



East Cumbria **Methodist** Circuit



## Weekly Bulletin Sunday 29<sup>th</sup> June Comings and Goings

The phrases 'Comings and Goings' and 'Goings and Comings' are interchangeable. They are experienced in all parts of individual and corporate lives.

In our personal lives we go out from home for shopping, visits, church etc and then return home. If we are fortunate we go on holidays, enjoy new experiences but then must return to the 'everyday'.



In political life Politicians and other Officials are elected to office. They serve for a period of time and then 'stand down' either not being re-elected or by resignation.

In church life there are beginnings – as a child in Sunday School or Junior Church– as a new Christian looking for somewhere to meet with others for fellowship and mutual support – perhaps as an adult thinking to explore what the Christian faith is all about. Then there are leavings – through removal by distance or to find a new spiritual home. Sadly of those who pass to a higher life.



This is our position now. Thirteen and eight years ago we had the arrivals of Rev Dave and Rev Tim respectively. Now it is all change, as they retire. Tim to go to distant Arran and Dave to be nearer home. Between their coming and going there have been many different experiences. We are thankful for all that has been shared in different churches, on pastoral occasions,

fellowships, social activities and personal conversations. At this time of change we are thankful to God for each of them and pray his Blessing on each family in this new chapter of life.

As we look forward to welcoming new people into a wider Cumbria Circuit we look to God for the future. He is always faithful. He has led us in the past and will continue to do so in the days ahead. 'Jesus Christ is the same Yesterday, Today and Forever.' Hebrews 13: 8

*Lois Morton*

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**If you fancy keeping in touch with Tim and Trace, their address will now be:**

**Gorse Cottage  
Lamlash  
Isle of Arran  
North Ayrshire  
KA27 8JU**

**[tim.cooke777@gmail.com](mailto:tim.cooke777@gmail.com), or  
[tracecooke1@gmail.com](mailto:tracecooke1@gmail.com)**



### **Penrith**

**10.30am** ~ Leaving Service for Rev. Tim Cooke

Readings: Ephesians 4:1-6,31-32; 5:1-2, Ephesians 2:14-21 & John 15:4,9,12 (NLT)

### **Gamblesby**

**6.30pm** ~ EEMC Easter Offering Service

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

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

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### **Leaving Presents for Dave**

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

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 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



# Weekly Diary

## **Monday 30<sup>th</sup> June**

**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 use the Meeting ID below,*

*Meeting ID: 955 474 1253*

*Password: 2YaB4F*

## **Tuesday 1<sup>st</sup> July**

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

**10am** ~ Morning Worship – Rev Morris Rodham - 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 2<sup>nd</sup> July**

**10am** ~ 3C's – Cottage Wood Centre

**10am** ~ Coffee Morning – Skelton Methodist Church

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

**7pm – 8pm** ~ Cottage Wood Monthly Prayer Time - *We are continuing to pray at home, and all are welcome to take part for any or all of the hour.*

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

## **Thursday 3<sup>rd</sup> July**

**10am** ~ Oasis – Langwathby Methodist Chapel

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

## **Friday 4<sup>th</sup> July**

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

## **Sunday 6<sup>th</sup> July**

**Penrith: 10.30am**

Healing Service – Rev Gillian Belford

**Skelton: 10.30am**

Morning Worship – Mrs Lois Morton

**Stainton: 10.30am**

Morning Worship – Miss Kathleen Williamson

**Cottage Wood: 5pm**

Early Evening Worship – Rev David Milner

**Alston Moor: 11am**

Morning Worship – Rev David Milner

**Nenthead: 5pm**

Pennine Praise

**Culgaith: 11am**

Local Arrangement

**Langwathby: 11am**

Morning Worship – Mr Dean Lawson



## Thank You!

PMC would like to express our thanks to Margaret Leighton for carrying out the monthly checks on all the first aid boxes around the church. Margaret has spent many hours making sure that everything is in date and replacing items where needed. It has been greatly appreciated over the years!

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Margaret has decided that it is now time for her to step back from this role, and we are looking for a volunteer to take over!

It's an easy role to fill!

- come into PMC once a month, check all the items in the first aid boxes (there's a simple checklist in each one!)
- refill any items from the stock cupboard in the office
- make a note of anything that needs ordered & pass this to Sarah or Niamh for the stationery order
- sign the first aid file to mark the check complete

If you could spare 30 minutes to 1hr a month and think you'd be able to help out, please get in touch with the office.

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**The Cumbria Circuit are looking for Volunteers**

**Archivist**  
**Circuit Stewards**  
**Lay Employment Secretary & group members**

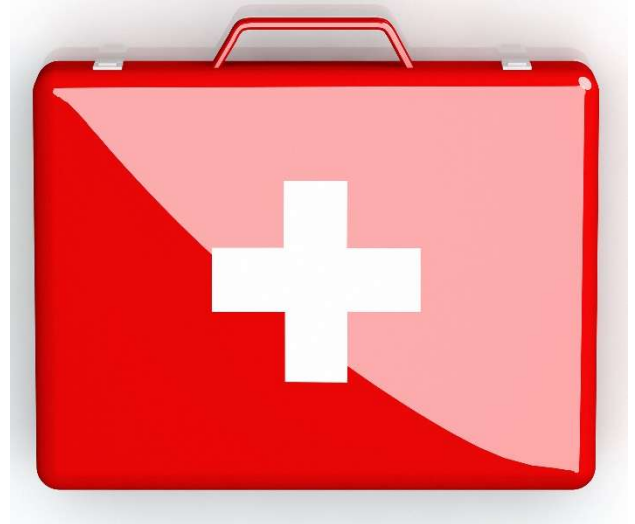
**MDR**  
**Prayer Secretary**  
**Circuit Meeting Secretary**

**Manse Secretary**  
**EDI Officer**  
**Circuit Treasurer**  
**LP & WL Secretary & Tutors**

**And many other roles**

Please either fill out an Expression of Interest form or contact  
Rev David Newlove by email [revdavidnewlove@gmail.com](mailto:revdavidnewlove@gmail.com)  
or via

Penrith Methodist Church, Wordsworth Street, Penrith CA11 7QY



# TIM & TRACE'S FAREWELL SERVICE AND LUNCH

SUNDAY 29<sup>TH</sup> JUNE  
SERVICE 10.30AM  
LUNCH TO FOLLOW

SADLY WE WILL BE SAYING GOODBYE TO TIM & TRACEY AT  
THE END OF JUNE.

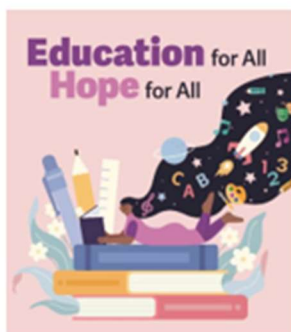
WE WILL BE HOLDING AN INFORMAL LUNCH FOLLOWING  
THE FAREWELL SERVICE.

TO HELP WITH NUMBERS, PLEASE COULD YOU ADD YOUR  
NAMES AND DIETARY REQUIREMENTS TO THE LIST IN THE  
GLASSHOUSE AT PMC (OR EMAIL THE CHURCH OFFICE).

IN ADDITION, WE WOULD WELCOME ANY CONTRIBUTIONS  
OF CAKES/TRAYBAKES (NO FRESH CREAM).  
PLEASE INCLUDE A LIST OF INGREDIENTS FOR THOSE WHO  
HAVE ALLERGIES/INTOLERANCES



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**EAST OF EDEN MISSION COMMUNITY SERVICE**  
**on Sunday 29<sup>th</sup> June at 6.30pm**  
**Gamblesby Chapel**

Come and share in our special service when Easter Offering Gifts for World Mission will be dedicated. The theme this year is Education for All – Hope for All. It will be led by the East of Eden Methodist Women in Britain group and readers from the wider Mission Community

***Join us on the green by the church from 5pm - bring a picnic! Drinks will be provided.***



## OASIS

*An invitation to our monthly Oasis of refreshment and reflection*

*This month's theme – "What three words"*

Next Thursday, 3 July, at Langwathby Chapel. Coffee served from 10.30. An informal service follows and a light lunch

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The next meeting of our "All Together Fellowship", to which everyone is welcome, is on

**MONDAY, JULY 7th, at 2pm in the Church.**

We will begin as usual with a short act of worship.



This will be followed by a light hearted look back at  
**"THE GOOD OLD DAYS"**



It will feature a humorous miscellany of readings, musical interludes  
photographs and movies from times past.

Fellowship will continue  
in the Ullswater Room



when a "proper" afternoon  
tea will be served.

Please note that there is **no meeting in August.**

Our next **"All Together Fellowship"** is on **Monday, September 1<sup>st</sup>.**

Maurice Rodham will give a talk and visual presentation entitled :-  
**"Mountain Adventures"**

Full details of all our gatherings are in the July to December programme.

John & Margaret





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## Rev. Dave's leaving service

As you are all aware, Rev. Dave's leaving service is on Saturday 26<sup>th</sup> July, 5pm at Penrith Methodist Church.

Refreshments are to be served after the service and we would like some help with this for all of the churches in the Circuit.

If you are able to bake a traybake or a cake, please get in touch with Sheila Mallinson - [sheila.mallinson@gmail.com](mailto:sheila.mallinson@gmail.com) or 01768 885362





CUMBRIA METHODIST WOMEN IN BRITAIN



## Afternoon Tea

### *Cottage Wood Centre*

**THURSDAY 7<sup>th</sup> AUGUST 2025**

**2pm - 4.30pm**

**Rev Barbara Fairburn from Arnside**

***‘Things look different from here’***

**Stories of Life in Sweden**

**Cost £10**

***Numbers limited so book early***

To book contact Kathleen Williamson 01768 862641

kathleenwilliamson135@btinternet.com

**by 25<sup>th</sup> July including any dietary requirements**

Cottage Wood Centre is on the back road from Penrith to Calthwaite  
Postcode – CA11 9PL

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#### **Diary Date**

November 10-12<sup>th</sup> 2025 - "Together at Thornleigh",

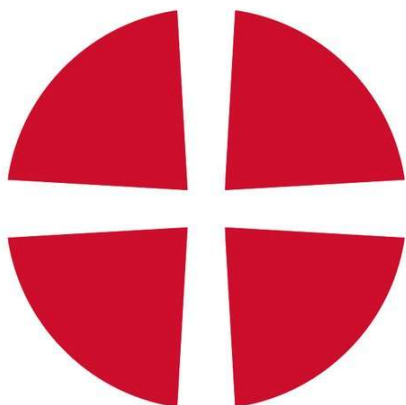
*"One fine day" with Hilary Evans – Past President of MWiB*

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### **Prayer Handbook 2025/26**

'Our Story Our Song', the new Prayer Handbook, will be available to order until 27th July on the list in Reception. The handbook is a resource shared by Methodists throughout the world. It contains prayers for every day of the year, each day linking with different Christians at home and abroad. A large print edition is available if required.

The price is £4.15 per copy for a bulk order.





# Eden CAP Debt Centre

## New Befriender Training

Monday 18th August 2025, 10am-12noon  
at Church in the Barn, Penrith

The Eden CAP Debt Centre delivers **free, face to face debt help** to households across the Eden Valley. Volunteers can get involved supporting our experienced coaches and befriending clients.

To book your place or get more information please contact:

Email: [jendixon@capuk.org](mailto:jendixon@capuk.org) or call/text 07799271710

**always hope.**

CAP Services are managed by Penrith Methodist Church in association with churches across Eden



### Operation Christmas Child

Thank you for all the WOOL and empty shoeboxes left recently. There is a full wool box for all who knit for our shoeboxes later in the year! Our communal packing and coffee morning is on Saturday 11th October.

Hope you can join us.

Judith Joyce.

### We Don't Want Your Old Books, Thank You!

Regular users of our church library will have noticed that a few weeks ago, a group of concerned members had a Saturday morning sort out.

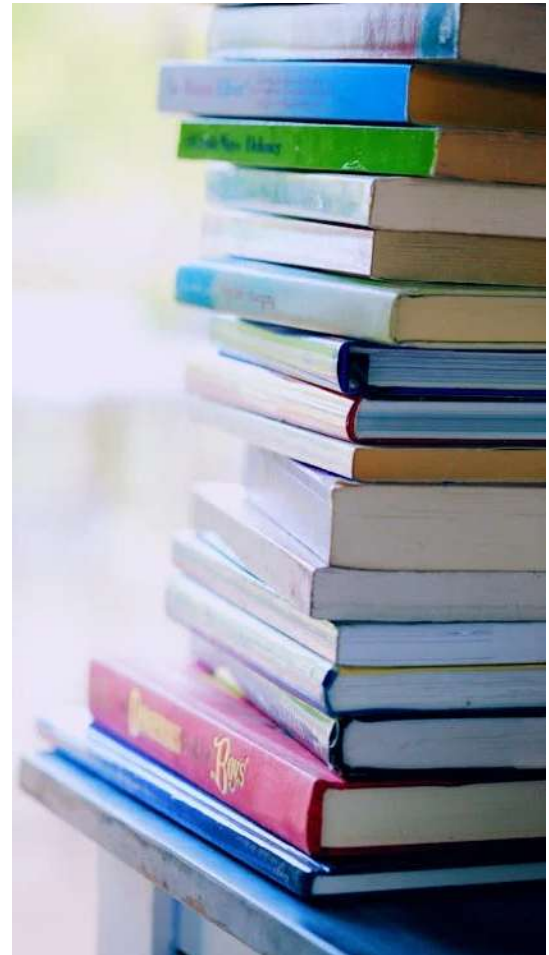
All the tatty books with yellow pages, spines falling off and worse were taken to be recycled.

Items that still had some use in them, but perhaps not for PMC were divided between the Oxfam Book & Media shop in Kendal and the Book Aid shop in Barnard Castle

What is left is a much smaller collection of items which we hope will be an attractive and useful collection for PMC members and friends.

There is no need to sign items out, and with a smaller collection, we felt that a catalogue was not really necessary, and there was no-one to do that on-going work anyway.

So, please **do not** dump your old books etc in the church library, but please **do** leave any recently published (within last 10 years!) books of interest which other people might enjoy or find useful - for example, more novels with a Christian theme.



## **Keyboard for Sale**

Elizabeth Pearson is looking to sell a Yamaha Tyros 4 Keyboard that belonged to her husband Harold. It is in great condition.

You are welcome to visit to see / play and discuss price.

Elizabeth can be contacted on 01768 867715



## **Easy Eco Tip – June:**

### **Join in with a nature and climate initiative.**

One of A Rocha UK's firm beliefs is that we are more likely to nurture and defend God's creation if we spend time enjoying it. Joining in with wider initiatives also reminds us of the power and encouragement of being part of communities and taking action together. Churches Count on Nature, 30 Days Wild, and The Great Big Green Week all take place across June. Join an awareness-raising event or nature count as an individual, with your household or church. Find out more at [caringforgodsacre.org.uk/churches-count-on-nature-faqs](http://caringforgodsacre.org.uk/churches-count-on-nature-faqs), [wildlifetrusts.org/30-dayswild](http://wildlifetrusts.org/30-dayswild) and [greatbiggreenweek.com](http://greatbiggreenweek.com).



## **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.





## 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!**

