



East Cumbria **Methodist** Circuit



Weekly Bulletin

Sunday 13th July

Lead me to the Rock

Many of David's psalms (of which there are seventy-five) are full of praise and rejoicing but others contain darker themes as a result of his complicated life from an overlooked boy to an anointed warrior king with more than his fair share of character flaws.

As a poet and musician he was not shy in airing his fears, desperations, confusion, anger... to name but a few.

But his willingness to wear his heart on his sleeve: his tears, his confessions, his pleas have been a source of much comfort to so many across the ages, a rich well of words and prayers from which to draw when facing our own trying circumstances.



Probably being pursued, in Psalm 61 David voices his need for cover and safety, possibly in a place he was unfamiliar with: 'From the ends of the earth I call to you, I call as my heart grows faint'. Then a profound request: 'Lead me to the rock which is higher than I'. Although he has a need to physically hide, he also wants to, once again, know God as a personal protector because he goes on to recall God's goodness in the past, 'For you have been my refuge, a strong tower against the foe'. This is mirrored elsewhere in his psalms, E.g. 'my rock, in whom I take refuge' (Ps 18:2).

The Apostle Paul in recalling Israel's history says this: 'For I do not want you to be unaware, brothers, that our fathers were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual Rock that followed them, and the Rock was Christ.' (1 Cor 10:1-3)

Are you discouraged or overwhelmed? Are you in need of spiritual refuge? Remember God's goodness to you in the past and be led to your rock, Jesus, who is higher than all, who was anointed to bring good news to the poor and comfort to the broken-hearted. He alone is our rock and salvation. (Ps 62:2)

~~~~~  
Shane McNicol



**Penrith**

**10.30am** ~ Morning Worship – Rev Andrew Callaway  
Reading: Luke 10:1-11 & 16-20

**Patterdale**

**10.30am** ~ Morning Worship – Mrs Carolyn Dickinson

**Skelton**

**10.30am** ~ Chapel Anniversary – Rev David Milner

**Stainton**

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

**Cottage Wood Centre**

**5pm** ~ Early Evening Worship – Ian Newton

**Alston Moor**

**11am** ~ Morning Worship – Mr David Pepin

**Kirkoswald**

**10am** ~ Morning Worship – Mr Dean Lawson

**Gamblesby**

**10am** ~ Little Acorns

**2.30pm** ~ Afternoon Communion – Rev David Milner

**Renwick**

**5pm** ~ Local Arrangement

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

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



**Gamblesby Service Change**

Please note that Afternoon Communion at Gamblesby this Sunday has been moved from 2pm to 2.30pm.

## Weekly Diary

### **Monday 14<sup>th</sup> July**

**9.30am** ~ Monday Walks – Meet outside 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 15<sup>th</sup> July**

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

**10am** ~ Morning Communion – Rev David Milner – Church/PMC

**1.30pm** ~ Prayer Meeting – Church/PMC

**5.15pm** ~ Junior Youth Club – Trip Out

**7pm** ~ Blencow HG – The Hollies, Blencow (*We meet twice monthly at 7pm on a Tuesday. Contact Steve on 07711 088448 for further details.*)

### **Wednesday 16<sup>th</sup> July**

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

**2pm** ~ Langwathby Community Fellowship – Langwathby Methodist Chapel

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

### **Thursday 17<sup>th</sup> July**

**10.15am** ~ Meeting Point – Langwathby Methodist Chapel

**2pm** ~ Parklands HG – Cottage Wood Centre

### **Friday 18<sup>th</sup> July**

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

### **Sunday 20<sup>th</sup> July**

**Penrith: 10.30am** Traditional Worship & Communion – Rev David Milner

**Skelton: 10.30am** Morning Worship – Miss Kathleen Williamson

**Stainton: 10.30am** Morning Worship – Mrs Lois Morton

**Cottage Wood: 5pm** Early Evening Communion - Rev David Milner

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

**Langwathby: 11am** Morning Worship – Mr Lawrence Tomlinson

### **Alston Service Change**



Please note that the Alston Services on the 20<sup>th</sup> of July (Worship with Alex Dunstan) and the 3<sup>rd</sup> of August (Communion with Rev Mary Elliot) have been switched.



# 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 Fellsides 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 Accommodation – 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)





# The Methodist Church

## **Cumbria Methodist Circuit is looking for a Property Co-Ordinator**

We are looking for a Circuit Property Co-ordinator to take a lead role in managing, maintaining and supporting the effective stewardship of property across the Circuit.

The post holder will be the key contact for all Circuit Property matters, whilst also helping churches ensure their buildings are safe, compliant and well maintained. A small Circuit Property Group will be available to support you and provide additional local knowledge where necessary.

Our properties play a key part in our outreach and have an important role in our work with local communities which we hope to continue and expand where necessary.

**Salary:** £25,000-£27,000

**Start date:** September 2025

**Work base:** Home based in the Cumbria Circuit.

**Duration of contract:** Permanent

Due to the nature of the role, it is a genuine occupational requirement that the post-holder has a sympathy with the Christian faith, and is able to engage respectfully and meaningfully with its values in the course of their work.

**Closing date for applications:-** 30<sup>th</sup> July 2025

**Interviews:-** Monday 11<sup>th</sup> August at Penrith Methodist Church

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

**For further details and application form contact: Sarah Mulheron-Summers  
[admin@penrithmethodist.co.uk](mailto:admin@penrithmethodist.co.uk) / 01768 862787**



## **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. If you would be interested in helping out, please sign up on the rota in the kitchen – any help is much appreciated!



## 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.

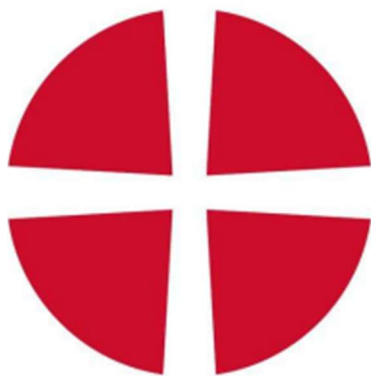
Tel : 01931 714110    email : [johnngore214@btinternet.com](mailto:johnngore214@btinternet.com)

~~~~~

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



Call Out for Cardboard!

We are looking for clean cardboard and plastic recycling for Holiday Club – specifically cardboard tubes from kitchen rolls.

Please place any donations inside the blue labelled box in the glasshouse at PMC.



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. 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

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!

