Cumbria Methodist Penrith Area Circuit

Sunday 2nd August

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Sunday 2nd August
Penrith: 10.30am – Local Arrangement
Skelton: 10.30am – Service at Stainton
Stainton: 10.30am – Rev Julia Reid
Cottage Wood Centre: 10.30am – Service at Stainton

Tuesday 4th August
Penrith: 10am – Mrs Lois Morton

Sunday 9th August
Penrith: 10.30am – Rev Julia Reid
Skelton: 10.30am – Mrs Lois Morton
Stainton: 10.30am – Miss Kathleen Williamson
Cottage Wood Centre: 5pm – Mr Dean Lawson
Patterdale: 10.30am – Mrs Carolyn Dickinson

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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 3rd August
9.25am ~ Monday Walks – Meet outside PMC
7.30pm ~ Zoom Prayer Meeting

Tuesday 4th August
9.45am ~ 4F – Ullswater/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.)*

Wednesday 5th August
10am ~ Coffee Morning – Skelton Methodist Church
1pm ~ Funeral Service – Church/PMC
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

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PMC Social Justice

PMC Social justice Group meets on the 3rd Tuesday of the month, from September:

Tuesday 15th September, 7pm
Tuesday 20th October, 7pm
Tuesday 17th November, 7pm
Tuesday 15th December, 7pm
Tuesday 19th January, 7pm

The location for meetings will be at Anne MacDonald's house…please ask if you don't know where that is. Come and join us as we set our priorities and actions as a Justice Seeking Church.
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CUMBRIA METHODIST WOMEN IN BRITAIN

Methodist Women in Britain

'Happy Birthday to Pooh'

(or the Ecclesiology of The 100 Aker Wood..)

with

Rev. David Milner

Stainton Methodist Church

Tuesday 11th August
14:00 – 16:30

Coffee/Tea
and cake provided

Donations to CAP (Christians against Poverty)

Stainton Methodist Church is just off Junction 40 of M6 in Stainton village
Postcode –CA11 0EA
Roadside parking

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Eden CAP Hub is launching a new Life skills Course in September

The CAP Life Skills course is a free, welcoming course that empowers people to manage low incomes, eat well on a budget, and improve their wellbeing alongside 1:1 coaching.

If this is something your church is interested in we would love you to come along to a taster session we are running on **Tuesday 18th August @10.30am - 11.30am at Penrith Methodist Church, Wordsworth St., Penrith, CA11 7QY.**

The taster session is for you and anyone in your church who would signpost people to the course. If you would like more information on the CAP life skills course, you can find it here:

https://capuk.org/get-help/life-skills.

Or give Jo a call on this number: **07464 939138**

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Great North Run

Isabella Sharrock is once again doing the Great North Run on 13th September 2026. She is returning to Smile Train as her chosen charity this year. Smile Train empowers medical professionals with training, funding and resources to provide free surgery and comprehensive cleft care to children globally.

The charity changes lives and Isabella wants to raise awareness of its wonderful work. If you wish to donate please visit Isabella's just giving page or give it to Kerrie or David Sharrock – many thanks.

https://www.justgiving.com/page/isabella-sharrock-7?utm_medium=FR&utm_source=EM
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Kendal Mountain Festival

The Methodist Church is once more at Kendal Mountain Festival which is being held Friday 20th - Sunday 22nd November. We are looking to have a team of around 10-15, a small but perfectly formed team, so **completing an application doesn't guarantee a space.**

A few notes on volunteer criteria;

- Volunteers should be able to serve the full duration of the festival. They should also all be able to attend the Thursday evening (19th November) volunteer briefing in Kendal.
- Volunteers should ideally be from a Methodist community, they are required to have a Methodist reference.
- Volunteers should have a DBS and have completed MCB safeguarding training. This can be arranged with enough notice.
- Volunteers should be from the Cumbria circuit. Exceptions, volunteers could be from the North West District or serving on team because of a connection with the theme.

Application link - Volunteer with us at Festivals and Events - The Methodist Church

The welcome event on the Thursday evening will hopefully be a time of sharing stories and praying for the Festival and everyone from around the circuit and especially our ecumenical friends are welcome.

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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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The Methodist Church

Need a laptop for your church work? We've made it simple.

Choosing a laptop can feel confusing, especially if computers aren't really your thing. We've made it easier.

We've partnered with a trusted UK company called **Scan Computers** to help you get a good laptop at a fair price — without the stress.

Rather than choosing from hundreds of options, we've asked Scan to suggest just **one or two laptops** that work well for church roles. If you already know what you need, or you're looking for something a little different, you can ask them for a package to suit you. You contract and support is directly with Scan and they will manage your order.

This service is open to **everyone** in the Methodist community — including ministers, church officers and volunteers.

To find out more or request a quote, click the link: https://www.methodist.org.uk/for-churches/laptop-advice-and-quote-service/

With warm wishes, The Methodist Connexional Team

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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
2. Follow the "Join our mailing list" link
3. Input your details and enjoy!

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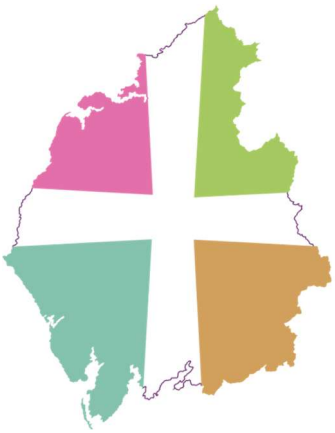

Cumbria Circuit News!!

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 – August:

Looking after wildlife in the heat. Times of drought and dryness can be dangerous for wildlife. Provide water for birds and insects - put a dish of water out to help wildlife stay hydrated. Insects, small mammals, birds, and even badgers, foxes, and deer could benefit.

A stone in a plant saucer helps bees to perch and drink without drowning. These small actions make a big difference and are just some of the ways we can live out our calling to care for God's creation. See our blog on looking after wildlife in the heat for more warm weather eco tips: https://arocha.org.uk/looking-after-wildlife-in-the-heat/

ECO CHURCH
AN A ROCHA UK PROJECT

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CUMBRIA AID UKRAINE
Ми стоїмо разом
WE STAND TOGETHER

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, paracetomol (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
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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

Local Lay Pastor: Dean Lawson: 07897 736024
or email: dean.lawson@cumbriamethodists.org.uk

PMC Office: 01768 862787 or email: 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
Debt Coach: Jo Varley: 07464 939138
or email: 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
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