



East Cumbria **Methodist** Circuit



Weekly Bulletin Sunday 25th May

This Bank Holiday weekend – get yourself some Menuha!

"By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work." — Genesis 2:2 (NIV)

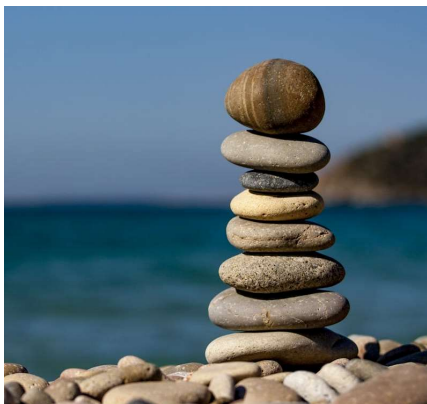
This Bulletin is coming out on May Bank Holiday weekend, and the start of half-term holiday. A bit of rest! That's nice, isn't it!



It's made me reflect on the Hebrew word 'Menuha' – which means 'rest' – as we find in Genesis 2, when God rested on the seventh day after making all of creation.

Menuha means much more than the absence of work. *Menuha* speaks of peace, stillness, joy, and even celebration. *Menuha* signifies a deep, peaceful rest—a state of harmony, completeness, and delight in what is – in the present 'now'. I think that's lovely. After creating the world, God didn't just stop - he spent time delighting in his creation. God took joy in what was.

Abraham Heschel, the renowned Jewish scholar and philosopher, noted that creation wasn't truly complete until God also created *menuha* on the seventh day.



Menuha is sacred time. It is the climax of creation, not an afterthought. God didn't rest because God was tired, but to bless and sanctify time itself. In Jewish thought, *menuha* is the essence of Sabbath—a holy time where we pause not just physically, but spiritually, emotionally, and relationally. It's a time to realign with God, to recognize that our worth is not rooted in productivity, but in us being God's beloved.

God invites us into this rhythm. Observing Sabbath rest (*menuha*) is celebrating who we are in God. It's recognizing God's goodness all around us, and embracing

what is. Stepping into God's *menuha* is not just pausing work—it's saying we are not defined by what we *do*, but by who we *are* in God. It's a declaration of trust, and says, "God, You are enough".

And *menuha* is **restorative**. It allows us to reconnect with God, with ourselves, and with our community. In a restless world, practicing *menuha* helps us become people of peace—able to listen, love, and live with whatever is before us right now. It helps us to not go looking for ways to find joy, but to delight in what is – in the present.

Jesus said Sabbath rest was provided by God to be a blessing for us (Mark 2:27). So, this Bank Holiday weekend – get yourselves some *menuha*!

Rev Tim

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**Penrith**

**10.30am** ~ Morning Worship – Mr Michael Boone  
Readings: Psalm 67 & Acts 16:9-15

**Skelton**

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

**Stainton**

**10.30am** ~ Morning Worship – Rev Tim Cooke

**Cottage Wood Centre**

**5pm** ~ Early Evening Worship – Mrs Lois Morton

**Alston Moor**

**11am** ~ Morning Worship – Janet Robinson

**Kirkoswald**

**10am** ~ Morning Communion – Rev Mary Elliot

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

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

## Weekly Diary

### **Monday 26<sup>th</sup> May**

**9.30am** ~ Monday Walks – Meet outside PMC

**2pm** ~ Bible Fellowship – Skelton Methodist Church

### **Tuesday 27<sup>th</sup> May**

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

**10am** ~ Morning Communion – Rev Tim Cooke - Church/PMC

**11am** ~ 4F – Ullswater/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 28<sup>th</sup> May**

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

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

### **Friday 30<sup>th</sup> May**

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

### **Sunday 1<sup>st</sup> June**

|                          |                                          |
|--------------------------|------------------------------------------|
| <b>Penrith: 10.30am</b>  | Annual Church Meeting - Rev Tim Cooke    |
| <b>Skelton: 10.30am</b>  | Morning Communion – Rev David Milner     |
| <b>Stainton: 10.30am</b> | Morning Worship – Mrs Carolyn Dickinson  |
| <b>Cottage Wood: 5pm</b> | Early Evening Worship – Mr Michael Boone |
| <b>Alston Moor: 11am</b> | Local Arrangement                        |
| <b>Nenthead: 5pm</b>     | Pennine Praise                           |
| <b>Culgaith: 11am</b>    | Local Arrangement                        |
| <b>Langwathby: 11am</b>  | Morning Worship – Mrs Jan Blackshaw      |
| <b>Gamblesby: 2pm</b>    | Chapel Anniversary – Rev David Newlove   |



### **PMC Sunday Coffee Rota**

We currently have some gaps in our Sunday Coffee Rota – if you would like to be involved and volunteer your time to help, please sign up in the kitchen.

Any help is much appreciated!



## **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**

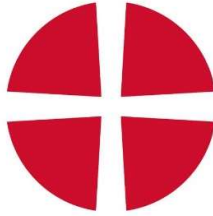
Donations can be made in the following ways **by 13<sup>th</sup> July**

- 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)





### **Cumbria Circuit Update**

Following our interim announcement last week about the vacant Methodist presbyter post to cover the East Fellside, we are now delighted to confirm that the Rev'd Rosalind Watson will be joining us in Sept as a part time Supernumerary minister living at Appleby Manse.

Ros, a former primary school teacher was called to ministry in 2014 and has worked in the Altrincham and Macclesfield Circuits. She has however always felt called to the Eden Valley following a three week placement at Langwathby during her training.

We are also about to advertise for a full time Local Lay-Pastor to cover the same area based at Langwathby Manse.

Both will be working as part of a wider team including Lay workers Dean Lawson and Morgan Tebb-Roger supported by presbyters Rev'd Stephen Radford and Rev'd Julia Reid. They will also work within our wider ecumenical teams across our Mission Communities.

Your prayers are asked for the above individuals and that a suitable Local Lay-Pastor can be found to complete the team.

Thank you

The Joint Circuit Invitation Committee

22 May 2025

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Congratulations

We would like to congratulate Val Bowen on her recent election as the Mayor and Chair of Penrith Town, making her the first woman to be elected for the position.

Well done!

(Picture taken from Penrith Town Council's Facebook Page)



Sad News

Elizabeth Speck sadly passed away on Saturday 17th May. Her funeral will be held on Friday 30th May at a private family internment at St Oswald's, Kirkoswald, followed by a celebration of her life at St Paul's Elim Church in Carlisle at 12.30pm.

Refreshments will be served after the service.



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## **LANGWATHBY MAY DAY**

Langwathby May Day on 17th May was favoured with beautiful weather and a large attendance of people of all age-groups. In the Marquee, Langwathby Methodist Church – for the first time – had a stall, with the theme 'We love Langwathby'. Children were encouraged to 'draw a smiley face' on a paper plate to be displayed on our board – which over 30 children did, encouraged by Hazel, Dean, Morgan and ourselves. We had a 'Prayer Tree' with leaves, on which people could write their prayer and then hang it on the tree. (This will now be at the Chapel designated as a 'Prayers for our Community' space for ongoing use). We distributed cards, printed with our theme, and some words of encouragement either from the Bible, John Wesley, Desmond Tutu, or Mother Teresa. There was information about our Meeting Point Coffee morning with an invitation to come along. Our display board explained some of what our church is and does and we were able to engage visitors in conversation, some very productive.

The experience was a great encouragement – some good pointers about 'church and community together' to help us move forward.

Joan & Ray Wager



## **GAMBLESBY PET SERVICE**

A glorious sunny morning made the annual Pet Service outside Gamblesby Methodist Church a lovely event. Many of the congregation brought pets which this year were mainly dogs, whilst the Children of Little Acorns brought pictures and drawing of other animals they couldn't bring - cats, guinea pigs etc.

The service was led by Jan Blackshaw who told the story of Balham and the donkey. The donkey saw the angel when Balham didn't which shows animals can be very perceptive when people fail. The other reading from Romans 12 reminded us of the importance of loving everyone in a genuine way. Jan emphasised the importance of animal companionship as our country faces a mental health crisis and their similarities to the character of God.

A number of worship songs and thoughtful prayers all added to a very enjoyable service. The congregation enjoyed fellowship over coffee after the service.

The next service at Gamblesby Methodist Church will be the Chapel Anniversary on Sunday 1 June 2025 at 2pm. The service will be led by Rev'd David Newlove the Cumbria Mission Area Lead and include a song by the recently formed Community Choir.

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Easy Eco Tip – May:

Support Pollinators.

Nothing says Spring like the buzz of a bee! But bees are declining because of habitat loss, climate change and agricultural intensification.

Tuesday 20 May is World Bee Day, so look around to see how you can improve habitats for bees and other pollinators - even small efforts make a difference.

Read more about bees, butterflies and habitats that support them such as wildflowers, in our Target 25 resources at www.arocha.org.uk/what-we-do/target-25 and pray for the rejuvenation of these crucial pollinators.



PMC Presents

4F

MAY
TUESDAY | **27** | 11AM-2PM
2025

A fun family event featuring:



Crafts
Games
Food



SUMMER DATES (BOOKING ESSENTIAL):

29th July 2025: 11am-2pm

5th August 2025: 11am-2pm

12th August 2025: 11am-2pm

19th August 2025: 11am-2pm

TO BOOK CONTACT:

admin@penrithmethodist.co.uk

Come along to combined



Worship & PMC's ACM 10:30am

'Sing a new song to the Lord'

Isaiah 42:10

Sunday

June 1st

ALSO, come and join us for
Josh and Willow's BAPTISM!

4.30pm at: Armboth Car Park
THIRLMERE
CA12 4TW
(Western side)

Coffee! Cake! And much rejoicing!



Our next **" All Together Fellowship "** is on **Monday June 2nd** at **2pm in Church**

All are Welcome

Our gathering will as always begin with a short act of worship and this will be followed by a talk and visual presentation which we have called **" Cornish Gems "**



We have captured many examples of the lovely coastal scenery both in pictures and video sequences.



The beautiful gardens also feature in the presentation.



We will visit, among others, Glendurgan, Trebah, Heligan and St Michael's Mount.



We will take you to a few of the quaint Cornish fishing villages. Another highlight will be a visit to the famous Minack Theatre to hear the Fisherman's Friends.



After the presentation, there will be, as usual, opportunities to meet others, have a good chat and enjoy drinks and homemade cakes.

PLEASE NOTE that we meet again on **MONDAY JULY 7th**

Our session on this occasion will take a lighthearted look back at
" THE GOOD OLD DAYS "

It will feature a humorous miscellany of readings and musical renditions. We trust that it will bring back memories and give rise to happy feelings of nostalgia.

Fellowship will continue in the Ullswater Room



... when a " proper " afternoon tea will be served.

John & Margaret

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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Christian Aid

Many thanks to all who supported the Coffee Morning, Cakes and Plant Stall, in any way.

Your presence and generous donations raised over £300 for the valuable work of Christian Aid.

Ukraine

In spite of hopes and promises, Ukraine still desperately needs our help. Some of the urgent and ongoing needs are:

- Soap
- Shampoo
- Toothpaste
- Toothbrushes
- Paracetamol
- Washing Powder
- Nappies for babies
- Sanitary Towels
- As always, CANDLES (Preferably plain wax ones, either new or partly used)

If you can give just one of these items you will be making someone's life a little bit easier.

Many thanks.





Collection for Carlisle Refuge

A van is coming to collect any items we may have on **Monday 9th June at 10am.**

The Refuge would be very grateful for the following items either new or clean and as new:

- Bedding
- Towels
- Men's Clothes
- Ladies Clothes
- Children and Babies Clothes
- Any items for Children and Babies, toys, equipment i.e. prams, cots, buggies
- Any items to help displaced families set up a new home, kitchen equipment, crockery, cups etc.
- Toiletries
- Colouring books for adults and children
- Coloured pencils and crayons.

All the above items will make a huge difference to families and individuals that find themselves in the unenviable position of being homeless for any reason. Please place items in sealed plastic bin liners, carefully labelled as to what is in the bag.

Please tell your friends and family about this event and anyone you know who has helped in the past. Thank you so much your help, no matter how little it will make a huge difference.



Children Worldwide

Invite you to a
Re:Fuel Breakfast
on



Saturday June 7th

9.30am - 11.30 am

Salvation Army, Hunter Street, Penrith

Come and join with others who work to reach
young families with the love of God in a language
they understand.

As it is the month of
prayer for Toddler
Groups organised by
Make them Count we
will spend time praying
for our work with Under
fives and share ideas for
storytelling .



There will be no charge but if you could indicate you are
coming by emailing cncw23@gmail.com it would be very
helpful in preparing breakfast.

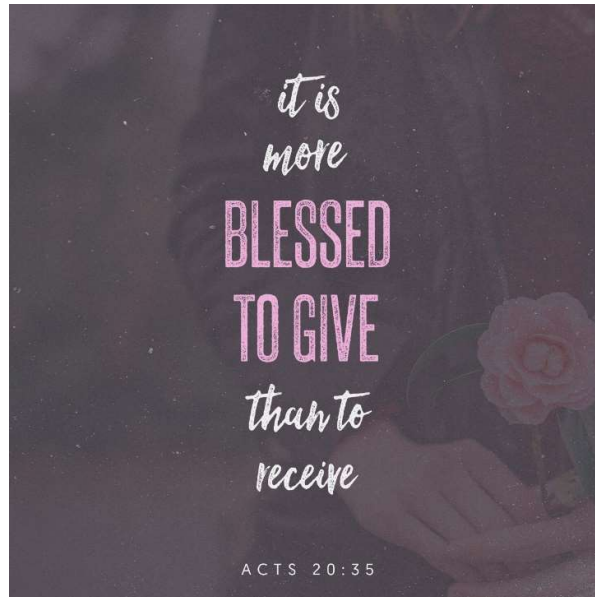
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## **Gamblesby Tea on the Green**

Before the EEMC Easter Offering  
Service at Gamblesby at 6.30pm on  
Sunday 29<sup>th</sup> June, people are invited to  
bring a picnic and share fellowship on  
the village green from 5pm. Hot and  
cold drinks will be provided.



## 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:** 07597 639314 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:** 07897 736024

or email: [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 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](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!**

