



East Cumbria **Methodist** Circuit



Weekly Bulletin Sunday 3rd August Insurance



During our lives we will all insure one or more of the following things: Cars, Properties, Household Contents, Travel, Health, Lives.

I have recently had cause to make two different claims on Insurance Policies. Firstly I lost my engagement ring and the Insurance Company is currently arranging to make me a new one, approximately the same as the lost one.

Secondly the car has suffered damage and is currently being repaired whilst we have been given a courtesy car. How glad we are that these insurances have been in place.

Some people may be tempted to think that the way life is lived is an insurance policy. If we live a good life, if we try our best, then we will go to heaven. Some expect that if they have faith in God then that will prevent them from suffering difficult times. The reality is that this is not the case. We do not go to heaven because of what we do but only through God's love and grace and his forgiveness. Christians will experience life's difficulties just like everyone else but have the knowledge of God's helping presence through the Holy Spirit.

So is Christianity an Insurance Policy? Not if we expect our faith to keep us from problems. Just as having policies don't prevent accidents, losses etc but are there to ease the burden, make right what was wrong, so our faith offers us the 'cushion' of God's Love.

My Father in Law worked for the Refuge Assurance Company (other companies are available!). Their policies did not just offer Insurance but the Assurance that they would be there for whatever their clients needed. We have that same assurance. When we sing 'Blessed Assurance, Jesus is mine' we affirm all that God is, all he has done and all that he will do in the future.



Insurance ensures that we have all the Assurance that we need, yet God's promises outweigh even all of this.

Lois Morton

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**Penrith**

**10.30am** ~ Morning Worship – Mrs Carolyn Dickinson  
Readings: Luke 12:13-15 & Colossians 3:1-11

**Skelton**

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

**Stainton**

**10.30am** ~ Morning Worship – Mrs Jan Blackshaw

**Cottage Wood Centre**

**5pm** ~ Early Evening Worship – Miss Kathleen Williamson

**Alston Moor**

**11am** ~ Morning Worship – Alex Dunstan

**Nenthead**

**5pm** ~ Pennine Praise

**Culgaith**

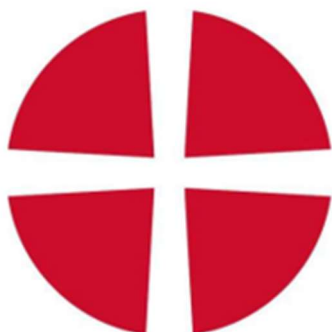
**11am** ~ Local Arrangement

**Langwathby**

**11am** ~ Morning Worship – Joan and Ray Wager

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

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



**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.



### **Monday 4<sup>th</sup> August**

**9.25am** ~ 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 5<sup>th</sup> August**

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

**10am** ~ Morning Communion – Rev Gillian Belford – Church/PMC *(Reading: John 21: 15- 22 NIV)*

**11am** ~ 4F – Ullswater/PMC

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

### **Wednesday 6<sup>th</sup> August**

**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 7<sup>th</sup> August**

**10.30am** ~ Oasis – Langwathby Methodist Chapel

### **Sunday 10<sup>th</sup> August**

**Penrith: 10.30am** Café Style Worship – Shane McNicol & Rachel Smith

**Patterdale: 10.30am** Morning Worship – Ian Newton

**Skelton: 10.30am** Morning Worship – Rev Andrew Callaway

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

**Cottage Wood: 5pm** Members Service

**Alston Moor: 11am** Morning Worship – Mr David Pepin

**Kirkoswald: 10am** Morning Worship – Mr Michael Boone

**Gamblesby: 2pm** Afternoon Worship – Rev Mary Elliot

**Renwick: 5pm** Early Evening Worship – Julie Barrett

This Sunday at 5pm at Langwathby Chapel –

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

Dear Wonderful People,

A massive THANK YOU to everyone who came to our (in Methodist terminology) "sitting down" party last Saturday. We were so moved by the number of people who came to wish us well. So, thank you to everyone who took part or contributed in any way to the evening. There are too many to mention by name.

Thank you, too, to all those people in each Church who have supported and helped us over the past 13 years. And, thank you especially for the very, very generous gift we were presented with. We will think long and hard about how to put it to good use.

We are sorry that we could not get round to speak to everyone on Saturday night. There were people who we had not seen for many years, and who had come from all over the country – Ashford, Glasgow, Shrewsbury...

I am sure that the wonderful love, kindness and support that we have received, you will now extend to Ros and Julia as they prepare to start their ministry amongst us.

We haven't gone far! So, we are sure that we will bump into some of you again in a local coffee shop somewhere. We're looking forward now to taking it easy and enjoying restful days ahead.

May God richly bless each of you,

Dave & Christine



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EMERGENCY MINISTERIAL COVER IN AUGUST

Dave Milner has offered to provide emergency cover in August, so if you need a minister in an emergency then please phone him on 07597639314

If you are unable to get hold of Dave then please phone Kathleen Williamson on 01768 862641 and she will find a minister for you.

NOTE: This is for emergencies only





LEJOG - AMOR

Raising funds for
Patterdale Mountain Rescue Team – Welfare and Social Fund

JustGiving QR Code:



A dventurous
M ountainous
O ff
R oad



Patterdale Mountain Rescue Association Ltd
Account Number 50218081
Sort Code 20-66-97
Quote Ref: LEJOG-AMOR



Those who know me know that I love the mountains, and that I am a member of Patterdale Mountain Rescue Team. Sadly, a knee injury has forced me into early retirement from the Team, but I can still cycle! So my parting gift to the Team is to raise funds for their welfare and social fund, by attempting to cycle from Land's End to John O'Groats, but by a unique, off-road, and very mountainous route!

I have designed this route myself, to go over and/or through almost all of the major mountain areas of the UK mainland, as much as possible on tracks and off-road. As I **love** the mountains, I've called it **LEJOG..... AMOR**:



A dventurous
M ountainous
O ff
R oad



It will be about **1,600 miles** with **170,000 feet** of climbing.

Please support the Team by donating. Details at the top of this flyer. I'll put updates and other links in the Just Giving page.



THANK YOU!!!
Morris



The link to the JustGiving page is as follows:

<https://www.justgiving.com/page/morris-lejog-amor-pmrt>

Any donations are much appreciated!



FUN TUESDAY

Time: 10.30-12.30pm

on Gamblesby Village Green

during the school summer holidays

**Come along and enjoy a couple of hours playing or crafting
while the adults enjoy a coffee and a chat at HeBrews**

Children of all ages welcome

Contact: Claire Slee 07756932116

Please note that, due to the leader being on holiday, there will be **no Funtime next Tuesday morning (5th August)**. It will run again from 12th August to 2nd September.

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### **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





## Cottage Wood Centre

# Swap Shop and Coffee Morning

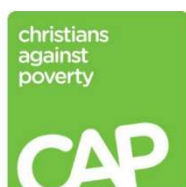
*Bring your good quality unwanted items  
(books, DVDs, toys, games, jigsaws, craft  
materials, household items, etc.) and swap  
them for something different*

Saturday  
16 August 2025  
10:00 - 12:00

Proceeds to the  
Penrith and District  
Red Squirrel Group



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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.



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### **MWiB Residential**

Methodist women in Britain are holding their usual residential at Thornleigh in Grange-over-Sands from 10<sup>th</sup> to 12<sup>th</sup> November 2025.

The cost is £185, of which a £50 non-refundable deposit needs to be paid by 23<sup>rd</sup> August.

Kathleen Williamson will be going, so transport is available if anyone wants to go.

Brochures with application forms are available at the back of the church or from Kathleen.





### **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!



### **Easy Eco Tip – August:**

**Private gardens, churchyards and other outdoor spaces can make a significant contribution to nature.**



We can take action to care for plants, wildlife and soil in the places where we live and around our churches. Caring for the earth was the first instruction God gave to humans. This doesn't mean we all need to be professional gardeners, but perhaps try to learn one new thing this month that you can do for a garden space. Read more about nature-friendly gardening at <https://www.woodlandtrust.org.uk/blog/2024/04/environmentally-friendly-gardening-10-top-tips>

### **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:

#### Superintendent Minister:

**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)

**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!**

