



East Cumbria **Methodist** Circuit



Weekly Bulletin **Sunday 27th April** **With All Your Mind**

Have you ever taken on board that this is one of the ways in which we are called to love God? (Luke 10:27, Matthew 22:37)

A bit of research for what 'mind' means in this context reveals it is the faculty of thinking, comprehending, and reasoning (our understanding and intelligence) and a mode of thinking (our disposition and thoughts). There are other aspects such as focusing on objectives (our purpose and plans) and on creativity (our imagination).

There are two, what seemed initially, unrelated reasons I've been led to share these thoughts.



First, I receive an occasional publication by email from an astrophysicist, Sarah Salviander, who communicates her love for both science and faith extremely well. Her previous missive debunked the mythical 'science verses religion' conflict (with great historical content) and the email which arrived this week is titled 'Top 10 reasons I'll never go back to atheism'. Her conversion, she states, was 'the culmination of a years-long process that involved a lot of study and contemplation'. So, she's always used her God-given mind and eventually it led her to faith in Jesus.



Second, our homegroup continues to work our way through a book I mentioned previously, *The Ruthless Elimination of Hurry*. We are now at the practical end which is asking us to reflect on some of our modern behaviours which are at odds with the rhythms and practices of the way taught and demonstrated by Jesus. In essence, how even as Christians we

misuse our God-given minds by allowing technology and entertainment to interrupt our ever-decreasing attention spans at the cost of purposeful quality sabbath times, resting, reflecting, sharing, praying.

On Tuesday the group read together the second half of twenty pastoral suggestions to help combat the largely self-inflicted busyness, such as setting boundaries on the use of our phones. One was specifically about mindfulness and meditation, not simply emptying your mind, but filling it with Scripture, the truth, the voice of the Holy Spirit. A suggestion the hymnwriter Frances Ridley Havergal would have no hesitation in endorsing:

*Take my life, and let it be
consecrated, Lord, to thee;
take my moments and my days,
let them flow in ceaseless praise.*

*Take my silver and my gold;
not a mite would I withhold;
take my intellect, and use
every power as thou shalt choose.*

Shane McNicol

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### Easy Eco Tip – April:

#### **Spend time in nature.**

Spending time appreciating God's creation can be an act of worship. Nature can be experienced when we notice an insect, hear a bird sing, feel the earth beneath our hands or even when we watch a documentary. There is strong evidence that nature is also good for our mental health. Try to immerse yourself in nature every day, even for just a few minutes and give thanks to God for His good creation.

Further ideas can be found at  
[www.arochoa.org.uk/ideas-to-enjoy-nature/](http://www.arochoa.org.uk/ideas-to-enjoy-nature/)



### **Cottage Wood Chapel Anniversary**

The Cottage Wood Centre are celebrating their Chapel Anniversary on **Sunday 4<sup>th</sup> May**.

There will be a bring and share tea at **3.30pm** ahead of the service at **5pm**, which will be led by Dean Lawson.

All are welcome to join us for this time of thanksgiving and celebration.





**Penrith**

**10.30am** ~ Morning Worship – Mr Michael Boone

Reading: Psalms 150 & Acts 5:27–32

**7pm** ~ Encounter

**Skelton**

**10.30am** ~ Morning Worship – Mr Lawrence Tomlinson

**Stainton**

**10.30am** ~ Morning Worship – Miss Kathleen Williamson

**Cottage Wood Centre**

**10.30am** ~ Joint Service with Skelton

**Alston Moor**

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

**Kirkoswald**

**10am** ~ Morning Worship – Mrs Lois Morton

**Gamblesby**

**10am** ~ Little Acorns

**2pm** ~ Afternoon Communion – Rev David Milner

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

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

**Churches Together**  
**Announcement**

Following the death of Pope Francis there will be a Requiem Mass at St. Catherine's on **Thursday 24th April** at **7.00pm** following the Rosary at **6.40pm**.

All are welcome.



# Weekly Diary

## **Monday 28<sup>th</sup> April**

**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 29<sup>th</sup> April**

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

**10am** ~ Morning Service – Rev Andrew Callaway - 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 30<sup>th</sup> April**

**10am** ~ 3C's – Cottage Wood Centre

**1.30pm** ~ Wednesday Get Together - Skelton Methodist Church

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

## **Thursday 1<sup>st</sup> May**

**2pm** ~ Parklands HG – Upper Link/PMC

## **Friday 2<sup>nd</sup> May**

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

## **Saturday 3<sup>rd</sup> May**

**10.30am** ~ Wedding Ceremony – Church/PMC

## **Sunday 4<sup>th</sup> May**

**Penrith: 10.30am**      Worship Lead Service – Rev David Milner

**Skelton: 10.30am**      Morning Worship – Rev Tim Cooke

**Stainton: 10.30am**      Morning Worship – Mr Morgan Tebb-Roger

**Cottage Wood: 5pm**      Chapel Anniversary – Mr Dean Lawson *(Bring and Share Tea at 3.30pm)*

**Alston Moor: 11am**      Morning Worship – Rev Mary Elliot

**Nenthead: 5pm**      Pennine Praise

**Culgaith: 11am**      Morning Worship – Mr Dean Lawson

**Langwathby: 11am**      Chapel Anniversary – Rev Richard Teal



## **Leaving Presents for Dave and Tim**

Individuals and Churches are all invited to donate towards leaving gifts for Dave and Tim.

Please follow the instructions below for how to donate.

Please be aware of closing dates to give us time to buy gifts.

If you are paying by bank transfer please remember to add the reference so we know what the money is for.

### **Donations for Tim Cooke**

Donations can be made in the following ways **by 15<sup>th</sup> June**

- By bank transfer to  
Bank CAF Bank  
Sort Code 40-52-40  
Account Number 00032900  
Account Name Penrith Methodist Church  
Reference Tim
- By cash to the circuit office
- By cheque payable to Penrith Methodist Church to the circuit office

### **Donations for Dave Milner**

Donations can be made in the following ways **by 13<sup>th</sup> July**

- By bank transfer to  
Sort Code 20-66-97  
Account Number 80387401  
Account Name Gamblesby Methodist Church  
Reference Dave
- By cash to John Slee or any circuit steward (we will be visiting your churches to discuss multi-site churches)
- John is also able to take contactless payments.
- If absolutely necessary by cheque made payable to Gamblesby Methodist Church to John Slee, 7 Pear Tree Way, Penrith, CA11 8WA

Any queries then please contact Kathleen Williamson

[kathleenwilliamson135@btinternet.com](mailto:kathleenwilliamson135@btinternet.com)







As always, you are most welcome to our "All Together Fellowship"  
at **2 pm** in church on **MONDAY, APRIL 28th.**



The Reverend George Bramwell Evens was a Minister in the Methodist Church and a writer on the countryside and natural history matters.



He was, under the pseudonym "Romany", a British radio broadcaster, and was famous for his "Out with Romany" radio programmes which commenced in 1933 on the BBC's "Children's Hour".



As a writer, he based his children's books on the sights and sounds of nature and was often seen as the precursor of the likes of David Attenborough and David Bellamy.



He travelled the countryside in his caravan and enjoyed visiting and walking in the Glassonby area.



We are happy that Sheila Fletcher is coming to give a talk and visual presentation about Romany.

Our gathering will begin with a short act of worship followed by the presentation.  
The 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, JUNE 2nd.**

The presentation "Cornish Gems" will comprise still pictures and movie sequences. These, in addition to brief descriptions, will I hope reveal the beauty of the coastal scenery, the quaint fishing villages and many of the lovely gardens.  
You can also join us live at the Minack Theatre to hear the Fishermen's Friends.

John & Margaret

### Please keep helping Ukraine

Steve is now safely back in Ukraine. He is very grateful to everyone who donated in any way to his Penrith Trip. He has asked that we don't collect any men's clothes for now, but he still wants hats, socks and underwear for the soldiers.

For his next visit no ladies' winter clothes, just summer ones.

Thank you again for all your contributions.





As seen above, the PMC gardening team are holding a plant sale at Penrith Methodist church from 10am to 12 noon on Saturday 17 May.

We would welcome your custom and donations of plants to sell. Plants can be brought on the day or left in the smaller car park between the boundary wall and the rhubarb plants during the preceding week.

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Skelton Methodist church are holding a

Fish and Chip Supper and Quiz

On Tuesday 3rd June at 6:30pm

Tickets are £10 and are available from

Kathleen Williamson, Lois Morton or Jean Parker.



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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!

