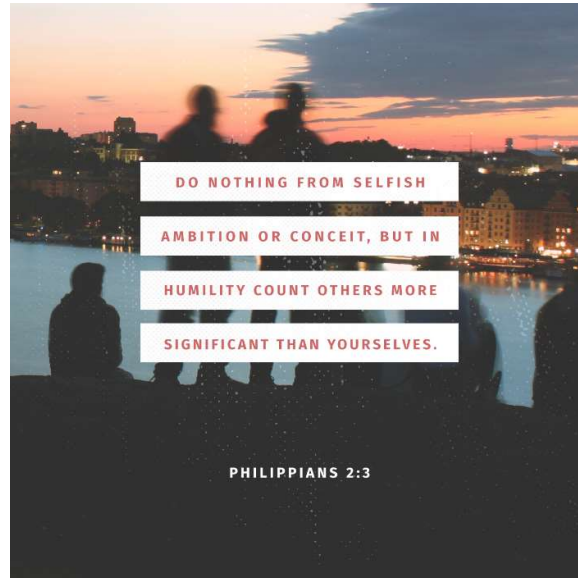
Giving Envelopes

The new regular giving envelopes are now available and can be found in the pigeonholes for those who use them.

If you don't currently use the giving envelopes and would like to, please contact the Circuit Office.



Thought for the week...



Contact Details:

Co-Superintendent Ministers

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

Rev. David Milner: 07597 639314 or email: dave@revmilner.plus.com

Pioneer Enabler: Morgan Tebb-Roger: 07949 156051

or email: outreach@penrithmethodist.co.uk

Circuit Pastoral Worker: Dean Lawson: 07897 736024

or email: laypastor@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-Summers

Circuit Administrative Assistant: Niamh Ryan

Premises Manager: Lindsay Wilson

Eden Debt Centre Manager (CAP): Jen Dixon: 07799 271710

or email: jendixon@capuk.org

Debt Coach: Jo Varley: 07464 939138

or email: 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

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!

