

Weekly Bulletin

Sunday 5th October

Struggling to Pray?



From time to time all of us will have, for a variety of reasons, dry seasons when we realise we haven't been praying as we feel we ought. Maybe we (and I include myself here) have fallen into the trap of framing prayer more as a duty rather than a privilege and a joy, a bit like viewing 'healthy eating' as something we can agree is important but somehow is a bit negative.

Here's a suggestion that might help: set aside some time to read and meditate on the prayers that others have already written. Obviously, you'll find many in scripture and the Psalms are a 24/7 prayer-library for all occasions. But I'd also encourage you to seek out other sources as God's people have never stopped praying throughout the ages - there are many voices ancient and modern that most of us can quickly access through our computers or phones.

As I asked at our house-group recently, do you know any 'famous' prayers? Most of us do because many have been set to music and we sung some at school and continue to sing others when we go to church or chapel.

Here I'll try and whet your appetite with a few selected words from prayers I found:

O Lord my God, Teach my heart this day where and how to see you, Where and how to find you. Let me find you by loving you, Let me love you when I find you. (St Anselm)

Teach me, in all of today's work and trouble and joy, to respond with honest praise, simple



trust, and instant obedience, that my life may be in truth a living sacrifice (Elisabeth Eliot)

We know that this world is filled with discordant notes, but help us, Father, to so unite our efforts that we may all join in one harmonious symphony for peace and brotherhood, justice, and equality of opportunity for all men. (Mary McLeod Bethune)

Keep us, we pray, in perfect peace. Help us to walk together, pray together, sing together, and live together until that day when all God's children ... will rejoice in one common band of humanity in the reign of our Lord and of our God. (Martin Luther King)

I am no longer my own but yours. Put me to what you will. (Methodist Covenant Prayer)

Perhaps you could share a favourite prayer with someone this week.

Shane McNicol

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**Penrith**

**10.30am** ~ Morning Worship – Mr Michael Boone  
Readings: Habakkuk 2:1-4, 2 Timothy 1:6-14 & Luke 17:5-10

**Skelton**

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

**Stainton**

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

**Cottage Wood Centre**

**5pm** ~ Members Service

**Nenthead**

**5pm** ~ Pennine Praise

**Alston Moor**

**11am** ~ Morning Worship – Celia Ramnath

**Langwathby**

**11am** ~ Harvest Festival Service – Mr Lawrence Tomlinson  
**5pm** ~ Taize

***There are alternative Anglican services available.***  
***For details, please see the EEMC website: [www.eastofedenmc.org.uk](http://www.eastofedenmc.org.uk)***

# Weekly Diary

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

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

**2pm** ~ All Together Fellowship – Church/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 7<sup>th</sup> October**

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

**10am** ~ Brunswick School Harvest Festival Service – 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.*)

**7pm** ~ Omega House Group – Sunningdale, Stainton

**7.30pm** ~ Junior Youth Club – Ullswater/PMC

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

**10am** ~ 3Cs – Cottage Wood Centre

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

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

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

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

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

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

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

**10am** ~ Operation Christmas Child Box Packing – Ullswater/PMC

## **Sunday 12<sup>th</sup> October**

**Penrith: 10.30am**

Healing Service – Rev Gillian Belford

**Skelton: 10.30am**

Morning Communion – Rev Andrew Callaway

**Stainton: 10.30am**

United Service at Dacre CofE

**Cottage Wood: 5pm**

Cumbria Harvest Festival at St Andrews (Penrith)

**Patterdale: 10.30am**

Morning Worship – Mrs Carolyn Dickinson

**Renwick: 5pm**

Early Evening Worship – Celia Ramnath

**Alston Moor: 11am**

Local Arrangement

**Gamblesby: 10am**

Little Acorns

**2pm**

United Harvest Festival Service at Addingham

**Kirkoswald: 10am**

Morning Worship – Rev Mary Elliot



## **Advance Notice**

Next Sunday, October 12<sup>th</sup>, the 10.30am act of worship at PMC will be a healing service.

The theme is **PRAYER CHANGES THINGS.**

## Volunteers needed



Our lovely building here at PMC relies on a team of volunteers alongside the use of professionals where needed to keep it running smoothly and safely. We would love you to give prayerful thought as to whether keeping our building fit for the community we serve is something you feel called to help with. In particular we currently need a person or team to be our Health & Safety Officer, Fire Officer and manage the First Aid boxes.

If Health & Safety isn't your thing but you are interested in contributing to the Property Team in another way, we would be delighted to hear from you.

Please have a word with Rev Julia or Don Agus.

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WALK FOR UKRAINE

WE WANT TO HELP UKRAINIAN MEN
WOMEN AND CHILDREN WHO HAVE
LOST LIMBS IN THE WAR, RAISING
MONEY FOR 'UNITY IN EVERY STEP'

- SATURDAY 4TH OCTOBER AT 11 AM
- LOCATION: WHAT 3 WORDS///:
UNOPPOSED.ELBOWED.DOORMAT
- BRING A PICNIC, APPROPRIATE FOOTWEAR AND
CLOTHING (BLUE AND YELLOW IF POSSIBLE)

FOR FURTHER DETAILS OR QUESTIONS, PLEASE CHAT
TO CHRIS LEE OR JOHN GORE ON A SUNDAY OR EMAIL
MORGAN ON OUTREACH@PENRITHMETHODIST.CO.UK



Harvest Festival at Langwathby Methodist Church

Join us on Sunday, 5 October, at 11.00. Service led by Lawrence Tomlinson
Contributions to Foodbank welcome

Also at 5pm –

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

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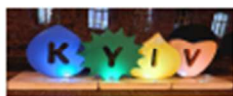


You are very welcome to join us on

**Monday, October 6th at 2pm in Penrith Methodist Church.**

Our “All Together Fellowship” always begins with a short act of worship and ends with time for socialising and enjoying drinks and homemade cakes. In between we today welcome Jon Cook who will give a talk and visual presentation entitled :-

**VISITING UKRAINE**



**IN WARTIME**

Jon will share personal insights from his two recent visits to Kiev as well as updates from Ukrainian friends who have recently visited him.

Despite the war grinding on and continuing to cause devastation

to the people of Ukraine, it is remarkable that the church is responding to the crisis and the suffering.



Alpha Course Meeting

Christians faithfully love those affected by loss, grief and trauma.



Soup Kitchen

They refuse to let hate and fear overcome.



Friends

The gospel goes on being held out as a beacon of hope in the darkness.

Our next “All Together Fellowship” is on **Monday November 3rd.**

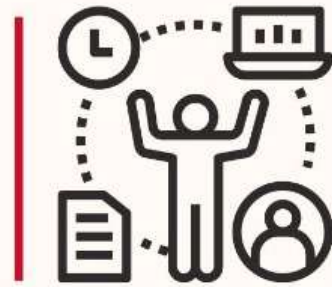
Dickon Chaplin-Brice has been involved in the Threlkeld Quarry and Mining Museum for some 17 years. He will share stories and relate his experiences and knowledge of the history of mining in Cumbria.

John & Margaret



**NORTH WEST ENGLAND  
METHODIST DISTRICT**

# NWED ONLINE UPDATE



**Weds  
8th  
October**

## ONLINE EVENT

**HOSTED ON  
ZOOM**

**7.30 - 8.30PM**

**(ARRIVE FROM  
7.20PM FOR A  
7.30PM START)**

Come along to this information evening to hear updates on the progress being made within the North West England District. This evening will include:

- Devotions
- An update from each hub, to hear developments on various areas in the new District
- An update from the Cumbria Mission Area
- An update from the Caleb Communities
- Q and A session

To Join:

[https://zoom.us/j/98395346174?  
pwd=qRS6YnostSxHeuPrLyO8YTEd9Ajw6D](https://zoom.us/j/98395346174?pwd=qRS6YnostSxHeuPrLyO8YTEd9Ajw6D)

**Meeting ID:** 983 9534 6174

**Passcode:** 967461

**IF YOU HAVE ANY QUESTIONS OR COMMENTS, PLEASE  
EMAIL [ADMIN@NWEDMETHODISTS.ORG.UK](mailto:ADMIN@NWEDMETHODISTS.ORG.UK)**

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Thanks - Ruth (Gardiner)

I would like to thank the church family for flowers, cards, telephone calls but most of all your prayers after my recent hip operation, not quite running yet but doing well.

Many thanks, Ruth.





Operation Christmas Child

Operation Christmas Child shoebox packing and coffee morning will be here at PMC on Saturday 11th October from 10.00 am. All are welcome to come and help or watch while having coffee!

Finish your knitting of teddies, glove puppets, hats, mitts and scarves.

Look for small toys, cars, soft toys, balls, crayons, **sharpened** pencils, pens, rubbers, colouring books, paper, playing cards, flannels, soap, combs, toothbrushes, socks, t-shirts etc

There are leaflets in Reception to guide you if you need ideas or if you want to do your own box.

Remember no liquids, sweets, toothpaste, war related items or damaged items.

We are always grateful to receive donations towards transport costs as well.

The deadline to complete boxes is mid-November.

Thank you - Judith Joyce

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# *Cumbria Harvest Festival*

*Sunday 12<sup>th</sup> October 2025*

*2:30pm*

*At St Andrew's Church, Penrith*



*Celebrating the 30<sup>th</sup>  
Anniversary of the  
Farming Community  
Network*





## Church Council Meeting

Please note that our next PMC Church Council Meeting will be taking place on **Friday 17<sup>th</sup> October**.

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World Day of Prayer

For several years a Preparation Day for the annual World Day of Prayer has been arranged for Branch Secretaries who live in Cumbria or nearby. We have found that being with others for such a day is an encouragement to a deeper engagement with the service and the movement. Maureen Colbert, the Northern Region Co-ordinator, will give us all the latest news from the National Committee. The Preparation Day for next year's service will take place on **Tuesday 21 October 2025** from **10.00 – 15.00** hours at **Langwathby Methodist Church**, Langwathby, Penrith, Cumbria, CA10 1NB .

Our sisters from Nigeria have spent the last few years developing the theme: "I will give you rest, come" based on Matthew 11:28. The 2026 service is to be held on Friday 6 March. At our Preparation Day a limited range of resources will be available to buy. Please contact Mary Elliot (maryinbox@gmail.com) for more details and to book a place.

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## Wedding Notice

Charlotte Stobbs & Michael Warnes invite the church family to their marriage service on **25th October 2025** at **12:30pm**. Please join them from the balcony.



Let's do **LUNCH**  
**SUNDAY 26<sup>TH</sup> OCTOBER**  
Following the PMC Service



Serving Soup and Crumble following the Harvest Service.

Please sign up in the glass house and let Ange know about any special dietary requirements at 07808 801229

If you can provide a crumble, please let us know.

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Fair Trade Coffee Morning

Join us on
Saturday 8th November
10am-12pm
at Penrith Methodist Church

Fair Trade

Cake Stall
Victoria's Stall
Christmas Cards
Christine Milner's Cards
Goods and Food from Oxfam

Carlisle Refuge

A gentle reminder, Carlisle Refuge will be sending their van to PMC on Monday 20th October, expected time of arrival 10am.

I just wanted to give you some background to the work of the refuge and their position regarding funding.

The Refuge is there to support anyone who finds themselves homeless and is a charity operating in a building provided by Cumberland Local Council, previously Carlisle City Council. They work hand in hand with CLC to rehouse anyone who is ready to be rehomed. Although the Council provides the houses/flats etc., they do not provide any furnishings. The Refuge is heavily reliant on gifts of household items in new or as new condition.

If you can help in any way they are looking for:

- Single bed linen
- Towels
- Kitchen Utensils
- Pots and Pans
- Crockery and Cutlery



It is likely that a lot of homeless people turn up at the Refuge with only the Clothes they are wearing, so the following items are also very much appreciated:

- Warm clothes for Men, Ladies and children - these should be clean and in good condition in sealed bags, labelled with who they are suitable (e.g. boy 4 to 5 y/o)
- Small items of furniture, bikes, toys, babies' cots, push chairs etc.

As Christmas is in the not-too-distant future it would also be lovely to gift and wrap small gifts again - please say who they would be suitable for (Woman, Man, Girl, Boy or Baby). Gifts might be toiletries, sweets, small toys etc.

Finally the Refuge have set up a fund to help with any aspect of education in memory of our dear friend and previous organisation of these collections, Keith Scott. If you would like to give a monetary donation, please hand it to me either at the Sunday Morning service the day before or on the day of the collection.

Please keep any donations until the day before collection or the day. If you have difficulty with this, please contact Anne MacDonald on 07827530799 to arrange an alternative. Storing items at the church is difficult and could present a fire hazard.

Finally, these people become homeless for very many reasons and often through no fault of their own. Please give generously and pray for the work of the refuge and the plight of those in need of its services.

Thank you. Anne



Alpha

Alpha starts again **2nd October** in a home for the first time, Chris and June's, Tea Rose Cottage Edenhall CA11 8SX 7-9pm

If you or someone you know have questions, doubts, are just curious or just need refreshing then come along!

Contact Chris on 07748988033 or

chris.swift443@btinternet.com

Numbers limited!

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## Easy Eco Tip – October:

### **Taste the difference!**

Local and seasonal food not only tastes great but is better for the planet too. Think about incorporating locally grown produce into your diet and shopping list throughout the seasons, as it is harvested at its peak ripeness ensuring superior flavour, compared to imported alternatives that have travelled thousands of miles. If saying grace before a meal is a regular practice in your household, include giving thanks for your local food producers this month.

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Ukraine

In spite of hopes and promises, Ukraine still desperately needs our help. Some of the urgent and ongoing needs are:

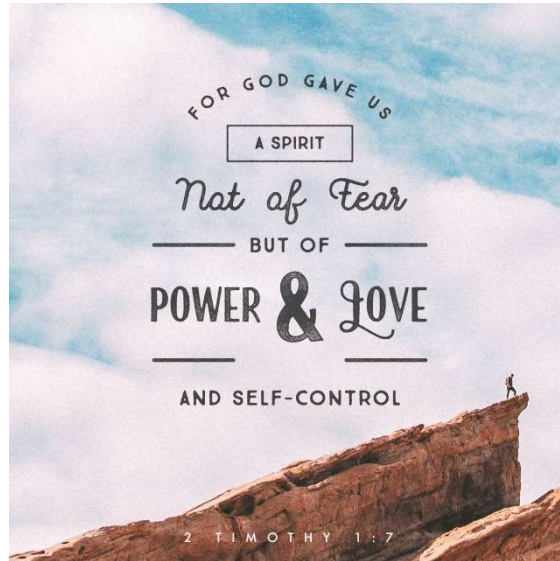
- Soap
- Shampoo
- Toothpaste
- Toothbrushes
- Paracetamol
- Washing Powder
- Nappies for babies
- Sanitary Towels
- As always, CANDLES (Preferably plain wax ones, either new or partly used)

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:

Circuit Superintendent Minister: Rev David Newlove: 07989 198487
or email: revdavidnewlove@gmail.com

Ministers in Pastoral Charge:

Rev Julia Reid: 07483 932647 or email: julia.reid@methodist.org.uk
Rev Ros Watson: 07923 044709 or email: ros.watson@methodist.org.uk

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!

