



East Cumbria **Methodist** Circuit



Weekly Bulletin Sunday 6th July

Praise in the Midst of the Storm

Where do you like to praise and worship God?

In church on a Sunday morning? Out in the mountains and lakes that we have right on our doorstep?

Truth is, it's easy to worship God in those places. It's easy to trust in God when the worship band is playing our favourite song, or our favourite hymn rings out on the organ. It's easy to feel the peace of God and have the right intentions when we're stood at the top of a mountain overlooking some incredible views.



The reality is that Churches are often designed to provoke an emotional reaction, to be safe environments where you feel at home. When we're out walking in nature and the serotonin is flowing through our system, it's easy to feel peaceful. These are not bad facts, and they do not negate what God is doing through you at those times. We should all seek those places out more in our busy and hectic lives.

My question is - how do you carry the peace that you feel in those places back into your stressful life? How do we continue to praise God in the places where it is hardest?



In Mark 4 we see Jesus and his disciples caught in a storm. The disciples are scared. They thought they were going to drown. Fearing for their lives, they wake Jesus, but Jesus simply gets up and tells the storm to be quiet. He asks the disciples "Why are you afraid? Do you still have no faith?"

If we are to feel true peace, if we are to be able to trust God in all aspects of our life, we must focus on God in all aspects of our life.

When the kids are screaming and making a mess, that's when we must lift our hands and say, 'I praise you God and I thank you for bringing me to this point'; or when we get stressed about our job, that's when we lift our voice and say, 'not my will God but yours!'.

Let's remember to praise God when we feel it is hardest, and through that we will encounter peace in the times that feel most chaotic.

Morgan Tebb-Roger (July 2023)

~~~~~



**Penrith**

**10.30am** ~ Healing Service – Rev Gillian Belford  
Reading: 2 Kings 5:1-19a

**Skelton**

**10.30am** ~ Morning Worship – Mrs Lois Morton

**Stainton**

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

**Cottage Wood Centre**

**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

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

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

This Sunday at 5pm at Langwathby Chapel –

♪ Taize A short reflective service of readings, prayers and Taize music

# Weekly Diary

## **Monday 7<sup>th</sup> July**

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

**2pm** ~ All Together Fellowship & Afternoon Tea – PMC

**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 8<sup>th</sup> July**

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

**10am** ~ Brunswick Leavers Service - Church/PMC

**10am** ~ Morning Worship – Miss Kathleen Williamson ~ Stainton Methodist Church

**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 9<sup>th</sup> July**

3C's Lunch Out – Cottage Wood Centre

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

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

## **Thursday 10<sup>th</sup> July**

**1.30pm** ~ Take Tea Out – Cottage Wood Centre (*Contact Sheila Mallinson to book*)

**3pm** ~ Afternoon Worship – Mrs Lois Morton - Woodlands

## **Friday 11<sup>th</sup> July**

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

## **Saturday 12<sup>th</sup> July**

**3pm** ~ Wedding Ceremony – Church/PMC

## **Sunday 13<sup>th</sup> July**

|                            |                                         |
|----------------------------|-----------------------------------------|
| <b>Penrith: 10.30am</b>    | Morning Worship – Rev Andrew Callaway   |
| <b>Patterdale: 10.30am</b> | Morning Worship – Mrs Carolyn Dickinson |
| <b>Skelton: 10.30am</b>    | Chapel Anniversary – Rev David Milner   |
| <b>Stainton: 10.30am</b>   | Morning Worship – Mr Michael Boone      |
| <b>Cottage Wood: 5pm</b>   | Early Evening Worship – Ian Newton      |
| <b>Alston Moor: 11am</b>   | Morning Worship – Mr David Pepin        |
| <b>Kirkoswald: 10am</b>    | Morning Worship – Mr Dean Lawson        |
| <b>Gamblesby: 10am</b>     | Little Acorns                           |
| <b>2pm</b>                 | Afternoon Communion – Rev David Milner  |
| <b>Renwick: 5pm</b>        | Local Arrangement                       |

## To all of Circuit and PMC



'We want to say a massive thank-you for giving us such an amazing send-off last Sunday. The service was awesome (other people's bits – not Tim's!), and the lunch afterwards was simply fabulous to have so many people enjoying each other's company. The day will forever be a treasured memory!

Thank you too for the amazing gifts and money you gave us – it truly was unbelievably generous! The waistcoat and tea-cosy were fab, as was the cheese-board with the wonderful sea-scape, and the flowers. We will let you know how the money will be spent!

You are such an amazing family, and we will miss you all terribly. The last 10 years really has been an amazing journey.

As I said last week – continue to be love to one another, and know God's love surrounding you, and God's presence always with you. Be blessed and continue to be a blessing.

Tim and Trace X'

### **EASTER OFFERING SERVICE**

#### **East of Eden Mission Community**

A glorious summer's day on Sunday June 29th was perfect for the Easter Offering Dedication service – this year held at Gamblesby. A picnic tea was enjoyed before the service, - an excellent time of fellowship together. A good congregation gathered in the chapel for a service led by the women of our East of Eden Methodist Women in Britain. Helen Hodgson's Powerpoint pictures - sensitively chosen to enhance the message of hymns and readings – were greatly appreciated. The theme of 'Education for all – Hope for all' was developed through stories, a reflection by Hazel Bowes, and prayers. The singing of the hymns, accompanied by Helen Armstrong, was enthusiastic. The final hymn – 'Teach me to dance to the sound of your music' was a fitting end - and an encouragement for everyone to go into the coming week re-invigorated for the journey of faith.

The offering amounted to £565.40 for Methodist World Mission.

*Photos: (1) Some attenders picnic in the sun (2) Our MWiB group and readers.*





# The Methodist Church

**Cumbria Methodist Circuit is looking for**

## **UPPER EDEN LOCAL LAY-PASTOR**

### **Are you passionate about ministry?**

Working as part of a team lead by an ordained minister, you will be ministering primarily with 8 churches along the Fellside of the Pennines in the beautiful Eden Valley in East Cumbria, a deeply rural setting between the Yorkshire Dales and Lake District, There is a town church at Appleby and Alston and six village congregations. The work will also support the Ecumenical East of Eden Mission Community potentially as Joint Leader.

**Salary:** £23,500 year (plus Accomodation – Langwathby Manse)

**Start date:** 1<sup>st</sup> September 2025

**Work base:** Manse – Langwathby

**Duration of contract:** Fixed Term 2 year contract.

An occupational requirement exists for the post holder to be a practising Christian in accordance with the Equality Act 2010.

Closing date for applications: - 18th July 2025  
Interviews:- 24th July 2025

The successful applicant will require a satisfactory Enhanced DBS disclosure and successful completion of safer recruitment checks.

**For further details please contact:**

Rev Stephen Radford [stephen.radford@methodist.org.uk](mailto:stephen.radford@methodist.org.uk) / 017683 71202  
Or John Slee [john.slee1957@gmail.com](mailto:john.slee1957@gmail.com)

**For an application form please visit: [www.ksaandtcircuit.org.uk](http://www.ksaandtcircuit.org.uk)**



## **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

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



### **PMC Coffee Rota**

We have a lot of gaps in our PMC Sunday Tea and Coffee Rota in the near future. If you would be interested in helping out, please sign up on the rota in the kitchen – any help is much appreciated!



## **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!

~~~~~

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.

~~~~~



**The Cumbria Circuit are looking for Volunteers**

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

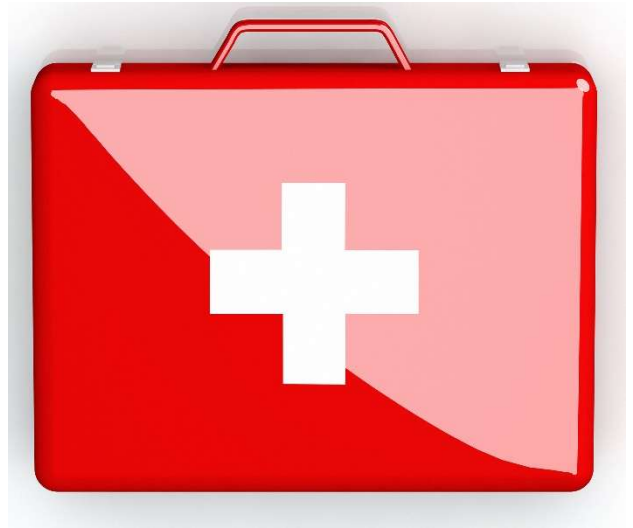
**MDR**  
**Prayer Secretary**  
**Circuit Meeting Secretary**

**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





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

# SUPPER CLUB

Although we maintain a good number in Supper Club, we would certainly feel encouraged if new people showed an interest. It is a great way to meet more folk in the church family. In the months from March to June, there have been many opportunities for those taking part to meet together in homes and other places where fun, friendship and food have been appreciated and enjoyed.

Interestingly, some who are now part of our group, joined, having been to one of our social events which we organise during the year.

With this in mind, please be assured that everyone is welcome at the summer get together in Morland **on Saturday the 12<sup>th</sup> of July.**

## ARRANGEMENTS :-

**WHAT :-** Meet for a short walk and/or afternoon tea

**WHERE :-** John and Margaret's home in Morland

1 Crown Inn Fields    Postcode :- CA10 3EB

The postcode in the satnav will bring you to Crown Inn Fields. We are the first house on the left as you enter the cul de sac. It is not easy to park in the close. You can park on the side of the Great Strickland road which you have come along.

If you would like to come on the walk, please be at our house at 2pm.

After the walk we will return home for drinks and cakes.

If you prefer not to walk, you are very welcome to come to our house any time from about 2.15pm and enjoy a social get-together with refreshments mid-afternoon.

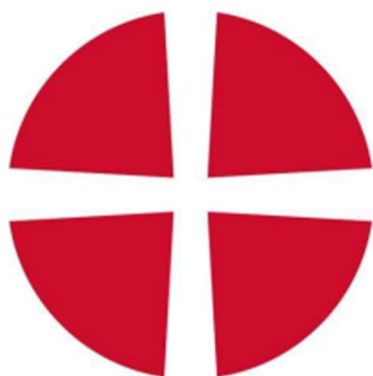
Should you be planning to join us, it would be good if you let us know.

This will be helpful in judging how much food will be required ... THANK YOU.

John & Margaret.

Tel : 01931 714110    email : [johnngore214@btinternet.com](mailto:johnngore214@btinternet.com)

~~~~~



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.



Rev. Dave's leaving service

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

Refreshments are to be served after the service and we would like some help with this from 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 or 01768 885362



CUMBRIA METHODIST WOMEN IN BRITAIN



Afternoon Tea

Cottage Wood Centre

THURSDAY 7th 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 25th July including any dietary requirements

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

Diary Date

November 10-12th 2025 - "Together at Thornleigh",
"One fine day" with Hilary Evans – Past President of MWiB

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.





CUMBRIA OPERA GROUP PRESENTS:

THE MARRIAGE OF FIGARO

21ST-23RD AUGUST 2025, 19:30

PENRITH METHODIST CHURCH

DIRECTOR: PERSIA BABAYAN-TAYLOR
MUSICAL DIRECTOR: MELVIN TAY

MOZART'S CLASSIC COMIC OPERA
IN NEW ENGLISH TRANSLATION

TICKETS £25 | £10 YOUNG PERSONS

www.cumbriaoperagroup.com

TICKETS ONLINE OR FROM PENRITH TIC





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 or call/text 07799271710

always hope.

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

Easy Eco Tip – July:

Plastic Free July.



This is a great opportunity to review where you might be able to reduce single-use plastics in your life. Being part of Plastic Free July will help you find great alternatives that can become new habits forever. Paying attention to what we consume and its effect on God's earth, can lead us not into guilt, but into action and prayerful determination to see change where it's possible. Read more about the effects of plastic at arocha.org.uk/plastic-summer.

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

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!

