



East Cumbria **Methodist** Circuit



Weekly Bulletin

Sunday 10th August

The Little Things



Recently, I've come to appreciate the little things more and more. A kind word from someone, a clear day, a slot of time that becomes available for me to get out on a walk.

This has made me realise how much God is in the little things just as much as the big things. Whilst it's very easy to see God's presence in the big miracles we can sometimes forget how God works through the little things as well.

We know that God loves detail, he created the world as we know it and has '*numbered the hairs of our head*' (Luke 12:7). God really does care about the little things that we go through and so we should be open to experiencing God in the little things that we come across too.

I don't believe that size is a concept that God takes into account. No prayer is too big or too small. In a world that is full of stress and anxiety, God still cares, and tells us in Philippians '*don't be anxious of anything*'. God is still in control and sometimes all it takes is a ray of sunlight bursting through the clouds or a friendly smile from a passer-by to turn someone's day around, but we need to see these little things and we need to recognise God working through that.

Someone recently shared with me that their teenage daughter and her friends were waiting for them in the lobby of PMC and were apparently shocked at how willing and open people were to engage with them as they passed, whether that was saying 'hello' or offering to get some board games for them. It made them feel really welcome in an environment that most teenagers could see as foreign or even hostile. This is how important the little things are. Sometimes making someone feel welcome isn't easy, especially if they're on edge, but through small, authentic acts of kindness it is totally possible.



So that leads me onto look at the little things that we do for other people. I often hear the term 'a smile costs nothing' (that's mostly in the morning when I'm at my grumpiest) but it's true! What we see as such a small and seemingly insignificant thing can mean the world to someone else and could completely turn their day around. Which is why we need to do more of the little things instead of casting them aside. Whatever it is, God can use it and God will recognise that small act as something you can offer and add to the world. *'A single ray of light in the darkest cave can be the guide needed to escape'.*



I wonder, what would the world look like if everyone committed to performing one small act of kindness every day? And furthermore, how much more would those small things mean to us if we recognised Gods working through them?

Whether you are receiving or performing a small act of love and kindness, God will use that as a reminder of His love. So, as we move further into this new year, I encourage you to spot the little things as you go through your day-to-day lives, and I pray that we all look to perform these small acts of kindness on a regular basis instead as viewing them as irrelevant.

God is in the big and the small. Let's be a people that value both.

Morgan Tebb-Roger (January 2022)

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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**





**Penrith**

**10.30am** ~ Café-Style Worship – Shane McNicol and 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 Centre**

**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

***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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ENJOY GOOD COMPANY IN A GOOD CAUSE

Tuesday 12th August, 2 – 4 p.m.

at the Masonic Hall

Strawberry Tea & Bring and Buy

£3 per person – proceeds to the work of the **Leprosy Mission**.

Wendy Fielding will be there to talk about the work that
the Mission does and to answer questions

(Taking place at the Masonic Hall in Alston)

Weekly Diary

Monday 11th 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 12th August

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

10am ~ Morning Worship – Mrs Lois Morton – Church/PMC

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 13th August

1.30pm ~ Wednesday Get Together - Skelton Methodist Church

7.30pm ~ Living Room HG, contact Morgan for details

Thursday 14th August

3pm ~ Afternoon Communion – Rev Gillian Belford - Woodlands

Sunday 17th August

Penrith: 10.30am Worship-Lead Service – Mr Morgan Tebb-Roger

Skelton: 10.30am Morning Worship – Mr Michael Boone

Stainton: 10.30am Morning Worship – Miss Kathleen Williamson

Cottage Wood: 5pm Early Evening Worship – Mr Michael Boone

Alston Moor: 11am Morning Worship – Mr Dean Lawson

Langwathby: 11am Morning Worship – Gray





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!



Cottage Wood Centre

Swap Shop and Coffee Morning

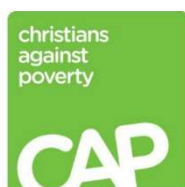
*Bring your good quality unwanted items
(books, DVDs, toys, games, jigsaws, craft
materials, household items, etc.) and swap
them for something different*

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

**always hope.**



### **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:

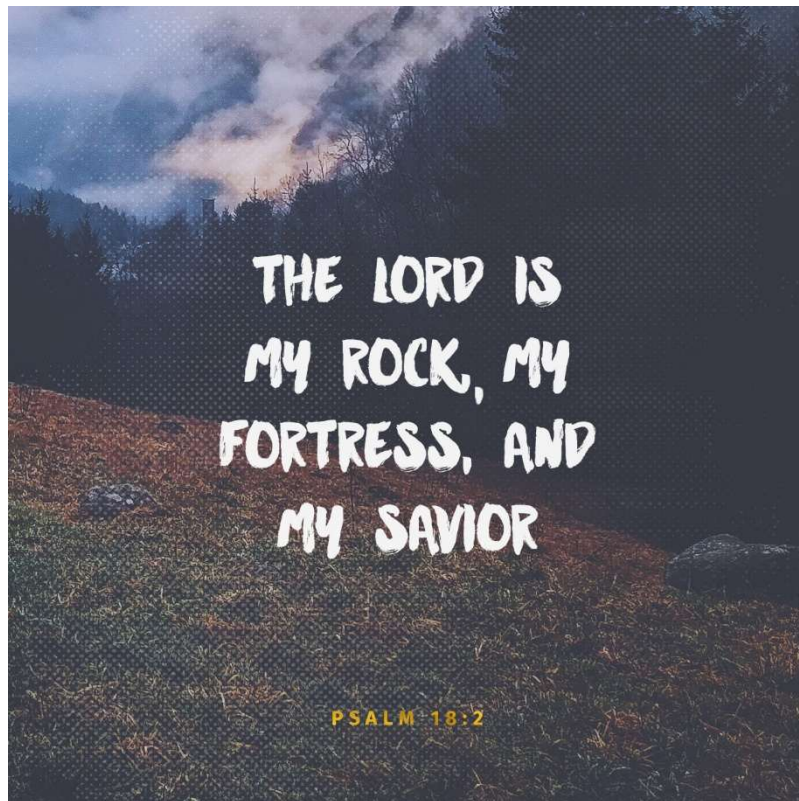
- Soap
- Shampoo
- Toothpaste
- Toothbrushes
- Paracetamol
- Washing Powder
- Nappies for babies
- Sanitary Towels
- As always, CANDLES (Preferably plain wax ones, either new or partly used)

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:

**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](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!**

