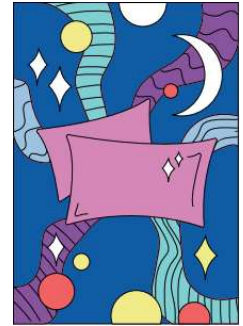




East Cumbria **Methodist** Circuit



Weekly Bulletin Sunday 23rd March

Temptation



Anybody else get the midnight munchies?

I tend to be more of a late-night person than an early morning person, which can mean that sometimes I'm up at midnight. Which can be quite a while since I had my evening meal, which means that on occasion I can get the midnight munchies. And sometimes this will

happen as I'm in bed, having already brushed my teeth, sitting and reading a book or something. And as I'm reading, I'll realise that I'm a little hungry. But I'll ignore the thought as I'm already in bed and nearly ready to go to sleep.

Now, of course, the best course of action here would be for me to just go to sleep, distract myself with something else; I can't eat if I'm asleep after all. But, if I do stay up, if I do carry on reading, that stray thought of being hungry will soon turn into a niggling thought, and then a nagging thought, until all I can think about is a plate of cheese, or a bag of crisps or a chocolate bar to stave off the hunger. And as soon as it's all I can think about, you can bet that it won't be long till I'm getting up and quietly scoffing cheese in my kitchen.

One of the greatest pieces of advice I've ever been given is if you're trying to avoid doing something then, instead of thinking "I mustn't do this thing", do something else. i.e. instead of thinking about how hungry I am at midnight, go to sleep. Instead of trying not to scroll social media endlessly, go for a walk. Instead of thinking about the next cup of coffee, go and do some gardening or something.



When Jesus is in the wilderness being tempted, he doesn't think about how much he wants some bread, or why it's a bad idea to jump off a tower, or about all the Kingdoms of the world, he thinks on Scripture. *"One does not live by bread alone, but by every word that comes from the mouth of God."* Matthew 4:4.

So this lent, if we've given something up for the period, and when (that will likely be a "when" rather than an "if") it's getting difficult, let's try to do something else instead of thinking about the thing we shouldn't be doing. And maybe, just maybe, try the Jesus method, and read some scripture instead...

Dean Lawson



Penrith

10.30am ~ Morning Communion – Rev Tim Cooke & Laura Clements
Reading: Luke 4:1-13

Skelton

10.30am ~ Morning Worship – Rev David Milner

Stainton

10.30am ~ Morning Worship – Mrs Lois Morton

Cottage Wood Centre

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

There are alternative Anglican services available.

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

Weekly Diary

Monday 24th March

9.30am ~ Monday Walks – Meet outside 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 25th March

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

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

12 noon ~ Lent Lunch – Ullswater/PMC

1.30pm ~ Prayer Meeting – 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 26th March

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 27th March

7pm ~ Circuit Meeting – Langwathby Methodist Chapel

Friday 28th March

12 noon ~ Lunch Club – Ullswater/PMC

Saturday 29th March

9am ~ Mother's Day Workshop – Church/PMC

Sunday 30th March

Penrith: 10.30am

7pm

Patterdale: 10.30am

Skelton: 10.30am

Stainton: 10.30am

Cottage Wood: 5pm

Alston Moor: 11am

Langwathby: 11am

Kirkoswald: 10am

Gamblesby: 2pm

Morning Worship – Rev Phil Gough
Encounter

Morning Communion - Rev Tim Cooke
Members Service

Morning Worship – Mr Michael Boone

Early Evening Worship – Rev David Milner

Morning Worship – Mrs Jan Blackshaw

Service at St Peter's

All Age Service – Rev David Milner

Afternoon Worship – Bea Hulme

Lent Lunches 2025



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

Let's meet on Wednesday evenings from **March 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/





**NORTH WEST ENGLAND
METHODIST DISTRICT**

NWED UPDATES



**THU 27
MARCH
2025**

ONLINE EVENT

**HOSTED ON
ZOOM**

7.30 - 8.30PM

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

Come along to this information evening and hear the updates following the launch of the North West England District.

This evening will include:

- Devotions
- An update from each hub, to hear developments on various areas in the new District
- Q and A session

To Join:

[https://zoom.us/j/92628597645?](https://zoom.us/j/92628597645?pwd=JRGkH54xtvg4MSVlpeAcvz5jEiSok8.1)

[pwd=JRGkH54xtvg4MSVlpeAcvz5jEiSok8.1](https://zoom.us/j/92628597645?pwd=JRGkH54xtvg4MSVlpeAcvz5jEiSok8.1)

(Meeting ID: 926 2859 7645

Passcode: 814479)

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

**IF YOU HAVE ANY QUESTIONS OR COMMENTS, PLEASE
EMAIL ADMIN@NWEDMETHODISTS.ORG.UK**



Car Parking at PMC

Please note that parking at the church will be limited from **Wednesday 26th March 2025** for up to a week, due to work being done to the roof.



THE PARISH OF PENRITH

Serving Christ in the heart of Penrith

Parish Administrator

15 hours per week. Actual salary £ 11,700 per annum

Based at Church Office, Penrith Parish Centre, St Andrew's Place, Penrith

We require someone with excellent administrative skills to support the Rector and Parochial Church Council to maintain the smooth and efficient running of all aspects of our busy Parish life. The role is key to the Parish's relationship with the wider community.

For an informal chat please contact Rev D Sargent tel.07732 193197

Further information and applications forms available at

<https://www.parihofpenrith.org.uk/jobs.htm>

Applications to be returned to recruitment@parihofpenrith.org.uk

Closing date for applications: 31stth March. Interview dates by mutual arrangement

Charity reg no 1187270

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.



Eden Singers
presents

“Sing into Spring!”
Music by
**John Rutter, Offenbach,
Irving Berlin, Franz Lehár,
Benny Andersson, Bill Withers**

**Thursday 3rd April 2025
7.30pm
Penrith Methodist Church**

Tickets £10
Available on the door
and at Styleline Hair and Beauty.
Price includes interval refreshments.

Eden Singers Concert Refreshments

Anne Isherwood requires some help to serve concert refreshments on the evening of 3rd April.

You would be required to help set up refreshments at 7.15pm, serve refreshments during the interval and help tidy away.

If you are available and would like to help, please contact the church office.

Thanks

Let's do **LUNCH**
SUNDAY 6TH APRIL
Following the PMC Service



Serving Hot Pork Rolls, Stuffing and Apple Sauce, followed by fruit salad.

Please let Ange know about any special dietary requirements at 01808 801229

Donations are welcomed and much appreciated.



Our last meeting when Rachel Smith talked to us about Cumbria's red squirrels, and their struggle for survival, was a great success.

We were thrilled that the afternoon raised £410 for the work of the " Penrith and District Red Squirrel Group "

Just to remind people that our next " All Together Fellowship " gathering is on **Monday, April 7th, at 2pm in church.**

We will enjoy a musical afternoon led by the Choral Group.

More details will be given in next week's bulletin.

John & Margaret



wholehearted monthly

For the next **Wholehearted Monthly on 8th April** the main session (from 7pm) speaker will be Rowan Williams and for the second part (from 8pm) the Global Relations room will have a focus on Ukraine, the session will be:

“Being Church and Doing Mission in a warzone” - with Rev. Oleg and Yulia Starodubets (National Leaders of the United Methodist Church in Ukraine)

Register for Wholehearted Monthly here: [Wholehearted Monthly Tickets, Multiple Dates | Eventbrite](#)

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### **Advanced Safeguarding Training –online & in Cumbria/North Lancs**

- Tuesday 8th April, 10am – Lune Valley Methodist Hub
- **Monday 2<sup>nd</sup> June, 10am - 3.30pm - Wigton Road Methodist Church, Carlisle**
- **Tuesday 3<sup>rd</sup> June, 10am – 3.30pm – Penrith Methodist Church**
- **Wednesday 4<sup>th</sup> June, 10am - 3.30pm –Cockermouth, Lorton St Church**
- Saturday 7<sup>th</sup> June, 10am – Online
- Tuesday 10<sup>th</sup> June, 1pm – Online

To book onto the online sessions, please visit <https://www.eventbrite.com/cc/nwed-advanced-safeguarding-training-3606929> or scan the QR code.

**Dates in bold are in person training with DSO Julie Paterson. Please contact Julie on [patersonj.dso@nwedmethodists.org.uk](mailto:patersonj.dso@nwedmethodists.org.uk) to book your place.**

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Blessings on Beacon Edge

Please note that Friday blessings have now become Wednesday blessings – they will take place at the same time (7.15am) and the same place (Beacon Edge).

Funded by
 Department
 for Education

#HAF2025

Westmorland
 & Furness
 Council

EASTER AT 4F

 PENRITH METHODIST
 CHURCH

11am - 2pm
 8th April 2025

15th April 2025
 inc. Lockdown!
 The Zoo that comes to you

**Fully
 Booked**

To book your place please
 contact
admin@penrithmethodist.co.uk



Easter Flower Workshop

Saturday 19th April - 9am to 12 noon

Join us to create Easter Flower Baskets which will be used to decorate the church windows and then distributed into the community following the service.

There are various ways to be involved in the workshop:

1. Come along and make up a basket - tea, coffee & biscuits provided!
2. Donations of flowers, foliage or cash would be very welcome
3. If you have any suitable baskets available please leave them in the reception area before the workshop





Bank Holiday Reminder

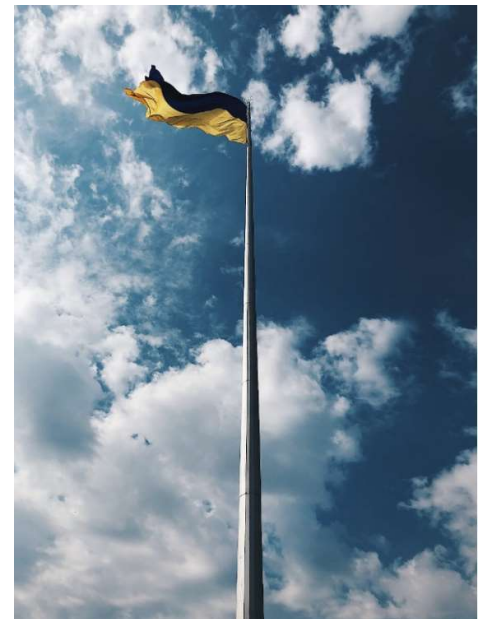
Just a reminder that the Circuit Office will be closed on Good Friday and Easter Monday.

Ukraine

Again many thanks for your generous donations for Ukraine – so much appreciated. Steve is particularly asking for summer clothes, sanitary towels, disposable nappies, sweets and dried food – and more plain wax candles.

He plans to be in Cumbria in the next two weeks. The journey will cost him approximately £4000 – if you can help with a cash or cheque donation, however small, he will be very grateful. Heather will ensure it is paid directly into his bank account.

Many thanks.



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

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 Operations and 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!

