



## Sunday 5<sup>th</sup> July

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### Sunday 5<sup>th</sup> July

**Penrith:** 10.30am – Rev Julia Reid

**Skelton:** 10.30am – Mrs Lois Morton

**Stainton:** 10.30am – Mr Dean Lawson

**Cottage Wood Centre:** 5pm – Rev Julia Reid

### Tuesday 7<sup>th</sup> July

**Penrith:** 10am – Mr Dean Lawson (Sandgate/PMC)

### Thursday 9<sup>th</sup> July

**Woodlands:** 3pm – Rev Gillian Belford

### Sunday 12<sup>th</sup> July

**Penrith:** 10.30am – Mrs Carolyn Dickinson

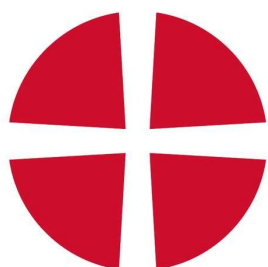
**Skelton:** 10.30am – Mr Lawrence Tomlinson

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

**Cottage Wood Centre:** 5pm – Mr Dean Lawson

**Patterdale:** 10.30am – Mr Dean Lawson

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### Reflection/Circuit 'Worship at Home' Weekly Resource

To find this week's Circuit Resource booklet, we invite you to follow this link: <https://www.cumbriamethodists.org.uk/worship-downloads.html> to the Cumbria Circuit website.



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

**9.25am** ~ Monday Walks – Meet outside PMC

**7.30pm** ~ Zoom Prayer Meeting

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

**10am** ~ Brunswick Leavers Service – 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 for further details.*)

**7pm** ~ Omega HG

**7pm** ~ Youth Club – Ullswater/PMC

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

**10am** ~ 3C's – Cottage Wood Centre

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

**7.30pm** ~ Living Room HG

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

**10am** ~ Knit Craft and Natter Group – Stainton Methodist Church

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

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

**7.30pm** ~ Thornton HG (*Contact Charlie for details*)

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

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

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

**7.30pm** ~ Lakeland Larks Concert – Church/PMC

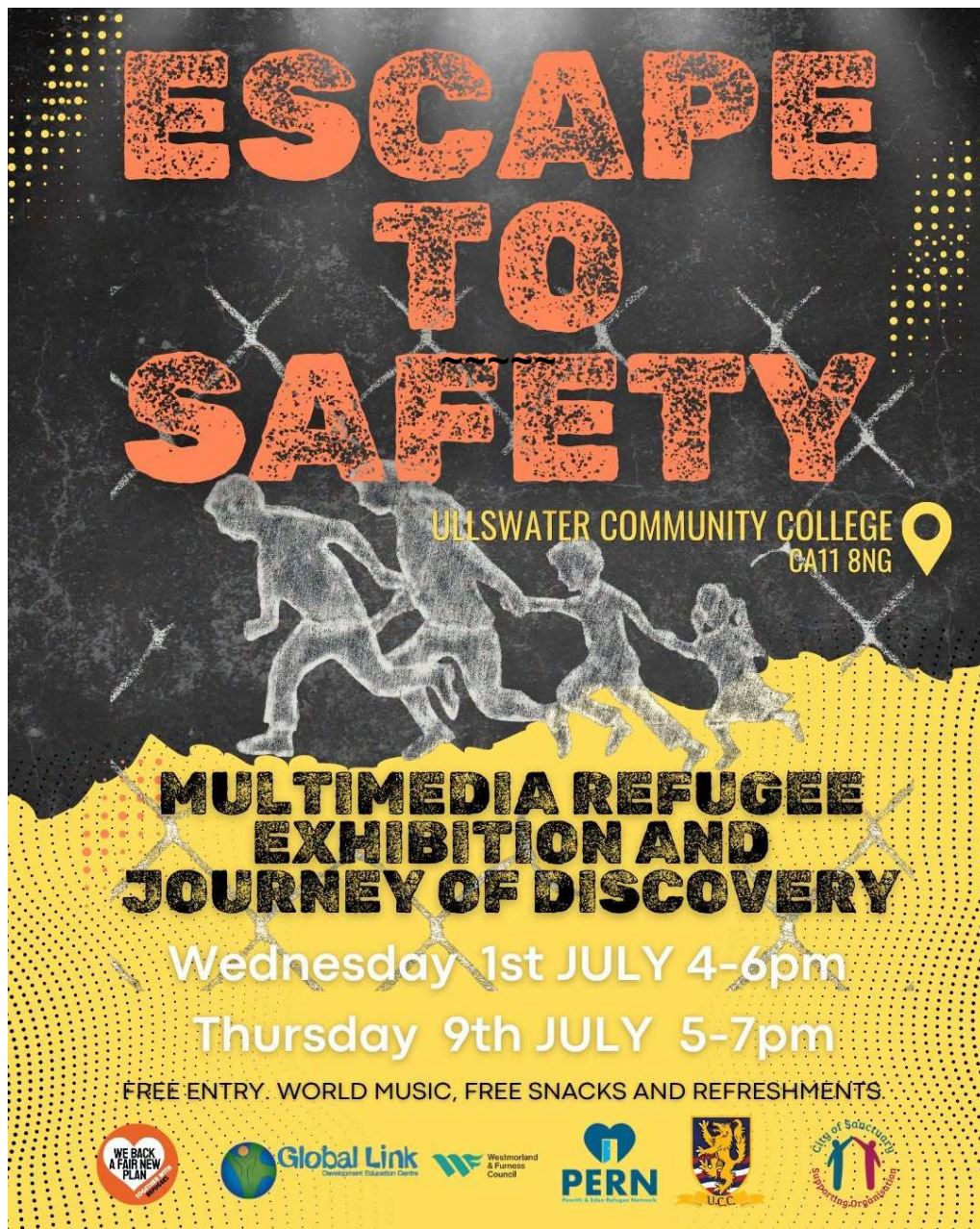
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### **Home Update**



Margaret Leighton sends a heartfelt thank you to all who "wished her well" and offered and gave practical help in any way during her move to her new abode.

Margaret has given consent for her address to be shared with members of the congregation who request it, so those who already know it are therefore able to pass it on, but if you have any concerns about doing so, you should double-check with Margaret before doing so.



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### **Prayer Handbook 2026/27**

'Sorrow - Joy', the new Prayer Handbook, will be available to order until 2nd August on the list in Reception. The new handbook is inspired by John 16 v20 and 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 £4.50 per copy for a bulk order.

Best wishes - Judith Joyce

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Our next get-together is on  
**MONDAY, JULY 13th, at 2pm in Penrith Methodist Church.**  
**AS ALWAYS, YOU ARE WELCOME TO JOIN US.**

We will begin as usual with a short act of worship.  
This will be followed by a " fun " session,  
part of which will be an easy quiz.



In addition, points can be accumulated by identifying the correct  
definitions of obscure words.

{ Remember " Call my Bluff " :- TV Panel Game }

Fellowship will continue  
in the Ullswater Room ...



... when a " full "  
afternoon tea will be  
served.

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

Our next " **All Together Fellowship** " is on **Monday, September 7th.**

Scott Jackson, the manager of " Another Weigh " in Penrith, will give a  
presentation which he has called " It's easy to go Zero Waste "

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

John & Margaret

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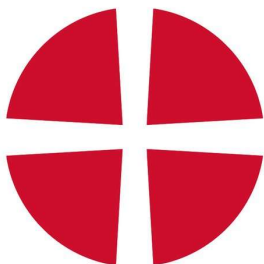
### Date for your Diary

This is a note to invite you and/or representatives of your  
church to attend a presentation by Anna Newlove, the  
Connexion's Net Zero Property Officer at Grange Methodist  
Church, at **2pm on Wednesday 22<sup>nd</sup> July 2026.**

Anna is coming to talk to us about Net Zero and to answer any  
questions we may have. Everyone is welcome as we look into  
ways of improving our buildings to better support the  
environment. Tea, coffee and biscuits will be provided by  
Grange Methodist Church on arrival.

We will also have the opportunity to talk to each other about the  
Eco journeys our churches are on. I do hope to see you on the  
day.

With Thanks, Rev. Hayley



## **Thanksgiving Service for Moira Smith**

We were saddened to learn of the passing of Moira Smith on Wednesday 27<sup>th</sup> May. Please hold her family and friends in your prayers as they come to terms with her passing, though recognising that Moira is now at peace and has risen in glory.

A Thanksgiving Service for Moira's life will be held at Penrith Methodist Church at 11am on 22<sup>nd</sup> July, followed by lunchtime refreshments at Roundthorn.



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## **A Day in the Lakes – Thursday** **13<sup>th</sup> August**

Churches Together in Penrith are again planning a Day in the Lakes for refugee families and need volunteers to make this happen. This might include taking some children, with their accompanying adults, for a walk down to the water's edge at Glenridding, or helping in the kitchen, serving drinks, playing indoor or outdoor games or whatever else is needed on the day. Volunteers are needed to be at Glenridding Village Hall at 10:30am to help with the set up and then to welcome our visitors from 12 noon. They will need to bring their own packed lunch. Tea and cakes are provided in the afternoon before everyone travels home.

We also need volunteers (could be some of the same people or others) who will help plan the day over the coming weeks.

If you are able to help either on the day or on planning group, please contact Helen Elliott and she will co-ordinate with those who are organising the event.



## **Food Bank Notice**

Please note that the following items are currently needed by the Food Bank – if you are able to donate at all, they would be very grateful:



- Tinned rice pudding
- Tin/carton or pkt custard
- Tinned fruit
- Beans and sausage
- Tinned mince, stews or chicken meals
- Pkt noodles
- Pkt pasta in sauce
- Jams
- Tin peas, carrots or sweetcorn
- Male deodorants
- Hair conditioner
- Washing up liquid

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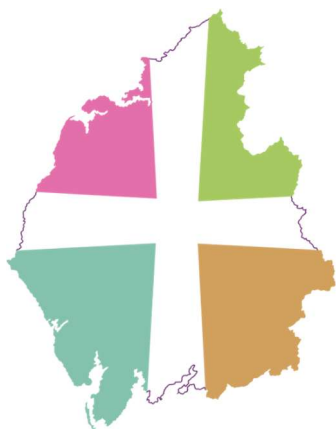
## **NWED Newsletter**

If you would like to find out more about what is going on in the greater district, we encourage you to sign up to the North West England District Newsletter – you can do so following these steps:

1. Go to [www.nwedmethodists.org.uk](http://www.nwedmethodists.org.uk)
2. Follow the “Join our mailing list” link
3. Input your details and enjoy!



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## **Cumbria Circuit News!!**

Please sign up to the monthly Cumbria Circuit newsletter to get all the news from around the Cumbria Circuit : <https://cumbriamethodists.us17.list-manage.com/subscribe?u=1adb68eefa5e5f77f766477bb&id=ba945e09e2>

## Easy Eco Tip – July:

It's **Plastic Free July** and this year we're thinking about laundry, a top source of microplastic pollution. Fibres from synthetic clothes (polyester, nylon, and acrylic for example) shed tiny fibres during washing and drying. These enter the sewage systems and are hard to filter out. Use a microfibre bag or ball to catch the fibres.



Learn more about reducing plastic pollution in the laundry process at [www.plasticfreejuly.org/get-involved/what-you-can-do/plastic-free-laundry/](http://www.plasticfreejuly.org/get-involved/what-you-can-do/plastic-free-laundry/) and more about this year's campaign at [www.plasticfreejuly.org](http://www.plasticfreejuly.org)

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**Cumbria Aid Ukraine is a volunteer group based at  
“ The Pot Place Garden Centre “ near Penrith.  
We serve as a collection point in Cumbria for donated  
humanitarian aid, which we then transport to Ukraine.**

**We at Penrith Methodist Church are continuing to ask for donations,  
and these will be taken to “ The Pot Place “ on a regular basis.**

**Ukraine continues to desperately need assistance,  
and our support helps send warmth, care and hope.**

**PLEASE CAN YOU HELP BY DONATING ANY OF THE FOLLOWING :-**

**Nappies (all sizes). Baby and toddler's clothing.  
Milk formula, paracetamol ( but no other form of medication )  
Soap, toothpaste, shampoo, wipes, etc. Toothbrushes, Sanitary towels.  
Domestic cleaning products, bleach, washing powder and liquids.  
Long life food, pasta, rice, tins, dried ready meals like pot noodles, etc.  
Candles ( preferably plain wax ones, either new or partially used )**

**PLEASE WILL YOU LEAVE ANY DONATIONS  
IN THE LABELLED BOX IN THE GLASS HOUSE**

**THANK YOU**

## Thought for the week...



### Staff Details for Penrith Area:

#### Minister in Pastoral Charge:

**Rev Julia Reid:** 07483 932647 or email: [julia.reid@methodist.org.uk](mailto:julia.reid@methodist.org.uk)

**Local Lay Pastor: Dean Lawson:** 07897 736024

or email: [dean.lawson@cumbriamethodists.org.uk](mailto:dean.lawson@cumbriamethodists.org.uk)

**PMC Office:** 01768 862787 or email: [admin@penrithmethodist.co.uk](mailto:admin@penrithmethodist.co.uk)  
(Open 9am - 1pm: Tuesday, Thursday & Friday)

**Administrative Assistant: Niamh Ryan**

**Premises Manager: Lindsay Wilson**

**Eden District CAP Manager:** 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)

For contact details of key Circuit staff, please see our area plan.

**Cottage Wood Centre - Please send a request to join our Facebook group.**

**PMC Website:** [www.penrithmethodist.co.uk](http://www.penrithmethodist.co.uk)

**Cumbria Circuit Website:** <http://www.cumbriamethodists.org.uk/>

**NWED Website:** <https://nwedmethodists.org.uk/>

**Methodist Church Website:** <http://www.methodist.org.uk/>

**Find our Sunday services on YouTube**

**Follow us on Facebook**